

Catholic Community Service



Bridge Happenings

June 2017

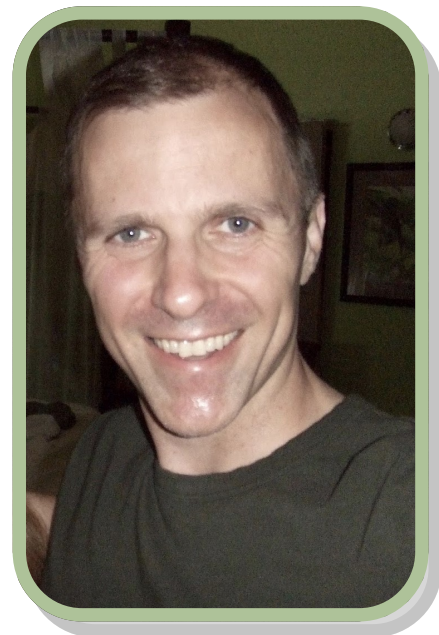
Welcome Ian Niecko!

Family Caregiver Support Advocate for Southeast Senior Services

Ian and his wife have lived in Alaska for almost seven years, two of which were spent in a rural southwestern village called Aniak, and the past four and half years spent in lovely Juneau; most of them working in the field of mental health and substance abuse. He is currently a doctoral student in the counseling psychology program at Alaska Pacific University.

Ian facilitates the Family Caregiver Call-In Support Group, which is available from the comfort of your own home or office via Tele-Support.

The upcoming group is on Thursday, June 8th at noon. Call 515-604-9833: access code: 812165



Did you Know?



Mendenhall Glacier Visitor Center Offers Lifetime Pass for Seniors

Seniors, 62 years of age or older, qualify for the Mendenhall Glacier Visitor Center Lifetime Pass.

This pass costs \$10 and will allow the pass holder to bring three guests for free!

This is a **GREAT** deal, considering the cost for this pass will be going up to \$80 at the end of the 2017 season (September)

Fitness Fun in the Sun!

Participants at the Bridge Adult Day Program stay healthy with a daily dose of good exercise. Bridge staff member, Kirk (pictured below) takes advantage of the Juneau sunshine and leads exercises outside on the patio. Exercises at the Bridge are designed to accommodate the skill levels of each participant.



Welcome Back, Kelsey!

As some of you may or may not know, The Bridge Adult Day Program Director, Kelsey Wood, has been on Maternity Leave since March, 2017. Kelsey and her husband, Taron, welcomed their baby boy, Stanley Jack, into the world on March 16th, 2017. Kelsey will be back in the office on June 7th. We encourage you to give her a warm welcome back!



Thank you and Farewell Michael!

May was Michael's last month as the Interim Activity Coordinator. He and his family will be moving to Butte, Montana on June 7th. Michael expressed that he "truly enjoyed being part of the Bridge family", and looks forward to applying the values he obtained here when he goes to work in Montana."

The Bridge Adult Day Program Activity Calendar
June 2017: Carefully Planned Activities to Keep you Healthy and Active

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Splatter Ball Artist's Corner Entertainment in Parlor	Croquet and Classical Music w/ Rita Pictionary
5	6	7	8	9
Name 10 Things Accordion w/ Dale Baggo!	Charades Library Fun w/ Felicite Entertainment in Parlor	Golf BINGO Hanging-Out Man	Splatter Ball! Garden Club Entertainment in Parlor	Croquet and Classical Music w/ Jacque Pictionary
12	13	14	15	16
Show Me Your Smile Garden Club Baggo!	Charades Library Fun w/ Felicite Entertainment in the Parlor	Sing-A-Long With Michael BINGO Horse Shoes	Charades Artists' Corner Entertainment in Parlor	Croquet and Classical Music w/ Rita Popcorn Toss
19	20	21	22	23
Current Events Accordion w/ Dale Splatter Ball!	Dice N' Reminisce Library Fun w/ Felicite Entertainment in the Parlor	Sing-A-Long With Michael BINGO Lawn Darts	Purple Dice Garden Club! Entertainment in the Parlor	Croquet and Classical Music w/ Jacque Anacrostics!
26 Bowling Baking Fun! Popcorn Toss	27 Dice N' Rem' Library Fun w/ Felicite	28 Balloon Volleyball BINGO Lawn Darts	29 Charades Humane Society Pet Visit	30 Croquet Music w/ Rita Anacrostics

Highlights from the Bridge Adult Day Program...

As the temperature in Juneau increases, we try to cool down at the Bridge. Participants and staff worked together, taking turns cranking the old fashioned ice cream maker to make a delicious Vanilla flavored dessert for after lunch.



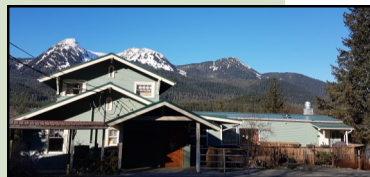
Bridge staff member, Marty, joins in on a game of UNO. Card games are a great way to keep the mind fresh, socialize, and relax.

June Birthdays
Jean 6-20
Tom 6-28



The Bridge Adult Day Program
1803 Glacier Hwy
(907) 463-6170

Hours:
7:30am-5pm Mon-Fri



The Bridge Program receives financial support from the Juneau Community Foundation's CBJ Social Service Grants and the State of Alaska, Senior & Disabilities Services



Southeast Senior Services is a Division of Catholic Community Services