



# THE CHATTER BOX

FOR AND ABOUT WRANGELL SENIORS  
WRITTEN BY GEORGE JOSEPH  
VOLUME 34 October 2008

Wrangell Senior Center  
PO Box 1818  
Wrangell, Alaska 99929

## Medicare Training...

Well, I have completed my first training and feel that I can actually be of some assistance to the seniors in Wrangell who might have questions about their Medicare Benefits. Attending the annual training in Anchorage has given me a much more secure feeling as to the ins and outs of the benefits package. I am not an expert by any means but the tools to get to the information necessary to help persons 65 and older with their Medicare questions are within my reach and in my possession. If you have questions I will do my best to help you resolve them.

This month was also the time for the annual South East Senior Services site managers workshop in Juneau. Every year SESS gets their managers together to up date the knowledge base required to keep a senior center on the right path. We learn the new paperwork format and have presentations from various entities in the world of senior care. This year we had the privilege of meeting with Julie Bailey, Assistant Long Term Care Ombudsman for the state of Alaska and also Lane Taylor from Adult Protective Services. This was a really interesting day and all of us learned a lot about protecting the seniors we serve. In these days of fraud and elder abuse these contacts are of up most importance to keep handy. If you have questions or worries about something that makes you uncomfortable in your life, give me a call and we can get some help for you.

On top all of all this serious stuff we had a really good time! Getting together with everyone from the other senior centers is great for learning and visiting and I look forward to doing it again next year. Thank you Catholic Community Service for this opportunity. *George*



A UNITED WAY  
AGENCY

This agency receives partial funding from the Alaska Division of Senior And Disabilities Services Also Wrangell Cooperative Association And The City of Wrangell

### NEW VAN SCHEDULE

Rides Available

Monday thru Friday

9:00 a.m.--3:30 p.m.

**Tuesday**

### **PREARRANGED ONLY**

Persons 60+

\$1.00 One Way

\*Suggested Donation\*

To pre-arrange rides

Call 874-2066 or

Sign up at the center.

NO CALLS AFTER

3:30 P.M.

### **Wrangell Senior Center**

- Serving Lunch every week day except Tuesday.
- Home delivered meals.
- Rides available to and from lunch.
- Lunch is served at **12:00 noon**.
- Over 60 Free Will donation \$3.00.
- Under 60 lunches are \$8.00.
- CALL **874-2066** BY 10:00 a.m. TO RESERVE YOUR SEAT FOR LUNCH

## Flu Shots at Wrangell Senior Center

Once again the Wrangell Senior Center was ground zero for the annual flu shot fiesta! Janet Strom, public health nurse, and Rynda Howel came to the center on Wednesday, October 15, 2008 to offer flu shots to all of the seniors who were interested in getting them. Pretty much everyone got one this year and not a tear was shed! If you are a senior who can not get to the public health center for a flu shot, call the senior center and we can help you contact the nurse for a shot at your home, or call the public health center at 874-3615 and make arrangements yourself. Either way, protect yourself from the flu bug this year by getting an influenza vaccination.

**VAN RIDES ARE AVAILABLE  
FOR SENIORS 60+  
MONDAY-FRIDAY  
BEGINNING AT 9:00 A.M.  
NO CALLS AFTER 3:30 P.M.  
NO LUNCH/RIDES TUESDAY  
\$1.00 EACH WAY  
CALL 874-2066**

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The word  
**ABRACADABRA**  
is believed to be a magic word that when written on a piece of paper in this form and worn around the neck will protect the wearer from fever, chills and diarrhea.

## Conditions You Couldn't or Shouldn't Do A Thing About!

1. Broken Rib-All you can do is try not to laugh or cough too much: the force of either is very painful and can even re-fracture a healing break.
2. Food Poisoning-A wave of vomiting and three or four hours of diarrhea is not the best way to spend the afternoon but it is the best way to clear your body of the bacteria you've ingested.
3. Coughing-A cough caused by an upper respiratory infection is one of the body's best protective mechanisms; expelling air prevents secretions from getting into the lungs. Although annoying, a cough can and should last the six or so weeks it takes to completely clear the infection from the lungs.
4. Broken Nail-Having a deeply broken finger or toe nail can be torturous, but once it has come off it's bed there is little to do but cover the area and wait for it to start growing back from the cuticle.
5. Sleep Deprivation-The amount of sleep each individual requires varies radically. When assessing your own requirements, separate the concepts of sleep and rest. As long as you feel rested and healthy, there's not a pressing need to spend a third of your life in your pajamas.

\*\*Each of us knows our own body better than any one else knows it. Pay attention to the way you are feeling. You will know if something needs to be taken care of by an expert other than yourself. Most importantly of all...Don't wait! If your body sends you a health alert...get it checked as soon as possible.

## Autumn

Seeing the leaves change in the fall gives me so many memories—as a child having to rake them and pick out the black walnuts to save for eating; going for rides to see if there were prettier colors ‘over the hill’; showing Grandma the colors along the Mississippi where we would have a ‘hurry up’ picnic before chore time; then there was Uncle Bill. I never see autumn leaves without thinking of Uncle Bill. He was my husband's uncle. He fought with Teddy Roosevelt's Rough Riders in the Spanish American War, married a feisty Texas girl, and knew Billy Graham personally. His last few years of life were spent as a resident in the nursing home where I worked at the time.

We would take the station wagon out to gather the beautiful Minnesota fall leaves to decorate the nursing home. We would be driving along and he would holler “Stop!” I would get out, get an armload of leaves and start going again. It only took a couple of hours of this routine to fill the station wagon with leaves and make a nervous wreck of me. The residents loved the leaves but Uncle Bill always said we could have gotten prettier ones if I would have only gone a little farther. “This is something you should not rush.” he would say. Yes, he was right. Don't rush, take the time to appreciate the beauty around you. by Lurine

\*\*Thank you Lurine for your monthly contributions to the newsletter. They are now on the CCS web site at:

[www.ccsjuneau.org](http://www.ccsjuneau.org)

listed under newsletters\*\*\*

## TRUE FACTS YOU MAY NOT KNOW...

- \* *Money is not made out of paper, it is made out of cotton.*
- \* *The Declaration of Independence was written on hemp (marijuana) paper.*
- \* *A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.*
- \* *15 words in Webster's 1996 dictionary were misspelled.*
- \* *On average, 12 newborn babies will be given to the wrong parents, daily!*
- \* *Chocolate affects a dog's heart and nervous system, a few ounces will kill a small sized dog.*
- \* *Killer whales kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.*
- \* *Ketchup was sold in the 1830's as medicine.*
- \* *Leonardo DaVinci could write with one hand and draw with the other at the same time, hence multi-tasking was invented. He also invented scissors and it took him 10 years to paint Mona Lisa's lips!*

\*\*\*Thank You Senior Sunset Times\*\*\*

## *Something to ponder....*

*There comes a point in your life when you realize who matters, who never did, who won't anymore...and who always will. So, don't worry about people from your past, there's a reason why they didn't make it to your future.*