

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Site Manager's Notes

The weather during the past couple of weeks has been glorious and it isn't even summer yet. What more can we ask for? The ships with their visitors have started to arrive in mass, a smaller mass than last year, but still a lot of people.

My husband and I lived in Honolulu, Hawaii for ten years while I went to the University. Needing something to do, we decided to open a nursery and landscaping business. We had 2.5 acres under cloth and thousands of plants. Gardening and planting something and having it grow like a weed is the one thing I miss. The gardens around town are cleaned up from the winter and plants are popping up all over. At the Juneau Senior Center the residents of Mountain View Apartments have some beautiful plants growing in the greenhouse, the colors are so nice to see after the winter. Juneau looks wonderful, with the flags and all the plantings.

The ceramics room is in full swing, some of the ladies have found a new, larger coffee cup and the decorations are amazing. I found that when something breaks it is still useful as a wind-chime. The times are Monday and Wednesday from 10:00-2:00. Betty and Diane will get

you started and after that, your imagination is on its own.

Jan Rice has been doing exercise classes on Tuesday and Friday mornings at 10:15, and it is working well. More folks have started coming. The classes focus on balance and low impact, and Jan will help you find what suits you best.

At the Valley Senior Center, exercise classes are on Mondays, Wednesdays and Fridays at 10:00. They use low poundage weights and video exercise tapes.

Over the last couple of months the Gastineau Channel Senior Centers' Advisory Board has had two meetings where there was not a quorum. There are several offices on the board that need to be filled. Also in June new member representatives will be appointed. I'm putting out an invitation if you are interested in being on the board please call me, and I will give you the needed information. We meet the second Friday of each month at 1:00 at the Juneau Senior Center.



If anyone has an idea or a request please feel free to call me at 463-6175, or better yet come in for lunch.

Lee Ann See, Juneau Site Manager

“Till We Meet Again”--- Ellen Northup Leaving Juneau

On Saturday, **July** 11th, between 3PM and 6 PM, at the Juneau Senior Center, Ellen hopes that folks will come by to trade hugs and fill up her address book with addresses and e-mail contacts so she can stay in touch. Light refreshments will be served. No gifts, please. This event is for Ellen and her daughter, Melissa Goese-Goble.

Prior to her 8 years as Site Manager at the Juneau Senior Center, Ellen spent 8 years as Executive Director of The Glory Hole and 2 years with the Senior Service Corps. Upon learning of the vacancy at the Senior Center, her supervisor recommended that she apply for the Site Manager’s position. He himself had worked there previously and thought she would be good in the job. She applied for the job, was interviewed the following day and began work the day after. She found she had several employees who were under the Senior Work Program (now MAAST) which she had been in charge of at her previous employment. She later learned she was also in charge of Meals on Wheels.

Ellen was a tireless advocate for Juneau’s seniors. As time went by, she organized the Juneau Senior Center Program after her own fashion. She became active in helping to raise funds for the program, ran an annual holiday bazaar, organized health fairs, took

part in conferences, brought in lots of entertainment for the lunch program, and so much more. Melissa donated her time and talent by creating beautiful posters for fund raising events and assisting Ellen with many holiday functions held at the Senior Center. Ellen stayed in the position for 8 years, until April 2008. Unfortunately, poor health took over, and she finally had to retire.

Ellen hated to leave—because the center had become a second home to her. So every Wednesday you will see Ellen in the ceramics room, then coming in to enjoy a good lunch, and then taking the Care-A-Van home.

She now has the time to pursue her hobbies of painting and writing.

Ellen, thank you for your many decades of service in Alaska. We wish you and Melissa a wonderful voyage to your new life in a warmer climate. We’ll miss you!

