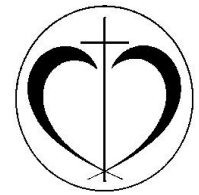




# Gastineau Channel

## Senior Center's News Juneau, AK



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### 'Tis the Season!



Here we go again... time to start thinking about getting the tires changed out, finding those spikey things for your shoes, dusting off your winter coat, planning how to spend that PFD check, and getting out your spooky things for Halloween.

The PFD for \$1022 will be distributed on October 6 this year. As always, October 15 is the legal date for studded tires and Halloween falls on Monday the 31<sup>st</sup>.



**Are you ready?** Benjamin Franklin said "To fail to prepare is to prepare to fail".

There will be a **free** Emergency Preparedness Lecture on Wednesday, October 26<sup>th</sup> at 10: 30 am in the Juneau Senior Center. The presenter will be Tom Mattice, Emergency Program Manager for the Juneau Local Emergency Planning Committee.



Mr. Mattice has had tiers of avalanche training and certifications with the American Avalanche Institute, but emphasizes the forecaster part of his new title as Juneau's new avalanche forecaster.

### Lunch Anyone?

Please join us for the presentation and consider staying for lunch. A hot, nutritious lunch is served every day, Monday – Friday at 12 noon in the Senior Center Dining Room. For guests 60 and over, a free will donation of \$5 is suggested and for guests under 60 years of age, there is a \$10 charge.

## Twelve Warning Signs of Dementia

- 1  
Trouble with new memories
- 2  
Relying on memory helpers
- 3  
Trouble finding words
- 4  
Struggling to complete familiar actions
- 5  
Confusion about time, place or people
- 6  
Misplacing familiar objects
- 7  
Onset of new depression or irritability
- 8  
Personality changes
- 9  
Loss of interest in important responsibilities
- 11  
Seeing or hearing things
- 12  
Expressing false beliefs

## Don't Want You to Miss Early November Events.

Friday, November 4 from 10 am -2 pm, Amber Smith will be at the Senior Center for Memory Screenings. The screenings take 20 – 30 minutes and are by appointment only. For more information or an appointment, contact Amber at 586-6044 or [asmith@alzalaska.org](mailto:asmith@alzalaska.org).

**Who should be screened?** Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia: whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.

**81%** of survey respondents reported that the individuals they care for experienced symptoms of Alzheimer's disease for one year or more before being diagnosed. 48 % of caregivers thought these symptoms were a natural part of getting older.

**Facts about dementia:** Dementia is a general term that describes a group of symptoms related to the loss of multiple intellectual functions—such as loss of memory, judgement, language and complex motor skills – that interferes with daily living.

Alzheimer's disease is a progressive, degenerative disorder of the brain caused by the death or permanent dysfunction of brain cells (neurons). The disease robs individuals of memory and, eventually, overall mental and physical function.

The causes of Alzheimer's disease are unknown and there are no specific treatments that prevent the death of brain cells or cure the disease, but several medications are available that may help slow the progression of symptoms of the disease.

Source: AFS'S ICAN Survey: Life of a Sandwich Generation Caregiver.

# Pancake Breakfast

## ALASKA DAY

9:00 – 11:30 am October 18, 2016



**\$13.00 advance purchase per adult/ \$15 at the door and \$7.00 per child 6-12 (6 and under free);**

**All Proceeds go to the Senior Nutrition Program.**

Join us for great food, music, and a celebration.

**Senior Center Dining Room**

**895 W.12th Street, Juneau**

**Call Carol for more information:**

**463-6175**






# Activities for October 2016

## Juneau Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Ceramics 10-2</b> Bridge 1-4PM <b>CRIBBAGE 5-9PM</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>T.O.P.S. 6:30-8:00 PM</b>	<b>7</b> Ceramics 10-2
<b>10</b> <b>Ceramics 10-2</b> Bridge 1-4PM <b>CRIBBAGE 5-9PM</b>	<b>11</b>	<b>12</b> <b>Ceramics 10-2</b> Bridge 1-4PM	<b>13</b> <b>T.O.P.S. 6:30-8:00PM</b>  JCOA TO RESUME AT JSC IN JANUARY 2017	<b>14</b> <b>Ceramics 10-2</b> Advisory Council Meeting 1-2 PM <b>Bridge Tournament 1 PM – 10 PM</b>
<b>17</b> <b>JREA 5- 8 PM</b>	<b>18</b> <b>CLOSED FOR ALASKA DAY</b> <b>Pancake Breakfast Fundraiser 9-11</b> <b>CRIBBAGE 5-9PM</b>	<b>19</b> <b>Ceramics 10-2</b> Bridge 1-4PM	<b>20</b> <b>T.O.P.S. 6:30-8:00PM</b>	<b>21</b> <b>Ceramics 10-2</b>
<b>24</b> <b>Ceramics 10-2</b> Bridge 1-4PM <b>CRIBBAGE 5-9PM</b>	<b>25</b>	<b>26</b> <b>Ceramics 10-2</b> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Emergency Preparedness Presentation 10:30</b> </div> Bridge 1-4PM	<b>27</b> <b>T.O.P.S. 6:30-8:00PM</b>	<b>28</b> <b>Ceramics 10-2</b> <b>Pioneers</b> 
<b>31</b> <b>Ceramics 10-2</b> Bridge 1-4PM <b>CRIBBAGE 5-9PM</b>				



