



ASK THE DOCTOR

Chronic Pain

By Jennifer Heidmann, M.D.

In the last 15 years or so, there was a big push for doctors and other healthcare providers to treat pain adequately. Pain became “the fifth vital sign.” Use of opioid drugs (morphine, OxyContin®, hydrocodone, fentanyl, to name a few) was encouraged in academic training centers. There were also aggressive marketing campaigns from drug companies around opioid prescribing, particularly OxyContin. Doctors were sued for undertreating pain.



This all led to a perfect storm that was well-intentioned (treat people’s suffering) but has led to a crisis in management of chronic pain.

In 2013, approximately 2 million Americans age 12 and older abused opioid drugs. That same year, over 16,000 Americans died from overdose. In Humboldt County, the overdose rate is twice the national average. Unfortunately, all this use of opioids did not lead to a decrease in prevalence of pain.

Pain control remains an important part of medical care. Pain is complicated, though, and comes in many different varieties. There is acute pain, like stubbing a toe, breaking a bone, or getting a surgery. There also is chronic pain, which can be caused by physiological or anatomical problems or can exist without an easily identified cause, but still be just as real in how the brain perceives it.

Continued on Page 18

A Passion for Photobirding

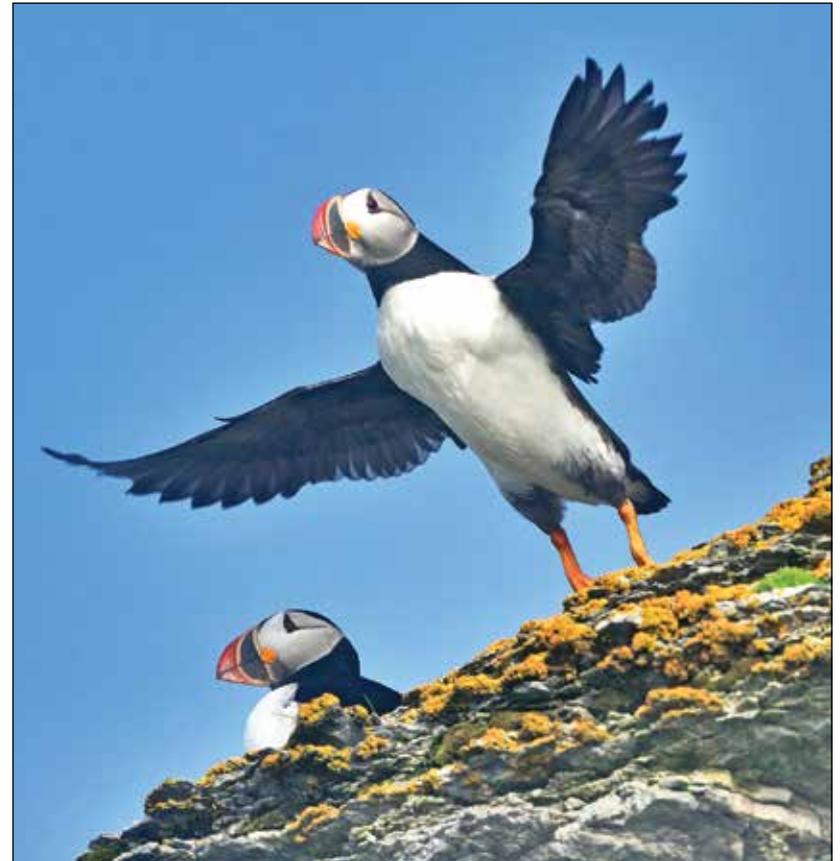
By Leslie Scopes Anderson

As a retiree, what are my passions? Photography, nature and my husband Mike – not necessarily in that order!

So, what am I doing in retirement? Photobirding! It started just after Mike and I were married 12 years ago. Both of us are nature lovers from ‘way back, so we enjoyed spending time in Humboldt County’s outback, observing the many bird species found here. Then we added a couple of high-end digital cameras, and a new passion was born.

This interest, which began literally in our backyard, has taken us around the country and to foreign lands. We have been on photobirding adventures in Hungary, Kenya, Costa Rica, Ecuador, Iceland and Canada. But we still find lots to get excited about close to home.

Few things are as thrilling as discovering and photographing a rare bird, capturing an artistic shot of



Atlantic Puffins on an island off the coast of Sept-Îles in eastern Quebec, Canada. © Photo by Leslie Scopes Anderson

Continued on Page 4

The Birds – My Feathery Obsession

By Pat Bitton

Birding found me relatively late in life. At the ripe old age of 52, I decided it was time to start saying “why not?” instead of “why?” when an opportunity to join a National Wildlife Federation trip to Honduras presented itself. At that time, I’d been working in the high-stress world of international software marketing for 25 years and it was time to try life at a different pace (and to quit smoking – but that was a whole other journey!).

On that trip, armed with a cheap (to the point of uselessness) plastic binoculars, I fell in love with

birds. Who knew there were so many kinds? So many colors? And such exotic names — motmots, kiskadees, chachalacas, contingas. And then there were the hummingbirds. Oh, so many hummingbirds. I was hooked.

Luckily, I palled up with an older lady — another Pat — who’d been birding all eight decades of her life, and she took me under her wing.

Back in the States, Pat and I kept in touch. She

Continued on Page 4

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Tedtalks: Close to the Heart

By Ted Pease

February is that no-man's land in the year, the quiet, cold, wet, barren time between the revels of the holidays and the advent of spring and the real new year. Maybe that's why Valentine's Day is situated in February: to give us something to do.

But I have never liked Valentine's Day — why wait until the depths of winter to tell someone you love her? This issue of *Senior News* broadens the love theme to "Close to the Heart" — about things we love to do. It is appropriate to the month that includes Valentine's Day, but we won't descend to Mr. Hallmark's saccharine love theme.

This issue of *Senior News*, while acknowledging the holiday (did you know that Americans spent nearly \$19 billion on V-day in 2015?), expands the definition of "love" to a few of the things and activities that our neighbors say are close to their hearts.

"Anything that gets your blood raging is probably worth doing," said gonzo journalist Hunter S. Thompson, whose passions were many and extreme.

We look at some of the things that active seniors are still passionate about, and why: from knitting to snowshoeing to parachuting to birding to photography to music to dogs... these are some of the passions that keep us focused and, well, in love with life.

Famed choreographer and dancer Martha Graham once said, "Nobody cares if you can't dance well. Just get up and dance. Great dancers are great because of their passion."

Here's an example of passion I found in my files, from a (then)

74-year-old guy who came out to play hockey with a bunch of thugs (including me) on the frozen ponds of Minneapolis back in 1979: "There's joy in the ice, the speed, the puck," he told me back then, "and in checking a 24-year-old onto his butt on my way to the goal."

Here in Humboldt, there's probably less hockey, but there are plenty of passionate people. What are we "seniors" still passionate about in February, the month dedicated to love?

Some of the passions reflected by our writers this month include dogs — both orphans at the Shelter and Buddy, a high-flying agility performer — and birding, both here at home and at the ends of the Earth. Then there are runners, and their runners' high. And more.

What are you passionate about?

Coming in March: "Read a Book!" about the joys of reading. Call or email me if you want to contribute.

—
Ted Pease, editor of *Senior News*,
is passionate about living in Humboldt County.

"Anything that gets your blood raging is probably worth doing,"
— Hunter S. Thompson.

THIS ISSUE:

Close to the Heart

Photobirding.....	1
The Birds.....	1
Take Your Buddy Out....	3
Shelter Orphans.....	3
Running.....	5
Celebrating a Career.....	6
Annual Health Fair.....	6
Too Many Blessings.....	7
Kick Smoking.....	8
Retirement Planning.....	9
Point-in-Time.....	10
Free Tax Service.....	18
Love of Dance.....	20

COLUMNS

Ask the Doc.....	1
Tedtalks.....	2
Morse:Departures.....	6
Kellermann: Songs.....	8
Heckel:Aging Arts.....	10

CALENDARS

Senior Centers.....	11-13
Community Events.....	17

HSRC NEWS

Goodbye & Welcome..	14
Music Festival Tickets..	14
Unprocess Your Diet....	15

AND . . .

Music & Play.....	16
Letters.....	19
Ruth Mountaingrove.....	22

NEXT MONTH:

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Take Your Buddy Out on the Town

By Donna B. Ulrich

Take your pup to the beach and toss a stick or a ball. Who is having more fun?

Barbara and Alan Wilkinson discovered the answer to that when they found out just how much fun they could have with their all-American mutt, Buddy, and each other.

We met them in 1978 at Prairie Creek Redwoods State Park. Alan, now 71, and Barbara, “in her late 60s,” both worked there. He was chief ranger and she was director of the Interpretive Association. They have been married for 48 years.

