

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Site Manager's Notes

Downtown Juneau is getting cleaned up, stores are beginning to open for the visitors arriving on the cruise ships, and many of the locals have come back after being gone for the winter.

The weather is cold and damp one day and sunny with a light breeze the next. The yellow on the skunk cabbage is just beginning to show along Egan Drive. Now I'm waiting for the willows to bud.

The Senior Centers are gearing up for the new season. Jan Rice (our exercise guru) has decided to offer two exercise classes a week. One class will be on Tuesdays at 10:15 and the other on Fridays, also at 10:15. She has been helping women with individual programs, everything from low impact to balance. If you have any questions, come in and Jan will explain what she's doing. Many of the participants stay for lunch.

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

We have a new menu every month and the one for May sounds really good. Please feel free to come in and visit any of the Senior Centers. The Juneau Senior Center is serving lunches Monday through Friday at

Noon. The Douglas Senior Center serves lunch every Tuesday and Thursday at Noon, and the Valley Senior Center serves lunch every Wednesday and Friday at Noon.





The Meals on Wheels program is ongoing. There are never enough words to describe the dedicated volunteers who deliver the meals to the seniors who can't get out. Many of the volunteers work during their lunch hours. If you are interested in becoming a volunteer for the Meals on Wheels program, call 463-6179 and leave your name and number.

Ceramics is going on Mondays and Wednesdays from 10:00-2:00. All seniors are welcome. Betty and Diane will help you get started. Lessons, painting, and firing are free, you just pay for the green ware. Some of the ladies donated 19 lovely hand-crafted bowls to the "EMPTY BOWLS" fundraiser for the Glory Hole.



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.

Lee Ann See, Juneau Site Manager

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Menu Reservations 463-6175 Milk, Coffee, Tea & Desserts are Offered Daily with Meals</p>	 MAY 2009			<p>1 Ham Balls with Sweet & Sour Sauce Noodles Spinach Marinated Zucchini & Tomatoes</p>
<p>4</p> <p>Sloppy Joes on a Bun Texas Cole Slaw Potato Salad</p>	<p>5</p> <p>Chicken Adobo Rice Broccoli Danish Salad</p>	<p>6</p> <p>New England Clam Chowder Cheese & Tomato Sandwich Romaine & Radish Salad</p>	<p>7</p> <p>Roast Pork Mashed Potatoes & Gravy Steamed Carrots Honey Mustard Coleslaw</p>	<p>8</p> <p>Beef Paprika Rice Butternut Squash Sliced Banana & Orange Cup</p>
<p>11</p> <p>Crispy Chicken Boiled Baby Red Potatoes Steamed Spinach Fruit Slaw</p>	<p>12</p> <p>Macaroni & Cheese with Ham Broccoli Carrot Raisin Salad</p>	<p>13</p> <p>Stuffed Beef Roll Rice Brussels Sprouts Apricot Salad</p>	<p>14</p> <p>Chicken Enchiladas Spanish Rice Black Beans Tossed Salad</p>	<p>15</p> <p>Turkey Mashed Potatoes & Gravy Peas Spinach Salad</p>
<p>18</p> <p>Beef Noodle Casserole Peas Sunshine Salad</p>	<p>19</p> <p>Sweet & Sour Chicken Rice Carrots Cauliflower & Broccoli Toss</p>	<p>20</p> <p>Summer Garden Soup Tuna Salad Sandwich Cottage Cheese with Sliced Tomatoes</p>	<p>21</p> <p>Spaghetti with Meat Sauce Italian Vegetables Honey Orange Salad</p>	<p>22</p> <p>Salmon Chowder Cheese & Tomato Sandwich Apricot salad</p>
<p>25</p>  MemorialDay	<p>26</p> <p>Chicken Tahitian with Pineapple Rice Spinach Cucumber & Onion Salad</p>	<p>27</p> <p>French Dip Sandwich Carrots in Orange Sauce Potato Salad</p>	<p>28</p> <p>Sliced Ham Scalloped Potatoes Green Beans Carrot Pineapple Salad</p>	<p>29</p> <p>Stewed Chicken & Dumplings with Vegetables Fruit Slaw</p>

May is Older Americans Month

In honor of Older Americans Month, the Senior and Caregiver Resource Center will host weekly events throughout the month.

On Friday May 8, there will be an ***Appreciation Tea for Caregivers*** at the Juneau Senior Center from 1 - 2:30. This is a time to pay tribute to those that care for elderly family members or older friends. If you have the time please come to lunch and have enjoy seeing friends and family at the meal, and then stay for the tea.

