



Where Will I Live?



ARCATA GOTHIC — Carol McFarland and Don Nielsen, a retired Arcata High math teacher, in front of their lovingly preserved 100-plus-year-old home. Ted Pease photo.

Down on ‘The Bottom’

By Carol McFarland

The old house where I’ve lived for the past 30 years was called the “Old Dodge Place” when Swedish immigrants Lars and Emma Carlson first stood on the dirt lane in front of its white picket fence a century ago.

The simple farmhouse, built from old-growth redwood, has withstood every earthquake — including the 7.2 in ’92 — with very little shifting and no damage. And it’s where Don Nielsen,

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National PACE Month

‘I Don’t Know How I Would Have Managed’

By René Arché

Independence. It’s something many of us — especially those “of a certain age” — take for granted. Until it’s taken away.

It can be especially frustrating when health issues beyond our control are the reason we’ve lost our independence. For older adults who may be at risk of placement in a nursing facility, there are programs in our community that can help.

These include Redwood Coast PACE — Program of All-inclusive Care for the Elderly — the Multipurpose Senior Services Program (MSSP) and Adult Day Health and Home Delivered Meals programs at Humboldt Senior Resource Center (HSRC).

Phyllis Pederson and John Constantino found the help they needed. Without it, they said, neither likes to think about where they’d be living today.

Phyllis, a former bookkeeper originally from Los Angeles who turns 90 this month, describes herself as “very independent.” High blood pressure put her in the hospital repeatedly before she enrolled in PACE two years ago.

“My daughter was concerned about me,” she said, and together they found their way to PACE, where Phyllis now comes five days a week for medical monitoring, activities and — especially — for good company.

“I love the companionship,” she said, looking around the day room at a lively game of competitive Bingo. “Everybody here has a different story, a different background and problems.

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SINCE 1981

HEALTHY LIVING

THEN & NOW

LETTERS

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JOYCE HAYES, PUBLISHER

TED PEASE, EDITOR
707-443-9747, ext. 1226
tpease@humsenior.org

ELIZABETH WHITLEY
ADVERTISING COORDINATOR
707-443-9747, ext. 1227
ewhitley@humsenior.org

HSRC Board: Jim Davis, president, Jim Aste, Elan Firpo, Jack Irvine, Kathryn Dunning, Nancy Dye Leer, Richard Hanger, Susan Hansen, Sue MacConnie, Nanette Medin

Community Advisory Board: John Heckel, Carol McFarland, Ralph Nelson, Dave Rosso, Jessie Wheeler

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Tedtalks: Homing Instinct

By Ted Pease

You may remember Maslow's hierarchy of needs from school, the theory by psychologist Abraham Maslow that built a model of human needs, from sustenance to self-actualization.

In this model, "sustenance" includes basic physiological necessities — food, water, shelter — and this is where Senior News focuses this month.

We don't need Professor Maslow to confirm that housing is among the most essential of human needs. More than "where the heart is," home is where we eat, sleep and live, where we keep our stuff, our very identity. As we age, that safe place we call home can increasingly be threatened by economic or health issues.

In this month's "My Old House" issue, we examine the question of where and how we will live as we grow older. Some of us have the great good fortune to be able to age gracefully in our own homes, but when more than 10 percent of Californians over 65 live in poverty, a growing number of elders face frightening uncertainty.

That is the central issue for us at the Humboldt Senior Resource Center, where the underlying purpose of all our programs is to help seniors retain their independence.

HSRC's René Arché and two of the 130 participants in our Redwood Coast PACE — Program of All-inclusive Care for the Elderly — discuss how this works, and how important PACE support is to them. Both Phyllis Pederson, 90, and John Constantino, 61, say

they couldn't have stayed in their own homes without it.

"I don't know how I would have managed," John said.

With adequate food, shelter, health care and social support, John and Phyllis can retain their independence and identity, and even climb to higher levels on Maslow's hierarchy of human needs — like human relationships, self-esteem, and even fun and self-fulfillment. Which may explain why HSRC classes in ukulele, line-dancing, French and tai chi are so popular.

But as Edie Jessup and Roy Dahlberg of AHHA — Affordable Homeless Housing Alternatives — discuss, many Humboldt seniors are increasingly forced into "living on the edge," and call a tarp "home." Far from worrying about self-actualization, these seniors don't know where they will sleep tonight.

In 2010, Californians who were 60 or older made up 15 percent of the population. State demographers project that percentage to climb to 31 percent of the state's total population by 2050. That will be 15 million seniors. As California's population continues to age, we have to do a better job of providing basic human needs for the oldest among us.

—

Ted Pease, 62, is Senior News editor.

ON PAGE 1: *Rehabbed homes on Vance Avenue in Samoa (top) are part of an ambitious project by Danco and the Samoa-Pacific Group to renovate much of the tiny town, including "affordable" housing.* Ted Pease photo.

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Where the Heart Is — Mom Comes Home Again

By Brenda Cooper

I wept when my mother died, mourning her and the time we'd never share.

But that wasn't the worst day. At 90, suffering from terminal cancer and grieving for her husband of 71 years, who had died 18 months earlier, Mom wasn't afraid to die. The hardest day for me was when I had to move her from the home she loved into a care facility.

It wasn't the first time Mom had to leave a home she loved. After WWII, my parents left the factories, and the tiny apartment where they lived with my two older brothers in Dayton, Ohio, returning to the hills of Tennessee. There they bought their dream home, a small, stone Cumberland Homestead house on 66 acres, built as part of FDR's New Deal.

My mother loved that house, truly a dream house for two children of the Depression. But their joy was short-lived. Dad couldn't find work in rural Tennessee to raise their family; after only 18 months, they had to sell the house, pack up and migrate back north to Ohio, to factory work and another tiny rental apartment.

Mom never stopped reminiscing about her Cumberland home, and never got past the immense sadness of losing the place she loved.

Nearly three decades later, in 1973, my parents bought another dream house, a small ranch-style home in a post-WWII suburban development. The sliding glass doors at the back looked out over a grassy yard with trees, a creek and space for what became Mom's flower gardens. This was my mother's favorite place to sit.

Over the next 37 years, Mom's chair in front of the backyard window changed, and my mother

became too frail to maintain her gardens. But her favorite place remained the same — in her rocker or recliner looking out at the back yard, watching the squirrels and birds and flowers, and seeing the seasons change.

My mother rocked all her grandchildren, including my three kids, and great-grandchildren in that comfy window chair. She read books to them, named the birds and critters that scampered in front of her window, told stories about animals where she had lived in Tennessee.

Generations ran through the front door and climbed into Mom's lap in that chair, even when they grew too large to fit.

We moved Mom's last overstuffed recliner with her to the care facility, but it didn't make up for what she had lost — her home, her place, her cherished view of her shrinking world.

Few things in my life have brought me more sadness than watching my mother's face that day, struggling to be stoic, fighting back tears as she thanked me and my husband for installing some of her favorite things in the tiny rooms that were now where she lived.

In the care facility, Mom sat in the same chair and slept in the same bed she'd shared with my father, but no one ever pretended it was her home. She rarely left her room, just sat in her chair, waiting.

Five months later, I found a 24/7 caregiver. The day we retrieved her from the care facility and took her home was one of the happiest memories I have of my mother. This time, Mom's face was full of



Willie Blaylock Cooper, 1944

joy and gratitude and love. She was home.

We celebrated her 90th birthday the next day, and three weeks later Mom died, at home, in the place she loved.

Brenda Cooper, 69, of Trinidad is a retired university professor.

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Down on ‘The Bottom’ . . . from Page 1

my husband, learned to farm from his grandpa Lars, down on the Arcata Bottom (no old-timers call it “Bottoms”), and where he has spent most of his 77 years.

