

# Bridge Happenings

June 2019



Happy Birthday!  
20th- Jean H.

Goodbye From  
Kelsey...



Joyous June Everyone!

I hope May has treated everyone well and hope June will do the same!

We were blessed with some amazing weather this past month, and took advantage of it spending time on our new deck, gardening and watching things bud and bloom! Thank you to everyone that took the time with me to fill out the Media Release forms for folks here! We get to have so many special moments with your family members and love to be able to share them with you!

I am looking forward to planning a few fun field trips in the coming months, and we are always happy to have volunteers come donate their time or special skills!

As always, I am honored to be here to serve you, welcome any and all suggestions and look forward to another wonderful month!

Gunalchéesh, thank you!!

Jes Kinville

Adult Day Services Coordinator  
jessica.kinville@ccsjuneau.org

As many of you know by now, I am leaving my position as Caregiver Support Regional Coordinator and moving down to Washington state to be closer to my family. For over five years, I have so enjoyed working at The Bridge Adult Day Program. Thank you to all the caregivers that I have had the privilege of serving in my tenure. Your selfless efforts, tireless advocacy, and grace in caring for your loved ones is humbling and admirable. It has been an honor supporting you on your caregiving journeys. To all the participants, I have had so much fun getting to know you! Thank you for your wisdom, companionship, and kindness. You have all helped to shape the person that I am today, and I will miss each and every single one of you.

Jennifer Garrison, our former Family Caregiver Support Advocate, will be assuming my position. Jennifer has many years of knowledge and expertise in the field, and as a family caregiver herself, she brings a unique perspective to the table. Jennifer is a competent and compassionate professional, and I have no doubts that she will thrive in her new position. Along with the help of the wonderful staff at The Bridge, Jennifer will help to maintain the high standard of care provided by this one of a kind program. I wish you all the very best.

Sincerely,

Kelsey Wood



# June Menu 2019



At the

## Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ beef on bun Oven potatoes Peas & carrots Tossed salad	4 Lemon chicken Pasta Mixed veggies Peach salad	5 Pork chop suey Rice Broccoli Sunshine salad	6 Spaghetti Zucchini Corn salad Garlic bread	7 Baked fish rice Green beans Honey orange salad
10 Taco salad w/meat Black beans Fruit cup	11 Liver & onions Mashed potato w/gravy peas 3 bean salad	12 Baked fish Sweet potato Broccoli Romaine & radish salad	13 Chicken & peaches Rice Brussel sprouts Texas coleslaw	14 Mac & cheese w/ham Stewed tomato Sliced apples Spinach salad
17 Creole pork Rice Broccoli Tossed salad	18 ½ Turkey sandwich Potato soup Pea & onion salad	19 Spaghetti Cauliflower Apricot salad Garlic bread	20 Chicken cacciatore pasta Lima beans Fruit cup	21 Baked fish Sweet & sour red cabbage Spinach salad roll
24 Baked chicken Peas Orange slices biscuits	25 Baked fish Mediterranean vegetables Pasta Tomato aspic	26 Chef salad Split pea soup Roll	27 ½ Tuna sandwich Minestrone soup Romaine & radish salad	28 Fiesta pork Rice Carrots Honey orange salad
July	July	July	July	July

For information contact Renee Hughes at the Juneau Sr. Center 463-6175 For Seniors 60+ years and older



# Events for June...

## *Southeast Senior Services Happenings...*

No events for Caregivers currently scheduled for June!

## *From AARP....*

AARP offers several Webinars, videos and interactive videos including "Support Groups for Caregivers" and "Navigating Insurance for Caregivers: Part 1 & 2" that you can access after joining!

