



A March Menagerie

It's Hard to March Ahead

By Ted Pease

Now that February is behind us, the optimist turns a hopeful face to the sun and thinks about spring. But for others, the short, dark days of winter still linger, and it's hard to think about ways to march onward into March, let alone spring forward.

Feeling stuck in life is common among all ages. Kids can get away with complaining loudly about being bored, but not adults. Twenty-somethings wrestle with finding themselves, and parents struggle with the empty nest once their children move away.

By the time you're in your 60s, you should have gotten a handle on all this, right?

Not so, say psychologists, seniors and life coaches. The transition to post-worklife can be one of the most challenging we face, a time when the prospect of reinventing ourselves just seems like too much.

How do we move ahead when the routines and patterns of a lifetime change? After retirement, divorce, or when a spouse or partner dies? Or as we start to slow down and don't really have anything we *have* to be doing? Or just when we get stuck in our lives?

"I wish you hadn't asked me that," emailed a Bayside man in his 70s who asked not to be identified. "I spend a lot of energy trying to be busy so I don't feel stuck, but I am."

"Let me know what you find out," he added.

I knew one guy who would buy a new car every couple of years to get him out of his rut. And I know a woman who has had trouble with this ever since she had to stop running.

"For 40 years, anytime I felt stuck, anytime I wasn't sure how to move forward, anytime I was sad, I went for a long run," she said.

"I worked through most of my major personal and professional problems by taking a run: divorce, graduate school, work deadlines, deaths. The day my mother died at age 90, I went for a run."

Then her knees "went bad," she said. "I've been stuck since the day I stopped running."

One Eureka woman, who also is always busy, said she has friends who "solved" their "stuck" problem by moving away. And a friend from Utah

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Leprechaun Sighting



DRESSING THE PART — Mike Saettele, 81, says he's no leprechaun, but he belts out a pretty good "Danny Boy" in front of Murphy's in Trinidad. There's a real leprechaun story, though, on page 4. Ted Pease photo.

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HSRC

ASK THE DOC

LETTERS

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HUMBOLDT SENIOR RESOURCE CENTER

Hayes Moves On
Page 3

Single-Payer Now
Page 5

Voting, REAL IDs & More
Pages 16, 23



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TEDtalks: Marching On

By Ted Pease

Through most of my life, before we came to our senses and had the great good fortune to move to Humboldt, March was always a pretty grim month of cold, wet snow, slush and icy puddles. I'm not really over it.

In New England, where I grew up, a few crocuses and daffodils — the intrepid ones sent on ahead to scout — would push up bravely through the snow in sheltered, south-facing spots, only to have their (and our) hopes dashed by a March blizzard.

"POOR MARCH," wrote author Vivian Swift in heartfelt capitals. "It is the HOME-LEST month of the year. Most of it is MUD, Every Imaginable Form of MUD, and what isn't MUD in March is ugly late-season SNOW falling onto the ground in filthy muddy heaps that look like PILES of DIRTY LAUNDRY."

Not so here in Humboldt. Sure, we have mud, but as the days lengthen and the trees bud, March is a lot less wintry lion than spring lamb. I kind of feel as if I've cheated somehow by not suffering through a longer, colder winter.

March is a milestone month in the calendar year because it includes the vernal equinox, when the sun is exactly above the equator, and day and night are of equal length. That moment will occur here on Thursday, March 19, at precisely 8:49 p.m. Human bureaucrats have messed that up by decreeing the start of spring on March 8, when we "spring forward" and confuse our internal clocks for a week.

The other way that we March On in this month's issue of Senior News is to consider how we all have to move ahead in life, or risk getting "stuck." Just as March is the entry to the promise of spring, so too is it a time to look forward, or even to start anew.

I came across this from Ghanaian author and teacher Ernest Agyemang Yeboah: "Only those with tenacity can march forward in March."

That's us: Tenacious. March on!

...

Good numbers: We recently completed an audit of Senior News content for 2019, and I like the numbers. Aside from two paid part-time staff — advertising coordinator Elizabeth Whitley and me — and the paid support of community advertisers, Senior News operates completely on volunteer energy: eight Community Advisory Board members, three proofreaders and five delivery people.

And then there are the 124 writers who volunteered their words, energy and insights last year to share their stories with the rest of us: a total of 371 articles and letters — plus 171 photos — about Humboldt health, nature, pets, heroes, families, hobbies and more.

Whatever bad things may be happening in the rest of the country, I am happy to report that I'd say community journalism is alive and well in Humboldt County.

Ted Pease is editor of Senior News.

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After 25 Years at HSRC, I'm 'Movin' On'

By Joyce Hayes

After 25 years at the Humboldt Senior Resource Center (HSRC), it is time for me to say farewell and move on.

I feel so lucky to have spent the last 16 years as executive director and, prior to that, nine years as director of Nutrition & Activities.

When I think back to making the decision to apply for the executive director position, I thought I could predict what the future path would be for HSRC. I felt well prepared for what challenges and opportunities would be presented. Little did I know!

That first year as executive director, and the subsequent five, were driven by the needs of a major capital campaign to establish a new Alzheimer's Center. This project created the groundwork for all that was to come.

During this early time, I became aware of the tremendous support that HSRC received from the community through individuals, service groups, businesses and foundations. This has only grown over time.

Little could I have predicted that, because of California's economic budget crisis, our Adult Day Health Care Program would be eliminated from the state budget and not exist to fill the walls of the new Alzheimer's Center.

The following years were challenging as we saw funding for important senior services eliminated or reduced. However, with every adversity comes new ideas and reinvention. For HSRC, reinvention took many directions: upgrading facilities and building new ones, bringing the Program of All-Inclusive Care for the Elderly (PACE) to Humboldt County, strengthening our workforce, and building strong partnerships in our community.

I have watched HSRC grow in many ways — financially, programmatically, employing a much larger, more diverse and skilled staff, and increas-



Joyce Hayes, outgoing executive director, Humboldt Senior Resource Center. Photo by René Arché.

ing relationships with donors, foundations and community members. I have been very proud of HSRC's accomplishments. This would not have happened without committed board members who have been willing to take educated risks, a passionate and skilled staff, and a community that has continually stepped up to the plate to support our ambitious plans and goals for seniors in Humboldt County.

A new chapter is now beginning with our expansion in Fortuna — a new, 16,000 square-foot building to house PACE and Adult Day Health Care for the Eel River Valley, and moving our Senior Dining Center into Fortuna's new Gene Lucas Community Center at 3000 Newberg Road.

With these projects nearing completion, it is time for me to be "movin' on" to new experiences and projects. I am looking forward to enjoying the flexibility to travel, to accomplish new goals and take on new challenges. And, most important, to have the time to enjoy family and friends.

I feel so thankful for the wonderful staff, colleagues and friends who have come through the doors of HSRC over the years, and likewise to the incredible HSRC board members who have been devoted to volunteer their time and passion for this agency.

I can sincerely say it has been the seniors, with their wisdom, life stories and appreciation for HSRC, who have inspired and motivated me over the years.

It has been my privilege and honor to have been the lucky one to be able to help guide and move this organization to where it is today. I will watch with interest the great things that are to come for HSRC.

—
Joyce Hayes of Eureka has big plans, as usual.

'Thank You, Joyce'

Farewells and good wishes came in from far and wide for Humboldt Senior Resource Center (HSRC) Executive Director Joyce Hayes on her career, contributions, and "movin' on."

Jim Wood, California Assemblymember, 2nd District

"Our seniors are some of our most vulnerable citizens, and Joyce Hayes has developed innovative community-based programs to help them live independent and dignified lives.

"As part of her impressive legacy, Joyce brought the first rural Program of All-inclusive Care for the Elderly, Redwood Coast PACE, to our Humboldt community, allowing frail seniors to remain at home when the only other option is a nursing home.

"Congratulations, Joyce, on your retirement and a legacy you should be extremely proud of."

Anne Weiss, founding HSRC executive director (1974-1986)

"Joyce Hayes's steady hand through tumultuous times has been beneficial beyond words. I've watched in wonder. I hope the coming years bring her the pleasures she has deferred so long."

Patrick Cleary, Humboldt Area Foundation

"Running a nonprofit for 16 years is an amazing accomplishment all by itself. What Joyce Hayes has done for the Humboldt Senior Resource Center is far more amazing than that. She has led the organization through a complete reinvention, by incubating and expanding the Redwood Coast PACE program, and creating the Alzheimer's Center, all while maintaining HSRC's commitment to its original vision.

"Joyce has never received all the recognition she deserves, because she likes to keep a low profile and does not seek the limelight. I think it is important that our community does not let her ride off into the sunset without a proper thank you!"