During our 50s, we began thinking of “aging in place.” We started on a wall between a front parlor and the dining room, ripping out layers of ancient wallpaper and redwood boards to create a large living room. We replaced kitchen counters and cabinets with roll-out drawers and slotted spaces for easy access, and added a large window.

Ten years later, nearing retirement, we fretted about our rural lane, which had evolved into a busy two-lane road, Foster Avenue, to farms on the Arcata Bottom, with the pavement barely six feet from our home’s front door.

So we decided to move the house.

Next came George Kurwitz, Humboldt’s gold standard of structure movers, and in little over a month the crew had jacked up and moved the house into the middle of the “old Gilardoni Acres.”

The original garage and greenhouse remain at the former site, but the house acquired new cherrywood kitchen cabinets, counters of recycled madrone, tall windows for good light, and solar tube skylights. The old kitchen found a home in the new garage, where it serves our gardener/hunter/fisherman/ needs.

To keep the old house

warm, we had recycled material blown into the attic, walls and under floors; a solar electric and hot water system provide cozy rooms free from damp or mold.

The thresholds came out so as not to impede shuffling older feet. We added walk-in showers, ADA/high-seated commodes, easy-to-open windows, and grab bars.

Redwood planks from the old floors were recycled into new raised garden beds near easy-to-reach, waist-high water faucets in the garden, while a wrap-around south-facing deck keeps lettuces and herbs near the back door. A drip irrigation system sustains shrubs, redwoods and native plants that we’ve introduced.

During the year-long renovation, I wrote a weekly series about the progress of “this old house” for The Arcata Eye while we camped out in our small travel trailer and wondered about the wisdom of our choices.

Now when the wind howls and mist rolls over and around our comfortable digs, we think of our elders and are grateful to live in a home with so much Arcata heritage in its timbers. We aim to stay.

Carol McFarland, 77, a former newspaper woman, retired English professor, and longtime member of the Senior News community advisory board, loves her old house on the Arcata Bottom.

‘I Don’t Know How I Would Have Managed’ . . . from Page 1

Being with other people, not just sitting home alone — that’s what I like.”

Redwood Coast PACE gives Phyllis the social and medical support she needs to continue to live alone in her own apartment in Eureka. “I’m not doing bad for an old broad,” she said.

That support also gives John Constantino, 61, the freedom to continue living on his own. HSRC vans pick him up three days a week and bring him to the Center, where he sees counselors and does physical therapy to regain strength, mobility and balance after brain surgery. “I especially like the good grub,” he said.

PACE care workers also visit John at his trailer near Redwood Acres in Eureka to take him grocery shopping and for other support. “They help me get out, do my errands, help me live my life,” he said.

John was a healthcare worker himself when he suffered a stroke that required brain surgery. Now he’s on “the other side,” he said.

“I’d be a shut-in without PACE,” he said. “I don’t know how I would have managed. This has opened up a door that gave me back my life — or gave me my life again, I should say.”

September marks the third year of the Redwood Coast PACE program, and Sept. 17-23 is National Adult Day week. This also is National PACE Month, with a theme of “Delivering Independence.” What makes the PACE model of care unique is that it provides all the health-related services to qualified elders 55 and older covered by Medicare and Medi-Cal, plus services to promote independence — transportation, meals, in-home assistance, dental and vision care, and much more.

Family caregivers benefit, too. They no longer need to worry about care coordination for their loved ones — the multidisciplinary PACE team takes care of those details. There are also support groups and social workers who help with participant and family needs.

Redwood Coast PACE, the first rural PACE program in California, now has almost 130 participants, and receives regular referrals for more. If you know of someone who might benefit from PACE or another one of HSRC’s care programs, call our enrollment representative at 443-9747, ext. 1203, or email PACE@humsenior.org.

René Arché is HSRC director of communications and marketing.



Phyllis Pederson



John Constantino

ASK THE DOCTOR

Getting Your Ducks in a Row

By Jennifer Heidmann, M.D.



I wrote recently about “aging in place” — staying in your current home for as long as possible into older age. This involves thinking ahead about barriers like stairs, hard-to-reach cabinets, and bathrooms that allow for some disability.

But from a health and aging perspective, what else is involved with getting one’s house in order? Or ducks in a row? For most of us, it feels more complicated, so maybe this should be described as “herding cats.”

The details of everyday life can be overwhelming, but I do think there is a way to make plans that promote health, aging in place, and ultimately accommodate a dignified closure to life when the time comes. Some of this involves lifestyle choices, some involves paperwork and logistics, and some involves a deeper philosophical and psychological dive into what matters most.

I like lists, so I am going to present some ideas, and perhaps some things on this list will resonate.

1. Assess your physical space: What adjustments can be made to make your home safer and more user-friendly in case aging brings some health problems?

2. Protect your brain: Avoid too many toxins (alcohol, drugs, junk food), get enough sleep, and challenge yourself with new tasks (take a class, learn a language, memorize a poem, or play an instrument).

3. Exercise: This not only makes

you more likely to stay mobile longer, but also helps the brain function better and improves mood.

4. Do your advance-care directives: The forms can be found online, or you can get them from your physician or from Hospice. These let you name who speaks for you if you cannot speak for yourself because you are too ill. It lets you tell your person what is important to you, and how much and what kind of medical care is acceptable.

5. Get rid of outdated medications: Look for old pills and take them to the pharmacy for disposal, or ask your doctor if you should still be taking them.

6. Develop a system for taking your medicines safely: Get a medication module from the pharmacy. If you have a lot of medications and are not sure how to take them, ask for help from your doctor or support person.

A Johns Hopkins study last year indicated that the third-leading cause of death in our country is from medical errors, and many of these are related to misuse of medications.

7. Keep a list of your medical problems, medications, physicians/healthcare providers, allergies to medications, and wishes regarding hospitalization and resuscitation efforts with you at all times. Be sure to bring it out when at the clinic or hospital.

8. Do some soul-searching: What is important to you at this time

Older Athletes Run Farther

Perhaps the most elite of dedicated athletes are not the 20-something professional major leaguers who play baseball or football for millions, or the world-ranked amateurs who trot 26.2 miles at the Boston Marathon without breaking a sweat.

Some of the most awe-inspiring athletes have been quietly doing their things in track and field this summer without all the hoopla of professional sports, but arguably with much more satisfaction.

Senior athletes competed in the European Masters Athletic Championships earlier this summer in Aarhus, Denmark. British photographer Alex Rotas documented the senior athletes’ passion for the BBC.

Rotas, who specializes in photographing older athletes, found the Denmark competition among hundreds of over-60 contenders “incredibly intense, incredibly wonderful and jaw-dropping.”

Take British runner Angela Copson, 70, who set a new world record in the women’s 10,000-meter (6.2 miles) race with a winning time of 44 minutes, 25 seconds. Or 91-year-old Hilja Bakhoff of Estonia, whose 8.08-meter (25.5 feet) toss in the weight throw also set a world record.

“I found it very moving and it made me recalibrate my own sense of what the aging body can do,” she said.

See Rotas’ inspiring photos at bbc.com/news/uk-england-bristol-40886339.

— Ted Pease

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POINT OF DEPARTURE—BY BOB MORSE

The Wistful Season

As late summer melts into fall, my aging mind turns wistful. Golden light. Golden years. When cultural icons from my youth like Sam Shepard and Jeanne Moreau die, I feel the era of my short span on this Earth quickly closing down. It's easy to allow wistfulness to deteriorate into melancholy, and that into depression.

But then I listen to an interview with the famed 81-year-old journalist Bill Moyers, in which he proclaims that he has so much work he looks forward to doing. And I realize that in my own small way I have much work and play still to be done.