In retirement, they have found a new passion — something they can do together that challenges them physically and mentally. They took Buddy, age 7, a rescue dog, to an obedience class and were introduced to dog agility competitions, where the dog runs through tunnels, jumps over bars, climbs teeter-totters and weaves through poles. The handler runs alongside, giving voice, body and hand signals to keep the dog on course.

It takes hard work and lots of love to get your furry pal to do this. There’s no prize money, but the rewards are great, they say.

Both of them were runners. When their knees started to complain, they wanted to stay fit and do something together. Taking Buddy to compete in this fast-growing sport was a natural. They go to competitions all over the West.

“It’s fun,” Alan says. “We get to visit and



Buddy sets the pace through a tube that is part of the agility course in the Wilkinsons’ yard. It’s hard to tell who has more fun — Buddy or his humans. Ted Pease photo

stay with family and friends, run into old friends at the competitions and make new ones. We all share a common love of dogs and the excitement of the day.

“At our current level of competition, this is an ‘elder sport,’” he said. “It is time-consuming and not cheap, but worth the sweat and time.”

The other day, we watched Buddy run the course that Alan has built in the yard. They are a team, each anticipating the next move and ready for the next obstacle.

Alan is the handler, but Barbara is A.S.S.—Agility Spousal Support (her term).

When Buddy completes a good run (meaning fast—he rarely makes mistakes), she is there to give him love and praise. And from the number of ribbons on the wall, Buddy has done plenty to earn that praise. In national competitions, he has earned MACH2—Master Agility Champion status.

If you have a pup that loves to run and jump, contact Lost Coast Kennel Club or Humdog to help bring out the best in your friend. Who knows?

—

Donna Bacon Ulrich is a writer in Trinidad.



Some of Buddy’s scores of ribbons. He is a national champion and has earned MACH2 status — Master Agility Champion. Ted Pease photo.

Shelter Orphans



Cat Man Charlie McPartland and his friend MowMow enjoy a little quality time in the Humboldt Animal Shelter’s cat facility in McKinleyville. Ted Pease photo

Charlie and His Kitties

“When I became a volunteer at HCAS five years ago, it was my intention to care for both the cats and dogs. Being disabled, I soon found it impossible to walk excitable dogs. The cats, being less popular than the dogs, became a passion. I take photos of the cats and write their biographies for social media. Being retired, I often think of how wonderful it would have been making a career lavishing and loving these animals.”

Charles McPartland, 63, of Eureka, is a regular cat person at the Humboldt County Animal Shelter in McKinleyville.

Sue and Her Doggies

“Why am I passionate about being a volunteer at the Shelter? As a retired teacher, I was missing the feeling that I had had connecting with the children I taught. Well, volunteering at the Shelter helped me overcome that sense of loss. I now get to make the lives of Shelter dogs a little happier just by showing up. Every time I walk one, it’s immediate gratification for both of us! It’s a win-win deal!”

Sue Morse, 69, of Arcata, has been a volunteer at the Humboldt County Animal Shelter for five years.

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A Passion for Photobirding... from Page 1

a common bird or observing and recording a unique behavior. We've learned much as we've gone along — from the digital photography process to the types, habits and locales of the birds. We love being in the field together, sharing the joy of discovery and the wonder of the outdoors. It can also be chilling! Our trip to Ontario for snowy owls had us out in a minus-36 degree blizzard!

What do we do with all the photos? We give talks and display prints at art exhibits (one is going on now through February at

F Street Gallery in Eureka); we enter photo contests and illustrate books. It is gratifying to see our work in print, on a calendar or in a magazine.

I was fortunate enough to win California Wildlife Photo of the Year in 2014, and Mike received the Judges' Prize in a Cornell contest, as well as other honors. Yes, we compete with each other, but we are always pleased to see each other succeed.

With this passion, there is always a new

photo challenge, from dealing with changing technology, to chasing a vagrant species, to a deciding on which country to visit. Sometimes the shots disappoint, but that makes us more determined to catch it the next time. The ecstasy of creating a beautiful image is incomparable.

Leslie Scopes Anderson, 69, of Arcata, is unsure whether she loves the birds or the process of capturing them as images. Her work can be viewed on National Geographic Your Shot: <http://yourshot.nationalgeographic.com/profile/319180/>

The Birds – My Feathery Obsession... from Page 1



Southern Flamingos forage in formation in Patagonia in 2010. Pat Bitton photo

walked me through acquiring a halfway decent pair of binoculars, I signed up to take birding classes and, at the end of that year, Pat asked if I would accompany her to Ecuador.

Of course, I jumped at the opportunity, and what an experience that was! I was bowled over by the bright red vermilion flycatchers in the hotel gardens in Quito, before we even got to the rainforests, the cloud forests and the Andes. Little did I suspect then that there'd be a vermilion flycatcher hanging out for the winter in Crescent City, as there is right now, and that we'd be in sight of condors returning to the North Coast?

Birding quickly became my excuse for traveling to exotic lands — Madagascar, Bhutan, Antarctica, South Africa, most of Central and South America — as well as parts of the

U.S. I would never otherwise have seen. I've made lifelong friends — most birders are easy to be around. I don't go birding as much now as other interests come into play, travel money is harder to come by and my body no longer wants to get up at 5 a.m. I still enjoy my feathered friends in the back yard and around the birding mecca that is Humboldt County.

Serendipity brought me to Humboldt — but clearly the birds pointed me here. After all, who doesn't love meeting cheerful chickadees over breakfast?

Pat Bitton, 65, of Eureka, works as a writer, both as a freelancer and at Humboldt State University. She looks forward to whatever birding opportunities 2017 might bring.



Heart Health FREE! Community Health Forum

Meet some of our local physicians and take part in Q and A sessions. Lite bites and coffee will be served.

FORTUNA: Wednesday, Feb. 8

5:30 to 7:30, River Lodge, 1800 Riverwalk Dr.

EUREKA: Wednesday, Feb. 15

5:30 to 7:30, Sequoia Conference Center, 901 Myrtle Ave

Cardiologists Bryon Dorgan, DO, Samer Kabbani, MD, and Andrew Michaels, MD, and Electrophysiologist Tin Botzler, MD, will present information on heart health including heart failure, treatment and prevention, heart attack, controlling high blood pressure and cholesterol, pacemakers and defibrillators in cardiac patients, and more.

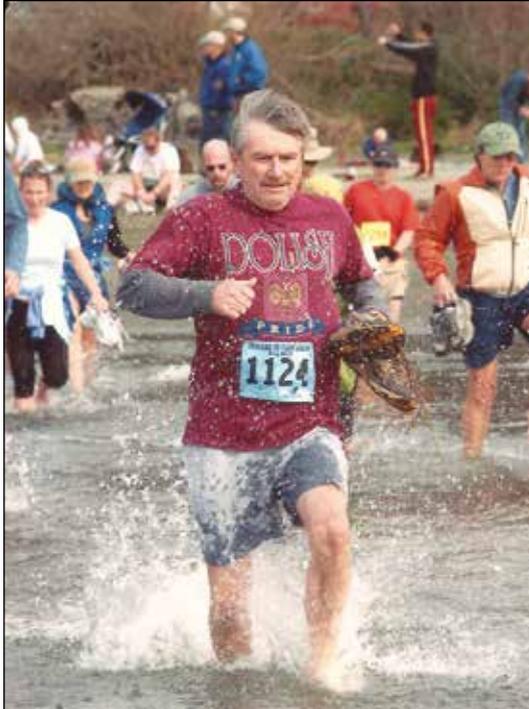
To register: Susan at Susan.VogtButch@stjoe.org or 269-4205.

Please note: Not all physicians and topics will be at both forums.

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Running — Close to the Heart

By Mike and Scott Pinske



Mike Pinske splashes across the Little River in the 2012 Trinidad to Clam Beach Run. Photo courtesy of Mike Pinske

Runners can be the most stubborn of all athletes. They fight through injury, run outside when others stay safe and warm indoors, and blatantly ignore doctors' recommendations on rest. No matter what the situation, the desire to run never fades.

I did not grow up a runner. Oddly enough, I did not find myself running the trails of Humboldt County until my early 40s. This only accentuated the fact that I married into a running family.

The race from Trinidad, along the coast down Scenic Drive, splashing across Little River at Moonstone and then down Clam Beach, was the brainchild of Ford Hess. In the mid-60s, as coach of the HSU track team, he invented the run as a training tool for his runners, a way to get them off the couch. Since then, more than 50 Runs later, the Clam Beach Run honoring Ford Hess has become one of the most picturesque and unique races on the West Coast.

