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Senior Voice

Senior Voice is published by Older Persons Action Group, Inc.



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Senior Voice

Serving Alaskans 50+ Since 1978

Volume 47, Number 4 April 2024

2023 National Mature Media Awards Winner

Volunteers, a lifeline for Alaskans. - page 3

Your guide to a successful garage sale. - page 13

Spring cleaning for wildfire safety. - page 12

Research confirms the magical power of music. - page 8

Will and Joyce Felts take in the lush countryside during their visit to the Italian Riviera, by way of Road Scholar travel. The trip was designed for and offered to retired teachers, like the Felts, but is now available to the public at large, along with another trip to Nova Scotia. Read the details in our travel section, page 24.

Alyssa Bichunsky/Road Scholar photo





Meet your Older Persons Action Group board of directors

Yvonne Chase, Anchorage



Photo courtesy Yvonne Chase

I think the snowy winters in Michigan, where I was raised, prepared me for Alaska. After 40 years in Alaska, I considered myself an Alaskan and Anchorage is home. I came to Alaska in the late 1970s to work for what was then the Division of Family and Youth Services (DFYS). After living in large cities as a young adult, (Washington, DC, Chicago, and San Francisco) my family members were surprised when I headed to Alaska. I worked in the Dept. of Health and Social Services, Dept. of

Regional Affairs, and Dept. of Education, during my time in state government. Working in various departments has given me a good sense of the unmet needs of children and families, including seniors, as well as where the gaps in services exist. I have been fortunate to travel to most parts of this wonderful state, and where else could I wake up to snowcapped mountains most of the year? I am currently serving as chair of the Dept. of Human Services, in the College of Health, at the University of

Alaska Anchorage. I have served on the board of OPAG since 2014. OPAG coordinates a monthly "Providers' Breakfast", in which agencies serving seniors come together to

share information. It also publishes the Senior Voice. If you are a regular reader of Senior Voice, then you know the information gap that it fills. It covers everything from keeping us up to date on legislative priorities, information on new housing and services for seniors, and changes in Medicare benefits, to theatre productions. What you may not know is that under the editorial guidance of executive director David Washburn, the Senior Voice continues to win national awards each year for both content and layout.

Alaska's communities differ by size and available

services, including health care and transportation. Alaska's seniors are a busy group. Whether working or retired, we travel in-state, nationally and internationally, we need accessible housing, quality healthcare, we vote and we stay current on what is happening in our state. We read the Senior Voice!

If you are interested in serving on the Older Persons Action Group, Inc. board of directors, send a query and resume to executivedirector@opagak.com.

Why Medicare/Medicaid Code 99483 matters

Improving Alzheimer's care in Alaska

By AMIE NORTHAGEN
Alzheimer's Association

As the Alzheimer's Association Alaska Chapter, our mission is to improve the lives of individuals affected by Alzheimer's disease and other forms of dementia. We continuously advocate for comprehensive care services that address the diverse needs of patients and their caregivers. Code 99483 is currently covered for Alaska Medicare patients, but not for Alaska Medicaid patients. The inclusion of 99483 in Alaska's approved Medicaid billing code list would ensure enhanced care for Alaskans with cognitive impairment.

Code 99483 represents a pivotal opportunity for clinicians to provide essential care planning services to those living with Alzheimer's disease or other forms of dementia. This inclusion allows for reim-

bursement for a spectrum of crucial services provided by medical professionals, facilitating a holistic approach to care. There are a number of essential elements within this code that have a profound impact on patients and caregivers alike.

Firstly, a cognitive evaluation forms the cornerstone of effective care planning. By comprehensively assessing cognitive function, clinicians can tailor care plans to meet the individual needs of each patient. Medical decision-making and reconciliations further ensure that treatment plans align with patients' unique circumstances, promoting the best possible health outcomes.

Equally crucial is the identification of caregiver needs and knowledge. Caregivers play an indispensable role in the lives of individuals with

dementia, often taking on significant responsibilities. By addressing caregiver needs and providing necessary support, clinicians can alleviate some of their burden and enhance the overall quality of life for both the caregiver and the individual living with the disease.

Moreover, the development of an individualized and advanced care plan empowers patients and caregivers to navigate the complexities of Alzheimer's disease with confidence. This personalized roadmap encompasses medical, emotional and practical considerations, fostering a sense of security and control amidst uncertainty.

Referrals to community resources further enrich the care landscape, connecting individuals with

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Alzheimer's in Alaska: Understanding the impact

By AIMEE NORTHAGEN
Alzheimer's Association

The journey of caring for a loved one with Alzheimer's disease or dementia is filled with challenges, both emotional and logis-

tical. The recent release of the Alzheimer's Association's 2024 Alzheimer's Disease Facts and Figures report sheds crucial light on the pressing issues

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Send us your letters

Send letters to the editor to Senior Voice, 3340 Arctic Blvd., #106, Anchorage AK 99503. Maximum length is 250 words. Senior Voice reserves the right to edit for content and length. Space may be made available for longer opinion piece essays up to 400 words. Contact the managing editor at editor@seniorvoicealaska.com to discuss this. Copy deadline is the 15th of the month prior to publication.

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Mission statement:

"To work statewide to improve the quality of life for all Alaskans through education, advocacy and collaboration."

Vision statement:

"Promote choice and well being for seniors through legacy and leadership."



OLDER PERSONS ACTION GROUP

3340 Arctic Blvd., #106
Anchorage, Alaska 99503
Phone 907-276-1059
Toll free 800-478-1059
www.opagak.com
www.seniorvoicealaska.com

SeniorVoice, established in 1978, is published monthly by Older Persons Action Group, Inc., a statewide non-profit corporation serving the interests of all older Alaskans.

Partially funded by a grant from the Alaska Division of Senior and Disabilities Services.

Subscription price is \$30 a year to Alaskan residents. All subscriptions outside Alaska are \$35 a year.

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EDITORIAL

EditorDavid Washburn
editor@seniorvoicealaska.com

Correspondents.....Laurel Bill, Dimitra Lavrakas
Maralee McMichael

Advertising sales.....Anne Tompkins
A.Tompkins@seniorvoicealaska.com

Page design Rachel Gebauer, Gebauer Design



Appreciation for Alaskans who volunteer

By JOHN C. SCHIESZER
For Senior Voice

If you have a special talent or skill that may benefit a charity or organization, then now may be the ideal to offer your services or ask how you can be of help. April is National Volunteer Month and it is dedicated to honoring all of the volunteers in our communities

as well as encouraging volunteerism throughout the month.

For many of us, volunteerism was instilled at a young age. Scores of organizations in small towns, rural counties, and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation

Alaska Deputy Long Term Care Ombudsman Alvin Ancheta with Kenai Peninsula Volunteer Long Term Care Ombudsman Janet Long.

Courtesy Alvin Ancheta

after generation. In some communities, volunteers are the backbone of many of the programs helping

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Here are the top 5 scams in Alaska

By TERESA HOLT
AARP Alaska

The Federal Trade Commission recently shared its 2023 fraud report, "Consumer Sentinel Network Data Book 2023." I looked at the data for Alaska and was shocked to see that 6,456 Alaskans reported losing 20.5 million dollars in 2023.

Impostor scams are the top reported fraud in Alaska, making up 22% of all reported scams. These scams generally start with an unsolicited call, email, text, or social media message posing as someone you trust—your bank, a business you know, or even a government agency. Criminals play on our emotions by creating fear or excitement, with urgent messages like "Your Social Security payments have been paused," "There is an issue with your account," or "You just won a big prize." These messages create a heightened emotional state, which makes it hard to access logical thinking.

Don't trust caller ID or links in email or text messages. If you think it might be legitimate, contact the entity yourself using a trusted phone number.

Identity fraud is the second highest issue for Alaskans, making up 11% of reported scams in 2023. Criminals steal mail, hack corporate databases, or use deceptive emails, texts, websites and phone calls designed to convince people to share their personal information. They may sell your data or misuse it to open new accounts, take over existing accounts, or file for federal benefits.

Safeguard yourself by

not sharing sensitive information with unsolicited contacts, avoiding clicking on suspicious or unexpected email and text links, and freezing your credit at the three credit bureaus.

Online shopping scams are the third biggest fraud in Alaska at 8% of reported scams. Criminals set up professional-looking websites offering popular items at a deep discount. When consumers purchase these "deals," the product never arrives or is not what was advertised.

Be suspicious of any online offer that offers a deep discount over what other retailers offer. Do your online shopping with trusted retailers.

Rounding out the top five scams in Alaska are prize, sweepstakes and lottery scams at 6%, and internet services scams at 6%.

The Federal Trade Commission also has data on how scams are different for each age group. People between ages 30-49 are the most likely to be involved in a scam but they only lose on average \$450. Compare this to those over age 80, who are the least likely to be involved in a scam but lose an average of \$1,450.

Another interesting generational difference is in how scammers contact people and collect payment. For example, those age 20-29 are likely to be contacted through social media and pay using an app, but those over age 70 are most often contacted by phone and pay with a credit card or a gift card.

If you've been a victim of fraud, you're not alone. AARP's Fraud Watch Network has many resources to help people who have been

victims of scams, including the Fraud Watch Network Helpline at 800-908-3360 (open 4 a.m. to 4 p.m. AK time).

"The Perfect Scam" podcast features individuals sharing their scam stories and how they are resolved. That's my personal favorite of the Fraud Watch Network resources. AARP also has bi-weekly watchdog email alerts that share information on the latest scams.

The Fraud Watch Net-

work also offers free online support groups to those who have lost funds. AARP also collects reports of fraud and shows the data on an interactive map, so you can see what scams are being reported in your community. You can access this map by going to www.aarp.org/FWN.

Financial fitness webinar series begins April 19

AARP Alaska is hosting a four-part financial fitness

webinar series on Fridays at 10 a.m. starting April 19. We will be delving deeper into these top scams in part two of that series on April 26. For details and to register, visit www.aarp.org/AK and scroll down to "Upcoming Events."

Remember: If you can spot a scam, you can stop a scam. For further information and resources, go to www.aarp.org/FWN.

Teresa Holt is the AARP Alaska State Director.

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Fountain pens will make you smarter

By LAWRENCE D. WEISS

For Senior Voice

Yes, using fountain pens will make you smarter. Also, it turns out that using pencils and ballpoints will make you smarter too. However, I want to talk about fountain pens in particular because they are nostalgic, creative, fun and comfy to write with.

As to the “smarter” assertion, we’ll just drag in some scientific findings here. According to an article published earlier this year in Psychology Today:

- ▶ Handwriting stimulates complex brain connections essential in encoding new information and forming memories.
- ▶ Research shows students who take notes by hand score better on tests than those who type notes.
- ▶ People who write calendar events by hand are more likely to remember them later.

