



# The Health of Humboldt

## The Access Issue

By Candra Day

When I began working at the McKinleyville Senior Center last year, I was dismayed to learn that many of our people did not have a primary-care physician, even people in their 80s and 90s.

Seniors would often tell me that their longtime doc had recently retired and they couldn't find a replacement. And I learned from my own experience, as a newcomer to Humboldt County, that many primary care physicians were not accepting any new patients.

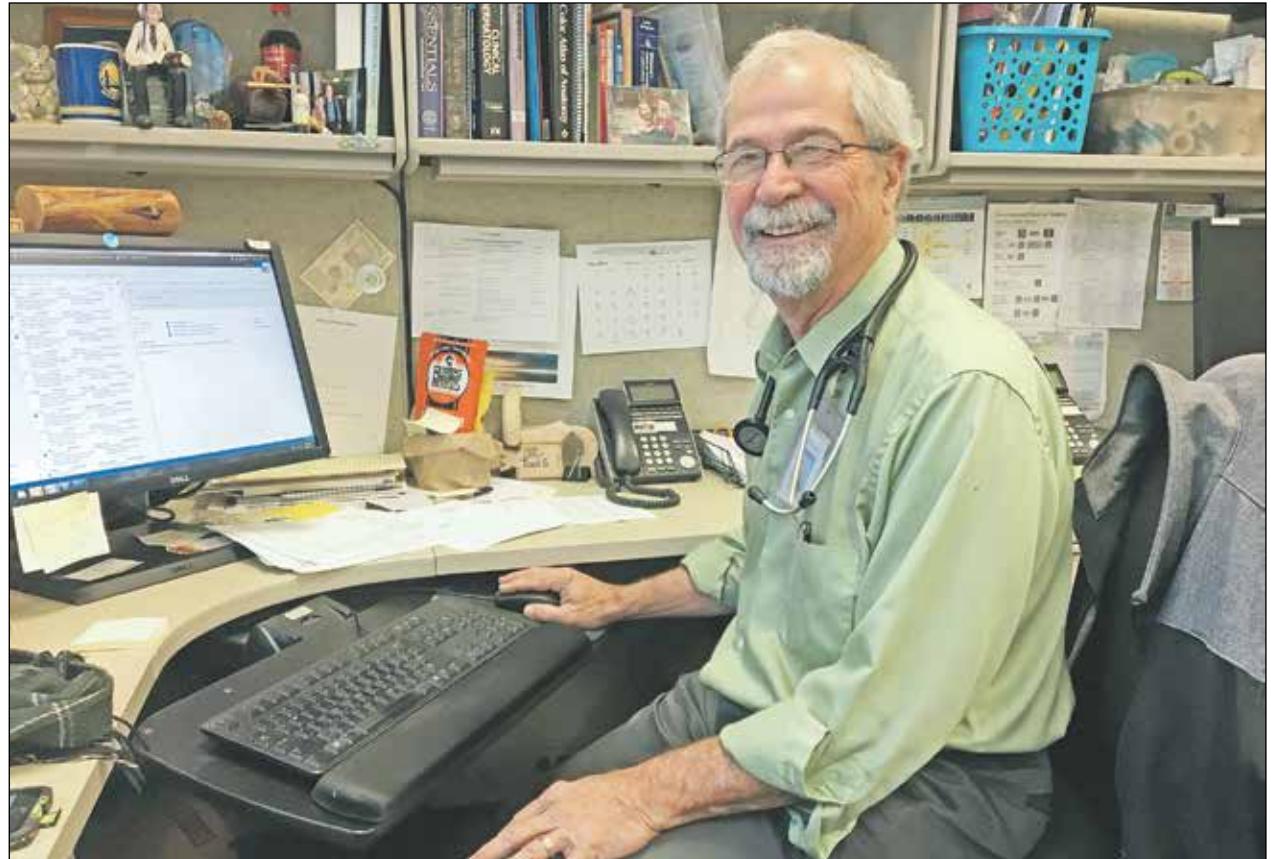
I soon realized that the situation at our Senior Center was the same countywide.

Most people think of healthcare access as a workforce issue, and certainly, the critical shortage of doctors and other medical providers in rural areas is the most obvious barrier to care. Actually, however, many factors limit healthcare access, many of which are responsive to grassroots community action.

In discussing the access question, the online Rural Health Information Hub ([ruralhealthinfo.org](http://ruralhealthinfo.org)) includes variables such as availability of services, patient financial means, transportation, communication with providers, health literacy, and social stigmas attached to care (mental health, for example). Other barriers to good health include poverty and social isolation.

By federal standards, Humboldt County is certainly underserved in terms of numbers of health providers, but other rural California counties have

Continued on Page 8



THE DOCTOR IS IN — Dr. Bill Hunter, Open Door's medical director, in his Eureka office. Ted Pease photo.

## Open Door Doc 'Feeling Upbeat'

By Ted Pease

It's always a good thing when your doctor says he's optimistic. So when Dr. Bill Hunter, medical director of Open Door Community Health Centers, says he's feeling upbeat about prospects for health

care, all of Humboldt County should perk up.

"I'm feeling upbeat because we just hired two new doctors in the last week," Hunter said. "We have six family practice residents and three nurse

Continued on Page 18

**SINCE 1981**

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**HUMBOLDT SENIOR RESOURCE CENTER**

**'Good' Health Care**

Page 5

**VA, Guns & Libraries**

Page 20

**Eureka's 1st Graveyard**

Page 21

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# TEDtalks: Sick in Humboldt

By Ted Pease

Everyone I know has a version of this complaint:

- *"I can't find a doctor."*
- *"I can't get in to see my doctor for five weeks."*
- *"I had to drive to Santa Rosa (or SF or Medford) to see someone about that."*
- *"My friends had to sell their home and move away to be closer to health care."*

Being sick in Humboldt is not for sissies. Sure, there are great healthcare resources and dedicated doctors here, but everyone agrees that there just aren't enough of them. Or nurse practitioners, physician assistants, dentists or a laundry list of specialists from oncologists to cardiologists to urologists.

This problem will be getting worse, not only in Humboldt County — nationwide, the shortage will be 120,000 physicians by 2030, the American Association of Medical Colleges reported last year.

"Without adequate physicians, patients may experience long wait times, receive

delayed medical attention, and be limited to care from non-physician providers," Forbes magazine said in March.

Sound familiar?

When Senior News started talking about an issue on medical care, one question was whether it was fair to focus on complaints, because there are plenty of great docs and other health providers here. So, should the issue be called "Sick in Humboldt" or "Healthy in Humboldt"?

It turns out that healthcare providers themselves come down somewhere in the middle. "The reality of our care here is more complex than good or bad," says Dr. Jennifer Heidmann, medical director of Redwood Coast PACE. "I think people assume there is 'better' care elsewhere. This may or may not be true."

So we call this issue "The Health of Humboldt," trying for a big-picture view of the health of health care here, good and bad — where we've

been, where we are, and where we're going.

We lead off with two overview pieces to summarize many of the issues, and other docs and civilians chime in with their perspectives on the healthcare landscape.

After several years of tough times, there is good news to report in Humboldt health: 18 new family medicine physicians will move to Humboldt over the next three years, starting with six new residents this month. ("Where do I sign up?" many are thinking.) And a \$2 million grant from St. Joseph Health will kickstart a new nursing program partnership with Humboldt State and College of the Redwoods in 2020.

It's much too big a topic to get our arms around in just one issue, so we will revisit the healthcare question again and again until we feel better.

—

**Ted Pease**, editor of Senior News, holds a doctorate, but the wrong kind to be of much use.



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## In This Issue

### HUMBOLDT HEALTH FEATURES

The Access Issue .....	1
'Upbeat' at Open Door ...	1
How We Got Here .....	3
New MDs Coming .....	3
One Doc's Long View .....	4
Health Insurance .....	7
New Doctor Roster .....	8
Hospice's Role .....	9
Rocker Shoes .....	17
Nursing Program.....	23

### COLUMNS

Tedtalks: Sick .....	2
The Doc: Good Health ....	5
Goodspeed: Questions ...	6
Kellermann: Wellness ....	8
Heckel: Welcome, Doc ..	10
Rainwater-Gish: Happy.	16

### CALENDARS

Senior Centers .....	12-14
Community Events .....	19

### HSRC NEWS

Arlene at 98.....	11
Martinis for HSRC .....	15
Honoring Elders .....	15

### & ETC . . .

Blackberry Pies .....	17
Letters to the Editor.....	20
Then & Now.....	21
Crossword.....	22
Interesting Stuff.....	23

### COMING NEXT MONTH

#### OUR PETS

Trusts & Estates  
Conservatorship  
Dispute Resolution  
Medi-Cal Planning  
Special Needs Trusts

# How We Got Here: Doctoring Then and Now

**By George Ingraham, M.D.**

Health care in Humboldt in the 1960s wasn't very different from the 1890s.

Most doctors practiced solo. They rented an office, hired a receptionist and perhaps an assistant or a nurse, and took out a loan to buy some equipment. Patients, after home remedies and pills from the drugstore hadn't worked, made appointments or dropped in.

Sometimes the doctor came to your house.

The receptionist took a check or cash, or sent a bill at the end of the month. At the end of the day, someone took the day's cash receipts to the bank.

There was no medical insurance as we know it today. Medical care was not very expensive and, compared to today, it wasn't very effective. The healthcare "system" was disorganized, independent, and mainly solo practices by doctors who set their own scope of practice, office hours and, of course, fees.

All of that changed in the 1970s. I was at a meeting at St. Joseph Hospital with some local doctors and insurance folks from San Francisco. We knew they were big-city business types: they had flared trousers, wall-to-wall neckties, and they said things

like "prioritizing our options" instead of "deciding what to do first."

They represented a new invention called a PPO — "preferred provider organization." This was a medical insurance company that would reduce premiums by contracting with doctors to provide services at reduced fees. Policyholders (patients) would have only an annual premium to pay for all their health problems — no more budget-busters from unexpected emergencies, as long as they had seen a "preferred" provider.

Doctors, as long as they had signed up to be discount . . . oops, "preferred" providers . . . would get paid; no more "no pays or slow pays."

What about doctors who opted out? The insurance folks said they'd recruit their own and set them up in the community, and freeze out docs who didn't sign up — an early indication of how the insurance industry was poised to earn a profit from health care.

In the 1990s, PPOs were followed by HMOs (health maintenance organizations), which promised the same benefits, and guaranteed "negotiated" fees to the doctor. ("Negotiated" meant that the

doctor either signed a fee agreement, or lost patients to doctors who had.)

