CATHOLIC COMMUNITY SERVICE

BRIDGE NEWSLETTER

November 2026



The Bridge will be closed November 11th & 26th!



Hey There Bridge Folks!

October was the most hilarious and fun month yet at the Bridge this year! We had the best time with creating all kinds of spooky critters in honor of Halloween! We are so proud of our activity room that highlights our skill with paper and paint. We are so creative.

I also cannot believe how quickly the month of October flew by. If only the dark months of winter would disappear as quickly. Only time will tell. If your loved one will be missing any pockets of time at the Bridge during this holiday season, please be sure you let us know. We always miss our clients when they are not with us.

Please give a shout out to our very own Home Depot! They lovingly and gracefully donated a brand new glass range oven to the Bridge. This was badly needed. It is an electric oven, so no more old, commercial propane gas appliance for us. This makes us all so giddy with joy! Christmas came early this year thanks to Home Depot!

Stay safe out there! Ready or not, winter is coming. --Michaela

No November Birthdays





November Week 1 Schedule

November 2, 2026 - November 6, 2026					
Time	**Mon 2**	**Tues 3**	**Wed 4**	**Thur 5**	**Fri 6**
Birthdays:					
7:30 - 8:00 AM	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***
8:00 - 9:30 AM	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games
9:30 - 10:00	Client Choice	Client Choice	Client Choice	Client Choice	Client Choice
10:00 -10:30	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game
10:30 - 11:00	Tortoise Tumble	Roulet	Morning Stretch	Memory Cards	Space Force
11:00 -11:30	Ring Toss	Music w/ Jacque	Horseshoes	Cup Stacking	Bean Bag Toss
11:30 - 12:00	Cornhole		Bean Bag Toss	Splatter Toss	Cornhole
12:00 - 12:30	***Lunch***	***Lunch***	***Lunch***	***Lunch***	***Lunch***
12:30 - 1:00	Purple Dice*	Call Out the Answer*	Chat Pack*	Name Beautiful Things*	Name the States*
1:00-1:30	Shuffleboard	Velcro Darts	Arts & Crafts	Arts & Crafts	Croquet
1:30 - 2:00	Swingwoman*	Horse Racing	Jokes*	Swingwoman*	Egg Carton Bounce
2:00 - 2:30	Tom: Music	Read Aloud Library Books*	Table Bowling	Tom: Music	Horse Racing
2:30 - 3:00		Lawn Darts	Cornhole		Movie
3:00 - 3:30	***Snack***	***Snack***	***Snack***	***Snack***	***Snack***
3:30 - 4:00	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game	Movie
4:00 - 4:30	Client's Choice	Clients' Choice	Clients' Choice	Clients' Choice	Clients' Choice



November Week 2 Schedule



November 9, 2026 to November 13, 2026					
Time	**Mon 9**	**Tues 10**	**Wed 11**	**Thur 12**	**Fri 13**
Birthdays:					
7:30 - 8:00	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***
8:00 - 9:30	Coffee/Tea, Snack, Morning Games	Coffee/Tea, Snack, Morning Games	**HOLIDAY**	Coffee/Tea, Snack, Morning Games	Coffee/Tea, Snack, Morning Games
9:30 - 10:00	Clients Choice	Clients Choice		Clients Choice	Clients Choice
10:00 -10:30	Card or Dice Game	Card or Dice Game		Card or Dice Game	Card or Dice Game
10:30 - 11:00	Plush Ball Sort	Roulette		Manicures	Memory Card Match
11:00 -11:30	Ring Toss	Music w/ Jacque		Manicures	Velcro Darts
11:30 - 12:00	Table Bowling			Shuffleboard	Lawn Darts
12:00 - 12:30	***Lunch***	***Lunch***		***Lunch***	***Lunch***
12:30 - 1:00	Dice Talk or Jokes *	Go Fish *		Shake a Memory *	Dice Talk *
1:00-1:30	Egg Carton Bounce	Horseshoes		Arts & Crafts	Table Bowling
1:30 - 2:00	Library Read Aloud	Horse Racing		Purple Dice *	Alphabet Game
2:00 - 2:30	Music w/ Tom	Cornhole		Music w/ Tom	Beanbag Toss
2:30 - 3:00		Yes/No Game			Movie
3:00 - 3:30	***Snack***	***Snack***		***Snack***	***Snack***
3:30 - 4:00	Card or Dice Game	Card or Dice Game		Card or Dice Game	Movie
4:00 - 4:30	Clients' Choice	Clients' Choice		Clients' Choice	Clients' Choice