OK, well and good, but why fountain pens? Won't



Photo by Aaron Burden on Unsplash

any ballpoint make you smarter? Sure, but you can go to your favorite dining establishment where they serve exactly what you want the way you want it, or you can go to Bills Beefy Burgers. Not to put too fine a point on it...they both fill you up.

Fountain pens come in all sizes and shapes. Smaller, narrower fountain pens are easier to hold in smaller hands. Larger hands, and perhaps hands suffering

from arthritis, would be happier with thicker pens. Most fountain pens glide across the paper with the greatest of ease, compared to the gloppy, sticky ink in many ballpoints that drag and force you to press harder.

Consider the aesthetics. Some modern pens are faithful reproductions of the classic pens of the 1920s, 30s, and 40s. They make you feel grand, like you are in a Humphrey

I admit to having five or six fountain pens that I have accumulated in recent years, but I am hardly a collector. And fountain pen collectors are way more fun than you might imagine.

Bogart movie. Know any ballpoints that do that? Other fountain pens are made of exotic resins and modern plastics bursting with eye-popping patterns and colors—just gorgeous. A Chinese company, Hong-dian, makes Asian-motif pens writhing with metal dragons or becalmed with delicate cloisonne scenes, usually in the range of \$35.

Inks for your pens are not boring and ordinary as found in the typical ballpoint pen. There are hundreds of colors you can put into your pen. Some have glitter or sheens. Some are scented. They come with fantastic, even outrageous names like Jacques Herbin 1670 Emerald of Chivor, or Noodler's Heart of Darkness. Know any ballpoints that have inks like that?

You can spend a lot for a fountain pen. You can spend hundreds of dollars. You can spend thousands of dollars. Alternatively, you can spend \$10, \$20, or \$30 and get a fine fountain pen. Dip your toe in the water with a Pilot Varsity for about \$3.50—loaded with ink and ready to go. Toss it when you are done. Or perhaps a highly regarded Platinum Preppy for about \$6. This pen can be refilled with ink cartridges in a range of colors.

I have a Pilot Metropolitan. It is a relatively small aluminum fountain pen—svelt, minimalist, well made, writes wonderfully. It comes in a range of colors and a choice of two nib sizes, fine or medium.

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Who should be screened for lung cancer?

By **JIM MILLER**

Savvy Senior

Dear Savvy Senior: Who should be screened for lung cancer and how is it covered by Medicare? I used to smoke but quit many years ago and am wondering if I need to be tested. – Just Turned 65.

Dear Just Turned: Even if you haven't touched a cigarette in decades, you could still be due for an annual lung cancer screening, based on new recommen-

dations from the American Cancer Society.

The new guidelines state that adults ages 50 to 80 who currently smoke or used to smoke the equivalent of one pack a day for 20 years should get an annual low-dose computed tomography scan (also called a CT scan), no matter how long ago you quit.

Cancer Society guidelines previously said that those who quit 15 or more

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Electric can and jar openers

Assistive Gizmo of the Month

Assistive Technology of Alaska

This month we highlight two gizmos at once—electric can and jar openers. Set the electric can opener on the can and press the button to start. It will cut cleanly around the side of the can leaving smooth edges, press the button again to stop. Electric jar openers work similarly—place down on the top of the jar and press the button to start. The jar opener will tighten around the lip of the jar

and twist off the lid.

These simple electronic openers could benefit individuals with limited hand or wrist mobility, who only have the use of one arm, or have a short-term injury that makes it difficult to complete the task independently.

This column is brought to you by ATLA (Assistive Technology of Alaska), a nonprofit, statewide resource. ATLA does not endorse this product, but shares information on the types of assistive tech-



nology that may benefit Alaskans. For more information or to arrange a free demonstration, visit www.atlaak.org or call 907-563-2599.

ATLA virtual expo and open house, April 17

Senior Voice Staff

ATLA, Assistive Technology of Alaska, will present a “virtual expo,” followed by on-site activities in celebration of National Assistive Technology Awareness Day on April 17.

The Virtual Expo will be

from 9 a.m. to 1 p.m., with presentations on a variety of topics: “Top ios Accessibility Features for Seniors” (9 a.m.); “Adding Assistive Technology to Your Mental Health Tool Kit” (10 a.m.); “Utilizing Assistive Technology to Support Speech and Communication” (11

a.m.); “Assistive Technology for Caregivers of All Ages” (noon). These sessions are online. Register for an access link to join any session at tinyurl.com/2024ATVirtualExpo.

The afternoon schedule, 2 to 5 p.m., will feature in-person showcases at

ATLA's Anchorage office, 1500 W. 33rd Ave. Showcases include: “Communications, Learning and Gaming” (2 p.m.); “Daily Living and Outdoor Activities” (2:30 p.m.); “Environmental Controls and Computer Access” (3 p.m.); “Vision and Hearing” (3:30 p.m.).

There will be an open house and 30th anniversary celebration starting at 4 p.m.

All sessions and activities are free. For more information, visit the ATLA website at www.atlaak.org/expo or call 907-563-2599 or 800-723-2852.

Free health services in Anchorage, Fairbanks

Senior Voice Staff

Local residents are invited to take advantage of free health services provided by Remote Area Medical (RAM) USA at events in April in Anchorage and Fairbanks. RAM USA is a non-profit organization providing free healthcare

to underserved and remote communities across the United States through a network of volunteers and medical professionals. These Alaska events will be held at the following times and locations:

Anchorage, April 20-21
Begich Middle School, 7440 Creekside Center Drive, 6

a.m. to noon.

Fairbanks, April 27-28
Ryan Middle School, 1450 Cowles Street, 6 a.m. to noon.

The project, supported by a grant from the Municipality of Anchorage and the Anchorage Health Dept., Lions International and the U.S. Public Health

Service, aims to enhance community well-being by offering essential medical, dental and vision services. These are provided on a first-come, first-served basis, with no ID required.

► **Dental** Cleanings, fillings, extractions, X-rays

► **Vision** Complete eye exams, eye health evalua-

tions, prescription glasses made on site

► **Medical** Physical exams, RX consultations, women's health, general exams, and more.

For more information, visit <https://RAMUSA.ORG> or call 865-579-1530.

Understanding the phases of Part D coverage

By **SEAN MCPHILAMY**

Alaska Medicare Information Office

Prescription Drug Plan coverage is a valued element within Medicare. Known more commonly as Part D of Medicare, these policies are offered by privately managed insurance companies, and regulated both by the State of Alaska's Division of Insurance along with the national Centers for Medicare and Medicaid Services (CMS).



The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that your

drug prices have changed, it may be because you are in a different phase of Part D coverage. There are four different phases—or periods—of Part D coverage: the deductible period, the initial coverage period, the coverage gap, and catastrophic coverage. As you spend money on your covered drugs, you progress through the coverage periods until the new calendar year starts. Your Part D plan should track your coverage period for you, and this in-

formation should appear in your monthly statements.

Details of each coverage phase

Until you meet your Part D deductible, you are in the deductible period. During this time, you will pay the full negotiated price for your covered prescription drugs. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$545 in 2024. Some plans have no deductible, and some plans

do not apply a deductible for certain drugs—usually generics.

After you meet your deductible, your plan will help pay for your covered prescription drugs. This is your initial coverage period. Your plan will pay some of the cost, and you will pay a copayment or coinsurance for your prescribed drugs.

You enter the coverage gap when your total drug

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Lithium-ion rechargeable batteries



By **DONNA R. DEMARCO**
Accurate Hearing Systems

A lithium-ion (Li-Ion) battery is the most popular rechargeable battery technology used in consumer electronics and ideal for hearing aids because it allows for a full day of use even when streaming from accessories or a smartphone. There is no memory effect within the battery so it can be charged daily and there is no need to fully discharge the battery before placing it back in the charger. So, the best practice is to charge your hearing aids every night.

It's safe to wear these lithium-ion recharge-

able hearing aids on a plane and to bring the charger on board. The rechargeable system is within limitations making them safe to carry-on.

If your battery does not last all day consult your hearing professional on what the proper battery expectations are for your hearing aids based on your usage. Usually, you will get 2.5 to 3 years before you need to have your battery replaced, but that is not always the case.

Accurate Hearing offers free hearing tests. We ensure every patient gets the right hearing aids to best meet their hearing loss, lifestyle and budget needs. Request an appointment by calling 907-644-6004.

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Medicare

continued from page 5

costs—including what you and your plan have paid for your drugs – reaches a certain limit. In 2024, that limit is \$5,030. While in the coverage gap, you are responsible for 25% of the cost of your drugs. The coverage gap is also sometimes called “the donut hole”.

In all Part D plans in 2024, you enter catastrophic coverage after you reach \$8,000 in out-of-pocket costs for covered drugs. This amount is made up of costs you pay and some costs that others pay. As of 2024, during this period, you owe no copays or coinsurance for your covered drugs for the remainder of the year.

Not all costs count towards reaching this cap, though. Costs that do not help you reach catastrophic coverage include monthly premiums, what your plan pays toward drug costs, the cost of non-covered drugs, and the cost of covered drugs from pharmacies outside your plan’s network. Out-of-pocket costs that help you reach catastrophic coverage include: your deductible; what you paid during the initial coverage period; almost the full cost of brand-name drugs (including the manufacturer’s discount) purchased during the coverage gap; amounts paid by others, like family members, most charities, and other persons on your behalf, such as the Indian Health Service.

Changes for next year

Beginning in 2025, the structure of Medicare Part D will change. There will be only three coverage

phases—the deductible, the initial coverage period, and a zero-cost phase after an out-of-pocket cap is reached. Additionally, your out-of-pocket costs for covered drugs will be limited to \$2,000 in deductibles, copays and coinsurance.

Also starting in 2025, you have the choice to spread out-of-pocket Part D costs over the year. This won’t reduce the total amount owed over the year, but it can allow you to spread costs during the calendar year. For example, you could pay your deductible over the course of the year, rather than all at once at the beginning of the year. Whether this type of payment plan will be beneficial will depend on your circumstances and preferences. Remember that these changes are not in effect until 2025.

Be aware of pharmacy and prescription drug fraud

There are different types of fraudulent pharmacy and prescription drug schemes. A common scheme could be when you are billed for a medication that you did not receive or if you are given a different drug than what you were prescribed. It’s important to read both the quarterly Medicare Summary Notices and your plan’s monthly

statements to check for errors or suspicious charges. This would include checking your statements to make sure that the medications you picked up from the pharmacy are the type and quantity prescribed.

If you notice any concerns on your statements or with your medications, contact our office.

