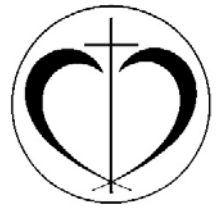




# Gastineau Channel

Senior Center's News Juneau, Alaska



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## July and Fireweed is Here Again!

I don't know about others, but it seems like I've been waiting a very long time for winter to be over (even as wimpy as it was). So now, I'm almost in shock to be working on the July newsletter. Who speeds up time like that? As I mentioned in a previous newsletter, one of my favorite things about July is the fireweed. I love it when it blooms. I make special trips to ride around and view it at different hours of the day and evening to see how the different angles of light show it off. But then comes one of my least favorite things: the fireweed turns white. That of course means another long dark spell is on the way.



The Alaska Fireweed is "Alaska's Calendar." Atypical of most flowers, the Fireweed blooms from the bottom petals and works its way up. As the petals open over a course of a few weeks, it eventually becomes "topped out" and Alaskans regard this as the sign that summer is nearly over. Vast fields of Fireweed can

be seen throughout Alaska and are the perfect roadside decoration. Fireweed comes in two varieties: the standard Fireweed plant and Dwarf Fireweed. Dwarf Fireweed typically grows in more arctic and harsh areas of Alaska while the standard Fireweed can grow as high as five and six feet in the warm and sunny climates of the Kenai Peninsula.

From AlaskaNature .com

## Bad News

The Senior Diabetes Support Group that has been meeting at the Senior Center once a month has slowly been losing participants. The group tried meeting less frequently, but still continued to lose participants. Finally, it has been decided to end the program. So, there will be no more diabetes support group meetings at the senior center. The support group was provided by Bartlett Regional Hospital/Diabetes Education and led by Cynthia Nickerson. She did a fantastic job and we thank her for her time and effort.

## Advisory Council

A reminder for those snowbirds that haven't heard: The council is taking a break and will resume meetings August 12, 2016.

## Dessert

The senior lunches have included dessert on Thursdays – cook's choice and not on the menu. We are switching to Fridays for our dessert day.

Carol Comolli, Site Manager 463-6175



# Menu for July 2016



## Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>To Volunteer as a Meals on Wheels Driver Call Charlene 463-6179</b>			<b>1</b> Beef Burritos Black Beans Spanish Rice Fruit Slaw
<b>4</b> <b>CLOSED FOR HOLIDAY</b> 	<b>5</b> Ham and Bean Soup Cornbread Tomato Slices & Cottage Cheese	<b>6</b> Tuna and Noodles Steamed Spinach Honey Mustard Coleslaw	<b>7</b> French Dip Sandwich Oven Fried Potatoes Danish Salad	<b>8</b> Baked Pork Chops & Apple Sauce Mixed Veggies Muffin Fruit Cup
<b>11</b> Chicken Sandwich Minestrone Soup Romaine Salad	<b>12</b> Chinese Fruited Pork w/Rice Baked Zucchini Honey Orange Salad	<b>13</b> Baked Beef w/Gravy Mashed Potatoes Carrots	<b>14</b> BBQ Chicken Biscuit Mixed Vegetables Potato Salad	<b>15</b> Baked Fish Sweet Potatoes Peas Cabbage/Pear/Raisin Salad
<b>18</b> Baked Chicken Mashed Potatoes/Gravy Mixed Veggies Cauliflower Toss	<b>19</b> Liver & Onions Wheat Roll Stewed Tomatoes Apple/Cabbage/Raisin Salad	<b>20</b> Country Pork Stew Buttermilk Roll Peas & Onion Salad	<b>21</b> Lasagna w/Beef Steamed Zucchini Tossed Salad	<b>22</b> Alaskan Casserole Roll Brussels Sprouts Citrus Salad
<b>25</b> Sweet 'n Sour Chicken Rice Pilaf Steamed Broccoli Spicy Fruit Cup	<b>26</b> Ham Au Gratin Potatoes Peas Tossed Salad	<b>27</b> Chili w/Beef & Cheese Cornbread Creamy Cole Slaw	<b>28</b> Salmon Burger Oven Fried Potatoes Romaine and Tomato Salad	<b>29</b> Turkey Vegetable Soup Cheese & Lettuce Sandwich Fruit Slaw



# Activities for July 2016



## Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 CLOSED FOR HOLIDAY 	5	6 Ceramics 10-2 Bridge 1-4PM	7 T.O.P.S. 6:30-8:00PM	8 No Council Meeting This Month
11 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	12	13 Ceramics 10-2 Bridge 1-4PM	14 Juneau Commission on Aging Meeting 1:30 -3:30 T.O.P.S. 6:30-8:00PM	15
18 Ceramics 10-2 Bridge 1-4PM Feet 1 <sup>st</sup> by apt. 9:00 -11:00 AM CRIBBAGE 5-9PM	19 Low Vision Support Group 1:00-2:30pm	20 Ceramics 10-2 Bridge 1-4PM	21 T.O.P.S. 6:30-8:00PM	22
25 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	26	27 Ceramics 10-2 Bridge 1-4PM	28 T.O.P.S. 6:30-8:00PM	29

## Got Friends?

Make sure you stay in touch. Having a set time to meet on a regular basis helps. Have you thought of starting a group but didn't know where to meet? The Senior Center is a great place for your activities. It's bright and sunny. It's roomy and convenient. We can reserve a private time. A book club, game club, sewing, knitting or quilting groups would be a few ideas – there's even a piano if you want to have a music session! Call and let's see what we can arrange! 463-6175.