November Week 3 Schedule

November 16, 2026 - November 20, 2026					
Time	**Mon 16**	**Tues 17**	**Wed 18**	**Thur 19**	**Fri 20**
Birthdays:					
7:30 - 8:00 AM	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***
8:00 - 9:30 AM	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games
9:30 - 10:00	Client Choice	Client Choice	Client Choice	Client Choice	Client Choice
10:00 -10:30	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game
10:30 - 11:00	Go Fish	Old Maid	Morning Stretch	Uno	Memory Cards
11:00 -11:30	Velcro Darts	Music w/ Jacque	Horseshoes	Table Bowling	Lawn Darts
11:30 - 12:00	Shuffleboard		Ring Toss	Cornhole	Splatter Toss
12:00 - 12:30	***Lunch***	***Lunch***	***Lunch***	***Lunch***	***Lunch***
12:30 - 1:00	Pass the Picture*	Library Read Aloud*	Trivia*	Library Read Aloud*	Shuffleboard*
1:00-1:30	Bingo	Cornhole	Arts & Crafts	Arts & Crafts	Yes/No
1:30 - 2:00	Ring Toss*	Egg Carton Bounce	Sand Play*	Pictionary*	Egg Carton Bounce
2:00 - 2:30	Music w/ Tom	Swingwoman	Croquet	Music w/ Tom	Horse Racing
2:30 - 3:00		Lawn Darts	Beanbag Toss		Movie
3:00 - 3:30	***Snack***	***Snack***	***Snack***	***Snack***	***Snack***
3:30 - 4:00	Card or Dice Game	Card or Dice Game	Card or Dice Game	Card or Dice Game	Movie
4:00 - 4:30	Clients' Choice	Clients' Choice	Clients' Choice	Clients' Choice	Clients' Choice



November Week 4 Schedule

November 23, 2026 - November 27, 2026					
Time	**Mon 23**	**Tues 24**	**Wed 25**	**Thur 26**	**Fri 37**
Birthdays:					
7:30 - 8:00 AM	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***	***Arrivals***
8:00 - 9:30 AM	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	Coffee/Tea, Snack, Puzzles/Card/Dice Games	**HOLIDAY**	Coffee/Tea, Snack, Puzzles/Card/Dice Games
9:30 - 10:00	Client Choice	Client Choice	Client Choice		Client Choice
10:00 -10:30	Card or Dice Game	Card or Dice Game	Card or Dice Game		Card or Dice Game
10:30 - 11:00	Jokes	Go Fish	Old Maid		Shake a Memory
11:00 -11:30	Shuffleboard	Music w/ Jacque	Morning Stretch		Golf
11:30 - 12:00	Table Bowling		Ring Toss		Bean Bag Toss
12:00 - 12:30	***Lunch***	***Lunch***	***Lunch***		***Lunch***
12:30 - 1:00	Library Read Aloud*	Yes/No or Game of Things	Horseshoes		Library Read Aloud*
1:00-1:30	Egg Carton Bounce	Splatter Toss	Arts & Crafts		Shuffleboard
1:30 - 2:00	Basketball	Alphabet Game*	List the States*		Egg Carton Bounce
2:00 - 2:30	Music w/ Tom	Velcro Darts	Splatter Toss		Table Bowling
2:30 - 3:00		Horse Racing	Golf		Movie
3:00 - 3:30	***Snack***	***Snack***	***Snack***		***Snack***
3:30 - 4:00	Card or Dice Game	Card or Dice Game	Card or Dice Game		Movie
4:00 - 4:30	Clients' Choice	Clients' Choice	Clients' Choice		Clients' Choice



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TIP SHEET



Winter Safety Tips for Older Adults

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Condition and Warning Signs

Precautions to Take

Hypothermia

Hypothermiaoccurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia dueto changes that happen to your body with aging.

Warning Signs

- Coldskinthatispale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

- **Stay indoors** (or don't stay outside for very long).
- **Keep indoor temperature at 65 degrees or warmer.**
- **Stay dry** because wet clothing chills your body more quickly.
- **Dress Smart** – protect your lungs from cold air.
  - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
  - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

Call 911 if you think you or someone else is experiencing hypothermia.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Warning Signs

- Skin that's white or ashy or grayish-yellow
- Skin feels hard or waxy
- Numbness

- **Cover up!** All parts of your body should be covered when you go out in the cold.
- **If skin turns red or dark or starts hurting, get inside right away.**

If frostbite has happened:

- Run the affected area under warm (not hot) water.

Call for medical help if you think you or someone else has frostbite.

