



# Mabel T. Caverly Senior Center & Services

*"A Friendly Place Providing Stepping Stones over Deep Water"*

**Volume 20, Issue 11**

**OUR MONTHLY NEWSLETTER**

**November 2016**

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**Executive Director Denise's Diary**

**NEWS FROM THE MTCSO OFFICE**

It has been a challenging month for those of us in the office. We are still partially handicapped by computer and other office issues. So, we apologize for this inconvenience.

**MTCSO IS GOING GREEN!**

Like every non-profit and businesses, when times are lean we look for ways to continue our growth, become more efficient and still fulfill our mission. We mail out almost 3000 newsletters. Many of you may not even be reading it.

**THERE ARE THREE OPTIONS.**

1. Give us your **email address** to receive a "GREEN" copy, or go to [www.mabeltcaverly.org](http://www.mabeltcaverly.org) to read it at your leisure.
2. Call us to **keep receiving a "hard" copy.**
3. Call us to **be removed entirely from our newsletter list**, if you no longer wish to receive the MTC newsletter in any form.

**HOW CAN YOU CONTINUE TO HELP?**

Mabel T. Caverly's goal when she arrived in Anchorage in the 70's was to help seniors stay in their homes as long as possible. This still remains the mission today. It takes dollars and the conviction of people like you. We cannot do it alone. The Alaska Legislature cut senior benefits. Now more and more seniors are at risk because one emergency can cause their limited budget to no longer cover basic necessities of rent, utilities and food. Our Senior Patches program helps them with a one-time emergency grant of \$250 toward rent, utilities, home or auto repair, etc.

**WHAT DECISION WILL YOU MAKE?** Your contributions are critical to us, whether you want a newsletter or not. **LET US KNOW!**

**WILL EMAIL WORK FOR YOU TO RECEIVE OUR NEWSLETTER? Let us know.**

IF YOU WISH TO **UNSUBSCRIBE** TOTALLY, PLEASE CONTACT OUR OFFICE OR [director@mabeltcaverly.org](mailto:director@mabeltcaverly.org)



# NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday to Colleen Patterson 11/4, Mary Guffey 11/11, Carlos Rodriguez 11/17, Pat Ross 11/19, Carol Pearcy 11/28</p>						
		1 Fred Meyer Muldoon (10%)	2 Errand Day Appointments	3 Activity Meeting Olive Garden Dimond	4 NO VAN	5 CLOSED
6 CLOSED	7 NO VAN	8 Wal-Mart Muldoon  BOD Meeting 5:30	9 Errand Day Appointments	10 THANKSGIVING Social/Potluck Turkey & Ham provided by Annie Stiving & Carinda Bohus FCC 12-2	11 NO VAN	12 CLOSED
13 CLOSED	14 NO VAN	15 Fred Meyer W. Dimond Area	16 Errand Day Appointments	17 Red Apple Costco	18 NO VAN	19 CLOSED
20 CLOSED	21 NO VAN	22 Northway Mall Carr's	23 Errand Day Appointments	24 Closed for Thanksgiving	25 Closed	26 CLOSED
27 CLOSED	28 NO VAN	29 Sears Mall Fred Meyer Midtown	30 Errand Day Appointments	Have a Blessed Thanksgiving!		

Call and leave a message to reserve space on the VAN -- 276-1517. Tom/Bryan will call back the morning of your requested date. **TIME TO CHANGE YOUR CLOCKS BACK!! SUNDAY, NOVEMBER 6 AT 12 AM. FALL BACK ONE HOUR.**

Thank you to all the organizations on this page for participating in the Anchorage Senior Friendly Project. Their dedication to serving the seniors of Anchorage goes above and beyond! Ask us about becoming a Senior Friendly Certified Business.

**Benefits to your Business:**

- Increase Your Bottom Line
- Free Advertising
- Increase Market Share & Visibility



**Our Goal: Businesses,  
Seniors and Community  
Working Together to  
Build a Common Unity**

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Retired Alaskans annually bring to the state an estimated \$2.4 billion in consumer spending. The **Senior Friendly Project** certification program is designed to help businesses attract a valuable elderly consumer base. If you plan to tap into this profitable market take the time to ensure that every aspect of your business is **Senior Friendly**.

## ALZHEIMER'S AWARENESS MONTH

MTC's October Social was fortunate to have Kim Jung, Education Specialist with Alzheimer's Resource of Alaska, as guest speaker. Throughout this newsletter you will see important issues she shared with the group of 35 seniors.

### BE AWARE OF THESE TOP TEN WARNING SIGNS

1. Recent Memory Loss that Affects Daily Activities or Job Performance. It is normal to occasionally forget assignments or a telephone number, but generally remember them later. Those with dementia may forget things more often and not remember them later. They may repeatedly ask the same questions, not remembering either the answer or that they already asked the question.

2. Difficulty Performing Familiar Tasks. Busy people can be distracted from time to time and leave carrots on the stove, only remembering to serve them at the end of the meal. People with Alzheimer's disease could prepare a meal, forget to serve it and even forget they ever made it.

