

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Site Manager's Notes

During Spring Break in Southeast Alaska people descended on Juneau. There was the Gold Medal Tournament sponsored by the Lions Clubs, with all of the teams and the related families coming to town. I've always loved this time of the year when people just drop in for meals and good times. We all have "our" teams and the friendly bantering just keeps coming.

During the same time there was the first biannual Tlingit Clan conference, "Sharing our Knowledge: A Conference of Tlingit Tribes and Clans. This conference brought together Native Leaders, scholars, elders and students from across Alaska. Some of the workshops were wonderful, and I hope that we see this happen again.

Tuesday, March 24th was the 21st annual American Diabetes Alert Day, this is a call to action, encouraging all of us to find out if we are at risk for developing Type 2 diabetes. There is so much we can do to control this disease once we know if we are at risk. Next year we will plan to have a diabetes-related activity on this day.

The ceramics room is open on Mondays and Wednesday from 10:00 to 2:00. The room has the look of

Spring since one of the crafters donated brightly colored tablecloths which really change the look of the room. (Thank you Kathy). The ladies are pouring molds as fast as they get the orders, and in most cases the pieces are picked up just as fast. People are making some of the bowls to be used for the Glory Hole Soup dinner.

Jan Rice is back from vacation so let's get started on the Spring exercise programs. We will start on April 7th at 10:15. Jan will be tailoring the classes for those that come. Come in and talk to her so you can get into shape for the Spring.

The Juneau Senior Center has become very busy, with different groups all sharing the space. But there's still room. If anyone has an idea or a request please feel free to call me at 463-6175, or better yet come in for lunch.

Still Struggling with Taxes?

AARP volunteers are helping seniors and others with their federal tax returns. Sites are open across Southeast Alaska through April 15. The volunteers are trained and the help is free. In Juneau the help is at the Mendenhall Library, Mendenhall Mall, 9109 Mendenhall Mall Road, Sundays Noon—4pm.

Lee Ann See, Juneau Site Manager

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SENIOR MENU APRIL 2009 Reservations 463-6175 Milk, Water, Tea, Coffee & Desserts offered daily with meals</p>		<p>1 Pork Baked with Apples Green Beans Rice & Veg. Pilaf Sunshine Salad</p>	<p>2 Ham Sandwich Corn Chowder Danish Salad</p>	<p>3 Cabbage Rolls Carrots Cucumber & Onion Salad Biscuits</p>
<p>6 Tuna Salad Sandwich Potato Soup Tossed Salad</p>	<p>7 Spaghetti with Meat Sauce Mediterranean Vegetables Romaine & Radish Salad</p>	<p>8 Chicken Chop Suey Rice Peach Salad</p>	<p>9 Roast Beef Mashed Potatoes & Gravy Peas Carrot & Pineapple Salad</p>	<p>10 BBQ Beef on a Bun Mixed Vegetables Potato Salad HAVE A HAPPY EASTER</p>
<p>13 Tuna Noodle Casserole Broccoli Blend Tomato Aspic</p>	<p>14 Sweet'n Sour Pork Steamed Rice Cabbage Slaw</p>	<p>15 Egg Salad Sandwich Minestrone Soup Fruit Salad w/Cottage Cheese</p>	<p>16 Salmon Patties Green Beans Oven French Fried Potatoes Tossed Salad</p>	<p>17 Chicken Fricassee Peas Honey Orange Salad Biscuits</p>
<p>20 Meatloaf Mashed Potatoes & Gravy Steamed Broccoli (Romaine & Radish Salad) Marinated</p>	<p>21 Chicken w/ Green Pepper Rice & Veg. Pilaf Sweet Potato Garden Salad</p>	<p>22 Fiesta Pork Peas Carrot/Raisin Salad Herb Biscuit</p>	<p>23 Lasagna Italian Vegetable Apricot Salad Garlic French Bread</p>	<p>24 Mulligatawny Soup Chef Salad w/Egg & Cheese Cracked Wheat Roll</p>
<p>27 Country Pork Stew Cabbage/Fruit Cocktail Biscuit</p>	<p>28 Egg Salad Sandwich Split Pea Soup Sunshine Salad</p>	<p>29 Chicken Cacciatore Brussels Sprouts Tossed Salad</p>	<p>30 Cod Olympia Peas & Carrots Fruit Slaw Whole Wheat Bread</p>	

Toy Campbell Announces Her Retirement

Toy Campbell has announced her retirement from the Gastineau Channel Senior Centers' Advisory Board. Toy became President last May and has served on the Board for many years. This year she put in numerous hours heading up the Christmas Gift Wrap fundraiser, which brought in almost \$6,000. Thank you Toy for all of your hard work and the many times you stopped at my office just to say "good job". These are the things that mean so much to the staff. We will all miss you, but we still get to see you at lunch and in the ceramic room.

