



Matt Filia photo

"Old friends . . . sat on their park bench like bookends."

—Paul Simon

Finding Friendship

Small Worlds, Nevada Nights

By Jon Humboldt Gates

I'm sleeping in the Nevada desert. It's after midnight. My motorcycle is still cooling down from the hot ride out of Salt Lake City on I-80 West.

Serendipity. A rest area magically appeared. I waved to the other two bikers traveling with me and we took the exit.

At sunset, near the Independence Mountains west of Elko, we rolled out our bedrolls and watched the stars appear overhead. Magnificent. We talked about the ride ahead, our dreams. We told stories, talked about our construction job at Parley's Summit.

They were only going to Reno, but I was in it for the long haul. Up the West Coast, across Canada to Newfoundland and back. That was the plan when I fell asleep that night in the Nevada desert.

After midnight, someone shakes me. Groggy at first, then confused. A woman's voice. I can see her silhouette against the star-studded sky. She's talking to me. "Jon," she says, "it's Margot."

I'm trying to put this together. Not a dream. It's real. I'm in the desert. It's the middle of the night. My motorcycle is right there. Nobody in the world knows I'm here other than my two biker friends. We took an arbitrary exit. And Margot is trying to wake me up.

Continued on Page 18



PICKIN' UP — Mary Kline, left, and Dorothy Cox spend a couple of hours every afternoon walking, talking and picking up trash in Trinidad. Ted Pease photo.

A Friendly Walk with a Purpose

By Ted Pease

It started with two old friends and a daily afternoon walk down the hill to Trinidad harbor. Then, along the way, there were the stray cigarette butts, food wrappers that missed the trash

can, and stray socks.

Two years later, Dorothy Cox and Mary Kline can't tell you how many hundreds of pounds of

Continued on Page 23

hum senior.org

ASK THE DOC

HSRC

MAILBAG

Published since 1981 by
HUMBOLDT SENIOR RESOURCE CENTER

Connections
Page 5

Grant for Adult Day
Page 11

Probiotics & Punch Lines
Page 21

Sr. News

Published monthly since 1981 by



Humboldt Senior
Resource Center

Circulation 10,000

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

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

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

Subscriptions: \$25 a year. Call 707-443-9747 or mail to Senior News, 1910 California St., Eureka CA 95501.

MELISSA HOOVEN, CEO

RENÉ ARCHÉ, PUBLISHER

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

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

HSRC Board of Directors:

Susan Hansen, president,
Patricia De La O, Willard Foote,
Amy Hunt, Dianne Keating,
Bruce Kessler, Mary Meengs,
Joan Rainwater-Gish,
Frank Ramos, Jerome Simone.

Community Advisory Council:

Gina Belton, John Heckel,
Patty Holbrook, George Ingraham,
Joan Rainwater-Gish, Dave Rosso,
Penny Whitehead.

Proofreaders: René Arché,
Brenda Cooper, Mark Larson.

© 2022

Humboldt Senior Resource Center

TEDtalks: Finding Friendship

Any discussion of friends and friendship is potentially difficult, because either you have them or you don't.

For that reason, I predict that this month's issue of Senior News may make you sigh with both envy of stories of a wonderful friendship, and sadness for something lost or out of reach.

Just after Thanksgiving, my oldest childhood friend, Trigger, pulled into town en route up the coast. It was a pretty monumental occasion, because we'd last seen each other in 1978. As little kids, we were inseparable. We ran freely back and forth into each other's kitchens, slept in each other's beds, caught snakes and frogs, endured Miss Kyle and the rest of elementary and middle school together, called each other's moms "Mom."

But how do you catch up on 43 years? The pleasure of sharing old times (*really* old times) was tinged with regret for all we missed in the interim.

Once past childhood, finding new friends isn't easy. Small towns used to have "welcome wagons," bubbly folk who greeted newcomers and introduced them around the neighborhood to make them feel at home. These days, people moving to Humboldt often find it difficult to make connections — "It's like people already have all the friends they want," one recent transplant to Arcata told me.

Making friends is especially difficult as we age, get set in our patterns, and our friends move away or die. Enforced pandemic isolation

has made new friendships and friendly interactions rarer than ever.

Which is why this issue of Senior News may leave you conflicted. Because the flip side of friendship is loneliness — the old friend who is lost and the friendship that fades, or the new ones we can't find.

But this month's stories will also give you hope — perhaps inspire you to reconnect with a childhood friend, like Trigger, or "Make the Effort" to stay connected, as John Heckel (page 10) and Barry Evans (page 9) recommend.

Sometimes, old friends might just show up in the middle of the night out of nowhere, as local author Jon Humboldt Gates recounts ("Small Worlds, Nevada Nights," page 1). Or maybe a friendship is fed and invigorated by shared activities, like Mary and Dorothy's "Friendly Walk with a Purpose" (page 1) or the plein air artist community (page 3). Sometimes friends turn up in times of trouble — e.g., "In Tragedy, Renewal" (page 6) and "The Girl Across the Street" (page 7).

"Friendship is a very comforting thing to have," as Christopher Robin says in one of A.A. Milne's "Pooh" books. Because even though Shakespeare was right when he wrote that "faithful friends are hard to find," once you have them, as actress Anna Deavere Smith said, "Friendship is a wildly underrated medication."

Ted Pease is editor of Senior News.

IN THIS ISSUE FRIENDSHIP FEATURES

Small Worlds.....	1
A Friendly Walk.....	1
En Plein Air	3
Finding a Friend	4
Burnt Beans	4
In Tragedy, Renewal.....	6
Girl Across the Street.....	7
No Friends to Spare	9
'Only Connect'	9
Precious Lifelong Gift....	15
Pen Pals	15
Inspired by a Horse.....	16
Father-Daughter	17

COLUMNISTS

Tedtalks: Friendship	2
The Doc: Connections	5
Fulkerson: Not So Safe.....	6
Kellermann: Learning	8
Heckel: Make the Effort	10

HSRC NEWS

Adult Day Health	11
Free Tax Prep	12

& ETC. . .

Brain Health.....	5
Fortuna Senior Center ..	14
Crossword.....	20
Your Letters.....	21
Opinion: Healthcare Bill	22
Poets' Corner.....	23

COMING NEXT MONTH
Ageism



GALE & NIELSEN

707-269-0167

2850 Harris Street • Eureka CA

www.galenielson.com

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

En Plein Air: Painting a Picture of Community

By Cyndy Phillips

Throughout the pandemic, nearly everyone sought face-to-face alternatives to kindle friendships. Humboldt's plein air artists were no exception.

For seven years, dozens of their 200 members have met outdoors every Sunday to paint, but during COVID, even meeting masked and outside was risky. So like the rest of us, they turned to online forums to keep alive the flames of art and friendship.

Now, 36 of those artists, many of them seniors, will be spotlighted in Humboldt's first anthology of painters, "Looking for Beauty: Humboldt's Plein Air Community Shows Why Art Matters."

Just like their weekly paintouts, the book positions up-and-coming artists like Nancy Rickard and Barbara Caldwell alongside painters like Theresa Oats and Judy Evenson, who've painted for decades, and includes each artist's musings on art.

Several painters, like Claudia Lima, Jennifer Liu, Melayha Fluke and Barbara Landberg, speak of how art helps them build friendships. "It's taken me away from angry news into a supportive community," says Carol Telesky.

Michelle Murphy-Ferguson and John Jameton acknowledge how art helps them "celebrate life in the face of hardships," while Ken Jarvela explains



PLEIN AIR PEOPLE — Members of the Humboldt plein air community gather on Moonstone Beach in November for a memorial for artist Rick Tolley. Standing, from left: Nancy Rickard, Sheryl Morrison, Victoria Ziskin, Peter Jain, Steve Porter, John Jameton, Theresa Oats, Jim McVicker, Richard Stockwell, Alan Tecker, Michelle Murphy-Ferguson, Andrew Daniel, Barbara Caldwell, Burleigh Wilson, Tom Lukins and Bob Doerr. Kneeling, from left: Marianne Cipolla Knox, Libby Yee, Cyndy Phillips, Julieann Johnson, Heather Rickard, Paul Rickard, Terra Tolley, with Rick Tolley's grandchildren, Leland and Roz. Kristy Hellum photo.

how the art community helped heal his heart.

"Art is what often rescues us when we face an uncertain future," Alan Sanborn adds.

Indeed, as Kathy O'Leary says, "Art can remind us of what we have in common." Other senior artists — Beth Gin, Richard Stockwell, Sanford Pyron and Steve Porter — build on that by discussing art's ability to give us a voice that can change and connect us.

In the book, many of the outdoor artists — Jim McVicker, John Crater and Paul Rickard — also talk about how this art form deepens our stewardship of nature. "If we can create something to help others see the beauty in this world, perhaps we can

improve it," says Stock Schlueter.

Yet the time we're given to do so is fleeting. Lynn Niekrasz, Jan Hollander, Victoria Ziskin and Steven Taylor all speak of art being a powerful healer after devastating illnesses. However, as Cietha Wilson points out, "Although the artist's life is short, the artwork can last forever."

This message hit hard in October when beloved Humboldt artist, educator and environmentalist Rick Tolley dies. His fellow artists chose the anthology's title from one of Rick's favorite sayings. A public art show/fundraiser for the

Tolley family is planned on Saturday, Feb. 5, 6-9 p.m. (or by appointment) at C Street Studios, 208 C St., Eureka.

The "Looking for Beauty" anthology honors Rick and the plein air community. To purchase limited-edition advance copies, contact Cyndy Phillips before Feb. 14 at cmp10@humboldt.edu or 707-502-0523. A regular hardback version will be available in local and online bookstores and through Humboldt State's Digital Commons beginning in April.

Cyndy Phillips of Trinidad is director of SequoiaSong Publications, publisher of this anthology.

"All real works of art look as though they were done in joy."

—Robert Henri (1865-1929), painter.

‘You Just Don’t Know’ Where You’ll Find a Friend

By Ellen E. Taylor

There are multiple alchemies at work in the formation of friendship. It can flourish from the proximity of lives through a period where rigid social structures soften. It can germinate from someone’s strong need for a listener. Or it can spring from admiration.

This last was the case of my friendship with Linda. She was my patient for 20 years at Open Door Clinic. Her self-care was not particularly admirable; in fact, when I met her, she was struggling mightily to lose weight before her husband finished his prison sentence. Morally, however, she was in fighting trim.

Linda was homeless for years in Eureka. She is now housed, but only because her two dogs and her husband died. Had this not happened, she, at 70, would still be on the streets.

The public attitude to homelessness is deadly. Nezzie Wade of Affordable Homeless Housing Alternatives (AHHA) estimated a rate of three Eureka deaths a month from exposure.

