



HSRC Grows in Fortuna

Partnership Serves Seniors

By René Arché

Four fawns grazed in the wet, green meadow and the sound of frogs from nearby ponds competed with construction noise as dignitaries gathered to make it official: Work on Humboldt Senior Resource Center's new 16,000-square-foot facility on Newburg Road in Fortuna is already well under way.

"This is an exciting time both for HSRC and for seniors living in the Eel River Valley," said HSRC Executive Director Joyce Hayes as she gathered with McLean Foundation officials, HSRC Board members and others for the ceremonial ground-breaking photo.

Behind the group, workers with DCI Builders poured the concrete slab that forms the footprint of the building that will house expanded Adult Day Health and Redwood Coast PACE services for seniors.

"We are so pleased to be able to partner with our friends at the McLean Foundation to expand these services in Fortuna," Hayes said. The expanded HSRC presence in Fortuna means that program participants from

Continued on Page 23



FORTUNA WORK CREW — Representatives of Humboldt Senior Resource Center, the McLean Foundation, and Greenway Partners, architects for the new HSRC facility in Fortuna, grab shovels on the construction site as DCI Builders pour the concrete slab for the project. From left, architect Jason Brownfield, Catherine Holloway and Kirk Cohune of Greenway Partners; Erin Dunn, Denise Marshall and Dennis Scott of the McLean Foundation; HSRC's Joyce Hayes, Teresa Oliveri and Barbara LaHaie; HSRC Board members Jack Irvine and Willard Foote; and Lauren Correll of the McLean Foundation. Ted Pease photo.

SINCE 1981

ASK THE DOC

LETTERS

THEN & NOW

Published by

HUMBOLDT SENIOR RESOURCE CENTER

Rx on Meds
Page 5

Guns, Irish & Ripening
Page 20

Humboldt's Courthouse
Page 21

Sr. News

Published monthly since 1981 by



Humboldt Senior
Resource Center

Circulation 13,000

All opinions expressed in Senior News are those of the writer and not necessarily of the Humboldt Senior Resource Center. HSRC does not endorse any products, services or candidates advertised in Senior News. All advertising is paid for by the businesses involved, which are totally responsible for content.

Advertising: Call Elizabeth Whitley at 707-443-9747, x1227, or visit www.humsenior.org.

Submissions: Senior News may accept unsolicited readers' stories, up to 400 words. Contact the editor, Ted Pease, at 707-443-9747, x1226, or tpease@humsenior.org at least one month prior to the desired publication issue for details.

Subscriptions: \$20 a year. Call 707-443-9747 or mail to 1910 California St., Eureka CA 95501.

JOYCE HAYES, PUBLISHER

TED PEASE, EDITOR
707-443-9747, x1226
tpease@humsenior.org

ELIZABETH WHITLEY,
ADVERTISING COORDINATOR
707-443-9747, x1227
ewhitley@humsenior.org

HSRC Board of Directors: Jack Irvine, president, James Aste, Nancy Dye Leer, Willard Foote, John Dalby, Kathryn Dunning, Elan Firpo, Bruce Kessler, Susan Hansen, Nanette Medin.

Community Advisory Council: Candra Day, John Heckel, Patty Holbrook, George Ingraham, Carol McFarland, Ralph Nelson, Joan Rainwater-Gish, Dave Rosso, Valerie Vosburg.

Proofreaders: René Arché, Ann King, Mark Larson.

Volunteer Distributors: Steve Courington, Dean Davenport, Joseph MacTurk, Richard Morgan, Don Nielsen, Judy Silvers, Dave Woodson.

© 2019 HSRC

Tedtalks: Leave the Frog Alone

By Ted Pease

Better, wiser men than I have tried to explain humor, and its role in human lives.

I say "human" lives, because most scientists say humor is what distinguishes *Homo sapiens* from other animals and potted plants. But anyone who has lived with a dog, cat, hedgehog or llama knows that they are laughing at us all the time. After all, who's doing the feeding, the walks in the rain, paying the bills, skootching over to make room on the couch? And as for houseplants, well, I swear I hear giggling every time I trip over that damn philodendron.

But I digress.

This being April — the month of Foolishness — Senior News abandons its usual stuffiness to explore "What's So Funny?"

As wordsmith E.B. White once famously observed, there's no point in trying to define it. "Humor can be dissected, as a frog can, but the thing dies in the process and the innards are discouraging to any but the purely scientific mind."

Still, leaving out the scientists, there's no denying that, 1) Humor does exist; and 2) Life without it is a darker and greyer place. So our question this month is, how does humor play out as we age?

Some think that getting old is the joke from a fun-loving God. Comedian George

Burns certainly thought so. He lived to be 100 and played God in a couple of films, so he may have extra insight.

In his 90s, Burns was still making us laugh as we followed his sage advice toward the final curtain. "You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

You get a new perspective from down there, and a rush of philosophical reflections on your life. Such as, "I wonder if I can stand up now?"

• • •

Alert readers will notice that this issue of Senior News has two front pages. That's because our discussion of humor takes a back seat to the Big News announced on Page 1 about Humboldt Senior Resource Center's

expansion in Fortuna.

HSRC has been serving Eel River Valley residents for many years, but construction of a new, 16,000-square-foot facility, set to open in December, means more access to HSRC programs for more people.

Exciting times.

Ted Pease, editor of Senior News, has no problem laughing at himself. After all, everyone else is.



GALE & NIELSEN

ATTORNEYS AT LAW

(707) 269-0167

2850 Harris Street • Eureka

www.galenielsen.com

In This Issue

APRIL FOOLISHNESS

| | |
|---------------------------|----|
| Absurdities..... | 3 |
| Aging with Humor | 3 |
| Napus Aldayus..... | 4 |
| Movies and Mass..... | 4 |
| Cell Phone Funnies | 7 |
| Humor and Sadness..... | 9 |
| Get Up and Go..... | 15 |
| Not So Funny | 17 |
| Uncle Lem's Funeral | 17 |
| No Sissies..... | 18 |

COLUMNS

| | |
|-------------------------------------|----|
| Tedtalks: <i>Funny Frog</i> | 2 |
| The Doc: <i>Medications</i> | 5 |
| Goodspeed: <i>Old Days</i> | 6 |
| Kellermann: <i>Child Poem</i> | 8 |
| Heckel: <i>Hold Stories</i> | 10 |
| Rainwater-Gish: <i>Joke</i> | 16 |

CALENDARS

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

HSRC NEWS

| | |
|-----------------------------|----|
| Fortuna Expansion..... | 1 |
| Laughter with Friends... .. | 11 |

& ETC.

| | |
|----------------------------|----|
| A Good Laugh | 5 |
| LWV Honoree | 17 |
| Letters to the Editor..... | 20 |
| Crossword..... | 22 |

COMING NEXT MONTH CHILDHOOD



April is a Funny Month

Absolutely Absurd

By Ann King

A liberal dose of absurdity is the absolutely essential soul of humor. In fact, humor requires it, to be successful. Without it, humor can perch like a soggy buzzard on a dead tree limb. But when tickled with the flash of a ridiculously absurd idea, situations can go from staid to hilarious.

Imagine enjoying time with a small group of friends. One of them makes a funny remark, another friend joins in, and suddenly you're all contributing one outrageously farcical witticism after the other. That's the god Absurdity, frolicking around like a demented squirrel.

I tell you, people, there is nothing so restorative as a plentiful supply of these treasured moments. They're unrepeatable: "Ya had to have been there."

When I think about humor, I think of my all-time favorite TV show, "Rowan & Martin's Laugh-In," which ran from 1968 to 1973, a time in America when we needed a laugh. I think the show's most outstanding trait — the through-line, if you will — was the outright absurdity in the skits. The show was drenched in it.

Remember Goldie Hawn's infectious giggle? And rain-coat-clad Artie Johnson riding a little tricycle until he inevitably tipped over? Or Sammy Davis Jr. swooping across the set in a voluminous black robe, intoning, "Here come da judge. Here come da

judge." If you've been in a courtroom, you know they're not really funny. I worked as a legal secretary, and occasionally had to enter a courtroom. So help me, I couldn't get Sammy out of my mind. It still tickles me to think of him.

Additionally, one of my favorite poets, Ogden Nash (1902-1971), had a rare and wonderful grasp of the absurd. He loved to romp in word-fields, and he did it brilliantly, bending and outright breaking all sorts of rules: "If called by a panther/Don't anther." And, "Who wants my jellyfish?/I'm not sellyfish!"

We frequently take ourselves too seriously. Admittedly, sometimes life can get rather serious. But, in reality, aren't humans a pretty darn funny bunch of monkeys? And don't we really love to laugh?

We just have to appreciate the absurdity that's so readily observable. It lurks in our imaginations, just waiting for someone like the buttoned-down William F. Buckley Jr., American intellectual and self-described conservative, to join Goldie Hawn on "Laugh-In" to say, "Sock it to me!"

—

Ann King, 83, a Senior News proofreader, writes, laughs and falls off her tricycle in Eureka.

Aging with Humor

By Gina Belton

Editor's Note: *Spend an hour talking with Dr. Gina Belton, and see if you don't come out smiling. That may seem a little counterintuitive, since Belton is a psychologist who practices existential medicine, and whose specialty is thanatology — the study of loss, dying, death and bereavement. But life, loss and humor are naturally and inextricably connected, says Belton.*

Humor is a very compelling area of inquiry when it comes to exploring aging and death. As an invitation to understanding the inevitability of our growing old (if we are fortunate) and, ultimately, our dying, humor can offer us many insights, and demonstrates a healthy mental state and well-being.

It is helpful to understand what humor is and how it functions. Humor is defined not only individually, but also collectively and, most

Continued on Page 23



SERIOUS STUFF — Psychologist Gina Belton says humor is a crucial part of living, and of aging. Ted Pease photo.

It Takes Practice to Make This Hobby Look Easy

By John Meyers

When I entered my retirement years, I used to worry about keeping busy. I have always been a busy guy. My wife worried about it, too, and often suggested that I was going to need a hobby.

I used to play the guitar, but my fingers are really out of shape. I used to be a woodcarver, but we don't have any more room for my "little person" creations. My hands shake a little now, too, which isn't good

when you're holding a sharp knife in your lap.

I enjoyed singing in a barbershop quartet for many years, but I've developed some breathing problems that interfere with that.

I enjoy writing, but that's sort of my business now — I write books. That's not a hobby.

I used to say, "When I retire, I'm gonna need a hobby. There's no way I can just sit around in a recliner all day."

Well, now I'm retired, and it turns out I was wrong. I *can* sit around in my recliner for a great part of the day. And I love it.

When I was a firefighter, I perfected the art of napping. You don't get to stop and fall asleep for several hours on the fire line; you learn to take quick little naps anywhere and anytime you can to refresh yourself.

Eureka! My new hobby would be napping. I can sit in my recliner for hours at a time . . . especially when the warm afternoon sun comes in the window.

