



# THE CHATTERBOX WRANGELL SENIOR CENTER

P.O. Box 1818  
Wrangell, Alaska 99929

**ALL THE NEWS THAT IS THE NEWS...**

## **WRANGELL SENIOR CENTER SEPTEMBER 2010!**

Here we are late summer in the beautiful little town of Wrangell, Alaska. This past several months have been great! We have been scooting along here at the center with little to no problems. The weather has been warm and sunny so the mood is good, everyone is getting lots of vitamin D so we are sleeping well and smiles are the make up of choice for most.

As far as senior center business goes, we wrapped up another fiscal year on July 1. As things go we did well last year and did not run out of money before we ran out of days. I personally think that is fabulous. What that tells me is that the financial plan for

the year past was a good one. We did not overspend and we met all of our needs. At a time like this we send our thanks out to everyone who donates money and goods to our program, also to all of the seniors who remember to make their free will donation of \$3.00 for each lunch, and the \$1.00 each way for their van rides. Special thanks goes to City Market, Bobs IGA, the Stikine restaurant, local fishermen, and hunters because all of these generous folks help us make ends meet by making donations to our lunch program.

To all of our supporters and participants, thanks and on to the next year. George

## **TIE DYES SUCCESSFUL ONCE AGAIN!**

If you were out and about on the 4th of July in Wrangell, Alaska, you probably saw many people sporting bright colored tie dye shirts, hoodies, scarves, bandanas, socks, or aprons. That would be because once again the senior center sold tie dyes at their booth on the 4th of July. It has come to be a tradition for the seniors to have these goods for sale through out the late

summer and fall at the center. Many tourist come by and ask about the tie dyes and usually get more information about Wrangell than they ever imagined possible, then they buy a tie dye!

These funds go directly into the Wrangell Senior Center for operating expenses, food, and of course more white things to tie dye. Thanks to all who support our fund raising effort.



This agency receives partial funding from the Alaska Division of Senior And Disabilities Services, Wrangell Cooperative Association, The City of Wrangell, and generous organizations and individuals within the community.

**Wrangell Senior Center**  
Serving Lunch every week day except Tuesday.

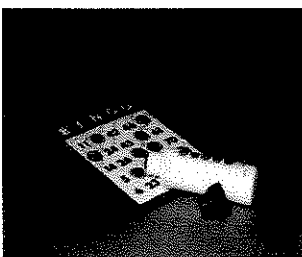
- \* Home delivered meals.
- \* Rides available to and from lunch.
- \* Lunch is served at 12:00 noon.
- \* Over 60 Free Will Donation \$3.00.
- \* Under 60 lunches are \$8.00.
- \* CALL 874-2066 By 10:00 a.m. TO RESERVE YOUR SEAT FOR LUNCH

**NEW VAN SCHEDULE**  
Rides Available  
Monday thru Friday  
9:00 a.m.-3:30 p.m.  
Closed on Tuesday.  
Persons 60+  
\$1.00 One Way  
\*Suggested Donation\*  
To pre-arrange rides  
Call 874-2066 or  
Sign up at the center.  
NO CALLS AFTER  
3:15 P.M.

## We Have Good News.....

When the legislative session began this past session everyone who had a request for them to consider got in line to make their needs known. Hoping for the best, representatives for Southeast Senior Services made many requests. Among those was a request for funding to upgrade the heating system at the Wrangell Senior Center. As it has been for a long time, the winter cold has been hard on the lunch hour at the senior center. There were days when it was so cold in the center that we called all of the seniors who would normally come in for lunch and asked them to stay home and we would deliver their lunch to their home. They could eat at home warm and comfortable and we would try again tomorrow to get the temperature up.

Well, the good news is that our request for funding for a heat upgrade at the senior center was granted! With a new more efficient heating system on the horizon, we could very likely be sitting in the Wrangell Senior Center this coming winter eating lunch in a warm comfortable environment. We thank everyone who helped get this done for us, especially the state of Alaska.



**BINGO AT 12:30 ON the last Friday of each month.** It is not an easy job getting the prizes together for the senior bingo at the center. If you are one of the folks who enjoys this activity, please help with "prize procurement." To make a donation for bingo prizes or to donate goods for bingo prizes contact George at the Wrangell Senior Center or call her at 874-2066. The other option is...PLAYING for FUN, no prizes involved.