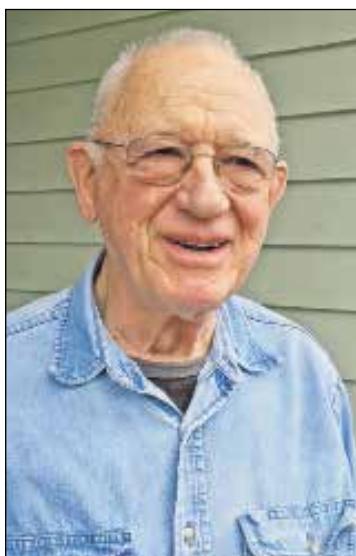
This, added to burdensome and expensive required computerized recordkeeping and regulations, led to the closing of many single-doctor practices and the rise of group practices. Some older solo docs turned off the lights and rode off into the sunset. Some younger solo docs turned out the lights and went to business or law school (one friend went to divinity school — not much chance of the government or insurance companies taking much interest in that).

Those are a few of the reasons why we are where we are today. The solo doctor is mostly gone, but so is the rare doctor who set fees too high or did unnecessary surgery. Inexpensive lab tests are gone, but today's labs reveal problems nobody knew existed. Computerized scans yield information that was unobtainable a few years ago, information that saves lives, but at great expense.

Something else has changed for the better in the past 50 years. In 1970, Eureka had two female physicians. Today, almost half our docs are women. They're marvelous. My physician is one of them.

---

**George Ingraham, 83, of Eureka is a retired ophthalmologist who practiced in Humboldt County starting in the 1960s, and hung up his white coat 16 years ago.**



**Dr. George Ingraham**

## To The Rescue: 6 New Primary-Care Docs Start in July

**By Christian Hill**

To get a sense of the healthcare crisis in rural America, all one has to do is search online for "rural hospital closures," and an array of ominous headlines populates the screen.

Nearly one-fifth of the nation's rural hospitals are "nearing insolvency," according to Modern Healthcare, reporting a study by health care consulting firm Navigant that finds that 430 of the country's 2,045 rural hospitals

are at risk of shutting their doors.

From a healthcare standpoint, that can be lethal to a small community, forcing people to travel farther for acute care, which diminishes the likelihood of healthier outcomes. In addition, most hospitals in geographically isolated areas are major employers. Closures or reductions in services and staff can have a profound negative economic effect on the community.

The health of most hospitals depends on its community of physicians. The more physicians refer services to a hospital, the greater likelihood that the hospital can create enough volume to sustain its operational overhead and invest in technology and service lines.

Primary care physicians are at the heart of any community's physician base, but there is trouble in that sector, too. A study released last year by

researchers at the University of California, San Francisco concluded that California will be short 4,700 primary care doctors by 2025, and by as many as 8,800 by 2030.

Here in Humboldt County, one of California's most picturesque but remote regions, St. Joseph Health is hoping a new strategy to recruit and

**Continued on Page 4**

# After 44 Years, Dr. Jack Takes the Long View

*By John Heckel*

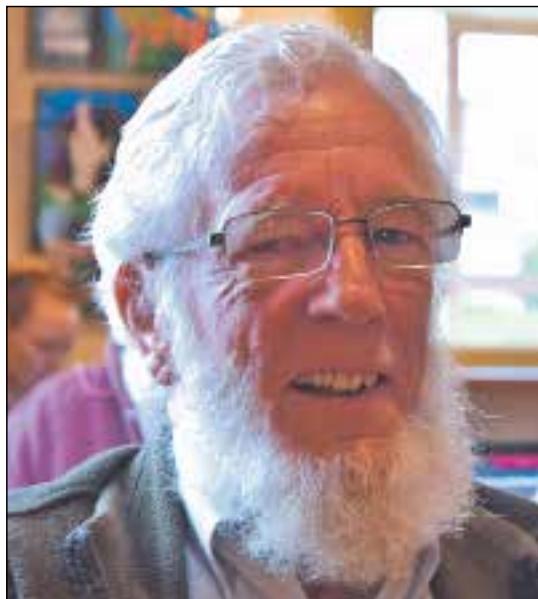
Few people have seen as many changes in the practice of medicine in Humboldt County as Dr. Jack Irvine. Now retired, Jack joined Eureka Internal Medicine in 1975 at the age of 33.

Yes, "Jack." I prefer my conversations with medical people to be on a first-name basis. It might be my way of empowering myself in a world that so easily intimidates, or it may suggest a desire for an increased level of intimacy with the people who will help guide me through the final stages of my life.

Try it sometime, when next you visit your doctor. Use her first name, and check in with how that makes you feel. You might surprise yourself.

When talking to Jack about his 40-plus years of Humboldt County medicine, one gets the feeling that he has spent his life doing exactly what he wanted. I also detected a sadness and regret, mixed with an occasional glint of optimism, as he reflects on how the practice of medicine has changed.

He regrets what he calls "the erosion of the



primary doctor-patient relationship." He remembers doing hospital rounds and checking in with patients with whom he had a history and relationship. Today, with the advent of "hospitalists" — physicians who specialize in treating in-hospital patients — people still have to wait to see the doctor, but they have no idea for whom they are waiting.

Jack's sadness about his field emerges as he talks about spiraling healthcare costs, and the lack of medical care for so many of our citizens. He shares concerns that recruiting healthcare professionals to small communities like ours is an ongoing challenge.

But Jack is also hopeful. Some good things

have happened over his 40 years in medicine.

"There have been profound and accelerating technological changes in medical practice," he said. "I saw the birth of ICUs, coronary-bypass surgery, the advent of organ transplantation, kidney dialysis,

joint replacement surgeries.

"And there has been an explosion of innovative drug therapies," he said. "There was virtually no drug that I was prescribing at the beginning of my career that I was still prescribing at the conclusion. In many cases, new drug therapies have led to longer life spans and better outcomes."

Jack also notes that medicine has changed with the "tremendous growth of specialists, [although] in recent years, primary care does seem to be making a comeback."

At 77, Jack volunteers for local organizations that benefit from the experiences of his life's work — he is chairman of the Humboldt Senior Resource Center Board of Directors, for example.

After our conversation, I am cautiously optimistic and hopeful about the future of the local practice of medicine.

With retired medical people like Jack staying actively engaged, sharing their wisdom and insight, and helping to shape the future of Humboldt County medicine, I feel a bit better about aging here on the North Coast.

---

**John Heckel**, 72, is a former Humboldt State University theater professor who is aging in place in Eureka.

## 6 NEW DOCS . . . From Page 3

train primary care physicians will alleviate our own physician shortage.

Launching in July, the St. Joseph Health Family Medicine Residency program, a collaboration with Open Door Community Health Centers, represents a transformational moment for the medical community on the North Coast. Over three years, the program will bring 18 new primary care physicians to practice here. The first six doctors arrive this summer (see "6 New Doctors" on page 8).

Core faculty from Open Door, specialist physicians from St. Joseph Health Medical Group, and select independent physicians affiliated with St. Joseph in hospital leadership will collaborate to educate these physicians.

"This is a watershed moment for our community," said Dr. Roberta Luskin-Hawk, chief executive of St. Joseph Health, Humboldt County. "With the establishment of the residency program, we are positioned to address the critical shortage of primary care providers in our community."

The program will focus on rural family medicine and provide a unique opportunity for physicians in training to immerse themselves in the community.

"By the time the new doctors complete their residencies, they will have spent three years developing relationships, getting to know the community, and learning to love the beauty of the North Coast," said Dr. Steven Korenstein, a family medicine doctor at St. Joseph Health Medical Group. "Many

doctors will stay, keeping the medical community vibrant and sustainable, and the sustainability of the medical community will positively translate to the community as a whole."

To further bolster Korenstein's claim that resident physicians may be inclined to stay, national statistics suggest that after three years of training, many physicians stay within 50 miles of their residency location — a fact that bodes well for a healthier future for health care on the North Coast.

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**Christian Hill** is communications manager for St. Joseph Health in Eureka.

## ASK THE DOCTOR

# 'Good' Health Care

In my business, there are many techniques to measure quality performance.

We can look at laboratory studies that demonstrate how well a chronic disease is being managed (like the hemoglobin A1C test for diabetes).

We can see how many people in our practice get the appropriate cancer screenings (mammograms, colonoscopies, pap smears) and immunizations.

We can do patient satisfaction surveys. We can measure number of times people fall, or end up in the hospital. Keeping track of data is important, but the big picture of health care and its value is more complex and nuanced.

Some would argue that more health care is better than less, and quick access is a must. It is frustrating to wait and not always get what we think we need. Health care has become a commodity, and physicians are asked to do "customer service."

Beloved artist Norman Rockwell, whose view of country doctors was homey and folksy, would definitely not know how to paint the picture of American health care today.

Better health care might mean more physicians and other health-care professionals. It might mean the best technology. It might mean a better coordinated health information system that allows for efficient communication between providers and with patients and families.

How can we get all of these things, especially in a rural county on the far North Coast?

Many people in this community who work in health care are actually

trying to improve all of the above. I am excited about the new family medicine residency, which will bring the first six of 18 new doctors to Humboldt County, starting July 1 (see "To the Rescue," page 3).

We have new nurse practitioner students and physician assistant students coming for rotations as well.

There is a dedication and growing collaboration among many in our healthcare community around improving medical care for people of all ages, and looking at the many aspects of life that impact health. Humboldt County is actually recognized nationally as a place that thinks innovatively about improving health despite limited resources and a very long drive to the next big city.

I propose there are other ways to approach the goal of "good health care" beyond the concept of "more is better." The current U.S. approach to health involves a confusing, inefficient system with a bunch of different insurance companies and rising costs that can lead to people needing to make hard choices among health care, rent or food.

We have great technologies and scientists, but access is not equal to all (geographically, racially or economically). Despite the fact that we spend much more than other countries for health care, our outcomes are not better — in fact, they are often worse. We have higher infant mortality and lower life expectancy compared with other affluent countries, according to a 2018 Journal of the American Medical Association



Continued on Page 19

## Dance 'Til You Drop

That sounds extreme, but it may be good advice, if the example of several professional dancers is any evidence.

Indeed, the New York Times wonders, "Is Dancing the Kale of Exercise?" The problem with that equivalency is that dance is joyous expression, while many would admit that kale is not. Still, researchers and dancers say, dancing has "age-defying properties."

"Dancing is what keeps me young," said Lindy Hop legend Frankie Manning, made famous in the 1941 movie "Hellzapoppin."

