



Getting Involved

MARIANNE PENNEKAMP

Celebrating a 'Local Treasure'

When a colleague stopped by Marianne Pennekamp's country home in Freshwater recently, she asked what the longtime community volunteer, social worker and teacher was up to.

"She told me she'd been reading a report on mental illness in children in counties in California as part of her participation on a local task force," said Debbe Hartridge of the League of Women Voters (LWV).

What else would you expect of the "god-mother of school social work in California?" Pennekamp may be 92, but she's not slowing down much.

After a career working with children that began in 1946, after she and her family fled the Nazis, the former professor and public servant still stays engaged. Pennekamp's past and continuing accomplishments will be recognized when she receives the LWV's Civic Contribution Award at its annual community luncheon on April 7.

Four years after winning a lifetime achievement award from the School Social Work Association of America (SSWAA), Dr. Pennekamp is like the Energizer Bunny, colleagues say — she just keeps on going.

"Marianne Pennekamp has made significant
Continued on Page 4



GONE TO THE DOGS — Jean and David Durbin take their six hounds (plus a friend's border collie) for a walk in McKinleyville. The dogs — ranging in age from 9 to 13 — all have various ailments, which makes them all the more precious, the Durbins say. Ted Pease photo

My Bittersweet Ride with Jack

By Jean Durbin

Twenty years into my "retirement," tears flowing, I am writing these words on Facebook: "We are so very sad tonight. Our 'little old man' foster dog, Jack, has crossed the bridge and is now with St. Francis and dozens of dogs I know who were waiting for him to come."

Never in my wildest imaginings would this have

happened to me. Retirement meant puttering around the garden, doing crafts, playing my violin. But I went to the dogs 10 years ago.

I have no regrets.

Jack is just one of hundreds of dogs that have pierced my heart with their plight. As a co-partner of

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FREE SINCE 1981

HEALTHY LIVING

HSRC NEWS

STILL GOING

Published by
HUMBOLDT SENIOR RESOURCE CENTER

The Doctor has moved
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100-year-old Activist
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Sr. News

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Tedtalks: 'Stand Up, Sit Down, Fight Fight Fight!'

Despite the headline's implications, I have never been a cheerleader — not one of those with the pompoms and dazzling smile, anyway.

But in the sense of caring about the world, standing up for others, picking up trash on the beach, walking homeless dogs at the animal shelter, and writing about people to help give them voice, I guess I do qualify.

This month's Senior News, which we call "Getting Involved," celebrates that kind of cheerleader — the people across Humboldt who quietly and conscientiously do good works for others.

Philip Anzada of Food for People, one of our authors, looked up the data and found that about 25 percent of American adults do volunteer work. But I suspect that number is higher in Humboldt County.

What we found out in preparing this issue is that you can't swing a volunteer around here without knocking down a half-dozen more. More than 200 people volun-

teer here at the Humboldt Senior Resource Center alone.

Across Humboldt and Del Norte counties, the Retired Senior Volunteer Program (RSVP) reports 261 volunteers helping out 32 local nonprofit and government agencies on issues ranging from healthcare access and food security to tutoring children and removing trash from waterways and trails. Last year, RSVP volunteers donated 25,000 hours. (Contact RSVP and the Volunteer Center of the Redwoods at 707-601-7809 or vcor@alaa.org.)

Indeed, we had so much response when we put the word out about this issue of Senior News that we ended up with more stories of volunteers and social activism than we could fit — so look for more stories of Humboldt people helping each other in coming months.

And the stories are truly heart-warming, even inspirational — from the grassroots political engagement shown in January's Women's March-

es, to rescuing unwanted and ailing dogs, to efforts to help seniors stay in their homes, and groups working for peace through good works and song.

One housekeeping note: Alert readers will discern some layout changes in this issue of Senior News. Because of reader interest in health and medical issues, columnist Dr. Jennifer Heidmann has moved to page 5, where her column will anchor a monthly section, "Healthy Living," focusing on health news.

Reverting to my cheerleader role, I hope the stories in this Senior News will inspire some of you to get more involved. As anthropologist and activist Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

—

Ted Pease is editor of *Senior News*. Contact him at tpease@humsenior.org, or 443-9747, x1226.

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The Beat Goes On

By Terry Uyeki

Volunteering was always a natural fit for me — as a parent (soccer coach or youth group leader) or as a community member volunteering for youth-serving or community arts organizations.

When I retired, I had many ideas about how to spend my time, but other retirees advised me to “just say no” to all requests to volunteer for the first year.

That advice flew out the window after November’s presidential election. In mid-December, I jumped in with a handful of other wom-

en to explore the possibility of a local Women’s March in response to the new administration. “Hey,” I thought, “I’m retired. I have the time now.”

By early January, two weeks before the event, it became evident that I had — by default — become the March’s lead organizer.

My work and personal life had given me the background to do this: facilitating meetings, strategic planning, organizing workgroups, event promotion, working with

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My Bittersweet Ride . . . from Page 1

It’s A Dog’s Life Rescue, I do whatever I can to change their fortunes for the better. If the going gets tough, I just recall the hundreds of happy endings.

Jack, a 12-year-old Parsons Russell terrier, was in the county animal shelter — blind, deaf, sickly, needing an angel. I found a fabulous foster home for him, and his treatment for diabetes began. We were sure he would have another few years.

His foster family was so special. The two little girls, 4 and 6, made Jack their special pet. He thrived on their cuddly attention.

Now, just a few weeks later, my words on Facebook continue: “Jack was in a serious state this afternoon: trembling and shaking, avoiding food and water, vomiting and obviously very uncomfortable. Those comforting snuggles he loved so much were not welcome.

He appeared to be in a lot of pain. He was taken to the vet for emergency treatment.”

Tests showed high blood sugar and very painful pancreatitis. Jack’s future was bleak. The greatest gift we could give our little sweetheart was to free him from pain and let him go. Tears come, part of the package.

Fortunately, almost all of our waifs bring nothing but pure joy. A few wind up at my house as adoptees — but

that’s another story.

Nothing can compare with the joy and happy warmth that these orphans give, whether they live with me or not. And, through my rescue work, I’ve found so many wonderful friends who give generously to help to save a dog’s life.

Sometimes, I think I must be nuts. It’s not always easy. But when those faces at the shelter implore, “Please help me,” if I’m able, I jump in.

Helping a desperate dog on death row find a second (or third) chance at life is worth so much. Sadness, frustration, anxiety, time, money — it’s all worth it because, after all, it’s a dog’s life.

—
Jean Durbin, 76, and husband David enjoy home life with six senior pooches in McKinleyville, where she helps run It’s a Dog’s Life Rescue — www.facebook.com/BPRdogs/



Eureka Women’s March organizers Amy Uyeki, Terry Uyeki, Jackie Dandeneau, Julie Fulkerson, Rebecca Stauffer and Nancy Stevens sing “Stand by Me” at the end of the Jan. 21 event, which drew an estimated 5,000-7,000 people. Elizabeth Connor photo.

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The League of Women Voters at 444-9252

Celebrating a 'Local Treasure'... from Page 1

contributions to social work over the past 50 years," said Professor Ronnie Swartz, chair of the department of social work at Humboldt State University, where Pennekamp taught for more than a decade. "Through her practice, writing, speeches and advocacy for children and family services, Marianne is recognized as a national authority and a local treasure."

Others echo that assessment.