Phone Service Savings

In these times, when we are trying to be thrifty, we can look to our phone service as a possible place to save. The phone companies in Juneau have a program called ***Lifeline***. There are some differences between the different servers, but in general the companies charge about \$6.00 after taxes and surcharges. For this you get either a landline or a cell phone, and 1200 minutes a month. You are only allowed one *Lifeline* service per address. If you choose a cell phone you will have to purchase one from the server. It is still a great deal.

Personal Finances: Recordkeeping

This is the time of the year when our minds gravitate towards money matters. Within two weeks (April 15th) taxes must be filed or an extension granted.

To help keep up with all the paperwork so it won't be so overwhelming next year, create an easy filing system now. Keep all of your important records in one place and in order. Get a three-inch binder and several different colored folders for your different items. You can punch holes in the folders so they will fit in the binder. While you are at it get a package of labels to differentiate between the folders. Label a folder for each of the following:

- Bank statements and canceled checks
- Credit card receipts and statements (possibly a folder for each credit card)
- Income tax returns and related items
- Loan statements
- Insurance policies

Personal documents (birth certificates, passports, native stocks, social security cards and papers, secured in large envelope

- Will, Power of Attorney, Advance Directives for Health Care
- Receipts for major purchases
- Papers from Social Security and Medicare
- Retirement plan statements



A Message from Social Security

President Obama has signed the American Recovery and Reinvestment Act of 2009. This act provides for the one-time payment of \$250.00 to individuals who get Supplemental Security Income (SSI) or Social Security Benefits.

The expectation is that everyone who is entitled to a payment will receive it by late May 2009. **No action is required on your part.**

When there's more information available, it will be posted on the Social Security Website (www.ssa.gov/payment), and we will include it in a newsletter.

Legislative Teleconferences

Seniors are invited and encouraged to participate in the Alaska Commission on Aging 2009 legislative teleconferences. Topics include: health care, safety and security, the state budget, revenue sharing, energy assistance, mental health, prescription drugs, property tax exemptions, PFD, minimum wage laws, and others.

The meetings will be held on Thursday mornings from 9:30 to 11:00 on the following dates:

- April 2
- April 16
- April 23

The Juneau teleconference host site is the **Juneau Senior Center**. For more information about the teleconference discussion topics, visit <http://www.AlaskaAging.org/> or call Lee Ann at the Juneau Senior Center (463-6175).

Newsletters Now On-line

An easy way to see this monthly newsletter on-line is to do a Google search for "CCS Juneau", and click on the word 'newsletter' on the banner near the top of the page. You'll be able to see the graphics in beautiful color. While you're at the site, why not take a look at the monthly *Senior Care News Newsletter*.

Savvy Caregiver Classes

Amber Smith is presenting a series of workshops for families caring for loved ones with Alzheimer's or a related dementia. These classes are on April 7, 14, and 21, Tuesday evenings from 6:30-8:30. There are three classes left, so feel free to call Amber for more details 586-6044.

Calling for Advisory Board Members

The Gastineau Channel Senior Centers' Advisory Board has several vacancies. In May there will be an election of officers and new members will be appointed.

Terms of service will begin on July 1st. This is the perfect time to join a very dedicated group of seniors. They help with fundraising and other projects that keep the Senior Centers going.



Mailing List to be Updated

One way we can conserve our senior program funding is to maintain an up-to-date mailing list. In May we will begin updating the mailing list for this newsletter.

If you would like to remain on the mailing list, contact Lee Ann See by **May 1st**. In June, only those who made contact will be on the mailing list. Here's the contact information:

Phone: 463-6175

Fax: 586-2543

Email: LeeAnn.See@ccsjuneau.org

Mail: Lee Ann See
Juneau Senior Center
895 W. 12th Street, Ste.160
Juneau, AK 99801

We Need Your Donations

Thanks to those of you who have so thoughtfully donated funds to keep this newsletter going. Please be assured that 100% of your contribution goes directly into funding to provide its continued publication. If you enjoy this newsletter and find it beneficial, please consider making a donation. Think of it as a subscription. The mailing address is Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska, 99801.