Hess, an All-American runner for the New York Athletic Club who placed in the semi-finals in the 10,000-meter run in the 1936 Olympics, was an inspiration to his student-runners and family alike.

A former Olympic-caliber runner and founder of the Clam Beach Run, my father-in-law sped up the process. His support and coaching through the years was second to none. From then on, I had a family that emphasized exercise, something I have passed on to my children.

Running became my escape, and the one way I could always clear my mind at the end of a day.

In my case, this theory was put to the ultimate test after my quadruple bypass heart surgery in March 2015. It was no doubt a turning point in my life, and made each new day seem that much more special.

Now, with a clean bill of health, I realize the desire to run my favorite trails

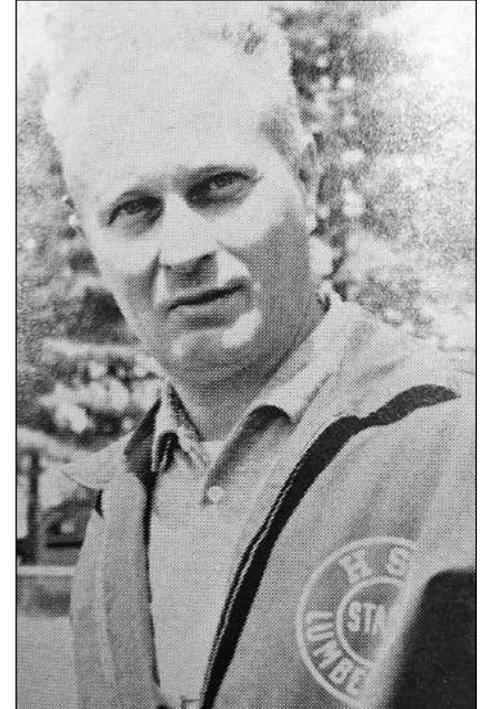
has never lessened. It's what brings me health, happiness and clear consciousness. For me, running truly is an activity that has been and always will be close to the heart.

Mike Pinske, 71, of Trinidad, went for a run on New Year's Day. He doesn't run much anymore, but he plays golf and bocce and goes fishing.

His son, Scott Pinske, 26, of Portland, is a serious distance runner.

The "father-in-law" runner was Ford Hess, who died in 2012 at 95, a 1936 Olympic semi-finalist and former HSU coach and legend in Humboldt track, who created the Trinidad-to-Clam Beach Run in 1965 as a way to get his runners off the couch.

Some of the 1,000+ runners in the 2016 Ford Hess Trinidad to Clam Beach Run hit the home stretch down Clam Beach after navigating the Little River. Ted Pease photo



Coach Hess, circa 1970.
Photo courtesy of Ann Pinske



POINT OF DEPARTURE—BY BOB MORSE

Messages From Beyond The Grave

Is it “Art imitates life,” or “Life imitates art”? I can never remember. Either way, the sudden revelation where an “art” experience uncannily mirrors “life” is always exciting. I recently had one of those revelations while listening to two podcasts, one fiction and one nonfiction, both dealing with overcoming death through crafting a digital legacy that lives beyond the grave.

In last month’s column on the book, *The Consolations of Mortality*, one of the consolations I didn’t mention concerned the idea of preserving one’s life by recording written, audio and video reflections of even the most trivial moments in life. The compiled record would then be available to anyone who wished to connect with the recorded life once the physical body expired. Of course, this does assume that the person’s survivors would take the initiative to re-experience that deceased person through those digital archives. “Who wants to relive Pop’s breakfast from March 12, 2002? Anybody?”

But let’s say the dead have a platform that allows them to insert themselves into the lives of the living. This is the conceit of the fictional podcast from the Panoply network called “Life After” (www.panoply.fm/shows). A social media platform where people post audio messages generates a hidden spinoff. Combining hours of audio posts of the departed with a kind of artificial intelligence, a kind of “living” presence is created that connects and interacts with loved

ones through their cell phones.

“Life After” turns dark, involves an FBI investigation and a possible cult-like enterprise. It’s good fiction. Not far off from this fiction, though, is a real service that I heard about on another podcast, “Note to Self” (www.wnyc.org/shows/notetoself), in an episode called “Messages From the Beyond.”

Instead of creating a virtual persona from social media posts, this service asks you to develop targeted messages in email, audio and video, aimed at a spouse, child, friend, etc. They are configured to be sent at specific dates and times. For example, when your child graduates from school or college, or on an anniversary or birthday of a spouse. Imagine getting advice on adulthood from Dad, or a sexy video starring your wife from beyond the grave.

The podcast interviewed a client with cancer and her family. Her teenage son thinks receiving messages from his deceased Mom will be creepy. It’s not yet interactive like the fictional service in “Life After,” but I predict that near-future fiction will soon become fact. How creepy will that be?

Bob Morse is owner of *Morse Media*, a web development company. He has had a longtime interest in cultural attitudes toward death. His articles and more information on the subject can be found at speakingofdeath.com.

Larrupin: Celebrating a Career Path

By Julie Fulkerson

What a wonderful evening at Larrupin, completely free of politics. This is one of the most special restaurants I know and I always send people here when they come from out of town.

This is a great place.

I worked here when I was 16 when it was a Seventh Day Adventist-owned restaurant — no meat and no alcohol. I had to share my tips with the Lord. Needless to say, I made very little money, but it helped a high school girl. Later, when I was getting my master’s degree, I worked there again when they had added a full bar.

I got one free drink and dinner with every shift. I took the dinner home and would share it with my husband. I made \$50 a night in tips. It was one of the best jobs I’ve ever had.

We can thank Dixie Gorrell for transforming this from a colonial reminder to a state-of-the-art restaurant. Dixie started serving \$3.50 dinners at

Jambalaya in Arcata every Friday. It was her way to make sure that people who drank too much had at least one good dinner a week: a twice-baked potato, game hen and green salad. That dinner is still on the menu today.

I’d like to thank you Trinidad City Council members for a great evening, and for so many great meetings that we shared. Very few will understand how challenging our roles are. I will not forget you and our challenges or the successes. I know we all share a common value to protect and enhance our village.

—
Julie Fulkerson is former mayor of both Arcata and Trinidad, and, former Humboldt County supervisor. Her colleagues celebrated her with a dinner. She continues to serve Humboldt residents as chair of the Humboldt Area Foundation Board of Directors.

Annual Health, Wellness and Resource Fair

St. Joseph Health-Humboldt County will offer its annual Health, Wellness and Resource Fair on Sat., Feb. 4, from 10 a.m. to 3 p.m. at the Bayshore Mall in Eureka.

“St. Joseph Health is excited to once again offer this event to our community,” said Health Fair coordinator Brian Olson. “In addition to a host of free health screenings, we will have a number of community organizations participating that will provide up-to-date information and resources on services offered in Humboldt County.”

Topics include senior health, child birthing support, health insurance, medication reconciliation, nutrition education, CalFresh outreach and more.

Some of the free tests will include body fat testing, blood pressure, fingerstick tests for cholesterol and glucose (no fasting required), flu shots and much more.

In addition, coupons for low-cost blood draws will be distributed beginning at 10 a.m. The coupon blood draws will be scheduled at the Outpatient Lab on the General Hospital campus in Eureka. The scheduled appointments will occur on four consecutive Saturdays, beginning Saturday, Feb. 11.

It’s a great opportunity for attendees to learn more about health and wellness resources in the community, Olson said.

For more information, contact Brian Olson at (707) 442-5239.

Too Many Blessings to Count

By Marna Powell

How do I answer what is “close to my heart” when I have so many blessings to count? There’s the obvious: family, friends who are like family, lots of dogs to hug, growing, cooking and eating wonderful food. This list just goes on and on, so I’m going to expound on one, and that is being home.

Nature and the natural world are close to my heart. As far back as I can remember I’ve loved the outdoor world. I am fascinated by natural history, weird facts about birds, bugs, wildlife, trees, mountains, oceans, rivers, rocks. You name it; I just can’t get enough! People always assume I have some sort of “ology” degree because I have so many factoids stuck in my head and I led interpretative trips in kayaks for 16 years. They call

me a “naturalist,” but all my college degrees are in business fields. I should really be called a “nerd” instead.

I’ve been fortunate to live, work and play in a piece of the world where I am surrounded by nature and can learn something new every single day! I live a couple miles out of Orick. Redwood National Park is literally my backyard, wetlands and ocean are my front yard and Humboldt Lagoons State Park is just a few miles south. I’m such a recluse. I never want to leave home. If I do have to leave I prefer to go visit our local parks. I can spend all day wrapped up in my own head looking for rocks or wildlife. When I do have to go to town, as soon as I get home I just stop and breathe.



