

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Site Manager's Notes

This has been a busy month at all the senior centers. The Gastineau Channel Senior Centers' Advisory Board started planning for a pancake breakfast in October, (more on this next month). They are also planning for the annual Christmas Wrap Fundraiser at the Nugget Mall. These projects take a lot of time and energy from Board members and volunteers. This is how we get a great deal of our fundraising dollars.

This month I participated in a three-day conference sponsored by SEARHC on "Harnessing the Power of Policy". We learned that groups are seeing the benefits of change using the voices of many working together, rather than a single voice alone. It was a good workshop, and I had a wonderful time visiting with many old friends, still in the health care industry after 30 years. Yes, that's how long I've been in Alaska health care.

AnnaLecia was gone for a three-day Cooks' Workshop, so I got to cook. My fun time.

What would we do without the staff and volunteers here at the senior centers? They are the greatest!

I've been making bread and rice puddings for the senior centers for the last few months, and several people have wanted the recipe. So for them and others here it is.

Bread Pudding—Serves 25

6 cups bread slices or ends, cubed
12 ½ cups milk, 2%, scalded
9 eggs
2 cups sugar
1 tsp. salt
2 tsp. cinnamon
1 tsp. ground nutmeg
2 cups seedless raisins
1-2 tsp. vanilla, optional

Soak bread in milk for ½ hour. Beat eggs. Gradually add sugar. Beat in salt, cinnamon, and nutmeg. Stir in raisins. Combine egg mixture with bread. Pour into a greased oven-proof dish and set in a pan of hot water. Bake at 350 degrees for 45-50 minutes.

One of the fun things with bread pudding is the variations you can make. You can use any bread. Sourdough French bread works really well. If you have left over rice you can use it instead of bread. In this recipe I would use 4-5 cups of cold, cooked rice. Hope you have fun with this and the family will enjoy the warm bread pudding.

Recipe Source: Southeast Seniors Cook's Recipe Book

Lee Ann See, Site Manager

Monday	Tuesday	Wednesday	Thursday	Friday
31 Salmon Burger with Bun Oven Fried Potatoes Honey Mustard Cole Slaw	1 Chicken Cacciatore Noodles Sweet Peas Honey Orange Salad	2 Spaghetti with Meat Sauce Zucchini Tossed Salad Garlic Bread	3 Pork with Stuffing Baked Apples Sweet Potatoes Cauliflower Broccoli Toss	4 Salmon Chowder Sunshine Salad Herb Biscuits
7 Labor Day Holiday We are Closed for the Day 	8 Ham Peas & Carrots Tomato Aspic Cornbread	9 BBQ Chicken Baked Beans Potato Salad Wheat Bread	10 Roast Beef Mashed Potatoes and Gravy Spinach Fruit Slaw	11 Sweet & Sour Spare Ribs Rice Green Beans Romaine & Radish Salad
14 Ham Sandwich Tomato Soup Lettuce with Tomato Slices	15 Chicken Adobo Rice Carrots Spicy Fruit Cup	16 Sloppy Joes On a Bun Mexicali Vegetables Texas Cole Slaw	17 Roast Beef Sandwich Minestrone Soup Citrus Salad	18 Meat Loaf Scalloped Potatoes Mixed Vegetables Peach Salad
21 Herbed Chicken Oven French Fried Potatoes Peas Carrot/Raisin Salad	22 Turkey Vegetable Soup Cheese & Tomato Sandwich Danish Salad	23 Chili with Beef & Cheese Creamy Coleslaw Corn Bread	24 Alaskan Salmon Casserole w/Rice Brussels Sprouts Fruit Slaw	25 Chinese Pork Rice Oriental Vegetables Spinach Salad
28 Everyday Meatloaf Au Gratin Potatoes Green Beans Sunshine Salad	29 Pork Roast Potatoes Harvard Beets Cauliflower Broccoli Toss	30 Lemon Baked Chicken Sweet Potato Brussels Sprouts Sukiyaki Salad	 Milk, Coffee Tea & Desserts are Offered With Meals	September 2009 Menu Reservations 463-6175 Meals on Wheels 463-6179

New Computer Lab

We are in the final stages of setting up the new computer lab for the use of seniors ages 60 and over. It is being set up in the space next to the kitchen where the site manager's office has been. We have set up two computers and a printer.

One of the primarily reasons that we were given the computers was for seniors to have easy access to Medicare information. We will also include classes in how to use the Internet, Email and printing simple documents. The lab will be open on specific days and hours with more time added as it is needed. If you are interested in classes or open times please call Lee Ann at 463-6175.