The homeless are, oxymoronically, both invisible and an eyesore. This attitude, shaped by public policy, is captured in a Times-Standard editorial

[“State of Homelessness,” June 27, 2021] in which 12 newspaper editors unanimously agree, “If we just stopped enabling them, they would go away.”

Linda had a long working life, but an injury drove her onto the federal Supplemental Security Income (SSI) program: \$800/month. To survive, she lived in her van, using a five-gallon bucket for a toilet. She spent \$175 a month on gas, dodging the police to be able to sleep (“They hunt us like deer”). Keeping her van running was a life-or-death issue.

When I saw her, she would tell me stories of street life: a young man rescued from suicide by a warm conversation, people stranded or heartbroken when police seized their vehicles or pets and they couldn’t pay the fines.

She brought me elaborate written plans for homeless housing. Her imagination enlisted the community in building tiny homes, cleaning up public places, safe parking lots. Empty buildings drove her crazy; she mentally restored them.

And as she and her husband sat — for years — during the day at the Wharfinger Building or B dock, she wrote letters to prisoners all around the

state. They knew her as “Angel.” She wrote faithfully to perhaps thousands of men in prison, some on death row, with words of compassion, assurances of forgiveness, prayers. She received thousands of letters back.

After she obtained housing, she put all the letters in a book, “You Just Don’t Know,” which she self-published.

Last year, Linda developed a neurologic disease, amyotrophic lateral sclerosis, *or* ALS. She can’t talk and has difficulty walking. She can no longer write to her prisoners, but she can text me.

Linda has climbed her way through the shambles of economic life in the United States with admirable aplomb. Her philosophical doctrine is not blind to the evils that surround us, neither bitter nor optimistic. Her life illuminates the pure courage of people who have to stay afloat in the more savage currents of life.

I admire her greatly, and she is a true friend.

—

Ellen E. Taylor, 79, is a retired physician assistant who lives in Petrolia.

Life Is About More Than Burnt Beans

By Rowetta Miller

“Time is coming to a close,” Bruce says as we take a morning walk. He’s fighting his third bout of cancer, and I’m fighting his negativity.

“No, there is a 47% survival rate, and you will be one,” I remind him.

Today I continue my paper sorting while he watches a 49ers game. I find this letter dated Feb. 12, 1985, that I wrote to my husband 37 years ago. My mind flashed back over scenes from our past:

The day I told my brother, “No! I will not date your beatnik friend.” How quickly my answer changed once we met and our eyes spoke.

On our first date, we toured the mountains, romped the beaches, coasted into Ferndale on empty, and dined with peanut shells amongst our naked feet at the Victorian Village Inn.

Nine months later, we were wed and later were blessed with three healthy sons. With our first, you stopped and waited for the polls to open so you could vote on our way to the hospital. Such individuals our sons have become.

The late nights we’ve spent putting you through school, late nights we’ve spent in our farrowing house awaiting new piglets. Many travels have drawn us closer. Three times we

attempted to reach Alaska; three times we failed, including the ferry going aground on its way to pick us up.

Some meals I’ve burnt so bad, and your worse remarks (deleted) on the day we came home to a kettle of charcoal marbles. Our home smelled of burnt beans for a month.

But, no matter how tired you are, so many times you’ve offered to take me dancing outweigh any trivial remarks over burnt beans.

—

Rowetta Miller, 78, sorts her memories and counts her blessings in Fieldbrook.



ASK THE DOCTOR

BY JENNIFER HEIDMANN, M.D.

Connections

The pandemic has broken traditional connections, but, being human, we have found ways to move forward.

We're Zooming forward, in fact — literally. We Zoom meetings at work, calls to grandparents, weddings and doctor visits. Five-year-olds have wearily started to say things like, "Um, Billy, you are muted."

In my work, however, not a lot has changed in terms of seeing patients in person. We mask and vaccinate and screen and try our hardest to keep these interactions safe. Almost two years into this pandemic, we are all fatigued.

I have been thinking about interconnections, from the micro to macroscopic. How antibiotics can alter gut flora. How one person choosing not to get a COVID vaccine can infect someone who did choose to get vaccinated. How angry words from a mouth of power can turn into justification for acting violently toward other human beings. How an undersea volcano near Tonga can close beaches in California.

People in crowded conditions without access to health care can permit microbial and viral disease to thrive, and then move into the general population. The diseases don't much care what your address is or what's in your bank account.

So if vaccines are not available to every single person in the world, the pandemic will carry on. We can hope it will eventually become endemic — something we live

with, like the flu (but remember that influenza is also potentially lethal). Because we are all interconnected, without global vaccines there will be more pandemics.

Maybe being connected also has its positive side. We are not just inhabiting this Earth like an Airbnb; we are actually *part* of the Earth. When we die, our leftovers feed the soil. When we plant a tree, we are not only making our little habitat look nicer, but contributing to cleaner air for the guy down the street, and making a place for all the creatures who like to call that kind of tree home.

When we walk outside and see the ocean and watch the rhododendrons come to life from the winter rains and elongating days, our serotonin and norepinephrine levels rise, bathing our brain in healthy hormones. And when you take those healthy hormones into your daily interactions with others, you tend to be kinder to yourself and to everyone around you, lessening stress and maybe reducing your chances — or your favorite grocery store clerk's — of high blood pressure or a heart attack.

We can translate this into daily action and intention to consider not only the immediate consequences of our actions, but what may occur down the line and what it may lead to for our fellow Earthlings.

In my job, I see my colleagues buckling, yet they still show up. I also see reduced access to emergen-

Continued on Page 19

Maintaining Brain Health

By Stephen Kamelgarn, M.D.

One of the most terrifying aspects of aging is the fear that we'll lose our memories or get Alzheimer's disease. I know it scares me to death. I ask myself if there's anything I can do to prevent the onset of memory loss. I'm sure that you've all seen the ads for Prevagen or Neuriva or other "brain boosters" on TV or in magazine ads. The ads for these products feed on our fears, but do they work?

Unfortunately, the scientific research indicates that they don't, although Ginkgo biloba does show some promise in treating people who already suffer from dementia. Does this mean that we can't do anything to prevent memory loss and dementia?

Fortunately, there are a number of things we can do to help stave off dementia, and they don't involve drugs or supplements.

The first and foremost thing we can do is avoid concussions or brain trauma, says James Goodwin, director of science and research impact at Brain Health Network, and author of "Supercharge Your Brain: How to Maintain a Healthy Brain Throughout Your Life." It may be a bit late for those of us who played football in high school, but we can still protect our skulls today and prevent further traumatic brain damage.

Apart from preventing actual physical brain injury, the next most important thing we can do is "stay mentally active" — adopt new skills, learn a new language, take up a musical instrument, engage in a new hobby like painting or photography, etc. These "cognitive stimulating activities" really help improve brain function, and they're fun, besides. The key is "Keep Learning."

Another thing we can do that's especially important is maintain an active social life. Humans are social animals, and we evolved in social groups. Maintaining those social connections is extremely important. According to Goodwin, if you're lonely, it's as damaging to your health as smoking 15 cigarettes a day and drinking a bottle of vodka.

In this age of COVID and lockdowns, being socially active may seem like a tall order, but even Zoom or Skype sessions are good for brain health.

Good oral hygiene is also extremely important. Maintaining oral and dental hygiene reduces total-body inflammation; many inflammatory chemicals are implicated in the development of dementia. We also know that there are certain bacteria in the mouth that can actually migrate to the brain, and we find these bacteria in dementia patients.

So although it sounds unusual, good dental hygiene is highly protective to the brain.

Along with oral hygiene, try to keep all stress to a minimum to reduce the body's inflammatory load. Aerobic exercise, along with a regular eating and sleeping schedule, are also important in reducing inflammation.

While these recommendations may not prevent dementia, they will stack the deck in your favor. Besides, they're fun and really don't cost anything.

—
Dr. Stephen Kamelgarn is a retired physician who is keeping his brain exercised with a regular writing regimen at home in Kneeland.



HOMEGROWN BY JULIE FULKERSON

Not So Safe

Safe choices? Not so much anymore.

As a girl, I was told that the best options for me were to become a nurse, teacher, mother or stewardess (now, flight attendant). From the toys boys played with, I was pretty sure they thought about becoming firemen, policemen and dump truck drivers.

When Sputnik was launched, the smart boys were shot into advanced math and science. The girls stayed where we were.

The irony smacked me in the face recently as the world we have created now means these same girls have very dangerous jobs — as nurses and teachers and flight attendants and grocery clerks. Please pardon the sexist attitude. This is the world I was raised in. I am over it or have adapted, but know it is not completely erased. And, times have changed. Men have these jobs now, as well.

I have always had the greatest respect for parents, who do 24/7 work that is unpredictable and unrelenting even when it is fulfilling. The surprises and challenges are endless and the solutions are not always easy or end in the best outcomes. It has always been high-risk to bear and raise children.

Nurses are the caretakers. They patch us up, wipe tears and send us home at the end of the school day or keep our hearts beating and prevent fluids from escaping places they are needed for survival.

Teachers enter classrooms five days a week not knowing what

questions or behaviors will come up. It is parenting tenfold. The caring does not end with the school day. It emerges in dreams, nightmares and preparation for the next day.

I once visualized being a flight attendant as a more romantic choice, with travel, the excitement of airports, never having to decide what to wear, meeting new people and nabbing an extra bag of nuts now and then. Now, flight attendants deal with human nuts!

Add service workers, who are actually also public educators and caretakers.

That sense of a what is a “good choice” for girls, historically, has completely eroded. For anyone actually in these jobs (or for anyone paying attention), these occupations were never easy or simple, but they were considered safe options for women.

Not now. Flight attendants are punched; teachers risk their lives and suffer from PTSD; health-care providers risk their lives, and parents are caught in the middle of everything. Of course, the dangers of firefighting and policing have escalated as well.

We all need to return to kindergarten, where we once learned to listen, share and use our indoor voices. I want teachers to be there when we most need them.

Julie Fulkerson is a former teacher. Contact: juliefulkerson@mac.com.

In Tragedy, Renewal

By Vanessa Kibbe

There is an overused saying that sometimes good things come from bad. A truism possibly?

For us, the bad was the sudden death of our oldest son two years ago just before Thanksgiving. That loss is with us every day, and will be for the rest of our lives.

The necessity of thinking about a memorial for him fell on the family's shoulders and those were the most difficult decisions his wife and we — his parents — had to make.

We finally decided on the first weekend in March 2020 in the Freshwater Grange. Now we know that the coronavirus was just starting to blast its way around the world, but to us then, it seemed like a faraway threat that wouldn't affect us.