The view from Marna Powell’s backyard in Orick, down Redwood Creek across the bottoms to the sea — it’s easy to understand why her passion is the out-of-doors, communing with nature, being a “recluse” and leaving home as seldom as possible. Marna Powell photo.

Continued on Page 9

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Friends Do Let Friends Love Enemies

Quite a few Humboldt Friends (a.k.a. Quakers), now seniors, have attended the Arcata meeting for decades. Regardless of age, they keep diving into danger to support marginalized and oppressed people. I'm pretty new here...but I'm a diver, too.

One recent Sunday (or First Day) morning, our mutual Friend Sarah Peters led us through an unusual movement workshop. At Humboldt State University, Sarah teaches "Theatre of the Oppressed," an art form used by Augusto Boal in 1960s-'70s Brazil to empower people cowering under a military dictatorship.

Sarah's topic: "Love your enemy."

Going through a deepening series of wax-figure-like dioramas, we each inhabited the body, as it were, of our own worst enemy, frozen in place. Glancing around, I saw rage, derision and — ultimately — pain. Gradually I sympathized with my enemy, staggered at the burden of staying that frozen, that angry.

Finally in a longer frozen diorama, people were shown stances to keep in one Friend's memory of a personal attack. I became one of three standing people, fists clenched. We three towered over one seated woman (let's call her Q.). Since we never spoke, we could only imagine the story. I imagined Q. under torture in a cell. Then Q. actually started to cry. Others cried, too. It was too real.

Sarah asked a volunteer to change one thing about Q.'s gestures. Someone moved Q. so she now touched the arm of — looked up at — her nearest oppressor. Q.'s look was not passive, not aggressive, but active. A sigh moved through the group. A bell rang from across the fields, on cue.

Later over coffee, Sarah and I dissected the workshop's last moment. "When someone moved Q. so she touched her oppressor's arm," I said, "we three had no more power. It drained away."

"It depends," Sarah said, paraphrasing C., a man from the meeting: "The courage it takes to make that small move, to turn and touch your enemy! You don't know what will happen next. But no matter what, it feels like Q. is being truer to her spirit."

"I wish everyone could try this," Sarah added. "Theatre of the Oppressed teaches me change isn't neat, easy or clear. If change is messy, you're in danger, vulnerable when you turn toward your oppressor.

"Still," she pointed to me, "you could keep that vision of Q. turning around — pocket it like a talisman — and bring it out when you need it."

—

Margaret Kellermann works with groups and individuals in therapeutic arts. Contact her at seniornewseditor@humsenior.org.

Kick Smoking in 2017

One common and important New Year's resolution for many Americans is to quit smoking.

The Humboldt County Department of Health & Human Services says kicking the habit immediately improves health and saves money.

A pack-a-day smoker can spend around \$2,500 a year on cigarettes, and the American Cancer Society points out that each pack eliminated also results in \$35 in health-care savings, or just under \$13,000 a year. On April 1, cigarettes are slated to become even more expensive in California when Proposition 56's \$2-per-pack tax increase goes into effect.

Stopping nicotine dependence is a process that often requires repeated attempts. It's not easy. According to the Centers for Disease Control and Prevention (CDC), more people are addicted to nicotine than to any other drug, and research suggests that it may be as addictive as heroin or cocaine. The CDC estimates that 70 percent of smokers want to quit.

Smoking remains the number one cause of preventable death in the U.S., killing about 480,000 Americans a year, reports the CDC.

Smokers can find group and nicotine-replacement therapies from United Indian Health Services at 707-825-5000 or Open Door Community Health Centers at 707-441-1624. These resources are open to the public. The California Smoker's Helpline provides free telephone counseling at 1-800-NOBUTTS.

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New Year's Resolution: Retirement Planning

By Amanda Donahue

It's 2017, which means you might be one year closer to retirement. Whether you're at your very first job or wrapping up a successful career, there are always things to learn about when it comes to saving for the future. So why not make retirement planning part of your New Year's resolutions?

Putting money in a high-yield savings account (if you can find one) is always smart, but you can do even more. The U.S. Department of the Treasury now offers a retirement savings option called MyRA (www.myra.gov/).

There's no minimum to open the account. You can contribute what you can afford, and you can withdraw funds with ease.

Ideally, your employer chips in a little. An employer-sponsored retirement plan or 401(k) can be a useful

way to set aside funds for retirement, especially if your employer offers matching funds on what you invest.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

As always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a My Social Security account at www.socialsecurity.gov/myaccount.

Along with giving up bad habits, this New Year start a good habit that can make a lasting, positive change.

—
Amanda Donahue is Social Security district manager in the Eureka District Office.

Too Many Blessings...from Page 7

Everyone always comments on our incredible views, but it's a full sensory overload. Along with these sights are also scents: fresh air, wildflowers, ocean breeze, salty fog, wood smoke, llama breath. The sounds, sights and smells are different every day and throughout each day. Our air and spring water are the freshest in the world. I love every season. You just can't imagine how loud the frogs are in the spring. This is a birdwatcher's dream.

Hillsides, pastures, wetlands, creeks and ocean. The birds, frogs and ocean make wonderful sounds all day and night. I hardly ever want to turn on a radio because I love listening to the critters and ocean.

Home really is where my heart is.

—
Marna Powell of Orick is a small business consultant and outdoorswoman.

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Calling All Seniors for 2017 Energy Assistance!

Redwood Community Action Agency (RCAA) helps qualifying seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services. The HEAP program helps folks once per year, per household, with a credit on their PG&E bills or assistance with firewood or propane. RCAA's weatherization program improves health and safety conditions and installs energy saving measures in the home.



To qualify for RCAA's senior list (which guarantees a spot for 2017), you must be at least 70 years old or homebound/disabled and meet the federal income guidelines below. **CALL our energy specialists at 707-444-3831, extensions 202 or 206, from January 1st to April 30th to be placed on the list.**

People in your Household	Maximum Monthly Income Allowed
1	\$2,091.92
2	\$2,735.58
3	\$3,379.26



AGING IS AN ART — BY JOHN HECKEL

Aging Effectively Is Worth the Hard Work

It seems to me we live in a culture that marks the aging of its people in decades. We refer to the difficulties and anxieties of our teen years. We talk of the turbulent, coming-of-age 20s.

Friends and relatives suggest we should wait to get married until well into our 30s. When describing old age, my mother and her friends used to suggest that the 70s were young old, the 80s were old and the 90s were old-old. My mom died at the age of 95.

I have always believed that we get one of those decades to shine, to truly find and fully be ourselves simply by being alive. We are somehow divinely granted this decade without much hard work or effort on our part, a kind of birthright. Right up there with food, water, and shelter is a decade in which you truly get to experience what it feels like to be the genuine you.

Isn't he a great teenager? . . . She really found herself in her 20s! . . . Doesn't he do a great old man? It was all downhill after my 40s. . . Or, while looking through the family photo album, you and your sister find a picture of Aunt Emma and you hear yourself remark, "Didn't she look great as an old lady?"

Some of us want more than one decade, and what we have discovered is that finding our true selves in multiple decades takes work — hard work. Once having come to terms with that essential discovery, the next step is what that hard work en-

tails. You cannot do the necessary work unless you have some idea of what it is and where to start.

Let me suggest a place to start: introspection, which is always difficult. As elders, we can accept the challenge of examining our attitudes toward aging and, if necessary, develop and adopt a more positive attitude about the idea of getting older. Studies have shown that people who have constructively examined and altered their own attitudes toward aging were people who ended up finding a sense of purpose. They became engaged with life. Studies have shown that people with a positive attitude toward getting older enjoy a longer and better quality of life.

So start by thinking about aging; get introspective about your attitudes about aging. Simple? Actually, it can be very hard work.

Difficult, but rewarding.

So the next time someone asks you what you do since you're retired and don't work anymore, set them straight. Share with them a little about all the hard work you do.

—

John Heckel is a former HSU theater & film professor with a Ph.D. in psychology, and a member of the Senior News Advisory Board.

“...people who have constructively examined and altered their own attitudes toward aging were people that ended up finding a sense of purpose.”

Volunteers Needed for Point-in-Time Homeless Count

Every year, the Humboldt Housing and Homeless Coalition (HHHC) conducts a “Point-in-Time” (PIT) count of the area’s homeless population.

This year’s PIT homeless count has been postponed by one month to permit recruitment of more volunteers.

Originally scheduled for the end of January, the PIT count will now take place in the early-morning hours of Tuesday, Feb. 28.