Manning danced until he dropped, just about. Ever since he turned 80, he celebrated each birthday by dancing with as many partners as his age. He died in 2009 at 94, but not before he danced with 94 women on his birthday.

Researchers say that dancing really does more for cognitive and physical health than many other exercise regimens. A 2017 German study of people averaging 68 years old found that exercise and dance both helped memory, but only dance improved balance.

Since falls are the top cause of injury and death among seniors, that's significant.

Like Manning, many dance professionals continue late in life. At 93, Dick Van Dyke tap danced in a "Mary Poppins" remake last year, and dance icons Merce Cunningham and Martha Graham danced late into their 80s.

Actress Norma Miller, 99, danced and toured with Manning, and is still working. "Dancing has been the elixir of my life," she said.

—Ted Pease

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## HEAVENS TO BETSY—BY BETSY GOODSPEED



### Ask Another Question

**M**y mother became a Christian Scientist when I was 7 — the age of reason. I felt like

God had stolen her, but my father promised to call a doctor if prayer didn't solve the problem.

That affected my view of health and made me question "authorities" for life.

When I contracted tuberculosis in 1949, the treatment was bedrest and streptomycin — which was later found to cause deafness. When the doctor said I'd never sing again, I laughed because it sounded like a line from a soap opera. He was wrong; my vocal range increased.

We shouldn't always trust the accepted wisdom. In his 1979 book, "Anatomy of an Illness," Norman Cousins describes how vitamin C and laughter cured him of a crippling disease. It's a lesson for patients as well as a beautiful film.

The most valuable thing I've learned over the years is how affected we are by what we think. My father had a pig valve installed in his heart at 80. His surgeon said it would give him five more years, and that's how long he lived.

My husband's titanium heart valve was installed in 1999. He lost emotional control afterwards, and we were told that some transplant

patients feel as if they have died when an artificial heart was keeping them alive.

We also thought his surgeon was joking when he said that hearing me play the harp was the only thing keeping my husband alive. But the doctor was serious — coronary wards use live harp music to treat arrhythmia. Then we found a homeopathic remedy that cured my husband's emotional dilemma.

My most amazing health experience involved dowsers. I was writing a story about a 100-year-old doll that was found at a garage sale when a dowser demonstrated her system of getting answers. Her rods were made of wire coat-hangers and, in addition to giving her a yes or a no, they could tell her to ask another question, or replied, "That question can't be answered."

Further investigation revealed that finding water is only one of the things dowsing can do. It's also used to find missing persons and diagnose illness.

I can't call that a belief system or a medical solution. It merely raises questions about knowledge, and how we know what we think we know.

**Betsy Goodspeed, 92, is still writing, singing, playing the harp and learning new things at her home in Eureka.**

**"I am reminded of the advice of my neighbor. 'Never worry about your heart 'til it stops beating.'"**

—E.B. White (1899-1985), author.

## Getting Older is Easier with a Little Help!

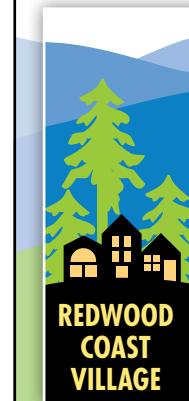
In Humboldt County, 1 in 4 people is over 60. Most of us want to continue to enjoy living in our own homes for as long as we choose.

Redwood Coast Village (RCV) is a membership organization that helps the over 50s stay active and independent in their own homes with volunteer support.

Our volunteer base is made up of RCV members and community volunteers, doing things they enjoy — when and where they want to.

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# Health Insurance — There Has to Be a Better Way

*By Corinne Frugoni, M.D.*

I was worried. After performing a routine screening sigmoidoscopy for colon cancer, I found a suspicious growth in my 63-year-old patient. I sat down with her to discuss a surgical referral.

To my dismay, she refused because she lacked medical insurance. I offered to arrange for a surgeon who would not charge; she was proud and declined, deciding to wait for Medicare.

A few years later, at a routine appointment, she reported she had been diagnosed with colon cancer so advanced that no viable treatment options were available. She died shortly thereafter.

Recently, I spent 3½ hours on the phone trying to convince an insurance company to authorize a local surgical consultation for a student with tender, hot, enlarged lymph nodes in her arm. Untreated, this could lead to a generalized infection, possibly requiring intensive hospital care.

Because no local surgeons were in my patient's insurance network, she was denied local care. Thankfully, her parents intervened and took her to central California, where she got the necessary care. But what if she'd had no way to return home?

This should not be happening in the USA. People stay at jobs where they're unhappy to hold onto the insurance. Patients with complex illnesses, if unable to work, lose their employer-based insurance. Patients marry to get on their partner's health insurance, and others divorce to qualify for MediCal.

When a patient asked me to clarify her insurance billing, I was as confused as she was.

When I got Medicare, I felt — like many readers of Senior News — a sense of profound relief. But I still receive confusing bills. I still have to pay extra for medications. I still pay for supplemental insurance to cover my outpatient costs. And I can't get hearing aids or glasses, devices that are known to prevent falls in the elderly.

## Even doctors are baffled.

Wouldn't you be relieved to know that your health care would be provided from cradle to grave? That relationships with your doctors would not be disrupted because you lost insurance coverage or changed jobs?

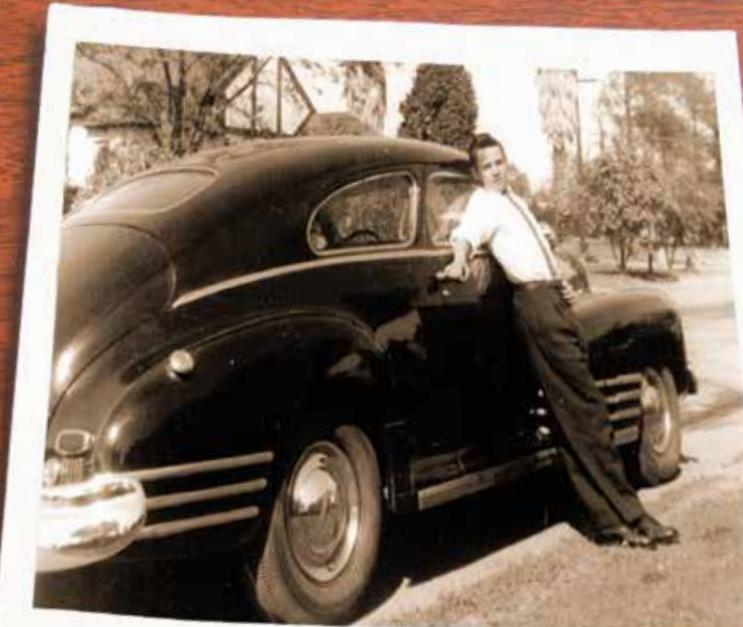
Thousands of physicians and more than 107 members of Congress support HR 1384, which would provide a Single Payer system, expanding and improving Medicare. It would cover all ages, and include hearing aids, glasses and long-term care, all without co-pays or deductibles.

Supporters of Single Payer meet every 4th Wednesday from 5 to 6 p.m. at The Sanctuary, 1301 J St., Arcata. Email: HealthcareforAllHumboldt@gmail.com.

**Corinne Frugoni, M.D.** is a family physician and a member of Physicians for a National Health Program (PNHP), an organization that educates and advocates for a single-payer healthcare system.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

### A Summer of Wellness

**F**or the past few years, I've written here about creative therapies that work for me, hoping you're inspired to try one or two.

For me, a creative therapy is anything that makes me feel healthy. Compassion for my whole self has become an essential, as I've started into the seventh decade of my life. If I were a 60-year-old car, I would need more than an annual tune-up. I'd need consistent, caring attention.

Since I'm in charge of my own wellness, I need to tinker with it until it hums. Every day now, I consider how my choices of food, my intake of water, and even my modes of travel affect my overall wellness.

Every morning, to maintain my life balance, I jot down four ways I spend my time: meditating, working, reading, and being in community. Whenever I feel out of balance, I check the hours I'm spending in each of these quadrants and adjust accordingly.

For the past 18 months, I've realized that creative therapy includes my emotional, spiritual, and mental health as much as my physical health. Instead of thinking of myself as a sick person who semi-regularly falls down sidewalks and stairs — pulling my back muscles and getting concussions — I decided to think of myself as a well person, one who sometimes just needs help to regain that wellness.

I realized it was not selfish for

me to lean into my wellness. I could pamper myself, getting seasonal manicures and massages. I could fix easy, organic Mediterranean meals, as rich in minerals as in vitamins. And instead of running to Western medicine whenever I was hurt, I could try holistic therapists.

Once, for example, I visited an acupuncturist for a hearing problem. The acupuncturist asked, "Maybe you don't want to hear something?" Problem solved, my hearing returned.

Ever since I reclaimed my health, I've been free of pulled muscles and concussions. Coincidence? Maybe not.

Here are some summer creative therapies you might find healing, too. Hike a trail with spectacular views. Ground yourself by going barefoot at the beach. Teach or take a workshop. Play an instrument outside. Play tennis without keeping score. Grow a butterfly garden. Color with grandchildren. Garden with a friend. Volunteer at a food bank. And — for cheap amusement — repeat birdcalls. (Crows love playing along).

This month, try at least one creative therapy. *Go live life!* Let me know what you learn and how you feel.

—

**Margaret Kellermann** offers readings of her Eureka-based novel, "Annie California," in Trinidad, Eureka and Ferndale. Ages 8-98. See Community Calendar, page 19.

### HEALTH CARE ACCESS . . . From Page 1

an even lower ratio of doctors to population.

Nationwide efforts to address doctor shortages include working with local colleges and universities to train and recruit certified nursing assistants (CNAs), physician assistants and nurse practitioners to relieve pressure on the doctors, allowing the docs to spend more of their time working "at the top of their licenses" instead of providing routine care. In Humboldt County, a nurse training program has been revived in a partnership involving College of the Redwoods, Humboldt State and a \$2 million grant from St. Joseph Health (see "Coming Soon," page 23).

The federally funded National Health Service Corps assists young physicians by paying off student debt in exchange for working in underserved areas, including rural communities. Many of these young doctors choose to stay in these communities. This proven national program is funded at \$300 million, but thousands of qualified applicants are turned away every year.

Other rural communities have tried interesting and doable innovations to address other aspects of health care access. Remote areas in the Columbia

River Gorge area joined together to create a Community Health Improvement Plan, which resulted in a new federally funded clinic.

