



# BRIDGE NEWSLETTER



October 2026



## Hey There Bridge Folks!

We have been busy gearing up for fall during our arts & crafts time! In the bottom right corner of this page is a picture depicting our very own created Pumpkin Patch. We have had such a glorious time painting with watercolors.

Speaking of arts and crafts, Sandra has many ideas for us to engage in while creating art. The month of October will be a month of amazing art that the participants here at the Bridge will create. The best part is being surrounded daily with our colorful creations.

We are excited to share that we have a new MASST volunteer in the afternoons here at the Bridge. Her name is Diane Downey and she has been an extraordinary fit in the work we do here. An extra hand affords us opportunities for even more fun and laughter every day.

We all should buckle down the hatches and get ready for a continual, blustery autumn season. And then, ready or not, winter won't be far away. And as one of our participants says daily, "Thank God we are inside!"

The Bridge will be closed October 19th for Alaska Day!



## October Birthdays

- Tamra- 4th
- Al- 11th
- Alexis- 21st



# What Are Your Loved Ones Up To?



## Bridge Adult Day Activities

| Social                  | Physical             | Cognitive           | Memory         | Exercise           | Special Programs                                               |
|-------------------------|----------------------|---------------------|----------------|--------------------|----------------------------------------------------------------|
| Chat Pack               | Balloon Volley       | True or False       | Penny Ante     | Morning Stretch    | Tom Locher: Music on Mondays & Thursdays                       |
| Wrong Answer            | Golf                 | Pair-a-Pics         | Shake A Memory | Walk Around Garden |                                                                |
| Manicures ( once        | Bean Bag Toss        | Swingwoman          | Call Out the   | Bubbles            |                                                                |
| Knock Knock jokes       | Horseshoes           | Name the States     | Animal Match   |                    |                                                                |
| Go Fish                 | Ring Toss            | Purple Dice         | Game of Things |                    | Jacque Farnsworth: Music on Tuesdays                           |
| Dice Golf               | Table Bowling        | Trivia              | Memory Kit     |                    |                                                                |
| Diceo Game              | Croquet              | Word Scramble       | Do You         |                    |                                                                |
| Space Force             | Basketball           | Alphabet Game       | Memory Cards   |                    |                                                                |
| Old Maid                | Cornhole             | Farkle              | Memory Kit     |                    | Juneau Animal Rescue: Brings Pets 1st Wednesday of the Month   |
| Cover the Number        | Shuffleboard         | Jenga               | Mother Goose   |                    |                                                                |
| Pictionary              | Velcro Darts         | Rhyme Time          | Old Fashioned  |                    |                                                                |
| Tell All                | Splatter Toss        | Word within a Word  | Name It Game   |                    |                                                                |
| Where in Juneau?        | Cup Stacking         | Plush Ball Sort     |                |                    | Juneau Hoola Dance Group: Every Wednesday from September - May |
| Name 3 Beautiful Things | Ball Toss            | UNO                 |                |                    |                                                                |
| Think Quick             | Egg Carton Bounce    | BINGO               |                |                    |                                                                |
| Movie Time              | Lawn Darts           | Shape of the States |                |                    |                                                                |
| Sand Play               | Basketball Pong      | Pass the Picture    |                |                    | Kathleen Washburn: Chair Yogo once in a while                  |
| Magna Blocks            | Belly Ball           | LCR                 |                |                    |                                                                |
| Dice Talk               | Hydroponic Gardening | Yes/No Game         |                |                    |                                                                |
|                         |                      | Roulette            |                |                    |                                                                |
|                         |                      | Domino Match        |                |                    |                                                                |
|                         |                      | LiteBrite           |                |                    |                                                                |
|                         |                      | Arts & Crafts       |                |                    |                                                                |



We Welcomed Two New Clients this Past Month!



# Six Ways to Find Joy in Troubling Times

A friend said to me the other day, I can't find any joy this year. The world is just too mad. Humans are too stupid. I agreed that it's hard and that the news is tragic. But people suffering far more than most of us manage to find joy and peace and laughter in the midst of suffering. We all have that capacity. Here are six things that have helped me climb out of that desperation tailspin and find joy and peace in a hard year.