“Pushing the date back gives us time to recruit more volunteers, including students from Humboldt State University and College of the Redwoods, who have been very helpful with the counts in years past,” said HHHC co-chair Sally Hewitt of the Humboldt Department of

Continued on Page 23

Newburg Retirement Center Mountain View Village

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FEBRUARY ACTIVITIES

Humboldt Senior Resource Center - Eureka 1910 California Street: 443-9747 ext. 1228

Every Weekday

8:30-4 Computer Lab
 8:30-4 Library
 9-3 Senior Service Office
 9-11 Analogous Spanish with Max
 No Billiards-1st floor remodel

Every Monday

9:30-10:30 Karate w/Jerry Bunch
 10-12:30 Mah Jongg
 11-12 Yoga with William Timm
 11-1 Back to Basics Line Dancing
 1:15-2 SAIL w/Muriel
 2:10-3:10 FABS/SAIL by Beth and Lois
 2:30-4 Memoir Writing Class
 Feb. 20 **Closed** *Presidents' Day Holiday*

Every Tuesday

10-11 Harry's Bingo (*not Feb. 7*)
 11:30-12:15 Lunch – **Menu below**
 12:30-1:30 Bunco
 12:15-2:15 Pinochle
 2:10-3:10 FABS/SAIL by Beth and Lois
 2:30-4 Conscious Aging Conversations
 Feb. 7 10:30-11:30 Dance & Dine-Ray, Chuck, Dave & Lois
 Feb. 7, 21 1:30-3:30 Ukulele Play'n Sing
 Feb. 21 6-9 Stamp Club
 Feb. 28 11:30-1 CalFresh Info and sign-ups
 w/Food for People

Every Wednesday

11:30-12:15 Lunch–**Menu below**
 1:15-2 SAIL w/Muriel
 1:30-3:30 Intermediate Line Dancing
 3:30-4:30 FABS/SAIL by Beth and Lois
 Feb. 1 11-11:45 EPD talk with Suzie Owsley
 Feb. 1 & 15 1-2 Caregiver Support Group
 Adult Day Health & Alzheimer's Services, 1901 California St., Bldg. B, Library, 2nd Flr., Eureka
 Feb. 8 11:30-12:15 Emblem Club serves lunch
 – **Menu below**
 Feb. 15 9:15-11:15 Foster Grandparent Program
 Feb. 15 10-11:30 Commodities distribution

Every Thursday

10-11 Grocery Bingo:
 Bring 1 grocery item
 10-11:30 Intermediate French
 11:30-12:15 Lunch – **Menu below**
 1:15-2 SAIL w/Muriel
 2:10-3:10 FABS/SAIL by Beth and Lois
 Feb. 2 & 16 10-12 Genealogy group
 Feb. 2 1-1:30 WWII - History of the Pacific War
 discussion group
 Feb. 7 12:30-1:30 Covered CA/Medi-Cal
 assistance drop-in clinic
 Feb. 16 6-7 AA Committee Group
 Feb. 23 8:30-12:30 Medication Interactions & Consultation

Every Friday

9-10 Falun Dafa
 10-11 Beginning Tai Chi Movements
 11-12 Beginning Yoga
 11:30-12:15 Lunch–**Menu below**
 1-4 Bridge Games
 Feb. 10 10-12 Low Vision Support Group
 Feb. 24 11-12:15 **BirthDay Celebration**

Saturday

Feb. 4 Noon Sassy Seniors-Pantry on Broadway
 Feb. 18 Noon Nooners-Gonsea

Save the Date
Dementia Care Coalition
Conference
Thursday, May 18, 2017
Registration begins in March

February Dining Menu



Humboldt Senior Resource Center

Nutrition & Activities Program

FIRST WEEK

Feb. 1 Chicken Gumbo
 Feb. 2 Taco Salad
 Feb. 3 Hawaiian Pizza-**Super Bowl Party**

SECOND WEEK

Feb. 6 Dining Centers closed
 Feb. 7 Hamburger
 Feb. 8 Hot Turkey Sandwich
 Feb. 9 Harvest Butternut Squash Ravioli
 Feb. 10 Lemon Herb Fish

LOW-FAT
 OR NONFAT MILK
 IS SERVED WITH
 EACH MEAL

THIRD WEEK

Feb. 13 Dining Centers closed
 Feb. 14 Roast Beef w/Gravy
Valentines Celebration
 Feb. 15 BBQ Pork Rib Sandwich
 Feb. 16 Chinese Chicken Salad
 Feb. 17 Chicken Cordon Bleu
FOURTH WEEK
 Feb. 20 HSRC sites closed-Presidents' Day
 Feb. 21 Chicken and Waffles
 Feb. 22 Beef Ravioli
 Feb. 23 Tuna Casserole
 Feb. 24 Baked Potato Soup-*BirthDay Celebration*

FIFTH WEEK

Feb. 27 Dining Centers closed
 Feb. 28 Jambalaya & Crawfish-*Mardi Gras*

People 60+ are invited
\$3.50 suggested donation
 For those under 60 there is a fee.
 NO ONE WILL BE TURNED AWAY
 FOR LACK OF FUNDS.

Call for Reservations

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TRANSPORTATION *in Humboldt*

Humboldt Transit Authority - HTA

<p>Scotia to Trinidad Redwood Transit System (RTS) Mon-Sun</p> <p>Eureka Transit Service (ETS) & Willow Creek Mon-Sat</p> <p>Southern Humboldt (Wheelchair Lift) Tish Non-Village Mon-Fri</p> <p>443-0826 • www.hta.org</p>	<p>HTA Paratransit Service Southern Humboldt</p> <p>Garberville, Redway & Miranda areas Door-to-door transit service for ADA qualifying passengers. 24-hour reservations are required. Call to see if you qualify.</p> <p>1-877-688-0826</p>
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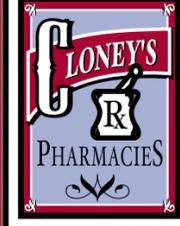
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*See Activities at Senior Centers calendar at right for Eureka, Arcata & McKinleyville classes.



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FEBRUARY ACTIVITIES

Arcata Community Center

Humboldt Senior Resource Center Dining Center
825-2027 • 321 Dr. Martin Luther King Jr. Parkway • Menu on page 11

Monday	Feb. 13 & 27	11-12	Silver Quills Writing Group	Feb. 20	11-12	HSRC Arcata Dining Site will be closed Presidents' Day.
Every Tuesday	8-2		HICAP	9-11		Katie's Krafters
	10-11		Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required)	10-11		Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required)
	10-11:15		Karaoke	Feb. 9	11-12:15	Learn Tech with Brett
	10-11:30		Chess and more	Feb. 9	10-11	Cal Fresh Sign-up assistance
	11		Bread distribution			Caregiver Support Group Arcata Community Center Teen Room For info call 443-9747
	12:30-2		Bead Jewelry Craft Class	Feb. 16	10:15-11:15	Swing 'n' Sway Trio
				Feb. 16	10:30-11	Commodities Distribution
				Feb. 16	9-2	AARP Smart Driver Class
						Every Friday
						10-11:15 STRONG exercise w/Marilyn
						10-11:30 Ping Pong with Pete
						11:20-12:15 Yoga Stretch
						12:30-1:30 Tai Chi for Better Balance
						11-12:15 Super Bowl Party & Lunch
						10-11 Site Advisory Council Meeting
						10:30-11:15 Music with the Half Notes
						11:15-12:15 Birthday Celebration Lunch
Every Wednesday	10-11		Chi Gong	10-11:15		STRONG Exercise w/ Marilyn
	11		Bread distribution	11		Bread distribution
	11:20-12:15		Yoga Stretch	12:30-1:30		Tai Chi for Better Balance
	12:30-1:30		Tai Chi for Better Balance			Dance - Old Gold Band

Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane
Contact Launa at 725-6245

Lunch: Tues-Fri at noon Menu on page 11

Wednesday	Every Wed.	5-8	BINGO
	Feb. 1	10:30	Music with Bill & Corena
Tuesday	Feb. 14	12	Valentine's Day Lunch
	Feb. 28	12	Mardi Gras Lunch
Thursday	Feb. 2 & 16	12-1	Caregiver Support Group United Methodist Church-Fireplace Room 922 N Street, Fortuna For info 443-9747
Friday	Feb. 24	12	Birthday Lunch

Ferndale

Ferndale Community Center
Mon., Wed. & Fri. 8:30-10 SAIL Class

Our Savior's Lutheran Church
Tues. & Thurs. 10-noon Cribbage

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Rio Dell
Rio Dell Baptist Church
Mon., Wed., Fri 12-1 Exercise Class