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Luck o' the Irish: I Was Married to a Leprechaun

By Sheila Donnelly

The first time my mother met my husband, Tom, she blurted, “Christ on a bicycle, Sheila! Where did you find this tiny man?”

Tom Donnelly was 5 feet tall (he claimed 5-foot-2). People were taken aback the first time they saw him.

He had a head of curly black hair, high, sculpted cheekbones, a perfectly proportioned (though small) body and weighed 110 pounds. When children

asked if he was a leprechaun, Tom would wink, smile and say yes, but he wouldn't tell where his pot of gold was hidden.

In the 1980s, Tom and I lived on a farm near Blooming Prairie, Minnesota, with our six children. We farmed with draft horses, raised poultry, cattle and sheep. Tom did seasonal work to make ends meet.

One fall, he and my brothers, Steve

and Tim O'Leary, went to work at a potato farm. The farmer, Ralph, was a good friend of my brothers, and at the end of Tom's first day, they all went out for a drink.

Ralph walked into the bar and announced, “You will not believe who the O'Leary boys brought with them to work today — an honest-to-god leprechaun!”

Steve spoke up quickly. “Don't you be saying that about my brother-in-law.”

“Oh,” said Ralph, “is Tom sensitive about being called a leprechaun?”

“You just better watch out,” Steve said. “He might be turning you into a frog.”

Tom embraced his Irish looks. His big day, of course, was St. Patrick's Day. One year, we were at Kieran's Irish Pub in Minneapolis with our daughters, and Tom was strutting around clutching a pint of Guinness, shaking hands and posing for photos with patrons. He was the king of the leprechauns. My daughters and I rolled our eyes.

A very drunk woman sitting next to us said to me, “I just have to touch this leprechaun's beautiful, curly hair.” She dug her hands into Tom's

hair, and he became like Tom Cat, swooning and almost purring as the woman massaged his head.

“Now I'll have the true luck of the Irish this year,” she said to me, “don't you think?”

“Mmmm,” I said. “You might be getting pregnant. I did six times by him.”

The woman's eyes widened with horror. She tore her hands off Tom's head and ran to the restroom to wash her hands.

My girls and I roared with laughter.

Our children were proud of their dad and his leprechaun looks. Three of our daughters — Mary, Bridget and Molly — started the Minnesota Roller Derby league in 2004, and Tom, Tom the Leprechaun was team Garda Belts' mascot.

At the start of each bout, Tom came out dressed in plaid green shorts and a bright green shirt. He ran around the track waving a shillelagh and tossing chocolate coins in gold wrapping to the crowd. He loved the attention and his leprechaun persona.

—

Sheila Donnelly, 63, lives in Manila. Tom Donnelly died in 2015.



LUCKY LEPRECHAUN — Tom Donnelly, back in the 1980s, always embraced his Irish looks. Sheila Donnelly photo.

Fun 'Facts' About Leprechauns

The real “facts” about Ireland's beloved and mischievous imps (which may have gotten muddled with hobbits) are as hard to catch ahold of as leprechauns themselves.

Red, Not Green: In his 1831 opus, “Legends and Stories of Ireland, Samuel Lover says they wore red, not green, which traditionally was considered unlucky. Confusing.

3 Wishes: If you do catch a leprechaun, you get

three wishes, but make them carefully.

Cranky: Most faeryfolk are pictured as friendly and kind, but leprechauns are old, crotchety, wrinkled pranksters. Be careful — they pack a mean shillelagh.

Pot o' Gold: Leprechauns are said to hide their vast riches as shoemakers in pots at the end of rainbows. Elusive spots, those.



Shamrocks, which are young springs of three-leafed clover, have nothing to do with leprechauns. Neither does St. Patrick's Day.

No Girls Allowed. Apparently, there are no female leprechauns, which raises questions about where new ones come from, but explains why they're so grouchy.

ASK THE DOCTOR**Single-Payer Now***By Jennifer Heidmann, M.D.*

Healthcare reform is not optional. More than 27 million Americans are uninsured today, and the leading cause of personal bankruptcies nationwide is medical expenses. Even those who are insured have huge deductible costs.

People forgo needed medications because they're prohibitively expensive. Insulin, for example, can cost about \$300 per vial, and some people have to choose among insulin, rent, food and other bills. Inhalers for asthma and COPD can cost over \$200 each, with people often needing two or three inhalers to treat their lung disease properly.

Large pharmaceutical companies have a strong lobbying presence in Washington to maintain the status quo, while Americans die from inability to afford crucial medications.

Insurance companies argue that they promise choice and quality. This is not true. Our system is fragmented, and whenever care is needed, there must be assurance that it will be paid for.

It is crucial that care is appropriate and not harmful or wasteful, but the biggest current waste in the healthcare system is how much time and administration it takes just to determine if a particular insurance covers a particular test or procedure or specialist. Medical paperwork costs about \$812 billion per year in America — about one-third of total

healthcare costs.

More care is not better care. But appropriate care should be accessible to all, and could be if our spending was put in more appropriate places.

These administrative costs keep rising. Hospitals hire teams to ensure proper codes are used in charting to optimize billing revenues, and other teams to speed up time to discharge.

'There is only one answer to this issue, and that is single-payer healthcare reform.'

Meanwhile, in many hospitals, patients can go days or weeks without a

bath, as there are not enough aides to bathe them. Nurses can barely keep their heads above water as staffing ratios are kept at a razor's edge to avoid any "extra" nurses or aides who might, for instance, hold someone's hand, bathe them or get them to the commode before they are incontinent in their beds.

There is only one answer to this issue, and that is single-payer healthcare reform. Single-payer would massively reduce overhead administrative costs and allow coverage for every single American, as well as better coverage for those already insured.

Single-payer would allow free choice of healthcare providers, and which hospitals you use. It would cover inpatient and outpatient care, mental health care, long-term care, dental care, rehabilitation and pre-

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HEAVENS TO BETSY

BY BETSY GOODSPEED

Insight at 93

I've been asked to share my insights on life at 93, and I can't help wondering if that's because of my lucidity or a fear of senile dementia. I remember my husband signing a DNR to keep from being resuscitated when he realized that he was losing his mind.

After living in a couple of assisted-living facilities for a year and a half, I found that many of the residents were either killing time, or in varying stages of senile dementia. Others had to sell their homes because Social Security failed to keep up with the changing economy.

Deciding that assisted-care life was not for me, I bought a house with my daughter and moved. I got lucky, which seems to be the pattern of my life.

The first question is whether some special insight has kept my brain working? It's too easy to say use it or lose it — that's obvious. I'm more inclined to ask questions.

The musician in me might say that staying in tune with nature did the trick, but yoga has also taught me that unless I am stretching, I'm shrinking. My inner writer believes the key to almost everything is self-knowledge.

It's a fact that school wasn't where I did most of my learning: memorization earns grades, whereas creativity is born of imagination.

Asking questions demands that we think. My insight both at the assisted-care facility and in general is a result of what I thought about, and what I saw and did.

Being 93 is somewhat unreal,

to tell the truth. My parents and husband all died at 85. I believe the reason for life is productivity and serving my purpose.

Now I realize that asking questions leads to asking more intelligent questions. Attitude and discipline are invaluable, but exercising your whole brain will activate your spirit.

In addition, writing down your thoughts improves your ability to think, and rewriting them to clarify your thoughts can put you in touch with your spirit.

If kindergartners could put kits of the brain together to find out how the *corpus callosum* functions to connect their right and left brains, they would learn what they need to know and how much is totally unnecessary. Everything could change in 20 years, and education should be first.

So here's another question: Why are people losing their minds instead of becoming wiser?

I believe that observation is essential to asking questions, which are essential to lucidity, which is only another word for intelligence.

Asking questions is also essential to greater awareness, which leads to better communication, which affects interpersonal relationships — and that's what makes the world go round.

Yahooie! That works for me.

Betsy Goodspeed, 93, a writer and musician, is still asking questions at home in Eureka.

Eureka Wharf Trail Super Stars

By Gail Popham

On the first Sunday morning of any month, you'll find a crew of dedicated volunteers out on the Eureka waterfront, sprucing up the Waterfront Trail.

Among the Volunteer Trail Stewards (VTS) who do the digging, raking, toting and weeding are four seniors who turn out rain or shine to help keep the wharf section of the trail from Del Norte to C Street looking good.

We're always looking for new recruits on our regular Sunday workdays, 9-11 a.m. at the Wharfinger Building. Regulars Stan Wong, Sally Littleton, and Shar and John Presley are often out there on Tuesdays and Thursdays as well, working along the Wharf Trail.

Stan is an expert with a digging fork, uprooting larger weeds to make them easier to pull. Sally is an artist

with a hand excavator — no weed, large or small, escapes her. And Shar's instrument of choice is a shovel, and she's relentless in eradicating weeds.