It has become a challenge for me

to discover how many ways of napping I can perfect. There's the basic "lay back with my feet up and snore away" nap. There's the short "don't let the wife catch me again" nap.

One of my favorites is the "eyes wide open" nap when we have company. That's a hard one. Winter naps are fun, snuggled up with a blanket. More often now, I find myself napping with an open book on my lap. I'm not sure how that happens. I love reading.

I dislike naps where I drool. That happens a lot now, too. And telemarketers who call during naptime are definitely on my list.

I quickly got over the guilt of napping when it seems like I should be *doing* something. I *am* doing something: I'm working on my new hobby.

Even my wife seems happy for me. And as they say, "Happy wife, happy..." z-z-z-z-z-z-z-z

—

John Meyers, 69, works tirelessly on his hobby in Trinidad.



HEAVY LIFTING — John Meyers, a self-described "Napus Aldayus," hard at work in his natural environment. Ted Pease photo.

Something Lost Between Silver Screen and Sunday Mass

By Carol McFarland

The story about my grandmother visiting from her retirement home in Kentfield is always recounted at family reunions — the one about attending a Saturday movie at the State Theater (17¢ admission) in Eureka.

Nonna sat spellbound watching Jennifer Jones and Lee J. Cobb act out "The Song of Bernadette," the 1943

film about a young French woman who saw visions of the Virgin Mary. The next day, we walked to Mass at St. Bernard's Church, where Father Farrell, a newly arrived young priest, gave a sermon about St. Bernadette that seemed longer than the movie.

As we filed out of St. Bernard's on H Street, down the church's steep

front steps, and turned toward home, Nonna glanced over her shoulder, turned to me and stage-whispered "Capito?" In her version of English, she said, "I liked the movie better!" Then she crossed herself twice and put away her rosary beads.

When my mother later mentioned the comment to Father Farrell, an

Irish fellow who loved a good martini, he laughed and lifted his glass in Nonna's direction.

—

Carol McFarland's nonna, Maria Giuntoli, and grandfather Vittorio Evangelisti founded the Big Four, a famed Humboldt County restaurant, in Trinidad and Arcata.

ASK THE DOCTOR

Rx on Your Meds

By Jennifer Heidmann, M.D.



Whether it's an apple a day or 23 different pills a day, it can be challenging to take medications appropriately. How do you remember to take pills, avoid taking extra doses, and know what each pill is for? Why do medications have such difficult-to-pronounce names? What if the medication prescribed is too expensive?

As a physician, one of my favorite things to do is to de-prescribe medications. But this is not always possible.

Thankfully, we have a lot of options for treating acute and chronic diseases that used to be life-threatening, and if we cannot cure with medication, we can often manage symptoms and prolong life.

If you would like to try to reduce the medications you take, discuss it with your doctor. Safe and appropriate changes may be possible, but just stopping a medication cold-turkey can be dangerous.

When doctors prescribe medications, they are checking for interactions with other meds you're taking, as is the pharmacist who fills the prescription for you. It is important to tell your doctor or pharmacist if you are taking over-the-counter medications, or medications from other doctors or pharmacies that they do not see on your list, so they can check for interactions and side

effects. Just because something is over-the-counter or "natural" doesn't mean it could not have adverse effects in combination with other meds.

Keep a list of your medications, with the name, dose and reason you are taking it, as well as your doctor's name and phone number. This is helpful if you need emergency care, or if you are traveling and lose your meds. It should be updated every time a change is made.

Medications can have similar names and names that are outrageously

difficult to remember and spell. Wouldn't it be *supercalifragilisticexpialidocious* if medicines had short, sensible names? Also, the same dose of the same medication can come in different shapes, sizes and colors. If you see a pill you don't recognize, do not hesitate to have your pharmacist or clinic double check that it is the correct one.

Anyone who takes medication regularly needs some kind of system to do it properly. This might mean making medications part of your daily routine (always taking morning medications with breakfast or after brushing teeth), or it may involve organizing medications into a pill box, which is especially helpful if you take medication more than once per day or if you regularly take

"Anyone who takes medication regularly needs some kind of system..."

Continued on Page 19

Docs Prescribe Laughter

OK, so laughter can't cure your gout or heart disease, but it really can prolong your life, researchers say.

"When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered," says the Mayo Clinic. "Data is mounting about the positive things laughter can do."

It's obvious how a laugh, twitter, guffaw or knee-slapper can lighten your mood, but they also can create physical changes in your body. Practitioners of "laughter yoga" have known about this for years (see page 11), and medical researchers are now finding measurable physical benefits:

- Wake up your organs. A good laugh helps you breathe deep, oxygenating your lungs, heart, blood supply and muscles, and releasing endorphins in your brain.

- Stress down. A good ha-ha-ha

stimulates your stress response, increasing heart rate and blood pressure.

- Relieve tension. Laughter can raise circulation and relax muscles.

- Improve your immune system. Negative thoughts can induce chemical reactions that actually stress your system and decrease immunity. Positive thoughts and feelings release neuropeptides, which fight stress.

- Relieve pain. Laughter helps produce the body's natural painkillers.

- Cope better. Good humor, as opposed to a grumpy outlook, makes it easier to cope with difficult situations and connect with other people.

Laughter isn't the only medicine, of course, but Mayo researchers say it can be good medicine. Finding things to laugh about can make your life healthier and happier.

—Ted Pease

Eureka 1450 Broadway (707) 442-6325 • McKinleyville 2165 Central Ave. (707) 839-3636

Live Well and Be Healthy... Naturally!

COME CELEBRATE!

Earth DAY

APRIL 27TH / 11AM-3PM
1450 BROADWAY, EUREKA

10% OFF SENIOR TUESDAYS

FREE FOOD TASTING FROM BOOTHING VENDORS • LIVE MUSIC • ZERO EMISSION VEHICLES • FREE GIFT BAGS • RAFFLE • FACE PAINTING • LIVE BEE HIVE...AND MORE!

EUREKA NATURAL FOODS

HEAVENS TO BETSY—BY BETSY GOODSPEED



The Old Days

My memories of working with great comics make me feel like the luckiest person alive.

I performed with Eddie Cantor on one of the first TV telecasts from the West Coast to the East Coast in the 1950s. And my husband built a remote television facility for Red Skelton, which led to managing Skelton Studios when Red bought the historic Charlie Chaplin Studio.

Jerry Lewis, Jack Benny and Spike Jones are also on my list.

Doodles Weaver was Spike's best-known comic, and Sir Frederick Gas was our clown. His loose black suit looked like a reject from a thrift store, and his frizzy black hair resembled a mile-high Brillo pad. "Gas" excelled at pathos, and he could transmit a silent obituary with his soulful eyes.

Offstage, "Gas" was known as Earl Bennett, a supremely talented oil painter who used a toothpick to put leaves on a tree. Then his art was given away because he was living out of a suitcase on the road.

One time on tour, a bunch of us were walking back to our hotel after a radio show rehearsal when "Gas" stopped and whispered in awe, "Look at that!"

It was an 18-inch wind-up mechanical man in a toy store window, wearing a black and white checkered suit. He was a near-match for our funny friend, Doodles Weaver. "Gas" had to buy it, and then he

brightened the lookalike's bronze hair and altered his expression to turn him into a Doodles Weaver doll.

I thought he was doing it as a gift, but that night when Doodles began to walk offstage after his racetrack routine, he stopped short seeing his mechanical lookalike marching onstage toward him from the wings.

Doodles backed up uncertainly and looked at Spike and the band. The audience could barely see the strange apparition, but they knew it was not part of the show because Spike was sinking to the floor with his hands over his face, totally undone by the sight.

Doodles was overcome with wonder as his lookalike marched resolutely into his leg and then fell face-down on the stage, his crank still turning.

As the author of the piece, "Gas" came onstage to take a bow, and Doodles salaamed to him before clapping his mechanical twin to his heart, gulping, "That's the nicest thing anyone ever did for me."

Comics are like children, and unexpected humor always works best for me because of its innocence.

Betsy Goodspeed, 92, of Eureka grew up in Hollywood and had a long TV and stage career as a singer and musician.

PACIFIC
MEDICAL
RESOURCES



"We are here for you."

Humboldt Caregivers

Serving our community more than 20 years
Call us for a **FREE** in-home consultation

INSURED &
BONDED

Toll Free: 877-964-2001

www.pacificmr.com

**Registered nurse support • Personal care • Light housekeeping
Assistance with daily activities • Respite care & more**

Experience the Eureka Symphony: Live!



Hear the Young
Artist
Competition
Winners
April 12 & 13
during "Inventive
Voices"

Eureka
SYMPHONY *World Classics, North Coast Musicians*



Inventive Voices
April 12 & 13, 2019
Young Artist Competition
Winners Zechariah
Gravander & Olivia
Gerving
Shostakovich, Festive
Overture
Mussorgsky, Night on
Bald Mountain
Beethoven, Symphony
No. 1 in C Major



Memorable Melodies
May 17 & 18, 2019
Larsen, Deep Summer
Music
Tchaikovsky, Variations
on a Rococo Theme
(featuring cellist Garrick
Woods)
Tchaikovsky, Symphony
No. 5 in E minor

For tickets call 845-3655 or go to www.eurekasymphony.org

Cell Phone Funnies

By Patty Holbrook

As I latched the restroom stall door at Target, a cheerful female voice in the next stall asked, "Hi! How you doing?"

"Uh, fine, thank you," I murmured, startled, looking around for hidden cameras.

She continued a conversation about her plans for the weekend.

This was my first encounter with cell phone use in public.

Later that week, I waited in line at Umpqua Bank behind a girl on her phone, complaining bitterly about last night's date. When she said, you won't believe what Jason did to me, my ears perked up, as did the woman's behind me, curious to hear what Jason did.

Noticing that we were listening to her conversation, she snapped at her friend about how rude people were and she'd have to call back, shooting us a hateful glare.

Intrigued by public cell phone behavior, I now eavesdrop at every opportunity.

Short of needing to say, "I'm gonna be late" or "My car just exploded," I can't understand why anyone would chat idly and often loudly about personal matters in the middle of Costco or as they grope the avocados at Winco.

Everywhere I look, someone is on a cell phone. Elderly people, teen-

agers, people at the beach, homeless guys on bicycles. Talking loudly over the ambient noise, they pace, they gesture, eyes unfocused, smiling at the phone, zoned out, oblivious to their surroundings. Some walk around talking to themselves, waving their arms. Thinking they were loonies, I once mistook hands-free devices for cochlear implants.

Osteopaths and chiropractors must be cashing in on cell phone-induced dislocated shoulders and tennis elbows. Neurosurgeons, too, since so many people are using their heads as transmitters, perhaps an unwise practice in the long term. It's just a matter of time before Dr. Scholl cashes in, too, marketing arm slings for cell phone arm support.

If I ever succumb to serious enough cell phone addiction to injure myself, I will buy a glamorous sling, maybe embellished with rhinestones — a sling with bling!