When we let it be known when the memorial would be, one friend from Michigan and at least seven from the San Diego area decided to come to Humboldt to support us. Some of these people we had talked to on a fairly regular basis, others we had not spoken with for years, but the gathering of these friends at our house in Westhaven was one of the most wonderful and deeply affecting things to come out of our son's death, possibly the only good thing.

Two of the friends were mine, from seventh grade and high school in El Cajon. The others were from our years in the Music Department at San Diego State. Their sympathy and physical help in putting together such a sad and unlooked-for event will make me forever grateful.

The virus soon reared its ugly head and made it clear that we had barely made it under the wire for a gathering of this kind.

But one of those friends decided that she wanted to hold on to our revived friendship, and so began regular Zoom meetings on Sundays at 5, something we look forward to each week. We exchange information about musical events, jokes flow freely, and remember long-ago times.

Other old friends have joined our Zoom meetings, and two of the group have passed on in this short time. But our regular virtual meeting is a very important connection to tried and true friendships of the past.

Music was the common thread between us all, but it was our son's death that renewed old ties that have proven to be strong and tough and of great comfort.

Vanessa Kibbe lives in Westhaven.

Naturalist Webinars Offered

Friends of the Dunes celebrates its 40th anniversary with its Naturalist Notes Webinar Series, online Tuesdays from 6-7 p.m.

Feb. 8: Clint Pogue, U.S. Fish & Wildlife biologist, “Great Fritillaries Butterfly Conservation.”

Feb. 15: Nicole Matonak, HSU Biology Department, “Diversity Among Bats at the Lanphere Dunes.”

Feb. 22: Andrea Pickart, Carol Vander Meer & Mike Cipra, “Celebrating 40 Years of Coastal Conservation.”

Webinars are \$10 each (scholarships available), with proceeds benefiting the Coastal Naturalist Training Program. Information at friendsofthedunes.org/naturalistnotes, or email info@friendsofthedunes.org.

The Girl Across the Street

By Marna Powell

I had a really good 2020. This fact is partly explained by how much crap was thrown at me the preceding three years, and fully explained by the fact that Jane was once again “the girl across the street.”

Neither of us can recall when we met, but I found a photo of her at my fourth birthday party, so we do know we’ve been friends for 58 years. Jane is the closest thing I have to a sister, along with Kitty, who I met at Jane’s fifth birthday party.

Anyway, 2020 came along and there was this lockdown while Jane found herself traveling in her little van, hiking, swimming, skiing and enjoying her well-earned retirement. That was all great until COVID closed everything. Luckily for both of us, she was able to come live here right across the driveway!

My husband claims that if I’m happy then he’s happy, so he welcomed Jane, too. Unless we had to go to town, we didn’t really notice the lockdown. Jane helped me get the garden back together, walk the dogs, stack firewood and build a rock garden. We went kayaking and hiking. We had a good 2020!

Oh, but then 2021 happened. I got a nasty case of COVID in early January. My hubby was out of town. Jane was the one who drove the 100 round-trip miles almost daily to get various medications and stuff my doctors ordered.

She hung supplies on the door

for me and talked to me through the closed window while freezing in the January weather. She brought the oxygen machine. She poured gas into the generator for me when the power was out for two days and there wasn’t enough sunlight for the solar panels.



WHEN WE WERE 5 — That’s the author, Marna Powell, at her fifth birthday party, third from the left. Best friend Jane is second from the right. “We were all dressed in our mothers’ clothes.”
Submitted photo.

She fed the dogs. She kept us alive.

This past August, Jane moved back to her home in Southern California. She’s fixing it up a lot and I really hope she wants to sell it and move back here, but I think she’s enjoying being there and taking occasional camping trips instead of living in her camper.

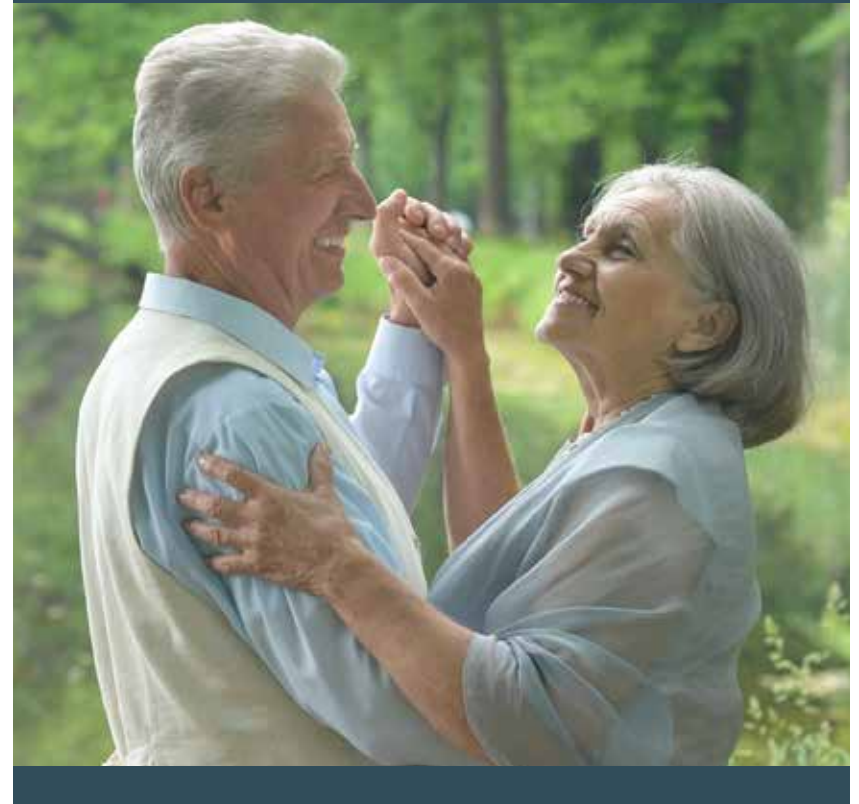
Maybe she’ll take one of those trips up here and enjoy the campsite she helped me build here at home. Maybe someday — for a third time — she will again be “the girl across the street.”

—
Marna Powell, now recovered from COVID (knock on wood), misses her friends from her home in Orick.

Senior Living at Its Finest.

Love never ages.

Let your heart dance with Timber Ridge.



McKinleyville | 707.839.9100

Eureka | 707.443.3000

TimberRidgeCare.com



TIMBER RIDGE
- SENIOR LIVING COMMUNITY -



PAINTING THE OCEAN

BY MARGARET KELLERMANN

Learning a Lot

During nearly two pandemic years of social isolation, I've learned a lot. I guess it's safe to say we've all learned a lot. Learning a lot is not always fun.

If you had asked me 30 years ago, in 1992, "How was it to spend five hours huddled in a hallway with 10 people, a child under each arm, during Hurricane Andrew — our country's first Category 5 — winds roaring, the roof ripping off and the living room furniture blown through the door onto flooded streets with all the palm trees and wires down?" I would have said, "I learned a lot." I learned about the grit of real foxhole prayer, about the necessity of giving up any notion that I was in control of my life or anyone else's.

For me, the lesson of learning a lot resurfaced with a vengeance when the pandemic hit. During the shutdown, the novelty of spending afternoons sanding and repainting window trim or trying to contact offices that were closed wore off quickly. Relatives stopped calling me "just to hear someone else's voice."

As time trudged on, it became harder to come up with creative projects and decisive plans. What are projects worth, if you have no idea whether you can implement them, and with whom? And what are plans worth, if nobody can predict the state of the world tomorrow?

As we ended the first year of the pandemic, I actually wondered if I needed a daily planner for 2021,

but I went ahead and bought it in stubborn faith. To adjust to the new normal, I had started taking cues from a daily planner page in my dog's life: wake up, go for lots of walks, say hi to everybody on the street, find peace by resting, find joy by playing, eat when hungry, sleep when tired, and try not to complain.

Every day for two years, each of us has shouldered a metaphorical backpack of rocks: the weight of the pandemic. That's why we look and feel so burdened. Since we all deserve applause, I tell young baristas and housebound elders, "You're doing a great job."

Looking over my two pandemic planners from 2020 and 2021, I see each day's page has marked small but meaningful times: reading aloud and playing guitar while practicing for my audiobook, baking cookies again, leading art hikes, and spontaneously deciding with friends to go to lunch outdoors.

One of the most wonderful things about this last event: we don't stand up right after lunch, look at our phones and say, "Well, I've got a meeting." For the time being, it's become much less about business and more about the business of hanging out, just observing, listening, being.

I guess *I have* learned a lot.

—

Margaret Kellermann spends time with friends outside whenever possible. Visit her at bluelakestudio.net/contact.

Eureka
SYMPHONY
World Classics, North Coast Musicians

"Celebrate!" Our 30th Anniversary Season

Covid vaccine proof and masks required.



March 4 & 5, 2022

"Inspirations: New and Timeless"

Sponsored by Coldwell Banker Sellers Realty
La Conga del Fuego Nuevo" by Mexican composer Arturo Márquez
Pianist John Chernoff's much anticipated original piano concerto
Dvorak's "D Minor" Symphony #7"



April 8 & 9, 2022

"An Extraordinary Evening"

Sponsored by McCrea Nissan Subaru
Bizet's "Carmen."
TBA this highly acclaimed duo of Lucy Fitz Gibbon, soprano and Ryan MacAvoy McCullough, pianist is equally at home with contemporary and classic repertoire.



May 20 & 21, 2022

"Alluring Influences"

Sponsored by Coast Central Credit Union
Truly a finale like no other!
"Symphony #1" by Florence Price plus Eddie Sauter's "Focus" featuring Jenny Scheinman, violinist

www.eurekasymphony.org

Tickets available online or by calling 707-845-3655

No Friends to Spare

By Steve Pence

“To find a friend you must close one eye; to keep him, two.” —Norman Douglas

Back when I was employed, time off most often meant solitude in remote forests, preferably on a trout stream, miles away from “people problems.” Sometimes, people *were* the problem.

COVID arrived just as I retired to Humboldt. Abruptly, I had no choice but to avoid people, none of whom I knew anyway. Soon enough, solitude seemed overrated. Turned out, I missed people.

I was surprised to learn recently that the participatory sports most likely to lead to a longer life have the strongest component of social interaction. Spending time with people can be a good thing. Tennis may add 9.7 years to a life, according to the Mayo Clinic, and badminton may provide a 6.2-year bonus, while more vigorous but less social sports like cycling and jogging add only an estimated 3.7 and 3.2 years, respectively, to expected longevity.

Are they saying a strong heart is less important than a warm heart?

Given the challenge of making new friends as we age, I am loath to discard friendships. Still, friends can be trying, like family, but with less emotional baggage.