1.) Remember that there are 7 billion of us and the vast majority of interactions between humans today will be kind. Moms and dads will love their children like mad. Teachers will teach, despite crappy salaries. Volunteers will lend a hand for the poor and suffering. There will be horrors, too. We need to do what we can to help. But we are not all super heroes. The news tricks our ancient cave man brain, the amygdala, into thinking tragedy is everywhere always. It's not. That tragedy disturbs us means we – the vast majority of humans – want goodness and love. Most of us will do good and find ways to love today.

2.) Remember that you're mortal. It's hard to read news of sickness and death, but we all get sick and die and we often forget that basic fact. Reflect every day that death is coming – not in a morose way but as a reminder that every moment is precious and that you can spend your life fretting or use the days or years you have left to laugh, love, be present, and give what you can. If you believe in a soul, this reflection is also an opportunity to remember that ancient wisdom traditions from all parts of the world say our true nature or soul is unmoved by sickness, and that death is merely a transition of the mind or spirit.

3.) Remember, joy and optimism are contagious. The more you appreciate the little things today, the more likely those around you will appreciate little things, too. Quite literally, staying joyful – or at least appreciative – helps stave off the fear, anger, and stress that fuels so much cruelty. It also helps us find creative solutions. Often we feel like we have a responsibility to be cynical to be “real” about the world's problems. Being skeptical and discriminating is good. Cynicism helps nobody.

4.) Frame hardship as a positive. Nobody ever found lasting joy from being fed beauty and riches and ease from a silver spoon. The wisest, most brilliant, most happy people have become that way, almost always, by enduring suffering and finding meaning in it. If today is hard, that's good. That's where the growth is.

5.) Be silent and unplug. Joy and peace come from inside, not outside. Most likely the bad guys aren't going to get away with more bad stuff if you take a two-day break from the news to meditate or go on some quiet walks. Our biology wasn't built to take in non-stop tragedy on our phones. Take a conscious break and follow your breathing. If you do this just 20 minutes a day, all the research shows you'll find a better sense of well-being.



## Six Ways Continued...

6.) Do what you can to help and then let go of the results. My wife Amy and I gave UNICEF donations for our friends instead of presents this past year. It won't do much in the big scheme. But between our jobs and children and surviving, it was what we could handle. There will always be tragedy, but if there is one thing ancient mystics agree on, it's that the universe is unfolding as it should. We are merely waves on that vast universal sea. All we can do is love as fiercely as we know how and let go of how that love works through the great mystery — an ocean that is far more vast than we could ever conceptualize.



from Maria Shriver website  
<https://mariashriver.com/six-ways-to-find-joy-in-troubling-times-jaimal-yogis/>



## Caregiver 1-3 Minute Training YouTube Videos

- What is Caregiving
- Safe Transfer Skills
- Toileting Assistance
- Bathing Assistance
- Feeding Assistance
- Dressing Assistance
- Oral Care Assistance
- Falls Prevention
- Infection Control
- Understanding Dementia & Effective Communication Strategies



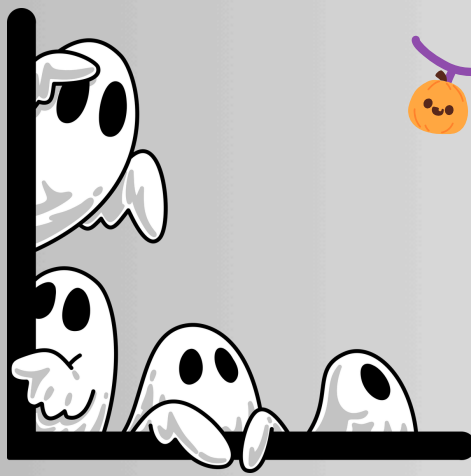
- Ostomy Care
- Wound Care
- Measuring Vital Signs
- Stroke Awareness
- Seizure Management
- Oxygen Use
- Sheltering in Place & Disaster Response
- End of Life Care
- Self-Care for Caregivers