Joyce Hayes, executive director of the Humboldt Senior Resource Center, says Pennekamp's contributions are felt throughout Humboldt County.

"Marianne represents one of our community stars in her advocacy for child welfare issues, public transportation, and older adult needs," Hayes



Now in her 90s, Marianne Pennekamp is still engaged in her social work for families, and in her community. Debbe Hartridge photo.

said. "Her keen awareness of community needs has always elevated the discussion, whatever the topic, to a broader understanding and action."

For former Humboldt County Supervisor Julie Fulkerson, who will deliver the keynote address at the LWV luncheon, "When I think about Marianne, 'blaz-

ing energy' comes to mind.

"When I was on the board of supervisors, she was someone I could depend on for insight about social services for children and parents," Fulkerson said. "She knew all the regulations for serving families, and was deeply committed to making life better for them.

"She still has that spark for kids and community."

For information or reservations for the 26th State of the Community Luncheon, 11:30 a.m. April 7 at the Adorni Center, call (707) 444-9252, email vote@lwvhc.org or go to www.lwvhc.org.

— Ted Pease

Grant Supports HSRC Program



Dr. David O'Brien, president of St. Joseph Health — Humboldt County, brings the day's Home Delivered Meal to Margaret Werren of Eureka, along with HSRC driver Ashley Mielke. HSRC received a \$20,000 Care for the Poor Community grant from St. Joseph and Redwood Memorial Hospitals to support this nutrition program.

Only about half of the funding required for HSRC's Home Delivered Meals program, which serves more than 150 residents from McKinleyville to Fortuna, comes from private donations from foundations, businesses, individuals and other community groups. The rest is Older Americans Act funding through the U.S. Department of Health and Human Services. René Arché photo.



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ASK THE DOCTOR

Helping Others, Healing Yourself

By Jennifer Heidmann, M.D.

This article is a little different than my usual. I wanted to share my own recent experience with volunteering when my 16-year-old daughter, Jianhong, and I joined a team of healthcare providers in early March in Guatemala. Our assignment was to fit paralyzed children, and some adults, too, into wheelchairs.

These were people living with various diseases that affect their ability to walk. Many of the children have cerebral palsy, some have spina bifida; others have muscular dystrophy. Some are amputees or had other birth defects. All of them have been carried around by family and friends for their whole lives, making getting out of the home difficult.

They came to be

fit for their wheelchairs after waiting for months or years. The chairs themselves are

assembled in a factory called Hope Haven outside Antigua, in southern Guatemala. About 27 people work at the factory, most in wheelchairs themselves. They don't advertise, but by word of mouth Hope Haven has a waiting list of 3,000 wheelchair requests.

Hope Haven serves Guatemala and other parts of Central and South America, as well as other places in the world — for instance, they recently sent 250 chairs to Vietnam. Teams like ours then travel to help fit people to their chairs.

Hope Haven West in Modesto, California, works with the Guatemala factory. The group is 100 percent nonprofit, with volunteers who work with discarded chairs and refurbish them. In the past it was a big challenge to try to find appropriate chairs for children. In Guatemala, the families can

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Dr. Jennifer Heidmann and her daughter, Jianhong, 16, help an 8-year-old Guatemalan boy try out the wheelchair they helped set up for him. Photo courtesy of Jennifer Heidmann.

“Both Jianhong and I came home with a renewed sense of what is important in life.”

—Jennifer Heidmann

Stay Well by Doing Good

By Mark Lamers

It has been recognized for millennia that a hallmark of well-being at any age has been to have “a sound mind in a sound body.”

As we age, it may take increasing effort to maintain this vigor and engagement. Many of the opportunities of life seem to appear only in our rearview mirrors — education, family and career are all in the past.

In Western culture, we call these later years “retirement,” with an implicit expectation that people withdraw from worldly undertakings to enjoy the simple pleasures of hobbies, relaxation, and visits with friends and family. The unanticipated consequences of this pattern, however, can be isolation, a decline in one’s expectations of life and what it means to be thriving, and even the onset of depression.

Many folks who end up in this situation may not have had serious mental health problems, but develop habits that turn out not to be healthy as they get older. It is not normal to be depressed, at any age, yet we sometimes seem to think it is okay for older adults to be depressed, and that there is little they can do to lead rich, fulfilling lives once they retire.

A powerful way to overcome this pattern is to get involved in social and community activities — volunteering with a community agency, for example. This kind of positive engagement combines the physical benefit of keeping active with the emotional benefit of engaging and doing something good for someone else.

Older adults also come with tool kits developed through life experience: there is nothing like having lived a broad and rich life, full of challenges and opportunities, to help develop the ability to see clearly and solve problems effectively.

Community organizations and causes that seek to improve the world have a deep need for help in achieving their goals. As an older adult, one can do well by doing good, because helping others is one sure way to have a healthier life for yourself.

Mark Lamers of Eureka is a clinical psychologist and senior program manager at Humboldt County Mental Health.



POINT OF DEPARTURE— BY BOB MORSE

Life — Make the Most of It

A column devoted to the realities of death may seem a strange place to review a book called “On Living,” but you can’t always judge a book by its title. The author, Kerry Egan, is a hospice chaplain, and the insights she shares on living are derived from conversations with the dying and their caretakers she encounters in her work. What can people grappling with the end of life tell us about how to live? Plenty, it turns out.

Despite the heaviness of her topic, Egan’s writing is light and clear, with occasional humor. People often feel regret or shame for choices they made as they look back on their lives, she reports.

Egan is able to draw meaning from her conversations, primarily by applying them to her own sometimes troubled life. This keeps the book from becoming preachy. Through her examples, she allows us to see how we might learn to live better lives when we listen to people on the outer edge of theirs.

“I thought I was broken and cracked and could not be put back together again,” Egan explains in her preface. “When I started working in hospice, I didn’t yet understand that everyone — everyone — is broken and cracked.”

Surprisingly few of her conversations involved religion or the

afterlife, but instead were about relationships. “We don’t live our lives in our heads, in theology and theories,” Egan writes. “We live our lives in our families: the families we are born into, the families we create, the families we make through the people we choose as friends.”

The book is rich in ideas to contemplate and act on, not the least of which is not waiting until the end to share your feelings. “Why would

you do that?” she asks. “If you had something so important to tell your loved ones that you’re taking the time to plan it out, why in the world wouldn’t you say that important thing right now? This very moment?”

Egan leaves her ultimate lesson for the end of the book. Spoken by Millie, as she watches her newly dead husband’s body loaded into a hearse: “It’s a beautiful life and then you leave it.”

Make the best use of your time here.

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

March On . . . from Page 3

for the Women’s Marches — standing up for the rights of women, immigrants, Muslims, and other groups who are at risk of losing civil and human rights. And I was joined by other women similarly impassioned about making our voices heard, which made our organizing work joyful, inspirational and, ultimately, successful.

It’s been crazy — around-the-clock planning, coordination and, now, documenting the Women’s Marches’ lasting impact on residents in Eureka, D.C., and Oakland. I regularly take time to call and write decision-makers about policies being shaped or enforced. My previously dormant activism is re-awakened.

But what happened to my so-called life? The danger when you retire is that you are your own boss, and your time is yours to do with as you want. But that doesn’t mean, as a friend says, that just because you

CAN do something, you SHOULD.

Remember the “Serenity Prayer”?

God grant me the serenity to accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference.