On Thursdays there will be a series of Caregiver Education Programs, from Noon-1:30 in the Gathering Space at the Resurrection Lutheran Church.

May 14: Jan Rice, Senior Volunteer, leading "Fun with Sitting Down Exercises"

May 21st: Amber Smith, Alzheimer's Educator speaking on "Easy To Do Projects & Games"

May 28th: Sara Boesser, SAIL, demonstrating a variety of assistive devices plus suggestions to enhance comfort and safety in the home.

Do You Play Pinochle?

We are looking for dedicated card players who would like to play Single Deck Pinochle. Most of the players come to lunch at the Juneau Senior Center and they stay for the afternoon to play. Right now they play on Wednesday and Thursday afternoons from 1:00-2:30 (or longer). Many times they play on other days also, for more information you can call Patty at 789-3619, or Lee Ann at 463-6175.



FEET FIRST on May 18th

Every other month Bob Chatfield and Lyda Travis offer basic foot care including nail trimming and an assessment of your foot care needs. This is not to be considered a substitute for medical care and treatment, but to be used in conjunction with medical care.

This May we will be holding the Feet First Clinic on Monday, the 18th. Please call Lee Ann for information and an appointment at 463-6175.

Diabetes Support Group

The monthly meeting will be on Monday, May 4th at 1:00 at the Juneau Senior Center. Come join us for lunch before the group.

Low Vision Support Group

This group will meet on Tuesday, May 26th at 1:00 in the Juneau Senior Center. This group always has lots of new information to share. Jeff from SAIL is the leader and has brought in many speakers. If you have questions bring them to the meeting. You could join us for lunch and make a day of it.

Older Americans Month

At a meeting with the National Council of Senior Citizens President John F. Kennedy designated May 1963 as Senior Citizens Month, thus encouraging the nation to pay tribute in some way to older people across the country. In 1980 President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those seniors aged 65 and older.

There are lots of us seniors. The number of people 65 and older in the United States on July 1, 2007 was 37.9 million or 13 percent of the population. Between 2006 and 2007 this age group increased by 635,000 elders.

So in looking around for interesting facts that we will never use except at that class reunion or dinner party where everyone knows everything, take a look at some of the bizarre and unique holidays for May.

MONTHLY CELEBRATIONS:

- National Barbecue Month,
- National Blood Pressure Month, The Juneau Senior Center now has an automatic Blood Pressure cuff you may use, just ask Lee Ann.
- National Salad Month

WEEKLY CELEBRATIONS:

- Week 1, Nurse's Week
- Week 2, Wildflower Week
- Week 3, National Bike Week & National Police Week
- Week 4, Emergency Medical Services Week. This one in Alaska means so much.

DAILY CELEBRATIONS:

- 1st: May Day, Mother Goose Day, Save the Rhino Day
- 2nd: Baby Day, Brothers and Sisters Day
- 3rd: World Press Day and Lumpy Rug Day
- 4th: Bird Day, National Candied Orange Peel Day
- 5th: Cinco de Mayo, Oyster Day
- 6th: Beverage Day, No Diet Day
- 7th: National Tourism Day
- 8th: International Tuba Day
- 9th: Lost Sock Memorial Day, International Migratory Bird Day
- 10th: Clean Up Your Room Day
- 11th: Eat What You Want Day
- 13th: Frog Jumping Day
- 16th: National Sea Monkey Day
- 18th: No Dirty Dishes Day
- 20th: Be a Millionaire Day-that's one I'll go for
- 22nd: Buy a Musical Instrument Day-I used to do that almost yearly, it was called band.
- 23rd: Lucky Penny Day
- 24th: National Escargot Day
- 25th: Memorial Day
- 25th: National Missing Children's Day
- 29th:????—Here's a day waiting to be claimed as special by an individual or group.
- 31st: National Macaroon Day



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 15th**. 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.

Come to your Senior Center during the month of May, and I'll speak to the site manager and see if we could get some special deserts during the month. Since I'm the site manager I decided that on Fridays we will have something special. They are a surprise so I can't tell if you call and ask. ---Lee Ann



Thanks Goes Out To Many

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.

We have also gotten some wonderful donations for the Food Bank, We can always find special treats out there and I get many of the breakfast Goodies there.

The AARP Group gave us a check as they closed their charter here, and the Ladies of Veterans' of Foreign Wars gave us several hundred dollars of coupons to use at A&P.

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.