After all, my Netflix queue keeps growing. I just cracked open a nearly 700-page book, *Behave* by Robert Sapolsky. I'm behind on my podcast episodes and still struggling to learn Italian. And I have a deadline looming for this damned column. Yes. This very one.

My neighbor, whom I meet nearly every day as we walk our dogs, mentioned that when her aging pet passes, she won't be getting another one. I thought she meant she wouldn't be getting another dachshund (we both have dachshunds), but no, she said, they wouldn't be getting another dog.

I can understand: Pets can be a chore — feeding them, cleaning up after them, paying their vet bills, exercising them. But then I tried to imagine my life without a dog, and that sent me into melancholy again.

It will probably happen, but not for a very long while, I hope.

This past month, I enjoyed a delicious dinner out with friends, and some hilarious hours of game play with other friends. And we headed out on a road trip to see the total eclipse, and then farther north to visit family. So much richness, so much life still ahead.

But our cat, imaginatively named

Kitty, hasn't eaten in days, appears sluggish and distant, and spends hours in the back yard, barely moving. She adopted

us about 15 years ago. I think Kitty is now quietly dying.

When my mother was dying, she stopped eating and drinking, and spent hours lying in her bed barely conscious, her breath slowing, and then, finally, ceasing. I'm not sure there's much left to learn from death.

These are the kinds of disparate thoughts and feelings that swirl through my mind each month as the deadline approaches for this. Damned. Column. On. Death.

Bob Morse is a regular Senior News columnist and 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.

"I realize that I have much still to do."

AHHA! Housing Solutions for Seniors Living on the Edge

By Edie Jessup and Roy Dahlberg

As many elders increasingly live on the edge, slipping into poverty and finding themselves on the streets, our local responses are important.

"Boomers" are now aging into SSI, and a growing number cannot afford the Humboldt rental market. When people are not only homeless but "placeless" because of the lack of affordable housing, our responses must address this fact.

Affordable Homeless Housing Alternatives (AHHA) is committed to developing new, simpler, and cheaper models of safe housing for elders and others who now live on the streets. We can do better.

The key element for housing homeless folks is meeting their basic human needs: shelter, food, health care and helping them create community. This can happen quickly if we focus on meeting those basic needs, moving the unhoused into small, stable and cooperative groups.

These communities would include co-housing in tiny houses (detached bedrooms) with shared common areas for kitchens, restrooms, showers and gathering spaces. Life enrichments such as vegetable gardens and social and health services can be on site.

The consequences for mental and physical health of elders and others currently living on our streets are horrendous. Developing safe and stable places to live for our neighbors who are now forced to live rough will

make all of us safer, and cost far less than the current policy of wishing they would go away.

Tiny-house villages for 15 to 30 occupants can be built with common spaces and co-managed by a community group and residents for perhaps as little as \$50,000 the first year. The

community would become self-sustaining by year two by connecting residents to eligible financial and other support, and charging a sliding scale to rent-to-own structures, so they can accrue equity until they can move into permanent housing. Volunteer builders and donated materials will make this possible.

Folks who live outside without a legal place to go form their own neighborhoods, help each other, and know how to form safe places for the houseless. We should value them and solve the puzzle of what will make homeless elders and others safe, warm and dry, with access to basic needs and community.

Safety and community for Humboldt houseless will come from developing affordable small communities throughout the county for the well-being of elders and others living outside or living on the edge. It's the right thing to do.

Edie Jessup, 69, of Samoa and **Roy Dahlberg**, 73, of Trinidad are members of the AHHA Board of Directors. See ahha-humco.org.



Calling for "mercy" for homeless people evicted from Palco Marsh in 2016. Ted Pease photo.

Housing Shortage Hits Seniors Hard in Humboldt

By Maggie Kraft

Shelter is a basic human need. If unmet for long, our physical and mental health suffers, no matter our economic situation. In Humboldt County, we lack enough housing and housing options for people of all ages and incomes, but the housing shortage hits hardest as we try to age and thrive in place.

But sometimes aging in place is impossible when residents are unable to keep up with maintenance, or when mobility problems make their homes unsafe.

Naturally, many of us might be resistant to leaving our homes, even once the family castle becomes an unexpected prison because of health issues or safety concerns. No one wants to give up independence for an uncertain future.

Once we do arrive at the decision to sell the house and downsize, it's a challenge to find attractive housing alternatives, whatever our income level.

Lower income people subsisting primarily on a Social Security or disability check find it increas-

ingly difficult to afford shelter, food and medication. Assisted-living facilities are expensive and beyond the reach of many. Senior apartments are limited in Humboldt County, with income criteria making it difficult for moderate income seniors.

Statistics compiled by Randy Weaver, North Coast Labor Market consultant for the county Employment Development Department, help explain the housing situation:

- More than one-third of Humboldt County housing was built before 1959.
- Eureka has the county's oldest housing stock, with 64 percent constructed before 1959.
- Between 2000 and 2015, the only area that added more than 10 percent to its housing stock was McKinleyville, at 14.6 percent.
- Eureka's housing stock grew only 2.6 percent in the same 15-year period.

We need smaller, user-friendly homes to entice

us to downsize, freeing up larger homes for larger families. Smaller homes would also help young people just starting out.

Until we have more housing, we must do better with what exists. A Homeshare program is one option that can help address many of today's social trends, including the growth of one-person households and the geographic dispersion of family units, as well as the rise in numbers of college-age people and single-parent families.

The Area 1 Agency on Aging is exploring a Homeshare program to match home owners who have unused space with seniors or college students looking for housing. It's an option that promotes intergenerational friendship and mutual benefit.

Maggie Kraft is executive director of the Area 1 Agency on Aging.
Email info@a1aa.org.



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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Arriving at Her Destination

"A woman in harmony with her spirit ... goes where she will without pretense and arrives at her destination prepared to be herself and only herself."

— Maya Angelou

For 17 years, 2000-2017, I wrote in journal form in the voice of a 10-year old. It's not that I write painfully slowly. The problem was, I didn't want to say goodbye to my main character, Annie, a braver, more rebellious version of my child self.

Annie needs to be scrappy. Unlike my family of origin with a consistently safe haven, Annie's family is homeless, driving across the country, stealing fruit and selling it down the road. Nobody wants to talk honestly about what's going on. Somehow Annie writes in her journal about the beautiful comedy of it all.

My fellow author friend, Janet, and I started writing a movie script about Annie in 2000. We soon realized we were writing two different stories. She kept Annie the adult; I kept Annie the child. Janet went on to publish many other books, but so far, not about grown-up Annie.

Thanks to an encouraging kick in the pants — the Ruth Marcus Memorial Writing Scholarship through the Humboldt Area Foundation — I finished my manuscript, in a burst of exasperation, last winter.

It's now in the hands of two different agents. Although they work on opposite coasts, I'd like to believe the reason for their silence is that the agents are meeting mid-country for coffee, haggling over who gets to present the manuscript to publishers.

Ha!

What truly helped me finish the story of Annie was a simple self-revelation: authors of fiction can always write sequels. Annie wasn't done telling her story yet. And if it doesn't seem too convoluted to say so, I think Annie wanted to stay friends with me, reminding me about my child self. So for the past nine months, she and I have

banded together and almost completed book two.

In this sequel, Annie is writing from her favorite place on earth, a nectarine farm where she's cherished so much that she's afraid she'll be sent back to her old life, where she's not wanted.

Book Two allows Annie to stop moving, for once. As the capable, caring farm family tells her, "Just rest yourself."

When she finally does settle down, figures out she's arrived at her destination, and finds out how much she's loved — for being herself and only herself — she'll probably be at the end of ... book three?

—
Margaret Kellermann,
author of six books, is looking for an agent and publisher for her Annie books. If you can suggest one, contact her at bluelakestudio.com/contact.