(Continued on page 6)

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Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

**11<sup>TH</sup> ANNUAL PPP FUNDRAISER** was held on 9/22 at the First Congregational Church, lower activity level. Those in attendance had a fantastic time with Camille Conte, our very special auctioneer. We wish to thank all of our volunteers, Kevin & Angela Turkington for the delicious lasagna, Ms. Pillow for decorating all the Gift Baskets, and the following contributors:\*



**Alaska Railroad for providing 2 round-trip tickets to Fairbanks, Treeform Amish Furniture, Anchorage Floral, Blaine's Art Supply, Darae's Salon, ShuzyQShoes, Oil & Vinegar, Bell's Nursery, Skinny Raven, Alaska Serigraphics, Alaska Fur Exchange, AK Starfish, Alaska Bead, Alaska Wildberry, Alaska Aviation Museum, Anchorage Remade, Arctic Office Products, Cabin Fever, Celtic Treasures, Classic Woman, Dooley's Tuxedos, Teavana, Dubbauu, Far North Yarn, GCI, Great Harvest Bread, Gypsum Rose of the North, Kaladi Bros, Beth Ann Cone of Lula Roe Designs, Mad Labs Collars, Mammoth Yarn, Mermaid Imports & Design, Midnight Sun Brewing, Mr. Prime Beef, Natural Pantry, Octopus Ink, Ozarks Americana, Seams Like Home, Spenard Roadhouse, Stars of Alaska, SteamDot Coffee, Summit Spice & Tea, Quilt Cache, Spice & Tea Exchange.**

*\*Please accept our apologies if your name was not included. Contact us to be added for a thank you letter and donation slip, if applicable.*

## 2016 Newsletter

### Advertising Rates

*Your purchase of advertising space in our monthly newsletter helps to offset our printing and mailing distribution costs. These days, with grants being withheld, and giving at an unprecedented low, your help is even more important and needed. And there's a win/win factor in advertising in our newsletter. Our current readership is close to 3,000, and grows monthly. A small expense on your part exposes you to seniors (55+), social charities, and local businesses that recognize the value of the ever-growing senior market. You may change your ad monthly at no additional cost. You may supply your own copy and graphics or we'll do the design free of charge.*

<p><b>Regular BC 1/10 Page</b>  <b>\$6 month/\$60 yr</b></p>
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## ALZHEIMER'S AWARENESS MONTH

### **BE AWARE OF THESE TOP TEN WARNING SIGNS**

*(continued from page 3)*

3. Problems with Language. Everyone has trouble finding the right word sometimes, but can finish the sentence with another appropriate word. A person with dementia may forget simple words or substitute inappropriate words, making their sentence incomprehensible.

4. Disorientation of Time and Place. It is normal to forget the day of the week or your destination for a moment, but people with AD (Alzheimer's/Dementia) can become lost on their own street or in a familiar shopping mall, not knowing where they are or how they got there.

5. Poor or Decreased Judgment. People can become so immersed in an activity or telephone conversation that they temporarily forget the child they are watching. A person with Alzheimer's could entirely forget the child under their care and leave the house to visit a neighbor.

6. Problem with Abstract Thinking. People who normally balance their checkbooks may be momentarily disconcerted when the task is more complicated than usual, but will eventually figure out the solution. Someone with AD could forget completely what the numbers are and what needs to be done with them.

7. Misplacing Things. Anyone can misplace their car keys, but eventually find them. A person with AD may put things in inappropriate places

or not even recognize the keys as what they are intended for.

8. Changes in Personality. A person's personality can change as they get older or as character traits fluctuate. Someone with Alzheimer's may have a radical change in personality as they become paranoid, suspicious, angry or even fearful.

9. Loss of Initiative. It is normal to tire of obligations or tasks. A person with AD may become very passive and require cues prompting them to become involved in activities or social events.

10. Changes in Mood or Behavior. Everyone has mood changes from time to time. A person with Alzheimer's can exhibit rapid mood swings for no apparent reason. They may also become angry and not understand why or be unable to express their frustrations.

Go to [www.AlzAlaska.org](http://www.AlzAlaska.org) for detailed info on Dementia, Parkinson's, Huntington's, Pick's and other related illnesses.

(Continued on page 7)

### **MTC is Still Seeking Volunteers!**

MTC is looking for volunteers interested in working in the office ANYTIME. **Computer skills** would be helpful. Extra hands and smiling faces are welcome. If you need a ride, our Van may be able to help! Give us a call at 276-1496 and become a volunteer, or email your resume.

**HOURS: Monday-Friday, 9:30am-4:00pm.**  
**We will accommodate your schedule.**

## ALZHEIMER'S AWARENESS MONTH

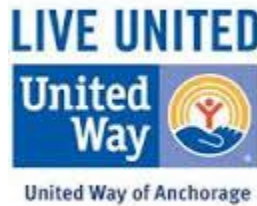
### Strategies For Wondering Behavior

#### **Put an I.D. bracelet on the person.**

- Make a plan of steps to take if the person gets lost or falls.
- Keep updated emergency information readily available and on the person with dementia.
- Inform your neighbors about the possibility of wandering and give them specific instructions about the steps to take to assist.
- Take supervised walks and include opportunities for exercise in a person's daily routine.
- Hang bells on door knobs to alert you to opening of doors.
- Review choice of footwear and periodically check feet and lower extremities for injuries.
- Try "sock therapy". A person who normally wears shoes outside may not leave if he/she is in their stocking feet. Tell them you are going to clean their shoes and put them somewhere out of sight. If the subject comes up, tell them the shoes will be ready to wear soon and reinforce that they don't need them while in the house.
- Accept the fact that verbal instructions to stay put are very unreliable.
- Provide a safe wandering space if possible.
- Place locks in unusual places (high or low on doors).
- Use child-resistant knob covers on door knobs.
- Notes may help some people some of the time.
- Establish a "safety zone" for wandering and pacing.
- If a person leaves his/her "safety zone," try these tips to get them to return:

Ask for their help to do something; Acknowledge their verbal message about their plan; Provide correct information if it helps; Fall in step and walk with the person for a short while and then suggest going "inside" for a reason; Don't say "stay here" or "don't go" or other blatantly controlling statements; Don't physically pull on the person unless there is acute danger of physical injury.

Mabel T. Caverly Senior Center & Services  
911 W. 8th Avenue, Suite 104  
Anchorage, AK 99501-3340  
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