If you find yourself overwhelmed by any Medicare issue (including the differing costs of your prescription drug costs during the year), please feel free to contact the State of Alaska Medicare Information Office at 800-478-6065 or 907-269-3680; our office is also known as the State Health Insurance Assistance Program (SHIP), the Senior Medicare Patrol (SMP), and the Medicare Improvements for Patients and Providers Act (MIPPA) program.

If you are part of an agency or organization that assists seniors with medical resources, consider networking with the Medicare Information Office. Call us to inquire about our new Ambassador program.

Sean McPhilamy is a volunteer and Certified Medicare Counselor for the Alaska Medicare Information Office.

Medicare counseling by phone

By **LEE CORAY-LUDDEN**
For Senior Voice

I am a Certified Medicare Counselor working under SHIP. My office is in the Soldotna Senior Center, but I serve the state via phone. If you

are local, I can help you as a walk-in.

I am here Mondays through Thursdays, 8 a.m. to 3 p.m., and Fridays, 8 a.m. to noon.

Call with your Medicare questions, 907-262-2322.

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Dementia 101: Brain health and you

Alaska Health Fair, Inc.

Understanding brain health is crucial for everyone, as it impacts our daily lives, our future, and the well-being of our loved ones.

Dementia isn't a single disease, but an umbrella term that captures a wide array of specific medical conditions, including Alzheimer's disease—the star culprit behind the majority of cases. But what makes dementia more than just a forgetful moment or a misplaced key?

Atapestry of symptoms. Dementia is notorious for its impact on memory, but it's also a master of disguise, affecting language, problem-solving abilities, and even altering personality and social skills. It's like a puzzle that affects everyone differently, making early detection and personalized care essential.

The root of the issue. At its core, dementia is about damage to brain cells that

affects their ability to communicate with each other. This communication breakdown can affect behavior, feelings and thinking, making everyday tasks a challenge.

A spectrum of causes. While Alzheimer's dances in the spotlight, other forms of dementia, such as vascular dementia, Lewy body dementia, and frontotemporal dementia, play significant roles. Each has its own set of markers and impacts, contributing to the complex landscape of cognitive health.

Age is just a number. But a significant one. It's true that age is the most prominent risk factor for dementia, especially as we step into our golden years. However, dementia is not a normal part of aging, and not everyone will face its challenges as they age.

Lifestyle in the limelight. Here's where we shine, folks! Lifestyle choices can influence the risk of developing demen-

tia. Regular physical activity, a brain-nurturing diet, mental gymnastics, quality zzz's, and a vibrant social life can armor-plate your brain against cognitive decline.

Two dementia myths debunked

Myth 1: Dementia is a normal part of aging. Reality check: While it's true that our brains may slow down with age, dementia

isn't something you should just brush off as "senior moments". It's a progressive condition that affects memory, thinking and

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Health fairs happening this month

Alaska Health Fair, Inc.

Here is a schedule of upcoming Alaska Health Fair, Inc. events, featuring comprehensive blood screenings. Prices start at \$20. For more information or to schedule an appointment, visit www.alaskahealthfair.org. Or simply walk-in at any event.

April 6, Anchorage
Alaska Health Fair Office, 720 W 58th Ave, Unit J, 8 a.m. to noon.

April 6, Salcha
Community Health Fair, Salcha Elementary School, 9 a.m. to noon.

April 6, Willow
Community Health Fair, Willow Community Center, 8 a.m. to noon

April 9, Fairbanks
Alaska Health Fair Office, 725 26th Ave., Suite 201, 8 a.m. to 1 p.m.

April 13, Seward
Community Health Fair, AVTEC Gym 519 4th Ave, 8 a.m. to noon.

April 13, Two Rivers
Community Health Fair, Two Rivers/Pleasant Valley Volunteer Fire Dept., 410 Kauffman St., 9 a.m. to noon.

April 13, Wasilla
Wasilla Area Seniors Ctr (WASI), 1304 S Century Circle, 8 a.m. to noon.

April 19, Healy
Community Health Fair, Tri-Valley School, 400 Suntrana Rd., 8 a.m. to noon.

April 19, Soldotna
Community Health Fair, Peninsula Center Mall, 44332 Sterling Hwy., 9 a.m. to 1 p.m.

April 20, Soldotna
Community Health Fair, day two, Peninsula Center Mall, 9 a.m. to 12:30 p.m.

April 23, Fairbanks
Alaska Health Fair office, 725 26th Ave., Suite 201, 8 a.m. to 1 p.m.

April 24, Anchorage
Community Health Fair, Hope Resources, 570 W. 53rd Ave, 8 a.m. to noon.



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907-373-3632 / 1-855-355-3632

www.linksprc.org

Fairbanks North Star Borough

Fairbanks Senior Center - North Star Council on Aging
1424 Moore St., Fairbanks, AK 99701
907-452-2551

www.fairbanksseniorcenter.org

Bristol Bay Native Association

Aging & Disability Resource Center
1500 Kanakanak Rd., Dillingham, AK 99576
907-842-4139 / 1-844-842-1902

1-877-625-2372

The State of Alaska, Division of Senior and Disabilities Services, administers the ADRC grant in partnership with the 6 regional sites. For more on the ADRC grant program, contact an ADRC Program Manager at 907-465-4798 or 1-800-478-9996.





Study finds brain improvements from practicing yoga

Also: The broad appeal and benefits of music

By JOHN SCHIESZER

Medical Minutes

Music's healing properties: Don't worry be happy

Whether it's singing in a choir, playing the living room piano, joining in hymns at church, or just whistling along with the radio, a new poll finds that nearly all older adults report music brings them far more than just entertainment.

Three-quarters of people age 50 to 80 say music helps them relieve stress or relax and 65% say it helps their mental health or mood, according to a new poll on healthy aging from the University of Michigan. The survey showed that 60% report they get energized or motivated by music. Those are just a few of the health-related benefits cited by older adults who answered questions about listening to and making music of all kinds. Virtually all (98%) said they benefit in at least one health-related way from engaging with music. In addition, 41% reported music is very



important to them, with another 48% saying it's somewhat important.

"Music has the power to bring joy and meaning to life. It is woven into the very fabric of existence for all of humankind," said Dr. Joel Howell, professor of internal medicine at the U-M Medical School, Ann Arbor, Mich. Music also has tangible effects on a variety of health-related ailments. "We know that music is associated with positive effects on measures from blood pressure to depression," said Dr. Howell.

The researchers asked a national sample of adults age 50 to 80 about their

next page please

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Study

from page 8

experiences and feelings toward listening to and making music. Many older adults reported making music with other people at least occasionally, whether by singing or playing an instrument. In all, 8% said they have sung in a choir or other organized group at least a few times in the past year. About 8% of all older adults said they play an instrument with other people at least occasionally. Interestingly, 46% of older adults reported singing at least a few times a week, and 17% said they play a musical instrument at least a few times a year.

Most respondents reported listening to music, with 85% saying they listen to it at least a few times a week, and 80% saying they've watched musical performances on television or the internet at least a few times in the past year. Further, 41% of participants said they had attended live musical performances in

“That is what yoga is good for, to reduce stress, to improve brain health, subjective memory performance, reduce inflammation and improve neuroplasticity.” – Dr. Helen Lavretsky, UCLA psychiatrist.

person at least a few times in the past year. The poll report is based on findings from a nationally representative survey conducted at the University of Chicago and administered online and via phone in July and August 2023 among 2,657 adults age 50 to 80.

Those who said their physical health is fair or poor, and those who say they often feel isolated, were less likely to listen to music every day. Black older adults were more likely than others to have sung in a choir in the past year, and Black and Hispanic older adults were more likely to say that music is very important to them.

“While music doesn't come up often in older adults' visits with their usual care providers, perhaps it should,” said poll director Dr. Jeffrey Kullgren, associate professor of internal medicine at U-M.

“The power of music to connect us, improve mood and energy, or even ease pain, means it could be a powerful tool.”

Important hidden brain benefits from yoga

A new UCLA health study has found yoga may provide several benefits to cognition and memory for older women at risk of developing Alzheimer's disease. Yoga may help restore neural pathways, preventing brain matter decline and reversing aging. In a study published in the journal Translational Psychiatry, researchers examined the comparative effects of yoga and traditional memory enhancement training on slowing cognitive decline.

Women have about twice the risk of developing Alzheimer's disease compared to men due to several factors, including longer life expectancy, changes

in estrogen levels during menopause, and genetics. A group of more than 60 women ages 50 and older who had self-reported memory issues and cerebrovascular risk factors were recruited for the study. The women were divided evenly into two groups. The first group participated in weekly Kundalini yoga sessions for 12 weeks while the other group underwent weekly memory enhancement training during the same time period. Participants were also provided daily homework assignments.

Kundalini yoga is a method that focuses on meditation and breathwork more so than physical poses. Memory enhancement training developed by the UCLA Longevity Center includes a variety of exercises, such as using stories to remember items on a list or organizing items on a grocery list. The exercises are designed to help preserve or improve long-term memory.

Researchers assessed the women's cognition, subjective memory, de-

pression and anxiety after the first 12 weeks and again 12 weeks later to determine the stability of the improvements. Blood samples were taken to test for gene expression of aging markers and for molecules associated with inflammation, which are contributing factors to Alzheimer's disease. A handful of patients were also assessed with MRIs to study changes in brain matter.

Researchers found the yoga group participants saw several improvements not experienced by the memory enhancement training group. These included significant improvement in subjective memory complaints, prevention in brain matter declines, and increased connectivity in the hippocampus. This type of connectivity manages stress-related memories. The study also showed an improvement in the peripheral cytokines and gene expression of anti-inflammatory and anti-aging molecules.

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Free support for family caregivers

Senior Voice Staff

The Kenai Peninsula Family Caregiver Support Program will hold the following support group meetings in March:

April 2, Tyotkas Elder Center, open discussion, 1 to 2 p.m.

April 5, Soldotna Senior Center, open discussion, 1 to 2 p.m.

April 16, Kenai Senior Center, with presentation "Health Living for Your Brain and Body" by Cindy Harris from the Alzheimer's Association, 1 to 2 p.m.

April 18, Sterling Senior Center, open discussion, 1 to 2 p.m.

April 25, Nikiski Senior Center, open discussion, 1 to 2 p.m.

Support meetings allow you to share your experiences as a caregiver, or support someone who is a caregiver. If you are helping a family member or friend

by being a caregiver, learn what kind of help is available. There is no charge for these services and everyone is invited to attend. For more information or to offer suggestions on training topics, call Dani Kebschull at the Nikiski Senior Center, 907-776-7654 or email kpfcsp@nikiskiseniorcenter.org.