Other programs encourage employers to provide flexibility and support to workers who are unpaid family caregivers. Free transportation to doctor appointments and senior center activities is another initiative. Other rural communities have had success in reducing social isolation through an e-volunteering program connecting seniors and young people.

Even this cursory glance at the question of rural healthcare access makes me realize that it's not just up to the doctors and healthcare providers to address this problem. All of us can join forces to improve public health by taking a broader view of health care, and take maximum advantage of local resources.

A community health improvement plan for Humboldt County is a worthy and attainable goal. Let's do it.

**Candra Day** was director of the McKinleyville Senior Center for the past year, and worked in the field of health care access for more than 10 years in Jackson, Wyoming.

### 6 New Doctors Start Residencies July 1

St. Joseph Health and the Open Door Community Health Centers are partnering in a program to recruit newly graduated family practice physicians to come to Humboldt County.

The first six doctors in the training program start their residencies in July. From left to right on the top of page 1, they are:

- Dr. Madonna Romaya, from Spring Valley, California, American University of Antigua College of Medicine, Antigua.
- Dr. Anirudh Rai, from Reseda,

California, St. George's University School of Medicine, Grenada.

- Dr. Mikal Achtner from Denver, University of Colorado School of Medicine, Denver.

- Dr. Margot Oliver, an Arcata native, Wayne State University School of Medicine, Detroit.

- Dr. Sean Purtell, from Petaluma, Creighton University School of Medicine, Omaha, Nebraska.

- Dr. Nicole Kashani, from Tarzana, California, American University of the Caribbean, St. Maarten.

# Hospice Team Provides Support for Patients, Families

*By Matthew Cone*

Caring for critically ill patients involves a balance of physical, psychological, emotional and spiritual support. Hospice patients have these same needs, but in greater magnitude at this phase of life.

Hospice of Humboldt utilizes an interdisciplinary team to serve hospice patients and their families and to provide them comfort and reduce their pain.

The interdisciplinary team provides several layers of support, and consists of providers, nurses, social workers, hospice aides, grief counselors, chaplains and volunteers, as well as the clinical team at the Ida Emmerson Hospice House.

Nursing care for a hospice patient consists initially of an enrollment

nurse meeting with a patient for a brief physical assessment and, most importantly, to discuss their goals for hospice care.

Once enrolled, patients have access to hospice nurses 24/7, and are visited by a nurse weekly to ensure their goals are being met, and to help manage pain and symptoms. All nurses work under the direction of the hospice medical director and healthcare providers, who also will make house calls as needed.

Hospice social workers support patients and their families and provide emotional support. They assist with end-of-life planning, advance directives, living wills, mortuary arrangements and other legal matters. They also help navigate the health

insurance system, evaluate patients' finances and coordinate caregiving.

Hospice aides often have the closest personal relationship to patients. Aides visit their patients once or twice per week, and provide needed personal care such as bathing and grooming and can help with light housekeeping.

Easing the spirit near the end of life can be challenging, and hospice chaplains help fill this need, providing non-denominational support and counseling, and religious rites or services, if desired.

Grief counselors help with the emotional and psychological challenges that face hospice patients and their families. They address "anticipatory grief," and provide bereavement support to families — children and

adults — after their loved ones pass, including one-on-one counseling for up to 13 months.

In addition to staff, volunteers help patients and families by offering companionship through a variety of activities — talking, listening to music, reading aloud, watching movies or simply reminiscing.

Volunteers also give caregivers needed time off. And for patients who don't have family present at the end of life, volunteers can sit vigil with them during their final moments. At Hospice of Humboldt, no one dies alone or afraid.

—  
**Matthew Cone** is community outreach liaison at Hospice of Humboldt in Eureka.

## UPCOMING PROMOTIONS AND EVENTS

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**AGING IS AN ART — BY JOHN HECKEL**

## Welcome New Doc

My intentions in going over to the Inpatient Acute Rehab Unit at St. Joe's were simple: talk to some people about admitting and discharge protocols.

I am cursed with an inability to speak comfortably on the telephone, so I much prefer in-person visits. This practice, however, can lead to frustrations: "Too busy!"... "Make an appointment!"... "For that, you will have to speak to our public relations person."

But not this time.

Concentrating on finding the stairs to the second floor of the old General Hospital building (which, by the way, is no easy task), I stumble upon the acute rehab ward. I introduce myself at the nurse's station and, fully expecting to be sent to some PR office, I ask, "Is there someone I can talk to about who decides about discharge protocol?"

To my surprise and delight, I am introduced to Dr. Charlie Knoll, medical director of the Acute Rehab Facility at St. Joseph.

Knoll, 49, has been here for one month. He moved to Humboldt from Palm Desert, California. A newbie! Can you imagine making that move?

Given all the conversations and concern in our community about the shortage of medical personnel, I abandon my protocol questions. Instead, I want to know what brings someone to Humboldt County to practice medicine.

Two things, said Charlie: the first was the well-documented excellence of St. Joseph's Acute Rehab Facility. It consistently scores in the upper

1% of all such facilities nationwide.

"These scores reflect the dedication and talent of caregivers in our rehab services at both hospitals," said Jim Peaker, area director of rehabilitation services. "These folks are rock stars, and our community appreciates their compassion and professionalism in the care they provide."

St. Joseph Health CEO Roberta Luskin-Hawk, M.D., agrees. "Rehab services are so important to our community," she said. "Our team focuses on both recovering from an injury or illness, and also on preventing issues in the first place."

Knoll's second reason for moving to Eureka? "Humboldt County is green." By "green," he was referring to the rivers, ocean and, of course, the redwoods. The beauty of the place we get to call home is what brought this doctor from the desert to Humboldt County.

When I asked why more like him aren't interested in practicing medicine in Humboldt County, he gave the usual responses: population base, salary, medical school debt. He was also familiar with another much-popularized reason: No good shopping for spouses.

He laughed and said: "I guess I'm lucky in that I have a girlfriend who likes to hike."

Isn't that exactly the kind of doctor we want here in Humboldt County?

—

**John Heckel** of Eureka is chair of the Senior News Community Advisory Council.



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# HSRC News

707 443-9747 • [www.humsenior.org](http://www.humsenior.org)

## Arlene is Still Living at Home at 98 — With Help

By Janet Ruprecht

Eighty years ago, a 17-year-old girl boarded a Greyhound bus in her hometown of Albion, Nebraska, and rode by herself to California, seeking love and gainful employment. Her high school sweetheart had found her a job in Salinas, cleaning houses.

The girl was Arlene, and she ended up marrying her sweetheart, Ole Roberg. During World War II, both worked on airplanes at Lockheed — he as an engineer and she as a Rosie the Riveter. After the war, Arlene worked as a secretary for 23 years, talking to people all over the country.

After retirement, the Robergs moved to Eureka, where Arlene volunteered at the Senior Dining Center for 13 years before aches and pains slowed her down. She remained a regular diner, though. "I've met some of my best friends there," she said.

Now nearly 98, Arlene still lives in her own home. Her knees are bad, but she gets around with a walker and a wheelchair.

"By the time I cook a meal," she said, "I'm too tired to eat it."

So she appreciates her daily Home Delivered Meals from Humboldt Senior Resource Center. "These meals are a godsend for people who

can't get out," she said.

Arlene is one of the 150 fortunate ones who receive Home Delivered Meals. But there are 75 more people

on the waiting list.

"That's 75 people too many," said HSRC Director of Nutrition Barbara Walser.

One woman, dismayed by the possible six-month wait to get on the meal program, said, "I'll be dead by then."

"It just breaks your heart," Walser said.

Jason Ghera, the general manager of McCrea Subaru in Eureka, is a big booster. He recently rode along with a driver, delivering meals. "You don't need the address," he said. "You can look down the street and see the senior sitting on the porch waiting for lunch, waiting to exchange greetings with the driver."

"It may be the only

human contact they have all day."

The challenge of expanding the recipient list is not just funds, but stable, continuing funding, Walser explains. "When we offer meals to a local senior, it's not just for today," she said. "It's a promise that they can depend on us to keep providing meals for as long as they need them."

"Right now, we just can't make that promise," she said.

To become part of a long-term solution, join HSRC's Circle of Friends, donors whose monthly contributions help provide the continuity that Home Delivered Meals recipients depend on.

To join, go online to [humsenior.org](http://humsenior.org) and click on "How to Help."

—  
**Janet Ruprecht** is HSRC development coordinator. Call her at 707-443-9747, x1231, to discuss how you or your organization can help.



**Arlene Roberg spent 13 years as a volunteer in the Eureka Senior Dining Center. Now almost 98, she takes her Home Delivered Meals at home.**  
Janet Ruprecht photo.

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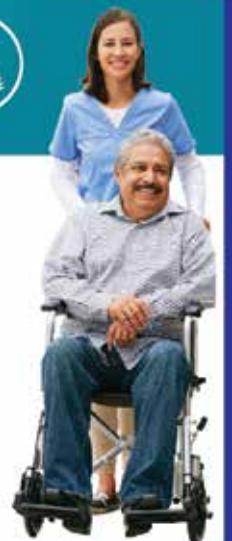


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Visit [www.First5Humboldt.org](http://www.First5Humboldt.org) for a full schedule

## Humboldt Senior Resource Center in Eureka

### An HSRC Senior Dining Center

**1910 California Street • Call Tasha at 443-9747 x1228**

**Lunch: Tuesday-Friday at 11:30 a.m.**

#### Every Weekday

9:00-1:00	Library
9:00-3:00	Senior Services Office
12:00-3:00	Billiards
9:30-10:30	Karate with Jerry Bunch
<b>NEW!</b> 11:00-12:00	Tai Chi for Better Balance
10:1-00	Mah Jongg
1:15-2	S.A.I.L. w/Muriel
2:10-3:10	FABS/S.A.I.L w/Beth & Lois
2:30-4	Memoir Writing Class
June 17 10:30-1:30	<b>Honoring our Elders Block Party</b> California Street in front of Humboldt Senior Resource Center

#### Tuesdays

10-11	Harry's Bingo ( <i>not June 4</i> )
11:30-12:15	Lunch
12:15-2:15	Pinochle
2:10-3:10	FABS/S.A.I.L with Beth & Lois
<b>NEW!</b> 3:30-4:30	Tai Chi for Balance & Arthritis Practice Group
June 4 10:30-11:30	Dine & Dance w/Ray, Dave & Lois
June 18 11:30-2:00	Foster Grandparents Program
June 25 6:00-9:00 pm	Stamp Club

