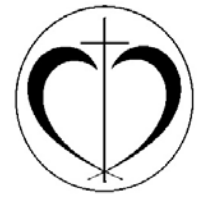




Gastineau Channel

Senior Center's News Juneau, AK



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Introducing Our New Staff

Charlene Miller has been a volunteer Meals on Wheels driver and she substituted for Eileen as the MOW volunteer coordinator for a few weeks. She then took the job of Dining Room Aide. When, Eileen retired, we remembered what a great job Charlene had done and asked her to move into that position. She accepted and is now our MOW Coordinator. In her spare time, she's working on the "Eagle Crest Bus" she purchased recently. Stop in and say "Hi" to her. Her office is right next to the kitchen and she's here from 9 – 1.



The most recent addition to our staff is Dayla McDaniel, our dining room aide.



Dayla is from Oahu, Hawaii. She graduated from the Academe of the Pacific and later needing a change and a new adventure, she moved to Alaska – specifically to Adak in the middle of February – that's a *change*! She pointed out that there are similarities too. She notes that they're both islands and both have awesome scenery, just a different kind of beauty. She says her experience in Adak was good, but she moved on to Petersburg for a while and then Juneau because even though she's "not a city girl", she wanted to be in a larger community. Her future goals include seeing a bear and getting a dog.

August in Juneau

Well, there's no official holiday in August, so no day off work for me! Still, August isn't completely without its perks. First, it's still summer, and there are a couple of summery events we can take advantage of. Next, August 12, 13 and 14, is the 70th Golden North Salmon Derby sponsored by the Territorial Sportsmen. This is the oldest Salmon Derby in Alaska. There are large cash and merchandise prizes awarded. For more information, see: goldennorthsalmonderby.com. Last but not least, a fund raiser for the Juneau Symphony on Tuesday, August 9 at 7:00 pm. The champion fiddler, Caitlen Warbelow and her band will be performing at Rockwell, 109 S. Franklin Street. This group is from the world renowned Irish band, Lunasa. Join them for food, drinks and music. Admission/donation \$20.



Menu for August 2016

Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tahitian Rice Peas Carrot Pineapple Salad	2 Meatloaf w/ Beef & Pork Mashed Potatoes & Gravy Steamed Greens Perfection Salad	3 Pork Roast Baked Sweet Potatoes & Apples Wheat Roll Cabbage w/ Fruit Salad	4 Beefaroni Mexicali Veggies Apricot Salad	5 Baked Fish Rice Pilaf Broccoli Tossed Green Salad
8 Egg Salad Sandwich Potato Soup Sunshine Salad	9 Taco Salad Orange Slices	10 Beef Stroganoff w/Noodles Mixed Veggies Slaw	11 Pineapple Lemon Chicken Rice Pilaf Green Beans Sukiyaki Salad	12 Creole Pork Steaks Muffin Harvard Beets Danish Salad
15 Chicken and Peach Sauté Pasta Peas & Carrots Apple/Cabbage Raisin Salad	16 Beef & Vegetable Soup Whole Grain Crackers Peaches and Cottage Cheese	17 Southeast Stir Fry (w/Bacon & Clams) Rice Apricot Salad	18 Fiesta Pork Chops Angel Biscuit Cauliflower Waldorf Salad	19 Fish Caddy Gantry Rice Pilaf Steamed Spinach Fruit Slaw
22 Salmon Burger Oven Fried Potatoes Cole Slaw	23 Chicken Cacciatore Noodles Sweet Peas Honey Orange Salad	24 Pork Chops Baked w/Apples Stuffing Sweet Potatoes Cauliflower/Broccoli Toss	25 Spaghetti w/Meat Sauce Steamed Zucchini Tossed Salad Garlic Bread	26 Clam Chowder Herb Biscuits Sunshine Salad
29 BBQ Chicken Baked Beans Wheat Roll Potato Salad	30 Sweet & Sour Spareribs Confetti Rice Green Beans Romaine Salad	31 Ham Peas & Carrots Cornbread Tomato Aspici		To Volunteer as a Meals on Wheels Driver Call Charlene 463-6179



Activities for August 2016



JUNEAU SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	2	3 Ceramics 10-2 Bridge 1-4PM	4 T.O.P.S. 6:30-8:00PM	5
8 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	9	10 Ceramics 10-2 Bridge 1-4PM	11 Ceramics 10-2 Bridge 1-4PM T.O.P.S. 6:30-8:00PM	12 Advisory Council Meeting 1:00 - 2:00PM
15 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	16 Low Vision Support Group 1:00-2:30PM	17 Ceramics 10-2 Bridge 1-4PM	18 T.O.P.S. 6:30-8:00PM	19
22 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	23	24 Ceramics 10-2 Bridge 1-4PM	25 T.O.P.S. 6:30-8:00PM	26 Pioneers of Alaska 5 -9PM
29 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	30	31 Ceramics 10-2 Bridge 1-4PM		

Laughter

Laughter is universal; no matter how old you are, what language you speak or what your physical or mental abilities are, you can laugh.