Most would not quit on a close relative, a “loved one,” just because on an extended road trip he spoke ceaselessly and could not be cajoled, shouted or embarrassed into silence. But what if this talkative friend, while using your cabin, had allowed his three rowdy sons to inflict near permanent scars on the structure? 1970s rock bands behaved better. Still, a judicious discussion would do — ending a 20-year friendship with a person of integrity and smarts? No, that’s not going to happen.

How about another friend, traveling with you in Finland, who dismissively claims he cannot afford €10 to ride to the top of Tampere’s scenic Nasin-neula Observation Tower because, unlike you, he’s “not a rich guy”?

The sharpness of the remark, and its false premise, were hurtful and, seemingly, without provocation. An explanation that the elevator fee was a credit toward dinner at the revolving restaurant at the top of the needle was of no help. Before long, someone mumbled something that sounded like “bugger off,” and we parted ways.

The elevator ride was long and lonely.

Still, seated with a cool drink, eyes feasting on the superb, ever-changing, elevated view of the city of two lakes, I considered the indignities I had inflicted upon Mark. For years, he endured my one-sided kvetching about a challenging first marriage. And given my often reckless nature vs. Mark’s extraordinary caution, he had suffered more than a little from my annoying mantra that nothing comes of nothing.

So when we met for breakfast the next day, we agreed the road trip had gone well but a little long. We laughed that Mark’s meal at McDonald’s cost about as much as my fresh fish dinner with wine. But like family members, a good friend — part of my “chosen family” — does not need to offer much of an apology for a lapse that simply signifies the imperfections inherent in the human condition.

Steve Pence, 71, will soon be making new friends when he moves into his new home in Ferndale.



40-YEAR FRIENDS — The author (left) with a couple of old chums — Chip Olsen (seated) and Jimmy Mack — at a blue-collar Michigan “yacht club” last summer. Submitted photo.

‘Only Connect’

By Barry Evans

Long ago, shortly after my first wife and I separated, I felt alone, scared for my future, and nearly friendless. My saving grace at that time was that I was employed in an office with a whole gang of workmates who dubbed for my distant family: not intimate, but reliably there, every day.

Being an engineer (civil), I identified the problem and evaluated solutions. The problem was simple: I was lonely, I needed more people in my life. The solution was my “Friend-A-Day” program.

Over a period of several months, as I adapted to the life of a bachelor, I made a part of my daily routine either to reach out to existing acquaintances or to cultivate new ones. “Wanna do coffee sometime?” was my refrain. I signed on to interpersonal workshops (no shortage — this was Vancouver in the mid-’70s); created groups of my own (“Gurdjieff — meditation — tarot. Interested? Call this number. . .”) ran in the Personals column of the local weekly); and I approached strangers on the beach and in coffee shops.

“Only connect,” wrote E.M. Forster as the epigraph to “Howard’s End.” I connected. And it worked! I’m still in touch with pals I made from that time, nearly 50 years ago.

The answer to my predicament was right there in the popular mantra of the time: If it doesn’t work, do something different. In my case, this meant being proactive and risking rejection — a small price to pay for the friends I’ve made since.

—

Barry Evans, 79, connects with friends from his home in Old Town Eureka. His essays on the local scene are collected in *The Humbook*, available at local bookstores or directly from the author, barryevans9@yahoo.com.



AGING IS AN ART — BY JOHN HECKEL

Make the Effort

Researchers have stated again and again that friends and family are an essential part of healthy aging. Many of those same researchers suggest that connections with friends are more essential to our emotional wellbeing than family. It might just be about the effort it takes to stay connected to friends.

An effort, yes, but one that becomes more and more essential as we age.

Most of the friends we have made throughout life have been contextual. Friendships exist based on the activities in which we engage together — jobs, college and even that bridge group you belong to. When the activity ends, the friendships end.

I recently ended six years of training California Civil Grand Juries. The day I quit, all those relationships ended; one day friends, next day, nada.

Yes, I know there are friends we have had for our entire lifetime; those eighth grade chums we stay connected with on Facebook and maybe see every five or six years. While I appreciate the nostalgic heartstrings associated with those connections, what really counts as we age are friends who are there for us every day.

The National Geographic Society defines neighborhood as “an area where people live and interact with one another.” Friends based on the concept of neighborhood, researchers suggest, are critical to our emotional and physical health and our ability to age in place.

A recent Next Avenue (nextavenue.org) digital article reports on a Manhattan Upper West Side neighborhood. Bloomingdale Aging in Place is an all-volunteer neighborhood community of some 1,200 residents. Its structure is designed to enable its neighbors to lead safer and more connected lives, while helping its residents to age in their homes.

Most Bloomingdale activities occur in neighbors’ apartments or city parks. During the pandemic, residents have adapted to activities, such as exercise classes and discussion groups, occurring virtually. According to Next Avenue, the Bloomingdale neighborhood is also “a rich resource for spousal caregivers who want to connect with peers going through similar situations, receive emotional support and find a diversion in a social group.”

I have also chosen to live in and put effort into a neighborhood, an artistically centered and themed neighborhood in Freshwater. I have and want neighbors. I interact with neighbors, and those neighbors have become my essential lifeline to friendships.

This late in my life, being able to knock on several doors unannounced and know I will be invited in is a truly amazing feeling!

It is all about making the effort, isn’t it? —

John Heckel, Ph.D., 75, a retired HSU theater and film professor with a doctorate in psychology, cultivates and values his neighbors in Freshwater.

Losing Friends Is a U.S. Trend

Most Americans have lost a lot of friends over recent years, and it’s not just pandemic isolation that’s to blame.

The Survey Center on American Life reports a steady and steep decline in the number and quality of our friendships over the last three decades.

In 1990, 33% of us said we had 10 or more “close friends,” but that dropped to 13% in 2021. In addition, while 3% of Americans in 1990 said that had no one they considered a close friend, that percentage quadrupled in the latest study to 12%.

In 1990, 75% of us said we had a “best friend.” That number is now 59%.

Although the pandemic has demonstrated the importance of friendship,

connections and community, this survey finds that more and more of us are feeling alone. Researcher Dan Cox said the findings show yet another way that American society is becoming more “vulnerable.”

“Americans report having fewer close friendships than they once did, talking to their friends less often, and relying less on their friends for personal support,” researchers said.

“Broader structural forces” in society are to blame for the trend, they said. Geographic mobility, marriage later in life, longer work hours and working from home all limit social interaction. And age is a large factor in social isolation.

For more, visit americansurveycenter.org and search for “American friendships.”

—Ted Pease

THE MEADOWS

ACTIVE ADULT LIVING

- 1 Bedroom Flats
- 2 Bedroom Flats
- Townhouses
- Pets Welcome
- On-site Laundry
- Activities

2520 HUBBARD LANE, EUREKA
(707)444-2919 | www.kkramer.com

HSRC News

Grant Supports Adult Day Health, Alzheimer's Programs

By Andrea Bruhnke

The Adult Day Health & Alzheimer's Services program at Humboldt Senior Resource Center (HSRC) was recently awarded a generous three-year grant from The Patricia D. & William B. Smullin Foundation to support much-needed services to the local community, including financial support for adult day health care attendance and the reinstatement of the Alzheimer's Services coordinator position.

At the onset of dementia, spouses or other family members often become the primary caregivers for their loved one. As the disease progresses, family members

seek assistance to meet increasing caregiving needs such as cooking, cleaning, assistance with bathing and dressing, and companionship.

What these families often find is that private in-home care is expensive, and the cost of assisted living — which is not covered by health insurance or any government program in California — can be prohibitive. Long-term care insurance may cover a portion of the cost, but premiums are high with little coverage, and most people do not carry long-term care insurance policies. An additional option for respite that many families turn to is Adult Day Health Care (ADHC).

For many attendees, the cost for ADHC services is covered by Medi-Cal, but middle-income families must pay out of pocket. Although we do our best to keep these costs low, caregivers struggle

to cover the expense of necessary in-home caregivers, and can't afford ADHC as an additional source of respite care. We are pleased that the funds re-

ceived from the Smullin grant will help us provide financial subsidies to families who don't qualify for state assistance to attend our ADHC program.

Additionally, the grant funds have allowed us to reinstate the Alzheimer's Services coordinator position, which coordinates caregiver support groups and monthly dementia educational workshops, provides dementia-related resources for community members, and plans the annual Dementia Care Conference.

Kaitlyn Boyes, a social worker with ADHC, has taken on this additional role. Kaitlyn has been with HSRC for five years and holds a master's degree in sociology. Her area of study focused on how older adults in Humboldt County view aging and access to services — a good fit for her new role to support families with resources.

For more information about HSRC's Adult Day Health & Alzheimer's Services, call 707-443-9747, email adhc@humsenior.org, or visit humsenior.org. It's important to seek information early and often to understand your options and create a support network.

—

Andrea Bruhnke is director of HSRC's Adult Day Health & Alzheimer's Services.
Contact: 707-443-9747, x3203, or abruhnke@humsenior.org.



Social worker Kaitlyn Boyes is the new Alzheimer's Services coordinator. Staff photo.

Janssen Malloy LLP

SKILLED ATTORNEYS—PROVEN RESULTS

Areas of Practice include Estate Planning and Nursing Home Litigation

(707) 445-2071 • www.janssenlaw.com



Humboldt Senior Resource Center

Our programs and services help older adults be as healthy and independent as possible



Activities Program

Recreation, classes, socialization, and more

Adult Day Health

A licensed, therapeutic day care program for adults age 18+

Alzheimer's Services

Providing resources and information about dementia conditions

Behavioral Health Services

Counseling and services with a holistic approach to mental wellness for adults age 55+

Multipurpose Senior Services Program (MSSP)

Helps manage needed services for medically frail adults age 65+

Senior Nutrition Program

- Senior Dining Centers in Arcata, Eureka, and Fortuna
- Home Delivered Meals program for homebound seniors in Arcata, Eureka, Fortuna, and McKinleyville

Redwood Coast PACE

Comprehensive health care and support services to help qualified adults age 55+ stay independent and at home

Senior News

Featuring articles and information for those age 50+

Supporting seniors in maintaining health, dignity and self-determination

**1910 California St., Eureka • 3200 Newburg Rd., Fortuna
707-443-9747 • www.humsenior.org**

HSRC News

Eureka
1910 California Street

Arcata
321 Dr. Martin Luther King Jr. Parkway
707-443-9747 • www.humsenior.org

Fortuna
3200 Newburg Road

Free Tax Preparation

Just like a proverbial bad penny, income tax season has turned up again.

So it's good news that IRS-certified volunteer tax preparers will be available to help qualified individuals fill out and file their tax forms at Humboldt Senior Resource Center (HSRC) between now and the filing deadline, April 18.

