

Gastineau Channel

Senior Centers' News Juneau, Alaska



January 2009 Published by Southeast Senior Services, a Program of Catholic Community Service

Site Manager Notes

Our holiday meals were a great success, complete with our own dear Santa who passed out candy canes and tangerines and posed for photos with all the seniors. We sure appreciated him and his elves. The holiday bazaar offered great bargains and was a successful fundraiser.

The Christmas Gift Wrap fundraiser sponsored by the Advisory Council will be going on at the Nugget Mall through Christmas Eve. Proceeds support our meals programs. Bring your gifts by, and volunteer wrappers will do a beautiful job.

The Juneau Senior Center has a beautiful new floor and a new cozy arrangement of furnishings. The piano just got tuned up and sounds better than ever. We are always looking for people to play during the lunch hour. Just give me a call 463-6175, and I'll set you up.

For the New Year it would be nice if each of us try and bring someone new to lunch. The cooks work hard at putting the best meals they can out for us. Please feel free to invite family or friends to any of our meals. (Guests under 60 are charged \$8.00, and those 60 and over have the opportunity to make a free-will donation, suggested at \$4.00 but can be more or less).

Lee Ann See, Site Manager

From the NTS Coordinator

A new year is like getting a new book full of 365 blank pages. I hope that in 2009 more seniors will choose to fill some of their pages with senior center activities. Our congregate and home-delivered meals are part of a larger program funded to provide activities, health and nutrition education, exercise, and support for seniors aged 60 and over. The more seniors who participate, the more lively the program becomes and the more fun and enriching for everyone.

What a pity if you or anyone you know stays at home alone, when there's so much companionship waiting just around the corner. Just button up that overcoat and come on out! Don't know any seniors? Give Lee Ann See a call at 465-6175. She can arrange for herself or one of the Volunteer Center Coordinators to welcome you and introduce you to others. We'd sure like to see you!

The Juneau Senior Center is open five days a week except for the upcoming holiday closures which include Christmas, New Year's Day, and Martin Luther King Day (Monday, January 19th). The Douglas Senior Center serves lunch on Tuesdays and Thursdays, and the Valley Senior Center serves lunch on Wednesdays and Fridays.

Marsha Partlow, NTS Coordinator

**DIGITAL TELEVISION
TRANSITION Feb. 17, 2009:
WILL YOU BE READY?**

If you have a digital TV, you are ready for the switch. If you subscribe to a paid TV service it is already prepared for the DTV Transition. (If your TV is more than 10 years old it probably is not digital. If it is less than 10 years old, ask the manufacturer if your TV is "analog-only.")

If you have an analog-only TV with a roof top antenna or "rabbit ears," you will not be able to watch most TV stations after Feb. 17, 2009 unless you get a "converter box." The converter box will attach to your TV and let you go on getting free TV.

With the converter box you can get a better picture and more channels. The antenna you have should work with the box. You can buy a converter box at a retail store. The boxes will cost \$40 to \$70.

You can get two \$40 coupons per household from the US Government to help you pay for up to two boxes. (One coupon per box only. Please note that these coupons will expire 90 days after mailing.)

For more information about the Digital Transition, call: (voice) 1-888-CALL-FCC (1-888-225-5322) (TTY): 1-888-TELL-FCC (1-888-835-5322) or you can go to [www.DTV.GOV](http://www.dtv.gov) <<http://www.dtv.gov/>>

For information about converters and coupons, call: (voice) CALL 1-888-388-2009) or (TTY) 1-877-530-2634 Or Go To: www.dtv2009.gov <<http://www.fcc.gov/fcc-bin/bye?http://www.dtv2009.gov>>
Lesley Bullock, Alaska Commission on Aging

**Care-A-Van Ride Donation Rate
Increases to \$5.00 on Jan. 1st**

Since its creation, Southeast Senior Services has been proud to provide affordable, reliable, and safe transportation with our Care-A-Van services to seniors and persons with disabilities in Juneau. We have always relied on your generous donations to help keep the Care-A-Van Service operating.

We have thought carefully about how to make ends meet before increasing the donation rate. However, with the rising costs of providing the Care-A-Van service, it has become necessary to increase donations to the program in order to continue the consistency in our services. Starting January 1st, 2009 our suggested donation amount will be \$5.00 for each one-way ride received. Please remember that this is only a suggested donation and not a bill---you may pay more or less. Your ability to ride will not be affected if you are unable to pay this amount.