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Upcoming Community Health Forums

St. Joseph Health continues their FREE Community Health Forums. Meet local physicians and specialists and take part in Q and A sessions. Lite bites and coffee will be served. **Mark your calendars for:**

Flu/Immune System/Infectious Disease:

Tues., Oct. 17, Sequoia Conference Center
Tues., Oct. 24, River Lodge, Fortuna
5:30 to 7:30 p.m.

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

*** PLEASE NOTE: The Urology Forums
scheduled for Sept. 6 in Eureka and Sept. 13
in Fortuna have been cancelled.**

St. Joseph Health

Forums are offered as a
community health service,
nothing is sold or solicited.

St. Joseph Hospital Foundation
Redwood Memorial Foundation

Coming Attractions in Senior News

October — The Family Tree

November — The Food Edition

December — 2017 Wrap-up

Coming in 2018 — Senior News Photo Issue

To suggest story ideas, contact Senior News editor Ted Pease: 443-9747, ext. 1226;
tpease@humsenior.org

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Don't Move — Stay in Your Home

By Ron Biasca

Many of us are dealing with elderly parents who still live in their own homes, or we confront aging ourselves, and find that it isn't as easy as it once was to navigate safely in and around our homes.

But selling the house and moving is costly, and relocating into a care facility can drain a bank account quickly. Beyond that, there is not enough assisted-living housing in Humboldt County for all the seniors who need it.

Most people would prefer to stay in their own homes anyway, so let's consider strategies to make homes more user-friendly as residents age. This can be accomplished less expensively than one might think.

A simple evaluation of a person's activity in and around the home can provide insight on how to make the house more accessible and safe. Where do residents spend most of their time? How is the ground floor configured? Can residents safely climb stairs, or should they think about moving a bedroom to the first floor?

The areas where falls are most common are stairways and bathrooms.

Hand rails or grab bars can be installed anywhere needed. A lift chair can help in standing up without using all of your energy. Add a ceiling-to-floor safety pole anywhere in

the house to grab onto while walking from room to room.

In the bathroom, an elevated toilet seat with safety arms is a simple fix. Remove shower doors on the bathtub and replace them with a shower curtain, which allows more room to maneuver while getting in and out of the tub. In the tub, consider a bath chair or tub transfer bench, a handheld showerhead, tub grab bar and nonskid adhesive strips, which all make bathing safer.

The home's entrance can be the biggest obstacle or safety hazard for people who are unsteady on their feet or using a walker or wheelchair. Threshold ramps can help residents navigate a small rise, or install larger ramps for several stairs. If there isn't enough room at the front door for a ramp, think about a vertical platform lift, which saves space and often is not much more expensive.

Many more products are available to help us stay safe at home as we age — from environmental controls to walk-in showers.

Aging doesn't mean you have to move. There are many solutions to help make your home a safer place to live for the rest of your life.

—

Ron Biasca is owner of
*Broadway Medical Service
& Supply in Eureka.*

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AGING IS AN ART — BY JOHN HECKEL

Listen to Your Home

“The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.”

—Maya Angelou

The operative word in Maya Angelou’s statement is “safe.”

Let me admit at the outset that I feel extraordinarily fortunate to be able to call Humboldt County home. Not Arcata, not Eureka and not even Freshwater: Humboldt County is my home and has been for 45 years.

Let me also confess that I talk to my home. I talk to the redwoods, I talk to the ocean, and I roll down all the windows of my car while driving through Richardson Grove. “Hello! I’m back!” I proclaim. The Grove answers, “Welcome home!” or “We missed you.” When leaving Humboldt County, those giant redwoods always wish me a safe and prosperous journey.

As I get older, I find that the actual house in Freshwater that I call home wants to talk to me, too. Moreover, it wants me to listen. Right now, I am involved in an ongoing dialogue with the stairs leading to the second story. I must go up and down those stairs at least 10 to 15 times a day. They seem most demanding and loudest first thing in the morning:

“Before you jump out of bed in the morning, John, and come down the stairs, pause for a moment and allow your body to adjust to being awake.”

“Hold on here, go slowly. John, stop day-dreaming!”

And this: “Sooner or later, John,

you are going to fall. Then what?”

I have no smart-alecky answer. I know the stairs are right. I mostly respond with a “Yes, I will” or a “Sorry, I’ll do better next time.”

So far, the stairs are just making suggestions, and, early in the morning, an occasional warning. I think at the moment they simply want to be heard. But I know a time will come when they want more, and I hope I will have the strength to follow their advice.

If you are really quiet while slowly moving through the various spaces that define your home, you can hear it speak to you.

Your home will make suggestions: “Please, consider grab bars by the bathtub.”

Your home will give you warnings: “Don’t carry so much stuff down the stairs all at once,” or “Should you really be navigating around all this stuff?”

Maya Angelou says we “ache” for the safe place called home. If we are willing to listen, that home will let us know what it needs for us to remain safe.

Are you listening to all the things your home has to tell you?

John Heckel, Ph.D., a regular *Senior News* columnist, is a former HSU theater and film professor with a doctorate in psychology.

Home Improvements for More Years at Home

By JoAnn Schuch

As we get older and life changes, it helps if the spaces we live in suit those changes. As a kitchen and bath designer, I have had many calls lately to help make people’s homes safer and more comfortable to live in.

Let’s call them “Kathryn and Bob,” a composite of people I’ve talked with over the years. They are in their late 60s, fit but with some of the physical problems we all face.

Being smart people, Kathryn and Bob want to prepare for the future. When I first meet with clients, we talk about how they live and what is important to them. Then we tour the house. Small changes can help a lot, and they don’t have to be expensive.

- No-cost fixes include removing throw rugs or moving a bedroom downstairs. Move items from higher shelves for easy access.

- Valuable low-cost improvements include grab bars and easy-to-install and inexpensive safety equipment like rails on the toilet or bed. Add warm and bright LED light bulbs to improve visibility. Install easy-to-grab faucet and door handles. Consider stair rails leading up to the house or on the deck.

- More expensive solutions can include remodeling a bathroom for safer access to the bath/shower, or adding a taller toilet; I like to give a 36-inch space for the toilet to accommodate someone who needs assistance. Add blocking inside the walls to attach grab bars properly, and new drawers are much easier to open with modern drawer slides. A full bathroom remodel costs an average of \$16,000.

A full kitchen remodel averag-

es around \$26,000, depending on materials and the scope of work. Good lighting over cooking and food preparation areas is important.

Pullout shelves and built-in fixtures can help get bring plates, pots and pans, or food closer to the countertop surface, and lower counters accommodate people in wheelchairs. This increases independence for the person in the wheelchair, and reduces the need to hire caregivers or to leave the home.

I might add a lower sink station or open worktables at 28 to 34 inches high, with an underneath clearance of at least 27 inches (see Nanette Medin’s story on page 16). Any remodel offers a chance to update electrical outlets and lighting. Distant family members might consider a discreet Wi-Fi-connected camera so relatives can check in at mealtimes and visit via the microphone. I installed a NEST camera in my own home and have used it to see that my animals are OK when I travel.

Remodeling is not cheap, but given the cost of assisted living, it might be an expense that is worth considering. With some thoughtful changes, Kathryn and Bob could have many more happy, and safe years in their home.

—
JoAnn Schuch was a caregiver for her family members and is a kitchen and bath designer. She is a co-founder of Redwood Coast Village, a membership organization that coordinates volunteer help for older people living in their own homes. See redwoodcoastvillage.org.

1910 California Street, Eureka CA 95501

HSRC News707 443-9747 • www.humsenior.org**Mary Beth Wolford, 1932-2017**

The Right Person at the Right Time

By Joyce Hayes

It was 1998. HSRC was searching for a new executive director. As interim director, I greeted Mary Beth Wolford when she walked in to apply. Little did I know this would start a friendship to last for years, and admiration for a truly talented and inspiring peer.