And while we’re at it, how about granting me the time to do things carefully and maintain my sanity? And the discernment to choose my involvements thoughtfully and not to overcommit, to be grounded and balanced, and to take care of myself?

This is my next challenge.

Terry Uyeki, 64, of McKinleyville is a retired evaluator and facilitator, and was lead organizer for Eureka’s Women’s March.



For the day after Donald Trump’s inauguration, Humboldt organizers planned a Women’s March for social justice, women’s and human rights. As many as 7,000 people showed up on the Eureka waterfront. Ted Pease photo

“Thou shalt not stand idly by.”

—The Bible

Women Committed to Peace, Freedom and Song

By Sue Hilton

Inspired by the Civil Rights movement, I protested the Vietnam War and got involved in the women's movement.

Now I'm in the Humboldt branch of the Women's International League for Peace and Freedom (WILPF), which works for peace by nonviolent means, and promotes political, economic and social justice. I also organize our local "gaggle" of Raging Grannies, who use song and humor toward the same ends. I asked members why they do this.

WILPF member Linda Goff Evans, 64, of McKinleyville had both a father and grandfather who graduated from West Point and had Army careers, but she couldn't support the Vietnam War. "This led me to want to work with organizations that support peaceful conduct and community-building," she said.

This is one thing she likes about WILPF, which funds efforts for peace, buys children's books about peace and justice for libraries, and hosts events celebrating women and peace.

Gay Gilchrist, 79, of Bayside also likes making a real impact. "I have held peace signs and stood on street corners for years," she said. "But my life's peace contribution wasn't quite as complete as I wanted it to be."

"I decided to join an organization that was actively doing something for peace," Gilchrist added. "Sharing the wonderful peaceful ideas of our WILPF grantees com-



SINGING GRANNIES: Left to right: Sue Hilton, Linda Shapeero, Sandy Lynn, Kit Crosby-Williams, Jean Doran (seated), Annie (visiting from Michigan), Elizabeth Niemeyer. Bob Doran photo.

pletes my idea of contributing to local and world peace."

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

What We Need to Hold Onto

There are at least two kinds of community organizers.

There are those great activists who galvanize support for a community cause, such as clean drinking water.

And then there are the quiet organizers, like bees making honey in a hollow tree. They create tight-knit communities out of so little material, in such out-of-the-way places, that you'd hardly know anything exceptional was going on. Instead of being activists for an outside cause, these organizers seem intent on a mysterious inside cause.

In his 1963 novel "Cat's Cradle," Kurt Vonnegut coined a word for such mys-

teriously organized communities: karass: "If you find your life tangled up with somebody else's life for no very logical reasons," he wrote, "that person may be a member of your karass."

A good example of a karass is the makeshift-family farm created by Westhaven author Glory Ralston in her latest novel, "While the Music Played." The story centers on 18-year-old Jenna, a veterinary assistant making local house and barn calls with her aunt. Without parents in her life since age 6, Jenna finds herself knitted into relationships with three older female relatives, strong women who accept all assorted charac-

ters needing a place to call home in the mountains east of Humboldt County.

Jenna, graduating from high school, can't figure out why she's loath to leave the family's backwoods vet business. Yes, it has its constant emergencies, but always food and conversation wait at home. Meanwhile, a big-city university beckons. Without giving away the farm, the author ratchets up family love and tensions until the last (surprisingly tearful) page.

Ralston, a retired Humboldt State University professor, hopes readers come away with more compassion for others' choices. "At first," she says, "it's easy to judge

people and choices they've made in their lives. We don't know anybody 'til we know the whole story."

What do we do when we're thrown into a community with a cast of characters in our own fractured world? "Our country's overwhelmed right now with the new administration," Ralston says. Lines are being drawn between factions.

"Everyone we know personally has a strong conviction about what's happening," she said. "But all these people care deeply about their families and neighbors, too. They might make different choices than we do. But they are inherently the same as us,



and are living life as best they can. That's what we need to hold onto."

—

Margaret Kellermann works with groups and individuals in therapeutic arts, including journal-keeping workshops. She plays Celtic folk guitar for events, home visits and other occasions. Contact her at seniornewseditor@hum senior.org.

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Expose Yourself to Activism

By Maureen McGarry

As someone who has been participating in various causes for a long time to make this world a better place, I feel grateful to live in a community rich in opportunities for people to get involved. But sometimes we need to go outside this community to participate in the process of civic engagement.

As an artist, I have often incorporated creativity into my activism. Prior to my trip to our nation's capital for the historic Women's March on Washington on Jan. 21, I asked friends to send me photos of themselves so I could take them along with me. I transferred those images onto fabric and sewed them onto my winter coat.

When I got to the Women's March, I wore my coat to carry along those people who couldn't make the trip all the way to Washington. They were there in spirit.

The masses of people who converged on Washington and at marches around the world turned out for many different reasons, all represented on signs, in speeches, and in song. I went as a proud feminist. I don't think of feminism as political or even controversial; I simply believe that equality is a basic human right.

For me, activism isn't just about political change, it is also about cultural change. It was a powerful experience to see so many women (and a surprising number of men)

come together in a common resolve to support women, from such great diversity in culture, politics, religious beliefs, gender, class and racial identity.

I never once felt fearful during the entire march. Half a million people — this was the Woodstock of the revived women's movement. It is clear that women are a force for change and for progress.

The determination on the faces of those around me as we marched told me that this movement is irreversible.

A clear message for all who attended was the importance of going back to our communities and getting involved. All of us were encouraged to become more civically engaged.

Volunteerism and activism may not pay the bills, but it can be food for the soul. My hope is that better days are ahead for this world, because more people — especially women — are feeling empowered and will rise up to make a difference.

Maureen McGarry, of Bayside has been an artist, teacher and actively engaged in her community since 1975.

At the intersection of Pennsylvania Avenue and 13th, the author shows off her special coat sporting pictures of her Humboldt friends who were unable to attend the Women's March on Washington in January. Courtesy of Maureen McGarry.



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AGING IS AN ART — BY JOHN HECKEL

Support for the Consummate Volunteer

My neighbors, Susan and Bill, are facing a decision many of us confront as we age. Her elderly brother has emphysema, lives out of the area, and cannot care for himself anymore. They are about to decide whether they can take on the responsibilities of the consummate volunteer: moving an elderly relative onto their land and becoming his primary caregiver.

Deciding to care for an elderly parent or relative is an extremely difficult decision. No one outside that process can understand all the emotionally difficult factors.

But there is help available, both to inform that decision and support it once the decision has been made to proceed. My neighbors don't have to start this process feeling isolated and alone. Local experts exist who understand the many complexities involved, professionals who can offer them free, nonjudgmental advice and support.

A local resource — Humboldt Senior Resource Center — provides support and a continuum of elder care service, including the Nutrition program, Adult Day Health & Alzheimer's Services, MSSP care management program, and Redwood Coast PACE. Each shares a common goal of helping older adults remain independent in their own homes.

Knowing that these programs exist might make Susan and Bill's difficult decision more manageable, and could facilitate one of the most rewarding journeys they may ever have to take.

Redwood Coast PACE (Program of All-Inclusive Care for the Elderly) is a

unique service whose goal is to keep "frail older adults as healthy and independent as possible."

The PACE website (www.humsenior.org) says, "Each member's health, quality of life and well-being are our top priority. We provide older adults with a broad range of health and supportive services that are convenient, simple to use, reliable and well coordinated."