Since Caltrans and Mario's Tree Service donated several truckloads of wood chips last summer, we have been using the Presleys' pickup to transport chip to beds along the route — about 30 five-gallon buckets at a time.

We can always use more help. Anyone who wants a little healthy outdoor exercise and an opportunity to help keep the waterfront looking beautiful is welcome, or just come by and say hello.

Gail Popham is Eureka Wharf Trail coordinator. Contact her at atgailpopham@gmail.com or visit the Volunteer Trail Steward website at humtrails.org/vts.



HAPPY TRAILS — Volunteer Trail Stewards (from left) Stan Wong, Shar Presley, Sally Littleton and Gail Popham clearing weeds along the Eureka Wharf Trail near the foot of C Street in Old Town. Ted Pease photo.

Wear a Cowboy Hat . . .

By Barry Evans

I pretty much fell into civil engineering. I was better at science than humanities, and in Britain in my childhood era, science meant engineering.

Thus it was that, in 1963, I received my Bachelor of Science in Civil Engineering from the University of London. Although it was an uninspired career choice, it was my ticket to work as a professional in New Zealand, the U.K., Canada and the United States.

Twenty-odd years on, living in Bellingham, Washington, I felt stuck and wanted out. But how? When I read about the newly released Macintosh computer (Jan. 24, 1984), I remember saying to a friend, "I'm not sure how, but this will change my life."

I was one of the first Mac purchasers, and immediately started learning what this magical machine could do with graphics. Two years later, I confided to a client, "I want to quit engineering and sell my services as a graphic designer. But I don't have any credentials."

"Credentials?" said streetwise

Larry. "Who needs credentials? If you wear a cowboy hat, you can call yourself a cowboy."

Two days later, with all the credibility that a newly minted business card offers, "Images of Excellence: Graphic Design and Newsletters" was born.

Since then, I've worn a range of cowboy hats: keynote speaker, travel correspondent, author, aerial photographer, radio interviewer, astronomy teacher, op-ed writer, self-publisher, TEDx presenter, science columnist . . . all areas I got into with no formal training. But I'm a fast learner, I love research, and I ask a lot of questions.

Feeling stuck? Put on the cowboy hat of your dreams. It may change your life. It did mine.

—
Barry Evans, 77, swaps out his hats from Old Town Eureka. His latest anthology of science columns for the North Coast Journal, "Curse of Field Notes," is available at local booksellers or from the author at barryevans9@yahoo.com.

Stand Up, Be Counted

The 2020 U.S. Census is underway, and some senior rights groups worry that older Americans may not be counted.

Undertaken every 10 years, the census helps determine federal support to communities based on their population and demographics.

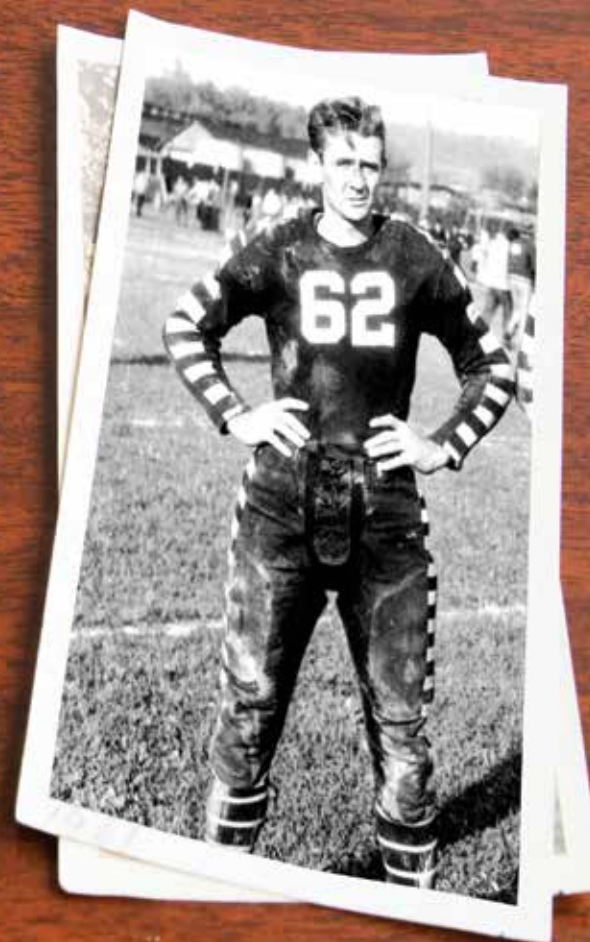
"Since this year's census is the first to be completed largely online, some are concerned that older adults may face challenges in participating," says Justice in Aging.

There are more than 46 million Americans 65 and older, a quarter of those living in rural areas where services can be scarce. Getting a complete and accurate count is essential in allocating needed resources.

Make sure you are counted. Go online to census.gov or, for help with the forms, go to DisabilityCounts2020.org or ask at your local senior center.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

A Long March

Thirty years ago, I lived across the continent, in another world called New York City. Almost every minute of my residence — two years, but it felt longer — was a prison sentence. But there were moments of light.

One March night in Manhattan, I wandered into a candlelight-only party at the ubercool, brick-walled office of a new magazine that was set to become a fresh version of The New Yorker (obviously, that plan fizzled). A

poem of mine had found its way into the magazine's maiden issue.

That poem somehow got me invited to this party.

To reach the bash, I had donned my bravest poet power dress: black with sequins. Then I took a long march, ferry, subway, and longer march down strange streets in the icy night, alone. "I am fearless," I consoled myself. "A fearless New York poet." But upon entering the chic party, I regretted my life, basically.

Other writers, staff members and mystery guests seemed at home in the near-darkness, laughing in staccato bursts. Their hoots erupted like small explosives.

My efforts to connect with these strangers fell flat. Their questions focused on determining which caste I belonged to: author, graphic designer, agent, editor or — oh happy night! — publisher. We reached no deeper level of conversation than

word-count comparison.

I considered burying my head in the warm brie. Though the language we spoke was English, we had little else in common.

After a while, though, a few of us drifted toward one another in a corner, away from the loud crowd. Without preamble or even introducing ourselves by first name, we asked one another intriguing questions: Why were there four languages in Switzerland, a nation the size of Vermont?

And why did Samuel Clemens need a pen name, when he had a perfectly

good birth name that sounded like a craft beer?

We were all in the midst of a real guffaw, when the poetry editor sidled by our group and said, "Ah, I see you poets have all found each other." We looked around at one another, amazed. We hadn't even discussed poetry. We were just being ... ridiculous ... together.

It's a bit like that, whenever I meet someone of the same clan, so to speak. There's a magnetic draw. We find each other, and we laugh in recognition, even if we don't say at first what we most deeply love.

—
Margaret Kellermann *doesn't write poems so much these days as she paints the ocean, and is a member of Ferndale Arts Gallery. Learn more at ferndalearts.com.*

Brenda Would Be Proud

By Libby Maynard

For 25 years, Brenda Tuxford and I were best friends and co-founders of the Ink People. We had met in graduate school at Humboldt State, pursuing our common interest in printmaking.

Of course, that was too esoteric for Humboldt, so after about three weeks, we broadened the scope to include all artistic mediums and to be peer support for artists.

Then on Aug. 10, 2004, on her 66th birthday, Brenda had a massive heart attack while visiting her son in Amsterdam. Strangely, before she left on the trip, she

had straightened up her desk, backed up her Ink People computer files, and given her daughter the contact information for their relatives. Perhaps she had a premonition.

Brenda had been the Ink People's historian, newsletter publisher, artistic director and much more. She and I had divided up the jobs according to which things we each liked to do best. A lot of the history went with her.

Although we agreed on most things, we often had spirited discussions about philosophical variances. I am a committed community arts

believer: everyone is an artist of some sort, and the people know best. Brenda was an arts-for-arts'-sake advocate.

When she died, I tried to keep her viewpoint alive in my head, often arguing with myself. I almost drove myself crazy. Finally, I decided that since I was the one still around, I would continue to move on along my chosen path, while still remembering her voice.

Thus, the Ink People reflects the hopes, dreams and aspirations of community members through our more than 100

DreamMaker projects, each a vision dreamed by someone who wants to make the community better. We help them figure out how to do it and take care of the administrative details. We cycle more than \$1.1 million into the community each year.

I like to think that Brenda would be proud of what the Ink People has evolved into.

—
Libby Maynard, 71, is co-founder and executive director of the Ink People Center for the Arts in Eureka.



BEAUX ARTS — Brenda Tuxford and Libby Maynard dressed up in the 1990s. Photo courtesy of The Ink People.

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AGING IS AN ART — BY JOHN HECKEL

Good Questions

As we age, more and more people are interested in hearing our stories. Younger generations are encouraged to ask us questions in the hope of stimulating and recording our most meaningful memories.