The Volunteer Income Tax Assistance (VITA) program has been assisting low- to moderate-income individuals, persons with disabilities, seniors and limited-English speakers file their taxes for more than 50 years.

The service is for qualified taxpayers whose annual income is \$66,000

or less, and does not include farm or residential rental income.

Tax preparation is in person at Humboldt Senior Resource Center, 1910 California St., Eureka, following COVID protocols — participants must be masked, maintain distance, and exposure time is limited.

For more information on VITA and what to bring to your appointment, visit irs.gov and do a search for VITA. The site includes detailed information on what documents to bring with you.

The sessions are by appointment only on Thursdays from 10 a.m. to 3 p.m. Call 707-443-9747, x1240, for appointments.

HSRC Programs

All HSRC programs are open and operating as follows:

Administrative Services: Open as usual, but please call 707-443-9747 before coming to our Eureka campus or Fortuna Center and we will assist you remotely if possible. Our doors are locked, but staff are available for on-site assistance.

Activities Program: Senior Home Repair is open for Eureka residents. Call the Senior Services Office at 707-443-9747, x1240, for information about Dial-a-Ride tickets. All other activities are suspended. The Senior Firewood Program is discontinued.

Adult Day Health & Alzheimer's Services: Open in Eureka and Fortuna. New referrals are being accepted.

MSSP (Multipurpose Senior Services Program): Services continue, but contact with clients is primarily via phone. Staff are available by phone. New referrals welcome.

Redwood Coast PACE: Open in Eureka and Fortuna. New referrals are being accepted.

Senior News: Open as usual. Free copies available at area groceries and businesses. Available online at humsenior.org. Subscriptions, \$25/year. Call 707-443-9747 with credit card info, or mail a check to 1910 California St., Eureka CA 95501.

Nutrition Program: Status of HSRC Nutrition services:

Home Delivered Meals service continues.

Senior Dining Centers continue to provide take-out meals via weekly drive-by pickup only. Meals are available by **reservation only** for those 60 and older and their spouse. Reservations must be made no later than seven days prior to pick-up day. Call the Senior Dining Center of your choice below for reservations or for questions about menus.

Each package includes a variety of five meals. Pick-up schedules:

Arcata: Arcata Community Center, 321 Martin Luther King Parkway, Wednesdays 11:30 a.m. to 12:15 p.m. Drive to the main entrance on the north side of the building; an Arcata city staff person will direct traffic, and provide directions for those on foot. **Reservations: 707-825-2027.**

Eureka: 1910 California St., Tuesdays 11:30 a.m. to 12:15 p.m. Enter the parking lot from California Street and staff will direct you. **Reservations: 707-442-1181.**

Fortuna: Gene Lucas Community Center, 3000 Newburg Road, Thursdays from 12-12:30 p.m. in front of the Fortuna Senior Center wing; staff will bring the meals to you. **Reservations: 707-725-6245.**

Information may change without notice. For questions regarding any HSRC program, call **707-443-9747.**

We thank community members for their flexibility during this time as we continue to offer modified services.

GIFTS for your Best Friend



Fold-n-Go Walker



Go-Go® Elite Traveler



300 lb. capacity • 10 mile range
Feather Touch Disassembly

Visit our showroom today!

Friendly staff assist you
in making your selection.
Local Delivery & Installation available

Mon - Fri
8 am - 5:30 pm

BROADWAY MEDICAL
RESPIRATORY & HOME CARE
SUPPLY & SERVICE • SINCE 1974
www.broadwaymedical.com



Walk-in customers welcome • Masks required • Social distancing
Drop Shipping • Curbside Service

1034 Broadway • Eureka • 707-442-3719

Fortuna Senior Center Activities

3000 Newburg Road, Suite B, Fortuna, CA 95540
707-726-9203 • fortunasenior.org • Mon-Fri 9 a.m.-4 p.m.

DAILY All Day Books & Puzzles, Lobby

MONDAYS

8 a.m. Walk the Riverwalk Levee (meet at the Riverwalk)
10-11:30 a.m. Tai Chi, Main Room
1-2 p.m. Beginning Ukulele, Main Room
2-3 p.m. Book Club, Main Room (1st Monday only)

TUESDAYS

8 a.m. Walk the Riverwalk Levee
10-11 a.m. Aerobics for Seniors, upstairs
1-2 p.m. Stitchery, Lobby
1:30-3 p.m. Recorder, Art Room
2-3 p.m. Seated Tai Chi, Main Room

WEDNESDAYS

8 a.m. Walk the Riverwalk Levee
10-11:30 a.m. Tai Chi, Main Room
12-1 p.m. Brown Bag Lunch (bring your lunch)
followed by sing-along with music
1-3 p.m. Art, Art Room (supplies provided or BYO)

THURSDAYS

9-11 a.m. Cribbage, Upstairs
10-11 a.m. Aerobics for Seniors, Upstairs
12:30-3:30 p.m. Mah Jongg, Upstairs
1-4 p.m. Pinochle, Main Room

FRIDAYS

9 a.m. Bike Club (call Pat Greene, 707-725-3602)
9 a.m. Hiking Group (call Lynn Crosthwait, 707-725-7953)
9:30 a.m.-12:30 p.m. Pinochle, Main Room
1-3 p.m. Scrabble, Main Room
7-9:30 p.m. Camera Club, Art Room (last Friday only)

Redwood Community Action Agency (RCAA)

assists income-qualified seniors and disabled households with energy assistance payments (HEAP) or the purchase of firewood, propane, or fuel oil and/or FREE Weatherization services.



redwood
communityaction
agency

The **HEAP Program** can help qualified households on a once per year basis with a credit on your PG&E bill or the purchase of propane or firewood.

RCAA's Weatherization Program improves health and safety conditions in the home and installs energy saving measures to save money on your energy bill.

To qualify for RCAA's 2022 Senior and Homebound/Disabled List

- you must be at least 70 years old
- or a homebound/disabled person
- and meet the federal income guidelines listed at right.

# PEOPLE IN YOUR HOUSEHOLD	FEDERAL INCOME GUIDELINES	MAXIMUM - GROSS MONTHLY INCOME ALLOWED
1		\$2,564.73
2		\$3,353.87
3		\$4,143.02
4		\$4,932.17
5		\$5,721.31

Beginning January 3, 2022, call* 707-444-3831, ext. 201
to have your name added to the
2022 Senior and Homebound/Disabled List

*Please follow the recorded directions and leave the appropriate information to get your name placed on the Senior/Homebound Disabled List. Please remember to speak slowly and clearly when leaving your contact information.

Sr. News

Never miss an issue!
Subscribe today!
Call 707-443-9747
12 issues - \$25



BOOMERTECH

PATIENT & PERSONALIZED COMPUTER TUTORING

LEARN HOW
TO USE YOUR
COMPUTER OR
SMARTPHONE
TODAY!



www.boomertechtutoring.com

707.502.2837

REDWOOD COAST VILLAGE

A network of volunteer support for seniors.

Helping the over-50s stay active, independent, and socially connected.

Join or
volunteer
now!

707.798.6311 • www.redwoodcoastvillage.org

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



WELCOME



Real Estate Services

"Decades Of Outstanding Professional Service"

Sarah Corliss
Broker/Owner

DRE# 01405905

707.677.1600

sarah@forbesandassoc.com
humboldtcountyrealestate.com

A Precious Lifelong Gift

By Pat Bitton

The value of friendship came into the sharpest possible focus for me in December 2016, when I received a Christmas card from my oldest friend in the world. Inside, she wrote, "I've been diagnosed with Alzheimer's disease, so time and friends are especially precious right now."

I have known Hazel since September of 1962, when we both attended Wimbledon High School in southwest London. We were 11. Since then, we have supported each other through good times and bad, sickness and health, and the secrets all teenagers keep between themselves and away from their parents.

We skipped school to go visit Mick Avory, the drummer of the Kinks, at his mum's house 'round the corner from where I was born. We roamed the streets of London looking for our then-TV heroes, Peter Cooke and Dudley Moore. And she stole my first boyfriend — but I forgave her even for that.

When I moved to the U.S. in 1995, she came to visit me, first in Boston, then in Silicon Valley, and finally in Humboldt. We went on road trips to wonderful places, drank great wine, ate fabulous food, and relished the time we could spend together. I was

able to get back to the U.K. to visit with her every few years, and she was by my side at my mother's funeral.

What I realized above all was that Hazel knew me in a way that no one else does. Not my family. Not the many wonderful friends I've made in my adult life. I don't think there's anything about my life that I did not share with her, either in person or in regular telephone conversations and email exchanges.

Now that her memory has gone, that knowledge is gone, too, and the grief that has brought is profound. In many ways, it's a deeper grief than the death of a parent, because our lives were so much more entwined with each other than with our respective parents.

She's in a care home now, and we still talk on the phone every week or two, but the time difference means I can only call late in the day, and a few minutes is all she can handle now.

If you have a lifelong friend, reach out and give them a (virtual) hug today. It might be the most important thing you do.

—
Pat Bitton, 70, celebrates her friends around the world from her home in Eureka.

Pen Pals for Life

By Pat Thomas

The year 1964 was all about swooning over anything British. The Beatles. Dressing Mod. Long, straight hair. Colorless lip gloss. Dusty Springfield eye make-up.

None of this was very possible for me, a 7th grade girl going to a Catholic school in Chicago. Then, one day a door opened. My English teacher offered the class an opportunity to get matched with an English-speaking pen pal.

That's how I met Shirley, a school girl who lived in a village outside Birmingham, England.

Our first letters were about the usual school girl things — school, clothes, families, activities, and, of course, the Beatles. Shirley wrote on blue paper aerogrammes and managed to squeeze an amazing amount in that small space in her precise handwriting.

Our letters crossed the ocean many times during our young adult years, along with gifts we sent at Christmas and birthdays.

Then, on a chilly winter day in 1978, I stepped off the train at the

Birmingham station and Shirley and I met for the first time. What a weekend I spent with her, her husband Malcolm and their little daughter Sara.

She prepared a proper Sunday English dinner of roast beef and Yorkshire pudding. I slept between

flannel sheets and a fluffy quilt, as her home did not have central heating. At her neighborhood pub, I was treated like a celebrity as all her neighbors came out to meet "Shirley's Yank" and the band played the song "Chicago" for me. And, of course, there was tea and biscuits.

Much has changed in both our lives since those first aerogrammes. Shirley and I are now in our 70s, and still

exchange handwritten letters, even though we could text or use email.

Friendships form in many ways over a lifetime. Ours is a friendship begun and continued through letters. I know we shall always cherish it that way.

—
Pat Thomas is a retired union organizer who does her letter-writing in McKinleyville.