Ellen and Melissa will leave in July for Northern California. After 38 years in Alaska, she says the saying is not “Good-Bye” but “Till We Meet Again”.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Hamburger Oven French Fried Potatoes Cantaloupe Slice Carrot & Pineapple Salad</p>	<p>2 Baked White Fish Curry Rice Pilaf Carrots w/Orange Sauce Peach Salad</p>	<p>3 Chicken w/Noodles Mixed Vegetables Cabbage, Pear & Raisin Salad</p>	<p>4 Pork Stew with Vegetables Fruit Slaw Corn Bread</p>	<p>5 Chicken Sandwich Vegetable Chili Honey Orange Salad</p>
<p>8 Meatloaf Scalloped Potatoes Spinach Fruit Slaw</p>	<p>9 Fish Chowder with Vegetables Danish Salad French Bread</p>	<p>10 Fiesta Pork Chops Baked Sweet Potatoes & Apples Cabbage Slaw Wheat Rolls</p>	<p>11 Pineapple- Lemon Chicken Peas & Carrots Romaine & Garden Salad</p>	<p>12 Hungarian Goulash with Noodles Brussels Sprouts Spinach Salad</p>
<p>15 Ham Sandwich Tomato Soup Honey Mustard Coleslaw</p>	<p>16 Pork Chop Suey Rice Broccoli Peach Salad</p>	<p>17 BBQ Beef on a Bun Oven Fried Potatoes Tossed Salad</p>	<p>18 Taco Salad Spanish Rice Spicy Fruit Cup</p>	<p>19 Baked Salmon Casserole Peas & Carrots Tomato Aspic Whole Wheat Bread</p>
<p>22 Vegetable Beef Soup Cheese & Tomato Sandwich Fruit Slaw</p>	<p>23 Ham Sweet Potatoes Marinated Green Bean Salad Rolls</p>	<p>24 Spaghetti with Meat Sauce Peas & Carrots Fruit Cup Garlic Bread</p>	<p>25 Crispy Baked Chicken Boiled Potatoes Brussels Sprouts Texas Cole Slaw</p>	<p>26 Macaroni, Cheese w/Ham Spinach Honey Orange Salad</p>
<p>29 Hot Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Perfection Salad</p>	<p>30 Sweet & Sour Pork Rice Broccoli Tossed Salad</p>	<p>JUNE 2009</p>	 <p>Father's Day June 21st</p>	<p>Senior Menu Reservations 463-6175 Milk, Coffee, Tea & Desserts are Offered Daily with Meals</p>

Activities at the JUNEAU Senior Center
June 2009 463-6175

SUN	MON	TUES	WED	THUR	FRI
	1 10:00 Ceramics	2 10:15 Exercise 1:00 KNITTING 2:00 Bingo	3 10:00 Ceramics 1:00 Pinochle	4 1:00 Pinochle	5 10:15 Exercise 7:00 Cribbage
7 1:30 Duplicate Bridge	8 10:00 Ceramics 1:00 Diabetic Support Group	9 10:15 Exercise 1:00 KNITTING 2:00 Bingo	10 10:00 Ceramics 1:00 Pinochle	11 1:00 Pinochle	12 10:15 Exercise 1:00—3:00 Advisory Board 7:00 Cribbage
14 1:30 Duplicate Bridge	15 10:00 Ceramics	16 10:15 Exercise 1:00 KNITTING 2:00 Bingo	17 10:00 Ceramics 1:00 Pinochle	18 1:00 Pinochle	19 10:15 Exercise 7:00 Cribbage
21 1:30 Duplicate Bridge	22 10:00 Ceramics	23 10:15 Exercise 1:00 KNITTING & LOW VISION SUPPORT 2:00 Bingo	24 10:00 Ceramics 1:00 Pinochle	25 1:00 Pinochle	26 10:15 Exercise 6:00 PIONEERS of ALASKA DINNER & MEETING
28 1:30 Duplicate Bridge	29 10:00 Ceramics	30 10:15 Exercise 1:00 Knitting 2:00-Bingo			



Thanks Goes Out To Many

Thanks to all of you who volunteer your time and energy to enrich the Senior Center Program.

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.

Survey Time Again

PLEASE take the time to fill in the surveys that were sent to you, especially the Meals on Wheels recipients. The surveys are used to make the senior program better for you.

A & P Receipts

We love getting the cash register receipts from A & P. These are worth 1% of the total spent, and one of our volunteers will do all the work if you will leave them off with us. This money goes for some of the treats that we serve with our meals.

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. While you're at the site, why not take a look at the monthly *Senior Care News* newsletter.