While I appreciate and enthusiastically support this effort, my more immediate concern is not losing my own ability to ask questions.

This concern is intensified by our current national discourse. While I am conspicuously aware that the quality of the rest of my life depends more and more on my ability to ask thoughtful and meaningful questions, the lack of any such sensitivity on the national stage often derails those questions.

Of all the things I am and have been in my life, being an educator has been the most rewarding. I have always stressed to my students that their focus should be on finding the right questions. “Hold the questions,” “nurture the questions,” were oft-repeated refrains. As I age, I struggle to take my own advice.

There are, of course, the “big” questions — Who am I? What am I really passionate about? Where is my sense of spirituality? These are the questions that feed our souls, questions that shed light on the moments of darkness and despair that are a necessary part of aging. Losing the ability to ask these questions can make our journey much more treacherous.

Our ability to age at home, to live our last years the way we want — not the way our children think we should, not the way the medical establishment thinks we should, but really the way we want — depends on us being actively engaged with finding the right questions to ask.

Many of those might seem

trivial at first. Where should the grab-bars go? How do I get more battery

life for my smart phone? Those are the kind of questions, however, that might determine whether we age at home or in some skilled nursing facility.

The one person we should never lose the ability to question is our doctor. Why is it that, as we age, the medical doctor we grow to depend on becomes the source of so much intimidation? Why is it that in what might be the single most critical place to find the right questions — the examination room — we go blank?

All good questions?

I have always loved good questions. That’s what I would tell some youngster when asked to recall the meaningful memories of my life: Ask good questions.

John Heckel, Ph.D., 73, a retired HSU theater and film professor with a doctorate in psychology, asks his questions in Eureka . . . and everywhere else.

‘I have always loved good questions.’

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'Thank You, Joyce' ... From Page 3

Peter Hansel, CEO, CalPACE, Sacramento

"No one exemplifies a greater combination of passion and commitment for supporting seniors than Joyce. She has been a consummate leader in aging services, a true visionary who has fought hard to bring vitally needed senior supports and services to Humboldt County.

"The programs and services she has fostered are making an impact on individuals' lives every day, enabling them to have greater options for aging in the community."

Maggie Kraft, Area 1 Agency on Aging

"I have had the honor and privilege of working both with and for Joyce Hayes. She is a great leader who never puts herself above the mission, her staff, or the people she serves.

"Some words to describe her: visionary, tenacious, tireless, humble, patient, risk-taker, knowledgeable, driven, focused, trusted, respected, organized, thoughtful, inclusive, mentor, motivating, inspiring. I could go on.

"HSRC and Humboldt County have been extraordinarily lucky to have such a great leader who has fully earned all of our admiration, respect and thanks."

Allan Katz, former HSRC Board member

"I respect and admire Joyce Hayes tremendously. She has been an extraordinary leader in our non-profit community.

"I had the privilege of working closely with Joyce as she guided us through tough financial times with a steady hand, always ready to make a greater personal sacrifice than she was asking of her staff. With quiet persistence, she overcame big economic and political challenges and built a model rural PACE healthcare program for frail seniors while maintaining programs like lunch sites and Home Delivered Meals, which are central to HSRC's mission but hard to sustain financially.

"Joyce has been a careful steward of the Humboldt Senior Resource Center, and an innovative and visionary leader; she has earned the gratitude of our community's seniors and all of us who had the good fortune to work with her."

**Laura A. Olson,***Patricia D. & William B. Smullin Foundation*

"I want to congratulate Joyce on her many years of dedication to Humboldt Senior Resource Center, to seniors in the region beyond its walls, and to the broader Humboldt community.

"When she approached the Smullin Foundation about a loan guarantee to start the PACE program, it was my predecessor's belief in Joyce's ability that led to that guarantee, one which has been an important step in HSRC's evolution beyond its service role to become a health system for seniors. With the current expansion of Adult Day Health and PACE in Fortuna, Joyce has again led HSRC to meet seniors needs in the Eel River Valley.

"It has been an honor and pleasure to work with Joyce over the years. Her leadership and vision will be missed."

Senior Survey Coming in March

Humboldt Senior Resource Center (HSRC), with the help of a student research team from Humboldt State University, will launch a survey of seniors in March, and we hope you will participate.

The goal is to find out why people choose to engage, get involved and participate in activities and services at senior centers, and why they may not.

The team of HSU sociology students, led by sociology Professor Chris Martinek, will examine possible barriers, challenges and stigmas associated with getting involved at senior centers.

The survey will be distributed at senior centers in Eureka, Arcata, McKinleyville and Fortuna this month. Please respond to the survey, and help senior centers in Humboldt County meet the social and service needs of people 50+.

For questions, or to obtain a copy of the survey, contact Chris Martinek, HSU Sociology Department, 707-826-4445 or cam30@humboldt.edu.

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MARCH SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

An HSRC Senior Dining Center

1910 California Street

Call Tasha at 443-9747 x1228

Lunch: Monday – Friday at 11:30 a.m.

Every Weekday

9:00-1:00 Library
9:00-3:00 Senior Services Office
11:30-12:15 Lunch (See menu below)
12:00-3:00 Billiards

Mondays

9:30-10:30 Karate with Jerry Bunch
10:00-12:30 Mahjong
11:00-12:00 Tai Chi for Better Balance w/ Sandi

2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
2:30-4:00 Memoir Writing Class

Tuesdays

10:00-11:00 Harry's Bingo (*not Mar. 3*)
12:15-2:15 Pinochle
12:30-1:30 Bunco
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
Mar. 17 11:30-12:15 St. Patrick's Day Celebration
Mar. 17 11:30-2:00 Foster Grandparents Program
Mar. 24 6:00-9:00 Stamp Club

Wednesdays

10:00-11:00 Bunco
1:30-3:30 Intermediate Line Dancing w/Sue
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
Mar. 11 11:30-12:15 Emblem Club serves lunch
Mar. 11 11:00-11:30 LeeAnne Morini performs
Mar. 18 10:00-11:30 Commodities Distribution
Mar. 4 & 18 1:00-2:00 Caregiver Support Group
Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B
1901 California St., Eureka

Thursdays

10:00-11:00 Grocery Bingo:
Bring 1 grocery item
10:00-11:30 Intermediate French
2:10-3:10 S.A.I.L. w/Beth & Lois
3:30-4:30 Laughter Yoga- Laughing our Hearts Open
Mar. 5 & 19 10:00-12:00 Genealogy Group

Fridays

9:00-10:00 Falun Dafa
10:00-11:00 Beginning Tai Chi Movements
11:00-12:00 Beginning Yoga
1:00-4:00 Bridge
Mar. 6 & 20 1:30-2:30 Conscious Living Book Club
Mar. 27 11:30-12:15 Birthday Celebration

Saturday

Mar. 14 12:00 Globetrotters Lunch Bunch:
Tres Chles Picosos
3502 Broadway Street
Eureka

Fortuna Senior Dining Center

An HSRC Senior Dining Center

Gene Lucas Community Center

3000 Newburg Road

Call Launa at 725-6245

Lunch: Tuesday – Friday at 12:00 p.m.

Tuesdays 12:00 Lunch (See menu below)
March 17 12:00 St. Patrick's Day Lunch

Wednesdays

12:00 Lunch (See menu below)
March 4 11:00 Music with Bill, Corena & John

Thursdays

12:00 Lunch (See menu below)
March 12, 19 & 26 Caregiver Support Group
12:00-2:00 United Methodist Church
Fireplace Room
922 N Street
For info call 443-9747

Fridays

March 27 12:00 Lunch
12:00 Birthday Celebration

March 2020

SENIOR DINING CENTER MENU



Humboldt Senior Resource Center

Nutrition & Activities Program

FIRST WEEK

Mar. 2 *Arcata/Eureka:* Salisbury Steak
Mar. 3 Crustless Quiche
Mar. 4 Beef Stroganoff w/ Egg Noodles
Mar. 5 Ham & Bean Soup
Mar. 6 BBQ Chicken

SECOND WEEK

Mar. 9 *Arcata/Eureka:* Chicken Noodle Casserole
Mar. 10 Baked Fish Dijonnaise
Mar. 11 BBQ Pork Rib
Mar. 12 Taco Salad
Mar. 13 Stuffed Baked Potato

People 60+ are invited:
\$3.50 suggested donation.
\$6.00 for those under 60.

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

Call for Reservations.....