Basic PACE eligibility requirements for those like Susan's brother are that candidates must be age 55 or older, require a state-certified nursing home level of care, be able to live safely in the community, and reside in the program's service area, which covers Scotia to Trinidad and inland to Blue Lake and Carlotta.

There is no more rewarding and challenging undertaking than witnessing and advocating for someone's "end of life journey." I have been privileged to have experienced it twice, once with my father in the Chicago suburbs, and once here in Eureka with my mother, in both cases without the help of a PACE program.

May my neighbors find the courage and support to make what will be the right decision for them and their brother. I think our local Redwood Coast PACE program

could help them in their role as consummate volunteers.

—

John Heckel, Ph.D., is a former HSU theater and film professor with a doctorate in psychology. For information on Redwood Coast PACE, call 443-9747 x1203 to set up an information-gathering interview.

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HSRC News707 443-9747 • www.humsenior.org

CalFresh: Smart Eating

By Tasha Romo

Sometimes, making smart food choices is difficult. But some simple tips can help us make wise and healthy decisions.

We know we should eat more fruits and veggies, choose low fat options when available, and eat lean meat. The National Institute on Aging offers some other simple and helpful tips.

- Breakfast is a good time for high-fiber foods. Try unsweetened whole-grain or bran cereal, and add fruit such as berries or bananas.
- Snack on unpeeled apples, pears and peaches. Wash them first, and season fruit with lemon juice, herbs, or spices.
- Don't fry foods. Broil, roast, bake, steam, microwave or boil food instead.
- Use oil instead of solid fats, like butter, when cooking.
- Choose whole grains.
- Brighten your plate with vegetables that are red, orange, or dark green.
- Try fruits you haven't tried before – pomegranates?
- For protein, choose lean meats,

poultry, seafood, beans, eggs or nuts.

- Get plenty of fluids — water, fat-free or low-fat milk, and low-sodium soups. Not soda!
- Limit saturated fats, trans fats, cholesterol, salt, and added sugar.

If these smart food choices seem financially out of reach, CalFresh may be able to help with funds for fresh fruits, vegetables, whole grains and lean proteins, and other food items.

CalFresh's monthly benefits are issued on an electronic card that can be used at most groceries, discount chains, farmers' markets and neighborhood stores.

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

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

Tasha Romo is the nutrition and activities program manager at HSRC, 443-9747 x1228.



Kim Coehlo, the Alzheimer's Association special events manager for the Humboldt Walk to End Alzheimer's, presents a check for \$9,167.40 to members of last year's top fund-raising team, the HSRC AlzSteppers sponsored the Humboldt Senior Resource Center, the team raised over \$15,000 to fight Alzheimer's: Joanne Conzelmann, director, HSRC Adult Day Health & Alzheimer's Services; HSRC Board member Doug Durham, and Alzheimer's services coordinator Myriah Busch. Ted Pease photo.

Caregiver Workshop, Groups

By Erin McCann

The Redwood Caregiver Resource Center (RCRC) will partner with Adult Day Health & Alzheimer's Services at the Humboldt Senior Resource Center (HSRC) for a day-long workshop for family caregivers in April.

Taught by RCRC family consultant Alexis Glidewell, LCSW, the workshop will provide family caregivers and professionals strategies for understanding dementia behavior, specifically in regards to managing resistance to personal care.

The workshop will be held April 21 in the HSRC Alzheimer's Library at 1901B California St. from 9:30 a.m.-2:30 p.m. The cost for the workshop is \$20.

RCRC also offers ongoing caregiver support groups:

• Fortuna: the 2nd and 4th Thursdays of the month at the United Methodist Church, 922 N St., noon-2 p.m.

• Crescent City: the 4th Wednesday of the month at the Del Norte Senior Center, 1765 Northcrest Drive, 11 a.m.-1 p.m.

The RCRC, serving Humboldt and Del Norte counties, is at HSRC, 1901B California St. in Eureka.

Call Marsha at 1-800-834-1636 for information or to register for the April 21 workshop. Scholarships and funds for respite care are available.

—
Erin McCann, MSW, family consultant, Redwood Caregiver Resource Center, 1901B California St., Eureka, 443-9747, x3220.

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**See Activities at Senior Centers calendar at right for Eureka, Arcata & McKinleyville classes.*



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April 2017 • Senior News

APRIL ACTIVITIES

Humboldt Senior Resource Center in Eureka

1910 California St. • www.humsenior.org
For more information call Tasha at 443-9747 x1228.
Lunch: Tuesday-Friday at 11:30 a.m.

Every Weekday	8:30-4	Computer Lab	
	8:30-4	Library	
	9-3	Senior Service Office	
	12-2	Billiards	
Every Monday	9:30-10:30	Karate w/Jerry Bunch	
	10-12:30	Mah Jongg	
	11-12	Yoga with William Timm Bring your own mat. (advance signup required)	
	11-1	Back to Basics Line Dancing	
	1:15-2	SAIL w/Muriel	
	2:10-3:10	FABS/SAIL by Beth and Lois	
	2:30-4	Memoir Writing Class	
Every Tuesday	9-11	Analogous Spanish with Max	
	10-11	Harry's Bingo (<i>not April 4th</i>)	
	11:30-12:15	Lunch – <i>Menu page 14</i>	
	12:30-1:30	Bunco	
	12:15-2:15	Pinochle	
	2:10-3:10	FABS/SAIL by Beth and Lois	
April 4	10:30-11:30	Dance & Dine- Ray, Chuck, Dave & Lois	
April 4, 18	1:30-3:30	Ukulele Play'n Sing	
April 25	6-9	Stamp Club	
April 25	11:30-1	CalFresh Info and sign-ups w/Food for People	
Every Wednesday	9-11	Analogous Spanish with Max	
	11:30-12:15	Lunch– <i>Menu page 14</i>	
	1:15-2	SAIL w/Muriel	
	1:30-3:30	Intermediate Line Dancing	
	3:30-4:30	FABS/SAIL by Beth and Lois	
April 5	11-11:45	EPD talk with Suzie Owsley	
April 5	11-11:30	Sam & Ella perform	
April 5 & 19	1-2	Caregiver Support Group Alzheimer's Library, 1901 California St., Bldg. B, 2nd Flr., Eureka	
Every Thursday (cont.)	April 12	11:30-12:15	Emblem Club serves lunch — <i>Menu page 14</i>
	April 15	10:30-11:30	Val Leone performs
	April 19	9:15-11:15	Foster Grandparent Program
	April 19	10-11:30	Commodities distribution
	April 22	11-11:30	Jim Wills performs
	April 22	11-11:30	Rick Park performs
Every Thursday		9-11	Analogous Spanish w/ Max
		10-11	Grocery Bingo: Bring 1 grocery item
		10-11:30	Intermediate French
		11:30-12:15	Lunch – <i>Menu page 14</i>
		1:15-2	SAIL w/Muriel
		2:10-3:10	FABS/SAIL by Beth & Lois
	April 6 & 20	10-12	Genealogy group
	April 20	12:30-1:30	Covered CA/Medi-Cal assistance drop-in clinic
	April 27	8:30-12:30	Medication Interactions & Consultation
Every Friday		9-10	Falun Dafa
		9-11	Analogous Spanish w/ Max
		10-11	Beginning Tai Chi Move- ments
		11-12	Beginning Yoga
		11:30-12:15	Lunch– <i>Menu page 14</i>
		1-4	Bridge Games
	April 7	10:30-11:30	John Nelson & Friends
	April 14	10-12	Low Vision Support Group
	April 14	11:30-12:15	Spring Holiday Celebration
Saturday	April 1	Noon	Sassy Seniors- Banana Hut
	April 15	Noon	Nooners- Rita's -Harris St.
Tuesday	11:30	Ed Handl will speak about peripheral neuropathy treatments.	
Wednesday	Every Wed.	5-8 BINGO	
April 5	10:30	Music with Bill & Corena	
April 4			
Thursday	April 6, 20	12-1:30 <i>Caregiver Support Group</i>	
	April 13, 27	12-2 United Methodist Church Fireplace Room 922 N Street, Fortuna For info 443-9747	
Friday	April 14	12 Holiday Lunch	
	April 28	12 Birthday Lunch	

