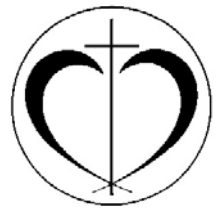




Gastineau Channel

Senior Center's News Juneau, Alaska



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Who Are Those Men in the Kitchen?

Well, now that you've all gotten used to Renee's cooking while she helped us out, we finally found our new kitchen staff!! First we hired a new prep cook – Abram. He came on board while we were still very short staffed, so he came into a totally new environment, given double the work he'll normally have to do and did a great job. He's a real worker and an early riser – arrives at 6 or 6:30 to start on the daily preparations.



Abram is a native of Juneau and attended JDHS, so he knows a lot of people in Juneau even though he was raised in the Tacoma Seattle area until he was about 16. He went to Washington, then Colorado at 18. His sister was born in Israel and Abram keeps up on his Hebrew just in case he travels there in the future. He has a long history with the food industry starting with a restaurant his family owned in Lebanon, Oregon. He worked with his family again when they

ran the Thane Ore House here in Juneau. He has also worked at Taku Smokeries. We are very lucky to have found him so help us make him feel welcome and appreciated!

Next we hired Nurullah as our new cook. He came to America in 1975 from Quetzaltenango, Guadalupe. He doesn't speak the Native Mum language, but his parents lived in Russia for 25 years and so he picked up a bit of Russian. He graduated from JDHS in 1990.



Even though Nurullah looks barely old enough to have graduated, he has a 23 year old daughter doing missionary work in Antofagasta, Chile and a son and an almost 3 year-old grandson in Anchorage. His experience with food includes a number of years with Claudia's Cache, Alaska Home Health and most recently Bullwinkle's. Maybe we'll get pizza on the menu one of these days! Again, we are so lucky to have recruited Nurullah as our cook. Life in the JSC kitchen is good.

Carol Comolli, Site Manager 463-6175

More Staff News

Eileen Wagner has been doing an awesome job as the Meals on Wheels Coordinator, but she is leaving us as of Friday, May 27. She will go back to delivering meals as a volunteer though. Eileen is a real asset to that program. At one point she trained Charlene, our dining room aide, to do the Coordinator job so that she could fill in for Eileen when Eileen travelled. They both did such a good job that Charlene will be taking over Eileen's position. Now all we need is someone to fill Charlene's position as the dining room/kitchen room aide. If you know someone who wants a 4hr/day job at \$11/hr, have them give us a call! Or they can fill out the application found on the website: www.ccsjuneau.org

The Senior Center is a great place for Your Activities!



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. A book club, game club, sewing, knitting or quilting groups would be a few ideas – have your own? Call and let's see what we can arrange! 463-6175.

Gastineau Channel Advisory Council On Hold.

There will be no June or July meetings of the council. We have concluded our fund raising activities for this fiscal year, so

we're taking a summer break. We will meet again August 12th to plan the coming year.

Thanks to Martha's Flowers

Winters in Juneau can be long and dark, but the Juneau Senior Center's Dining room is often a bright spot with beautiful flowers on every table. These wonderful touches of color are compliments of Martha's Flowers. We really appreciate the donations. We leave the flowers on the tables until Fridays, and then we let the diners take them home. So, not only is our dining room brightened, many senior homes are also getting a little touch of color.



Thank you Martha's Flowers!!

Juneau Residents are the Greatest

At the beginning of July of last year, we started having fund raisers to offset the shortcomings in our budget. To supplement our food bill we had Pancake breakfasts, a mail-out solicitation, a raffle, and a bazaar. We were also the recipients of the proceeds for the Mudroom events for four months. So... thanks to all of the Juneau folks who supported us by attending those events. All in all we had a successful fundraising year. And then of course there are those extra special volunteers who deliver all of those meals on wheels. About 70 households per day get their meals delivered. Without our volunteers, the program simply couldn't function. Gotta love the MOW volunteers!