# Menu for October 2016

## Juneau Senior Center

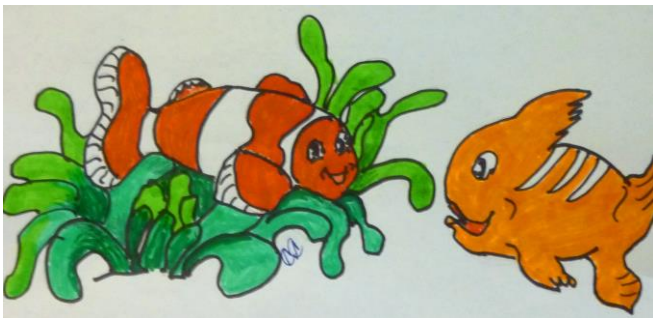


Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Pork Chop Suey Rice Spinach Salad with Mandarin Oranges	<b>4</b> BBQ Beef on Bun Mixed Vegetables Potato Salad	<b>5</b> Turkey & Cheese Sandwich Clam Chowder Coleslaw	<b>6</b> Chicken Enchiladas Black Beans Calico corn Salad Orange Slices	<b>7</b> Tuna Sandwich Cream of Tomato Soup Cucumber and Onion Salad
<b>10</b> Country Pork Stew Biscuits Romaine Salad	<b>11</b> Roast Beef Mashed Potatoes w/ Gravy Spinach Fruit Slaw	<b>12</b> Crispy Chicken Curry Rice Pilaf Steamed Carrots Cauliflower Broccoli Toss	<b>13</b> Spaghetti w/ Meat Sauce Garlic Bread Brussels Sprouts Tossed Green Salad	<b>14</b> Baked Fish Scalloped Potatoes Peas & Carrots Pickled Beets
<b>17</b> Creole Pork Steaks Rice Cauliflower Sunshine Salad	<b>18</b> CLOSED FOR ALASKA DAY PANCAKE FUND RAISER	<b>19</b> Roast Beef Sandwich Corn Chowder Cole Slaw	<b>20</b> Salisbury Steak Mashed Potatoes with Gravy Peach Salad	<b>21</b> Chicken Adobo Rice Oriental Vegetables Honey Orange Salad
<b>24</b> Fiesta Pork Chops Sweet Potato Cauliflower Fruit Slaw	<b>25</b> Beef Stew w/ Vegetables Rolls Spicy Fruit Cup	<b>26</b> Macaroni & Cheese w/Ham Zucchini & Carrots Perfection Salad	<b>27</b> Chicken Rice Casserole Mixed Veggies Cauliflower & Broccoli Toss	<b>28</b> Baked Fish Red Potatoes Brussels Sprouts Carrot/Raisin Salad
<b>31</b> Swedish Meatballs & Gravy Pasta Broccoli Tossed Salad Happy Halloween	<i>Please donate.            Our lunch program            needs your support.</i>	<b>COFFEE            TEA OR            MILK</b> Served with lunch.	<b>Lunch served at            12 noon            Monday –            Friday            \$5 donation            suggested. A            charge of \$10            for guests            under 60</b>	 Call Charlene to volunteer 463-6179



## Halloween Thoughts

- Haunted French Crepes give me the crepes
- Every Halloween I pretend to be the same thing...not home
- Halloween is weird. When else would you risk drowning for a piece of fruit?
- Trick or treaters can be so cute...imagine them coming to my door expecting to get something for free.
- Vampires sleep all day, fly for free, can't see themselves in mirrors... where do I sign up?
- For Halloween, you should go as the person you claim to be on Facebook.



Who needs fronds when you have anemones?

Contributed by Nurullah Reynolds (yes, our cook)

A freighter left Japan with 10,000 cases of yoyos to deliver to the USA. It ran into a storm and sank 141 times.

## But Truthfully:

- ☺ A flashlight is a case for holding dead batteries.
- ☺ Constant change is here to stay.
- ☺ The dates on the calendar are closer than they appear.
- ☺ The probability of someone watching you is directly proportional to the stupidity of your actions.

## Questions?

- ? Where can I find a manual on how to be spontaneous?
- ? If marriage is outlawed, will only outlaws have in-laws?
- ? Did you hear that they took the word "gullible" out of the dictionary?
- ? Do literate people get the full effect of Alphabet Soup?
- ? Have you noticed since everyone has a camcorder these days no one talks about seeing UFO's like they used to?

## It's All About Me

- ♠ I know it all. I just can't remember it all at once.
- ♠ I know karate, kung fu and 47 other dangerous words.
- ♠ I'm an influential person...gravitationally speaking.
- ♠ I have just about used up all of my sick days, so...I'm calling in dead.