Wednesday Afternoon Bridge Group

## Coming Events 3225 Hospital Drive 1st Floor Conference Room

**Friday, July 15<sup>th</sup>:** The Virtual Dementia Tour (VDT). This is a sensitivity training to give you the feeling of what it may be like to have a progressive dementia such as Alzheimer's disease. The tour was developed by P.K. Beville of Second Wind Dreams, and provides participants with an experiential simulation to help understand what dementia may be like. Participants will develop a greater understanding of the challenges faced daily by those with dementia and how behaviors can be viewed as coping strategies. Care givers can change how we work with those with dementia resulting in better care. The tour is free, takes about 25 minutes and is by appointment only. Call Amber at 586-6044.

**Thursday, July 21:** ABC'S of Caregiving: The Related Dementias in ADRD. It is

widely understood that Alzheimer's disease (AD) is one type of progressive dementia. But, what are the "related dementias" (RD)? What makes them different? And, in what ways are they alike? Join a detailed discussion of the five most commonly identified dementias from 12 noon - 1:30PM. The presentation is free and open to the public. For more information call Amber at 586-6044 or email her at [asmith@alzalaska.org](mailto:asmith@alzalaska.org).



[July4free@bing.com](mailto:July4free@bing.com)

## Fireworks and Parades

The Juneau fireworks display will start at 12:01am July 4. That sounds very late, but it's only late if you are still feeling like it's Sunday night, July 3. It is actually very early, the first minute of Monday morning, July 4.

**Juneau's parade's** theme for 2016 is "Patriotism" and the Grand Marshall is Sharon Gaipman of KTOO-TV. The parade will start at 11:00am on Monday, July 4. The parade route follows: Staging area is in the parking lot of Cycle Alaska/Department of Labor Building at West 8<sup>th</sup> Street (next to the Juneau/Douglas Bridge). The Parade will start up Egan Drive on the mountain side, to Main, turn left on Main, turn right on Front, turn Right on South Franklin down to Admiral Way, to Marine Way to Egan Drive and return to the staging area on the waterside of Egan Drive.

**Douglas Parade** starts at 2:00pm and proceeds southeast down 3<sup>rd</sup> Street.

# Juneau Falls Prevention Program presents *Tai Chi*



## The health benefits of Tai Chi include

- Improved strength, conditioning, coordination, and flexibility
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Greater awareness, calmness, and overall sense of well being

**Free classes** for individuals age 60 and over, starting Monday, July 11, at 5:00 pm at the Filipino Hall (second floor). Call **Eileen Hosey** at **463-6113** for more information and to register.

According to the Mayo Clinic, “Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.”

This program is brought to you by Southeast Senior Services and made possible by a grant from the Alaska Division of Senior & Disabilities Services.



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of Catholic Community Service





# Just for Fun Page

## Wearing Sunglasses:



Sun glasses allow you to stare at people without getting caught. It's like Facebook in real life!

"When I wear sunglasses, I'm Jack Nicholson. Without them I'm fat and 60."

Jack Nicholson

(Drawing by Elva Bontrager)

## I love it when:

- ☺ I buy a bag of air and the company was nice enough to put some chips in it.
- ☺ I receive a long text message – I appreciate a complete thought!

## Ever Notice?

- ☺ How in the summer time, the chair gets up when you do?
- ☺ How people complain about their looks but never about their brains?
- ☺ How your bed seems magical – it makes you suddenly remember all of the things you had to do!

## Summer in Juneau

I've been looking forward to summer – the rain gets warmer!

Summer in Juneau should get a speeding ticket.

It's a perfect summer day when the sun is shining, the breeze is blowing, the birds are singing and the lawnmower is broken. So far this summer, I've done nothing – exactly what I was hoping for. Summer is the place "To Do" lists go to die.

## Laughter:

☺ "I am thankful for laughter, except when milk comes out of my nose."

*Woody Allen*

☺ "From the moment I picked your book up until I laid it down, I was convulsed with laughter. Someday I intend reading it."

*Groucho Marx*

☺ "Laughter is the shortest distance between two people."

*Victor Borge*

☺ Laughter doesn't require teeth.



## The Pigeon

A couple is on a walk when a pigeon flies by and deposits a poopy little present on the woman's hand. "Yech!" says the woman. "Get me some toilet paper!" What for?" the man asks. "He must be at least a half a mile away by now".

## The Pigeon and Woodpecker

Did you hear about the scientist who crossed a carrier pigeon with a woodpecker? He got a bird that not only delivers messages to their destination, but knocks on door when it gets there.