## *Events happening in Juneau...*

### **June 2, 2019-July 7, 2019**

Nathan Jackson Retrospective Exhibit Raven Child runs every Sunday  
For more info, call 907-586-9124

### **June 7, 2019- August 16, 2019**

First Friday Summer Block Parties start happening every Friday  
For more info, call Meghan Chambers at 907-586-2951

### **Every Thursday 7-9pm:**

Tango Dancing at Channel Dance Studio!  
For more info on this free event call 907-586-0501

### **Third Tuesday of Every Month 6:30-8pm:**

Juneau's Cancer Survivor Support Group at 3225 Hospital Drive  
For more info, call 907-796-2273

### **Every Monday 5:45pm:**

Mount Juneau Cribbage club meets at the Juneau Senior Center  
For more info, call 907-789-9295

### **First Sunday of Each Month 12pm:**

The Widowed Persons Brunch is at the Westmark Baranof Hotel  
For more info, call Sue at 907-586-6424

# Fixated on Feet!

May 8th brought a wonderful article, “How You Can Fix Those Aching Feet: Next steps for dealing with chronic foot complaints” by Cassie Shortsleeve, AARP, that addressed common sources of foot problems as well as some solutions to help you put your best foot forward! According to this article, foot pain affects about 24% of people over 45, and by age 70 that number is closer to 50%. Although foot pain is not typically a life-threatening malady, it can be very devastating to one’s lifestyle. As we age, our feet are affected in these four main areas:

**Vascular:** Less blood flow can exacerbate foot problems, such as tendonitis

**Orthopedics:** After 40 (especially in active people) muscular and skeletal foot problems, such as plantar fasciitis and heel spurs start to appear

**Skin:** Nail fungus, cracked skin and nail trauma can be caused by slower nail growth and a weakening immune system. Also, in the 60’s and 70’s skin starts to thin out, which can mean for less padding and more painful walking.

**Nerves:** The sensitivity of the nerves in our feet greatly declines as we get towards age 70, which can make it more difficult to determine how hard we are striking the ground and whether or not the surface we are walking on is even, which increases the risk for falls.

So, what can we do? Here are 5 quick and easy solutions that can help us step out on the right foot:

## **Find the Right Fit**

As we get older, our arches drop, causing our feet to lengthen. The shoe size we may have been for years can change, and as a result, our shoes can be causing some avoidable pain. Corns, bunions and general pain can be caused by shoes that are too narrow, whereas shoes that are too short can lead to hammer toe and claw toe.

## **Move Your Butt!**

Keeping our glutes, hips and abs strong aids in proper foot function. Exercises that strengthen the abs aids in proper posture, which is good for your whole skeletal structure.

## **Grin and Barefoot It!**

Shoes deprive the foot of the crucial sensory stimulation it needs, so letting our feet out of our constricting shoes as much as possible can be great to help them maintain function. Barefoot exercises or simply walking around barefoot in the home or at the beach can be greatly beneficial!

## **Rollin’, Rollin’, Rollin’**

Rolling our feet on a golf ball sized ball for approximately 5 minutes a day can help your feet get some much-needed stimulation, massage and can improve stability and more comfortable mobility!

Hope you enjoyed this! Please visit AARP’s website for a wealth of valuable information as well as webinars and resources!

# Here's some of what we did in May!



You know!  
UNO!



Early morning  
bear activity at  
the Bridge!

Finally getting to enjoy our brand new deck!  
I expect we will be out here as much as we  
can this summer!



We have had some Philodendron  
starts that we have been growing  
in the window and got to plant on  
May 14th!



# Much To Do About May!



■ We have really  
 ■ been enjoying  
 ■ our garden  
 ■ and all the  
 ■ beautiful  
 ■ Spring blooms!  
 ■ A few of our  
 ■ folks are eager  
 ■ to tell us about  
 ■ the different  
 ■ types of  
 ■ beautiful  
 ■ flowers we  
 ■ have!



■ We were delighted as  
 ■ always to have Juneau  
 ■ Animal Rescue visit  
 ■ us on May 1st and the  
 ■ guinea pigs were a  
 ■ hit!



*Thanks for reading! Have a wonderful month!*  
 ~ The Folks at The Bridge

## The Bridge Adult Day Program

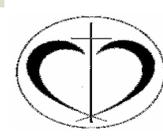
1803 Glacier Hwy  
 (907) 463-6170

**Hours:**

**7:30am-5:30pm 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 Service  
 Accredited by the Council on Accreditation