Diane Downey,  
our new MASST Volunteer



# TRICK OR TREAT



## Resources & Such



### ALZHEIMER'S RESOURCE OF ALASKA



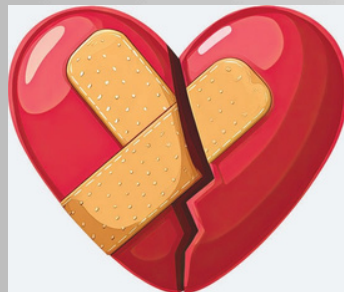
[alzalaska.org](http://alzalaska.org)

Alaska's Premier Web Source  
for all things  
Alzheimer's and Dementia

Find Information,  
Classes,  
Resources,  
and Support for Caregivers



### ELDER ABUSE AWARENESS



If an elder appears exploited by another person or a sign of apparent neglect of essential services by self or others in control of the elder, there may be abuse. You can help!

**Call: 800-478-9996 Adult Protective Services**



### AK AGING & DISABILITY RESOURCE CENTERS



ADRC: Alaska Dept. HSS  
Connecting seniors, people with disabilities and caregivers with long-term care services and supports

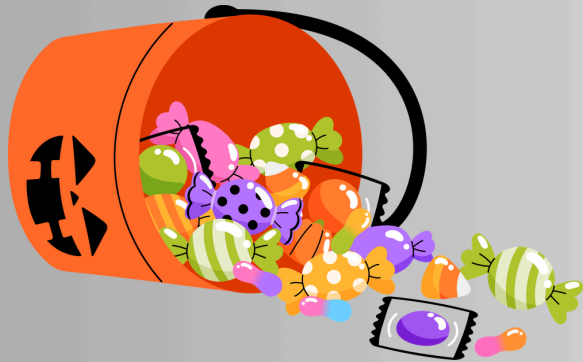
**855-565-2017 Statewide, toll free**



Taken from the Alzheimer's Resource Alaska's "For Caregivers" page

[alzalaska.org](http://alzalaska.org)





# Resources

JUNEAU'S LENDING LIBRARY  
HAS TAI CHI VIDEOS FOR  
CHECK-OUT!  
CALL: 907-463-6181



## THE BRIDGE ADULT DAY PROGRAM

- games puzzles
- arts & crafts
- hydroponic gardening
- exercise
- sensory stimulation
- and more

An amazing **RESPITE** opportunity  
in Juneau!

All seniors are welcome to enjoy  
a comfortable, friendly, and safe  
environment focused on  
providing cognitive stimulation,  
socialization & physical activities!

Call Today: 907-463-6124



## SOUTHEAST SENIOR & CAREGIVER RESOURCE CENTER



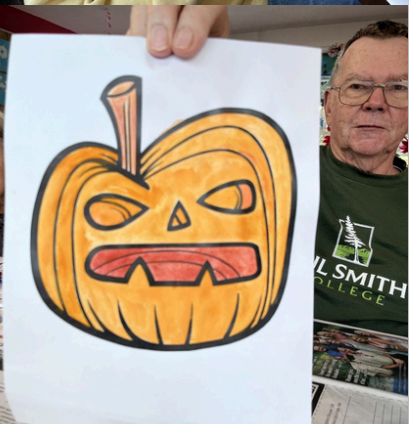
**Southeast Senior Services is a Division  
of Catholic Community Service**

**New Walk-In Hours**

**Wednesday: 10 AM - 2 PM**

**Thursday: 12 PM - 4 PM**

Serving all of Southeast Alaska 1803  
Glacier Hwy, Juneau, AK 99801 907-  
463-6177 [www.ccsjuneau.org](http://www.ccsjuneau.org)



## LIBRARY and Supply Closet REMINDER



**If you need information, equipment or  
supplies, give us a call.**

The Senior and Caregiver Resource  
Center has a variety of resources  
available for caregivers and elders,  
especially about education on  
caregiving skills and self-care.