Drawing by Elva Bontrager, a Senior Volunteer at JSC

This is what happens when you laugh. Laughing triggers a number of positive physiological responses including:

- ✓ Relaxation of the entire body, relieving muscle tension and stress
- ✓ Levels of cortisol, the stress hormone, drop and minimize pain and inflammation through the body
- ✓ The release of endorphins natural feel-good substances that make you feel happy and content and have been proven to reduce the perception of physical pain
- ✓ Reduction in blood pressure combined with a moderate increase in the heart rate and improved blood circulation and oxygen intake.
- ✓ Stimulation of the immune system thanks to the release of T-cells and salivary immunoglobulin A which is triggered by laughter.

Researchers at the College of William and Mary have found that “a wave of electricity

sweeps throughout” the entire cerebral cortex just before we laugh – the supports the theory that humor can actually help improve cognitive functioning by activation all parts of the brain simultaneously. From SeniorHomes.com

So... what are you waiting for? There's humor all around. On the internet, on TV, in the newsletter, and at the senior center. Sometimes all of the laughter heard in the dining room borders on being downright rowdy! Come in, have lunch, laugh with friends. Monday through Friday at noon.

Special Announcement

This month Michael Engel, the Service Coordinator for Mt. View, is changing his venue. On Wednesday, August 17th at 11:00 am he will be in the Senior Center dining room to share the Medicare Minutes. The topic this month is *Planning Ahead: Advance Directives and Long – term Care.* Everyone is welcome and encouraged to attend. Join Michael for an informative summary of the minutes and then stay for our Southeast Stir-Fry lunch at noon!!

Celestial Extravaganza

If you are a “sky watcher”, this August is filled with celestial extravaganzas. A five-planet line-up can be seen as soon as the Sun sets staring Aug. 4. On Aug. 11, the three planets Jupiter, Mercury and Venus will be seen in a group whole on the other side of the sky, Saturn, Mars and the moon will also be visible. There will also be more planets, dwarf planets and asteroids that can be seen in the sky this month. Uranus, Neptune and dwarf planet Ceres are visible before dawn in the southern sky. Asteroid Pallas is visible in the Southern sky at the same time. Pluto and the rest of the dwarf planets can be viewed using a telescope. NASA says that the Perseid meteor shower is best viewed from Aug. 9 to Aug. 15. This year's shower is reportedly bigger and may potentially create about 22 meteors per hour. For more, see natureworld news.com

Just for Fun Page



Q: What do you call a line of rabbits walking backwards?

A: A receding hareline.

Two cows standing in a pasture

Cow 1: Are you worried about mad cow disease?

Cow 2: Why would I? I'm a helicopter!

Q: What's the difference between a well-dressed bicyclist and a poorly dressed unicyclist?

A: Attire

Dean: My new thesaurus is terrible.

Jean: How bad is it?

Dean: It's terrible!

This is a re-print



This thief stole the original picture that we have of him stealing.

Did you ever wonder?

☺ Maybe the dryer has been stealing our clothes all along, but we only notice the socks because they come in pairs.

☺ Maybe if we tell people the brain is an app, they'll try to use it.

About Food



Nutritionists say there is a simple way to tell if you're eating right: **COLORS**. Fill your plate with bright colors: greens, reds, yellows. I tried it – had an entire bowl of M& M's. Delicious! Never knew eating right could be so easy.

☺ An explosion in a cheese shop leaves de-Brie everywhere.

☺ Average gumbo is only medi-okra.

☺ I used to eat all natural foods until I found out that 80% of people die of natural causes.

☺ If you ate pasta and antipasta,, would you still be hungry?

☺ The good news is that I lost 30 pounds on this all-popcorn diet. The bad news is that I spent \$8,000 going to the movies.

☺ My next house will have no kitchen – just vending machines!

☺ Dieting is wishful shrinking.

☺ I am not "fat." I am a "nutritional overachiever."

Caregiver Support Group



peer Support



Call-in Family Caregiver Support Group

Peer Support for Southeast Alaska Caregivers

Every 2nd Thursday of the Month at 12 noon

Why Call in?

- **Connect with peers from the convenience of your home or office.**
- **Learn more about self care and advancing your caregiving skills.**
 - **Talk with people who will understand your experience.**
 - **Know that you are not alone.**
 - **Receive emotional support.**
 - **A facilitator is on the line and ready to listen.**

The Senior and Caregiver Resource Center

For more information on how to participate, please call

463-6177 in Juneau

866-746-6177 toll free



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