Senior News • April 2017

McKinleyville Senior Center

Azalea Hall
1620 Pickett Road
Open Monday-Friday 9-4
azaleahall@att.net • 839-0191


Every Monday	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	12-3:30	Computers
	1-4	Party Bridge
April 24	11-12	Low Vision Workshop
Every Tuesday	9-11	TOPS
	9:30-10:30	SAIL Class
	10:40-11:40	Stretching
	12:30-3:30	Bingo
	1:30-2:30	Exercise
Every Wednesday	8:30-9:30	Tai Chi
	9-12	Computers
	10-12	Needlework
	10:30	Walking Group at Hiller Park
	1-4	Pinochle
April 5	10-11	Genealogy
April 20	10:30-11:30	Executive Board Meeting
April 26	12-1	Monthly Luncheon - Lasagna, Salad, Bread Dessert \$5-Sign up by 4/12
April 26	1-2	Heart Healthy Club
Every Thursday	9:30-10:30	SAIL Class
	10:30-12	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	Bingo
April 6	11-11:30	Bean Soup & Half Sandwich-\$3
April 13	11-11:30	Chef Salad-\$3
April 20	11-11:30	Corned Beef Veg. Soup & Half Sandwich-\$3
April 27	11-11:30	Pea Soup & Half Sandwich \$3
Every Friday	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	1-4	Pinochle
April 28	10-11	Full Board Meeting (Open Meeting)

Arcata Community Center

HSRC Dining Center
321 Dr. Martin Luther King Jr. Parkway
Lunch: Tuesday-Friday at noon
Call Vanessa at 825-2027

Monday	April 10 & 24	11-12	Silver Quills Writing Group
Every Tuesday		9-11	Katie's Krafters
		10-11	Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required)
		10-11:15	Karaoke
		11	Bread distribution
		12:30-2	Bead Jewelry Craft Class
April 4, 18	10-11		<i>Caregiver Support Group</i> Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747
April 4	10-11		Blood Pressure Check
April 25	2		Arcata Marsh Slow Walk
Every Wednesday		10-11	Chi Gong-RSVP 443-8347
		10-11:15	STRONG Exercise w/ Marilyn
		11	Bread distribution
		11:20-12:15	Yoga Stretch
		12:30-1:30	Tai Chi for Better Balance
April 12 & 26	10-11:15		Dance - Old Gold Band
Every Thursday		9-10	Tai Chi (\$3 donation)
		9-11	Katie's Krafters
		10-11:15	Chair massage (donations accepted)
		10-11	Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required)
		12:15-1:15	Learn Tech with Brett
April 13	11-12:15		Cal Fresh Sign-up assistance
April 20	10:15-11:15		Swing 'n' Sway Trio
April 20	10:30-11		Commodities Distribution
Every Friday		10-11:15	STRONG exercise w/Marilyn
		10-11:30	Ping Pong with Pete
		11:20-12:15	Yoga Stretch
		12:30-1:30	Tai Chi for Better Balance
April 14	10-11		Site Advisory Council Meeting
April 21	10:30-11:15		Music with the Half Notes
April 28	11:15-12:15		Birthday Party & Celebration


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—Lailah Akita, author



Nutrition & Activities Program

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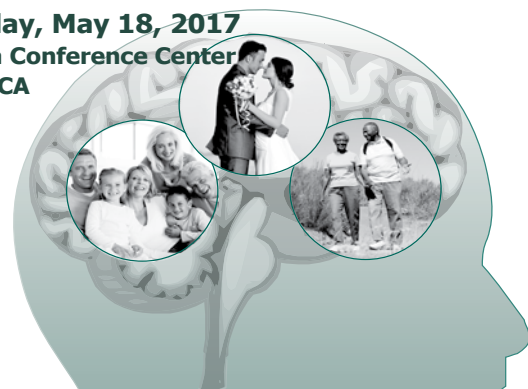
Friendship, activities and hot nutritious midday meals are provided four days a week at HSRC Dining Centers in Arcata, Eureka and Fortuna.

Home Delivered Meals is a program for those who are home-bound and at least 60 years old, and live in Arcata, Eureka, Fortuna or McKinleyville. Some areas currently have a wait list. Call for more info.

443-9747 • www.humsenior.org

Dementia Care Coalition Conference*— When action meets compassion lives change —***The Changing Face of Dementia: Innovations in Care — 2017**

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A conference providing updates and cutting-edge information for professionals who care for those with dementia-related conditions.

It's HSRC Volunteer Appreciation Month

By Tasha Romo

There is no way that Humboldt Senior Resource Center could do all that it does without the scores of people who donate their time and efforts, caring and energy to make HSRC programs happen.

From Home Delivered Meals and running the dining centers in Arcata, Eureka, and

Fortuna, to food preparation, to playing lunchtime music in the dining room, to working with clients, to serving on advisory committees and delivering the monthly Senior News, volunteers — more than 200 of them — reflect the spirit of service at the heart of HSRC.

Here are sketches of just three of the volunteers who dedicate their time, energy, and love to the Humboldt Senior Resource Center. So far this fiscal year, Nutrition & Activities volunteers alone have donated more than 10,000 hours to the three Senior Dining Center locations.



VOLUNTEER: Jim Johnston, 65, of Eureka has worked for five years in the Dining Center in Eureka.

Q: What do you do as a volunteer?

A: "Everything! Set up the dining room, clean tables, fill condiment containers and get supplies."

Q: What do you like about volunteering at the Center?

A: "The friendships I have made with people here."

Jim's supervisor says: "Jim is amazing! He is so much fun to work with. We couldn't accomplish all that we do here without our wonderful volunteers — they are invaluable. They are the heart and soul of our team, and we work closely together to ensure a great experience for all of our program attendees. We so appreciate everything they contribute each day."

April Dining Menu



Humboldt Senior Resource Center

Nutrition & Activities Program

FIRST WEEK

April 3 Dining Centers closed

April 4 Salisbury Steak

April 5 Bay Shrimp Salad

April 6 Chef's Omelet Bake

April 7 Chicken Marsala

SECOND WEEK

April 10 Dining Centers closed

April 11 Meatball Marinara Sub

April 12 Chicken w/First Roasted Tomato

April 13 Beef Stroganoff/Egg Noodles

April 14 Pineapple Baked Ham-Holiday

Scalloped Potatoes, Peas, Wheat Roll,
Fresh Fruit Cup, Jell-O Cake

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**THIRD WEEK**

April 17 Dining Centers closed

April 18 Lemon Herb Baked Fish

April 19 Baked Potato Soup

April 20 Teriyaki Chicken

April 21 Chicken Cordon Bleu

FOURTH WEEK

April 24 Dining Centers closed

April 25 Meatloaf w/Gravy

April 26 Chicken Parmesan w/Spaghetti

April 27 Split Pea Soup w/Ham

April 28 Cranberry Chicken-Birthdays

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee.
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Eureka • 442-1181

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Giving Back — Heart, Soul & Stomach

By Philip Anzada

Volunteerism is the heart and soul of many nonprofits. What motivates people to donate what is arguably their most valuable resource — time and energy?