If I ever want to have my arm broken, I'll get a red one that says, "Make America Great Again."

—

Patty Holbrook of Eureka plays piano at the Ingomar Club and chairs the Senior News Community Advisory Council Humor Subcommittee. To give her a good shock, call her cell phone.

"Should I be the one to play God? We're both about the same age, but we grew up in different neighborhoods."

—George Burns (1896-1996), comedian

Senior Living at Its Finest!

Easter is hopping this way!
Join all the fun at Timber Ridge!



McKinleyville | 707.839.9100

Eureka | 707.443.3000

TimberRidgeCare.com



TIMBER RIDGE
- SENIOR LIVING COMMUNITY -



PAINTING THE OCEAN

BY MARGARET KELLERMANN

A Child Who Knows Poems

Real laughter is ... a calling to all that says, "Over here, come over here for a minute ... where things look so different, and you can have more fun!" —Hafiz

Spring is here; sap is rising. Time to put away winter doldrums and recall a few fun things my kids said 30-some years ago. Back when they were small and wise.

Something strikes me as poetically funny when my natural expectation is overruled by surprise, with an exactness that's truer than the norm.

When I asked my 4-year-old, Jack Bryan, why he had put his mittens on backward, he shrugged. "My hands are cold." His mind works like that, focusing on the big picture.

That same year, Jack Bryan found me pounding away on my typewriter. "Mom! I know what a poem is."

"Great," I said. "You can teach me."

In his bedroom, he pointed to his oversized flash cards, snaking in one beautiful line. The words said: "SONG BOY CALL MOTHER CAT COME PLAY HAPPY GREEN YELLOW BLUE TREE."

I grinned at the room-length epic: "Jack Bryan, you *do* know what a poem is!"

Once, I asked 18-month-old Eric, who had just graduated to a bed, "Where do babies come from? Do you know?"

"Cribs," he explained.

From Eric's babyhood 'til he turned 2, I never got a warm bite to eat at a restaurant. As soon as a

waitress came with our food, I had to carry a suddenly shrieking Eric out to the parking lot. His was not a pint-sized tantrum. It was a caterwaul beginning whenever a waitress placed food on his high chair tray, cooing: "There you are, now, doesn't that food look goooood?"

When Eric turned 2, I figured he was ready for an important story. I told him about a little boy who had these episodes when his family tried to eat at a restaurant. I asked him why he thought the little boy was happy until the moment a waitress showed up with his food.

In a low voice, he growled, "Maybe he didn't like the waitress."

My fingers are cold as I type. But this is what I need to do: write down my gratitude list in these short stories, while spring takes its time warming the soil. For me, amusing memories are small celebrations, calling out to the brave bulbs and blossoms.

Like a fitting conclusion to this story, spring birds are right now twittering, almost giggling, outside my window as I write. "Spring has returned," wrote poet Rainer Marie Rilke. "The earth is like a child who knows poems."

Margaret Kellermann loves spring most of all, Followed by summer and then — well — fall. Reach her at bluelakestudio.net/contact.



Two Shows Daily
5 p.m. & 7:30 p.m.

Admission

PRE-SHOW PRICES

available 4/01 at
Redwood Acres office

\$12 adults

\$7 child (2-12)

\$7 seniors 65+

DAY OF SHOW PRICES

\$15 adults

\$8 child (2-12)

\$8 seniors 65+

Friday & Saturday
May 9 & May 10
Redwood Acres Fairgrounds



Redwood Naturopathic Family Medicine

Holistic solutions to chronic healthcare conditions



Dr. Gabriel Holtski works to identify and address the underlying cause of your health concerns while taking a holistic approach to your well-being. As a licensed Naturopathic Doctor, he uses the least invasive treatments necessary to improve your health and vitality while minimizing side effects.

427 F St, Suite #205, Eureka CA 95501

(707) 572-5898

www.RedwoodNaturopathic.com

Please note, we are a fee-for-service practice and do not accept insurance

Humor and Sadness — Two Sides of the Coin

By Janet Patterson

I was funny in high school. I could make my friends laugh, and I found myself hilarious. Influenced, no doubt, by my recovered-alcoholic grandfather, Bill Patterson, my rebellious and humorous nature was starting to come out.

So I took more of the muscle relaxant pills prescribed by the doctor for my frequent headaches, and that made me even funnier.

There is a link between sadness, or psychological pain, and humor. Tragedy and comedy are two sides of the same coin. Two attempted suicides, some distraught parents (mine), a couple of psychiatric hospitalizations, and months of therapy later, I was pretty much okay. I went to college, did well, and could even keep a job. I

traveled, and lived abroad.

Little by little, I took life more seriously. I returned to the United States. For eight years while I lived in Florida with my aerospace engineer sister, my sense of humor disappeared, and I didn't even realize it was gone. Life was amazing, but not funny.

Then a man came into my life. I had met him in San Francisco a few years earlier, and found him to be the funniest person I had ever met. A New Yorker, he was the kind of person who made me wet my pants with his every comment.

Living together, in 1988, we found we were both funny. Gradually, he brought that out in me, as well as my spontaneity and other likable characteristics. But he had a mean streak, an

angry side, and an unexamined, addictive personality. Was he the kind of person who used

humor to stop himself from exploring his dark side? It's a common trap.

When we split up in 1997, having returned to California, I discovered that I could be funny in my own right, and in an unaltered state. My sense of humor never left me again, and, as hard as life is, it has gone on to show

even more of its marvels to me.

In 2002, while in graduate school, I met another man, with whom I now live. Once again, I was funny in school, and he encourages me to express my sense of humor. Together we investigate what lies beneath the humor.

Next up, of course, and it's no easy trick: learning to laugh at myself!

Janet Patterson of Eureka is a retired Spanish Immersion teacher (she was funny even in Spanish) from Davis. She holds a Ph.D. in psychology and is a SoulCollage® facilitator.

"Next up: Learning to laugh at myself!"

UPCOMING PROMOTIONS AND EVENTS



THURSDAYS * 11AM-11PM

Swipe And Win

Up to \$100 in Free Play, Dining Credit or Hotel Stays including an Executive Suite!



**ALL YOU CAN EAT
EASTER BRUNCH
\$29.95***
TAX & GRATUITY
NOT INCLUDED

\$16.95 children under 12 | under 3 eat FREE

Special Easter Morning Breakfast Menu
Also Available from 6am-9am

**Sunday, April 21st
9am - 2pm**

Reservations Recommended.

*\$34.95 without Player's Card
Visit our website for a full list of menu items.

GIFT of the MONTH

SUNDAYS & WEDNESDAYS

**APRIL 1ST-15TH
BAMBOO CUTTING BOARD**

**APRIL 16TH-30TH
PITCHER &
TUMBLER SET**

Earn 500 pts. playing slots or 1 hour of rated table games play within any single promotional day.

Untamed
EXCITEMENT.

800.761.BEAR « bearrivercasino.com

BEAR RIVER
CASINO RESORT



Receive a voucher with your purchase of Easter Brunch.

Win up to \$75 in Free Play, Gift Shop Discounts or Dining Credit!

Promotions with rated table games play are based on minimum \$10 bet. Must be 21 years or older to enter casino. Management reserves all rights. Visit Casino Services for full details on all promotions.



AGING IS AN ART — BY JOHN HECKEL

Holding Your Stories

I hold a story. Actually, it's my father's story, but since he died almost 20 years ago, I guess holding that story has become my responsibility.

It was not until I was 23, long after our family's immigration to the United States, that I learned the details of my father's 1933 imprisonment in Kemna Concentration Camp, and then I heard it only from my mother. My father, until his death at the age of 88, never talked about the time he spent in that camp, how he got there, or what happened when he got out and returned to his home town in Germany.

My father, Karl Heckel, with several other young men, painted pro-unionist, pro-socialist, and anti-fascist graffiti on the streets of his hometown. His co-leader got caught, and the authorities contacted the man's wife and asked her to get my father to turn himself in. They told her that if he did, they would both be given a warning and let go.

My father turned himself in. Neither was let go, and both ended up in a concentration camp.

I recently asked my older brother about his memories. I was touched by his response:

"Whatever I learned about Dad's early years came from Mom. Dad never talked about it and I was too ignorant to ask," he said.

"I do remember the thing about him turning himself in based on a promise to set the other guy free.

They were accused of painting communist graffiti on a factory chimney back when Germany was teetering between extreme Right and Left ideology.

"Dad did suffer injuries at the camp that were still visible when he died. I remember Mom pointing those out when he was dying."

Kemna was horrible for many reasons. Given today's climate, one reason stands out: neighbor guarded neighbor. Prisoners and guards both came from the same small region of Germany. When Kemna closed, my father and his concentration camp guards went back into the same neighborhood from which they came, once again living on the same streets.

The silence must have been deafening.

We all hold personally significant and culturally important stories. As we age, the possibility increases that those stories will die with us, stories lost forever, never to be told.

Stories influence and shape us, and in turn give meaning and feeling to the culture that surrounds us.

Find a way for your stories to be shared. Honor the individual stories you hold, and allow them to influence our collective future.

—
John Heckel, Ph.D., a regular *Senior News* columnist and chair of the *Senior News Community Advisory Council*, is a retired *HSU* theater and film professor with a doctorate in psychology.

Elite Caregivers Home Care

Where Compassion Meets Care



- Personalized Care for Body, Mind & Spirit
- End-of-Life Care
- Assistance with Medications
- Bathing, Dressing & Feeding
- Meal Planning & Preparation
- Physical Therapy Assistance
- Light Housekeeping
- Shopping & Errands
- Transportation

Call today at (707) 496-8499

www.elite-caregivers.com



HCO# 124700001

LICENSED • BONDED • INSURED

Serving Humboldt, Del Norte & Shasta counties

COAST CENTRAL CREDIT UNION

Primetime Checking
For Age 60+
Get More **NOW!**



No monthly service fee • \$20 discount on safe deposit box

• Free box of standard checks*

• Three free Cashier's Checks per month

445-8801

*One box per calendar year of custom checks.
Membership Savings account required.



Belonging Never Felt Better®

Coast Central
Credit Union

coastccu.org

1910 California Street • Eureka CA 95501

HSRC News 707 443-9747 • www.humsenior.org

Big Laughs — ‘It’s Fun Being Silly’

A Senior News story about laughter yoga last April was so infectious that the Humboldt Senior Resource Center got its own weekly laughter yoga group in Eureka.

“I found the once-a-week time to be with new friends and laugh and open my heart to be a life-changing experience,” says Lynn Robbins, one of the group’s five or six regulars.

The principle is that the physical act of laughing releases endorphins, gets the blood pumping and promotes both physical and psychological health, as laughter yoga instructor Joanne Fornes of McKinleyville explained last year [“Let Your Silly Out,” April 2018].

Eureka’s laughter yoga group started last Fall, and Fornes came to the first few sessions to get the group going. Since then, they’ve been laughing on their own. “I feel relaxed and happy at the end of every session,” said participant Margaret Brown. “I find myself laughing when things go wrong sometimes . . . go figure! But the most unexpected benefit is that I find myself acting like a kid. It’s just

so much fun!”

