

THE CHATTER BOX

FOR AND ABOUT WRANGELL SENIORS
WRITTEN BY GEORGE JOSEPH
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Wrangell Senior Center
PO Box 1818
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What a great summer.....

Well, here we are once again on the cusp of the fall of the year, but there are no complaints coming from me about the summer we just had. It was a beautiful summer! It never fails that right when you start thinking the weather is going to get the best of you, a season comes along that proves you wrong. The weather wasn't that bad, and now we march right on into the cool months of fall, then winter. Hoping for the best but preparing for the worst, just like good Alaskans! I know it is a lot to ask for but a warm dry Indian Summer until around Christmas Eve would make me very happy!

Along with fall comes one of the greatest benefits we as Alaskans get and that is our permanent fund dividend. When October comes along each of us who qualify get a check to spend however we wish, many use the money to help defray the cost of getting ready for winter; fuel, new boots, warm coat, case lot groceries or maybe a vacation to visit family elsewhere. The meal ticket books and van ride ticket books at the Wrangell Senior Center are great for seniors (60+) to purchase in advance for use through the winter months and are available at the senior center all year long. We ask for a **free will donation of \$3.00 for a senior lunch** and charge **\$1.00 each way for van rides**, \$30 per book of lunches and \$10 per book of rides. Be a prepared senior and get your tickets early!

Another thing that happens in the beginning of fall is flu shot season. Living in a great little town like Wrangell makes it easier for all seniors and persons living with disabilities to access the necessary avenue to getting flu shots. Janet Strom PHN, is going to be at the senior center providing the necessary shots for Flu Season 2009. Watch the bulletin boards and listen to the radio for announcements as to when the flu shots will be available at the senior center. Then just call in by 10:00 a.m. to reserve your seat for lunch and come in for a shot and lunch! Or just come in for the shot. Arrangements can be made to get your shot at home if necessary, just call. Important thing, just get a flu shot!

For information on the Wrangell Senior Center and the services provided at the center just call George Joseph at 874-2066 between 8 a.m. and 3:30 p.m. week days except Tuesday. Thanks



A UNITED WAY
AGENCY

This agency receives partial funding from the Alaska Division of Senior And Disabilities Services Also Wrangell Cooperative Association And The City of Wrangell

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

3:30 P.M.

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**

During the last part of August I was lucky enough to go to the cooks workshop given by South East Senior Services for the cooks and some combination manager/cooks who prepare meals for the seniors of southeast Alaska. It is a big job that these folks do and SESS does a good job of providing up to date training for their employees. Everyone at the workshop had a great opportunity to refresh old knowledge and learn new knowledge about everything involved in food safety, purchasing, storing, nutritional value, cooking, and clean up necessary to feed seniors through out south east Alaska. We learned a lot about required procedures, patterns and nutritional values required here at the senior center. We will be working hard to implement all of the new info, stepping up on old info, and making things at the Wrangell Senior Center as good as they can be!

REQUIRED MEAL PATTERN (Federal Guidelines)

- * 3 OUNCES (cooked) of meat, fish, poultry, or protein alternative
- * 1/2 cup vegetables (hot)
- * 1/2 cup vegetables or fruit (salad—1/2 cup slaw type, 1 cup lettuce type)
- * 1 slice whole grain or enriched bread or 1/2 cup alternative (noodles, rice, muffin, etc.)
- * 1 cup milk (8 ounces)
- * Not required but served—coffee, tea or ice tea, filtered cold H2O
- * One Vitamin C-rich food source included in the above list.
- * One Vitamin A-rich food source included in the above list.
- * Desserts are optional, but if served, should be nutritious and no more than 1/2 cup per serving.
- * The menu should provide a variety of food choices, colors, and textures.
- * The menu should include nutrient-rich foods high in fiber and low in fat, salt, and sugar.

If you feel your meal does not measure up to these guidelines, feel free to call George Joseph at 874-2066.

For seniors 60 and over, there is no charge for the meal, although we encourage people to make a free-will donation toward the cost of the meal (up to \$3.00). People under 60 must pay \$8.00 per meal.

This program receives partial funding from the State of Alaska Division of Senior and Disabilities Services, and United Way. The Wrangell Senior Center receives partial funding from the City of Wrangell, Wrangell Co-operative Association, and many of Wrangell's business', clubs, organizations and generous individuals who help us to better serve the seniors of Wrangell.

With their support we provide the following services:

****CALL 874-2066 by 10:00 a.m. for info on these services.****

- * Hot nutritious lunches 4 days per week (M,W,Th,F) at NOON
- * Safe, courteous transportation, by lift equipped van. \$1.00 each way 60+ seniors.
- * Health and nutrition promotion, social activities and more

If for any reason you are unsatisfied with the service or services you have received or if you are extremely satisfied with the service or services you have received, please call 874-2066 and ask for George Joseph. I will listen to your concerns or praises or we can just visit.

If you are a senior interested in signing up for lunches, rides, senior info or any other services we provide, just call. We can get things started right away and all of us at Wrangell Senior Center would love to have your company.

Problem Solving Hints and Wisdom

1. YOU CAN ALWAYS DO SOMETHING!
2. Understand the problem
3. A problem is not a punishment; It is an opportunity to increase the happiness of your life, an opportunity to show how powerful you are.
4. Every problem has at least 3 solutions.
5. How well you can define the problem defines how well you can find solutions.
6. A solution must be acceptable to be a good solution.
7. Take time to celebrate the success of problems solved. Remember the glass is always 1/2 full!