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

THIRD WEEK

Mar. 16 *Arcata/Eureka:* Meatloaf w/ Gravy
Mar. 17 Corned Beef & Cabbage-*St. Patrick's Day*
Mar. 18 Green Chili Egg Bake
Mar. 19 Chicken Parmesan
Mar. 20 Shepherd's Pie

FOURTH WEEK

Mar. 23 *Arcata/Eureka:* Creamy Chicken & Veggies
Mar. 24 Hot Roast Beef Sandwich
Mar. 25 Cheese Tortellini
Mar. 26 Fish w/ Sundried Tomato Pesto
Mar. 27 Chinese Chicken Salad-*Birthday Cake*

FIFTH WEEK

Mar. 30 *Arcata/Eureka:* Chicken w/ Fire-Roasted Tomato
Mar. 31 Macaroni & Cheese

Low-fat or nonfat milk served with each meal

A vegetarian alternative is available by reservation daily.

Arcata Community Center

An HSRC Senior Dining Center

321 Martin Luther King Jr. Way

Call Anna at 825-2027

Lunch: Monday – Friday at 11:30 a.m.

Mondays

11:30-12:15 Lunch (See menu at left)
March 9 & 23
March 30 11:00-12:00 Silver Quills Writing Group
All Day Pencil Day!

Tuesdays

9:00-11:00 Katie's Krafters
11:00 Bread distribution
11:30-12:15 Lunch (See menu at left)
12:30-2:00 Bead Jewelry Craft Class
March 3 & 17 10:00-11:00 Caregiver Support Group
Mad River Community Hosp.
Minkler Education Room
3800 Janes Road, Arcata
For info call 443-9747
March 17 9:00-2:00 St. Patrick's Day
March 31 2:00 Arcata Marsh Slow Walk

Wednesdays

11:00 Bread distribution
11:15-12:15 Tai Chi with Kathy (advanced)
11:30-12:15 Lunch (See menu at left)
12:30 - 1:30 Tai Chi with Kathy (beginning)
March 11 10:00-11:00 Site Council

Thursdays

9:00-10:00 Tai Chi w/Tim
9:00-11:00 Katie's Krafters
11:30-12:15 Lunch (See menu at left)
12:30-2:30 Bridge
March 19 10:15-11:15 Swing 'n' Sway Trio
March 19 10:30-11:00 Commodities Distribution
March 19 All Day! Spring Equinox

Fridays

10:00-11:30 Ping Pong with Pete
11:30-12:15 Lunch (See menu at left)
March 6 All Day! Oreo Cookie Day
March 6 All Day! International Women's Day
March 13 All Day! Potato Chip Day
March 13 & 27 10:30-11:30 John Humphrey on the Piano
March 20 10:15-11:15 Sing along with the Half Notes
March 27 11:30-12:15 Birthday Celebration

(All music groups are subject to cancellation without notice.)

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MARCH SENIOR CENTER ACTIVITIES

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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
9:00-12:00 Computers (\$1 donation & call for availability.)
10:00-11:00 Writing Workshop
10:30 High Steppers (Meet at Knox Cove Trail)
1:00-4:00 Party Bridge

Tuesdays
9:00-11:00 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
6:30-8:00 Art II Class
(Call for information & fees)

Wednesdays
8:30-9:30 Tai Chi
9:00-12:00 Computers (\$1 donation & call for availability.)
10:00-11:00 Line Dancing
10:00-12:00 Needlework
10:30 High Steppers (Meet at Knox Cove Trail)
1:00-4:00 Pinochle
Mar. 4 & 18 3:00-5:00 Caregiver Support Group
Timber Ridge at McKinleyville
Private Dining Room,
1400 Nursery Way.
For info call 443-9747

Thursdays
9:30-10:30 S.A.I.L. Class
10:30-12:00 Pinochle Lessons
10:40-11:40 Stretching
12:30-3:30 BINGO

Fridays
8:30-9:30 Tai Chi
10:00-11:30 Support Group
10:30 High Steppers (Meet at Knox Cove Trail)
1:00-4:00 Pinochle

Fortuna Senior Center

FSC is at 3000 Newburg Road, Suite B

fortunasenior.org

admin@fortunasenior.org • 726-9203

Mon-Fri 9:00-4:00 & by appointment

Mondays
River Walk 8:30 Walking
FSC 9:00 Tai Chi
11:00 Line Dancing
3:00 S.A.I.L. Class
3:30 Ukulele Group
March 2 1:45 Book Club
River Bluff Cottages, 355 Center St., Rio Dell
11:30-12:30 Exercise Group

Tuesdays
Rohner Park 8:30 Walking
MGC 1:30 Senior Stitchers
2:00 Seated Tai Chi
3:00 Recorder Group

Wednesdays
RiverWalk 8:30 Walking
FSC 9:00 Tai Chi
3:00 S.A.I.L. Exercise
March 4 12:00 Senior Lunch Bunch
Call Chris 725-2020 or Carol 725-2931
River Bluff Cottages, 355 Center St., Rio Dell
11:30-12:30 Exercise Group

Thursdays
Rohner Park 8:30 Walking Group
3:00 Bocce Ball
FSC 9:00 Cards
1:00 MahJong
2:00 Seated Tai Chi
4:00 Line Dancing

Fridays
FSC 9:00 Tai Chi
9:30 Cards & Games
2:00 Scrabble
3:00 S.A.I.L. Exercise
9:00 Hiking (Call Lynne 725-7953)
9:00 Biking (Call Chuck 725-5095)
Mar. 27 7:30 pm Camera Club
River Bluff Cottages, 355 Center St., Rio Dell
11:30-12:30 Exercise Group

Saturday
FSC
Mar. 21 11:00 Speaker: Tobin McKee,
Middleway Network Program
Coordinator: Senior nutrition,
weight management, con-
trolling blood sugar, etc.

Sunday
FSC
March 15 4:00 Doors Open
5:00 Bingo begins
Monday Club
March 22 2:00-4:00 Open Mic

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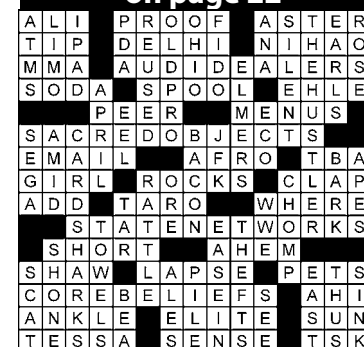
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Crossword Puzzle on page 22



Uh Oh . . . Medicare? Me??

By Ted Pease

I got a nice birthday card in the mail today. I've been getting a lot of congratulatory mail recently.

The thing is, my birthday's not until June. But that's why an insurance outfit in St. Petersburg, Florida, sent this card with four goofy-looking seniors in birthday hats: "Welcome to Medicare. We can help! Ask us how."

You know the line about, "Ask not for whom the bell tolls . . ."? Well, with three months to go before my 65th birthday, the Medicare bell tolls for me. Maybe for you, too.

You should enroll in Medicare within three months of turning 65. If you don't, bad things can happen.

So I'm the guinea pig for those of you who have this date with age 65 coming up and who — like me — have resisted thinking about the head-exploding prospect of Medicare.

Part of what makes me hyperventilate over Medicare is that this milestone means that I officially have become an old man. The other, larger part is that the language of Medicare comes from federal bookkeepers and bureaucrats, whose instructions on how to make toast could drive you to starvation.

I went to visit Nancy LaVallee, a nice, patient woman who gives Medicare advice at HICAP — the Health Insurance Counseling & Advocacy Program — at the Area 1 Agency on Aging, 434 7th St., Eureka (707-444-3000, x221).

Nancy is a calm and understanding former schoolteacher who obviously is accustomed to gentling down overhyped pupils. She talked me off the ledge.

"Everyone should come to HICAP," she said. "You really can tear your hair out trying to figure this out."

Here are the basics:

1. After 65, everyone who has paid into Social Security for 40 or more quarters gets Medicare Part A, which covers hospitalization. There's no premium, but there are deductibles and co-pays.

2. Medicare Part B covers physicians and other medical expenses. Premiums vary by income (mine will be \$144.60/month) and cover only 80% (so your co-pay is 20%).

3. Part C (Medicare Advantage), isn't offered in Humboldt County.

4. Part D is prescription drug coverage from private insurance companies. Monthly costs average \$32, depending on income, plus co-pays. Premiums go up every year.

5. Then you need supplemental coverage from a private insurer, MediGap, to pay the difference between physician charges and the 80% Medicare covers. As of now, these plans cost from \$50-\$150/month, or more.

For me, the bottom line is going to be something like \$4,000/year, depending on which supplemental plan I choose. With all the talk of national Medicare for All, this is a shock coming after my previous employer-paid insurance, which cost me about \$800/year, including dental. Even if you're used to paying more, Medicare can be an expensive surprise.

"You have to shop around," Nancy said. "Prices vary widely."

I felt a lot better after I talked to Nancy — at least, I had stopped hyperventilating. There's still a lot I don't understand about how this all works, but I have a plan: I just won't get sick.

Ted Pease, editor of *Senior News*, is getting older every day.