Jo Anne Godinho agrees. “This class is good medicine for me,” she said. “I come away with a lighter perspective about life, and I sleep better on Thursday nights. I know laughter is a much more frequent occurrence in my life since starting this class.”

It’s true, said Karen Zeck: “I laugh easier, longer, louder and have more fun while I am doing it.”

Kara Lynn Klarner is a recent convert, and says the weekly laugh-in encourages a positive outlook. “It’s fun being silly,” she said. “The activities are cathartic and the participants very accepting.”

Robbins says the group is about more than laughing. “In class we may not know each other’s lives, but we know our hearts. We have trust, a place to clean up and shine our hearts,” she said. “I’d call it a healing community.”

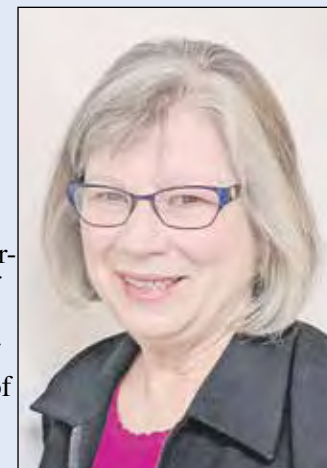
The sounds of unrestrained mirth emanate from the HSRC dining room in Eureka on Thursdays at 3:30 p.m. Join in.



SERIOUS BUSINESS — That hilarity you hear coming from the HSRC dining room in Eureka? That’s “Laughing Our Hearts Open,” the Center’s weekly laughter yoga group. Showing off their skills (from left): Karen Zeck, Margaret Brown, Lynn Robbins, Kara Lynn Klarner and Jo Anne Godinho. Ted Pease photo.

Hayes Honored

Joyce Hayes, executive director of the Humboldt Senior Resource Center (HSRC), has been honored by the Humboldt Branch of the American Association of University Women (AAUW) as one of its 2019 “Women of Distinction.”



Joyce Hayes

Hayes and co-honoree Melanie Noe of Myrtle Avenue Pet Center were recognized for the differences they make in the community.

Hayes’ roots in the Humboldt County community go deep. A Fortuna native, she went out of state for her education in dietetics and nutrition, and worked in the Pacific Northwest and Kansas before coming back home to Humboldt.

She was grateful for the opportunity to return to this area with her husband and a young son, who would have time to spend with his grandfathers, a part of her own life that she cherishes.

Hayes has been with HSRC for almost 25 years, and has led the agency for 16 years through an important period of growth, including creation of HSRC’s Alzheimer’s Resource Center and the Redwood Coast PACE (Program for All-Inclusive Care for the Elderly), the first rural PACE in California. Prior to becoming executive director, Hayes directed the HSRC Nutrition Program for nine years.

“I am honored to be recognized by the AAUW,” said Hayes, who has announced her retirement later this year. “I am lucky to have been able to work with these wonderful women in this great community.”

The AAUW is a nationwide organization formed in 1881 and dedicated to equity for girls and women.

Consolidate Your Bills
into one monthly payment



Bob Lawton
Owner/Broker

445-3027 • 2037 Harrison Ave • Eureka

bob@humboldtmortgage.net CalBRE: #01144618, NMLS: #323296

Free
PRESCRIPTION DELIVERY

Eureka
Arcata
Fieldbrook
Blue Lake
McKinleyville
Trinidad

Call 443-7086
to transfer
your prescriptions
to Cloney's now!

Free HEALTH CLASSES*

Healthy Heart Club Diet & Exercise
for high blood pressure
and chronic diseases

Your Hosts **Diabetes education**
for everyday living

RICH SPINI, PHARM.D., CDE (PHARMACIST & CERTIFIED
DIABETES EDUCATOR)
JANE SPINI, RN (REGISTERED NURSE & WELLNESS COACH)

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



CLONEY'S PRESCRIPTION PHARMACY
2515 HARRISON AVENUE • EUREKA
443-7086 FAX: 443-0302

CLONEY'S RED CROSS PHARMACY
525 5TH STREET • EUREKA
443-1614 FAX: 443-4461

Since 1902 CLONEY'S MCKINLEYVILLE PHARMACY
1567 CITY CENTER ROAD
MCKINLEYVILLE
840-9923 FAX: 840-9928



April SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

An HSRC Senior Dining Center
1910 California Street

For more information call Tasha at 443-9747 x1228, troma@humssenior.org

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

Every Weekday

9-1 Library (not April 4 & 11)
9-3 Senior Services Office
12-3 Billiards

Mondays

9:30-10:30 Karate with Jerry Bunch
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

Tuesdays

10-11 Harry's Bingo (not April 2)
11:30-12:15 Lunch
12:15-2:15 Pinochle
2:10-3:10 FABS/S.A.I.L. with Beth & Lois
3:30-4:30 Tai Chi for Balance & Arthritis
Practice Group

NEW!

April 2 10:30-11:30 Dine & Dance w/Ray, Dave & Lois
April 16 11:30-2:00 Foster Grandparents Program
April 30 6-9 pm Stamp Club

Wednesdays

11:30-12:15 Lunch
1:15-2 S.A.I.L. w/Muriel
1:30-3:30 Intermediate Line Dancing
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois
April 3 & 17 1-2 Caregiver Support Group
Adult Day Health & Alzheimer's
Services Library, 2nd floor, Bldg. B
1901 California St., Eureka
April 10 11:30-12:15 Emblem Club serves lunch
April 17 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 S.A.I.L. w/ Muriel
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
3:30-4:30 Laughter Yoga-Laughing our
Hearts Open
April 4 & 18 10-12 Genealogy group

Fridays

9-10 Falun Dafa
10-11 Beginning Tai Chi Movements
11-12 Beginning Yoga
11:30-12:15 Lunch
1-4 Bridge Games
April 5 & 19 1:30-2:30 Conscious Living Book Club
April 19 11:30-12:15 Spring Holiday Celebration
April 26 11:30-12:15 Birthday Celebration

Saturdays

April 6 Noon Sassy Seniors
Luis Mexican Restaurant
4946 West Avenue, Eureka
April 20 Noon Nooners
Oriental Buffet
Valley West Shopping Center,
Arcata

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 Lunch

Wednesdays

5-8 Bingo
April 3 10:30 Music with Bill, Corena & John
12 Lunch

Thursdays

12 Lunch
April 11 & 25 12-2 Caregiver Support Group
United Methodist Church,
Fireplace Room
922 N Street
For info call 443-9747

April 18 12-1:30 Caregiver Support Group
United Methodist Church,
Fireplace Room
922 N Street
For info call 443-9747

Fridays

April 19 11:30-12:15 Spring Holiday Celebration
April 26 12 Birthday Lunch

April 2019

Senior Dining Center Menu

FIRST WEEK

April 1 Dining Centers closed
April 2 Sesame Ginger Flounder
April 3 Pork Roast
April 4 Cheese Manicotti
April 5 Teriyaki Chicken

SECOND WEEK

April 8 Dining Centers closed
April 9 1/2 Chicken Salad Sandwich
& Broccoli Cheese Soup
April 10 Bay Shrimp Salad
April 11 Bean & Cheese Enchilada Bake
April 12 Chicken Marsala

People 60+ are invited

\$3.50 suggested donation

No senior 60 or older will be denied a meal if unable to donate.

\$6 for those under 60.

• • • • • Call for Reservations • • • • •

Arcata • 825-2027 Eureka • 443-9747 Fortuna • 725-6245

THIRD WEEK

April 15 Dining Centers closed
April 16 Beef Stroganoff w/Egg Noodles
April 17 Crustless Quiche
April 18 Stuffed Bell Peppers
April 19 Pineapple Baked Ham

FOURTH WEEK

April 22 Dining Centers closed
April 23 Baked Cod Dijonnaise
April 24 Chicken Cordon Bleu
April 25 Taco Salad
April 26 Hunan Chicken - Birthdays

FIFTH WEEK

April 29 Dining Centers closed
April 30 Meatloaf & Gravy
LOW-FAT OR NONFAT MILK
SERVED WITH EACH MEAL

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

April 8 & 22 11-12 Silver Quills Writing Group

Tuesdays

9-11 Katie's Krafters
10-11 Senior Aqua Time-HealthSport
\$5 fee (prior registration required)
Bread distribution
11:30-12:15 Lunch
April 2 & 16 10-11 Bead Jewelry Class
Caregiver Support Group
Mad River Community Hosp.
Minkler Education Room
3800 Janes Road, Arcata
For info call 443-9747
April 2 10-11 Blood Pressure Check
April 30 2 Arcata Marsh Slow Walk

Wednesdays

10-11 Chi Gong-RSVP 443-8347
11 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
April 3 & 17 10:30-11:30 Brice Ogen & Guitar
April 24 10:30-12:15 Prom

Thursdays

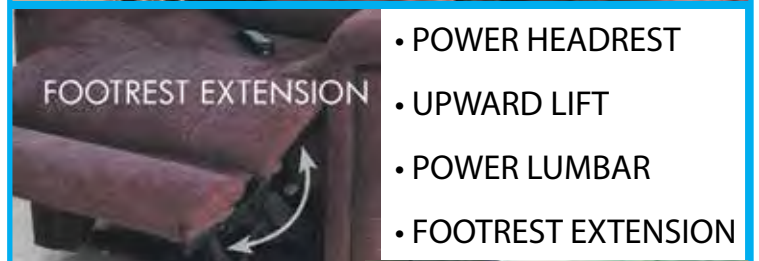
9-10 Tai Chi w/Tim (\$3 donation)
9-11 Katie's Krafters
10-11 Senior Swim hour-HealthSport
\$5 fee (prior registration required)
Lunch
11:30-12:15 Learn Tech with Brett
12:15-1:15 PJ's Musical Group
April 4 10:30-11:30 Site Council
April 11 10-11 Swing 'n' Sway Trio
April 18 10:15-11:15 Commodities Distribution
April 18 10:30-11:00 Commodities Distribution

Fridays

10-11:30 Ping Pong with Pete (not 4/19)
11:30-12:15 Lunch
April 12 & 26 10:30-11:30 Piano with John Humphrey
April 19 10:15-11:15 Music with the Half Notes
April 19 11:30-12:15 Spring Holiday Celebration
April 26 10:30-12:15 Birthday Celebration

Now Accepting Orders for

Mother's Day



• POWER HEADREST

• UPWARD LIFT

• POWER LUMBAR

• FOOTREST EXTENSION

**ORDER YOUR
LIFT CHAIR
IN A FAVORITE
FABRIC & COLOR**



INFINITE POSITION AVAILABLE

BROADWAY MEDICAL

RESPIRATORY & HOME CARE

SUPPLY & SERVICE • SINCE 1974

www.broadwaymedical.com



442-3719 1034 Broadway, Eureka

Locally Owned & Operated • We Service What We Sell

Joan Woodcock Insurance Services

I CAN HELP!

