

Seniors making survival suit

By Emma Aishanna

The Seniors have been doing fine this fall and getting ready for the winter.

Thanks to Bertha and Eunice Leavitt for making a new parka for Ina Kalayauk (Kumak). The Seniors have been asked some time ago to make an Arctic Survival Suit and we would like to ask the community of Barrow to donate some caribou skins to the Senior Center and the number to call is: 852-3999 Ext. 128. We are looking forward to Thanksgiving and to the Christmas Party. We will be watching two movies and titles are: "Barabbas" and "Parent Trap."

Those two movies will also be shown to the community to make some money for Christmas gifts for the Seniors.

We have had visitors from Juneau: Fran Toland, the Associate Coordinator and Mary Riggen-Ver, Nutritionist for Seniors. Both work throughout the state of Alaska.

The Senior staff has just finished a course in CPR - Cardio-Pulmonary Resuscitation, so we are prepared for an emergency.

Christmas is around the corner, so again we ask for Native

foods as donation, so we can send them to Fairbanks and Anchorage for our seniors there. Please call 852-3999 Ext. 128 if you have meat or fish for donation.

There will be no Hot Lunch during the week of December 26-30, due to the winter games held at the Multi-Purpose Room. Although we will give rides both morning and after-

noon, and also provide assistance to the Seniors.

The Senior staff is raising money for the Senior Citizens' Christmas gifts. We will be having a cake walk some time in early December, and there will be a bake sale too. So, wish us luck this coming December.

From the North Slope Senior Citizens' staff: Emma and Alberta.