Her first question was, “Why aren’t you applying?” I said, “It’s not the right time.” But it was the right time to have Mary Beth spend the next five years as Humboldt Senior Resource Center’s executive director.

It was a time in HSRC’s history for a leader to bring together the team with positive energy, enthusiasm and respect for everything this agency gives to the community.

She celebrated our history with the purchase of the old Washington School from the City of Eureka, placed the 100-year-old building on the National Registry of Historic Places, and successfully raised funds to upgrade and redecorate the aging building.

She inspired staff and was never without a new idea for building team spirit. Every event had a theme, songs, group activities and color coordination. She celebrated aging with determination, youthful ideas and unstoppable

energy. She was also the best storyteller I have ever known.

Under her leadership, we began the new Alzheimer’s Center, conducted a community Aging in Place conference, and made the not-universally-popular decision to acquire an old school bus.

When she wasn’t working at HSRC, her time included purchasing Eureka properties, often historic, which meant the challenges of major renovation projects. She once said to me that each house was like a blank canvas, and it was her passion to create a beautiful picture.

I was fortunate to see her last creation, a celebration of her 85th birthday, on Memorial Day. As always, she made sure we all wore red, white and blue, planned mixers to entertain the guests, and came up with songs to sing with the band.

As always, it was all perfectly planned in the gracious, classy Mary Beth style. We will miss her.

Joyce Hayes is executive director of the Humboldt Senior Resource Center.



Mary Beth Wolford addressing the crowd at the 100th anniversary of the Washington School building (now Humboldt Senior Resource Center). Photo from HSRC archives.



There’s always something humming — or strumming — at the Humboldt Senior Resource Center. Like the HSRC ukulele ensemble, which gathers with instructor Sue Jones (second from left) every Tuesday afternoon for a sing-and-strum-along of musical classics from the 1950s to today. Ted Pease photo.

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** For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.*



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SEPTEMBER SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

1910 California Street • www.humsenior.org

Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.

For more information call Tasha at 443-9747 x1228

Every Weekday			Wednesday (cont.)		
8:30-4	Library		Sept 13	11:30-12:15	Emblem Club serves lunch
9-3	Senior Service Office		Sept 13	11-11:30	LeAnne Moroni performs — <i>Menu page 14</i>
12-3	Billiards				
Every Monday			Sept 20	10-11:30	Commodities distribution
9:30-10:30	Karate with Jerry Bunch		Sept 20	10:30-11:30	Fred & Melissa perform
10-12:30	Mah Jongg		Sept 30	10:30-11:30	Dale Wignet performs
11-1	Back to Basics Line Dancing		Every Thursday		
1:15-2	S.A.I.L. w/Muriel			10-11	Grocery Bingo: Bring 1 grocery item
2:10-3:10	FABS/SAIL by Beth and Lois			10-11:30	Intermediate French class
2:30-4	Memoir Writing Class			11:30-12:15	Lunch — <i>Menu page 14</i>
Sept 4	Labor Day-Center is closed			1:15-2	S.A.I.L. w/ Muriel
Every Tuesday				2:10-3:10	FABS/S.A.I.L. by Beth & Lois
10-11	Harry's Bingo (<i>not Sept. 5</i>)		Sept 7 & 21	10-12	Genealogy group
11:30-12:15	Lunch — <i>Menu page 14</i>		Sept 21	12:30-1:30	Covered CA/Medi-Cal assistance drop-in clinic
12:30-1:30	Bunco (<i>not Sept. 5</i>)		Sept 28	8:30-12:30	Medication Interactions & Consultation
12:15-2:15	Pinochle		Every Friday		
2:10-3:10	FABS/S.A.I.L. by Beth & Lois			9-10	Falun Dafa
3:30-4:30	Tai Chi for Arthritis (<i>Fee required</i>)			10-11	Beginning Tai Chi Movements
Sept 5 & 19	Ukulele Play 'n Sing			11-12	Beginning Yoga
Sept 5	1:30-3:30	Dine & Dance w/Ray, Dave & Lois		11:30-12:15	Lunch — <i>Menu page 14</i>
Sept 19	10-11:30	Rite Aid Flu Shot Clinic		1-4	Bridge Games
Sept 26	11:30-1	CalFresh Info and sign-ups w/Food for People	Sept 1 & 15	1:30-2:30	Conscious Living Book Club
Sept 26	6-9	Stamp Club	Sept 8	10-noon	Low Vision Support Group
Every Wednesday			Sept 8	11-12:15	Grandparents Day Celebration
11:30-12:15	Lunch — <i>Menu page 14</i>		Sept 15	11-11:30	John Nelson & Friends
1:15-2	S.A.I.L. w/Muriel		Sept 15	10::30-12	Luau
1:30-3:30	Intermediate Line Dancing		Sept 22	10:30-11:30	Val Leone & Friends
2:10-3:10	FABS/S.A.I.L. by Beth & Lois		Sept 29	11:30-12:15	Birthday Celebration
Sept 6	11-11:30	Ella & Sam Sing-a-Long	Sept 29	10:30-11:30	Accordianaires perform
Sept 6 & 20	1-2	Caregiver Support Group	Saturday		
		Alzheimer's Library,	Sept 2	Noon	No scheduled lunch
		1901 California St., Bldg. B, 2nd Flr., Eureka	Sept 16	Noon	Nooners-Adels in Eureka

Fortuna Dining Center

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

Lunch: Tuesday-Friday at noon - *Menu page 14*

Tuesday			Thursday		
	12:00	Lunch	Sept 7 & 21	12-1:30	Lunch
					<i>Caregiver Support Group</i>
Wednesday					United Methodist Church
Weds.	12:00	Lunch			Fireplace Room
Sept 6	5-8	BINGO			922 N Street, Fortuna
	10:30	Music w/Bill & Corena			<i>For info 443-9747</i>
Friday					
	12:00	Lunch	Sept 1	12:30-1:30	Rite Aid Flu Shot Clinic
			Sept 8	noon	Grandparents Day Lunch
			Sept 29	noon	Birthday Lunch

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road

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Every Monday			Every Tuesday		
	8:30-9:30	Tai Chi		9-11	TOPS
	10:30	Walking Group at Hiller Park		9:30-10:30	S.A.I.L. Class
	12-3:30	Computers* (<i>*call for availability</i>)		10:40-11:40	Stretching
		Party Bridge		12:30-3:30	Bingo
Sept 4	1-4	Labor Day-Center is closed		1:30-2:30	Exercise
Sept 25	11-12	Low Vision Workshop	Every Wednesday		
Every Tuesday				8:30-9:30	Tai Chi
	9-11	TOPS		9-12	Computers* (<i>*call for availability</i>)
	9:30-10:30	S.A.I.L. Class		10-12	Needlework
	10:40-11:40	Stretching		10:30	Walking Group at Hiller Park
	12:30-3:30	Bingo		1-4	Pinochle
	1:30-2:30	Exercise	Sept 6	10-11	Genealogy
Every Wednesday			Sept 20	10:30-11:30	Executive Board Meeting
	8:30-9:30	Tai Chi	Sept		Monthly Luncheon cancelled
	9-12	Computers* (<i>*call for availability</i>)	Every Thursday		
	10-12	Needlework		9-10	Tai Chi (\$3 donation)
	10:30	Walking Group at Hiller Park		9-11	Katie's Krafters
	1-4	Pinochle		10-11:15	Chair massage w/Pete (<i>donations accepted</i>)
Sept 6	10-11	Genealogy		10-11	Senior Aqua Aerobics
Sept 20	10:30-11:30	Executive Board Meeting			\$5 fee-HealthSport (<i>prior registration required</i>)
Sept		Monthly Luncheon cancelled		12:15-1:15	Learn Tech with Brett
Every Friday				12:30-1:30	Tai Chi for Beginners
	8:30-9:30	Tai Chi	Sept. 7	11-12:15	Cal Fresh Sign-up assistance
	10:30	Walking Group at Hiller Park	Sept. 14	10:15-11:15	Swing 'n' Sway Trio
	1-4	Pinochle	Sept. 14	10:30-11	Commodities Distribution
Sept 29	10-11	Full Board Meeting (<i>Open Meeting</i>)	Sept. 28	noon	Good Neighbor Celebration