Prescription Drug Plans
Medicare Supplements
Dental • Life



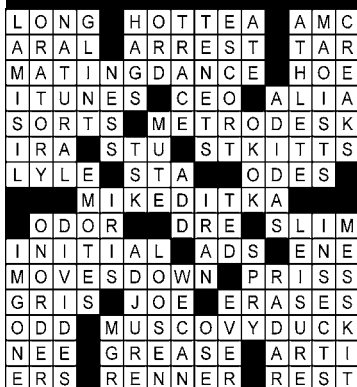
725-1200

1506 A Main St.
in Fortuna
CA Lic. #0E34152



Fire Arts Center
520 South G St., Arcata CA
www.fireartsarcata.com

Crossword Puzzle on page 22



April SENIOR CENTER ACTIVITIES

McKinleyville Senior Center

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

Mondays

| | | |
|----------|-----------|--|
| | 8:30-9:30 | Tai Chi |
| | 9-12 | Computers* (*call for availability) |
| | 10:30 | HighSteppers walking at Hiller Park |
| | 1-4 | Party Bridge |
| | 1-4 | Cribbage |
| April 1 | 10-11:30 | Genealogy |
| April 29 | 11 | Low Vision Workshop |
| April 29 | 11 | Board Meeting |

Tuesdays

| | | |
|--|-------------|----------------|
| | 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 |

Wednesdays

| | | |
|--------------|-----------|---|
| | 8:30-9:30 | Tai Chi |
| | 9-12 | Computers (*call for availability) |
| | 9:45-11 | Writing Workshop - New |
| | 10-12 | Needlework |
| | 10:30 | HighSteppers walking at Hiller Park |
| | 1-4 | Pinochle |
| April 3 & 17 | 3-5 | Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. For info call 443-9747 |
| April 17 | 11:00 | Executive Board Meeting |
| April 24 | 12:00 | \$5-Monthly Luncheon French Dip w/coleslaw, sauteed vegetables & dessert |

Thursdays

| | | |
|----------|-------------|---|
| | 9:30-10:30 | S.A.I.L. Class |
| | 10:30-12 | Pinochle Lessons |
| | 10:40-11:40 | Stretching |
| | 12:30-3:30 | BINGO |
| April 4 | 11-11:30 | Beef Stew & crackers-\$3 |
| April 11 | 11-11:30 | Tuna casserole, Jello salad-\$3 |
| April 18 | 11-11:30 | B-B-Q Pulled Pork w/salad-\$3 |
| April 25 | 11-11:30 | Sloppy Joes w/cheese squares & veggies-\$3 |

Fridays

| | | |
|--|-----------|------------------------------|
| | 8:30-9:30 | Tai Chi |
| | 10:30 | Walking Group at Hiller Park |
| | 1-4 | Pinochle |

Rio Dell

The Rio Dell Senior Exercise Group has lost its workout room and is looking for a new space. If you have an idea for a new space, call Rick at 707-476-3249.

Fortuna Senior Center

A Membership Organization
MGC is at 2280 Newburg Road
fortunasenior.org
admin@fortunasenior.org • 726-9203

Mondays

| | | |
|--------------------------------|-------|--------------------------|
| <i>Fortuna-River Walk</i> | | |
| | 8:30 | Walking |
| MGC | 9:00 | Tai Chi |
| | 11:00 | Line Dancing |
| April 1 | 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 |

Tuesdays

| | | |
|--------------------|------|------------------|
| <i>Rohner Park</i> | 8:30 | Walking |
| MGC | 1:30 | Senior Stitchers |
| | 2:00 | Seated Tai Chi |
| | 3:00 | Recorder Group |

Wednesdays

| | | |
|--|-------|--------------------------|
| <i>Fortuna-River Walk</i> | | |
| | 8:30 | Walking |
| April 3 | 12:00 | Senior Lunch Bunch |
| <i>Call Chris 725-2020 or Carol 725-2931</i> | | |
| 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 |

Thursdays

| | | |
|--------------------------------|---------|---|
| <i>Rohner Park</i> | 8:30 | Walking |
| | 3:00 | Bocce Ball |
| | 9:00 | Cards |
| | 9:30 | Yoga for Seniors |
| | 1:00 | Mah Jongg |
| | 2:00 | Seated Tai Chi |
| <i>United Methodist Church</i> | | |
| April 11 & 25 | 12-2 | Caregiver Support Group For info call 443-9747 |
| April 18 | 12-1:30 | Caregiver Support Group |

Fridays

| | | |
|--------------------------------|------|------------------------|
| MGC | 9:30 | Cards & Games |
| | 2:00 | Scrabble Group |
| <i>United Methodist Church</i> | | |
| April 26 | 7:30 | Fortuna Camera Club |
| <i>Fortuna</i> | 9:00 | Hiking (Call 725-7953) |
| | 9:00 | Biking (Call 725-1229) |

Saturday

| | | |
|----------|-------|----------------|
| MGC | | |
| April 20 | 11:00 | Easter Potluck |

Sunday

| | | |
|----------|------|--|
| MGC | 3:00 | Qigong Class |
| April 21 | 4:00 | Doors open, Bingo-member & guests |
| April 28 | 2:00 | Open Mic at Monday Club, Main Street, Fortuna, all welcome |

GREEN'S
FORTUNA PHARMACY
725-4431
1058 MAIN STREET • FORTUNA, CALIFORNIA

Mon-Fri 9am-7pm
Sat 9am-4pm

Free delivery in Fortuna

**Eureka
Central Residence**
of Old Town

**Independent Living
for Seniors**

*Studios & 1 Bedroom
Apartments*

*On-site Laundry
Elevator*

*Close to Bus Route
On-site Manager*

333 E Street • Eureka
445-2990
TTY: (800) 735-2922

CDM UPHOLSTERY

**Furniture Repair
& Restoration**

www.cdmfurniture.com
carldmaloney@gmail.com

707.400.8838
FREE ESTIMATES!




'Get Up and Go' — Aging on the Upbeat

By Patrick Cleary

*How do I know my youth is all spent?
My get up and go has got up and went.
in spite of it all, I'm able to grin,
and think of the places my get up has been.*

This famous 1930s song, "My Get Up and Go Has Got Up and Went," by the legendary folk group the Weavers, sums up aging in a whimsical way. Let's face it, aging may not be much fun, so we might as well find the humor wherever we can.

And, as my mother-in-law's best friend, Miriam Drucker, says about getting older, "It's better than the alternative."

When famed folk singer and labor activist Utah Phillips' wife opened a bookstore and crystal shop catering to those who believed that living right and being in touch with one's feelings could prolong life, he remarked, "You can 'new age' all you want, but old age is still going get you."

A sense of humor helps almost every situation. In my opinion, the key to humor is that there needs to be some truth to the joke.

Forgetfulness is a prime set-up for an amusing situation, as deadpan comedian Steven Wright noted: "Ever go into a room and forget why you went in there? Do you realize dogs spend their entire lives like that?"

My bandmate, Tracy Smith, wrote a song after a camping trip caused her to remember she wasn't 20 anymore. Part it goes like this:

*Getting old ain't for sissies, as Bette Davis said,
Heart and mind says one thing, the body just
wants meds.*

Quintessential old-age comedian George Burns (1896-1996) made a career out of living a long time and making people laugh about it. His advice for many years: "Never buy green bananas."

So will a sense of humor and laughing keep us young? Maybe. It will certainly make you more fun to be with, which means you will have more friends. After all, what's the point of living a long time if you can't enjoy the ride? Laughter is the best medicine, after all.

The Weavers' song ends with one of my favorite verses:

*I get up each morning and dust off my wits
Open the paper and read the obits
If I'm not there, I know I'm not dead
So I eat a good breakfast and go back to bed.*

I think that's good advice.

—
Patrick Cleary, 61, of McKinleyville
*is a bluegrass musician and executive director
of the Humboldt Area Foundation.*

COULD THE ANSWER BE A REVERSE MORTGAGE?

Would a little more monthly cash flow improve your life style?

Maybe the equity in your home is an answer.

Free consultation by appointment.

Call (707) 269-2318 or (707) 616-8160



John Fesler



DRE LIC. #00450122 NMLS #237019

**Humboldt Senior Resource Center and
the Dementia Care Coalition present**

Dementia: Caring for the Person, Not the Diagnosis

Thursday, May 9, 2019

8:30 am-5:30 pm

**Sequoia Conference Center
Eureka CA**



**Register online at
www.humboltdcc.org**

CONFERENCE SPONSORS

Long Term Care Ombudsman Program - A1AA
Alzheimer's Association • Elite Caregivers • Humboldt Senior Resource Center
Rockport Healthcare Services • Sequoia Springs Senior Living • Visiting Angels
Humboldt Audiology • Redwood Capital Bank • Timber Ridge Assisted Living
Bear River Casino & Hotel • Cloney's Pharmacy • Coast Central Credit Union
Hospice of Humboldt • Humboldt Advance Care Planning Coalition
Mad River Adult Day Health Care • Open Door Community Health Center



"Round up for St. Jude"

**or donate and we'll make sure
your donation reaches the hospital**

Benefitting St. Jude Children's Research Hospital



Ramona Lima, R.Ph.

2097 Harrison Avenue in Eureka

441-8500 Fax: 443-7608



LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Exercising with Humor

One of the exercise classes I lead has all women in it, ranging in age from 58 to 82. It's a fun group, as someone is usually cracking a joke or making light of the challenges of aging.

For example, one day, Alma, 82, came to class concerned about a thickness on both sides of her underarms. Upon hearing this, the class agreed she should go see her doctor, who then sent her for an ultrasound.

Filling out paperwork, the technician asked Alma she had been doing anything different to cause this condition. Alma replied no, other than she had started lifting weights about a year ago.

Later, when the doctor got the results, she informed Alma that the ultrasound showed no cause for concern. However, the radiologist did add a note to his diagnosis, labeling her condition as "Buffitis."

When she told the class, the room broke into laughter. It was hilarious. But it also confirmed that, even as we age, muscles have the ability to get stronger and even a bit "buff" with exercise.

Then there's Mary, 72, whose responsibility is to tell a joke while the class is doing the one-leg stand. One of her jokes sticks in my mind. See if you can do the one-leg stand for the time it takes you to read the following joke:

Two dogs and a cat went to Heaven and met St. Peter seated at

the Pearly Gates. St. Peter said to the three animals,

"Come in and tell me why you should be let into Heaven."

The first dog said, "I have been good to my Master." To which St. Peter responded, "Come and sit on my right side."

Then to the other dog, St. Peter asked the same question, and this dog replied, "I have always done the best I could for others." And St.

Peter said, "Come and sit on my left side."

When he turned to the cat and asked his question, the cat said, "Excuse me, but I believe you're sitting in my chair."

Well, did you do it? Were you able to take your mind off of standing on one leg by enjoying the humor? I hope so. If not, this is a good way to practice the one-leg stand, which will help improve your balance.