According to a recent U.S. Department of Labor report, 25 percent of American adults volunteer on a regular basis. One of those is Steve Saunders, 62, of Trinidad, who volunteers at Food for People, Humboldt County's food bank, doing intake interviews for food-insecure people in Eureka. He also helps coordinate the monthly food distribution in Orick, one of Humboldt County's more remote rural communities.

"I enjoy getting to know the clients and understanding a different side of the human experience," Saunders says. "I remember one guy would always come in right before

closing. He had a lot of medical problems to deal with, and you could tell it was tough for him to get around."

"Even with all his struggles," Saunders said, "and having nothing more to give, he still managed to hand out Christmas cards to every volunteer in the pantry."

When Saunders retired as a software engineer in 2013, he says he promised himself that he wouldn't get lost in his retirement. The simple act of getting a hug in the parking lot from a grateful client can make his day.

Some 400 people volunteer each month at Food for People, so there's obviously something about this experience. Chris and Janet Whitworth are relatively new volunteers in the warehouse. Recently retired, they drive up from Ferndale every week

to sort bread and produce donated from local stores. They have even started delivering groceries to homebound seniors in Eureka.

Chris's mother grew up in the Great Depression, so he appreciates how the food bank uses resources that could otherwise be wasted: local stores donate food that is still in great shape, and local farmers donate fresh fruits and vegetables that might otherwise be composted.

For Janet, it just makes her feel useful. "Food is an everyday necessity for people," she said. "And, honestly, it feels selfish for me not to volunteer."

This is a common sentiment. Gail is a volunteer who works mainly in the Eureka Choice Pantry, which runs like a grocery store so clients can plan meals and work

around dietary restrictions.

"I'm 73, and it gives me a feeling of still being useful, though I don't really feel old," she said. "I'm retired and can afford not to work, so volunteering gives me purpose."

Philip Anzada is volunteer and direct services manager at Food for People, 307 W. 14th St., Eureka. For information or to volunteer, call 445-3166, x310 or email volunteer@foodforpeople.org.



Volunteer Art Padilla, 65, of Eureka, prepares lunch for the 12-20 other volunteers who work with clients at the food pantry. Ted Pease photo.

HSRC Volunteers from Page 14

VOLUNTEER: Evelyn Ogle, 88, of Fortuna has worked for the Fortuna Dining Center for at least 20 years.



Q: What do you do as a volunteer?

A: Serve food, wash tables, wrap silverware.

Q: What's the highlight of your work?

A: Evelyn can't remember when she started volunteering, but says, "It's been so long, but I enjoy it." Mostly, she says, "I am glad to help — actually, just glad that I am able to help."

Evelyn's supervisor says: "Evelyn always brings a smile and an air of excitement to the dining center. It easy to see she enjoys volunteering. She also organizes the Senior Lunch Bunch in Fortuna — each month, Evelyn goes out into the community looking for places for the seniors to have a group lunch on the town."

VOLUNTEER: Ralph Martinez, 62, of Arcata has volunteered in the Arcata Dining Center for two years.



Q: What do you do as a volunteer?

A: "Mainly, prep for the lunch program. And I'm on the site council."

Q: What do you like about it?

A: "Helping other people. It needs to be done — it's important."

Ralph's supervisor says: "Ralph is modest about his help to the senior center, but he is such an asset that it's obvious to everyone when he's not here. His volunteer work is invaluable as he provides an awesome perspective of the younger senior generation to our site, and is always willing to aid the seniors." Ralph also likes to read, and he likes gardening.

'Vote' for a Caring Community

By JoAnn Schuch

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

—Author Unknown

That is one of my favorite quotes. Everyday I "vote" with my volunteer work at Redwood Coast Village (RCV) to make Humboldt County a better place for older people and their families. The Village helps seniors continue living in their own homes by coordinating volunteer help with everyday things. We do the kind of things a friend or good neighbor would do.

I got involved with this new member-driven organization after being the caregiver for three adults in my family — my mother, father and aunt. All were in their late 80s. Mom had dementia and memory loss; my aunt was a lifelong paranoid schizophrenic, and my dad was just ornery. This gave me a crash course (a five-year crash, which was as alarming and difficult as it sounds) in senior issues.

I found that while we have many great local businesses and agencies helping older people and their families, there was little support for the daily things people needed, from

grocery shopping to minor home repairs. I saw what it took to help my family members, and realized how hard it would have been for them if I hadn't been available. Without my help, they would have had to leave their own homes and go into an assisted living or skilled nursing facility.

But not everyone has a family member able to help with the small tasks that make independent living possible. Relatives live far away, and lots of people don't have children. Drive someone to an afternoon doctor's ap-



Volunteer Linda Wilson of Fieldbrook helps Redwood Coast Village member Sylvia Ryan reach a ceiling light bulb. JoAnn Schuch photo.

Continued on Page 18

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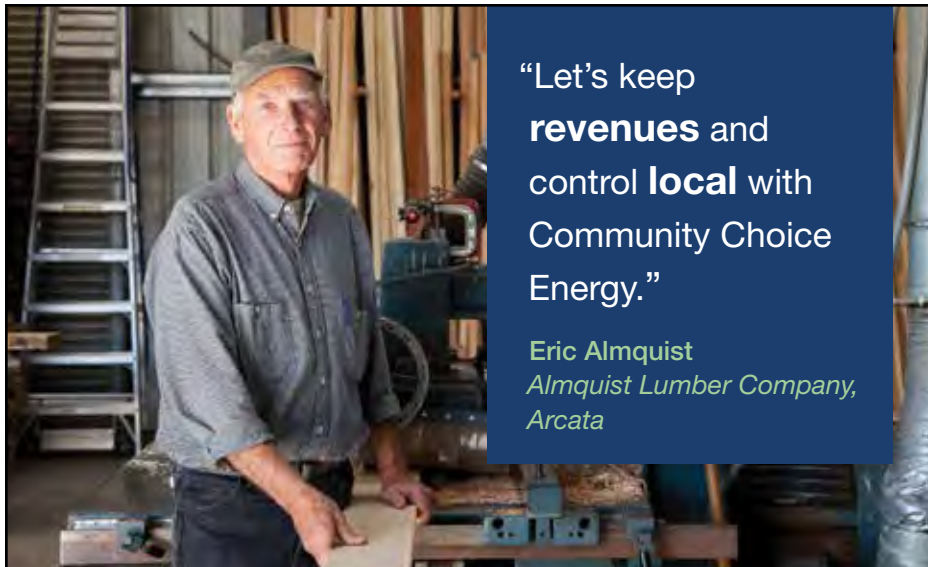
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North Coast Co-op Events

April 5 • Wellness Wednesday

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

April 4, 11, 18, & 25 • Senior Day

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

April 27 • Earth Action Committee Meeting

5:30pm-7pm Ten Pin Building, 793 K Street, Arcata
This committee of the North Coast Co-op Board of Directors focuses on the Co-op's environmental actions. Member-owners are welcome to attend!