Arcata Community Center

An HSRC Dining Center

321 Dr. Martin Luther King Jr. Parkway

Lunch: Tuesday-Friday at noon

Call Vanessa at 825-2027

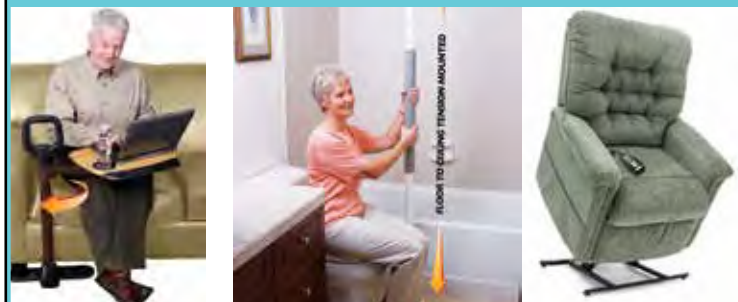
Mondays			Every Tuesday		
Sept 11 & 25	11-12	Silver Quills Writing Group		9-11	Katie's Krafters
Every Tuesday				10-11	Senior Aqua Aerobics
					\$5 fee at HealthSport-Arcata (<i>prior registration required</i>)
				10-11:15	Karaoke
				10:30-11:30	Gentle Yoga
				11	Bread distribution
				12:30-2	Bead Jewelry Craft Class
Sept. 5, 19	10-11	Caregiver Support Group			Mad River Community Hosp.
					Minkler Education Room
					3800 Janes Road, Arcata
					<i>For info call 443-9747</i>
Sept. 5 & 19	10	Walking Group w/Mary Ann			
Sept. 26	10:30-12:30	Rite Aid Flu Shot Clinic			
Sept. 26	2	Arcata Marsh Slow Walk	Every Wednesday		
Every Wednesday				10-11	Chi Gong- <i>RSVP 443-8347</i>
	10-11			11	Bread distribution
	10-11			10-11	Tai Chi for Arthritis
Sept. 6 & 27	10-11:15	Dance with Old Gold Band	Every Thursday		
Every Thursday				9-10	Tai Chi (\$3 donation)
	9-10			9-11	Katie's Krafters
	10-11:15	Chair massage w/Pete (<i>donations accepted</i>)		10-11:15	Senior Aqua Aerobics
	10-11				\$5 fee-HealthSport (<i>prior registration required</i>)
				12:15-1:15	Learn Tech with Brett
	12:30-1:30	Tai Chi for Beginners		12:30-1:30	Tai Chi for Beginners
Sept. 7	11-12:15	Cal Fresh Sign-up assistance			
Sept. 14	10:15-11:15	Swing 'n' Sway Trio			
Sept. 14	10:30-11	Commodities Distribution			
Sept. 28	noon	Good Neighbor Celebration			
		Bring a friend to lunch.	Every Friday		
Every Friday				10-11:30	Ping Pong with Pete
	10-11:30	Driving Class w/AARP	Sept. 1	9-2	Site Advisory Council
	Off Sept.	Music with the Half Notes	Sept. 15	10:30-11:15	Birthday Party & Celebration
Sept. 29	11:15-12:15		Sept. 29	11:15-12:15	

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— Laura Ingalls Wilder (1867-1957), author



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September is Local Food Month



Join Kevin and Melanie Cunningham, son Clyde and their oxen, Tex & Joseph, at Shakefork Farm in Carlotta in celebrating Local Food Month in September, an observation of Humboldt's local food, farmers and the season's abundance. For information about Local Food Month events, contact the North Coast Growers Association at farmers' markets, at 441-9999, or go online to localfoodmonth.org. Photo courtesy of Shakefork Farm

September Dining Menu



Humboldt Senior
Resource Center

Nutrition & Activities Program

FIRST WEEK

Sept 1 Cheeseburger

SECOND WEEK

Sept 4 Labor Day-All Sites Closed

Sept 5 BBQ Pork Rib

Sept 6 Mediterranean Chicken

Sept 7 Butternut Ravioli

Sept 8 Chicken Cordon Bleu

Grandparents' Day

THIRD WEEK

Sept 11 Dining Centers closed

Sept 12 Tayler's Broccoli Cheese Soup

Sept 13 Karen's Blackberry Salad

Sept 14 Pot roast w/Gravy

Sept 15 Taco Salad—*Co-op Local Day*

FOURTH WEEK

Sept 18 Dining Centers closed

Sept 19 Spaghetti w/Sausage Meat Sauce

Pork donated by Pacific Clears

Sept 20 Cheese-filled Shells

Sept 21 Baked Western Omelet

Sept 22 Chinese Chicken Salad

FIFTH WEEK

Sept 25 Dining Centers closed

Sept 26 Chicken w/ Fire-Roasted
Tomatoes

Sept 27 Old-Fashioned Goulash

Sept 28 Pork Roast

Sept 29 Beef Ravioli + *Birthday Cake*

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee.

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LOW-FAT OR NONFAT MILK IS SERVED WITH EACH MEAL

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Eureka • 442-1181

Fortuna • 725-6245

Walking to End Alzheimer's

By Kim Coehlo

Hundreds of Humboldters will don purple and converge on Halvorsen Park in October to fight an implacable and devastating foe.

Teams participating in the annual Humboldt Walk to End Alzheimer's hit the streets in Eureka at 9:30 a.m. on Saturday, Oct. 14, to raise money to combat this disease.

With one in three seniors diagnosed with a dementia-related illness, Alzheimer's is a disease that is going to impact everyone.

Studies find that Americans fear developing Alzheimer's disease more than any other major illness, including cancer, stroke, heart disease and diabetes. Part of the fear stems from the fact that Alzheimer's is the only disease among the top 10 that cannot

be cured, prevented or even slowed.

Every day, 1,000 more Americans are diagnosed with Alzheimer's. With 10,000 baby boomers turning 65 every day, the numbers will only escalate.

Get your family and friends together and form a team to help fight this awful illness at this year's Humboldt Walk to End Alzheimer's. There is no fee to register and no limit on team size.

To find out how to participate, contact Coelho at 296-9060 or kcoelho@alz.org. Or register at act.alz.org/humboldt2017.

Kim Coehlo is manager of the Alzheimer's Association Humboldt Walk to End Alzheimer's.

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- Refreshments & local wines & beer
- Tasty plates from local vendors
- Glitter tattoos & a crafts station
- A silent auction full of treasures



Tickets

PRESALE: \$40 members, \$50 non-members
AT THE GATE: \$50 members, \$60 non-members
Children 13-21 are half price • Children under 12 - FREE
Food, libations & activities are included in ticket price.

Humboldt Botanical Garden is located at the north entrance to College of the Redwoods
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Comfortable in My Sit-and-Stand Kitchen

By Nanette Medin

Physical changes are part of aging. Healthy life-style choices can help minimize the impact of this process, and we can prepare for these changes to improve our chances of living independently in our own homes.

As an oncology nurse practitioner, I often helped people when their treatments or their disease sapped their strength. Many said that standing to prepare and cook food made them too tired to eat.