The **Homer** caregiver support group meets at the Homer Senior Center on the second and fourth Thursday of each month (April 11 and 25), from 2 to 3:30 p.m. Contact Pam Hooker for information, 907-299-7198.

Kodiak Senior Center hosts the caregiver support group on the third Thursday of each month (April 18) at 1 p.m. Call for information, 907-486-6181.

Around the state

Alzheimer's Resource of Alaska (ARA) organizes caregiver support meet-

ings around the state, including Anchorage, Eagle River, Fairbanks, Homer, Juneau/Southeast, Ketchikan, Kodiak, Mat-Su Valley, Seward, Sitka, Soldotna, Talkeetna, Willow. Call 1-800-478-1080 for details.

ARA also hosts a statewide call-in meeting on the first Saturday and third Wednesday of every month, 1 to 2 p.m. For information, call Gay Wellman, 907-822-5620 or 1-800-478-1080.

In Southeast Alaska, the Southeast Senior Services Senior and Caregiver Resource Center is available. Call Jennifer Garrison at 866-746-6177.

The national Alzheimer's Association operates a 24-hour help line for caregivers, staffed by specialists and Masters-level clinicians, at 800-272-3900.

Empowered responses: Dealing with condescending remarks

By **KAREN CASANOVAS**

For Senior Voice

Q: How do I handle rude, hurtful or condescending comments by family members or people who are part of my care team?

A: In our daily interactions, we occasionally encounter individuals who seem to thrive on making demeaning and condescending remarks. These remarks can be hurtful, frustrating, and overwhelming, leaving us searching for ways to respond and maintain our dignity. Let us explore some strategies and empowering approaches to handle condescending remarks and regain control over such situations.

Stay calm and composed. It is essential to remain calm and composed when confronted with condescending remarks. Take a

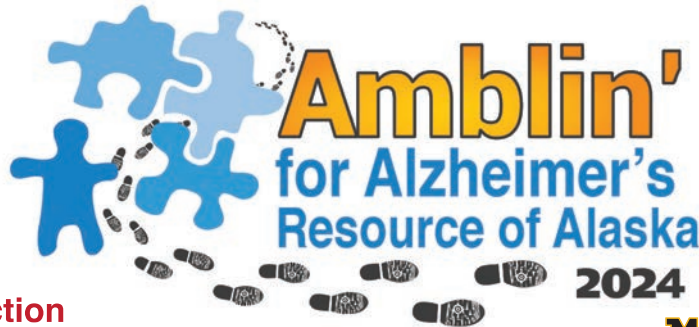


deep breath and resist the urge to react impulsively. Maintaining your own emotional balance will help to keep the conversation on a more respectful and constructive path. Allow time to hear all their comments to obtain full clarity. Do not get defensive. Even if you are disturbed by what you have heard, remain unflappable. Despite our best efforts, sometimes exchanges get heated.

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Alzheimer's

continued from page 2

faced by those living with Alzheimer's and their caregivers in Alaska and nationwide.

The report paints a stark picture: 6.9 million seniors in the U.S. are living with Alzheimer's, with 8,400 in Alaska alone. The financial burden is staggering, projected to reach \$360 billion this year nationwide. Yet, perhaps even more concerning are the invisible costs borne by family caregivers, who provided 39 million hours of unpaid care just in Alaska.

But beyond the financial strain lies a deeper toll on caregivers' well-being. The report reveals that caregivers of individuals with dementia are more likely to suffer from chronic conditions like heart disease and diabetes. In Alaska, over half of the 25,000 family caregivers reported at least one chronic condition and nearly 28% reported depression. Moreover, a staggering 74% of caregivers across the nation expressed concerns about maintaining their own health.

The emotional and physical toll of caregiving cannot be overstated. Dementia caregivers nationwide report high levels of stress, with concerns ranging from the financial burden to the practical challenges of coordinating care and securing appointments. Yet, despite these

challenges, many caregivers feel left to navigate the complex healthcare system alone. Only half have sought help from healthcare professionals.

Crucially, the report highlights the overwhelming demand for navigation services among caregivers. From 24/7 helplines to assistance with coordinating care, the need is clear. Yet, alarmingly, many healthcare organizations lack clearly defined processes for dementia care coordination. In 2021, there were only eight geriatricians in the state of Alaska, a number that needs to increase 287% to meet the workforce and healthcare demands by 2050.

As Elizabeth Bolling, Alzheimer's Association Public Policy Manager, aptly puts it, "Alaskans would benefit from dementia care navigation programs, offering support tailored to both the patients and the caregivers' needs." It's time to take action and support Alaskans facing Alzheimer's. By coming together, we can empower and support caregivers, alleviate their burden, and ultimately improve the quality of life for individuals living with Alzheimer's and their families.

Learn more about the 2024 Facts & Figures report at <https://alz.org/facts>.

Amie Northagen is the marketing communications manager for Alzheimer's Association, Alaska and Washington state chapters.

Reevaluating Alzheimer's treatments

By DR. EMILY KANE

For Senior Voice

Alzheimer's disease is the most common neurodegenerative disorder, which presents with impaired cognition, and diminished quality of life for the patient but ultimately even more so for the caregivers. Prominent Alzheimer's researcher Alexandra Oxford writes in the Journal of Alzheimer's Disease:

"For the last 25 years, clinical trials involving Alzheimer's disease have centered on beta-amyloid (Aβ) and the Aβ hypothesis of Alzheimer's progression and pathology. According



to this hypothesis, the progression of Alzheimer's disease begins following an accumulation of Aβ peptide, leading to eventual synapse loss and neuronal cell death: the true overriding pathological feature of Alzheimer's dis-

ease. Clinical trials arising from the Aβ hypothesis target causal steps in the pathway in order to reduce the formation of Aβ or enhance clearance, and though agents have been successful in this aim, they remain unsuccessful in rescuing cognitive function or slowing cognitive decline. As such, further use of resources in the development of treatment options for Alzheimer's disease that target Aβ, its precursors, or its products should be reevaluated."

The cost of dementia care is unsustainable.

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Code 99483

continued from page 2

valuable support networks and services tailored to their needs. Functional assessments of the patient's decision-making capacity and abilities complement this comprehensive approach, ensuring that care can evolve as situations change. For individuals living with Alzheimer's dis-

ease and their caregivers, access to these services is not merely beneficial—it's imperative. As such, we urge the State of Alaska to take proactive steps in extending Medicaid coverage to include code 99483 for medical professionals. By doing so, we can reaffirm our commitment to delivering compassionate, person-centered care to those affected by cognitive impairment.

Together, we can trans-

form lives and foster a community where individuals with cognitive impairment receive the comprehensive support they deserve.

If you need help or resources for Alzheimer's and dementia, visit us online at www.alz.org/alaska.

Amie Northagen is the marketing communications manager for Alzheimer's Association Alaska and Washington state chapters.



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Spring cleaning for wildfire safety

By **CHRISTIAN M. HARTLEY**

For Senior Voice

As the weather warms up and the days grow longer, it's the perfect time to tackle some spring cleaning around your home. This yearly tradition is not just about tidying up; it's also a good way to prepare for the upcoming wildfire season. By taking a few simple steps, you can help reduce the risks you face.

First, let's start with the exterior of your home. Take a walk around your property, looking for any dead or dry vegetation such as leaves, twigs and branches. These can easily catch fire and spread flames to your home, so it's important to remove them regularly. Use a rake or leaf blower to gather the debris and dispose of it properly. If you have a lawn, make sure to keep the grass trimmed to a height of no more than four inches. If you can't do the work yourself, find a neighbor or work hand



to help with this. Not all wood waste needs to be burned in a pile or a burn barrel—many agencies can chip up the wood if it is delivered to them.

Next, take a look at the trees and shrubs around your home. Trim any branches that are hanging over your roof or touching your walls, as these can act as a pathway for flames to reach your home. If you have any dead or dying trees on your property, consider having them removed by a professional. In my experience, a dangerous tree can cost between \$100 to \$300, depending on the rigging the company has to use to

safely fall it. You should also create a defensible space around your home by removing any flammable vegetation within 30 feet of your house.

That does not mean you need to remove all vegetation around your home. There are many plants, including some native to Alaska, that are naturally fire-resistant. Contact a local forester or greenhouse for suggestions, tips and suggestions on a landscaping plan.

Now, let's move on to the interior of your home. One of the most important things you can do to prepare for wildfire season is to make sure your smoke alarms are in good working order. Test them monthly and replace the batteries as needed. Even better, switch them out for alarms that have a built-in 10-year battery so you never have to remember to change the battery or deal with that annoying chirp that you can never locate.

Having a fire extin-



One of the most important things you can do to prepare for wildfire season is to make sure your smoke alarms are in good working order. Test them monthly and replace the batteries as needed.

© Nikkytok | Dreamstime.com

guisher on hand and knowing how to use it properly are also very good ideas.

Another important step is to declutter your home. Over time, it's easy to accumulate a lot of stuff, but too much can be a fire hazard. Take some time to go through your belongings and get rid of anything you no longer need or use. Not only will this help reduce the risk of fire, but it will also make your home feel more spacious and organized. You can sell it, donate it, or dispose of it, depending on what it is.

Finally, make sure you have an emergency plan in place in case of a wildfire. Know your evacuation routes and have a designated meeting place for your family. Put together an emergency kit with essential items such

as water, non-perishable food, a flashlight, and a first aid kit. It's also a good idea to have important documents, such as your insurance policies and medical records, stored in a fire-proof safe or digital backup.

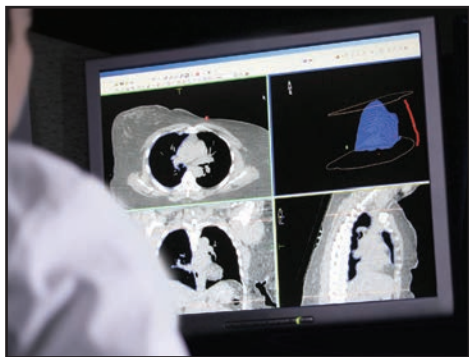
Turn "spring cleaning" into a life-saving time. Prevention is key when it comes to wildfire safety. By taking action now, you can enjoy peace of mind throughout the wildfire season and beyond.

Christian M. Hartley is a 40-year Alaska resident with over 25 years of public safety and public service experience. He is the City of Houston Fire Chief and also serves on many local and state workgroups, boards and commissions related to safety. He lives in Big Lake with his wife of 19 years and their three teenage sons.

Lung Cancer

continued from page 5

years ago were in the clear. But new studies have shown that expanding screening eligibility saves lives, even among people who quit smoking years earlier.



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Early detection saves lives

Lung cancer is the deadliest cancer in the United States. According to the American Cancer Society, an estimated 234,580 new cases are expected to be diagnosed in 2024, and about 125,070 Americans will die from the disease.