FRIENDS SINCE 1964 — Pat Thomas, left, and lifelong penpal Shirley Pedley in West Midlands, England, in May 2006. Submitted photo

we are here to help

- Nursing Care
- Socialization/ Companionship
- Recreational Activities
- Physical, Speech & Occupational Therapy
- Nutritious Hot Meals
- Transportation to & from Adult Day Center



ADULT DAY HEALTH CARE
OF MAD RIVER

**Now
Accepting
Patients**

Call for more information: 707- 822-4866
3800 Janes Road, Arcata • www.adhcmadriver.org

"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes."

— A.A. Milne, writer, "Winnie the Pooh," 1926.

Humboldt Transit Authority - HTA

Redwood Transit Service area includes the communities of Scotia, Rio Dell, Fortuna, Fields Landing, King Salmon, Eureka, Arcata, McKinleyville, Westhaven & Trinidad

Redwood Transit System (RTS)

Scotia to Trinidad
Monday thru Saturday

Eureka Transit Service (ETS)

Monday thru Saturday

ALL BUSES HAVE WHEELCHAIR LIFTS
TOKEN TRANSIT app now available



Willow Creek (WC)

Monday thru Saturday

Southern Humboldt Intercity

Monday thru Saturday

707-443-0826

www.hta.org

Reduced service due to COVID-19: Updates on Facebook & Instagram
FACE COVERINGS ARE STILL REQUIRED until further notice

Ferndale Senior Bus

For people 50+ & the disabled

Wheelchair Lift **707-786-4141**

Fortuna Transit

For people 50+ & the disabled

Wheelchair Lift **707-725-7625**



CAREGIVER SUPPORT GROUPS

WEDNESDAY GROUP

ZOOM Video Teleconferencing or *Call-in* via Telephone (*Open to everyone*)

1st & 3rd Wednesdays

February 2nd & 16th, 1:00 pm-3:00 pm

MUGS & VIRTUAL HUGS

ZOOM Video Teleconferencing or *Call-in* via Telephone (*Open to everyone*)

2nd & 4th Fridays

February 11th & 25th, 9:00 am-11:00 am

Attend groups for a chance to win prizes

For link to join or more info contact: Erin McCann, MSW, Family Consultant

Mobile: 707-230-4046 Email: exm@redwoodcrc.org

Inspired by a Horse

By Janet Ruprecht

My best friend is half my age. I'm a Boomer and she's a Millennial. But this is definitely not a mother/daughter relationship. It's based on loving many of the same things. Originally, it was inspired by a horse.

I met Kayla because she was horseless. She fell in love with my mare, Santana, because they are soulmates. Both are wild and untamed things. Their favorite thing to do together is blast full speed up a hill.

Twenty years ago, when I moved back to Humboldt, I wondered what it would take to make me brave enough to gallop down the beach like I did as a teenager. I concluded that the answer probably was meth. Which I was not going to attempt.

But a few years ago, I found myself galloping down Clam Beach, chasing Kayla and Santana to the Mad River. Kayla is meth to me. Her *joie de vivre* is infectious.

When I met Kayla 10 years ago, I had no idea she was brilliant. She was dropping out of community college. Now she is a Ph.D. student at UC San Diego studying structural engineering.

She spent a year in England at its most prestigious engineering school, Imperial College of London. She

spent last year living with me and my husband, attending university remotely because of COVID. I greatly admire her drive and determination.

Maybe the best test of a relationship is an

adventure gone bad. We shared the Vacation from Hell a few years ago when we drove horses to an event in Oregon and the truck broke down on a narrow curve on Highway 199.

We had decided to give up drinking for the vacation — until we spent the first night at a truck stop with the horses tied to the chain link fence that separated us

from the freeway. This was no time to abstain!

By the second afternoon of our ordeal, we were so filthy we bathed in a tiny irrigation ditch. The third day, we got lost in the wilderness on horseback, out of food, water and phone power, and had to be rescued. That night we bathed in a mosquito-infested stream.

To seal our friendship, I bred my mare to the stallion of Kayla's choice: she's earned the foal.

Janet Ruprecht, 64, and her horse, Santana, live a quiet life on Dow's Prairie in McKinleyville.



OVER DUNE, OVER DALE — The author's horse, Santana, and her best friend, Kayla, work out a little of their mutual *joie de vivre*, galloping over the dunes at Clam Beach. Hannah Garner photo.



Innovate & Renovate your life
... a housemate would be one way to go about life creatively!

✓ **Connect safely with a compatible housemate (for rent or services)**

✓ **Let us take care of the matching process**

Interested? Contact Us!
707.442.3763 ext. 213
homeshare@a1aa.org

AREA 1
Agency on Aging
Northcoast Homeshare

COVID guidelines compliant

Father-Daughter Evolution

By George Ingraham

“All the world’s a stage, and all the men and women merely players . . . and one man in his time plays many parts.”

—Shakespeare, *As You Like It*.

Of course, one woman, too, may play many parts, from Shakespeare’s “infant” to whatever they called those few senior citizens who made it that far during the time of Queen Elizabeth.

My daughter is a case in point, having progressed from squalling infant through toddler, schoolgirl and, then, after temporarily resigning from the human race for a brief adolescence, re-appearing as a charming young woman. She then became a bride and mother, leaving her parents’ orbit for the next 20 years, with visits too brief, too seldom, and too busy.

Fast forward to the end of my career, retirement and the last of the sweet and all too swift years with my significant other that ended with her passing.

Daughter, in the meantime, had moved to Oregon to be with her own two daughters, they having married, chosen careers and had children of their own.

Since my heart seemed to have packed up its ventricles and moved to Oregon, too, I sold the house in Eureka, packed too much stuff for an old guy to hang on to, and followed the old foolish heart up to the Portland area for the next chapter.

I found that, without the least-

training or encouragement from me, daughter had become a grandmother and was now matriarch of the family, advising and comforting her children with confidence and skill, as well as quite shamelessly spoiling my great-grandchildren with equal enthusiasm.

I mean, really — “Would we like a cookie for the other hand, too?”

Her hair is greying, and her spectacles now sport a faint line between the driving part and the reading section. Where had my little girl gone?

No more hectic, tightly scheduled visits. Time slows, time for visits to the green parks that dot the area to chase the little ones, quiet walks with daughter and her husband, re-

calling old times, talking about hopes for kids now grown and great-grandkids growing, and plans for the future. Or just walking quietly — for in the gray, quiet hush of an Oregon winter, that is the way people tend to walk.

Infant, toddler, bride, mother, matriarch . . . and friend. Many parts indeed.

—

George Ingraham, M.D., 85, lived and worked in Eureka for 51 years until relocating to be near his family in Hillsboro, Oregon, last fall.



George Ingraham and his friend and daughter, Rain. Submitted photo.

NOW LEASING!


THE GARDENS
ACTIVE ADULT LIVING

RESIDENCE OPTIONS

1 Bedroom | 1 Bath Flat
2 Bedroom | 1 Bath Flat
Upgraded Finishes

ON-SITE AMENITIES

Community Center
Parking
Laundry Facility

Be one of the first to live at The Gardens!
2805 - 2895 HUBBARD LANE

www.kkramer.com | 707.444.2919

ELITE CAREGIVERS



“Where Compassion Meets Care”

IN-HOME CARE SERVICES
LIC.124700001

COMPASSIONATE CARE SERVICES 2-24 HOURS
707-496-8499 or 707-496-8400

Providing Personal Care-assist with Daily Activities

Assistance with Medication

Meal Planning and Preparation

Light Housekeeping

Transportation to Appointments

Shopping and Errands

Wellness Care and Much More

FAMILY OWNED, LICENSED, BONDED AND INSURED
Serving Northern California for more than 20 years

WWW.ELITE-CAREGIVERS.COM



Home & Garden
SHOWPLACE™

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

Miller Farms

707.839.1571 • 1828 Central Avenue • McKinleyville
www.millerfarmsnursery.com



"This little button is such a comfort to me. I would hate to be without it."

Personal Medical Response System

EasyCall 707-445-9911
www.geteasycall.com



 "We are here for you."

Pacific Medical Resources

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

Toll Free: 877-964-2001
www.pacificmr.com

INSURED &
BONDED

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

SMALL WORLDS . . . From Page 1

No Plan. 'Way before cell phones — this was the early 1970s. Text messages were 40 years out. Yet here I am being woken at midnight by this young woman from my hometown, Eureka, whom I'd grown up with, known my whole life, since we were 6 years old. We lived a block apart. Somehow, Margot found me in the middle of the night in the Nevada desert.

We pieced together the extraordinary events that led to this moment. She was traveling with her husband, Alan, who was standing there, too. They were just out driving around the West — Nevada, Utah and Wyoming — seeing the sights.

Then, at the I-80/I-15 interchange in Salt Lake City, they saw another friend from our hometown, driving a red Volkswagen. They recognized the car first and then him, Randy, driving west on I-80. Ten days before, he'd come out to Utah to visit me.

Randy and I backpacked in the Uinta Mountains and hung out in Park City before it was popular. We had no plan to rendezvous. He went on his way to Wyoming to hike the Wind River Mountains. I stayed in Park City another week before heading out for a 12,000-mile motorcycle odyssey.

But let's go back to that freeway in Salt Lake City. Margot and Alan see that red Volkswagen. They flag Randy down from their pickup truck. They all pull over on the interstate, excited to discover each other a thousand miles from home. Then they caravanned west together across Nevada.

And then they, too — at the midnight hour — saw that rest area west of Elko and swung in for the night.

Randy recognized my motorcycle immediately — metallic red, sweeping crash bars, four chrome pipes soaring up the tail, travel gear mounted on the rear bar. Dumbfounded, he told Margot, "That's Jon's bike . . . he's here!"

She tiptoed over in the darkness and woke me up. Right there. Forty miles west of

Elko, in the middle of the night, in the Nevada desert.

What are the chances of that?

—

Jon Humboldt Gates, 71, is a Humboldt native and author (*Firestorm, Falk's Claim, Night Crossings*; see moonstonepublishing.com) who is still trying to get back home to Humboldt County after that 12,000-mile motorcycle trip.

Part of the Family

The woman who tailed Jon Humboldt Gates to the Nevada rest area in the early 1970s and woke him up in the middle of the night was childhood friend Margot Genger of Eureka.

"Jon grew up with our family," she said. "He and my brother were best friends all through childhood and beyond. Jon came home from Seattle to be with my mother before she passed. He gave her a beautiful poem titled, 'I Am Your Fifth Child.' It was true.

"My relationship with Jon was peripheral (the tag-a-long little sister) until we started connecting through our enjoyment of writing."