#### Wednesdays

11:30-12:15	Lunch
1:15-2	S.A.I.L. w/Muriel
1:00-3:00	Android Smart Phone & Tablet Group
1:30-3:30	Intermediate Line Dancing
2:10-3:10	FABS/S.A.I.L. w/Beth & Lois
June 5 & 19 1-2	Caregiver Support Group Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B 1901 California St., Eureka

June 12 11:00-11:30

LeAnne Morini performs

June 12 11:30-12:15

Emblem Club serves lunch

June 19 10-11:30

Commodities Distribution

#### Thursdays

10-11	Grocery Bingo: Bring 1 grocery item
10-11:30	Intermediate French
11:30-12:15	Lunch
1:15-2:00	S.A.I.L. w/ Muriel
2:10-3:10	FABS/S.A.I.L. w/ Beth & Lois
3:30-4:30	Laughter Yoga
June 6 & 20 10:00-12:00	Genealogy group
June 20 1:00-3:00	Android Smart Phone & Tablet Group Registration required-call 443-9747

#### Fridays

9:00-10:00	Falun Dafa
10:00-11:00	Beginning Tai Chi Movements
11:00-12:00	Beginning Yoga
11:30-12:15	Lunch
1:00-4:00	Bridge Games
June 7 & 21 1:30-2:30	Conscious Living Book Club
June 7, 14 & 21 12:30-3:00	Pathways to Health: Diabetes Self Management
June 14 11:30-12:15	Father's Day Celebration
June 28 10:30-11:30	Accordionaires Perform
June 28 11:30-12:15	Birthday Celebration

#### Saturdays

June 1 Noon	<b>Sassy Seniors</b> Hunan's, 2912 E. St. Eureka
June 15 Noon	<b>Nooners</b> -The Marina Woodley Island, Eureka

## June 2019

### Senior Dining

#### FIRST WEEK

- June 3 Dining Centers closed
- June 4 Baked Cod Dijonnaise
- June 5 BBQ Pork Rib
- June 6 Taco Salad
- June 7 Hunan Chicken

#### SECOND WEEK

- June 10 Dining Centers closed
- June 11 Meat Loaf & Gravy
- June 12 Chicken Parmesan
- June 13 Green Chili Egg Bake
- June 14 Pot Roast with Gravy
- Father's Day Celebration

People 60

\$3.50 suggested donation  
No senior 60 or older will be charged

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# ENTER ACTIVITIES

## Fortuna Senior Dining Center

### An HSRC Senior Dining Center at Mountain View Village

2130 Smith Lane • Call Launa at 725-6245

Lunch: Tuesday-Friday at 12:00 p.m.

**Tuesdays** 12:00 Lunch

#### Wednesdays

June 5 10:30 Music with Bill, Corena & John  
12:00 Lunch

5:00-8:00 pm Bingo

#### Thursdays

12:00 Lunch  
June 13, 20 & 27 Caregiver Support Group  
12:00-2:00 United Methodist Church,  
Fireplace Room  
922 N Street  
*For info call 443-9747*

June 28 12:00 Birthday Lunch

**Fridays** 12:00 Lunch

June 14 11:30-12:15 Father's Day Celebration



Humboldt Senior  
Resource Center

Nutrition & Activities Program

## g Center Menu

### THIRD WEEK .....

June 17 Dining Centers closed  
June 18 Chicken Noodle Casserole  
June 19 Spinach Roasted Garlic Ravioli  
June 20 Cod w/Sun-Dried Tomato Pesto  
June 21 Chinese Chicken Salad

### FOURTH WEEK .....

June 24 Dining Centers closed  
June 25 Sesame Ginger Flounder  
June 26 Cheese Manicotti  
June 27 Braised Pork  
June 28 Teriyaki Chicken & Birthday Cake

are invited

on. \$6 for those under 60.

denied a meal if unable to donate.

K SERVED WITH EACH MEAL

ervations .....

43-9747 Fortuna • 725-6245

## Arcata Community Center

### An HSRC Senior Dining Center

321 Dr. Martin Luther King Jr. Parkway

Call Vanessa at 825-2027

Lunch: Tuesday-Friday at 11:30 a.m.

#### Mondays

June 10 & 24 11:00-12:00 Silver Quills Writing Group

#### Tuesdays

9:00-11:00 Katie's Krafters  
10:00-11:00 Senior Aqua Time-HealthSport  
\$5 fee (*prior registration required*)  
11:00 Bread distribution  
11:30-12:15 Lunch  
12:30-2:00 Bead Jewelry Class

June 4 & 18

10:00-11:00 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
*For info call 443-9747*  
Blood Pressure Check

#### Wednesdays

11:00 Bread distribution  
11:15-12:15 Tai Chi with Kathy (advanced)  
11:30-12:15 Lunch  
12:30-1:30 Tai Chi with Kathy (beginning)

June 5 & 19

10:30-11:30 Brice Ogen & Guitar

#### Thursdays

9:00-10:00 Tai Chi w/Tim (\$3 donation)  
9:00-11:00 Katie's Krafters  
10:00-10:50 Senior Swim hour-HealthSport  
\$5 fee (*prior registration required*)  
11:30-12:15 Lunch  
12:15- 1:15 Tech Help with Brett  
June 6 10:30-11:30 PJ's Musical Group  
June 13 10:00-11:00 Site Council  
June 13 11:00-11:30 The Kitcheneers  
June 20 10:15-11:15 Swing 'n' Sway Trio  
June 20 10:30-11:00 Commodities Distribution

#### Fridays

10:00-11:30 Ping Pong with Pete  
11:30-12:15 Lunch  
June 14 11:30-12:15 Father's Day Celebration  
June 21 10:15-11:15 Sing w/the Dotted Half Notes  
June 28 10:30-12:15 Birthday Celebration



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The image features a black and white portrait of a woman with short, light-colored hair and glasses, smiling. She is wearing a patterned blouse. Above the portrait, the text "Joan Woodcock" is written in a large, bold, black font, followed by "Insurance Services" in a slightly smaller black font. Below the portrait, the text "I CAN HELP!" is displayed in a large, bold, red font. Underneath that, "Prescription Drug Plans", "Medicare Supplements", and "Dental • Life" are listed in a black font.



**Fire Arts Center**  
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## Crossword Puzzle on page 22



# JUNE SENIOR CENTER ACTIVITIES

McKinleyville Senior Center | Fortuna Senior Center

**Azalea Hall • 1620 Pickett Road  
Open Monday-Friday 9 a.m. - 4 p.m.  
mckinleyvillecsd.com  
azaleahall@att.net • 839-0191**

<b>Mondays</b>	
	8:30-9:30 Tai Chi
	9-12 Computers* (*call for availability)
	10:30 HighSteppers walking at Hiller Park
	1-4 Party Bridge
June 3	10-11:30 Genealogy
June 24	11 Low Vision Workshop
June 24	11 Board Meeting
<b>Tuesdays</b>	
	9-11 TOPS
	9:30-10:30 S.A.I.L. Class
	10:40-11:40 Stretching
	12:30-3:30 BINGO
	1:00-2:00 Exercise
<b>Wednesdays</b>	
	8:30-9:30 Tai Chi
	9-12 Computers (*call for availability)
	9:45-11 Writing Workshop - <b>New!</b>
	10-12 Needlework
	10:30 HighSteppers at Hiller Park
	1-4 Pinochle
June 5 & 19	3-5 Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. <i>For info call 443-9747</i>
June 19	11:00 Executive Board Meeting
June 26	12:00 \$5-Monthly Luncheon Chili Verdé w/Green Veggies
<b>Thursdays</b>	
	9:30-10:30 S.A.I.L. Class
	10:30-12 Pinochle Lessons
	10:40-11:40 Stretching
	12:30-3:30 BINGO
June 6	11-11:30 Cabbage Boil & Hush puppies-\$3
June 13	11-11:30 Chicken Primavera w/veggies-\$3
June 20	11-11:30 Shepherds Pie & Salad-\$3
June 27	11-11:30 Chicken Tortelliini Soup-\$3
<b>Fridays</b>	
	8:30-9:30 Tai Chi
	10:30 Walking Group at Hiller Park
	1-4 Pinochle

Rio Dell

**Every Mon, Wed & Fri**

11:30-12:30 Senior Exercise Class  
Chamber of Commerce Bldg.  
406 Wildwood Ave., Rio Dell

# Fortuna Senior Center

**MGC is at 2280 Newburg Road**  
**fortunasenior.org**  
*admin@fortunasenior.org • 726-9203*  
*Mon-Fri 10-noon & by appointment*

<b>Mondays</b>		
River Walk	8:30	Walking
MGC	9:00	Tai Chi
	11:00	Line Dancing
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce
June 3	1:45	Book Club
	3:30	Ukulele Group
	5:00	SAIL Class
<i>United Methodist Church</i>		
	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners
<b>Tuesdays</b>		
Rohner Park Trails	8:30	Walking
MGC	1:30	Senior Stitchers
	2:00	Seated Tai Chi
	3:00	Recorder Group
<b>Wednesdays</b>		
River Walk	8:30	Walking
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce
June 5	12:00	Senior Lunch Bunch
	Call Chris 725-2020 or Carol 725-2931	
MGC	1:00	Tai Chi
	5:00	S.A.I.L. Exercise
<i>United Methodist Church</i>		
	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners
<b>Thursdays</b>		
Rohner Park	8:30	Walking
	3:00	Bocce Ball
MGC	9:00	Cards
	9:30	Yoga for Seniors
	1:00	Mah Jongg
	2:00	Seated Tai Chi
<i>United Methodist Church</i>		
June 13, 20 & 27	12:00-2:00	Caregiver Support Group For info call 443-9747
<b>Fridays</b>		
MGC	9:30	Cards & Games
	2:00	Scrabble Group
<i>United Methodist Church</i>		
June 28	7:30	Fortuna Camera Club
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce
Fortuna	9:00	Hiking (Call 725-7953)
	9:00	Biking (Call 725-1229)
<b>Saturday</b>		
MGC June 15	11:00	Annual meeting/Potluck
<b>Sunday</b>		
MGC	3:00	Qigong Class
June 16	4:00	Doors open, 5:00 pm Bing



# GUIDE TO NATURAL SWIMMING HOLES

## Directions to 30 swimming holes in Humboldt County

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Kneeland Glen Farmstand**

# Honoring Our Elders

Who says there's no such thing as a free lunch? Seniors who turn out for the 2nd Annual Humboldt "Honoring Our Elders" Block Party on Monday, June 17, can enjoy a free picnic, live music and a variety of information booths.

California Street will be closed to traffic for the event in front of the

Humboldt Senior Resource Center (HSRC) at 1910 California in Eureka from 10:30 a.m. to 1:30 p.m.