811 I St. Arcata • 25 4th St. Eureka
www.northcoast.coop

APRIL Community Calendar

Sail with Golden Rule

Chuck DeWitt and Helen Jaccard, two key members of the crew of the Golden Rule, the 34-foot "peace boat," will offer a class on the ship's voyages and mission through Humboldt State's Osher Lifelong Learning Institute (OLLI), Wednesdays April 5-May 10, from 6-8:30 p.m. at the Humboldt Bay Aquatic Center. Vessel tours and a short sail will be by arrangement. Register at www.humboldt.edu/olli for course #27545, or call 826-5880 for information.

10th Annual Indian Big Time

The annual Big Time honors Native American culture, song and history through California Native dances, songs and traditional games. Learn about tribal resources and issues, meet tribal leaders and elders, and honor the land of the Wiyot Tribe, on which Humboldt State University is located. Arts & crafts will be available for sale. April 1, 11 a.m.-6 p.m., at HSU's West Gym.

An EPIC Redwood Hike

The Environmental Protection Information Center (EPIC) kicks off its 2017 series of free hikes Sunday, April 2, at Redwood National Park's Lady Bird Johnson Grove, just north of Orick. The Nature Loop Trail is just a half-mile, over flat land through old-growth redwoods, accessible to nearly everyone. For information, call EPIC at 822-7711 or email Rob@wildcalifornia.org.

National Park Documentaries

The Westhaven Center for the Arts (WCA) will host the director-producer of two documentaries about two nearby natural wonders — the Coastal Redwoods and Lassen Volcanic

national parks. Filmmaker David Scheerer will screen and then discuss the films, which tell powerful stories of environmental change. The event is Saturday, April 15, at 3 p.m. at 1026 S. Westhaven Drive. Call 677-0960 for information.

Big Dannel's Birthday

Come join Lost Coast Hay to celebrate the 7th birthday of Dannel, the world's largest bovine. Dannel, a Holstein steer, stands 6 feet, 4 inches, an inch taller than the previous Guinness record-holder. Come out Sunday, April 16, at 2 p.m. to see the birthday boy, join an Easter Egg hunt and play in the bounce house at Lost Coast Hay, 5113 Myrtle Ave. in Eureka. Call 497-6927 for information.

3 Ferndale Choir Concerts

The Ferndale Community Choir celebrates spring with three performances in Ferndale and Eureka, starting on Easter Sunday. The 60-member choir performs Sunday, April 16, at 7:30 p.m. at the Assumption Church, 546 Berding St. in Ferndale; Saturday, April 22, at 7:30 p.m. at Christ Episcopal Church, 15th & H streets in Eureka, and Sunday, April 23, at 3 p.m. at the Ferndale Community Church, 712 Main St..

Humboldt March for Science

Humboldt science-supporters will join thousands of others nationwide on Earth Day, April 22, to show their passion for fact-based science and to defend the scientific community. The Humboldt March for Science begins with a science expo at the D Street Neighborhood Center in Arcata at 9 a.m. A rally will begin at 2 p.m., followed by the march through downtown Arcata. Contact Ross at rossntaylor@sbcglobal.net for information.

Raging Grannies . . . from Page 7

Carilyn Hammer Goldammer, 68, of Arcata says that her relationship with peace movements has been a lifelong process. “I sat, horrified, in a grammar school basement in nuclear war drills. I was blessed to hear Dr. King speak. I was encouraged to think my own thoughts in high school civics,” she said. “My life lined up to cause me to work for humanity and peace.”

Maggie Shaffer, 78, of Arcata, adds, “It’s wonderful that so many environmental and social justice advocacy groups have sprung up in our area, but to be effective, one can join only a few. I joined WILPF because of its consistent, determined stand for equality and for nonviolence.”

The Raging Grannies sing about peace, human rights, the environment, and more.

“I enjoy singing, and I feel very passionate about what is happening in our world,” said

Linda Shapeero, 68, of Hydesville. “Singing meaningful and fun songs of protest is very satisfying for me.”

Sue Huntress, 70, of Bayside, was part of “the whole protest thing in the Bay Area in the ’60s. Ever since then, I’ve had that protest itch, and the Grannies help satisfy it,” she said. “Plus, I love to sing.”

Jean Doran of McKinleyville, at 96 our oldest member, put it simply: “I’m in the Raging Grannies because I’m old,” she said. “I like that when we object to something we can do something about it through our songs.”

—
Sue Hilton, 66, of Arcata is a longtime social activist. For information on WILPF (wilpfus.org) or the Raging Grannies (raginggrannies.org), or to ask the Grannies to sing at your event, contact her at suejh@humboldt1.com.

Ask the Doctor . . . from Page 5

come back for repairs and replacement wheelchairs as the children grow. The old chairs are then refurbished for reuse.

Overall, we served about 30 people during our week in Guatemala. It may seem like a drop in the bucket, but it was so wonderful to connect with the children and their families, and to see the immediate difference the chairs made in their lives. This work left us feeling inspired, humbled and content.

Volunteering like this offers a shift in perspective, and a chance to slow down and focus on something outside of your own experience. Both Jianhong and I felt this, and came home with a renewed sense of what is important in life.

You don’t have to travel to volunteer, as there are many opportunities right here in our community. Benefits include service to others, promotion

of a healthier community, and better health for yourself. Research shows that volunteerism may decrease mortality rates, lessen depression and keep people mentally and physically fit. These benefits especially come into effect for volunteers 40 and over.

If you are interested in supporting the wheelchair project, see the Hope Haven website: www.hopehaven-west.com/. They change lives — both of the kids and their families, and those of us who volunteer with them.

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

‘Vote’ For a Caring . . . from Page 16

pointment? Not possible for many people who work and raise children. But fixing a wobbly back step, taking out the recycling or helping with home technology? This is something RCV members and volunteers can help with.

Redwood Coast Village organizes volunteers to offer these basic services for older people from Big Lagoon to Eureka. It is so rewarding to see people making connections and feeling the pleasure of giving someone real, concrete assistance.

The process of aging can be easier with a little help. Working as a volunteer also reminds me of another saying: “No act of kindness, no matter how small, is ever wasted.” —Aesop

Get RCV information at www.redwoodcoastvillage.org or call 442-3763 x217.

—
JoAnn Schuch, 61, of Arcata is a professional kitchen designer and a founding member Redwood Coast Village.

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10 a.m.-noon

Sat., April 29 8:30 a.m.-5 p.m.