She Got Me Again

by Jim Slade

So the phone rings the other day. I pick it up and a familiar (recorded) voice tells me she had sent an email about my car warranty and I hadn't answered, so this was absolutely my last chance to make things right between us.

She's a big talker — I have heard this line before.

Then she helpfully adds that if I want to be put on her "Do Not Call" list, I should press #2. Without hesitation, I press #2, just like I always do, and hang up with smug satisfaction.

Then I start to wonder if I have once again been messed with. Was

the #2 thing a scam? Did it tell the warranty peddler that I was a "live one," and that he/she should try again. Maybe he/she would pass my phone number to other online entrepreneurs? Will the warranty calls keep coming?

Have I been duped? Again?

Naw. She sounded so nice, and she was so concerned about my warranty. Just like all those other times she called . . .

Jim Slade, a retired ABC TV newsman, sends snippets like this in, "The Gadfly," a free email humor cooperative. Contact him at sladejim@aol.com.



Slade, on the job.

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TIME TO MOVE AHEAD . . . From Page 1

And a friend from Utah said he had his “retirement” between age 20 and 40 before settling down. Now he’s 70, and getting serious about his life.

“I was immortal until 65, then each of the past five years had a hospital stay,” he said. “I feel good and alive for the time being.

“What has helped me deal with mortality is volunteering at an assisted living center, getting residents in a circle to tell stories from their past — WWII, Christmas, learning to cook and favorite food memories, ethnicity and race experiences, etc.”

Melanie Hensley agrees. “Find an organization to donate your time to,” said Hensley, who volunteers at a dog shelter in Brookings.

“It will help you get up off the couch and make new friends.”

Focusing your time and attention can help structure your life when you no longer have a schedule, agree people who are both stuck and unstuck.

Stay socially engaged with friends old and new, resist when the couch beckons, make plans for tomorrow — a trip, a lunch, a class to learn something new, or just a walk in the park.

Some days, it can be hard to get going (Hint: a dog will always get you out of your funk), but the sun is up, the first day of spring is just ahead — it’s time to March on.

Ted Pease, *editor of Senior News, is always on deadline for something.*

Letter to the Editor

Un‘REAL’ ID

To the Editor:

I read the article “Get Your REAL ID” by Dr. George Ingraham [February, page 23].

Many articles talk about what is needed to get a “REAL ID,” including birth certificate, current driver’s license, Social Security card, and proof of residence.

One thing is not listed in required documents: Women who have changed their names must have documents that prove who they are — from birth to the present!

I had all the required documents when I went to renew my California driver’s license, but I was unable to get a “REAL ID” because I did not have proof of who I was. Now I have to start all over.

I got my info from AAA, and it did not mention name changes — meaning any change of name because of marriage, adoption, divorce or any other reason. This information regarding change of name should be included in any article about “REAL IDs.” Be informed!

Faith McConnell, *Arcata*

MORE Letters to the Editor’ on Page 23

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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 tpease@humsenior.org or mail to Senior News, 1910 California St., Eureka, CA 95501.



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March Community Calendar

HSU Music

Members of the Humboldt State University Music Department faculty, including the Arcata Bay String Quartet, will perform a classical program at the Morris Graves Museum of Art, 636 F St., Eureka, on Saturday, Feb. 29, 2 p.m. \$5 adults, \$2 seniors/students, free for under-17 and families with EBT cards.

100th Rodeo

Alex Service, curator of the Fortuna Depot Museum, and Susan O'Hara, chair of the Fortuna Historical Commission, will speak on their forthcoming book commemorating the 100th anniversary of the Fortuna Rodeo. Sponsored by the Redwood Genealogical Society, Wednesday, March 4, 11:30 a.m. to 1 p.m., Sushi Boat Restaurant, Redwood Village Shopping Center, Fortuna. Free; optional lunch is \$9.

33rd HumDOG Dog Expo

More than 20 breeds of dogs, exhibits and dog agility and obedience demos; sled dogs, dancing dogs and police K9s. Talk to owners, trainers, vendors, breeders and rescue groups. Sunday, March 1, 10 a.m. to 4 p.m. at Redwood Acres Fairgrounds in Eureka. Raffle for kids 5-12 and to benefit spay/neuter. Free admission and parking. Info: 707-444-3862 or go to humdog.org.



Environmental Dinner

The Northcoast Environmental Center hosts its Spring Dinner & Dance fundraiser at Bayside Community Hall, 2297 Jacoby Creek Road, Saturday, March 7, 5-9 p.m. Music by Kingfoot. Volunteers free. See yournec.org/springdinner2020 for tickets and info. Contact: Chelsea@yournec.org.

Health & Civil Rights

The PBS documentary, "The Power to Heal: Medicine and the Civil Rights Revolution," will be screened at the Minor Theater, 1001 H St., Arcata, on Saturday, March 7, 11 a.m.-noon, followed by a Q&A discussion. Sponsored by Black Humboldt and Health Care for All/Physicians for a National Health Program. Donation \$5-\$10. Info at healthcareforallhumboldt@gmail.com.

4th Womxn's Festival

The 4th annual Womxn's Festival: Zero to Fierce is a 10-day celebration, Feb. 28-March 8, of creative womxn at the Arcata Playhouse, leading up to International Women's Day on Sunday, March 8. Music, speakers, film and more; the Lunchbox Series includes lunch. Info online at zerotofierce.org; tickets at Wildberries and brownpapertickets.com

Outdoor Gear Wanted

Friends of the Dunes is gearing up for its annual April Get Outside Gear Sale, and wants your old stuff. Donate gently used camping, backpacking, boating and fishing gear to the April 21 sale, benefiting education and stewardship programs. Call 707-444-1397 or visit friendsofthedunes.org/gearsale for info.

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Free Dementia Caregivers

The Redwood Caregiver Resource Center will offer a free, four-hour “Dealing with Dementia” workshop in March for family dementia caregivers, focusing on best practices for caring for their loved ones and themselves.

The workshop will be Saturday, March 7, from 9 a.m. to 2 p.m. at the Alzheimer’s Services Library, 1901B California St., Eureka.

“Most family caregivers assume the care of a loved one without access to needed training and education,” said Gayle Alston, director of Georgia-based Rosalynn Carter Institute Training Center for Excellence, which developed the workshop.

“Caregiving for a loved one is a rewarding and loving experience,”

she said, but “the physical and emotional demands of caregiving and the struggles specific to dementia care can result in high levels of stress and depression for caregivers.”

The workshop can help Alzheimer’s and dementia family caregivers gain a better understanding of dementia, better manage dementia behaviors, and develop strategies for stress management and self-care.

Participants will receive a 300-page “Dealing with Dementia Guide” to help caregivers address problems they face every day.

Preregistration for this free workshop is required by contacting Redwood Caregiver Resource Center, 707-443-9747, x3220, or exm@redwoodcrc.org.

No Free Transfusions

By George Ingraham, M.D.

If you’re in the hospital locally and need a blood or plasma transfusion, it most likely came from the Northern California Community Blood Bank in Eureka, where blood is drawn from local volunteer donors — maybe a neighbor living just down the street.

But when you get the hospital bill . . . Wow! Blood is *expensive*. You wonder, “Does the blood bank make a profit from blood they get for free?”

The answer is no.

A century ago, horse doctors would lay two people down side by side and pump blood directly from one arm to another. That’s not how it works anymore.

Blood can’t simply be taken out of one person and transfused into another. It must be tested extensively before it can be used; not only can the wrong blood type be deadly, but blood can contain contaminants, viruses or bacteria, no matter how carefully the donation is drawn.

Even a unit that passes rigid testing must be stored and transported at a closely controlled temperature, and carefully tracked from donor to the patient who receives it. This requires a staff of highly trained, certified people (California’s regulations are stiffer than those of some other states) to poke us with needles, test and package the donation, and, finally, to deliver it to the hospital.

The requirements for tracing a unit of blood from the time it is drawn until the time it is prepared to be given requires sophisticated information technology systems.

So the cost of blood or plasma doesn’t come from the blood at all. Initial testing of the sample costs \$50, which doesn’t include the collection

bag, tubing, and labeling equipment.

The Northern California Community Blood Bank has 55 employees, all skilled and many certified by regulatory boards. Its testing laboratory costs up to \$150,000 per month to operate, and annual maintenance of the bloodmobile vans runs about \$80,000.

So while the initial blood donation is free, a unit of blood or plasma ready for transfusion into a patient cannot possibly be.

Because North Coast donors are so generous with their blood, the Eureka blood bank draws more blood than the community needs, so extra units of blood can be sold to other hospitals to help keep costs to local patients down. In fact, in most years, the Eureka blood bank’s income has exceeded its expenses, which covers emergencies, and repairs and replacement of equipment.

The Northern California Community Blood Bank is a nonprofit organization serving the community that “owns” it. Like donors, its board of directors is unpaid.