Advisory Board Members

The Gastineau Channel Senior Centers' Advisory Board has several vacancies. At the Friday, May 15th meeting, new officers will be nominated for the June elections. Also in June new member representatives will be appointed.



ACTIVITIES AT THE JUNEAU SENIOR CENTER

May 2009

SUN	MON	TUES	WED	THUR	FRI
					<p style="text-align: center;">1 10:15 Exercise</p> <p style="text-align: center;">7:00 Cribbage</p>
<p style="text-align: center;">3</p> <p style="text-align: center;">1:30 Duplicate Bridge</p>	<p style="text-align: center;">4 10:00 Ceramics</p> <p style="text-align: center;">1:00 Diabetic Support Group</p>	<p style="text-align: center;">5 10:15 Exercise 1:00 KNITTING 2:00 Bingo</p>	<p style="text-align: center;">6 10:00 Ceramics</p> <p style="text-align: center;">1:00 Pinochle</p>	<p style="text-align: center;">7 1:00 Pinochle</p>	<p style="text-align: center;">8 10:15 Exercise</p> <p style="text-align: center;">1:00 Care-Giver Appreciation Tea 7:00 Cribbage</p>
<p style="text-align: center;">10</p> <p style="text-align: center;">1:30 Duplicate Bridge</p>	<p style="text-align: center;">11 10:00 Ceramics</p>	<p style="text-align: center;">12 10:15 Exercise 1:00 KNITTING 2:00 Bingo</p>	<p style="text-align: center;">13 10:00 Ceramics</p> <p style="text-align: center;">1:00 Pinochle</p>	<p style="text-align: center;">14 1:00 Pinochle</p>	<p style="text-align: center;">15 10:15 Exercise</p> <p style="text-align: center;">1:00—3:00 Advisory Board</p> <p style="text-align: center;">7:00 Cribbage</p>
<p style="text-align: center;">17</p> <p style="text-align: center;">1:30 Duplicate Bridge</p>	<p style="text-align: center;">18 9:00 Feet First 10:00 Ceramics</p>	<p style="text-align: center;">19 10:15 Exercise 1:00 KNITTING 2:00 Bingo</p>	<p style="text-align: center;">20 10:00 Ceramics</p> <p style="text-align: center;">1:00 Pinochle</p>	<p style="text-align: center;">21 1:00 Pinochle</p>	<p style="text-align: center;">22 10:15 Exercise 6:00 PIONEERS of ALASKA DINNER & MEETING</p>
<p style="text-align: center;">24/31</p> <p style="text-align: center;">1:30 Duplicate Bridge</p>	<p style="text-align: center;">25 MEMORIAL DAY WE ARE CLOSED FOR THE DAY</p>	<p style="text-align: center;">26 10:15 Exercise 1:00 Knitting & LOW VISION SUPPORT 2:00-Bingo</p>	<p style="text-align: center;">27 10:00 Ceramics</p> <p style="text-align: center;">1:00 Pinochle</p>	<p style="text-align: center;">28 1:00 Pinochle</p>	<p style="text-align: center;">29 10:15 Exercise</p> <p style="text-align: center;">7:00 Cribbage</p>

Valley Senior Center Activities

May 2009 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spring showers bring May flowers.			1 10 AM Exercise Noon-Lunch 1:30 PM Art Group
4 10 AM Exercise 1:30 PM Contract Bridge	5 10-4 PM Sewing Circle	6 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	7 Available: Call 463-6175 if you have a craft or topic to share.	8 10 AM Exercise Noon-Lunch 1:30 PM Art Group
11 10 AM Exercise 1:30 PM Contract Bridge	12 10-4 PM Sewing Circle	13 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	14 Available: Call 463-6175 if you have a craft or topic to share.	15 10 AM Exercise Noon-Lunch 1:30 PM Art Group
18 10 AM Exercise 1:30 PM Contract Bridge	19 10-4 PM Sewing Circle	20 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	21 Available: Call 463-6175 if you have a craft or topic to share.	22 10 AM Exercise Noon-Lunch 1:30 PM Art Group
25 10 AM Exercise 1:30 PM Contract Bridge	26 10-4 PM Sewing Circle	27 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	28 Available: Call 463-6175 if you have a craft or topic to share.	29 10 AM Exercise Noon-Lunch 1:30 PM Art Group

Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801



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A United Way Agency

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Senior and Caregiver Resource Center: 463-6177
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E-mail: seniorinfo@gci.net
Toll Free in Alaska: 1-866-746-6177



Remember our Military on Memorial Day, Monday, May 25th