Staff Needed

We have an opening for an experienced substitute cook. This position requires some cooking experience. The cook will prepare a hot lunch meal according to specific menu plans and will be given detailed instructions. Hours will be 7:30—3:00, Monday through Friday on an "as needed" basis. Some initial training will be provided.

We also have an immediate opening for a permanent part-time kitchen helper, Monday through Friday, 5 hours a day. Contact Lee Ann at 463-6175 for more information.



We Are Looking For These Items

People have often asked me if there are things that the senior centers could use. With that in mind I will start a monthly column that will display our wants and needs.

It is jam and jelly making time, and we could use 2 oz., 4 oz., 6oz., 8 oz. (½ pint) and 16 oz.(pint), canning jars. They can be with or without the bands. We could also use the lids but only if they are new. They must be canning jars.

We are always looking for seaweed, deer meat, moose meat and fish. This year with the abundance of sunshine we would love to have any extra produce that you might have grown. I have a great recipe for zucchini relish that is really easy to make.

Other things we are looking for include: fabric, craft supplies, yarn, indoor plants, electronic Wii and the games that go with it.

Over the last couple of weeks we have had several people working on puzzles and can always use more. Once they are finished, we will afix them so they can be used as wall hangings. So if you have any of the harder puzzles and are finished with them, we would love to give them a try.

Lee Ann See, Site Manager



Required Meal Pattern

According to our funding sources, each meal served at a Southeast Senior Services Senior Center must provide the following:

- ❖ 3 ounces meat, fish, poultry, or protein alternative
- ❖ 1/2 cup vegetables
- ❖ 1/2 cup vegetables or fruit
- ❖ 1 slice whole grain or enriched bread or 1/2 cup of alternative (noodles, rice, muffins, etc.)
- ❖ 1 cup milk (8 ounces)

- ❖ One Vitamin C-rich food source included in above
- ❖ One Vitamin A-rich food source included in above

- ❖ 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.
- ❖ It should include nutrient-rich foods high in fiber and low in fat, salt, and sugar.

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 \$4.00).

This program receives partial funding from the State of Alaska Division of Senior and Disabilities Services and United Way.

At the Juneau Senior Center, the Valley Senior Center, and the Douglas Senior Center, we provide the following services: hot, nutritious lunches, transportation by Care-A-Van, information and referral; health and nutrition promotion, social activities, and more.

What Do Retired People Do All Day?

Working people frequently ask retired people what they do to make their days interesting. Well, for example, the other day my wife and I went into town and went into a shop. We were only in there for about 5 minutes. When we came out, there was a cop writing a parking ticket. We went up to him and said, "Come on man, how about giving a senior citizen a break?" He ignored us and continued writing the ticket. He glared at me and started writing another ticket for having worn tires. So my wife called him a few choice names. He finished the second ticket and put it in on the windshield with the first. Then he started writing a third ticket. This went on for about 20 minutes. The more we abused, the more tickets he wrote. Personally, we didn't care. We came into town by bus. We try to have a little fun each day now that we're retired. It's important at our age.

[Thanks to Anchor Point Senior Citizen, Inc. Newsletter, August 2009]

Diabetes Support Group

The Diabetes Support group monthly meeting has been changed because of the holiday. I could not get the changes in time for the newsletter so call Lee Ann for more information, 463-6175.

Low Vision Support Group

Linni Ester will be leading this month's SAIL Low Vision Support Group. The next meeting will be on Tuesday, September 22nd at 1:00. SAILs' phone number is 586-4920.

Family Caregiver Support Group Meeting

The September meeting will be on Thursday the 10th from 12:00-1:00 PM. at the Resurrection Lutheran Church, 10th and Glacier. This month's meeting will feature Nancy Davis R.N., of Home Health Services discussing immunizations for the Swine Flu, Pneumonia and Shingles. For more information call Mary Lou Spartz at 463-6177.

Ceramics

On Monday and Wednesday from 10:00-2:00, you will find a hum of activity in the ceramics room. Drop by to see what is going on, just in time for all of the holidays.

The Gastineau Channel Senior Centers' Advisory Board

The Advisory Board meeting will be held on Friday, September 11th at 1:00 at the Juneau Senior Center. All seniors are invited to sit in on these monthly board meetings.

Feet First

Feet First, the foot and nail care clinic, especially advised for diabetics, will be held Monday, September 21st from 9:00-11:00 AM at the Juneau Senior Center. Call Lee Ann at 463-6175 for an appointment or more information.

Bridge Anyone?