So even though that unit of blood gets expensive between the time it’s donated and when a patient receives it, just as there’s no free lunch, there’s no free blood.

—

Dr. George Ingraham, 84, of Eureka is a retired ophthalmologist, a member of the Northern California Community Blood Bank Board of Directors, and a regular blood donor since 1964. For more on the blood bank, call 707-443-8004 or visit nccbb.net.

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ASK THE DOCTOR . . . From Page 5

scription medications. No co-pays. No deductibles. No premiums. Government budget offices and private economists have determined that single-payer would require no increase in total healthcare spending.

Meanwhile, the current administration in Washington is attempting to dismantle the Affordable Care Act (ACA) and to reduce access to Medicaid (Medi-Cal in our state). The only way to move forward instead of backward is to vote them out of office.

And for those elected representatives who remain in office, we should all call them and demand that they support the Medicare For All Act. Bills have been proposed by the House (HR 1384) and the Senate (SB 1129).

I will end with a personal story. My 89-year-old uncle, a retired minister, was hospitalized last year at a decent urban medical center. While there, due to a faulty bed alarm and the ubiquitous crisis of understaffing, he fell and broke his hip.

To have his insurance pay for a nursing home stay to recover from this fall, he would have been required to undergo surgery; without surgery, he and his wife would have to pay for nursing home care (which can be over \$10,000 per month). Surgery was not appropriate for him, given his frail general health.

Ultimately, he died in the hospital. If he had lingered, the savings he and his wife had to live on would've been instantly sucked up to pay for nursing home care.

This kind of thing happens every day in our country. It is ridiculous, unscientific and, worst of all, inhumane. We can do better. It is time for universal health care for all Americans. Please vote.

Dr. Jennifer Heidmann, *medical director and primary care provider at Redwood Coast PACE (443-9747), looks for better answers in Eureka every day. This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.*

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, issues or candidates.

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March: “[W]hen the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

—Charles Dickens (1812-1870), author, *Great Expectations*

‘Food for Thought’ — Celebrating Humboldt’s Food Scene

By Jennifer Bell

One of the great things about food is that it’s something we all have in common. Sure, we don’t all eat the same things, but we do all eat — that’s a starting point.

I’m one of those people who looks in your basket at the grocery store and asks you if something in there is good and how you prepare it. Some of my best cooking tips have come from complete strangers. Because food is a great starting point for a conversation, and because we are all experts on what we like to eat, I’ve found that most people are more than willing to talk about the food in their cart.

In addition to talking to random strangers about food in the grocery store, I also talk with food professionals. There aren’t many foods that

aren’t farmed, raised or manufactured in Humboldt, so I have had plenty of people to talk to. For over 10 years, I hosted “Food for Thought” on one of our local public radio stations, and had the opportunity to talk to more than 300 people about food.

More recently, co-producer Jessica Eden and I decided to show off some of the fabulous food in Humboldt, and turned “Food for Thought” into a film project.

So far we have completed two films — “Coastal Foods: Sowing the Seeds of Sustainability” explores Humboldt’s coastal local food scene, including community agriculture, Native foods and youth in agriculture; and “Going with the Grain” describes the resurgence of locally grown

grains in Humboldt, including wheat and quinoa, and showcases entrepreneurs who use these grains in local products.

A third film is in the works: “Albacore Tuna: The Tale of a Fish.”

Last fall, more than 400 people attended the premier of our films, and we have shown them in various venues throughout our rural communities. If you are interested in hosting a screening event at your church, workplace, service organization or book club, let us know and we’ll help you set it up.

Celebrate our amazing Humboldt food scene by watching these films, but, more importantly, by shopping with local food in mind,

Because, after all, it is Food for Thought!

Jennifer Bell is a media producer and filmmaker, and one of the founding mothers of the Master Food Preserver Program in Humboldt County. For more information or to schedule a screening, follow Food for Thought Ink People on Facebook, or email humfoodgirl@gmail.com.

KEET-TV will air “Coastal Foods” on March 4, 8 p.m.; March 6, 10:30 p.m.; March 7, 2 p.m.; and March 9, 3 a.m.





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Calling All Seniors for 2020 Energy Assistance

Redwood Community Action Agency (RCAA) will be helping income-qualified seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services from the Senior and Homebound/Disabled List. The HEAP program helps qualified households on a once per year basis with a credit on their PG&E bill or assistance with firewood or propane. RCAA’s weatherization program improves health and safety conditions and installs energy saving measures in the home.



To qualify for RCAA’s Senior and Homebound/Disabled List for the 2020 program, you must be at least 70 years old or a homebound/disabled person and meet the federal income guidelines below.

PEOPLE IN YOUR HOUSEHOLD	MAXIMUM, GROSS MONTHLY INCOME ALLOWED
1	\$2,296.93
2	\$3,003.67
3	\$3,710.42
4	\$4,417.17
5	\$5,123.91

Call beginning December 15th, 2019 through April 30, 2020 to be placed on the list. Call 707-444-3831, ext. 201 or 204 to speak to an RCAA’s Energy Specialist to be put on the list.

Puttin' on the Dog

By Patty Holbrook

Fido is strutting his stuff like never before, and he's doing it in style. Tying a rakish bandana around a beloved pet's neck has now morphed into trench coats for bulldogs and tutus for dachshunds.

Owners are passionate about their pooches, spending million of dollars on such garments, to the delight of dog-clothing manufacturers. Last

Halloween, Americans spent \$490 million on pet costumes.

Sure, we've always loved our pets, but beyond taking them to groomers, the vet, the park, the beach, or maybe putting a sweater on a

shivering Chihuahua, that was about it. Millennials, however, more than any other generation, have humanized their pets to the extreme, taking them everywhere — planes, hotels, stores and doctors' offices.

I cringe when I see dogs being wheeled around in grocery carts or sitting in restaurants. Dog hair floats through the air, and I don't want it drifting down on my salad or french fries.

Some think dogs were not meant to be dressed as harlequins. Dog behaviorists tell us that swaddling a dog in clothing confuses them, makes them nervous and unable to communicate with other dogs.

Some ascribe human characteristics

to their animals, but dogs do not have human traits. If they did, we would be the ones at the end of a leash. Dogs like to roll around in mud puddles, sniff plants, trees, fire hydrants, and each other. They want to wag their tails, scratch their fleas and, their private parts and be quite gross. This is difficult while wearing a Batman cape and mask, or with paws encased in tennis shoes.

The pet clothing mania doesn't affect cats too much. While dogs aim to please, cats don't (ask any cat owner). They won't wear a sunbonnet unless they want to.

Will the fashion houses of Dior and Armani be tempted to enter the doggie clothing business after seeing the enormous profits to be made? Perhaps holding champagne receptions in Paris to announce their new lines of haute couture pet fashions as well-trained dogs promenade down the runways, garbed in the latest upscale canine apparel?

We can only hope that all this will fade away eventually, leaving dogs to run around unclothed, chasing tennis balls, as god intended. Better a birthday suit than an Armani.

—
Patty Holbrook of Eureka
cohabitates with a cat, who has taught her not even to think about that cute kitty tiara.



Sadie, a stylish wiener. Ted Pease photo.

I Can Hear You Now

By John Meyers

The hearing technician at a local big box store sat back and showed me the graph. I have mild to moderate hearing loss.

Seriously? What part of not being able to hear is mild? The tech gave me a pair of hearing aids to "test drive" around the store and I was amazed at what I could hear. With great anticipation, I placed my order.

Two weeks later, I was the proud owner of a pair of the latest in hearing aid technology. These babies are even run by an app on my smart phone. Too bad I don't know how to use my smart phone.

I wore my new hearing aids home and sat in my recliner, listening. Oh, my gosh!

The first thing I noticed was that, apparently, my wife talks to me during the day... a lot. Who knew? Although now that I can hear her, I feel like I have a moral obligation to pay attention. I hadn't counted on that.

Another thing I hadn't really thought about was that hearing aids don't just pick up voices clearer, they pick up all sounds clearer. I sat, trying to identify sounds that I haven't heard for years. There's a

clock ticking across the room. And I can hear water running in the toilet tank. Maybe I should fix that. Sher-yl's right, it's kind of irritating. And what's *that* sound? Oh, sorry . . . I thought mine were silent.

However, as excited as I was initially, I already find myself mildly annoyed by the distracting peripheral noises that I haven't had to bother with in the past. Please don't get me wrong, I'm so happy to be able to understand what people say to me now that I can put up with occasional traffic passing by outside, the drippy toilet tank, and picking up conversations in the store that I probably shouldn't be privy to.

Why did I wait so long to get hearing aids? Cost. They aren't covered by Medicare. Neither are glasses or dental work — you know, things that seniors need the most. I'm sure that was just an oversight when they were making up the rules.