Menu for June 2016



Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
May 30 HOLIDAY CLOSED 	May 31 <i>Salmon Chowder</i> <i>French Bread</i> <i>Danish Salad</i>	1 Fiesta Pork Chops Baked Sweet Potatoes/Apples Cabbage Slaw Cracked Wheat Rolls	2 Meatloaf Steamed Spinach Scalloped Potatoes Fruit Slaw	3 Pineapple-Lemon Chicken Biscuits Peas & Carrots Romaine Salad
6 Pork Chop Suey Rice Steamed Broccoli Peach Salad	7 BBQ Beef on Bun Oven Fried Potatoes Tossed Salad	8 Taco Salad Spanish Rice Spicy Fruit Cup	9 Herbed Lime Chicken Au Gratin Potatoes Mixed Vegetables Sunshine Salad	10 Ham Sandwich Tomato Soup Honey Mustard Coleslaw
13 Ham Sweet Potatoes Buttermilk Rolls Cauliflower & Broccoli Toss	14 Spaghetti with Meat Sauce Peas and Carrots Cantaloupe and Berry Cup	15 Beef & Vegetable Soup Cheese & Tomato Sandwich Fruit Slaw	16 Fish "Caddy Ganty" Rice Pilaf Broccoli and Cauliflower Mix Romaine Salad	17 Mac & Cheese with Ham Steamed Kale or Spinach Honey Orange Salad
20 Sweet & Sour Pork Confetti Rice Broccoli Tossed Salad	21 Salisbury Steak Sweet Potato Peas Spicy Fruit Cup	22 Salmon Sweet & Sour Red Cabbage Wheat Bread Spinach Salad	23 Hot Turkey Sandwich (open-faced) Mashed Potatoes w/Gravy Peas and Carrots Perfection Salad	24 Beefaroni Steamed Cauliflower Apricot Salad
27 Creole Pork Steaks Rice Steamed Carrots Honey Orange Salad	28 Baked Fish Buttered Noodles Mediterranean Vegetables Tomato Aspic	29 Chef's Salad Potato Soup Cracked Wheat Rolls	30 Baked Chicken Angel Biscuits Peas Sunshine Salad	 To Volunteer Call Charlene 463-6179



Activities for June 2016



Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Got Books?</p>	<p>Want to start a book club? Call Carol to help set it up. 463-6175.</p>	<p>1 Ceramics 10-2 Bridge 1-4</p>	<p>2 T.O.P.S. 6:30-8:00PM</p>	<p>3</p>
<p>6 Ceramics 10-2 Bridge 1-4 CRIBBAGE 5-9PM</p>	<p>7</p>	<p>8 Ceramics 10-2 Bridge 1-4PM</p>	<p>9 Juneau Commission on Aging Meeting 1:30-3:30 T.O.P.S. 6:30-8:00PM</p>	<p>10</p>
<p>13 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM</p>	<p>14 Low Vision Support Group 1:00-2:30pm</p>	<p>15 Ceramics 10-2 Bridge 1-4PM</p>	<p>16 T.O.P.S. 6:30-8:00PM</p>	<p>17</p>
<p>20 Ceramics 10-2 Bridge 1-4PM Feet 1st by apt. 9:00 -11:00 AM CRIBBAGE 5-9PM</p>	<p>21</p>	<p>22 Ceramics 10-2 Bridge 1-4PM</p>	<p>23 T.O.P.S. 6:30-8:00PM</p>	<p>24 Pioneers 5:30 – 8:30PM </p>
<p>27 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM</p>	<p>28</p>	<p>29 Ceramics 10-2 Bridge 1-4PM</p>	<p>30 T.O.P.S. 6:30-8:00PM</p>	 <p>Meals on Wheels To Volunteer Call Charlene 463-6179</p>

Just for Fun Page

In an effort to reciprocate (retaliate?) Don and Janet shared this with me:

Q Did you hear about the guy whose wife threw a bottle of omega-3 oil at his head?

A He's been hospitalized with super fish oil injuries.



Q. Did you hear about the guy who got hit in the head by a can of soda?

A. He was lucky it was a soft drink!

☹️ A book just fell on my head. I have only myself to blame.

Father's Day Quotes

"I would give my dad what he wants on Father's Day, but I can't afford to move out yet."

Melanie White

"Me and my dad used to play tag. He'd drive."

Rodney Dangerfield

I gave my father \$100 and said, "Buy yourself something that will make your life easier." So, he went out and bought a present for my mom.

Rita Rudner



My memory is gone Mildred, so I changed my password to "incorrect". That way, when I log in with the wrong password, my

computer will tell me..."Your password is incorrect."

I was in a couple's home trying to fix their Internet connection. The husband called out to his wife in the other room for the computer password. "Start with a capital S, then 123." She shouted back. We tried S123 several times, but it didn't work. So we called the wife in. As she input the password, she muttered, "I really don't know what's so difficult about typing Start 123."

W: Honey, I have good news and bad news about the car. **H:** Give me the good news first. **W:** The airbags work.



After much nagging from his wife, Sam visited the audiologist. Yes, he would need hearing aids, and they ranged in price from \$10 to \$2,000. "I'll try the \$10 pair", Sam said. The nurse placed the hearing aids in his ears and hung a wire around his neck. "Does this wire really have to be around my neck?" asked Sam. "Why, of course", said the nurse. "You think those things in your ears do anything? It's the wire around your neck that makes people talk louder!"