Condition and Warning Signs

Precautions to Take

Injury while shoveling snow

It'sone of the evils of winter –snowshoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm.

Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

- **Ask your healthcare provider whether shoveling** or other work in the snow is safe for you.



Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.



- **Make sure steps and walkways are clear** before you walk. Be especially careful if you see wet pavements that could be iced over.
- **Clear away snow and salt your walkways** at home, or hire someone to do it.
- **Wear boots with non-skid soles** – this will prevent you from slipping.
- **If you use a cane**, replace the rubber tip before it is worn smooth.
- **Consider an ice pick-like attachment** that fits onto the end of the cane for additional traction.

Fires and carbon monoxide poisoning

Duringthe winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

- **Call an inspector to have your chimneys** and flues inspected – preferred annually.
- **Open a window** (when using a kerosene stove) – just a crack will do.
- **Place smoke detectors and battery-operated carbon monoxide detectors** in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- **Make sure space heaters are at least 3 feet away** from anything that might catch fire, such as curtains, bedding and furniture.
- **Never try to heat your home using a gas stove**, charcoal grill, or other stove not made for home heating.

If there is a fire, don't try to put it out. Leave the house and call 911.

Condition and Warning Signs

Accidents while driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.



Precautions to Take

- **"Winterize" your car before the bad weather hits!** This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- **Remember your cell phone when you drive in bad weather,** and always let someone know where you are going and when you should be expected back.
- **Avoid driving on icy roads,** and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- **Stock your car** with basic emergency supplies such as:
  - First aid kid
  - Blankets
  - Extra warm clothes
  - Booster cables
  - Windshield scraper
  - Shovel
  - Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
  - Water and dried food or canned food (with can opener!)
  - Flashlight
  - Map (if traveling in new areas)



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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. July 2019

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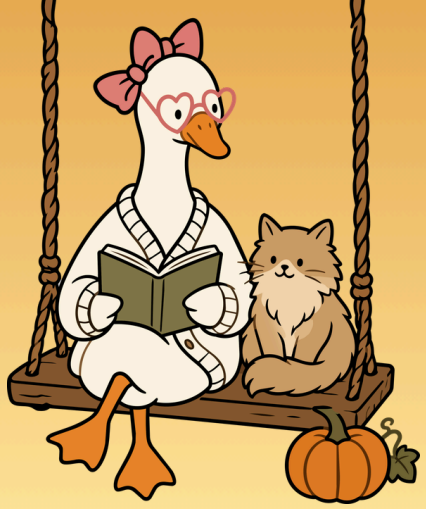
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Resources & Such



ALZHEIMER'S RESOURCE OF ALASKA



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



alzalaska.org

Alzheimer's Resource Alaska



Resources & Such



The Bridge Adult Day Program

- **games & puzzles**
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SOUTHEAST SENIOR & CAREGIVER RESOURCE CENTER

Southeast Senior Services is a division of Catholic Community Service
New Walk-In Hours
Wednesday: 10 AM - 2 PM
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Serving all Southeast Alaska
1803 Glacier Hwy, Juneau, AK 99801
907-463-6177 www.ccsak.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.ccsak.org



NOVEMBER MENU 2026
JUNEAU SENIOR CENTER

Southeast Senior Services
Established 1975



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Milk Baked Pasta Succotash Melon Salad	3 Milk Chili Cornbread Rice Berry Yogurt Parfait	4 Milk Chicken Noodle Soup Rolls Slice Fruit	5 Milk Ham Mac & Cheese Green Beans Fruit Cup
9 Milk Sloppy Joes Baked Beans Fries Creamy Broccoli Slaw Fruit	10 Milk Swedish Meatballs Noodles Salad Green Beans Fruit Cup	11  	12 Milk Country Fried Steak Mashed Potatoes Normandy Veg Sliced Fruit
16 Milk Turkey and Tomato Sandwich Potato Salad Berry Yogurt Parfait	17 Milk Taco Salad Spanish Rice Tropical Fruit	18 Milk Cheeseburgers Fries Mixed Veg Broccoli, Cranberry and Bacon Salad	19 Milk Chicken Adobo Rice Peas Cesear Salad Fruit
23 Milk Meatballs and Gravy Mashed Potatoes Rolls Green Beans Tropical Fruit	24 Milk Meatloaf Glazed Carrots Scalloped Potatoes Cottage Cheese w/ Pineapples	25 Milk Turkey Mashed Potatoes Bacon Green Beans Stuffing Cranberry Sauce Dinner Rolls	26 
30 Milk Meatball Soup Corn Roll Fruit		 	CATHOLIC COMMUNITY SERVICE 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.