## MORE GOOD STUF...

I CAN'T BEGIN TO TELL you how fortunate we are to be part of this great little town. There are so many good things that come our way that I don't get a chance to tell you about it seems now is the time and this is the space to do it... Once again First Bank has approved our grant request. Not just that, they gave the Wrangell Senior Center \$3,000 to help out with our operating cost. This grant is such a great help for us because it helps us care for the elders here in Wrangell. We are able to get fresh fruit! We serve 35-45 seniors(24 home deliveries & 15-20 on site) four days each week, that is a lot of fruit:) **Thanks First Bank!**

The Stikine generously gave us a donation of wonderful frozen food items. More than we had room to store properly. The Elks 1595 very graciously agreed to let us borrow a corner of their walk in freezer to store our frozen food in. We are still eating the donated food and there is more in the freezer. What can I say? I love this town! **Thanks Jake and Thanks Wrangell Elks Lodge 1595.**

I guess what I am getting at is just how grateful I am to all of the highly generous people, clubs, churches...the whole town of Wrangell. Thank you to everyone who supports the Wrangell Senior Center.

### WELL \*Wise Elders Living Longer\* BALANCED

We are fortunate to have been invited to participate in the WELL BALANCED exercise training offered in Sitka by the fall prevention team at SEARHC. When our equipment arrives—balance balls, steps, exercise bands—there will be announcements and explanations along with an invitation to participate going out to community seniors who are interested in increased strength, flexibility, and balance. All vital for fall prevention both in the home and out.

Research has shown that falling is one of the major fears for seniors and their caregivers. Muscle loss (sarcopenia) is a major contributing factor to the increased likelihood for a fall. The best way to prevent or reverse muscle loss is through resistance and/or strength training. Strength training also helps prevent osteoporosis (bone loss). Another vital component to fall prevention is flexibility and muscle function. Flexibility and muscle function can be achieved by doing stretching exercises on a regular basis.

The goal of the WELL Balanced exercise program is fall prevention. The group of seniors at Wrangell Senior Center are going to be participating in a revised version of the exercises that are more appropriate for beginners until we have achieved confidence in the level we are starting. We all understand how important strength, flexibility, and balance are in everyday life, and hope to progress through the program at a good pace. Call George at the senior center if you have questions about the exercises, exercise program, scheduling for workout time or anything you are wondering about. Thanks

**SENIOR FALLS...**Just in case you didn't realize it, September 20 thru September 26 has been proclaimed as "Senior Fall Prevention Week". The week starts the fall-prevention campaign by the Alaska Commission on Aging and the Alaska Senior Fall Prevention Coalition. Senior Centers through out the state will receive a fall prevention tool kit along with educational materials sent out monthly by the Coalition.

At the Wrangell Senior Center the Elders are going to get involved in a group exercise session once each week. (to begin with) We are going to be working on a program recommended by SEARHC and developed by the NRCNAA at the University of North Dakota. The exercise program will be focusing on strength, flexibility, and balance for elders. The program is set up to last 8 weeks with exercise sessions 2x per week. Each session should last 45-90 minutes. We will be modifying to fit our fitness level with a goal in mind. That goal is fall prevention.

**VAN RIDES ARE AVAILABLE  
FOR SENIORS 60+  
MONDAY-FRIDAY  
BEGINNING AT 9:00 A.M.  
NO CALLS AFTER 3:15 P.M.  
NO LUNCH/RIDES TUESDAY  
\$1.00 EACH WAY**

**Dividend time is coming.....**  
Around this time every year for about the past 30 years every full time resident of Alaska gets a gift from the oil that is being produced in the state. It comes in the form of MONEY for free. Every person who gets it can spend it however they choose, some pay bills, and some just spend it on things they want but can't afford on the monthly budget. I always try to use my dividend to get ahead on something I need. Speaking of things to get ahead on...please, remember that the senior center has available lunch tickets (10 for \$30) and van ride tickets (10 for \$10). Even though it is a free will donation for senior 60+ lunches, ticket sales help out greatly with paying for food to serve. Thanks

## Survey Season is happening right now!

There are many folks out there who want to know just exactly what you think about many things. It is good to just sit down and fill out every question on the survey. After all if you don't let your opinions and beliefs be known, how can any one make a difference in your existence? By completing each survey you are making a difference.