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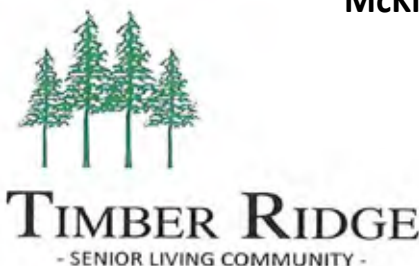


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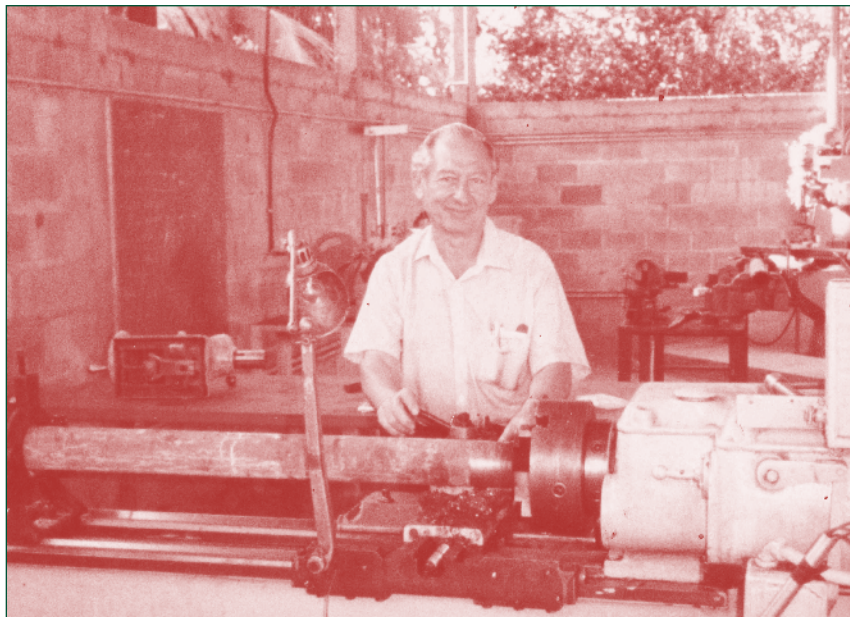
Humboldt Activist and ‘Citizen of the World’ Nears 100

By Ted Pease

Some things haven’t changed much for Mayer Segal over the past century. It’s been 80 years since the Bayside resident became politically active — as a UCLA student in the 1930s — and he’s still at it.



Looking back over nearly a century of social and political activism, Mayer Segal of Bayside is aiming at his next milestone — Birthday #100 in June. A former unionist, newspaper editor, and Free Speech movement member, Segal was in his 60s when he helped the Sandinistas set up a machine shop in Nicaragua in 1980 (below). Courtesy of the Segal family.



At 99, his voice is slower and his hearing’s going, but the great smile transforms his face as his talk ranges from local politics to Donald Trump to his children and grandkids. The lifelong social activist, free speech advocate, and political junkie still hopes to make a difference.

From his modest and cluttered home off Jacoby Creek Road in Bayside, Segal stays connected — his TV remote, books, newspapers, and file folders of political news clippings (“Trump 2017”) are all within reach. “I never went hungry, always had a roof over my head,” Segal said. “I never worried — except politically.”

He’s getting old, the former Berkeley Peace and Freedom Party leader admits, but he’s still on top of the things that have always driven his interests and passions — equal rights, civic engagement, social justice, and equity.

As a teenager in Los Angeles, Segal was deeply affected when his friends, the Horiuchi, “were rounded up and sent to relocation camps in 1942,” recalls his eldest son, Louis, 68, of Oakland. “That left a lasting impression.”

His social and political activism were born during his college years, and solidified when he went to work as a social worker with immigrant laborers in Fresno. “That’s when he really came to understand inequity,” said his daughter, Mara Segal, 59, of Arcata.

Mayer “had a relaxed attitude toward employment,” Mara says. This may

explain his various career tracks — as a machinist and toolmaker, a day laborer in Bay Area shipyards, and editor of Freedom News in San Francisco in the 1960s and ’70s, while his wife, Betty, covered peace marches and union meetings.

His machinist skills took him to Virginia in the 1950s, where he “saw close-up the ravages of segregation and the ideology of white supremacy,” Louis recalls. “That experience informed his life’s work as an activist.”

The Segals moved to Arcata in the 1980s and connected with Humboldt County’s activist community, Mayer as publisher of the HOPE Coalition (Humboldt Organized for People and the Environment) newsletter.

Mayer’s activist inclinations passed smoothly to his five offspring, who were all affected and infected by Megal’s worldview. Mara directs Redwood Pals Rescue and oversees volunteers at the county animal shelter; Louis taught Latin American history, and son David Allen, 66, is a retired Canadian lawyer who represented poor and indigent clients. Eldest son Joseph, 72, of Santa Barbara is a criminal attorney; Andy, 65, is a computer programmer in Portland who is deeply involved in environmental justice.

On a recent visit to Arcata, David reflected on his father’s legacy. “People always say one person can make a difference. Mayer has lived it,” he said.

“If he saw a challenge, he’d just roll up his sleeves and do it — found a newspaper, blend a family, build a machine shop in Nicaragua, organize resistance to war and injustice. No waiting around for somebody else to get the ball rolling.”

Louis agreed. “He was unendingly optimistic,” he said. “He has had a lifelong belief that you can make a difference.”

After nearly a century “engaged in the world,” Mayer says he has only one job left — make it to his 100th birthday in June.

But he worries, Louis says. “He thinks he’s indispensable. Has he done enough? Have we learned our lessons?”

—
Ted Pease, who likes to think of himself as an activist, is editor of *Senior News*.

Aging Parrotheads Wanted

How about “nibblin’ on sponge cake, watchin’ the sun bake” while “strummin’ your six-string on your front porch swing”? Maybe beach-rock-er Jimmy Buffett’s planned Margaritaville retirement community is for you.

After a 50-year musical career attracting “Parrot-head” fans to his escapist Florida lifestyle, Buffett, 70, is branching out and bringing his aging fan base along. The plan is for a string of beach-resort retirement complexes for the post-55 set, who might think “wastin’ away in Margaritaville” is exactly the way they want to watch their sunset.

“Inspired by the legendary music and lifestyle of singer, songwriter and best-selling author Jimmy Buffett, your new home in paradise features exciting recreation, unmatched dining and FINTastic nightlife,” the promotional website crowns (www.latitude-margaritaville.com/).

“Latitude Margaritaville,” the name of the first \$1 billion development in Daytona Beach, already has more than 10,000 registrations for the planned 7,000 “homes in paradise,” says developer Bill Bullock. “It’s going to be a very fun place,” he said.

The first residents are looking at an August 2018 moving day.

— Ted Pease



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or Call: 707.826.3713

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—Dr. Seuss (1904-1991), *The Lorax* (1971)

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—Elizabeth Andrew (1882-1960), Welsh Labour Party

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

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2	\$2,735.58
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Adult Day Health & Alzheimer’s Services at Humboldt Senior Resource Center is looking for more volunteers.

If you’re interested in joining a dynamic and dedicated team of professionals, we have a position for you in our day program, working with participants, or in clerical and office support.

To volunteer, please contact activity coordinator Maria Moua, 443-9747 x3229.



Ophthalmology
Community Health Forum

Join us for our FREE continuing Community Health Forums. Meet some of our local physicians and specialists and take part in Q and A sessions. Lite bites and coffee will be served.

Eureka: Wednesday, April 12 • 5:30 - 7:30 p.m.
Sequoia Conference Center, 901 Myrtle Ave.

Fortuna: Wednesday, April 26 • 5:30 - 7:30 p.m.
Fortuna Monday Club, 610 Main Street

Ophthalmologists Dipali Apte, MD, and Michael Mizoguchi, MD will discuss common issues affecting eye health and vision including glaucoma, cataracts, and macular degeneration. They will also share about therapies, technologies, and surgeries that are locally available to treat these conditions.

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

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

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COMING ATTRACTIONS

May's Senior News: The Greening of Summer

June's Senior News: Humboldt Then & Now

Got a story to tell? An ax to grind? Contact Senior News Editor Ted Pease with story ideas and letters to the editor: tpease@humsenior.org or 443-9747

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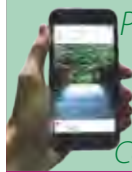
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