Maybe tomorrow, try it again, and the next, until you master it. Or until you think of another joke.

Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior S.A.I.L. exercise classes. She is also a member of the Senior News Community Advisory Council and can tell a killer joke. Contact: jrainwater-gish@suddenlink.net.

"Alma, 82, had developed 'Buffitis.'"



HELPING the over-50s stay active and independent in their own homes

REDWOOD COAST VILLAGE

(707) 442-3763 x230

www.redwoodcoastvillage.org

Members and Volunteers Helping Seniors.
Call or visit our website to join or volunteer.

Redwood Coast Village is a 501(c)3 California Non-Profit Organization.



You're never alone with EasyCall.
 Police • Fire • Medical

EasyCall

Get help fast with one touch of a button!

707-445-9911

Your Local Medical Alert Provider

ioa Institute on Aging

THE FRIENDSHIP LINE

An Accredited Crisis Intervention Program for the Elderly

1-(800) 971-0016

24-Hour Telephone Hotline/Warmline

Call-In Service

Confidential telephone discussions for people 60+; their caregivers and/or younger disabled individuals who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.

LWV Honors Michele McKeegan



Michele McKeegan

HONORING OUR OWN — The League of Women Voters of Humboldt County has chosen Michele McKeegan to receive its 2019 Civic Contribution Award at the 28th annual State of the Community Luncheon on April 12 at the Adorni Center.

McKeegan co-founded a women's clinic in the 1970s that grew into Six Rivers Planned Parenthood, and was its executive director. She co-chaired a \$2.6 million campaign for a new Planned Parenthood health center, which opened in 2006.

She also founded Keep Eureka Beautiful, which has planted hundreds of trees on Eureka's streets.

Sometimes It's Not Funny

By Dave Rosso

There were moments of joy during my year in Vietnam 1966-1967 while serving in the U.S. Air Force at Cam Ranh Air Base.

When Bob Hope came to the nearby Army base, we airmen went over to enjoy the show. Having seen him often on television, I thought the show sounded very familiar. But watching Bob Hope in person in Viet Nam, while sitting on the sand among my fellow airmen and women — it was the best I had ever seen.

We had a few comedians who came to entertain the troops as part of USO — the United Services Organization — and most of them were fun

to watch.

Then there was a guy whose name I had never heard and don't remember now. But I do remember his last line.

During his routine there was very little applause, very little laughter and quite a few groans.

At the end of his bit, he looked at us sitting there in the sand and said, "Hey, I'm going home tomorrow. Where will you be?"

Not funny. —

Dave Rosso, 76, of Eureka is a veteran UPI newsman. He knows what's funny when he hears it.

Ol' Uncle Lem's Funeral

By Penny Whitehead

We humans search out laughter. We look for it in movies, we seek it out at comedy clubs and on our electronic devices. Laughter is free and we never know when we are going to be struck by a gut-wrenching guffaw.

Which brings this story to life: My mother, her elderly aunt and my 7-year-old self were at Uncle Lem's funeral. As the coffin hung suspended above the 6-foot hole, the minister was talking about Uncle Lem. I'm pretty sure he didn't know Ol' Lem. Lem wasn't much of a go-to-church type of fellow.

It was summertime, 1949. The heat is sweltering, and everyone was dressed in black. We're all sweating in the sun, and no one was happy about any of it.

Except maybe for us kids. A funeral ain't the same for kids as it is for adults, who have to be all solemn.

I hear this screeching, a sound like a bird of prey, and look around for the sound. It's my Great-Aunt Lucille. She's squawking and waving her arms around and over her head. Then my mother joins her in this behavior.

Great-Aunt Lucille screams, "Bees!" and off she goes across the cemetery, teetering and swaying in her 4-inch heels, around and through

tombstones with my mother in tow, frantically waving Uncle Lem's memorial brochure.

I couldn't stop laughing, and I didn't want to. Uncle Lem always had a wicked sense of humor, and I'm pretty sure he had something to do with all of that. He just needed one more laugh, but I'm sure it wasn't his last.

Did you know that the annoying canned laughter we hear on TV shows was taped in 1949 and 1950? Most of those people who made the canned laughter are probably dead. The next time you hear that TV sitcom laughter, think of a bunch of dead people laughing at us.

Laughter is a cure all at any age, whether it's macabre or slapstick or someone doing something stupid. It's all humor. We all laugh, and it's not always at the most appropriate times and places.

But Ol' Uncle Lem would approve, wherever he is. I say full speed ahead.

Penny Whitehead, 76, of Rio Dell still smiles whenever she drives past a cemetery and remembers her Great-Aunt Lucille at Uncle Lem's funeral.



Pablo Aguilar

Senior Fitness Specialist

**CALL TODAY ABOUT CLASSES OR
IN-HOME SERVICES**

(707) 672-5422

PERSONAL TRAINING LIC.# 1601260598 • PILATES INSTRUCTOR # 68345



**LOOK
BETTER,
MOVE
BETTER,
AND FEEL
BETTER
WITH
PROPER
POSTURE**



The

MEADOWS APARTMENTS

Independent Senior Living 55+

- 1 BEDROOM FLATS
- 2 BEDROOM FLATS
- TOWNHOUSES
- PETS WELCOME
- ON-SITE LAUNDRY
- ACTIVITIES



**www.kkramer.com
707-444-2919**

2520 HUBBARD LANE • EUREKA

No Job for Sissies

By Jim Slade

It was 3:30 this morning, the temperature was 12 below 32, and my self says to me, "Hey, wake up. It's 3:30 Thursday morning and the garbage cans have been by the curb since Monday." Self



Jim Slade

was reluctant to let me go back to sleep.

I snuck out at 7 and hauled them back to the garage.

I don't know why I forgot to bring them in, but I'm sure all the neighbors are talking. It's true that yesterday was hectic, what with vis-

its from an electrician, a plumber, the pest control guys, the cleaning lady and me doing an interview on the radio . . . all at the same time. But that doesn't account for Tuesday,

and Monday was kinda quiet.

Every morning when I get up, I go over my checklist. Take my medicine, shave, brush my teeth, drink coffee, shower, get dressed, drink coffee, eat breakfast, read the news, drink coffee and relax. It's complicated, but somebody has to do it. If the process is interrupted, I have to go back to the beginning and start again.

I do remember most times why I walk into almost any room, and I usually come out with what I went in for if I'm not interrupted by some more interesting distraction. If you empathize, you're probably as old as me.

No, getting old(er) ain't no job for sissies. But it does beat the alternative. —

Jim Slade, 81, of Morgantown, West Virginia, is a veteran national radio and TV journalist, and the inventor and chief good humor man at The Gadfly, a free online humor co-op.

A1AA Seeks Input

The Area 1 Agency on Aging (A1AA) is seeking public input into its Area Plan of services for seniors as the agency updates its goals and objectives for 2019-2020.

Join A1AA officials for a public hearing on the new plan for Humboldt and Del Norte counties on Wednesday, April 3, from 10:30 a.m. to noon at the Open Door Community Health Center, 3750 Rohnerville Road in Fortuna. Written comments are also accepted through Friday, April 19. Address those to A1AA, 434 7th St., Eureka, CA 95501, or email them to Maren Rose and mrose@a1aa.org.

The A1AA's mission is to provide leadership and services to support older persons and those with disabilities through program offerings, education, advocacy and volunteerism.

The current Area Plan 2016-2020, and its 2018-2019 updates are available online at www.a1aa.org/resources/alaa-publications or by calling A1AA at 707-442-3763.



When Seconds Count.

An Open Forum on 24/7 Trauma Coverage At St. Joseph Hospital in Eureka.

Community Health Forums

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

Join us for our FREE continuing Community Health Forums.

The month of May is National Trauma Awareness Month. Please join us as a panel of physicians and nurses from our **Level III Trauma Center** discuss the comprehensive services available for trauma patients at St. Joseph Hospital in Eureka.

Afterwards, we will provide FREE blood pressure and blood sugar screenings.

Q & A will follow the presentation. Lite bites and coffee will be served.



When Seconds Count

24/7 Trauma Coverage at St. Joseph Hospital in Eureka.

Tuesday, May 7, 5:30 to 7:30 p.m.
Sequoia Conf. Center, 901 Myrtle Ave., Eureka

For screening questions or to RSVP for Forum, email or call christian.hill@stjoe.org or 269-4225.

St. Joseph Health 
Redwood Memorial • St. Joseph

Rx ON YOUR MEDS . . . From Page 5

more than one.

Some people keep a log of each time they take a medication. These kinds of lists can be helpful for doctors to figure out where side-effects may be coming from.

Some medications are expensive, of course, so tell your healthcare provider immediately if the cost is prohibitive so another medication can be chosen, or so the office can advocate for better prescription coverage.

I have seen people end up in the hospital because they couldn't afford their prescriptions. This should not be an issue in our nation, but it is, and something I encourage people to consider when they are voting for political representatives. Receiving proper medications as prescribed should not be based on financial ability. If you struggle to pay for medications, you are certainly not alone.

Back to an apple a day for a moment — food is medication, too. Consider what you eat each day and how it may affect your health. Sometimes a healthier diet can reduce or even eliminate the need for prescribed medications, as can regular exercise.

In fact, let me give you this prescription: a healthy diet and exercise are some of the best treatments I know of for living healthier, longer and with a better quality of life.

Dr. Jennifer Heidmann is medical director and primary care provider at Humboldt Senior Resource Center's 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.

Community Calendar

Single-Payer Health Care

The Associated Students of Humboldt State University will present a free discussion on a single-payer healthcare system by Dr. Ed Weisbart of the Washington University Medical School in St. Louis, and Tim Faust of New York University, a self-described "Heavy Metal Healthcare Advocate," on Thursday, April 11, at 5 p.m. in HSU's Kate Buchanan Room. Info at 805-844-6655.

Trinidad Lighthouse Tour

The Trinidad Head Lighthouse is open to the public for day use on the first Saturday of each month. The working lighthouse is open from 10 a.m.-noon. Park at the base of Trinidad Head and follow the roadway to the south cliffs. Call the Trinidad Museum at 707-677-3883 for information or to volunteer as a docent.

Computer Skills Class

The Eureka Library is offering a Beginning Computer Skills class, a series of sessions to assist people in internet usage, fundamentals of email, and file system management and navigation. These free classes from College of the Redwoods Adult Education meet Fridays 10 a.m.-noon through April at Humboldt County Library, 1313 3rd St., Eureka. Email amy-berkowitz@redwoods.edu for information.

Redwood Music Tickets

Seniors 55 and older are eligible for special \$25 tickets for Saturday, May 11, events 10 a.m. to 5 p.m. at the Redwood Coast Music Festival. Contact the Humboldt Senior Resource Center Activities Office (707-443-9747, x1240) or the Fortuna Senior Center (707-726-9203). Schedule and details at rcmfest.org.