While lung cancer can occur in anyone at any age, cigarette smoking is the top risk factor and is linked to about 80 to 90 percent of lung cancer deaths, and most people diagnosed with the disease are age 65 or older.

What makes lung cancer especially tricky is that it's often symptomless until it's at an advanced stage, when it's harder to treat. Early detection can lead to a 20 to 25 percent

improvement in survival rates, resulting in fewer deaths from lung cancer.

But a 2022 report from the American Lung Association found that only 5.8 percent of people eligible for lung cancer screening in the U.S. get screened, and the screening rate is as low as 1 percent in some states.

Screening and coverage

If you fall into the population eligible for a lung cancer screening, start by speaking with your doctor, even if it's been a long time since you smoked.

Medicare Part B will cover lung cancer screenings with a low-dose CT scan once a year for people ages 50 to 77 who are current smokers or quit in the last 15 years and have a 20-pack-

year history. Patients must have an order from their doctor or health care provider and should not have symptoms of lung cancer.

A low-dose CT scan is a noninvasive test where you lie down and hold your breath while

being moved through a doughnut-shaped X-ray machine. The scan takes several X-ray images of the lungs and can help to identify possible abnormalities in the lung tissue.

There are some potential risks with this screening, including the possibility of false positives, which can lead to more scans or invasive procedures. According to the American Lung Association, about 12 to 14 percent of lung cancer screening scans will have a false positive, which is about the same rate as with mammograms.

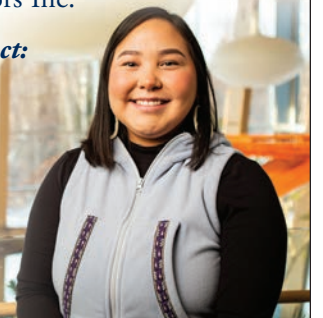
Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



The Retired and Senior Volunteer Program at APIA has partnered with several non-profits to meet community needs by encouraging and supporting volunteerism for people ages 55 years and older in the Anchorage and Mat-Su region. We are currently looking for elders to volunteer at the following sites (but not limited to): Alaska Regional Hospital, Alaska Veterans and Pioneer Home, Alaska Veterans Museum, Anchorage Loussac Library, Anchorage Senior Activity Center, Catholic Social Services, Downtown Hope Center, Mat-Su Regional Medical Center, Prestige Care and Rehabilitation Center, Primrose Retirement Communities, Wasilla Area Seniors Inc.

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Use this guide for a successful garage sale



© Bert Folsom | Dreamstime.com

By KIMBERLY BLAKER

Are your garage, basement and closets overflowing from the heaps of stuff you've been saving 'just in case'? If so, it may be time to put those languishing piles to good use—in someone else's home. Rummage sales are a great way to clear out, recycle, and make some extra cash. Follow these suggestions for a successful sale and a clutter-free home.

The storefront

A garage is usually the best place to hold a sale offering shelter and requiring little daily set up and tear down. If your garage is hard to access, hidden from view, or contains valuables that can't be easily hidden, use a covered porch, patio or your yard. Be sure to have plenty of tarps available to protect your goods from rain and for covering at the end of the day.

All in the timing

Plan your sale when temperatures are comfortable outdoors. Typically, the best days to hold sales are Thursdays thru Sundays, with Fridays and Saturdays bringing the most traffic. Mornings bring the most significant flow of shoppers, and the earlier you're ready, the better. If you open by 7:30 or 8 a.m., rummagers will flock.

Displaying your wares

Don't heap your merchandise on tables or leave it in boxes to be ransacked. While some don't mind digging through messy stacks, most people won't bother.

Hang as much clothing as possible. Use a laundry pole or portable closet, or install two support brack-

ets and a closet rod. You can also support a ladder between two stepladders. If you only have a few clothing items, a clothesline will do.

Plenty of table space is also a must. Borrow folding tables, and if you run out, make a table by resting a sheet of plywood over sawhorses, or prop spare planks of wood between chairs. Keep all but big items off the floor for better visibility.

Neatly fold and stack clothing that can't be hung on tables, and label stacks according to size. Organize good toys and complete sets where parents and grandparents will easily spot them. Set up a 'guys' table with hand tools, gadgets, electronics and home repair items. Then place small articles such as jewelry in divider containers or egg cartons, so they're easy to view.

One exception to the disorderly rule is for small toys. Stick all these little goodies in boxes on the ground where young children can dig for treasures to take home. Label boxes according to the price per item or allow kids to choose one as a prize.

Finally, make sure batteries and electricity are available so you can show shoppers that items are in working condition.

Next to new sells

Appearance plays a big role in the sale of used goods and how much they can bring. Wash and dry all clothing and linens, then fold or hang immediately to prevent wrinkles. Wash dust, dirt and grime from toys, tools and household items. Also, repair broken merchandise when feasible.

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Volunteer

continued from page 3

older adults and those living below the poverty line.

National Volunteer Week began in Canada in 1943 to help recognize the contributions of women during World War II. In the United States, National Volunteer Week started in 1974 and President George H. W. Bush in 1991 expanded national volunteer week to the entire month of April. It is now estimated that more than 60 million adults in the U.S. report performing some sort of volunteer work.

“Volunteerism plays a vital role in Alaska, including in the long-term care sector. Alaska has a strong culture of neighbors helping neighbors and stepping up to meet community needs,” said Alvin J. Ancheta, Alaska’s Deputy Long Term Care Ombudsman and Volunteer Coordinator in Anchorage. “For our program, we are fortunate to have dedicated volunteers not only in the Municipality of Anchorage, Chugiak and Eagle River area, but also throughout the state, including the Kenai Peninsula, Fairbanks, Bethel, and southeast Alaska in Juneau.”

He said all these volunteers are essential in expanding the state’s capacity to visit facilities, engage with residents, and advocate on their behalf across a large and geographically diverse state. “Their compassion and commitment make a real difference in the lives of long-term care residents in their communities,” said Ancheta.

In many rural areas, fire and ambulance departments are made up of a cadre of volunteers. Volunteering for a suicide hotline can be life-changing after listening to someone desperate and alone. Working at soup kitchens and delivering meals can also be highly rewarding for volunteers.

“For older adults considering volunteering, I would encourage them to find opportunities that align with their interests, utilize their unique skills and experiences, and allow them to positively impact others,” said Ancheta.



AARP Alaska volunteers Lesley Thompson, Carol Anthony and Ed Zastro pose with state director Teresa Holt during a legislative advocacy visit in Juneau earlier this session.

Courtesy AARP Alaska



Aria Moore, Juneau Senior Center Site Manager.

Courtesy Aria Moore

“Volunteering with the long-term care ombudsman program, for example, is a wonderful way for seniors to form meaningful connections with elders in their community, while ensuring their voices are heard and rights are upheld.”

He said that whatever form it takes, volunteering can enrich your life with purpose, social engagement, and the knowledge that you are making a difference. When it comes to volunteering, he said first decide your interests and investigate opportunities that align with your passions. It might involve wildlife, history, recreation, education or cultural preservation.

It is hoped during April that a spotlight can be shined on those who have already taken the time out of their day to help others in a multitude of different ways.

“It also shines a light on those areas still needing coverage and encourages those who have not taken the official step into doing so. It is a calling as well as a celebration,” said Aria

Moore, who is with Catholic Community Service and the site manager for the Juneau Senior Center.

She said it is extremely difficult to find time to get all the volunteers together for a thank you party. “I have tried to find a time that would work for a majority, but we still have quite a few who are still working and come to deliver the meals on their lunch break,” Moore said. “I would throw a party

every week to celebrate my volunteers if I could. They deserve every amount of praise.”

The local Meals on Wheels program would be impossible without volunteers, Moore said. It delivers to up to 120 home clients, many of whom are unable to cook for themselves. “We have had some terrible weather this past month and I’ve done quite a lot of filling in to try to get out as many meals as possible.

I was reminded how much of (the volunteers’) work is necessary to our daily tasks,” said Moore. “They are the eyes and ears in regard to our clients.”

Ancheta said National Volunteer Week is an important opportunity to recognize the invaluable contributions that volunteers make in advocating for the rights, dignity and wellbeing of long-term care residents.

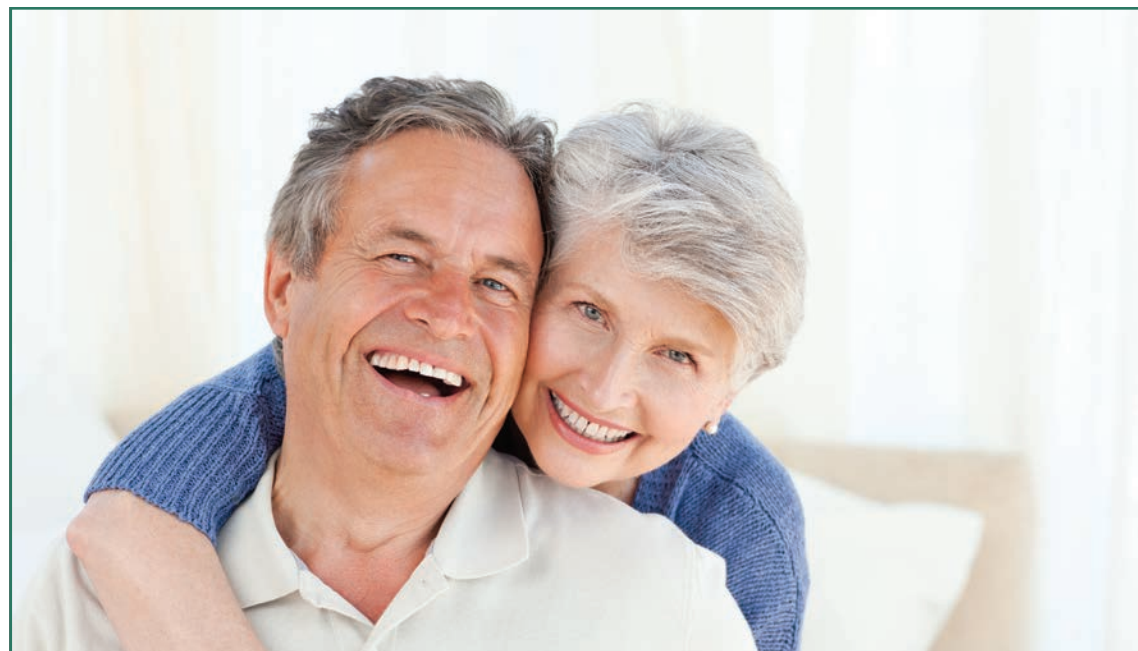
“Our program deeply appreciates our dedicated volunteer ombudsmen. While we don’t typically hold a specific event for the week, we make an effort to express our heartfelt thanks to them through personalized cards and acknowledgments,” said Ancheta.