Any and all donations you can make to the program are very, very much appreciated. Thank you for your understanding and continuing support.

If you have questions about this request for an increase in donations or any other questions or concerns about the Care-A-Van service, please call Dale Morris, Care-A-Van Supervisor at 463-6114.



Just for Fun

When told the reason for daylight savings time the Old Indian said, "Only a Federal Government would believe you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket."

My wife and I were sitting at a table at my 35th high school reunion, and I kept staring at a drunken lady swigging her drink. My wife asked, "Do you know her?" "Yes," I sighed, "she's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since." "My goodness!" says my wife. "Who would think a person could go on celebrating that long?"

A woman went to the Post Office to buy stamps for her letters. "What denomination?" asked the clerk. "Oh, good heavens! Have we come to this?" said the woman. "Well, give me 30 Catholics, 10 Baptists, 20 Lutherans, and 40 Presbyterians."

Handy Hints

***Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser!

***Store opened chunks of cheese in foil. It will stay fresh longer

***When reheating breads, place in a microwave oven, with a cup of water to keep the breads moist.

***To get rid of pesky fruit flies, mix a half inch of apple cider vinegar and 2 drops dishwashing liquid in a small glass and place near the fruit flies.

***To unseal an envelope, place it in the freezer for a couple of hours.

[Thanks to the Senior Lifestyle Digest, Lake County, Florida (352) 383-219]

New Year's Day Traditions

- ✚ Black eyed peas
- ✚ Cabbage (sauerkraut)
- ✚ Donuts (representing "full circle" observed by the Dutch)
- ✚ Baby: symbolic of new beginnings
- ✚ Father Time: symbolic of time marching on
- ✚ Resolutions
- ✚ Auld Lang Syne
- ✚ Tournament of Roses Parade
- ✚ Celebrations at the stroke of midnight



Invitation to Join Us

If you are 60 or older, please join us for lunch and/or activities at one of our Senior Centers. ALL seniors are welcome.

Open Bingo on Tuesdays and Thursdays at 1:00 in the Community Room at Mountain View Apartments. (No cash prizes)

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Computers Awarded

The Juneau Senior Center was one of 17 senior centers nationwide who won the National Council on Aging (NCOA) Computer Lab competition. We received 4 beautiful computers with desks and a printer. The goals of the computer lab will be to

- (1) support education and enrollment activities during this year's Medicare Part D Annual Enrollment Season;
- (2) teach seniors how to access the worldwide web, and use email; and
- (3) teach seniors who can type to use word processing.

The computer lab will be open specific hours on week days when the Center is open. We hope to have the lab up and running in January.

The Juneau Senior Center will now be locked overnight to protect the computers.

We Need Your Donations

Due to circumstances beyond our control, we were unable to publish a December issue of this newsletter. As long as funding continues, both through our grants and through donations, we will publish issues, but may have to resort to bi-monthly issues during 2009. Several seniors mentioned missing the December issue and said they enjoy reading the newsletter. If you also enjoy it and find it beneficial, please consider making a donation. Think of it as a subscription. You may give a donation directly to Lee Ann See at the Juneau Senior Center or mail one to: Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska, 99801

Thank You 2008 Volunteers!



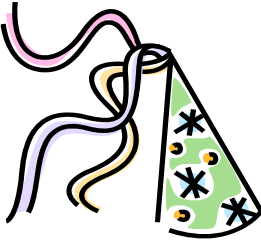

Volunteers make a huge difference in the quality of our senior programs. They add color, richness, and depth. Volunteering is fun and interesting work with a very high value. If you volunteered this year and do not see the activity you volunteered for, just give me a call, and I'll include it in next month's newsletter.

Meals on Wheels Drivers
Newsletter Mailing Committee
Gastineau Channel Senior Centers
Advisory Board
Community Service Workers
Landscaping
Pancake Breakfasts
Holiday Bazaar
Christmas Gift Wrap Fundraiser
Lunch Servers
Douglas Volunteer Coordinator
Valley Volunteer Coordinator
Lunch time musical entertainers
Lunch time speakers
Ceramics tutors
Exercise leaders
Card game tutors


Thank you to Holland America Lines for a \$500 grant.

Thank you to all the agencies, organizations, individuals, families, and staff for their generous contributions and support throughout 2008.


And a very special thanks to the Juneau Senior Center kitchen and Care-A-Van staff who work so hard to provide tasty congregate and home-delivered meals.