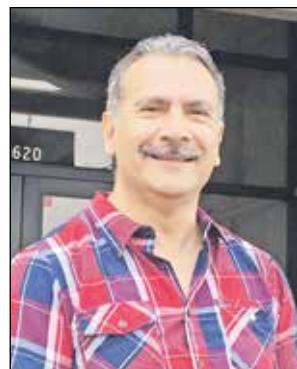
Co-sponsored by HSRC and the Humboldt County Department of Health and Human Services, "Honoring Our Elders" is part of the national observance of Elder Abuse Awareness Month.

## New Director at McK Senior Center

The McKinleyville Senior Center has a new director.

Rene Quintana, 57, joined the center in early May. He moved to McKinleyville about a year ago after a career working with adults with disabilities in Crescent City.

He is enthusiastic about working with McKinleyville's seniors, whom he finds an energetic and engaged group of people. "Seniors in McKinleyville are powerful," he said. "They are seasoned, experienced people who can have a big impact in our community."



**Rene Quintana**

As director, Quintana hopes to bring new programs — such as a weekend watercolor painting class planned this summer — and attention to the center.

"I want this to be a welcoming place for seniors in the community," he said, noting the problem of isolation and loneliness among some seniors.

"We want to reach as many of them as we can," he said.

For information on the McKinleyville Senior Center in Azalea Hall at 1620 Pickett Road, call 707-839-0191.



**School is almost out. This means many children will no longer be able to afford their lunches.**

### **WANT TO HELP?**

The Senior Nutrition Program is recruiting volunteers to help with a summer lunch program called SAK (Seniors And Kids). Volunteer for as little as two hours per week in the afternoon from mid-June to mid-August.

**Interested? For more info call  
Tasha Romo: 443-9747 ext. 1228**

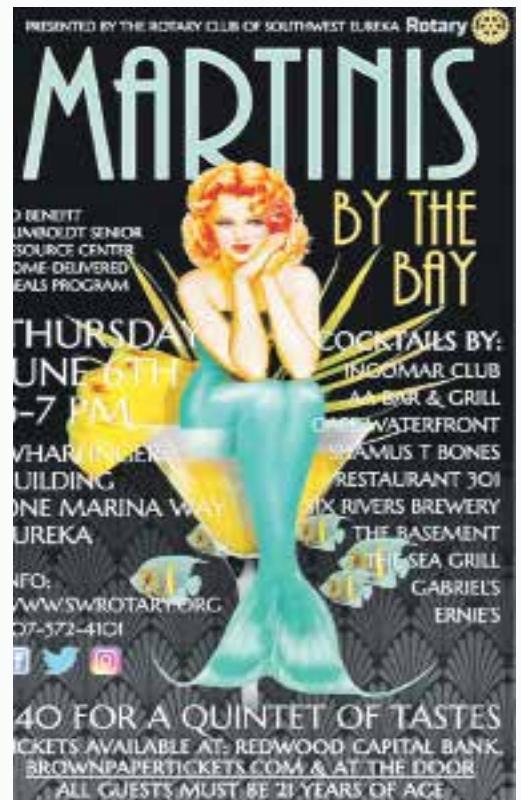


Humboldt Senior  
Resource Center

Nutrition & Activities Program



**LIFT A GLASS —**  
**Humboldt Senior Resource Center's Home Delivered Meals Program will be the beneficiary of an evening of Martinis by the Bay at the Wharfinger Building, 1 Marina Way, Eureka on Thursday, June 6, from 5-7 p.m. Sponsored by the Rotary Club of Southwest Eureka, cocktails will be mixed by bartenders from 10 local watering holes and restaurants. A \$40 ticket includes five cocktail tastes and appetizers. The mermaid is extra. Tickets at Redwood Capital Bank, brownbagtickets.com and at the door.**



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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

### 'All Happy Now'

**A**s we age, we encounter not only physical decline, but possibly mental decline as well. We may find ourselves becoming more anxious and stressed because of changes in our health and physical abilities, such as vision, hearing, balance or chronic illnesses.

According to a report from the University of California, San Francisco, the flow of stress hormones can be especially hard on older brains. Overloads of stress hormones have been linked to many health problems, such as heart disease, high blood pressure, and weakened immune function. For older people already at heightened risk for these illnesses, managing stress is particularly important.

The National Institute on Aging has found that exercise can go beyond just physical well-being. It also helps support emotional and mental health by reducing depression and stress, while improving mood and overall well-being.

Exercise also increases your energy, improves your sleep, and can help you feel more in control. Just about any kind of physical activity will do — walking, bicycling, dancing, swimming, gardening or playing with grandkids. Activities such as being in nature, socializing with

friends, listening to music, laughing, practicing yoga or having a pet can also help reduce stress.

You can get a bigger bang for your effort by combining both kinds of activities.

For example, my S.A.I.L. class (Staying Active and Independent for Life) recently visited the Humboldt Botanical Gardens, and walked the hill up to the earth sculpture titled "All Happy Now," by local artist, Peter Santino.

Not only did we walk vigorously, but we also enjoyed nature and all the blooming plants. At the sculpture, we began our meditative walk through the 100-foot-diameter spiral, and enjoyed the view from the top. We finished by eating lunch together in the Lost Coast Brewery Native Plant area.

The outing provided not only physical exercise, but emotional health through being in nature, meditating and socializing. Also, we got to take our best (dog) friends with us, for a morning that was truly "All Happy Now."

—

**Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior S.A.I.L. exercise classes. Contact: jrainwater-gish@suddenlink.net.**



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# Rock Your Way to Happy Feet

**By Ed Handl**

Like foot orthotics, rocker bottom shoes can offer a number of mechanical remedies, such as inhibiting excessive or painful joint motion, preventing unwanted compensation for immobile joints, diffusing and reducing ground reactive forces, and aiding in the harmony of movement when weight flows through the foot during walking.

The use of footwear with contoured soles is common in treatment and care of patients with diabetes; these rocker sole shoes are designed to alleviate loading in key areas on the plantar surface of the foot, reducing pressure, pain and potential soft-tissue damage.

A 1991 study found that rocker soles reduced peak plantar pressures by 30% compared with a conventional extra-depth shoe.

Other studies suggest that rockers can be effective for managing issues associated with numerous conditions, including Achilles tendinopathy, knee osteoarthritis, diabetic ulcers, hemiplegia, plantar fasciitis, chronic low back pain, first metatarsophalangeal

joint osteoarthritis, and following ankle arthrodesis (fusion).

Rocker soles produce significant changes in lower limb biomechanics, and can alter function in both a beneficial and detrimental manner. Reducing ankle motion during walking can improve ADL function, but knee load is higher when running with rocker shoes compared with neutral shoes. We never recommended rockers as a running shoe.

Initially, rocker shoes challenge our proprioception and ankle stabilizers. Most people have to wear rocker shoes a little at a time until they gain strength and stamina, so we recommend an hour a day for the first few days, increasing gradually.

Different rocker soles are used with different diagnoses. Consult specialists for an evaluation and education on footwear options.

—

**Ed Handl** is a kinesiologist and clinic director at Humboldt Hand and Foot Therapy.



**PIE TIME!** The Pie Ladies, including Greta Sue Box (left), are churning out pies for the 59<sup>th</sup> annual Westhaven Blackberry Festival on July 28. But the freezer is already filling up, and they want to offer pies in advance to seniors who may not be able to attend the festival. Come by the Westhaven Fire Hall kitchen on 6<sup>th</sup> Avenue any Tuesday between 2 and 4 p.m., and buy a fresh berry pie — blackberry or strawberry-rhubarb (\$15) or huckleberry (\$20). Proceeds of the annual pie extravaganza benefit the Westhaven Volunteer Fire Department. Ted Pease photo.

# Summer OLLI open house

## Saturday, June 29



1-3 p.m., HSU Campus: Great Hall

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- Register for classes
- Park for free

- Join the OLLI community
- Enjoy refreshments
- Talk to OLLI Faculty

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**Eureka, Henderson Center**, Thurs 10-1  
**Eureka, Friday Night Market** 5-8pm  
 E Street & Opera Alley  
**Fortuna**, 10th & Main, Tues 3-6pm  
**McKinleyville**, Eureka Natural Foods,  
 Thurs 3:30-6:30 pm  
**Willow Creek**, Veterans Park,  
 Thurs 4:30-7:30 pm

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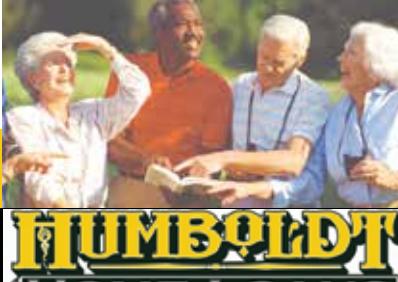
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## DOC 'FEELING UPBEAT'. . . From Page 1

practitioner residents coming in the next two months, and three more nurse practitioner residents who are about to graduate and will stay and work in the community. So I'm feeling better."

Over the past 40 years of his primary care medical practice in Humboldt County, including 20 as Open Door medical director, Hunter has seen plenty of cycles, up and down. "There was pretty good primary care for quite a long time," he said. "Then there was a decline, and now we're building it back up."

One of Humboldt's biggest medical challenges in recent years has been a shortage of doctors, which as any patient knows has had a huge impact on access to timely medical care.

"There was an influx of physicians in the 1970s," recalls Hunter, who was one of them, starting as a "hippie doc" in Garberville. "We were all part of the blow-up-your-TV-and-move-to-the-country kind of energy."

Open Door Community Health formed in 1971, focusing on underserved rural patients across Humboldt and Del Norte counties. Its mission statement: "Quality medical, dental and mental health care and health education to all regardless of financial, geographic or social barriers."

That objective hasn't changed in the 48 years since the clinics were "little collectives" that operated hand-to-mouth, Hunter said. It's a prescription that has worked: more than 55,000 people — about half of Humboldt's primary care patients — go to Open Door.

"In those years, primary care was pretty good, and in those years, primary care was easier to do," he said. "It was less complicated. Patients weren't as old or as sick, with as many issues to deal with. And we weren't in the middle of an opioid

crisis like we are now."

Somewhere around 2000, "things shifted," he said. Physician retirements, technological changes, a more complicated insurance system and other factors put growing pressure on medical care in Humboldt. It was hard to attract young physicians and other clinicians who shared what Hunter calls the community clinic "sense of mission" and willingness to work hard for quite a bit less than doctors in other practices and other locales.