**Give us a Call! 907-463-6181**



**Family Caregiver Support  
Advocate**

**907-463-6181**

**Catholic Community  
Service**

[www.ccs.juneau.org](http://www.ccs.juneau.org)



# OCTOBER MENU 2026

## JUNEAU SENIOR CENTER



| MONDAY                                                                                                                                                                                                                                          | TUESDAY                                                                                                                             | WEDNESDAY                                                                                                                                   | THURSDAY                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Our menu items might contain any of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. If you are allergic to any of the above items, please call 907-463-6175 for a copy of our recipes.</p> |                                                                                                                                     |                                                                                                                                             | <p>Milk <sup>1</sup><br/>Baked Ham<br/>Sweet Potatoes<br/>Possessed Peas<br/>Dinner Rolls<br/>Tropical Fruit</p>                                     |
| <p><sup>5</sup><br/>Milk<br/>Baked Penne Pasta<br/>Normandy Vegetables<br/>Vampire Ward Garlic Bread<br/>Slice Fruit</p>                                                                                                                        | <p><sup>6</sup><br/>Milk<br/>Creamy Potato Soup<br/>Dinner Rolls<br/>Ghostly Berries &amp;<br/>(S) Cream</p>                        | <p><sup>7</sup><br/>Milk<br/>Egg Salad Sandwich<br/>Bloody Good Tomato Soup<br/>Broccoli Slaw<br/>Canned Pears</p>                          | <p><sup>8</sup><br/>Milk<br/>Swedish Meatballs<br/>Creepy Crawl-y Pasta<br/>Lima Beans<br/>Madarin Oranges</p>                                       |
| <p><sup>12</sup><br/>Milk<br/>Crypt Keeper Chicken<br/>&amp; Gravy<br/>Broccoli<br/>Dinner rolls<br/>Sliced Fruit</p>                                                                                                                           | <p><sup>13</sup><br/>Milk<br/>Meatloaf<br/>Rice<br/>Screambeans<br/>Berry Yogurt Parfait</p>                                        | <p><sup>14</sup><br/>Milk<br/>Beef Stew w/ Vegetables<br/>Salad<br/>Cornbread<br/>Ghostly Orchard Pears</p>                                 | <p><sup>15</sup><br/>Milk<br/>Pulled Pork Sandwich<br/>Sweet Potato Fries<br/>Jack-O'-Lantern Carrots<br/>Slice Fruit</p>                            |
| <p><sup>19</sup><br/>Milk<br/>Taco Salad<br/>Rice<br/>Ghostly Garden Fruit</p>                                                                                                                                                                  | <p><sup>20</sup><br/>Milk<br/>Beef and Barley Lentil soup<br/>Rolls from the crypt<br/>Beet &amp; Feta Salad<br/>Tropical Fruit</p> | <p><sup>21</sup><br/>Milk<br/>Oven Fried Chicken<br/>Sweet Potatoes<br/>Black-Eyed Peas of the Undead<br/>Garden Salad<br/>Sliced Fruit</p> | <p><sup>22</sup><br/>Milk<br/>Pork Roast &amp; Gravy<br/>Green beans<br/>Monster Mashed potatoes<br/>Peach Salad.</p>                                |
| <p><sup>26</sup><br/>Milk<br/>Black Bean &amp;<br/>Sausage Soup<br/>Fiesta corn of the dead<br/>Scary Yougurt Parfait</p>                                                                                                                       | <p><sup>27</sup><br/>Milk<br/>Cauldron-Cooked<br/>Pork Suey<br/>Asian Slaw<br/>Rice<br/>Mandarin Oranges</p>                        | <p><sup>28</sup><br/>Milk<br/>Ghoul's Meatball Broth<br/>Half Turkey Sandwich<br/>Broccoli, Cranberry,<br/>Bacon salad<br/>Pears</p>        | <p><sup>29</sup><br/><br/>Ghost Juice<br/>Spook-ghetti<br/>Graveyard Caesar Salad<br/>Bewitched Buttered Lima Beans<br/>Monster Mash Fruit Salad</p> |