Godwit Days

The 24th annual Godwit Days spring migration bird festival comes to the Arcata Community Center April 19-21. Register for nearly 100 field trips, lectures, workshops and boat excursions. Free events include an opening reception and lectures, Friday, April 19, Bird Fair booths, an art show, family nature crafts, and some field trips. Visit godwitdays.org for information and to register.

Funeral Planning

The Funeral Consumers Alliance of Humboldt (FCAH) will offer a free presentation on end-of-life decisions in "The Gift of Peace of Mind," Saturday, April 13, 1:30-3:30 p.m. at Hospice of Humboldt, 3327 Timber Falls Court, Eureka. For information, contact FCAH at 707-822-8599, or by email at fcahumboldt@gmail.com.

Parkinson's Support

The Parkinson's Support Group of Eureka meets the second Friday of each month to share information or listen to guest speakers from 3 to 4 p.m. at the Immanuel Lutheran Church, 3230 Harrison Ave. Parkinson's patients, their families, caregivers and others are welcome. For information, call Mary, 707-442-5245, or Rose & Ken, 707-826-7764.

Family Caregiving Class

The Area 1 Agency on Aging (A1AA) will offer free classes for family and informal caregivers on various aspects of providing regular care for family members and friends. Saturdays March 30-June 1, 9 a.m. to 1:30 p.m. at A1AA, 434 7th St., Eureka. Open to family/friend caregivers only. Call 707-442-3763, x223, to register or visit A1AA.org online for information.

The best expert care

combined with
the latest digital
hearing aid
technology



Trisha Ostermeier, Au.D.
Doctor of Audiology



William Speer, Au.D.
Doctor of Audiology

Hearing Tests
Hearing Aids
Custom Ear Plugs

HumboldtAudiology^{PC}

Hear what you've been missing.

831 Harris Street (J & Harris) • Eureka • 832-4919 AudigyCertified™

Letters to the Editor

Gun Deaths in Perspective

To the Editor:

In the March 2019 edition of Senior News, Dr. Jennifer Heidmann wrote about gun deaths, “Imagine anything else that we would tolerate that kills over 40,000 Americans a year” [“Ask the Doctor — Common Ground,” page 5]. I expect a practicing physician to have a better grasp of reality than that. It doesn’t take much research to come up with a couple of higher number generic causes of death.

Automobiles are the most common easily labeled cause of death in America. Before seatbelts and airbags, the death toll was 52,000 a year. After the safety measures, motor vehicle deaths dropped to an average of 33,000 a year. But our cars have been getting smaller and lighter while our trucks get bigger and heavier. Throw drugs and booze into the mix and the number of auto deaths for 2016 was 40,200. I didn’t dig deeper or look for more recent numbers, but I don’t think that number includes the 10,000 pedestrians and 6,000 bicyclists killed each year. Automobiles are very dangerous, but we don’t even fund Drivers Ed.

Some 2,500,000 Americans, from the very young to the very old, die each year of all causes (not counting abortions). About 800,000 die in hospitals. About 400,000 deaths are attributed to medical errors or malpractice. I got those

numbers from Mother Jones and Five Thirty Eight. Whatever the numbers, there are not very many people protesting.

Someone will point out that I am one of those gun guys, an NRA member, and that I even have articles published in a couple of national gun magazines and some printed in a local newsletter. I’m guilty of that. I’m also appalled by school shootings. None of the solutions I’ve seen proposed (lots of concealed pistols, armed teachers, rent-a-cop security guards or over-the-hill policemen) seem workable.

In the 1960s, I spent some time in rural Zambales, in the Philippines. Schools there looked like our small-town California schools, except that they were protected by the National Guard, with sandbagged positions by the doors and outside of the playgrounds. The soldiers, armed with rifles and radios, shifted their positions depending on where the kids were. If the kids were in class or coming or going, the soldiers were near the entrances. When the kids were on the playground, the soldiers were outside of the playground and on guard.

The level of violence in our country has risen to third-world levels. Our National Guard deploys to Afghanistan, Iraq and other places. They are needed at home, still on duty.

Dick LaVen, Fortuna

Irish Errors

To the Editor:

I might be the only regular reader of Senior News who flies the Republic of Ireland flag from the front of the house during the week of St. Patrick’s Day [March 17]. This flag honors my family roots: all four of my grandparents hail from Ireland or were first-generation Americans.

But regardless of the flag, I’m sure I’m not the only Irish-American senior among your readership.

So I felt disappointed to see several cultural mistakes in your “St. Paddies Day @HSRC” article on p. 15 of the March 2019 issue. The most obvious is the four-leaf clover in the center. Even your article refers to “the three-leafed shamrock.” It’s the three-leafed shamrock, not the four-leafed clover, that is a symbol of Ireland.

The article’s opening sentence suggests I wear my tam o’ shanter. The

Irish typically wear a tweed (often from County Donegal) patchwork, herringbone or single color flat cap — not a tam o’ shanter, the round bonnet with a woolen ball (toorie) on top, favored by the Scottish.

Even the article’s title (“St. Paddies Day”) is incorrect; proper usage is “St. Paddy’s Day.”

I figured I’d better speak up before a writer says Robert Burns (the Scottish poet) or Dylan Thomas (the Welsh poet), won the Nobel Prize in Literature, instead of County Sligo’s Williams Butler Yeats.

Neil Tarpey, Eureka

Editor’s Note: *The editor, whose forebears were Swedish and (gasp!) English, apologizes profusely, and hopes not to have ignited a new Irish Rebellion.*

Ripening

To the Editor:

I’m looking at age 50 coming up soon. The gray hair emerges from my scalp, but it also roots into my brain, changing my mind. Abandoning the youth culture fixation, I don’t obscure my gray and wrinkles. Getting older relaxes me and clarifies what is valuable in life. All those things that I used to get so worked up about drop away as I gain new larger perspective.

Now, I just adore older people: their seriousness, their understanding, their knowledge, and their sense of humor. I read Senior News because the articles are so full of real perspective. I attend a writers’ critique group through the Ink People. Most of the people are in their 60s or 70s, probably because now they have the time, skill, and perspective to write. To me,

it feels like I hit the jackpot: their insight makes my writing better.

I don’t want to call people “old,” because our culture has destroyed that word with so much negativity. I prefer to call us “ripe.” I enjoy conversation with a ripe person like a cocktail: straightforward, understanding, with a twist of perspective and a splash of dry wit. I don’t drink much anymore, but I drink in the wisdom of my ripe, maybe even fermented, friends.

As I become ripe myself, I look forward to the years ahead as a magical journey, rich with perspective, and an opportunity to be my ripe self.

Guin Bishop, Eureka

Letters Policy: Senior News welcomes letters to the editor. To be considered for publication, letters should be received by the 12th of the month, must not exceed 300 words, and may be edited for space. Submissions must include the writer’s full name, mailing address, phone number and e-mail address. Senior News reserves the right to reject any letter. The same requirements apply to those interested in submitting longer commentary columns (up to 400 words). E-mail tpcase@humsenior.org or mail to Senior News, 1910 California St., Eureka, CA 95501.

Humboldt's Courthouse Was Once Elegant, Stately

By Katie Buesch

One of Humboldt County's largest and most imposing buildings is the Humboldt County Courthouse on Fifth Street. Built in 1960, the massive concrete box is a far cry from the original, an elegant Italianate concoction featuring a clock tower, statues, and sweeping staircases.

The first white settlers arrived in Humboldt Bay in 1850, and the county was formed from parts of what had been Trinity County in 1953. Twenty years later, construction began on a County Courthouse on a pasture near downtown Eureka, and the building was completed in 1889.

The elegant five-story building was built from locally sourced building materials, including clay from near Myrtle Grove cemetery, granite and gravel from the Mad River, and sand from local dunes.

The courthouse's cornerstone was laid on July 4, 1885, by the Free and Accepted Mason Humboldt

Lodge No. 79, led by Masonic district inspector John M. Melendy. Festivities included a parade "with a wagon containing a huge tea pot, of sufficient size to furnish tea to the entire multitude," and a time capsule placed inside the cornerstone itself.

The time capsule included a number of items, including a Bible, the constitutions and bylaws of many of the local Fraternal Orders, a list of United States presidents, photographs of important Eureka citizens, a copy of the act to create Humboldt County, and Eel River and Eureka Railroad records.

The Courthouse was a large, imposing Italianate structure featuring 14 statues representing various Roman goddesses, including Minerva, the goddess of wisdom, who graced the peak of the clock tower, which was supported by elegant columns and other gods — Flora, Ceres, Fortuna and Juno.

The statues looked like they were carved from stone, but they were made of zinc and painted over with grey-colored sand to appear stone-like. The tower's four-faced clock was added in 1893, and the courthouse building became a local landmark. Its massive staircases in front and back of the courthouse, facing 4th and 5th streets, were popular stages for community group photos. Many of these large group photos are on display as part of the Clarke

Historical Museum's "Fraternal Orders of Humboldt" exhibit.

The great earthquake of 1906 that devastated San Francisco and many other communities (fewer than 2 percent of Ferndale's chimneys survived the shake) also disturbed the goddess Minerva atop the courthouse. She was so tilted from the tremors that she and the other statues were removed.

In September 1924, a painter's blowtorch set the tower ablaze, creating a large plume of smoke visible for miles, and causing \$60,000 in damage. The tower survived until 1950, when it was removed for safety reasons. A 1954 quake irreparably destabilized the building, which was abandoned, condemned, and then demolished in 1956.

The only remaining piece of the old courthouse is the flagpole, which is still used today in front of its modern, but much less attractive, replacement. Today, the Humboldt County Courthouse houses not only the Superior Court, but also the Board of Supervisors, the Sheriff's Department and jail.

Katie Buesch is registrar-curator at the Clarke Historical Museum in Old Town Eureka, just seven blocks from the county courthouse.



DOWN AT THE COURTHOUSE — The original Humboldt County Courthouse, completed in 1889, lasted only 67 years before damage from a 1924 fire, plus earthquakes in 1906 and 1954, prompted its demolition. The 1960 replacement is at least as imposing, but lacks some of its predecessor's style. Fire photo, 1924, courtesy of the Clarke Historical Museum; current photo by Ted Pease.