ASK THE DOC . . . From Page 5

cy care, surgeries, cancer screenings and other basic medical care. This is directly related to people not getting vaccinated — the vast majority of people in hospital beds, in the ER and ICU with severe COVID-19 are un- or under-vaccinated. We know that viruses will keep replicating as long as there are viable hosts, and that there are only so many beds, nurses, doctors, maintenance people, cooks and ambulances to go around.

These are facts. We are all connected, virtually and physically, from the trillions of microscopic hitch-hikers we each carry around, to the words we write in a newspa-

per column or on our social media feeds, to the way we talk to ourselves in our own brains. The time to act with courage and kindness was yesterday, but we all can start now.

Dr. Jennifer Heidmann, a regular *Senior News* columnist, is medical director and primary care provider at Redwood Coast PACE (707-443-9747). This column reflects her opinions and should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.



Trisha Ostermeier, Au.D.
Doctor of Audiology

The BestCare combined with the latest digital hearing aid technology

Hearing Tests | Hearing Aids
Custom Ear Plugs

HumboldtAudiology^{PC}

Hear what you've been missing.

831 Harris Street (J & Harris) • Eureka • 707-832-4919 AudigyCertified™

100% WOOLEN HAND-KNOTTED

TIBETAN RUGS

**Mud, kids, dogs? No problem.
Rugs are completely washable!**

SIZES
2'x3'
3'x3'
2'x6'
2'4"x4'8"
2'6"x10'
3'x6'
4'x6'
5'x7'
5'x8'
6'x9'
8'x10'

**New Rugs
Have Arrived!**

HIMALAYAN RUG TRADERS

529 SECOND STREET OLD TOWN, EUREKA 707-268-8268

22 Years Same Location

Content used with kind permission from
Pennsylvania Immunization Coalition

opendoor
Community Health Centers

What Should I Know About COVID-19?

Two of a series of four

How are we stopping COVID-19?

There are several ways to prevent spread of COVID-19, but the best tools are vaccines. The US Government worked with the pharmaceutical companies to develop, manufacture, and quickly distribute vaccines across the country. There were no shortcuts in this process; the vaccines are safe and effective, based on years of research into similar virus types.

Why is there conflicting information about masks?

Before the pandemic, there was little real-world research into the effectiveness of masks. Last year we learned that wearing masks and social distancing really help prevent the spread of COVID-19, influenza, and other respiratory viruses.



**Get vaccinated
Mask when needed
Talk to your care team**

Make a vaccination appointment at your health center
or learn more at opendoorhealth.com/covid-19

Crossword Puzzle

Sponsored by Sherman Schapiro

In the Pocket by Emet Ozar
Edited by Amanda Rafkin

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18				19					
20				21										
22									23					
			24			25	26	27				28	29	30
31	32	33				34						35		
36					37							38		
39					40					41	42			
43			44	45					46					
			47						48			49	50	51
			52				53	54	55					
56	57										58			
59						60					61			
62						63					64			

ACROSS

- 1 Fraudulent offer
5 "___ the Night Before Christmas"
9 Word before "Putty" or "String"
14 Like a couch potato
15 Scratchy voice
16 Forge an alliance
17 Have ___ in your pants
18 Understudies with scheduled appearances
20 *Artistic freedom (note the last word in each starred clue's answer)
22 Split from a country
23 Color, like Easter eggs
24 *Oxygen carrier
31 Awards for Naomi Osaka
34 Homophone and antonym of "raise"
35 Bambi's mother, e.g.
36 Water filtration brand
37 Yucatan natives
38 Therapy center?
39 "What I think ___," in a text
40 Word that becomes its own antonym when an "n" is added to the front
41 Extracted, like ore

- 43 *They're pressed when typing
47 DiFranco with the album "Revolutionary Love"
48 What might be curbed?
52 *Environmentalists' concern
56 Look inward
58 Perimeter
59 Off-limits
60 Grain in dolmas
61 Animal on Morocco's coat of arms
62 Strict
63 Subpar
64 Very small

DOWN

- 1 Is really good
2 Kayak alternative
3 Certain ancient Nahuatl speaker
4 Whodunit genre
5 Used a stencil
6 Picture-perfect spot?
7 Italian wine region
8 Design detail, for short
9 Tangy orange drink brand
10 "Be right there!"
11 Lo-cal
12 4G ___
13 Word that a nod might replace

- 19 Has another go at
21 The ___ of March
25 First Pixar film with a female protagonist
26 Lasagna section
27 Netflix crime drama set in Missouri
28 Garden with forbidden fruit
29 Handed-down tales
30 Pb on the periodic table
31 It's a long story
32 Japanese wrestling form
33 "The ___" (2016 musical centered around a high school dance)
37 Period to recharge alone
41 Bit of 29-Down
42 Tel Aviv resident
44 Unhealthy lack of color
45 In ___ (all together)
46 Graphic artist M.C.
49 Break up
50 Some frozen waffles
51 Very small
52 Shape of a sugar clump, maybe
53 Group for people 50 and up
54 Ben Folds Five, inaptly
55 Danish shoe brand
56 Ave. crossers
57 Acai bowl bit, maybe

Crossword answers are on page 22



Serving you since 1997



Ramona & Bob

Your Locally Owned and Operated Pharmacy

We are compassionate and widely acknowledged for our outstanding patient care. From refilling prescriptions to compounding medications, our services are prompt. Lima's Professional Pharmacy, Inc. offers auto-refill services and the convenience of ordering your medications online.

- Curb Service available
- Prescription Mailing Services

Delivery from McKinleyville to King Salmon and Humboldt Hill (applicable delivery fees apply). Please call us for a quote.

2097 Harrison Avenue • Eureka • Mon.- Fri. • 9 a.m. - 6 p.m.
707-441-8500 Fax: 707-443-7608 www.limasrx.com

**Do you have questions
about Medicare?
No worries.**

Call HICAP

The Health Insurance Counseling and Advocacy Program provides free and objective information about Medicare with trained counselors.

HICAP helps people everyday to save money and to understand complex issues giving our community members a little peace of mind.

Serving Humboldt & Del Norte Counties

**Call 707-434-0222
or 707-444-3000**

**AREA 1
Agency on Aging**



*The production of this document was supported, in part, by grant number CSDA 93-524 from the U.S. Administration for Community Living (ACL), DHHS, Washington, DC, 20001. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration of Community Living policy. *Its contents are solely the responsibility of AREA 1 HICAP and do not necessarily represent the official views of ACL.

**Eureka
Central Residence**
of Old Town

**Independent Living
for Seniors**

*Studios & 1 Bedroom
Apartments*

On-site Laundry

Elevator

Close to Bus Route

On-site manager

333 E Street • Eureka

707-445-2990

TTY: 800-735-2922



Letters to the Editor

Natural Selection

To the Editor:

If the average American male is 5'8" tall, I've been above average since the 4th grade.

It started out with some drawbacks: "We don't want to play with you, you're too tall." A lot of, "How's the weather up there?" and, "Hey, shorty!"

I would just grin and endure it, but about age 20, I started to strike back.

I was bowling at a local spot when I noticed an older woman coming my way. She came right up to me and said, "My friends and I (pointing to a table on the other side of the establishment) were wondering how tall you are?"

That was enough, so I responded, "You tell me what you weigh (she wasn't thin), and I'll tell you how tall I am." She got very indignant and went back with her group, where some of the men made threatening gestures in my direction.

I've always wondered why it is thought to be acceptable to ask someone their height but not their weight.

Now, along comes COVID. Let me give you the explanation of COVID from my perspective: COVID is spread via the air. Someone infected with the virus exhales, and the microscopic droplets are then inhaled by someone else.

Gravity has a role in this, and causes the droplets to descend. They supposedly hit the ground within six feet, hence the six feet of social distancing.

Now, being tall — 2.05 meters, if you must know — my air intake is above 99.99% of everyone else's air outlet, so I am safer than most. From my perspective, COVID is God's way of getting rid of short people!

John Murray *lives between Arcata and Blue Lake*

The Punch Line

To the Editor:

The December issue quotes a dozen writers below Michael Bickford's column ["Writing Is Easy: 'Simply Sit Down at a Typewriter and Bleed,'" December Senior News, page 14].

The one from Flannery O'Connor is incomplete. Her first two sentences are, "Everywhere I go I'm asked if I think the university stifles writers. My opinion is that they don't stifle enough of them." If her next sentence had been included we'd understand

her opinion a little better. She went on to say, "Many a bestseller could have been prevented by a good teacher."

I think that's really funny. O'Connor was quite the literary snob, and since I agree with her, I suppose I am, too. Luckily, that didn't prevent me from enjoying everyone's stories about Christmases past.

Martha Walden, *Bayside*

Probiotics

To the Editor:

In reading Dr. Heidmann's "Ask the Doctor" column about how physicians need to be circumspect in prescribing antibiotics ["Antibiotics," Senior News January 2022, page 5], I cannot disagree with that. However, she left out a major problem in standard medicine: Teaching patients how to work with antibiotics and probiotics.

A high school friend of mine recently reported having been in the hospital for a urinary tract infection. After she went off the antibiotics, she ended up with severe diarrhea. She was truly suffering until a friend told her about probiotics. She

began to get better and, when I talked to her last, she was on her way to recovery.

I know about this because I have chronic Lyme disease, so I have been on standard and/or herbal antibiotics since 2007. However, I am very careful to take probiotics two to four hours before or after I take the antibiotics. Right now, I am on standard antibiotics and herbal antibiotics due to a recent outbreak. I have had only one diarrhea outbreak since 2007. My naturopathic physician worked with me to mitigate the situation and it was resolved quickly.

Kathleen Pelley, *Eureka*

Say What?

To the Editor:

I hear the U.S. government might buy me a new hearing aid.

What?

I lost my old one in the Warner Mountains. It had cost me most of a Social Security check. It listened to two winters of snowfall and wind, and the howl of a surviving wolf. Then hikers found it and returned it.

What?

The part that goes in my ear was eaten off, probably by a mouse. By then I had bought a new one (most of another check), but it had recently stopped working.

Parts from the old one were too far gone, and my audiologist says the manufacturer no longer makes parts for the new one.

What?

I decided there must be something the U.S. government and the manufacturer don't want me to hear. Ever since then, most of what I listen to is the howling and the sound of winter in the land.

Even more than a socialized medical device, I want the government and the manufacturers to hear it, too.

Jerry Martien, *Elk River*

Letters to the Editor 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). Mail to Senior News, 1910 California Street, Eureka, CA 95501 or E-mail tpcase@humsenior.org.

OPINION

Support AB1400 — Health Care for All

By Patty Harvey



My Valentine

My Valentine, my hero, is Wendol Yarber, age 77, a retired truck driver and Vietnam veteran. He does this amazing handstand thing. One of the many reasons I like him is that he is so health-conscious.