So, was it worth my money to be able to hear again? Oh, you bet! Listen . . . did you hear that? I did.

—
John Meyers, 70, of Trinidad
is at home and listening to his neighbors.

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A1AA Senior Information Guide Hits the Stands

The 25th annual Senior Information Guide from the Area 1 Agency on Aging (A1AA) hit newsstands and businesses all over Humboldt and Del Norte counties at the end of February.

The 2020-2021 edition features new information on decluttering, an updated fact sheet on CalFresh, and information on homesharing, in addition to the usual listings of goods and

services available to seniors.

Despite the digital age promise of a paper-free world, many still prefer to have printed information at their fingertips or don't have internet access, so printed copies will be readily available. The guide will also be accessible online at a1aa.org.

To celebrate 25 years of what A1AA staff affectionately call the

"SIG," and to extend our thanks to everyone who has ever helped make the Guide possible over 25 years, we invite the community to join us for celebratory cake at 10 a.m. on Thursday, Feb. 27, 2020, at A1AA, 434 7th St., Eureka.

Free copies of the Guide will be available Monday-Thursday at the Eureka A1AA office, at the Humboldt

Senior Resource Center, 1910 California St., Eureka; at the Del Norte Senior Center, 1765 Northcrest Drive in Crescent City, and at many other locations.

If you would like to help distribute the 12,000 guides, contact Meghan Gallagher at A1AA, 707-442-3763, x209, or mgallagher@a1aa.org.

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Crossword Puzzle

Guiding Principles by Val Melius
Edited by David Steinberg

~ ANSWERS ON PAGE 14 ~

ACROSS

- 1 Thrilla in Manila boxer
- 4 Geometry exercise
- 9 Daisy relative
- 14 Piece of advice
- 15 New ____, India
- 16 Chinese greeting
- 17 Sprawl-and-brawl sport, briefly
- 18 A8 car sellers (see letters 4 to 8)
- 20 Mixer in some highballs
- 22 Wire holder
- 23 Jennifer of "The King's Speech"
- 24 Colleague
- 26 File and Edit
- 28 Archaeological finds (3 to 7)
- 33 You may forward one
- 34 Diana Ross' hairdo, once
- 35 TV schedule abbr.
- 38 The Temptations' "My ____"
- 39 Ice, to a bartender
- 41 Thunder sound
- 42 Sum up
- 43 Hawaiian root
- 44 Start of many a tourist's question
- 45 Regional American broadcasters (4 to 8)
- 49 Electrical problem
- 50 "I'm right here, you know"

- 51 "Fast & Furious Presents: Hobbs & ____"
- 52 Mental misfire
- 55 They aren't allowed at many hotels
- 59 Foundational personal views, or a theme hint
- 62 Sashimi tuna
- 63 Low bracelet spot
- 64 Influential group
- 65 Enlightenment symbol on Rwan da's flag
- 66 Thompson of "Creed II"
- 67 Get the impression
- 68 "For shame" syllable

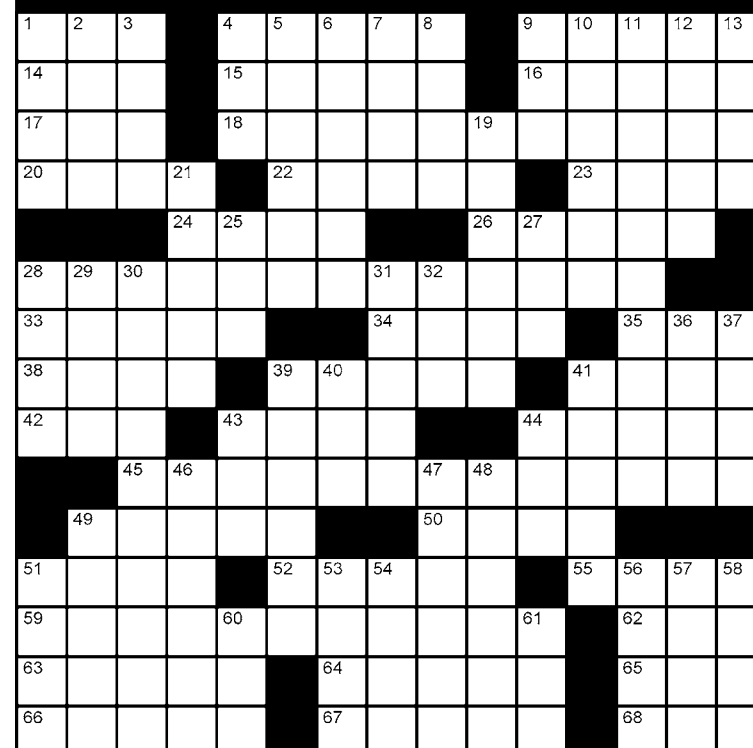
DOWN

- 1 100 dispensers
- 2 Fancy airport ride
- 3 Tablet with FaceTime
- 4 Smooch on the street, e.g.
- 5 Didn't simply discard
- 6 Skilled hand
- 7 Kentucky neighbor
- 8 Generic dog name
- 9 Santa ____
- 10 Cold kind of treatment
- 11 Film featuring Paul Newman as "Fast Eddie" Felson
- 12 Nobles below marquesses

- 13 Romantic flower
- 19 Glue brand
- 21 Month that's also a woman's name
- 25 Fish in unadon
- 27 Environmental prefix
- 28 "Total War" game company
- 29 In the thick of
- 30 Untrustworthy poker players
- 31 Meat on some doughnuts
- 32 LGA alternative
- 36 Lab alert?
- 37 "Tarzan of the ____"
- 39 Shaken crib toy
- 40 It may contain tin
- 41 Take a noisy bite
- 43 La Brea gunk
- 44 SummerSlam org.
- 46 Locker-room stack
- 47 Start slowly
- 48 Burglaries
- 49 Sparkled
- 51 "Git!"
- 53 Oktoberfest servings
- 54 Ton of money
- 56 It's right on the map
- 57 In said fashion
- 58 One of two in a double vanity
- 60 "It would ____ shame ..."
- 61 "Capeesh?"

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More Letters to the Editor

No Medicare Wellness?

To the Editor:

I am writing hoping to educate your readers on the lack of Medicare coverage for wellness management, fitness and preventative care programs.

We are all aware of the benefits of regular physical activity — reduced risk of heart attack, weight reduction, lowering blood sugar and cholesterol, improved mental health, plus many more. Then why with over 9,000 insurance billing codes is there NOT A SINGLE billing code for fitness or helping individuals maintain their health?

Although Medicare does offer some services to help live a healthier lifestyle, original Medicare Parts A and B do not cover the cost of exercise programs for seniors.

If you are looking to get fit and active, however, clinics like Humboldt Hand and Foot Therapy in Eureka have created a variety of affordable fitness, wellness and prevention programs designed to fill this void.

Staying in shape ensures that you get the most out of your golden years, so look for the right cash-pay health and wellness program in our community and get active.

Ed Handl is a kinesiologist and clinic director at Humboldt Hand and Foot Therapy, Eureka



More on Spirituality

To the Editor:

Thank you for printing the letter from William Shreeve ["About Spirituality," February 2020, page 21]. Please print more from him; he is well-spoken in his thoughts.

I am currently reading a book by the late Rev. Billy Graham. Some of your readers might find it helpful in understanding their twilight years. The book is "Where I Am: Heaven, Eternity and Our Life Beyond."

Minnie Wolf, Eureka

Celebrate the Vote

To the Editor:

Humboldt County and the rest of California enter the 2020 election year with "Super Tuesday" presidential primary voting on March 3. Later in the year, the country will celebrate the law that opened the voting booths for women.

The legal right of women to vote was established over the course of more than half a century, first in various states and localities, sometimes on a limited basis, and then nationally in 1920.

Also in 1920, the League of Women Voters was established to support the new women's suffrage rights. The League was a merger of National Council of Women Voters, founded by Emma Smith DeVoe, and the National American Woman Suffrage Association, led by Carrie Chapman Catt, approximately six months before the Nineteenth Amendment gave women the right to vote. In 1973, men were allowed to join the League of Women Voters.

The League of Women Voters of Humboldt County is working on a celebration of the 100th anniversary of the Nineteenth Amendment, adopted by Congress on June 4, 1919, and ratified as federal law on Aug. 18, 1920.

Dave Rosso, Eureka

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You Can Be in Senior News

- **APRIL** is time for “**Spring Fever**,” when we teeter on the cusp of summer. Send us your stories of new growth and how you bloom in springtime.
- **MAY** is **national Older Americans Month**, so let’s tell some stories about how **Humboldt seniors** give back to their communities. Contact Ted Pease, editor, at tpease@humsenior.org or 707-443-9747, x1226.

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