Rewarding opportunities

Moore said that when you get out and serve, it is a hugely rewarding opportunity. It gives the volunteer an insight into places around town that they wouldn’t normally see.

“I am able to meet the most wonderful people, who I wouldn’t have met unless working this job. I get to hear stories I would

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Alaska, chickens and their \$35 dinner

By **MARALEY MCMICHAEL**

Senior Voice Correspondent

Back in the spring of 1992, my husband Gary and I decided we wanted to raise homegrown chickens to eat, something we'd done twice before. But this time he also wanted some egg layers, so in addition to the 25 Cornish Cross for eating, he purchased four Rhode Island Red and two Barred Plymouth Rock for egg laying.

The Cornish Cross grew fast and two and a half months later were all in the freezer. The remaining chickens were happier with a less crowded coop, but of those intended for laying, four turned out to be roosters.

Our two kids, 16-year-old Patrick and 14-year-old Erin, were part of the whole process and when mid-August rolled around, they decided to each enter a pair of chickens in the Alaska State Fair. After much discussion it was decided



Free ranging Rhode Island Red hen and rooster April 30, 1993.

Photos courtesy Maraley McMichael

that Patrick would enter the Rhode Island Red pair and Erin the Barred Rock.

After giving baths to all four (which they really didn't need), we loaded them in boxes in the back of our Dodge Caravan. At the fairgrounds they had to go through a vet check. They hadn't been handled much all summer and were very nervous. In the poultry building, each pair shared a cage. In hindsight, we decided it was not a fun experience for them to be

on display for 10 days in a crowded, noisy building, while being gawked at by a daily stream of people.

The kids were excited that both roosters won ribbons—the Rhode Island Red a blue first place and the Barred Rock a red second place. The fair ended and we brought them home. In the driveway, as soon as we released them from their boxes, the two roosters started to fight

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Rambles

News from the Grapevine

The Anchorage Senior Citizens Advisory Commission will accept **nominations** for the annual **Ron Hammett Award** for community service through April 10. For nomination forms and award criteria, call Judy Atkins at 907-343-6590 or email her, Judith.atkins@anchorageak.gov. The award will be presented during the Older Americans Month kickoff event May 1 at the Anchorage Senior Activity Center ... April 27 is **National Drug Takeback Day**, when the Drug Enforcement Agency (DEA) provides locations to drop off expired, unused, leftover medications. These can be pills, syrups, creams, inhalers—anything medical. Hours are 10 a.m. to 2 p.m. To find a dropoff location near you, visit www.dea.gov/takebackday and enter your ZIP code on their "Collection Site Locator" ... A belated congratulations to **Anchorage Senior Activity Center** volunteer coordinator **Ashlyn Dye** who in February was crowned **Fur Rondy Princess** for 2024 ... **Kodiak Senior Center** notes in their April newsletter that they get lots of requests to have a book club. They are inviting members to submit their ideas and suggestions, including book titles, at a "**Book Club Chat**" meeting April 23, at 1 p.m. Need to know more? Call 907-486-6181 ... Also in **Kodiak**, the **senior center** is bringing back trivia on the second Wednesday each month (April 10 is the next one), at 12:30 p.m. Have lunch with friends, test your knowledge and perhaps win a free lunch ticket ... Grab your boots, shoes, walkers, wheels and friends for the **55th Annual Walk and Roll**

page 16 please



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Details and registration at aarp.org/ak



Scan the QR code for more information and to register for each event!





Rambles

News from the Grapevine

continued from page 15

For Hope, May 4 in Anchorage. The annual event is a fundraiser for **Hope Community Resources**, which provides services and supports throughout Alaska for people who experience intellectual and developmental disabilities, mental health challenges and complex medical conditions. The Walk starts on the Delaney Park Strip, registration at 10 a.m. and walking at 11 a.m. This year's theme is "May the 4th Be With You," with Star Wars costumes encouraged. Register and sign up for sponsorships online at www.hopealaska.org. Or call 907-561-5335 or 1-800-478-0078 ... Here's one more reminder that **Senior Recognition Day in Fairbanks** is May 9, with awards and luncheon at the **Carlson Center** like in years past. But this year it will be followed on a second day, May 10, by the "Art and Science of Aging" 50+ summit, with a health fair, resource fair, exhibitions and demonstrations from different agencies, many vendors and informational presentations, all free. Presented by the **Fairbanks North Star Borough and Foundation Health Partners**. For information, call 907-459-1070 ... How's your driving? How's your car? If you're not sure, it's a good time for a **CarFit** session. Operated by the **Center for Safe Alaskans**, CarFit matches senior drivers with trained technicians who will inspect and adjust the car settings to maximize comfort and safety. The next session is April 23 at the Anchorage Senior Activity Center, 10 a.m. to 2 p.m., with more dates and locations to come this spring and summer. Call Evy at 907-929-3939 for information.

Rambles is compiled from senior center newsletters, websites and reader tips from around the state. Email your Rambles items to editor@seniorvoicealaska.com

Chickens

continued from page 15

with the two Rhode Island Red roosters left at home. It was immediate, surprising chaos and probably would have been a fight to the death, except Gary intervened and lopped off the heads of two Rhode Island Red roosters and one Barred Rock. Erin wasn't happy about that, even after he explained that there is usually only room for one rooster in a flock. Winning a second place ribbon certainly didn't save his neck. The Barred Rock hen disappeared a week later.

So it happened that we had only one cock and hen



Patrick McMichael brought the hen and rooster into the garage during -40 degree wind chill factor weather, January 1993.



Rhode Island Red rooster and hen making their early spring rounds in March 1993.

Photos courtesy Maralee McMichael

left of the six "layers" to winter over. And it was an extra hard winter. The first snow in October "stuck" and we were still getting snow the next May. Gary installed a single light bulb in the shed part of the coop, put a heater under the water container, and built four snug boxes lined with hay. The hen laid an egg about every other day, but even with frequent checking, we often found the egg frozen and cracked. She stopped laying in March for about a month. The rooster quit crowing sometime during the winter. I guess he had nothing to crow about.

When they weren't huddled in their boxes or eating and drinking, they would perch on the fence or roost in the nearby willow tree. Many a moonlit evening and night we could see their silhouettes on the fence or in the tree, when we thought they should be in their boxes more protected from the cold.

As the temperatures got warmer in the spring, they easily escaped the coop and started exploring long before the snow had completely melted. In April I could stand at the kitchen window and see them, always together, heading off down over the hill and then a short while later, look out the bedroom window on the other side of the house and see them in the front yard heading somewhere else, while continually pecking and scratching the ground. Life was even better with the emergence of a few blades of green grass from the brown ground. The rooster started crowing again, all hours of the day.

The rooster was a "stand-by-your-gal" type of guy. When the hen decided it was time to head to the nest box to lay her egg each day, he went

with her and stood guard nearby. As soon as that was accomplished, they were off again, together making their rounds.

In mid-May, when the snow was gone, but the landscape was still mostly grey and barren, Gary went (as usual) to a local plant nursery, where our friend Agnes worked. She helped him choose ten 2-foot-tall tomato plants at \$3 each and five cucumber starts at \$1 each. Once home, he promptly planted them in our greenhouse. A couple of hours later, he went to check on the starts and found 4 inch tall nubbins where the tomatoes should have been and absolutely no evidence of the cucumbers.

When he told this to me, I immediately thought of the chickens. I'd seen them coming out of the man door of the garage, but thought nothing of it at the time. They would have had to walk through the garage and another room to get to the door of the greenhouse.

Gary was upset, but couldn't begrudge the rooster and hen their gourmet meal after such a hard winter. (Although, the thought of turning them into a gourmet meal, did cross his mind.) He made a return trip to Bushes Bunches Greenhouse. When he requested a duplicate of the morning's order, Agnes looked at him strangely. He shook his head and he said, "Don't ask."

At the family dinner table that evening, he made the announcement, "If you go in or out of the greenhouse, never leave the door open!" and then told the kids about the chickens' \$35 dinner.

Maralee McMichael is a lifelong Alaskan currently residing in Palmer. Email her at maraleymcmichael@gmail.com.

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Art of the North Galleries photo by Oscar Avellanada-Cruz



Genealogy seminar in Anchorage, May 4

Senior Voice Staff

The Anchorage Genealogical Society will hold its annual Spring Seminar on May 4 at the Loussac Library Event Center, 9 a.m. to 4:30 p.m. The featured speakers will be Alison and Tom Taylor, owners of “Pictures and Stories” from Utah. Sessions will include how to tell the best stories of your life, making a family story cookbook,

organizing a family history, and advice on digitizing photos.

Organizers notes that the Taylors are in demand all over the country. Cost is \$55 per person; \$45 for Society members; \$30 for a half day, morning or afternoon.

For more information or to register, visit the AGS website at www.anchoragegenealogy.org.

Hardship assistance available in Juneau

Senior Voice Staff

Juneau residents age 65 and older are encouraged to apply for the 2024 Senior Citizen Hardship Tax Programs, offering assistance through the Senior Citizen Real Property Hardship Exemption and the Senior Citizen Sales Tax Hardship Rebate.

Both programs, which require annual applications, aim to alleviate financial burdens for qualifying seniors. Eligibility is based on the gross income level for the previous year, with applications now open for consideration.

Real Property Hardship Exemption

The Senior Citizen Real Property Hardship Exemption provides extra relief to households with incomes falling below 120% of the HUD median income for Juneau. Although the 2024 HUD data is pending, seniors are urged to apply based on the 2023 income levels. Applications for this exemption must be submitted by April 30, 2024.

For assistance or inquiries regarding the Senior Citizen Real Property Hardship Exemption, contact the Assessor’s Office at 907-586-5215 ext. 4906

or email assessor.office@juneau.gov.

Seniors who are applying for the Real Property Hardship Exemption for the first time should remember to file for the Senior Citizen Property Tax Exemption by March 31, 2024. For clarification or assistance with applications, reach out to the Assessor’s Office.

Sales Tax Hardship Rebate

Applicants with a valid Senior Sales Tax Exemption card may qualify for the Senior Citizen Sales Tax Hardship Rebate if their gross income falls below 250% of the current Federal Poverty Guidelines for Alaska.

The rebate amounts vary based on individual or married applicants.

Applications for this rebate must be submitted by June 30, 2024.

For inquiries or assistance regarding the Senior Citizen Sales Tax Hardship Rebate, contact the Sales Tax Office at 907-586-5215 ext. 4901 or email sales.tax.office@juneau.gov.