Tyra Light, Eureka

Central Office
THE COPY CENTER

Full Color Digital Printing
Newsletters • Posters • Brochures
Invitations • Business Cards
Menus • Fax Service & more
FAST Professional Service
326 I Street • Eureka
707-444-3044 • Fax: 707-444-9467
centralofficercopycenter@gmail.com

It’s abundantly clear: We must fix our broken healthcare system. California spends more than \$500 billion/year on health care. Expect an increase by some \$165 billion/year by 2030.

One-third of Californians either have no health insurance or are under-insured, unable to meet their deductibles. The resultant human cost in bankruptcy, homelessness and death is unparalleled in any other developed country, all of which pay half what we do and with much better health outcomes.

Last year, the California Nurses Association introduced CalCare, AB1400. The bill quickly passed out of the Assembly Health Committee (chaired by our assembly member, Jim Wood) in mid-January and the Appropriations Committee sent it on to the full Assembly.

This bill offers lifelong, comprehensive healthcare access for all California residents, regardless of age, gender, race, pre-existing conditions or marital or documented status, free at point of service.

How do we pay for it? We already

have. Our taxes pay over 70% of Medicare, MediCal and other state and federal health programs. ACA11, a companion to the CalCare bill, outlines financing strategies for the remaining 30%. Those include a reduced payroll tax of 1% for employees and 1.25% for employers with 25 or more employees.

ACA11 also recommends an excise tax of 2.3% levied after the first \$2 million and a progressive personal income tax starting at .5% levied on persons making over \$150,000 annually. Both employers and individuals will stop paying insurance premiums and other costs under the bill.

A family of three spends between \$10,000-\$20,000 annually on health insurance premiums, deductibles, co-pays and other out-of-pocket healthcare costs. These are the “taxes” we pay to insurance companies.

In comparison, AB1400’s single-payer plan requires a fraction of that cost, with savings of billions of dollars to individuals and businesses. Buying health insurance plans from middlemen (corporations) who supply no value-added to health is a dead-end

proposition. We must eliminate the complexity, waste, inefficiency and denials of care by insurance companies that continue to put profits before patients!

AB1400 is now headed for the Assembly. Passage should be a top priority for all Californians — relieving families of physical and financial stress over how to access health care, relieving businesses of the crippling burden of supplying health plans to employees, relieving governmental institutions from the billions of dollars wasted on buying private plans for employees.

AB1400 faces an Assembly floor vote by Jan. 31 before moving on to the Senate. Contact your state representatives now to demand passage and make California a healthcare bellwether for the nation.

Patty Harvey of Willow Creek, is co-chair of the Humboldt Chapters of Health Care for All (healthcareforall.org) and Physicians for a National Health Program.

Crossword Puzzle on page 20.

S	C	A	M		T	W	A	S		S	I	L	L	Y			
L	A	Z	Y		R	A	S	P		U	N	I	T	E			
A	N	T	S		A	L	T	E	R	N	A	T	E	S			
P	O	E	T	I	C	L	I	C	E	N	S	E					
S	E	C	E	D	E					D	Y	E					
					R	E	D	B	L	O	O	D	C	E	L	L	
E	S	P	Y	S		R	A	Z	E				D	O	E		
P	U	R			M	A	Y	A	S				E	R	A		
I	M	O			E	V	E	R		M	I	N	E	D			
C	O	M	P	U	T	E	R	K	E	Y	S						
					A	N	I				S	T	R	E	E	T	
					C	L	I	M	A	T	E	C	H	A	N	G	E
S	O	U	L	S	E	A	R	C	H			E	D	G	E		
T	A	B	O	O		R	I	C	E			L	I	O	N		
S	T	E	R	N		P	O	O	R			I	T	S	Y		

Dave's Computer Services

35 YEARS EXPERIENCE

Senior Discounts

Computer Repairs and Setup

Mac, Windows, Linux, Printer, Net

David Mays

707.955.5124 831.458.1131

www.davescomputer.net

dave@davescomputer.net

America's Choice in Homecare.

VisitingAngels

LIVING ASSISTANCE SERVICES

We Care Every Day, In Every Way.®

Bathing Assistance	Medication Reminders	Meal Preparation
Dressing Assistance	Errands	Friendly Companionship
Grooming	Shopping	Flexible Hourly Care
Assistance with Walking	Light Housekeeping	Respite Care for Families

707.442.8001

VisitingAngels.com/eureka

Each Visiting Angels agency is independently owned and operated.

HCO# 134700002

A FRIENDLY WALK WITH A PURPOSE . . . From Page 1

trash they have picked off the streets of Trinidad.

"I've known Mary practically all my life," Dorothy said. "During COVID, I was bound and determined that I was going to get some exercise, and I was walking by her house. We said, 'Hi,' and I said, 'I'm going to walk down to the bottom of the hill and back, every day around 4. If you ever want to take a walk, just let me know.'"

"We didn't miss maybe 20 days that first year," she said.

Mary and Dorothy grew up in Trinidad, went to school together, and both worked at Seascap in high school, when the restaurant was a hamburger joint. Mary married and moved away; Dorothy stayed and married Trinidad crab fisherman Dan Cox.

When Mary moved back to town, into her grandparents' house around the corner from Dorothy, the friendship was reborn.

Eventually, it became a daily walk with a purpose. Mary has picked up trash on Old Home Beach for years, so scanning the ground as she walks is a habit. They started carrying grocery bags to collect the random trash, and now tote 5-gallon plastic buckets, gloves and heavy-duty "grabbers" while they walk.

"Seemed like every day we'd find a sock," Dorothy said. "Some days, five socks."

From "cigarette butts and socks and condiment packages, the job has grown — a pair of purple panties

in the road, miscellaneous clothing, books, condoms and needles, the detritus of passing "campers."

"Masks have pushed the socks out," Mary said. "And then there's Bandaaid season down at the beach."

They got into Trinidad cleanup in a serious way about a year ago when they came upon a "massive" pile of household trash dumped next to the southbound on-ramp to Highway 101.

"We said, 'That's disgusting,'" and went in with heavy-weight contractor bags, Dorothy said.

Since then, the two have often tackled trash left behind

at transient camps and in the town park and nature garden behind the Trinidad Museum, hauling away loads ranging from food waste to clothing and bedding (and worse). Nine or 10 bags from an encampment near the field behind Murphy's filled Mary's ancient yellow pickup — \$48 at Humboldt Sanitation in McKinleyville.

The Trinidad City Council has tried to honor the "trash ladies" with an official recognition, said Council member Jack West, who lives across Trinity Street from Mary, but they wanted none of it.

"Mary and Dorothy are not only good citizens, doing work no one else wants to do, they have a great sense of humor telling stories of their interactions with people and the messes they clean up," he said.

Neighbor Kathleen Lake calls them "the sainted women of Trinidad," applauding their big hearts and community spirit.



"Mary and Dorothy open their homes and their hearts to our Trinidad community while making their rounds — to the family next door, the person alone, the persons in the woods and in the park who are houseless," she said. "They include others in their lives, everyone. Often with a smile, and sometimes with a jar of jam, a flower, a chat, a dollar. . . . They also clean up the place!"

Clean-up is only part of what they give the town, said Patti Fleschner, president of the Trinidad Museum Society. "It would be wonderful if the day came when Mary and Dorothy did not have to spend their time picking up other people's trash in the town's parking lots, streets, parks,

beaches and in the forests," she said. "But until that blissful time arrives, we are grateful for these wonderful ladies and for the cheerful care they give to their beloved town."

Dorothy and Mary wave off their neighbors' praise.

"Really, it's just exercise," Dorothy said, rushing to take a huckleberry pie out of the oven for the command center of the search for a young canoeist, lost at sea in Trinidad Harbor.

"As long as we're walking, we might as well accomplish something — clean up the town," Mary added. "This is the most beautiful place in the world."

—
Ted Pease *lives in Trinidad.*

Poets' Corner

Senior News is delighted to announce a new monthly feature beginning in the March edition — the Poets' Corner.

"Local poets have been sending in their verse since I started as editor in 2016," said Ted Pease. "Senior News has not accepted poetry . . . until now."

The reasons have been questions about whether poetry belongs in a newspaper, and how to fit verse — which takes more room than prose — into Senior News's limited space.

"Peter Pennekamp convinced me that publishing short poems would be an added value for Senior News readers, and another means of self-expression for our readers, not unlike letters to the editor," Pease said.

Pennekamp also agreed to become the newspaper's first poetry editor/curator. He and a small group of fellow poets will evaluate submissions and make recommendations for publication.

To be accepted, poems must be short — no longer than 21 lines (50 characters/line max), including title and author's name.

There is no mandate on subject matter, although topics such as the news, life in Humboldt or aging and life's journey may be particularly apt.

Send submissions by mail to Senior News Poetry, HSRC, 1910 California St., Eureka 95501, or email (preferred) directly to Pennekamp at henkswords@gmail.com. Include full contact information.

You Can Be in Senior News

- **MARCH's** focus will be ageism — the many ways, large and small, that we feel marginalized, minimized and like we don't matter as we age. Do you feel invisible? Do people talk to you like you're a child? What are your experiences of aging?
- **APRIL** is National Humor Month, so it must be time for the Senior News Humor Issue! Our last humor issue featured crazy relatives, funny checkout line encounters, Ole jokes and one-liners, pet stories, puns and more. Send your knee-slappers. Contact SN editor Ted Pease: tpease@humsenior.org, or call 707-443-9747, x1226.

Senior News
HSRC
1910 California St.
Eureka CA 95501



**A Reverse Mortgage
That pays You back!**

Diana@keymtgloans.com
Kathy@keymtgloans.com



Diana Fraga
Mortgage Advisor
MLO #235199 / NMLS #1850



Kathy Hall
Mortgage Advisor
MLO #235198 / NMLS #1850

*Start a conversation
with Diana or Kathy
Today!*

- Receive monthly income
- Retain title to your home
- Never make a mortgage payment



707.442.2242



3117 E Street • Eureka CA



LIFE CARE HUMBOLDT

A local project to design and build a LIFE PLAN community for older adults in Humboldt County.

**Happy 2022! We are excited to announce we have just agreed
on the terms of purchase for the Arcata Creekside property.**

Like any real estate transaction there will be a number of "next steps," but we are really excited about working with our architects, Perkins-Eastman, on our new senior community design.

**To support our development we are seeking donation pledges
from both businesses and community members.**

The more we can raise in the next 36 months as a "down payment"
the lower the future costs of financing will be.

WANT TO HELP?

Learn more • Sign up for updates • Donate online at www.lifecarehumboldt.org