Monday	Tuesday	Wednesday	Thursday	Friday
 Senior Menu January 2009 Reservations: 463-6175 	Milk, Water, Tea, Coffee & Desserts offered daily with meals	New Year's Eve Auld Lang Zyne	1  Happy New Year ! 2009	2 Tuna Sandwiches Cream of Tomato Soup Waldorf Salad
5 Sloppy Joe on a Bun Peas & Carrots Potato Salad	6 BBQ Fish Sweet Potatoes Rice Pilaf Citrus Salad	7 Dutch Beef & Cabbage Squash Tomato Aspic Boiled Potatoes	8 Chicken & Noodles Brussels Sprouts Tossed Salad	9 Ham Sandwich Potato Soup Carrot & Pineapple Salad
12 Chicken Adobo Mixed Vegetables Rice Citrus Cup	13 Meat Loaf Broccoli Scalloped Potatoes Danish Salad	14 Swedish Meatballs Pasta Spinach Honey- Orange Salad	15 Mac & Cheese with Ham Broccoli Spinach Salad Pasta	16 Baked Salmon Carrots Boiled Potatoes with Parsley Fruit Slaw
19  <i>"I Have a Dream..."</i>	20 Beef Stew with Vegetables Cauliflower Broccoli Toss Herb Biscuits	21 Fiesta Pork Chops Green Beans Rice Spicy Fruit Cup	22 BBQ Chicken Mixed Vegetables Potato Salad Angel Biscuits	23 Mom's Oven Baked Fish Sweet & Sour Red Cabbage Carrot & Raisin Salad Whole Wheat Bread
26 Spaghetti with Meat Sauce Broccoli Tossed Salad Garlic Bread	27 Minestrone Soup Ham & Cheese Sandwich Orange Slices Perfection Salad	28 Baked Chicken Steamed Carrots Triple Bean Salad Biscuits	29 Baked Ham Sweet Potatoes Honey-Orange Salad Whole Wheat Bread	30 Chef's Salad Platter Potato Soup Cornbread

ACTIVITIES AT THE JUNEAU SENIOR CENTER JANUARY 2009

SUN	MON	TUES	WED	THUR	FRI
			New Year's Eve	1 Happy New Year! 2009	2 7:00 Cribbage
4 Duplicate Bridge 1:30	5 10:00 Ceramics 1:00 Diabetic Support Group	6 11:00AM Exercise	7 10:00 Ceramics	8 SOME- THING YOU WOULD	9 1:00 Advisory Board 7:00 Cribbage
11 Duplicate Bridge 1:30	12 Feet First 9:00- 11:00 10:00 Ceramics 1:00 Diabetic Support Group	13 11:00AM Exercise 1:00	14 10:00 Ceramics	15 LIKE TO DO? CALL LEE ANN 463-6175	16 7:00 Cribbage
18 Duplicate Bridge 1:30	19 Martin Luther King HOLIDAY	20 11:00AM Exercise 1:00 LOW VISION SUPPORT GROUP	21 10:00 Ceramics	22	23 7:00 Cribbage
25 Duplicate Bridge 1:30	26 10:00 Ceramics	27 11:00AM Exercise 1:00 KNIT & SEW with Agnes	28 10:00 Ceramics	29	30 6:00 PIONEERS of ALASKA DINNER & MEETING

Valley Senior Center Activities
January 2009
463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>New Year's Eve</p> <p>Auld Lang Zyne</p>	<p>1</p> <p>Happy New Year ! 2009</p>	<p>2</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>5</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>6</p> <p>10 AM— 4 PM Sewing Circle</p>	<p>7</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p>8</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>9</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>12</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>13</p> <p>10 AM— 4 PM Sewing Circle</p>	<p>14</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p>14</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>15</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>19</p> <p>Martin Luther King Day</p> <p>Center is Closed</p>	<p>20</p> <p>10 AM— 4 PM Sewing Circle</p>	<p>21</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p>22</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>23</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>26</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>27</p> <p>10 AM— 4 PM Sewing Circle</p>	<p>28</p> <p>10 AM— 4 PM Sewing Circle</p>	<p>29</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>30</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>

Southeast Senior Services

**419 Sixth Street
Juneau, Alaska 99801**



**Address Service Requested
November 2008**



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**

**In January, Senior Centers will be closed to celebrate
New Year's Day on Thursday, January 1st and to commemorate the
life and legacy of
Martin Luther King on Monday, January 19th.**



"I Have a Dream..."