**2010 Survey of Older Alaskans...**this is a survey with 30 questions about senior living. It asks for your age, race, gender, and how long have you lived in Alaska. Never once asks for your name. The ACoA, Alaska Commission on Aging, is asking all seniors to complete the survey and send it to ACoA, P.O. Box 110693, Juneau, Alaska 99811-0693. With your responses they will be better equipped to plan services for seniors and to advocate for programs, policies, and laws that benefit seniors. These surveys must be returned to the senior center or ACoA by 10/15/2010.

**Identifying Our Needs: A Survey of Elders IV...**This survey is being done with the support of WCA and is also completely anonymous. The NRCNAA is helping coordinate this effort with the local Tribal elders being the group surveyed. By collecting this anonymous information the needs of the elders are recognized and better understood. With recognition and clarity of needs comes better service.

We at Wrangell Senior Center ask that each of you take the time to complete one of these surveys. I have heard, "the squeaky wheel gets the grease." To improve the condition, make some noise.

## Thoughts on Weather .....

Rest assured in Wrangell you will get people to talk to you if you mention the weather. If the sun is shining they will remind you it was raining last Saturday. If you mention it was a nice summer they remember last summer which they thought was terrible.

What is with them? Can't they be happy with what we have? I have lived here for 37 years and I haven't seen a flood, tornado, mud or snow slide like the ones that did damage to our capital a couple years ago. I haven't seen a tsunami and I've only felt a slight tremor of an earthquake. We also haven't had a large forest fire.

I go to bed every night thankful for where I live. I have been in some of the above disasters and I like it better here.

Sure, I complain about the weather once in awhile but basically I leave that to others. I am happy living here and have found out if you wait a couple hours the weather has changed and you take your chances that it may be worse. just Lurine

*Over the past few weeks to a month I have been thinking a lot about an old friend of mine . Many of you were her friends too but I bet I am the only one who got recipes from her! You know I have been thinking about Conovah Goodrich. About 2 years ago I guess ? Somewhere around there, Conovah sent me this letter with something to share, I did not get it done then, so here it is now...*

George, here is something for the Chatter Box, if you like. And I wonder just how many "Alaska Imigrants" are as familiar with this recipe as were the Imigrants to the U.S.A. 200 years ago—

My Dad's Father was a German-Dutch Imigrant and my Dad always had to have these little BABY SIZED noodles in the potato soup just like his Father did! — Polish Imigrants call them ZACIERKI —my Dad called them RIVVELS and the recipe is.....

1 large egg-beat well to liquefy 1  
cup all purpose flour and 1/4 teaspoon salt mixed together. Then mix with egg until it looks like course cornmeal.

Have on the stove a pot of diced potatoes cooking (at least 2 cups of liquid above the potatoes—when almost done crumble the little dumplings loosely and gradually into the boiling liquid..

Give the contents a good stir—cut the heat to simmer—put the lid on and cook another 3 to 5 minutes.

Add some butter and whole milk before serving—or serve as is and let everybody season it to their own taste in their bowl. When my Mother cooked it she usually seasoned it in the pot—but my Father and I always added more cream to our bowls! By the way—we always cooked up ONE fist size or larger potato per person—then added 3 or 4 more just so we could have leftovers. And to alter the flavor sometimes added a diced up carrot and/or tturnip, rutebega, and onion and garden peas. When you boil up a chicken, thicken the broth with RIVVLES instead of the regular dumplings or flat noodles, no matter if store bought or homemade! You can stir up a batch of these RIVVELS and cook them with a little butter (if you have it) and powdered milk or condensed milk, or evaporated milk! Or malted milk even. If you are lucky enough to have it on hand! Each one of them has a distinct flavor of it's own, and I like them all! And if you are cooking plain vegetable soup—add some RIVVLES—for a pleasant surprise! I am going to try making them with several different kinds of flour because I do not like the white flour they are putting out now. I must be made of soft summer wheat instead of good northern winter wheat! Good eats to you all!  
w/Love Conovah "Connie G"