Application forms and further details can be found online at juneau.org/finance/sales-tax/senior-citizen-tax-benefits.

Calendar of Events

April 8-14 Juneau 49th Alaska Folk Festival at Centennial Hall. Live performers from around the state and beyond, workshops, dancing, songwriter showcases, live jam sessions, more. www.akfolkfest.org

April 13 Sterling Breakfast fundraiser at Sterling Senior Center, 8 to 11 a.m. Full spread of pancakes, waffles, biscuits and gravy, scrambled eggs, hash browns, bacon, sausage, ham, juices, more. \$15. Proceeds benefit senior center. 907-262-6808

April 15 Nationwide Tax day

April 16 Anchorage “Age Smart Let’s Talk” forum at Anchorage Senior Activity Center, 5:30 to 6:30 p.m. This month’s presenter is Lisa Sauder, Alzheimer’s Resource of Alaska executive director, who will give an update on new therapies, early screening, risk factors and resources in Alaska for Alzheimer’s. Refreshments provided, courtesy AARP Alaska. Free. 907-770-2000.

April 16 Valdez Valdez Senior Center, Inc. Board of Directors Annual Meeting, 1:30 to 3 p.m. Welcome the newly or re-elected board members. 907-835-5032

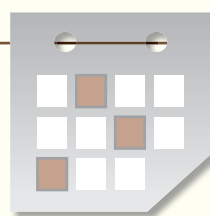
April 16 Kodiak National Healthcare Decision Day event at Kodiak Senior Center, 10 a.m. to 4 p.m. Presentations, informational booths, more. One-on-one services from Alaska Legal Services available from 10 a.m. to 12:30 p.m. Other participants include Kodiak Area Native Assoc. (KANA), Providence Elder House, Kodiak Hospice and Palliative Care

April 18 Statewide Alaska Commission on Aging teleconference on Alzheimer’s Disease and Related Dementias (ADRD), 10 a.m. to noon. Informational presentation, then attendees will break into discussion groups to talk about ADRD-related issues in their regions. Stay tuned to the Alaska Commission on Aging’s Facebook page for further announcements. Save this Zoom link to join the meeting: <https://us02web.zoom.us/j/89106091178>.

April 19 Anchorage Alaska Native Book Fair at Cook Inlet Region, Inc. Fireweed Business Center, 725 E. Fireweed Lane, 1st floor. Noon to 4 p.m. Meet authors, panel discussions, book signings and more. Free. 907-272-6192

April 23 Anchorage Health Fair at Anchorage Senior Activity Center, cohosted by Anchorage Dept. of Health, 10 a.m. to 4 p.m. Immunizations, screenings, resource assistance and vendors, more. 907-770-2000

April 29 Soldotna Soldotna Public Library Grand Re-Opening 10-year Anniversary Party, 3 to 5 p.m. Learn about the library throughout the years, enjoy games, scavenger hunt, book walk, balloon animals, live music, cake and more. 907-262-4227



Send us your calendar items

Send to: Senior Voice, 3340 Arctic Blvd., Suite 106, Anchorage AK 99503
editor@seniorvoicealaska.com
 Deadline for May edition is April 15.

101 Mobility

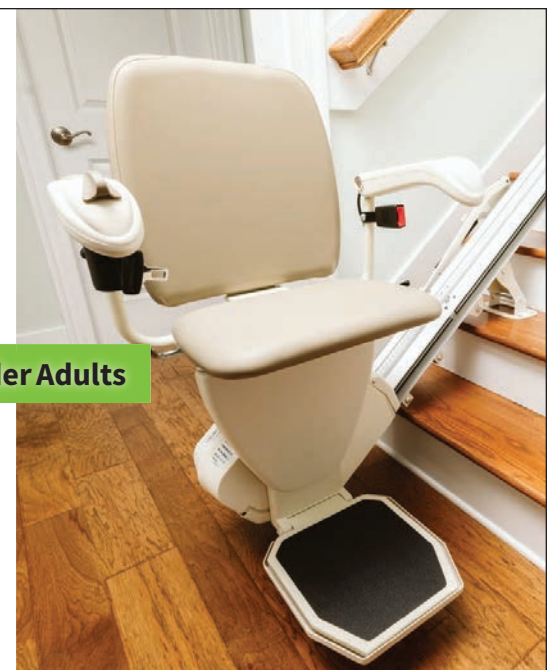
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Vices abound in Anchorage's early history

By LAUREL DOWNING BILL

Senior Voice Correspondent

The seeds of Alaska's biggest city were planted in April 1915 when the federal government authorized construction of a new railroad to connect Interior Alaska to tide-water in Seward and hundreds of hopeful workers made their way north to the construction camp on Ship Creek.

And although the government tried to keep a handle on illegal activities in its new railroad town, prostitution, gambling and bootlegging flourished. One didn't have to go far to find the vice of his choice in Anchorage, according to "Anchorage, A Pictorial History," by Claus M. Naske and Ludwig J. Rowinski.

"The licensed saloon at Knik, 30 miles from Anchorage, supplied much of the 'booze.' There were wide-open gambling games, and characters with nicknames such as 'Dago Jim,' 'Creampuff Bill,' and 'The Pale-Faced Kid' brought a certain professionalism to the games. "In shacks and tents southeast of the town, some 30 or 40 prostitutes 'entertained' the construction workers."

An eyewitness account of Anchorage's early days where vice ran rampant comes from Kenneth Gideon, author of "Wandering Boy," who visited the town late in 1915.

"The government had decreed that there was to be no liquor sold in Anchorage nor in a five-mile strip on either side of the railroad right of way. The effect was to make bootlegging a science in Anchorage. Liquor came in over the trail, on hand sleds and by dog team in the winter. In the summer, when navigation opened up, it might be found in five-gallon cans inside bales of hay. Cases of canned tomatoes would prove other than tomatoes."

Gideon also experienced firsthand what life was like on "The Line," located on land within the Chugach National Forest on the outskirts of town. Foresters often complained about having to issue camping permits to prostitutes.

"There was quite a gap between the main town and the block of houses where these women were, but a person could have found the place in a London fog. There must have been 15 or 20 phonographs going at once, old-time phonographs of the scratch and screech variety, and the evening air was shuddering under the impact of sound...."

The young man had heard of the "fancy joints" that housed women of the night, but the reality of the

Anchorage establishments did not meet his expectations.

"...I looked around. No rose petals. No silk curtains. The wallpaper didn't match, and the divan was an iron bedstead in the back room, with a patchwork quilt instead of a leopard skin. The bedstead had the paint knocked off in spots."

In an effort to combat increasing crime in the five-year-old railroad community, the newly formed Anchorage City Council officially established its police department in December 1920. After sifting through several applications, it appointed John "Jack" Sturgus as its first chief of police. The 60-year-old peace officer took office in January.

On Feb. 3, 1921, the Anchorage Daily Times reported that the council urged the chief to crack-down on gambling:



These four men appear to be playing cards with stacks of chips. The notice on the right reminds players that gambling for money is strictly forbidden.

University of Alaska Fairbanks George & Lilly Clark Collection

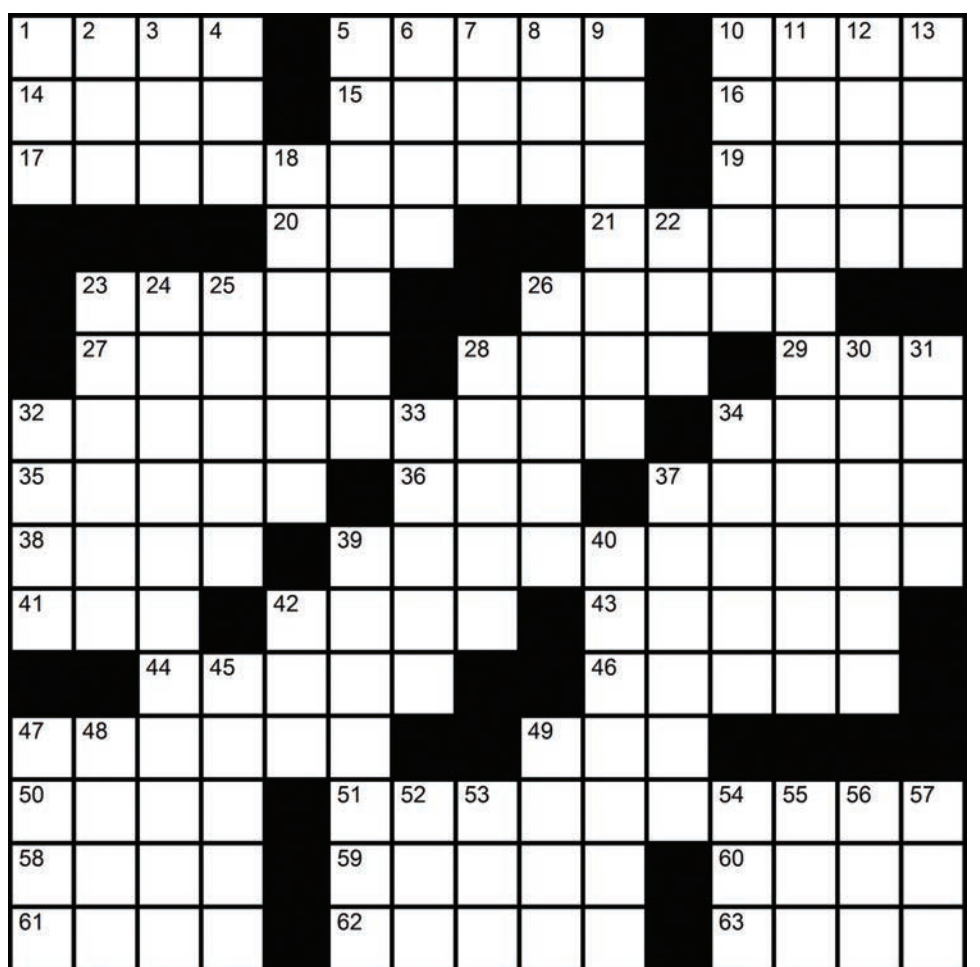
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Is That Hue?