McKinleyville Senior Center

Azalea Hall • 839-0191 • 1620 Pickett Road • azaleahall@att.net • M-F 9-4

Every Monday	8:30-9:30	Tai Chi	9:30-10:30	SAIL Class
	10:30	Walking Group at Hiller Park	10:30-12	Pinochle Lessons
	12-3:30	Computers	10:40-11:40	Stretching
		1-4 Party Bridge	12:30-3:30	Bingo
		Presidents' Day - Closed	Feb 2	11-11:30
		Low Vision Workshop	Feb 9	11-11:30
			Feb 16	11-11:30
			Feb 23	11-11:30
Every Tuesday	9-11	TOPS	8:30-9:30	Tai Chi
	9:30-10:30	SAIL Class	10:30	Walking Group at Hiller Park
	10:40-11:40	Stretching	1-4	Pinochle
	12:30-3:30	Bingo	Feb. 3	10-11
	1:30-2:30	Exercise	Feb. 23	10-11
Every Wednesday	8:30-9:30	Tai Chi	Feb. 3	10-11
	9-12	Computers	Feb. 23	10-11
	10-12	Needlework		
	10:30	Walking Group at Hiller Park		
	1-4	Pinochle		
	10-11	Genealogy		
	10:30-11:30	Executive Board Meeting		
	12-1	Monthly Luncheon - Pulled Pork on Bun, Cole Slaw, Dessert \$5-Sign up by Feb. 17		
		Heart Healthy Club		



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HSRC Nutrition & Activities Says Goodbye and Welcome!

by *Barbara Walser*

In January, we said goodbye to Kim Coelho as nutrition and activities program manager. Kim joined the HSRC in the fall of 2015 and brought much skill and expertise to the department. Her talents will be missed, especially her well-crafted words. Kim was quite successful in promoting the various activities in the department. Kim will continue in her community involvement as she transitions to work for the Alzheimer's Association.

We welcome Tasha Romo as the new program manager for nutrition and activities. Tasha has been with the Humboldt Senior Resource Center for nearly four years, working as the dining center coordinator in Arcata.

"As the new program manager, I am excited to support the agency in new and challenging ways," Tasha said. "I am locally born and raised. I attended college here and graduated with a degree in early childhood education.

"Although my education focused on the opposite end of the age spectrum, many of the

skills I have acquired through my education and experience are beneficial with any age group," she said. "Every age group needs to be respected, heard, appreciated, loved, and welcomed.

"I have used this mindset to support my work as the Arcata site coordinator for HSRC over the last four years. I also use that experience at home. My husband, Barrett, and I welcomed our daughter, Ali, almost three years ago," Tasha said. "Having a daughter has been such a wonderful, challenging, and exciting time in my life. I am looking forward to the exciting, new challenges in my work with this agency in my new position."

Stop by and meet Tasha. She started her new position Jan. 30 and can be reached at 443-9747, x 1228.

—
Barbara Walser is director of HSRC's Nutrition & Activities program.

Music Festival Senior Special Ticket

Redwood Coast Music Festivals helps keep the event affordable for seniors with a special \$25 Saturday ticket. This ticket will get you into all venues on Saturday, April 1, from 10 a.m. to 5 p.m. Festival dates are March 30 through April 2.

Tickets can be purchased at the Fortuna and Eureka Senior Centers starting Feb. 1 through March 10. This year you will get a ticket to exchange for a wristband at any venue.

The \$5 entry to The Muni for those wanting to go just to the Dance Contest will be available at the door. The Dance Contest will be Saturday, April 1, noon to 2:30 p.m.

Two free events are also scheduled at the Adorni Center: Opening Ceremonies, Friday, March 31, at 1:30 p.m. and the Gospel Set on Sunday, April 2, at 10:30 a.m.

Please make out your check to RCMF and put Senior Ticket on the memo line. Mail to Tasha Romo, nutrition and activities manager at the Humboldt Senior Resource Center, 1910 California St., Eureka, Calif. 95501. Please include a stamped self-addressed envelope and your tickets will be mailed to you.

"The only way to do great works is to love what you do."

— Steve Jobs (1955-2011),
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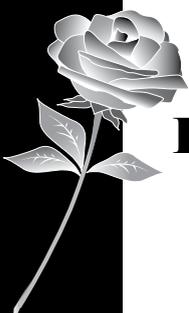
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Unprocess Your Diet

By Kim Coehlo

Folks who live on tight budgets often believe that eating healthy food is cost-prohibitive. Even though they know that processed food isn't the best option, they often feel like it's their only choice.

The opposite is often true. Studies have shown that the price per ounce for unprocessed food is often cheaper than processed food. Foods like ramen noodles are twice as costly per ounce as unprocessed pasta.

Dried beans are cheaper than canned. Cooking them is simple: Soak overnight and cook them in a crockpot.

Fresh fruits and veggies are often affordable in season. Buying in bulk is often less expensive than when purchasing in smaller quantities.

A fast-food meal for two is about twice the cost of a home-prepared meal. And the cost of processed food affects more than your pocketbook. Nutrition writer Kris Gunnars identified these ways that processed foods are harmful to your health.

Processed foods . . .

1. are usually high in sugar and high-fructose corn syrup.
2. are "hyper-rewarding" and lead to overconsumption.
3. contain all kinds of artificial ingredients.
4. may be addictive.
5. are often high in refined carbohydrates and low in nutrients.
6. tend to be low in fiber.
7. require less energy and time to digest.
8. are often high in trans fat or processed vegetable oils.

For those who qualify, CalFresh can help with funds to purchase fresh fruits, vegetables, whole grains, lean proteins and many other food items.

CalFresh is easy to use, since monthly benefits are issued on an electronic benefit transfer card that can be used at most grocery stores, discount chains, and farmers' markets.

For those 60 and older, the process to apply is made easier through phone interviews rather than having to show up in person. Seniors may have savings, a house and cars and still qualify. Medical bills and housing costs may be deducted from your income to determine eligibility. You are not eligible if you receive Supplemental Security Income (SSI), but Social Security Retirement benefits are permitted.

For more information, call the CalFresh hotline at 877-847-3663.

Kim Coehlo is the former HSRC Nutrition & Activities Manager.



Humboldt Senior
Resource Center

707-443-9747
www.humsenior.org

Health & Care Management Programs

Adult Day Health Center
Alzheimer's Services
Multipurpose Senior Services Program (MSSP)
Redwood Coast PACE
a Program of All-inclusive Care for the Elderly

Nutrition Programs

Dining Centers in Arcata, Eureka, & Fortuna
Home Delivered Meals

Activities Programs

Information and educational resources
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Senior News

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Chamber Players Launch 2017 Season

In the first concert of the 2017 Chamber Players of the Redwoods season, the classical music collective returns to the Arcata Lutheran Church on Sunday, Feb. 5 at 2 p.m. with a wide variety of music written over a 500-year time span.

The afternoon will highlight some less familiar instrumental combinations, including a recorder ensemble, a clarinet trio, piano, woodwind and other groupings. The concerts are free to the public with a recommended donation.

The Arcata Lutheran Church is at 151 E. 16th St. (15th and Union) in Arcata. For details, call 822-7917.

'All My Sons' at Ferndale Rep

Ferndale Repertory Theatre and Arcata Playhouse present Arthur Miller's drama "All My Sons," through Feb. 5 at Ferndale Repertory Theatre on Main Street in Ferndale, and Feb. 10-19 at Arcata Playhouse in the Creamery District in Arcata.

Joe Keller is like every other blue-collar American: a firm believer in hard work, family, and a stiff upper lip. But when the war against the Nazis sends his modest factory into a windfall, Joe Keller has to choose between money and morality. Three years later, his choice is about to catch up with him.

Written by seminal American playwright Arthur Miller, "All My Sons" is the gripping drama about the price of war and who pays it. It is appropriate for audiences ages 16+.

"All My Sons" is directed by Dell'Arte cofounder and former executive director Jane Hill. "I am

delighted to be directing a fine cast which includes my daughter Leira Satlof in a play which is deep, meaningful and pertinent even 50 years later," Hill said.

Satlof is the Ferndale Rep's artistic producing director, and she seldom takes the stage in a non-singing role. "It has been a fascinating challenge to develop the role of Kate," said Satlof. "I have rediscovered the work an actor must go through. It makes me grateful to spend most of my time directing and producing."

Current and former members of the American armed forces are welcome to see the Ferndale show free of charge by making reservations in advance and showing valid military ID at the door. General admission tickets are \$16, \$14 for students and seniors (60+).

For more information, visit ferndalerep.org or call the box office at (707) 786-5483.

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February 7, 14, 21, & 28 • Senior Day

Seniors 60 and over receive a 5% discount on Tuesdays.
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February 8 • Member Action Committee

6-7pm at the Ten Pin Building, 793 K Street, Arcata
Learn more about the board, and find meeting agendas
and minutes at northcoast.coop/about_us/board/.