But now the pendulum has swung again and, for the last five years or so, Open Door has expanded significantly, now operating 12 clinics plus mobile vans to reach homeless patients. The Affordable Care Act represented a turning point for Open Door; before Obamacare, 40% of the clinic's patients were uninsured, now down to about 5%, Hunter said.

That, combined with cost-based reimbursement for rural health clinics, means that Open Door is now better able to recruit young medical staff.

In 2018, Hunter said, Open Door hired 23 new healthcare providers, including 10 to 15 physicians, nurse practitioners and physician assistants, plus dentists and behavioral specialists. Another eight new clinicians have come on board this year, he said, plus two doctors starting in the next month and the six family care residents that Open Door will share with St. Joseph Health starting in July.

It's definitely a new environment for medical care in Humboldt, and Hunter and his colleagues are feeling "a surge of energy," he said. Patients will soon see better access to medical providers as the "rookies" get up to speed.

"I'm an optimist," Hunter said.

Ted Pease is editor of Senior News.

## 'GOOD' HEALTH CARE . . . From Page 5

article (319[10]:1024-1039).

Good health care means access for all. Good health care means appropriate use of resources, and not ordering unnecessary tests or medications that may do more harm than good. Good health care means adequate time for physicians and the people they treat to work together (versus the current rushed, productivity-based system of care). Good health care requires support of scientific research by our government and society. Good health care requires that people are adequately housed, fed and secure in their day-to-day lives.

Good health does not always require health care. We can help others in our community with their basic needs, and thus open up more resources for everyone. Because if basic needs are not met, people get

sick and end up in the emergency room, which is often overwhelmed with visits that are not actual emergencies, making it difficult for those experiencing true emergencies to get medical care.

We can get our immunizations and protect the vulnerable. We can exercise and avoid drugs and alcohol and tobacco. And we can vote. If we want things to improve, it will take a community effort.

**Dr. Jennifer Heidmann** is 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](mailto:seniornewseditor@humsenior.org).

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## June Community Calendar

### Timmmmberrrr!

The president of the Timber Heritage Association will give a talk on Humboldt's rich timber history at the Eureka Public Library, 1313 3<sup>rd</sup> St., Eureka, at 1 p.m. on Saturday, June 1. Pete Johnston will discuss plans for a timber museum, a tourist excursion train around Humboldt Bay and more. Cosponsored by the Humboldt Historical Society.

### Arcata Marsh Tours

Friends of the Arcata Marsh conduct free guided tours focusing on the ecology, birds and history of the Marsh every Saturday in June, leaving from the Interpretive Center on South G Street at 2 p.m. Loaner binoculars are available with photo ID. Call 707-826-2359 for info.

### Against the Wind

The organizers of the 2019 Against the Wind Festival, a week-long series of programs and events in November to draw attention to the worldwide nuclear threats, will hold an informational meeting in June to solicit community input. Thursday, June 13, 5:30-6:30 p.m. at the Arcata Playhouse. Info: [againstthewindfestival.org](http://againstthewindfestival.org)

### Workshop for Ages 8-98

Join local author and Senior News columnist Margaret Kellermann for a journal-keeping workshop and reading of her Eureka-based novel "Annie California" on Thursday, May 30, 5:30 p.m. at the Trinidad Library, or Saturday, June 1, 1 p.m. at the Eureka Library. She will also offer a book reading at Chapman's Bookery & More in Ferndale at noon on Saturday, June 8. Recommended for ages 8 to 98; signed copies available for sale.

### Pony Express Days

McKinleyville's 51<sup>st</sup> annual week-long celebration runs May 29-June 2 with a raft of events, from firefighter competitions in Pierson Park (May 29) to the famous chili cook-off (May 30), the Pony Express Parade on Saturday, June 1, starting at 11 a.m. and the rodeo, all day Saturday and Sunday, June 1 & 2, and more. Info: [mckinleyvillechamber/pony-express-days](http://mckinleyvillechamber/pony-express-days).

### Caregiver Retreat

Relax, renew and reconnect at a day-long Caregiver Retreat sponsored by the Redwood Caregiver Resource Center on Friday, June 7, from 9 a.m. to 4 p.m., at Fieldbrook Winery, 4241 Fieldbrook Road. The workshop is free for family caregivers, but donations are happily accepted. Registration is required. Contact Erin McCann, 707-443-9747, x3220, or [exm@redwoodcrc.org](mailto:exm@redwoodcrc.org).

### Buried in Treasures?

A free, two-day "Buried in Treasures" peer group facilitator training will be offered Friday and Saturday, June 28-29, at the Area 1 Agency on Aging, 434 7<sup>th</sup> St., Eureka. The workshop will train people with clutter/hoarding challenges to lead others who are confronting their own clutter issues. Participants must attend both days. To register, email [ssmith@a1aa.org](mailto:ssmith@a1aa.org), or call 707-442-3763.

### Trinidad Lighthouse

Come visit the historic Trinidad Lighthouse and enjoy the spectacular views from the southern cliff of Trinidad Head. Tours of the 1871 lighthouse are 10 a.m.-noon on first Saturday of every month. The grounds are open from 8 a.m. to dusk.

# Letters to the Editor

## Your Local Library

To the Editor:

As manager of Arcata Branch Library and former Youth Services Librarian from the Chicago area, I applaud your May issue on seniors and why they should care about children. Listed as a major reason for doing so is "community: supporting children and families improves the quality of life for all of us." Amen!

My heart sank, though, and hope dimmed as page after page praising literacy programs passed with no mention of county library storytimes. I'd like to remedy that, because no venue surpasses public libraries as a provider of pre-school literacy. Did you know that libraries started story hour? The first was in 1896, and libraries have led the way without pause ever since.

Here in Humboldt County — the size of Connecticut minus 20%, as colleague Ed Munn informed me when I began working here two years ago — 10 library branches and the Eureka Library host a total of 10

weekly storytimes plus 10 extras each month. One might consider 50 storytimes/month extraordinary, but we don't. That's what libraries do and have been doing for over a century.

So, please — love, know, remember and defend your local library. The library is the heart of community and a bastion of democracy. Lending libraries have been on this continent since Ben Franklin started one in 1731. Where else can you go where you don't have to believe anything or buy anything to enter and enjoy?

Libraries belong to you. Visit one often, by yourself, with a friend, or with children and grandchildren. Get a library card. Join a Humboldt County library book group or host one at home with a Book Group in a Bag (thank you, Carol McFarland, for referencing Arcata Library's program in your article). View the exhibits on library walls. Humboldt County libraries are here for you.

**Susan Parsons, MLS**  
Manager, Arcata Library

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## Acceptable Compromises

To the Editor:

A letter entitled "Gun deaths in perspective" [Dick LaVen, Senior News, April 2019, p. 20] makes the point about automobile deaths equaling or exceeding the 40,000 Americans killed by firearms per year.

I believe the point the letter writer was trying to make was to ask why should the rights of lawful gun owners be infringed when autos cause as much carnage. He mentions a toll of 52,000 a year before safety regulations mandating seatbelts and airbags dropped that by almost 20,000. Though the toll has crept up, everybody can assume that, without those safety regulations, it would be much, much worse.

Think of sensible gun regulation, such as perhaps making assault weapons much harder to obtain as the seatbelt/airbag of gun ownership. I would stand with the letter writer if anyone suggests a ban on hunting or self-defense weapons. Though perhaps begrudgingly at first, I've come to accept buckling up behind an airbag, or wearing a "brain bucket" (helmet) while on the motorcycle as acceptable compromises.

As plainly stated, we have sensible auto regulations. Perhaps we have made a case for sensible regulation as well for the admitted-by-all unacceptable gun toll.

**John Dillon, Eureka**

## The VA Filled the Gap

To the Editor:

It was 1968. I had just ended my four years with the Air Force and was attending American University in Washington, D.C.

One day, I experienced a collapse. My roommate called an ambulance. The medics decided I did not need to go to a hospital, but gave me the name of a cardiologist.

The cardiologist said I couldn't afford him since I did not have medical insurance. He suggested I go to the Veterans Administration hospital, which I did.

The VA hospital took me in immediately and put me through a week of tests at no charge. They were there for me.

Decades later, I am now in Hum-

boldt County and experiencing frequent near-fainting spells. My regular doctor has left the county. My cardiologist has left the county. The new cardiologist had to cancel my latest appointment, and it was rescheduled for several months later.

So I went to the VA clinic in Eureka. They took me in, gave me a thorough physical, ran me through tests, set up my prescriptions. They don't have a cardiologist, but I would be able to see one at the VA Hospital in San Francisco.

I have been very happy with the care I have been getting at the VA clinic. They've always been there for me, and it's a darn good thing.

**Dave Rosso, Eureka**  
U.S. Air Force 1964-1968

# Volunteers Resurrect and Preserve Eureka's First Cemetery

*By Milton Phegley*

The City of Eureka was settled in 1850, and by 1861, civic leaders realized the growing town needed a cemetery. Residents created the Myrtle Grove Cemetery Association, and a plot of land outside of town on the Arcata Road for the site.

The land had been logged, but was overgrown with colorful and fragrant myrtle trees. Leaders deemed the location ideal because they thought it far enough from the waterfront business district that it wouldn't interfere with future development. Today, of course, the city surrounds and extends far beyond the 10-acre graveyard at 900 Myrtle Ave., near the West Avenue intersection.

The first grave markers were simple carved wooden plaques. Eventually, six stately mausoleums, wooden and concrete curbs, fences, marble and granite headstones and stone monuments were added.

Over 158 years, more than 6,000 people have been buried at Myrtle Grove — pioneers, merchants, elected officials, businessmen and thousands of ordinary citizens. Among the notables are six Eureka mayors, including Jonathan Clark Jr., who arrived in Eureka in 1850, served as the city's first postmaster, and was mayor from 1878-

1880. His son, William, was also mayor in the early 1900s, and is also buried at Myrtle Grove. As are five Humboldt County sheriffs and William Van Voorhies, California's first secretary of state, who died in 1884.

Some 215 war veterans also rest at Myrtle Grove, including more than 170 from the Civil War. One of these is Hugh Donal McTavish, a Confederate infantryman in the Civil War who also fought in the Indian Wars and World War I. He was at the Confederate surrender at Appomattox in 1865, came to Eureka in 1871 and died here in 1942.

Over the years, the families of those buried at Myrtle Grove aged and passed on themselves; others left the area or lost interest in maintaining the grounds. American Legion efforts to clean up the cemetery after World War II resulted in a major renovation in 1957. Concrete curbing and above-ground concrete vaults and covers were removed, headstones were laid flat for ease of maintenance, and acres of undergrowth were cleared away.