This challenge became very real to me when my mother and her twin sister came to live with me. They were 86, and my aunt's health was failing. Mom had always eaten at least three meals and several snacks daily, but over the next few years she became less able to prepare meals.

The problem was standing — washing, chopping and cooking required her to stand, and she just could not do it. She could practice tai chi for an hour, or walk her dog half a mile, but standing caused pain in her back and legs that didn't go away when she sat down.

Four years later, I was diagnosed with a tumor in my back. Doctors couldn't remove it completely without injuring the nerves to my legs and making me paraplegic. I would have been in a wheelchair for the rest of my life.

Good, wholesome food has always been a high priority for me. so I decided to design a kitchen



MOVEABLE FEAST — Thinking ahead to a time when she may be in a wheelchair, Nanette Medin has redesigned her kitchen to permit food preparation while either sitting or standing. “I love this kitchen,” she says. Dave Van de Mark photo.

where I could prepare meals while either sitting or standing. After much research, I now have my own sit-or-stand kitchen. The following are some of the adaptations.

Counters are lower — desk height — so I can sit at the counter on a rolling office chair to work.

A wheeled cart, open on one side, is stored under a cabinet and can be used as a moveable work surface and cutting board while sitting. Placed next to the sink, it is easy to access, where I can trim and cut cleaned produce.

The stove is an electric cooktop with knee space below to allow sitting while stirring. The oven is at counter height, opening to the side like a microwave.

My low counters would be uncomfortable for a taller person but cutting boards with short legs can raise work surfaces as adaptations for multiple users.

Outside in the garden are raised beds, concrete open areas and paved walks with large planters on wheels to allow easy access.

I am still an able-bodied 71-year-old today, but after a day of gardening I enjoy the option of sitting to wash and prepare vegetables or stir a risotto.

More adaptations will be required if I become wheelchair-dependent, but I'm ready for what comes.

Nanette Medin, 71, of McKinleyville is a former oncology nurse practitioner and current member of the HSRC Board of Directors.



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Stand Up for Veterans

By Dave Rosso

Every year we come together to salute those who have served their country. One such moment comes next month — the 13th annual North Coast Stand Down — and event organizers need your help.

The Stand Down connects service organizations with military veterans to provide with a wide range of support. The event at the Humboldt County Fairgrounds in Ferndale runs Friday-Sunday, Oct. 6-8.

Organizers are looking for local individuals and groups who can help veterans with everything from clothing and haircuts to eye care and veterinary services for their pets. The list of needed goods and services includes clothing, outdoor gear, eye glasses and hearing aids, bicycle/wheelchair maintenance, veterinary care and

grooming, massage, acupuncture, haircuts, bus passes, résumé writing, medical, mental health, dental or vision care, and more.

If you can volunteer for the Stand Down, or have services or items to donate, call HSU Vets at 826-6272.

Free transportation in pet-friendly vans will be available for veterans and their families to and from the Stand Down in October, running from McKinleyville and points south to Ferndale. Need a ride? Call 834-0029.

“If you are houseless and would like to stay over with us for a couple of nights, we provide cots, blankets and hygiene kits,” organizers say.

—
Dave Rosso is an Air Force veteran, a journalist and a member of the Senior News advisory board.

September Community Calendar

Bigfoot Bonanza

Willow Creek hosts its annual homage to Humboldt’s hairy hominid — Bigfoot — Sept. 2-3, starting with the Bigfoot Parade down Main Street at 10 a.m. Saturday, followed by two days of live music, oyster feed and BBQ pit, logging contests, lawn mower and kids’ bike races and a Bigfoot-calling contest. Visit the town museum, home to the world’s largest collection of Bigfoot curios. See bigfootcountry.net.

‘Healing Journey’ Conference

The Breast and GYN Health Project’s free mini-conference, “Cancer as a Turning Point,” will be Saturday, Sept. 9, 3-5 p.m. at Sequoia Conference Center, 901 Myrtle Ave., Eureka. Pre-register at healingjourneys.org.

Walk with a Doc

Open Door Clinic’s doctors don’t just talk the talk — they walk the walk. And they want your company. Join Open Door doctors the first Saturday of every month in a community physician health walk. Dr. May Hong will lead this month’s walk on Saturday, Sept. 2, at 10 a.m., along the Hammond Trail in McKinleyville. Meet at Hiller Park. Info: 443-4593, x3625 or jallen@opendoorhealth.com.

Run for Office

Ever thought about running for office, serving on a board or getting more involved in your community? Get practical tips and advice at a “Run, Serve, Lead!” seminar by the North Coast People’s Alliance. Elected and appointed leaders will answer questions about running campaigns and serving in public office, 6-8 p.m., Sept. 22, Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville.

North Country Fair

The 44th annual North Country Fair takes over the Arcata Plaza on the weekend of Sept. 16-17 with hundreds of booths, performers, activities and vendors, and the All-Species Parade at 1 p.m. Saturday, and the Samba Parade on Sunday at 1 p.m. This year’s theme is “Sanctuary for All” to celebrate Arcata as “a cultural and political refuge for threatened humans as well as flora and fauna.” Ironically, dogs and other pets not welcome. See northcountryfair.org.

Go Wild at the Zoo

Join the flamingoes, otters, reptiles and other critters in celebrating the 110th anniversary of the Sequoia Park Zoo in Eureka. It’s a free afternoon of fun and games for all ages on Sunday, Sept. 24, from noon to 6 p.m. Enter the “Glam Your Flam” flamingo-decorating contest, or decorate a cake in the “Bake a Beast” competition. The free afternoon at the Zoo is sponsored by Shafer Ace Hardware. Call 442-5649, x203 for information.

Free Produce Markets

Food for People, Humboldt County’s food bank, offers four free produce markets for low-income households in September. **Eureka:** Thursday, Sept. 21, noon-2p.m., Food for People, 307 W. 14th St.; **Fortuna:** Wednesday, Sept. 20, 11:30 a.m.-1:30 p.m., Fortuna Adventist Community Services, 2331 Rohnerville Road; **Redway:** Tuesday, Sept. 12, 12:30-1:30 p.m., Redway Baptist Church, 553 Redway Drive; **Garberville:** Tuesday, Sept. 12, 10:30 a.m.-noon, Garberville Presbyterian Church, 437 Maple Lane. Call Food for People, 445-3166, for information.

North Coast Co-op Events

September 6 • Wellness Wednesday

The first Wednesday of every month, save 10% off our entire Wellness Department.

September 5, 12, 19, 26 • Senior Day

Seniors 60 and over receive a 5% discount on Tuesdays. No membership needed, but we’d love for you to join!

September • Humboldt Local Food Month

Celebrated every September, join us for such events as farm tours, movies, dinner, classes, and much more! Join others in the Eat Local Challenge. More information at www.localfoodmonth.org



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Irene Malloy, Happy at 100

By Betsy Goodspeed

As a pioneer in early television, I interviewed the likes of Ginger Rogers and Vincent Price, but it excites me more these days to ask what keeps a woman's mind sharp at 100. Probably because I'm 90.

Irene Malloy is a bright star who chases away rain clouds. "I never thought I would live to be 100," she said.

A few minutes later, her voice was strong as she talked to her daughter on her cell phone. When I asked what invention she found most important in 100 years, she said cell phones. Plus cars and planes.

When her parents arrived in Eureka in 1914, the only way to get here was by boat — she calls her first car a "puddle-jumper."

Irene moved into assisted living after a fall. She recalls her doctor telling her, "There's good news and bad news. You don't have to have an operation, but a broken pelvis takes longer to heal." Going for five days without a shower was the hardest part, she said.

The best part of Irene's life was her second marriage and having two children, she said.

Irene wanted to travel when her husband retired from the railroad, but he had traveled enough. "His friends called him Molly," she laughed. "I thought they were talking about a girl until I found out that he was the nicest man I ever met."