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FEBRUARY Community Calendar

16th Perilous Plunge

For the past 15 years, Humboldters have been leaping into the cold Humboldt Bay in wacky costumes to help raise money for the Discovery Museum. This will be the 16th Annual Perilous Plunge, Saturday, Feb. 11. The costumed participants parade three blocks from the Discovery Museum at 612 G St. to the Boardwalk at F Street. The parade kicks off at 10 a.m. Then with much shrieking and theatrics, they take the plunge into the Bay. It's a great spectator sport for young and old. Attend the Post-Perilous Plunge Party after the splashing stops, corner of F and 1st streets. Tickets for the party are \$20 for adults and \$10 for kids 6 and older. This is the Discovery Museum's only fundraiser of the year. See www.discovery-museum.org/perilousplunge.html or call 443-9694 for info.

Firemen's Games

Ferndale's volunteer firemen compete in old-fashioned firefighting techniques: bucket brigade, quick dressing, hose coupling. Sunday, Feb. 10, noon to 3 p.m., Main Street, Ferndale.

'A Full Life: 13 Thank you's'

Eclectic local musician Seabury Gould — singer, multi-instrumentalist, storyteller and music teacher — performs music from his new CD, 'A Full Life: 13 Thank you's' at the Westhaven Center for the Arts on Saturday, Feb. 4, from 7-9 p.m. With Evan Morden on fiddle and fellow Crested Hen Liz Thompson on cello, Seabury's new album has original/visionary songs, Irish tunes and other types of music. Tickets are on a sliding scale from \$5-\$10. The Westhaven Center is at 501 Westhaven Drive South, Westhaven.

Fern Cottage Tours

Fern Cottage is open to the public for guided tours Thursdays, Fridays and Saturdays in February. This picturesque and historic farmhouse is on the National Register of Historic Places. Four public tours on the hour at 11 a.m., noon, 1 p.m. and 2 p.m. The \$10 entry fee includes a self-guided garden tour. Large groups should call for reservations: 707-786-4835.

A Pinch of Powder

Join local author Richard Edward Benoit for the launch of his latest book, *A Pinch of Powder*, at the Humboldt State University Library Fishbowl (Room Room 209) on Wednesday, Feb. 8 from 7:30-8:30 p.m. A discussion and book signing will follow. The first in his Pulvology series, *A Pinch of Powder* combines science and whimsy, focusing on a pulvologist — a scientist that makes powders that can dye hair green and make broccoli taste like chocolate. Free and open to the public.

Ferndale Museum Reopens

After spending January installing new exhibits, the Ferndale Museum, which celebrates and documents life in Ferndale and the Eel River Valley, and as far south as the Mattole River Valley, reopens in February. The museum fosters an appreciation and understanding of the culture and heritage of this part of Humboldt County, and supports research and education about settler life. Visit the Museum at the corner of Shaw and 3rd streets in Ferndale. See www.ferndale-museum.org/ or call 707-786-4466 for information.



AARP Free Tax Service

Complete and file your return with the help of AARP's certified volunteer tax preparers in Eureka, Fortuna and McKinleyville. Tax preparation services are free and open to all low- to middle-income taxpayers.

Some types of returns cannot be done by the volunteers. These include married persons filing separately, small businesses with more than \$25,000 in expenses, employees or net operating loss and, depreciation of property.

All clients need to bring a copy of their 2015 tax return, picture ID and social security card. Social security cards are required for everyone on the tax return. Possible substitutes are government documents with names and social security numbers.

Appointments are available at:

MCKINLEYVILLE SENIOR CENTER

Appointments begin Thursday
Feb. 2nd from 9 a.m. to 3 p.m.

Appointments can be made at
the center from 9 a.m. to 4 p.m.
or call 839-0191 during these
hours.

FORTUNA ROHNER RECREATION HALL, ROHNER PARK

Appointments will be offered
Mondays beginning Feb. 6th
from 9 a.m. to 3 p.m.

In-person appointments can
be made at the Fortuna Senior
Center, Mon.- Fri., from 10 a.m.
to noon, or call 726-9203.

EUREKA HUMBOLDT SENIOR RESOURCE CENTER

Appointments begin Thurs-
day Feb. 9th from 9:30 a.m. to
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Ask the Doctor... from Page 1

For chronic pain, evidence suggests that long-term use (more than three months) of opioids does not help and may hurt. High doses of opioids can actually lead to a syndrome of increased pain, called "hyperanalgesia." Many non-opioid medicines can help with various types of pain, and the literature shows that many non-medication based therapies can be effective, including yoga, massage and acupuncture. Warm water therapies, physical and occupational therapies, regular exercise and weight loss can also help manage pain, and maintain mobility and quality of life. Mindful meditation also has been shown to be effective for managing and living with chronic pain.

There is a local initiative to better manage chronic pain conditions and offer alternatives to the less effective and more dangerous choice of opioids for chronic pain. A list of resources can be found online "Rx Safe Humboldt": www.rxsafehumboldt.org/resourceguide.asp.

When are opioids appropriate? This needs to be figured out on an individual basis with the prescribing physician, nurse practitioner or physician assistant. Opioids are commonly used in end-of-life care, and are often very useful for symptoms of pain and shortness of breath in end stages of illnesses. For chronic pain management, sometimes there are no better alternatives than opioids. In those cases, a safe plan must be in place. This may involve a contract between prescriber and the person getting the medications. It may involve a prescription of Narcan® in case of accidental overdose (Narcan reverses the effects of opioids, such as slowed or stopped breathing).

Dr. Jennifer Heidmann is a regular Senior News columnist, and the medical director and primary care provider at Redwood Coast PACE (443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.

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Letter to the Editor

To the Editor:

Scott and I have 15 biological grandchildren and one step-granddaughter (who has three of her own children, which makes three “greats” for us).

My own grandmother was born in 1888 and homesteaded in Eastern Oregon when my mother was a child. She kept a journal of her recipes, which my sister made into a booklet. Later, the family moved to a farm in Salem. I keenly remember helping my grandfather pick strawberries and watching my grandmother make applesauce.

My cousins and I played board games in the evenings and sang. It wasn't perfect, but, indeed, it was another world. It was simple—no technology except a console radio.

Today we have a farm on the South Fork of the Trinity, and have hosted our many grandchildren during summer for the past 26 years. We want them to appreciate family, gather eggs and watch the deer in the evening.

We want them to feel responsible for their decisions to be productive citizens. When they were younger, it was, “Help your Grandpa water and weed his garden and he will take you swimming in the river.” Today it is, “Get off your cell phones and iPods, and help your Grandpa water and weed the garden if you want to drive the John Deere tractor to the river to swim.” Welcome to the 21st century.

Thankfully, they pick berries or peaches if they want a pie.

We admire our adult children for bringing so many children into this crazy world, and do everything we can to support their efforts.

But I sometimes wish we could take them back to a world with no technology except the old radio. A world where most of us played the piano in the evening and sang everything from “Goodnight Irene” to “Amazing Grace.”

That is the challenge for grandparents: Maintaining a sense of family while appreciating technology.

—*Esther Smith Holmes*, Moonstone Heights, Westhaven

Editor's Note: Esther Smith Holmes' husband of 55 years, Scott, passed away January 1, 2017.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

—Maya Angelou (1928-1914),
American poet and author



My Lifelong Love of Dance

By Nanette Heidtman

My love affair with dance began when I saw a poster for auditions for my university's summer production of *Show Boat*. I knew I could sing and that singers in musicals had to dance, so I decided I'd better take some ballet lessons before I auditioned.

The result was that my partner and I became the lead dance couple in the chorus. Thus, at the age of 19, my lifelong love of dance began. After completing my BFA in dance, I taught ballet and modern dance at Millikin University in Illinois. Years later, I established a school and dance company in Denver.

When family needs prompted a move to Southern California, I found myself teaching ballet for students of all ages in a community college's outreach program, where eventually I established a dance company. Dancing enabled me to have many performance opportunities in a variety of venues through the years.

Now, retired from college teaching and living in Fortuna, I find my love of dance offers another fabulous opportunity to share my love of movement and all the health benefits that that brings with seniors in my area. Needing a movement class for myself, I developed an exercise

John and Kathleen Duncan are leaving an incredible gift to the Cancer Program at St. Joseph Hospital

Kathleen realized their money would go far to help local patients undergoing treatment for cancer.

Kathleen Duncan is a breast cancer survivor who received life saving treatment at St. Joseph Hospital. Kathleen wanted to ensure the Cancer Program continued to treat breast cancer patients for many years to come, so she made an irrevocable pledge in her estate plan to the Cancer Program at St. Joseph Hospital.