Crossword Puzzle

“Doctor’s Orders”

by Stephanie Kim & Zhoupin Burnikel Edited by David Steinberg

- ACROSS
- 1 Pine (for)

5 Sore throat soother

11 “The Walking Dead” network

14 Shrinking Asian sea

15 Take into custody

16 Road goo

17 *Peacock courtship ritual (note the starred answers’ vowel progression)

19 Weed whacker

20 Apple music source

21 Org chart topper

22 Et ____ (and others)

23 Prepares for laundry day

24 *It has a finger on a city’s pulse

26 Gershwin or Glass

27 Alphabetic man’s nickname

29 Caribbean island near Nevis

30 Country star Lovett

32 Amtrak stop, briefly

34 Poetic dedications

35 **Iron” Bears coach
- 39 Skunk’s giveaway

41 Beats by ____

42 Unlikely, as chances

46 M, L or K, for MLK

49 Pop-ups, e.g.

51 Hartford-to-Boston dir.

52 *Goes from No. 1 to No. 2, say

54 Extra-prim sort

56 White pinot option

57 Stimulating cuppa

58 Wipes clean

59 Uneven?

60 *Red-faced fowl

62 Born as

63 Squeaky wheel’s need

64 Intro drawing course

65 Speech pauses

66 Jeremy of “Tag”

67 Take a break
- DOWN
- 1 Antifungal brand

2 Art of public speaking

3 Artificial’s opposite

4 Flicker of light

5 Witches and crones

6 BOS : Logan :: ____ : O’Hare

7 Slightest quantity

8 Core beliefs

9 Chaperone

10 Dined, but didn’t wine

11 Olympics contestant

12 Some Chinese revolutionaries

13 Flight complaints?

18 Noted loch

22 Three-striped sneaker maker

24 Commercial break button

25 “Enough already!”

28 “Shame!” syllable

31 Overacts

33 Sum

36 Blue or hazel ring

37 Country west of Afghanistan

38 Nonprofit with Talks

39 Not in stock yet

40 Computes $6/2 = 3$, say

43 Casual ‘70s suit type

44 Locusts and termites and beetles, oh my!

45 Military cookware

46 “See ya!”

47 Earnestly advise

48 Make less tight

50 Nimble

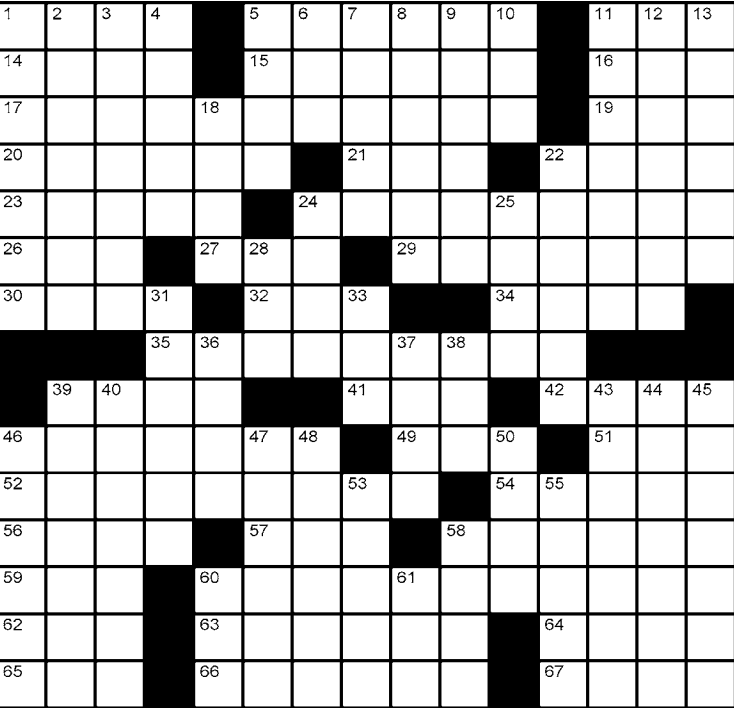
53 “Yes ____!”: Bob the Builder

55 Weather-tracking tool

58 Always

60 Supervisor: Abbr.

61 Sugary suffix



This crossword puzzle
is sponsored by
Elite Caregivers
Home Care
answers on page 14

Dave's Computer Services

35 YEARS EXPERIENCE - Senior Discounts

Computer Repairs and Setup, in your home or office. Macintosh, Windows, Linux, Printer, Internet

David Mays

707.955.5124

www.davescomputer.net

dave@davescomputer.net

831.458.1131



we are
here to help

• Nursing Care

• Recreational Activities

• Nutritious Hot Meals

• Socialization/ Companionship

• Physical, Speech & Occupational Therapy

• Transportation to & from Adult Day Center

ADULT DAY HEALTH CARE

OF MAD RIVER

Now Accepting Patients

Call for more information 707-822-4866

3800 Janes Road, Arcata • www.adhcmadriver.org

Neil D. Kushner MD

General Practice Medicine

Accepting new patients

Fee for Service practice - cash basis (checks accepted)

442-8200

519 6th Street • Eureka, CA 95501

America's Choice in Homecare.

VisitingAngels

LIVING ASSISTANCE SERVICES

Accepting applications for Home Care Aides

Full-Time & Part-Time • Mornings & Evening

Training Provided • Benefits

Call Today or Apply Online (707) 442-8001

www.VisitingAngels.com/Eureka/Employment

All Visiting Angels Home Care Aides must be registered with the State of California, pass a background check and TB Test. HCO License #12470002



FORTUNA . . . From Page 1

the Eel River Valley will no longer have to travel to Eureka for adult day health and PACE Center services.

The new HSRC Fortuna Center is adjacent to the new Gene Lucas Community Center. Funding for the project comes from the McLean Foundation, whose representatives also donned hardhats for the groundbreaking.

"We are very excited that HSRC will be on the McLean campus," said Foundation President Dennis Scott. "It will be a great expansion of services for the Eel River Valley community to have a HSRC Adult Day Health Center back in Fortuna, plus the addition of the new Redwood Coast PACE center and clinic."

The Adult Day Health program provides care to frail and disabled adults over 18 helping them maintain independent living while providing respite to family caregivers. The program includes nursing care, therapeutic activities, medication management, social services, transportation and a meal.

Redwood Coast PACE — the Program of All-Inclusive Care for the Elderly — is a comprehensive healthcare plan for qualified seniors 55 and older who need nursing home level of care, but who wish to remain in their homes. Redwood Coast Pace provides a broad range of health and supportive care services, with individualized care plans developed for each participant by an interdisciplinary team of healthcare professionals.

Construction of the Fortuna facility is expected to be completed by December. For information or program enrollment, call HSRC at 707-443-9747, or email reception@humsenior.org.

—
René Arché is director for communication and marketing at HSRC. Contact: rarche@humsenior.org.

AGING WITH HUMOR . . . From Page 3

significantly, in cultural contexts. Gender also informs our funny bone.

One of my favorite humorous comments in a medical context is when someone in a white coat says, "Yep. Sense of humor intact." The truth embedded in this joke is that a sense of humor can often indicate the depth and capacity of our resilience — both physical and emotional. There is robust psychological research out there into how humor not only demonstrates our sense of well-being, but how it can also promote it.

Humor is complex and requires timing, authenticity, spontaneity and surprise, as well as empathy and human connection. As such, a good laugh and a sense of humor about the world can be extremely beneficial in the complex human experiences of aging and dying.

Do we lose our sense of humor as we age? Some do. The baggage that comes with age — aches and pains, illness, loss, frailty — can make life a lot less amusing. This is part of why we also become more conservative with age — not politically, but in the sense that as our boundaries start to shrink, and we are more comfortable with the safe and familiar.

Humor is a portal of entry into continued curiosity about the world, and into our own vulnerability.

During the last six months of his life, my

grandfather was happy to be in a VA hospice facility, surrounded by other World War II vets — old guys in their uniforms with a shared culture, a shared experience, and a shared sense of humor.

They all knew why they were there. His joke about that was, "You know, I wake up every morning with one eye open, and I say, 'Shoot! I'm still here.' So I open the other one and say, 'Well, I might as well have a good day.'"

I bet every reader can recall a feeling a little downhearted about their aging experiences, when they encountered something humorous and familiar — maybe a story from a friend or a great New Yorker cartoon — and they felt uplifted, a smile curling their lips or even letting out a laugh.

Humor offers us a respite from not only the mundane but, sometimes, even from our deep suffering — even if just for a moment. Humor is a story and, like all stories, it teaches us. It teaches us who we are and how to be human.

—
Gina Belton, PhD, of Arcata is a practicing thanatologist, a psychologist specializing in death, dying and bereavement with Redwood Palliative Psychology.

The North Coast's Only High Stakes Bingo!

Join us at Cher-Ae Heights Casino and play all your favorite bingo games.



Make sure to check our monthly calendar for all our special games and exciting events.

Get all the details at the Cher-Ae Heights Casino Bingo Hall.

NEW BINGO HOURS:

Wednesday to Saturday

Warm-Ups: 6:15 pm

Early Birds: 6:30 pm

Regular Games: 7:00 pm

Sundays

Warm-Ups: 12:15 pm

Early Birds: 12:30 pm

Regular Games: 1:00 pm

27 SCENIC DRIVE • TRINIDAD, CA 95570 • 707-677-3611 • 800-684-2464 • WWW.CHERAEHEIGHTSCASINO.COM • FREE SHUTTLE

Management reserves the right to change or cancel any promotion at any time. Bet with your head, not over it. Gambling problem? Call 1-800-522-4700.

Coming in Senior News

- **May** is a time for spring chickens. In our **Childhood** edition, we look at how childhood experiences stay with us throughout life. How do you celebrate your inner child?
- **June** Senior News will look at the state of medical care in it's **Healthy in Humboldt** edition. Do you have stories about health care in Humboldt? Contact SN editor Ted Pease at tpease@humsenior.org, or 443-9747, x1226.

Senior News
HSRC
1910 California St.
Eureka CA 95501

Humboldt Transit Authority - HTA

Redwood Transit System (RTS)
Scotia to Trinidad
Mon-Sun

Eureka Transit Service (ETS) & Willow Creek
Mon-Sat

Southern Humboldt Intercity
Mon-Sat

Tish Non Village Transit
Mon-Fri

TOKEN TRANSIT app now available
Download FREE app

443-0826 • www.hta.org

Ferndale Senior Bus
For people 50+ & the disabled.
Wheelchair Lift **786-4141**

Fortuna Transit
For people 50+ & the disabled
Wheelchair Lift **725-7625**
www.friendlyfortuna.com

K-T Net

Willow Creek • Hoopa Valley Weitchpec
Serving the public Monday-Saturday.
1-530-629-1192 • ktnet@live.com
Cash-no change

ALL BUSES HAVE WHEELCHAIR LIFTS



Home & Garden
SHOWPLACE

**Nursery and Garden Center
Shop and Power Equipment
Landscape Contractors**

Miller Farms

839-1571 • 1828 Central Avenue • McKinleyville
millerfarmsnursery.com



EVERYTHING MEDICAL

GET A NEW POWER WHEELCHAIR OR SCOOTER
AT LITTLE OR NO COST TO YOU

**Stop by ...
and try it for yourself.**

Home Care Equipment & Supplies
SALES • RENTALS • SERVICE
Call: 530-223-3633 • Toll Free: 1-877-221-3633
2376 Athens Avenue, Redding CA
EverythingMedicalonline.com

Pride Mobility Go-Go Ultra Scooter
Starting at \$899

Golden Tech Daydreamer Lift Chair
Starting at \$1,499

iLevel power chairs

MAXI COMFORT TWILIGHT

Partnership member of California Health & Wellness, CareCredit