Diabetes Support Group

The Diabetes Support Group will be meeting throughout the summer on the 2nd Monday of the month. Please feel free to join us. You will learn a lot, and the support can be very helpful.

Low Vision Support Group

Jeff is no longer with the group, but SAIL will have someone on board to take over the group by the next meeting on June 23rd. Along with being a support group, valuable educational information is given out at each meeting. Try to come if you have any problems with your vision or are interested in learning more about vision problems.

Julia Dyer Joins Southeast Senior Services


The Senior & Caregiver Resource Center has announced that Julie Dyer is the new Resource and Outreach Specialist. She and Mary Lou Spartz are responsible for staffing the Senior Information and Caregiver Resource Center, which provides information and referral, caregiver education and training, counseling, funds for supplemental services, and respite care for family caregivers.

Julie has lived in Juneau for over 10 years and brings to the position a personal familiarity with family care-giving as well as a professional background in property management and long term care insurance. Please welcome Julie to the Juneau Senior Center when you see her!

Valley Senior Center Activities

June 2009

463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10 AM Exercise 1:30 PM Contract Bridge	2 10-4 PM Sewing Circle	3 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	4 Available: Call 463-6175 if you have a craft or topic to share.	5 Noon-Lunch 1:30 PM Art Group
8 10 AM Exercise 1:30 PM Contract Bridge	9 10-4 PM Sewing Circle	10 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	11 Available: Call 463-6175 if you have a craft or topic to share.	12 Noon-Lunch 1:30 PM Art Group
15 10 AM Exercise 1:30 PM Contract Bridge	16 10-4 PM Sewing Circle	17 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	18 Available: Call 463-6175 if you have a craft or topic to share.	19 Noon-Lunch 1:30 PM Art Group
22 10 AM Exercise 1:30 PM Contract Bridge	23 10-4 PM Sewing Circle	24 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	25 Available: Call 463-6175 if you have a craft or topic to share.	26 Noon-Lunch 1:30 PM Art Group
29 10 AM Exercise 1:30 PM Contract Bridge	30 10-4 PM Sewing Circle	<i>Happy Father's Day to all dads and granddads. Sunday, June 21st</i>		

Happy Father's Day

*Any man can be a Father,
but it takes a special person
to be called Dad.*

The idea for creating a day for children to honor their father began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Having been raised by her father, William Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

In 1926, a National Father's Day Committee was formed in New York City. Father's Day was recognized by a Joint Resolution of Congress in 1956. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. So Father's Day was born in memory and gratitude by a daughter who thought that her father and all good fathers should be honored with a special day just like we honor our mothers on Mother's Day.

What Makes A Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities.
When there was nothing more to add,
He knew His masterpiece was
complete, and so,
He called it ... Dad

Author is unknown

Some June Holidays

June 11: National Hug Day & King Kamehameha Day (Very important in Hawaii)

June 13: National Juggling Day and Kitchen Klutzes Of America Day

June 14: Pop Goes the Weasel Day

June 15: Smile Power Day

June 16: National Hollerin' Contest Day

June 17: Watergate Day & Eat Your Vegetables Day

June 18: International Panic Day

June 19: World Sauntering Day

June 20: Ice Cream Soda Day

June 21: Father's Day

Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801



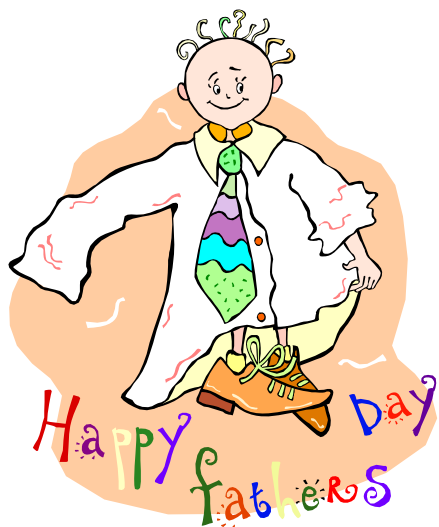
Address Service Requested
June 2009



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



Happy Father's Day June 21st