Are you a Bridge player that hasn't found a group to play with in Juneau? At 1:30 every Sunday in the Juneau Senior Center a group of players get together to play duplicate Bridge.

If you live in the valley you have two times to choose from. On Mondays or Wednesdays from 1:30 a group plays Contract Bridge in the Valley Senior Center. If you are interested please call the Juneau Senior Center 463-6175 for more information.

We Need Your Donations

A special thanks to our very dedicated volunteers who contribute several hours a month to fold and label our 550+ newsletters. With your thoughtful and generous donations, we are able to continue providing the newsletter. If you enjoy this newsletter, please send your donation to: Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska 99801. If you would like your name removed from the mailing list or a name added to the list, please call Lee Ann at 463-6175.

SUN	MON	TUES	WED	THUR	FRI
	<p>If you have something you would like to teach call Lee Ann. 463-6175</p>	<p>1 10:15 Exercise</p>	<p>2 10:00 Ceramics 1:00 Pinochle</p>	<p>3 1:00 Pinochle</p>	<p>4 10:15 Exercise 7:00 Cribbage</p>
<p>6 1:30 Duplicate Bridge</p>	<p>7 LABOR DAY -CLOSED- HAVE A HAPPY HOLIDAY</p>	<p>8 10:15 Exercise</p>	<p>9 10:00 Ceramics 1:00 Pinochle</p>	<p>10 1:00 Pinochle</p>	<p>11 10:15 Exercise 1:00—3:00 Advisory Board 7:00 Cribbage</p>
<p>13 1:30 Duplicate Bridge</p>	<p>14 10:00 Ceramics</p>	<p>15 10:15 Exercise</p>	<p>16 10:00 Ceramics 1:00 Pinochle</p>	<p>17 1:00 Pinochle</p>	<p>18 10:15 Exercise 7:00 Cribbage</p>
<p>20 1:30 Duplicate Bridge</p>	<p>21 9:00-11:00 Feet First 10:00 Ceramics</p>	<p>22 10:15 Exercise 1:00 LOW VISION SUPPORT</p>	<p>23 10:00 Ceramics 1:00 Pinochle</p>	<p>24 1:00 Pinochle</p>	<p>25 10:15 Exercise 6:00 Juneau Pioneers Meeting</p>
<p>27 1:30 Duplicate Bridge</p>	<p>28 10:00 Ceramics</p>	<p>29 10:15 Exercise</p>	<p>30 10:00 Ceramics 1:00 Pinochle</p>	<p>September 2009</p> 	

Valley Senior Center Activities
September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-4:00 Sewing Circle	2 10:00 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	3 Available: Call 463-6175 if you have a craft or topic to share.	4 Noon-Lunch 1:30 PM Art Group
7 LABOR DAY -CLOSED- Have A Happy Holiday!	8 10:00-4:00 Sewing Circle	9 10:00 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	10 Available: Call 463-6175 if you have a craft or topic to share.	11 Noon-Lunch 1:30 PM Art Group
14 10:00 AM Exercise 1:30 PM Contract Bridge	15 10:00-4:00 Sewing Circle	16 10:00 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	17 Available: Call 463-6175 if you have a craft or topic to share.	18 Noon-Lunch 1:30 PM Art Group
21 10:00 AM Exercise 1:30 PM Contract Bridge	22 10:00-4:00 Sewing Circle	26 10:00 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	24 Available: Call 463-6175 if you have a craft or topic to share.	25 Noon-Lunch 1:30 PM Art Group
28 10:00 AM Exercise 1:30 PM Contract Bridge	29 10:00-4:00 Sewing Circle	30 10:00 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	31 Available: Call 463-6175 if you have a craft or topic to share.	Reservations are required for lunch at the Valley Center. Please call a day in advance. Lee Ann 463-6175

**Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801**

Address Service Requested
September 2009



A United Way Agency

**This agency receives partial funding from the
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**Juneau Senior Center Information & Reservations: 463-6175
895 W. 12th St., Juneau, AK 99801
Senior and Caregiver Resource Center: 463-6177
419 Sixth Street, AK 99801
E-mail: seniorinfo@gci.net
Toll Free in Alaska: 1-866-746-6177**

SEPTEMBER 2009 Labor Day

Labor Day is an annual holiday celebrated all over the world that resulted from the labor union movement, to celebrate the economic and social achievements of workers. The U.S. celebrates the holiday on the first Monday in September, while other countries use May 1st.

It is the last holiday of the summer and the last for the kids and grandkids who will be going back to school. It is also the time to get vacation deals for all of us seniors, a lot less people because others get to stay home with the kids.

Have a wonderful holiday!