Thanks Goes Out To Many

The Douglas Senior Center is the recipient of a wonderful new warming tray. The one that they had just wasn't making it.

Girl Scout Troop #18 brought the Meals on Wheels Program two cases of Girl Scout Cookies. People buy the cookies and then donate them to the troop to donate to a group in town. The people on the Meals on Wheels Program will love the cookies. The Girl Scout Troop is responsible for the holiday decorations in the Juneau Senior Center.

The Girl Scout Council in Juneau brought in three cases of cookies for the congregate meal program. The seniors love the cookies.





Someone brought in a number of plants. Lee Ann See, Site Manager, will make some cuttings, and in a month or two will have some beautiful plants for the Center.

Thanks goes out to those that have donated to the newsletter fund. The letters and the comments have meant a lot to Lee Ann and the others who are responsible for the newsletter.



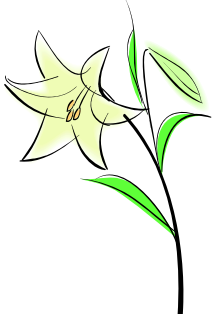


ACTIVITIES AT THE JUNEAU SENIOR CENTER

April 2009

SUN	MON	TUES	WED	THUR	FRI
			1 10:00 Ceramics	2 9: 30-11:00 Legislative Teleconference	3 7:00 Cribbage
5 1:30 Duplicate Bridge	6 10:00 Ceramics 1:00 Diabetic Support Group	7 1:00 KNITTING 2:00 Bingo 6:30-8:30 Savvy Caregivers	8 10:00 Ceramics	9	10 1:00—3:00 Advisory Board 7:00 Cribbage
12 1:30 Duplicate Bridge	13 10:00 Ceramics 5:30 P.M. Retired Teachers	14 1:00 KNITTING 2:00 Bingo 6:30-8:30 Savvy Caregivers	15 10:00 Ceramics	16 9: 30-11:00 Legislative Teleconference	17 7:00 Cribbage
19 1:30 Duplicate Bridge	20 10:00 Ceramics	21 1:00 KNITTING 1:00 LOW VISION SUPPORT 2:00 Bingo 6:30-8:30 Savvy Caregivers	22 10:00 Ceramics	23 9: 30-11:00 Legislative Teleconference	24 6:00 PIONEERS of ALASKA DINNER & MEETING
26 1:30 Duplicate Bridge	27 10:00 Ceramics	28 1:00 Knitting 2:00 Bingo	29 10:00 Ceramics	30	

Valley Senior Center Activities
April 2009 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	2 Available: Call 463-6175 if you have a craft or topic to share.	3 Noon-Lunch 1:30 PM Art Group
6 10 AM Exercise 1:30 PM Contract Bridge	7 10-4 PM Sewing Circle	8 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	9 Available: Call 463-6175 if you have a craft or topic to share.	10 Noon-Lunch 1:30 PM Art Group
13 10 AM Exercise 1:30 PM Contract Bridge	14 10-4 PM Sewing Circle	15 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	16 Available: Call 463-6175 if you have a craft or topic to share.	17 Noon-Lunch 1:30 PM Art Group
2 10 AM Exercise 1:30 PM Contract Bridge	21 10-4 PM Sewing Circle	22 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	23 Available: Call 463-6175 if you have a craft or topic to share.	24 Noon-Lunch 1:30 PM Art Group
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Southeast Senior Services

**419 Sixth Street
Juneau, Alaska 99801**



Address Service Requested

April 2009



A United Way Agency

**This agency receives partial funding from the
Alaska Division of Senior and Disabilities Services**

**Juneau Senior Center Information & Reservations: 463-6175
Senior and Caregiver Resource Center: 463-6177
895 W. 12th St., Juneau, AK 99801
E-mail: seniorinfo@gci.net
Toll Free in Alaska: 1-866-746-6177**

There are no holidays in April, but Easter is on Sunday, April 12. Join us for an **"Easter Make A Card Day"** on Wednesday, April 8th at 1:00. We have card stock, stickers and boxes of decorative supplies. Just bring your creativity.

On Friday, April 10 the Juneau Senior Center will have an Annual **Easter Bonnet Parade**. The word from Agnes is that this is an ongoing event that all look forward to. Paul told me that the Juneau Senior Center has been hosting this event for a long time. There are prizes for the hats that tickle the fancy of the judges. So men and women, fix up a hat and get into the running!