Fast-forward to 2015, when a group of volunteers led by Kirby Bradshaw-Nunn set out to "rescue" the cemetery and restore it to some of its former glory. Bradshaw-Nunn, 66, is a retired air traffic

controller and Eureka transplant who got interested when she visited the cemetery looking for the grave of a friend's relative.

The restoration has been a cooperative effort with the city, with local businesses, groups, and individuals donating time, materials and funding. The volunteers work among the headstones with a sense of history, civic pride, and the desire to see a valuable 10-acre urban open space preserved.

All 4,000+ headstones and burial records are now recorded on a website ([FindAGrave.com](http://FindAGrave.com)). More than 430 sunken or covered markers have been found, and 315 markers have been raised to their original vertical position.

The cemetery grounds are open every day of the year (enter on Cousins Street), and you'll find volunteers there most weekdays. To join the volunteers, see the Myrtle Grove Memorial Cemetery Facebook page, or email [myrtlegroveeureka@gmail.com](mailto:myrtlegroveeureka@gmail.com).

**Milton Phegley**, 67, is a fourth-generation Eurekan, retired city planner and a cemetery volunteer.



**PERPETUAL CARE** — It takes constant attention to maintain a final resting place like Eureka's Myrtle Grove Cemetery. Over the years, the undergrowth has come and gone, as this shot of workers cleaning up graves in 1952 illustrates (left). Today, "Kirby's Army" of volunteers has the 1861 burial ground whipped into shape. From left, Tim Kilburn, Kirby Bradshaw-Nunn, Randy Terra, Karen Hendricks, Milton Phegley, Diana Stockwell, Peggy Wheeler and Bill Bellairs. Photos: Humboldt State University Library Special Collection and Ted Pease.



**ACROSS**

- 1 With 11-Down, furry fairy-tale father  
 5 Hogwarts caretaker  
 10 Recipe amt.  
 14 They're sometimes pale  
 15 Love a lot  
 16 Unlike leprechauns  
 17 Defeat a "Golden Girls" actress in a game?  
 19 "Othello" villain  
 20 Thyme piece?  
 21 Remote batteries  
 22 Fastener with threading  
 23 "\_\_\_ will be done"  
 24 Armageddon in a Thor movie title  
 27 Hamilton bills  
 28 Bum wraps?  
 32 Prestige  
 35 Rigid airship  
 36 Turkish title: Var.  
 37 Vowel-shaped beams  
 39 Actress Russo  
 40 Mesmerize  
 42 Wear down  
 44 Treated to dinner and a show, say  
 45 Get carried \_\_\_  
 46 Touch up, as a photo  
 48 \_\_\_ Angelico  
 51 Erie or Suez  
 54 Hankering  
 55 Give permission  
 57 Ilhan in the House  
 58 Help a "Godfather" actor with a crime?  
 60 Long vehicle, for short  
 61 Palindromic Honda  
 62 Afrikaans speaker  
 63 Tree of life location  
 64 Roundup animal  
 65 Walked (on)

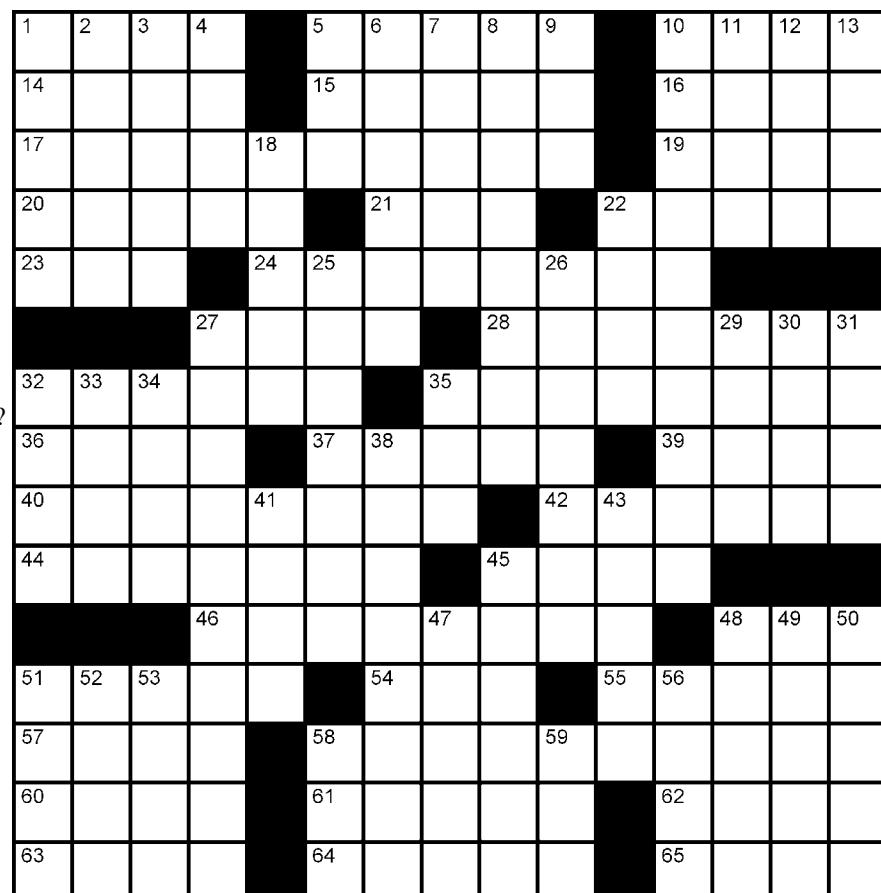
- ANSWERS ON PAGE 14 -

**DOWN**

- 1 Blue Ribbon brewer  
 2 Hebrew letter before beth  
 3 Arctic explorer Robert  
 4 Italian wine province  
 5 Distant  
 6 Pet collar attachments  
 7 "Mean Girls" actress Lindsay  
 8 One fighting for a cause  
 9 She/\_\_\_ pronouns  
 10 Hoodwink the secretary of energy?  
 11 See 1-Across  
 12 Wise person  
 13 Snow-clearing vehicle  
 18 Feel the same  
 22 Lather source  
 25 Stance against some coats  
 26 Woodcutting tools  
 27 Express gratitude to baseball's "Hammer"?  
 29 Zeno's home  
 30 Peel  
 31 Dagger of old  
 32 Suffragist Carrie Chapman \_\_\_  
 33 Farming: Prefix  
 34 Secretary of Transportation Elaine  
 35 Stubborn Seuss character  
 38 A little at a time  
 41 Flower bed filler  
 43 Faith emphasizing gender equality  
 45 Em, to Dorothy  
 47 He played Superman in "Superman"  
 48 Word with "plan" or "show"  
 49 "This ain't my first \_\_\_!"  
 50 Hugo or Edgar  
 51 "Riverdale" actor Sprouse  
 52 Surrounded by  
 53 Hugo or Edgar  
 56 Pride parade letters  
 58 Rm. coolers  
 59 DVD player ancestor

# Crossword Puzzle

**Give Me a T!** by Tina Lippman Edited by David Steinberg.



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## Coming Soon: More Nurses

One major part of efforts to improve health care on the North Coast is the plan to revive nurse education in Humboldt through a partnership linking College of the Redwoods, Humboldt State University and St. Joseph Health.

The new North Coast Nursing Program was kick-started by a \$2 million grant from St. Joseph to support a program for RNs to complete bachelor's degrees in nursing. HSU shuttered its nursing program in 2011 because of budget issues.

The new collaborative HSU/CR program will accept between 25 and 30 RNs per year into the bachelor's degree (BSN) track beginning in Fall 2020.

State Sen. Mike McGuire, who joined hospital and higher education officials in announcing the program, explained the need.

"There is a severe nursing shortage on the North Coast that is impacting

the health and well-being of patients, and increasing the cost of delivering health care," McGuire said, praising St. Joseph Health for "stepping up and making a major investment" in community health and wellness.

St. Joseph Health's CEO, Roberta Luskin-Hawk, M.D., said her organization was "blessed to be in a position to sustain the rich legacy of caring for our community that our founding sisters chartered nearly a century ago."

The grant is provided through the Community Benefit Program, which designates a portion of St. Joseph Health's annual operating expenses to community health and wellness initiatives.

Humboldt County has experienced a steadily worsening nurse shortage since 2010, according to state statistics. The university-hospital partnership and RN-to-BSN program is designed to halt and reverse that trend.

—Ted Pease

## Gee, Whiz! Did You Know . . . ?

Conversation starters, fascinating factoids and other "Gee whiz!" news you might use.

- **Father's Day, June 16**, was founded in 1910 in Spokane, Washington, by Sonora Smart Dodd, whose father, William Jackson Smart, was a single father who raised his six children at the YMCA there.

- **75 years ago**, on June 6, 1944, more than 160,000 Allied troops landed along a heavily fortified, 50-mile stretch of the France coast in the invasion of Normandy.

- **9.8 billion people** will live on Earth in 2050, demographers say, most (6.7 billion) in urban areas.

- **People who grew up** watching black and white TV are more likely to dream in BW than in color.

- **U.S.S. Corset?** During WWI, the U.S. government asked women to stop wearing corsets, to save 28,000 tons of metal — enough for two battleships — and leading to adoption of bras.

- **Bugs!** There are as many as 10 quintillion (10 followed by 18 zeros) insects alive at any given moment.

—Ted Pease



**VOLUNTEERING IS A GIFT**, say Mad River Community Hospital's volunteers, shown here in the hospital gift shop: (from left) Kathleen Duncan, Sue Scott, volunteer services manager Christie Duray, Phyllis Willis and Rochelle Marquardt. Revenue from the gift shop goes to an emergency fund for low-income patients, the hospital's Wellness Garden, car seats for needy families leaving the Birth Center, wheelchairs and other equipment, and scholarships to local college students pursuing health-related degrees, and to staff for continuing education and special training. Information at [madriverhospital.com/volunteers-inc](http://madriverhospital.com/volunteers-inc). Photo: Tracy McCormack/Mad River Hospital.

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# Coming in Senior News

- **JULY:** Senior News: — **Our Pets.**
  - **AUGUST:** In “**Social Life**,” we will look at how seniors socialize, at the challenges and pleasures of connecting with others as we age. How do you fend off loneliness? Pinochle groups? Hiking clubs? Senior centers? Contact SN editor Ted Pease, [tpease@humsenior.org](mailto:tpease@humsenior.org), or 707-443-9747, x1226.

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