She and Molly had three grandchildren and now she has a great-great-grandchild.

Now her favorite pastime is reading, because she didn't have time when she was a mom. At 100, she's content to spend time with a good book.

She's willing to wait and find out about the afterlife.

After she fell and broke her hip, Irene says she dreamed her mother told her not to come because her time wasn't up yet.

Knowing people like Irene Malloy is enough reason for me to become invested in friendships at this stage of my life.

Betsy Goodspeed, 90, of Eureka is a retired TV host who has published two novels. She plans to conduct memoir-writing classes at Alder Bay Assisted Living.



Irene Malloy



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ASK THE DOCTOR . . . From Page 5

in life? How do you want to spend your time? What is an acceptable quality of life? What would you want for yourself if you have loss of memory or physical function? And with whom will you share the answers to these questions?

9. Know your own worth: We live in a youth-crazed culture, but life experience is something we can offer as we age. There is a growing interest in understanding the science behind wisdom, and how that might correlate with age. It takes longer sometimes for elders to retrieve thoughts, but that may be because there is a lot more data to sort through than someone with a younger brain. From my own experience as a physician, I have learned

a great deal even from my patients with advanced dementia, including redefining in my own mind what makes us human. It's not our productivity and what we "do" all day.

I would sum all this up this way: Plan, Play, Think, Know Yourself, and Share Your Wisdom.

Dr. Jennifer Heidmann is the medical director and primary medical care provider at Redwood Coast PACE (443-9747), and a regular Senior News columnist. Her 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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—Jane Austen (1775-1817), English novelist

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“I have a two-story house and a bad memory, so I’m up and down those stairs all the time. That’s my exercise.”

—Betty White, actress

Eureka's Jewel — Mr. Carson's 'Eclectic' Mansion

By Ted Pease

Everyone knows Eureka's Carson Mansion, the monument of Victorian architectural excess at the corner of 2nd and M streets overlooking the waterfront.

The breathtaking structure, an ecstasy of Queen Anne-style architecture, is "one of the most written about and photographed Victorian houses in California, and perhaps in the United States," says the Eureka Heritage Society.

But long before the fanciful home of lumber baron William Carson was taken over by the private Ingomar Club for the pleasure of Eureka's movers and shakers, the 18-room, 16,000-square-foot mansion dominated the city's waterfront, which bustled with shipping, fishing and, especially, lumber mills.

Carson was one of the first great Eureka lumber barons, shipping the first load of lumber from Humboldt to San Francisco in 1854. Born in New Brunswick, Canada, in 1825, Carson came to California in 1849 as part of the Humboldt gold rush. But he soon traded panning for a crosscut saw, felling the first tree for sale in Freshwater in 1850. He went into the lumber business fulltime in 1852.

Thirty years later, the former sawyer decided to construct a home befitting his character and social status. Famously, he said of his ostentatious house, "If I build it poorly, they would say that I am a damned miser; if I build it expensively, they will say I'm a show off; guess I'll just build it to suit myself."

As shown in this undated aerial photograph of the Eureka waterfront, Carson's house was built right in the middle of his lumber operations, where he could keep an eye on things at the mill and lumberyard from atop a 103-foot-tall tower.

Facing southwest down 2nd Street, across M Street from "The Pink Lady" — another grand Victorian built as a wedding present to the Carsons' son, John — the Carson Mansion was surrounded by industry for the first half of the last century.

The aerial photo shows stacks and stacks of redwood planks across the full block behind the mansion — where the Eureka Public Library sits today. The railroad runs alongside the property and through the Carson millworks into what is now



'THE MANSION' — "The Carson Mansion is a fairytale-like structure, with gables, turrets, cupolas, complex windows, porches and pillars," says the Ingomar Club's website. That's a somewhat understated description of one of nation's grandest and most fanciful Victorian-era homes, built by timber magnate William Carson on the Eureka waterfront 131 years ago. In this undated aerial view taken in the 1930s-'40s, the mansion and surrounding millworks dominated the northeast section of Eureka from what is now Old Town to beyond Halvorsen Park and where the Samoa Bridge leaps over the bay today. Photo courtesy of the Humboldt County Collection, Humboldt State University Library.

Old Town.

More lumberyards and warehouses occupy all the space between 2nd Street and the Bay, where ships could load lumber directly from the yard. That's where the Adorni Center, the Aquatic Center and Halvorsen Park are today.

Five blocks northeast of the Carson home is the mill itself, about where R Street became State Highway 255 upon completion of the bridge to

Samoa in 1971.

Much has changed since the Carsons left Eureka in 1950, and local businessmen purchased the property for \$35,000. But Mr. Carson's mansion remains just as opulent today as when the prosperous lumberman built a house on the waterfront to suit himself and his family 131 years ago.

—
Ted Pease is editor of *Senior News*.

Letters to the Editor

Firewood Program

To the Editor:

This letter is in regards to the firewood program for senior citizens that is hosted by the Humboldt Senior Resource Center.

I have a senior citizen family member — my sister-in-law — who participates in the firewood program for seniors. She is a retired Eureka City Schools playground/program aide. She is a very low-income person who suffers from Graves disease. She is divorced and has no local support except my wife and me.

Her only source of heat for many years has been a woodstove. She does not own a pickup truck or a chainsaw, nor does she have the physical ability to provide for collection of her own firewood.

Every year, my wife and I provide a pickup and trailer, usually drafting my son as well, to transport firewood for her from the low-income sale at the Sheriff's wood yard. It's a lot of work for us, but would be so much harder to accomplish if not for this very meaningful and much-needed program.

I cannot thank the agencies and people involved enough for this true boon to my family. We are truly blessed to live in such a great community.

—**Jerry Robinson**, Eureka
HSRC Transportation Manager

Editor's note: Jerry Robinson's letter comes in response to a Times-Standard column ["Burning firewood is an airborne public health hazard," Aug. 5] by Brian Moench, a Utah doctor who is chairman of Doctors and Scientists Against Wood Smoke Pollution. Moench is critical of HSRC's low-cost firewood program, which has provided 700 cords of firewood to low-income seniors so far this year.

Social Security and Medicare

To the Editor:

Are Social Security and Medicare programs in danger? An increasingly asked question after President Trump's budget proposes major cuts in Medicaid and Food Stamp programs relied upon by many seniors.

There is also renewed interest by some Republicans in Congress to "privatize" both Social Security and Medicare by turning the financial and administrative aspects over to Wall Street, whose reputation plummeted after the recent "Great Recession," which was a disaster for many seniors, financially and psychologically.

The intent of this letter is to inform, hoping you pay attention to policies affecting all seniors.

—**Bruce M. Haston**, McKinleyville
Professor Emeritus, Humboldt State University

About Obituaries

To the Editor:

Obituaries are usually very long and often full of information not very interesting. Senior News could read through the Times-Standard obits and glean out one or two sentences that are interesting and are reflective of the life the person lived.

For instance, my neighbor and friend died last December. Her son wrote an obituary. Some excerpts are: "She was a geology major at Mt. Holyoke College and met her husband at a school dance"; or "She was a Cub Scout den mother, played violin in the local orchestra, created many things on her sewing machine"

This is just an idea of taking sentence or two out of the regular long obituary.

—**Ron Duffy**, McKinleyville

Editor's note: Prompted by a column by John Heckel ("Help Wanted as Friends Pass Away," May 2017), Senior News and its community advisory board are considering ways to recognize the passing of North Coast seniors, and to honor their lives. We don't have the space to "go into the obit business," as one board member put it, but we don't want to ignore this essential part of living. The conversation continues.



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- Adult Day Health & Alzheimer's Services: Work with participants, or help in the office. Contact Robby Annis, 443-9747.

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