Leaving a legacy gift is a wonderful way to give back to your community.

To learn how you can touch the lives of others by including your favorite charity in your will or estate plan, contact an attorney, financial advisor or LEAVE A LEGACY Humboldt at (707) 267-9922.



to learn more call **707-267-9922**

“There is no passion in playing small — in settling for a life that is less than the one you are capable of living.”

— Nelson Mandela (1918-2013), South African revolutionary and president

Continued on Page 21

ADVERTISEMENT

My Lifelong Love...

from Page 20

program for seniors, “P.E. for Seniors – Practical Exercise,” offered through Fortuna Senior Center. After many requests from participants, I wrote a book, complete with photos, so that folks could exercise at home.

Working with seniors has been a delight. I have had opportunities beyond my expectations. We formed a dance group and participated in a local knock-off of the “America’s Got Talent” show. We formed a marching drill team and performed in area parades for over 10 years. We’ve spent countless hours in class — laughing, sweating, moaning and groaning.

The folks in my classes become like extended family members as we support one another through life’s adventures, sore muscles and frustrations. As I approach my 75th birthday, my heart is filled with joy when I move to music with other people. My body stays strong and flexible, my mind is clear and sharp, and my muscles feel satiated after a class.

Sharing my love of dance had enabled me to enjoy my life by being able to move as I wish, even after a serious illness and a hip replacement. I love dancing.

—
Nanette Heidtman, 74, keeps on boogeying in Fortuna.

New treatment for painful, numb feet

by Ed Handl

Do you have painful, numb feet? You may be suffering from a nerve disorder called peripheral neuropathy.

An estimated 15 million people nationwide suffer from this painful disorder. The symptoms can be burning, sharp and aching pains, cold feet or hands and tingling and numbness that gradually progresses from the toes or fingers to involve the feet or hands.

Another common experience is that the severity of the symptoms increases at night. Some people eventually begin to lose their balance as nerve signals become poorer.

There are many different causes of peripheral neuropathy. Diabetes is the most commonly recognized but not the most commonly diagnosed.

Idiopathic peripheral neuropathy is the most commonly diagnosed form. Idiopathic means that it is of unknown origin.

Whatever the cause, the effects on the peripheral nerves are similar and cause insufficient blood and nutrient supply to those nerves. This can result in loss of the nerves’

protective barrier (myelin sheath) and widening of synaptic gaps (junction points from one nerve to the next). This damage is what causes the symptoms of peripheral neuropathy.

Most people suffer from sensory nerve issues — burning, tingling and numbness. Fewer have motor nerve involvement, with muscle weakness, cramping and loss of balance.

TREATMENT

The treatment for peripheral neuropathy has mostly consisted of a multitude of medications, from narcotics to antidepressants and anti-seizures. Popping pills is not what most people want anymore.

But there is a revolutionary new treatment for this painful nerve disorder. It is called the Sympathetic Therapy System (STS). At Humboldt Hand and Foot Therapy in Eureka, we have introduced a successful program designed to treat peripheral neuropathy patients with the STS (Sympathetic Therapy System) and infrared lights.

STS works by applying electrical stimulation over peripheral dermatome sites (areas of skin that are

mainly supplied by single spinal nerves). This unique form of stimulation is unlike any used before and gives dramatically different results.

By stimulating bilaterally over these peripheral nerve sites and communicating along these nerve pathways across the spine, we can target the sympathetic nervous system, calming and normalizing it. Lowering sympathetic nervous activity dilates peripheral blood vessels.

In essence, STS asks the body to calm these overactive nerves, as well as to increase blood flow out to the hands or feet. The increase in blood flow brings back the nutrients that those damaged nerves desperately need, creating a healing environment. Most neuropathy patients respond to this treatment at some level. Treatments are Medicare- and FDA-approved.



Martha Longshore receives the new treatment for peripheral neuropathy at Humboldt Hand and Foot Therapy. Photo by Amy Landing.

These comfortable, non-invasive treatments have no side effects and can potentially reverse the symptoms of this condition.

Call Humboldt Hand and Foot with any questions, at 441-1931.

Ed Handl is an Athletic Trainer and Therapist at Humboldt Hand and Foot Therapy, Inc.. Contact Ed: humhandfoot@sbcglobal.net

“It’s always inspiring to me to meet people who feel that they can make a difference in the world. That’s their motive, that’s their passion... I think that’s what makes your life meaningful, that’s what fills your own heart and that’s what gives you purpose.”

—Maria Shriver, journalist, author, former California First Lady

OUTspoken: Ruth Mountaingrove's death a loss for whole community, straight and gay alike

By Ruth Schneider

Humboldt County lost a key figure in the community last month with the death of Ruth Mountaingrove.

Mountaingrove could be described various ways: lesbian, feminist, poet, writer, composer, painter, photographer, musician ... the list goes on and on.

One thing was clear: She was ingrained in her community. And her loss is felt not just by friends, but by anyone who crossed her path.

"You can see how Ruth influenced everyone's life," said her long-time friend Nancy Ryan, a one-time Arcata resident who now lives in Taos, New Mexico.

"Ruth became my closest friend," she said. "When she died, she was my oldest living friend."

Mountaingrove died Dec. 18, 2016, at the age of 93.

She was born in 1923 in Philadelphia, Pennsylvania, and led an extraordinary life. In 1946, she married Bern Ikeler and published her first book of poetry, according to her obituary. The couple had five children. Two of her children died while they were young.

Her life changed in 1965 when she divorced Ikeler and joined the early feminist movement.

According to the University of Oregon archives, she "moved to Oregon in 1971, settling in communes and eventually co-founding Rootworks, a lesbian land (movement) in Southern Oregon."

Rootworks offered workshops for women that offered a way for women to look at gender differences in perception — "a means for the women to examine the differences between the way men pictured women and the way the women saw themselves," the archives state.

More than 900 of her photographs remain in the collection as a picture of the lesbian separatist movement that sprang up across much of the West Coast in the late '60s and early '70s.

It was around that time she began publishing *Womanspirit*, a feminist journal, and she co-founded *Blatant Image*, a feminist photography magazine. The international distribution of *Womanspirit* introduced her to women across the globe — women such as Sue Hilton, who edits a Humboldt County monthly



Ruth Mountaingrove, 1923-2016. Debbi Krukoni photo.

publication called *L-Word*.

"I knew who she was before she moved here," Hilton said. "I didn't really get to know her until she started writing book reviews (for *L-Word*)."

In the mid-1980s, Mountaingrove moved to Arcata and immersed herself in the community.

It was here that she attained two degrees, both from Humboldt State University, graduating with a master's in art in 1990 and a second master's in theater arts in 2002, the latter which was attained just shy of her 80th birthday.

She continued to write, in various genres, publishing poetry books and doing readings locally, writing about the "electronic highway" for the Humboldt Senior Resource Center's *Senior News* publication in the 1990s, and writing book reviews for the *L-Word*.

She also contributed regularly to a KHSU radio show called "Through the Eyes of Women."

And she was a stage performer.

"All of the events that happened at the Plaza," recalled long-time friend Barbara Clark, who worked with Mountaingrove on the *Senior News*. "There'd be Ruth out there strumming her guitar and singing. She was just involved in a lot of things... She was an amazing person."

In her final days, after having a stroke, Mountaingrove was at Ida Emmerson Hospice

House in Eureka.

Hilton, who helped organize Mountaingrove's care in her later years, said there was a young man who worked at the hospice house who learned about Mountaingrove's life.

"He said that someone was telling him who she was," said Hilton. "He told her she was the Che Guevara of the women's movement."

That pleased Mountaingrove to no end. And that was who she was.

Ruth Schneider (rschneider@times-standard.com, 441-0520, (@RuthOUTspoken on Twitter) is city editor and columnist for the *Eureka Times-Standard*. Reprinted by permission.

Point in Time...from Page 10

Health and Human Services (DHHS).

“Participating in the count is also a great opportunity for students looking to volunteer and get some experience doing outreach to the homeless community,” she said.

Volunteers attend training so they’re ready to assist in the biennial count, which is required by the U.S. Department of Housing and Urban Development (HUD). Information gathered during the count is used by local

planners and nonprofit agencies in applications for grant funding.

At the end of the year, HUD awarded participating HHHC agencies \$822,933 in homeless assistance funds for use in 2017.

For more information about the PIT or to volunteer, call DHHS at 707-441-5520. Information is also available at the HHHC’s website: humboldthousing.org.

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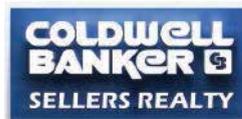
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