Across

- 1 Affaire d'honneur
- 5 Like some bulls
- 10 Primary subtractive color for light
- 14 Major employer
- 15 Habituate
- 16 Blood pigment
- 17 Buffalo clover
- 19 "Summer and Smoke" heroine
- 20 "A Chorus Line" number
- 21 Garment worker
- 23 Backgammon piece
- 26 Pack animal
- 27 Door part
- 28 Use a straw
- 29 New Deal prog.
- 32 Osage, e.g.
- 34 Kind of mark
- 35 Couplets for oxen
- 36 Conger
- 37 UK's penny
- 38 Lean (on)
- 39 Scallion
- 41 "Fables in Slang" author
- 42 Coconut fiber
- 43 Skyward
- 44 Electron tube
- 46 Sticks in the mud
- 47 Ran out, as a subscription
- 49 ___ amis
- 50 Egyptian fertility goddess
- 51 Mr. Thorvaldsson's aka
- 58 Table d'hote
- 59 Cupid's boss
- 60 Dollar rival
- 61 Sit in the sun



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Down

- 1 Soupçon
- 2 WWW address
- 3 Outback runner
- 4 Caustic chemical
- 5 Trailblazer
- 6 Poet Sexton
- 7 Jeu de mots
- 8 "What ___ the odds?"
- 9 Leaves for dinner
- 10 Committee head
- 11 Town in the Northwest Territories
- 12 Magazine contents
- 13 Warm, so to speak
- 18 Cuban instruments
- 22 Deluge refuge
- 23 Chased away
- 24 Thrilled
- 25 In tune
- 26 Brass instrument
- 28 Look of contempt
- 30 Embroidery stitches
- 31 Former British protectorate
- 32 Hess who was a dame
- 33 Cliffside dwelling
- 34 Man of La Mancha
- 37 European language
- 39 Diana or Luna, e.g.
- 40 Convention identifier
- 42 College in Cedar Rapids
- 45 Matter of debate
- 47 Life's partner
- 48 Out of port
- 49 Kind of director, initially
- 52 Dirty dog
- 53 Actress Balin or Claire
- 54 Comics cry
- 55 Seek a seat
- 56 Previously, in poetry
- 57 Fawn's mother

Crossword answers on page 26



Diane Baker remembers TCM host Robert Osborne

By NICK THOMAS

Tinseltown Talks

The 15th Turner Classic Movies Film Festival is scheduled for April 18–21, in Hollywood. Canceled for a couple of years due to the pandemic, no one was more pleased to attend the festival when it resumed in person two years ago than actress Diane Baker, a popular guest at many of the past festivals.

“I love them!” said Baker from Los Angeles, who noted that the 2020 and 2021 events had been held virtually.

The five current TCM hosts—Ben Mankiewicz, Alicia Malone, Dave Karger, Eddie Muller and Jacqueline Stewart—will be on hand to introduce dozens of movies during the four-day event as the classic film community rallies around this year’s “Most Wanted: Crime and Justice in Film” festival theme (see <https://filmfestival.tcm.com>).

A prolific film and television actor, producer and college teacher, Baker remembers when the TCM cable channel came into existence 30 years ago this month and its first host.

“I was there the night of the announcement at the Writer’s Guild Theater in Los Angeles,” she recalled. “Roger Mayer (the late Columbia Pictures, MGM and Turner former executive) came on stage to announce

Turner Classic Movies was going to be launched and with no commercials, and that Robert Osborne (1932–2017) would be the new full-time host.”

During his subsequent two decades with the channel, Osborne became the beloved public face of TCM due to his genial on-screen nature, mellow comforting voice, and encyclopedic knowledge of the entertainment industry.

“I’d known Robert since I was 19 years old,” said Baker. “He studied journalism at the University of Washington but came to LA to try acting and lived in the neighborhood where I was growing up—Sherman Oaks.”

When attempting to secure her first Hollywood contract, Baker even read audition scenes with Osborne.

“I was offered a contract and he was not!” said Baker, who signed with Twentieth Century Fox and soon began filming her first feature, 1959’s emotionally charged “The Diary of Anne Frank.” Osborne, she says, accompanied her to the premiere.

Filmed almost entirely on a cramped stage setting to reproduce the confined attic where the Frank family hid for two years during the Nazi occupation of the Netherlands, Baker still vividly recalls her role as Anne’s sister, Margot, seven decades earlier.

“Mr. Stevens (direc-



Former TCM host Robert Osborne and Diane Baker at the 2010 TCM Classic Film Festival.

Provided by TCM, photo by Edward M. Pio Roda

tor) wanted us to be there most of the time even if we weren’t in the scene because it was claustrophobic and he wanted that feeling of being a family closed off,” she recalled. “He was very kind and gentle with us newcomers (and) used to give me little peppermint candies so I would be confident and less nervous

before a scene. I’ll never forget getting a beautiful box of yellow roses when the filming ended, from Mr. Stevens.”

She also recalls the last time she met with Osborne.

“We stayed friends until he passed away and I saw him in his apartment just two weeks before. He was in a wheelchair, and we

just talked and talked. I’ve always been involved with TCM and Robert was their rockstar.”

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

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Anchorage Opera (AO) receives operating support from the Atwood Foundation, the Richard L. and Diane M. Black Foundation, the Kumin Foundation, the Rasmussen Foundation, The Carr Foundation, The Aaron Copland Fund for Music, and the Municipality of Anchorage. AO is supported in part by grants from the Alaska State Council on the Arts, and the National Endowment for the Arts. Official Videographer is Talking Circle Media. Guest Artists' Sponsors are Alaska Airlines, EasyPark, and The Alaska Club. Anchorage Opera is a member of OPERA America.



Responses

continued from page 10

Respond with confidence. Responding to condescension with calming confidence can effectively disarm the person making the remark. Prepare for resistance when you respond. Instead of allowing their words to undermine your self-worth, however, respond assertively and confidently. This can help establish boundaries and demonstrates you will not tolerate disrespectful behavior.

Reframe the conversation. Rather than engaging with the condescension directly, try reframing the conversation in a way that addresses the underlying issue. Consider statements of truth even if the delivery was inappropriate. Respond with factual information, logical arguments, or examples of your expertise. Create open and healthy dialogue. Such a redirection can shift the focus away from the condescension and toward a more meaningful discussion.

Use humor. Humor can be a powerful tool when responding to condescension. A well-placed, witty remark can challenge the person's arrogance while diffusing tension. However, it is important to ensure that the humor is not offensive or aggressive, as that could escalate the situation further.

Seek clarification. Some-

times, condescending remarks may stem from a misunderstanding or ignorance on the part of the speaker. Instead of assuming ill intentions, gain full context and understanding of their remarks. Ask open-ended questions that encourage the person to explain their viewpoint further. Address their concerns one-by-one. This approach can promote a more constructive exchange of ideas. Do not take the other person's responses personally.

Take a break. In the face of condescending remarks, it can be tempting to engage in a heated back-and-forth, but pausing and taking a break can be a game-changer. When conversations morph into negativity and personal attacks, stepping away becomes necessary to regain perspective and diffuse tension. Being able to recognize when a conversation is spiraling downward is the first step toward finding resolution. If you observe signs of criticism, contempt, defensiveness, or stonewalling occurring, it is time to take a break. These negative behaviors only exacerbate the situation and hinder meaningful communication.

A pause offers an opportunity for both parties to calm down physically and emotionally. Physiologically, it takes about 20 minutes for the body to regulate stress levels. During this break, focus on deep breathing, grounding techniques, or engaging

in activities that help restore a sense of calm and clarity. This enables you to approach the conversation with a clearer mindset. By distancing yourself from the immediate conflict, you can reflect on fundamental issues and consider alternative viewpoints. This broader outlook allows you to approach the discussion with greater awareness and understanding when you reconvene.

It is important to set a specific time to resume the conversation. Avoid letting the break extend too long, as unresolved issues can fester and hinder progress. When it's time to reconnect, approach the discussion with a commitment to respectful communication. Set ground rules emphasizing active listening, understanding and empathy.

By taking a break, you empower yourself to navigate condescension more effectively and create an environment conducive to understanding and growth rather than engaging in a blame game or allowing condescension to reignite.

Set boundaries. In situations where condescension becomes repetitive or pervasive, it is crucial to set clear boundaries. While this is not always easy, politely assert that you prefer respectful communication and that condescending remarks are unacceptable. By establishing these boundaries, you demonstrate your self-respect and provide an opportunity for the person to reflect on their behavior.

Conclusion

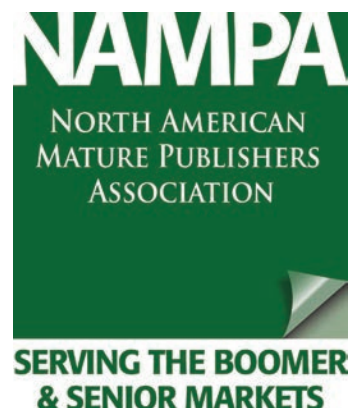
Responding to conde-

scending remarks can be challenging, but it is vital to maintain control over the situation and preserve our dignity. By staying calm, responding confidently, reframing the conversation, utilizing humor appropriately, seeking clarification, taking a break and setting boundaries, we can effectively address condescension and promote a more respectful exchange of ideas. Remember, it is not our responsibility to change others' behavior, but we can empower ourselves by responding assertively to create a more positive and corroborative atmosphere.

Karen Casanovas, PCC, CPCC, CLIPP is a health and wellness professional coach practicing in Anchorage. If you have questions write to her at info@karencasanovas.com.

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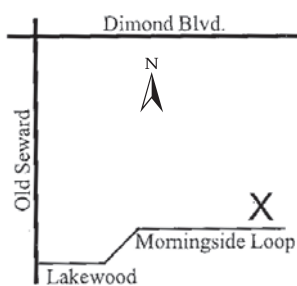


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Volunteer

continued from page 14

never hear about. I know many of the volunteers feel the same. They come back to me with such devotion and care when discussing their routes," said Moore. Countless clients have said the volunteer bringing them a meal is the only person they see in a day.

"That is an honor to be able to bring joy to someone," said Moore. "There are also other opportunities all over Juneau. If one volunteer position is out of your physical means or time, there are many other places you can join."

Teresa Holt is the state director of AARP Alaska and it has more than 100 volunteers across the state. "We do our volunteer appreciation by mail. Each year, we send our volunteers a gift and a thank you card. We also highlight volunteers in our newsletter each month. Every year we honor one amazing volunteer with the Andrus Award, named after our founder Ethel Percy Andrus, whose motto

was 'To serve, not to be served'," said Holt.

AARP volunteers are successful each year in advocating for issues important to seniors during the legislative session. Volunteers are the backbone for AARP events in local communities, such as hosting free movies for members at local theaters, AARP night at the baseball game, discounted golf league and much more. Upcoming events are listed at www.aarp.org/ak.

AARP Alaska has local community action teams in Anchorage, Mat-Su, Juneau, Ketchikan and Fairbanks that work to make changes in their community to make it more friendly for those age 50-plus.

"We have volunteers who advocate for changes in the Alaska legislature and with our members of Congress. We also have volunteers who help with our online events. There are so many places to volunteer in Alaska," said Holt. You can find volunteer opportunities in your local community at www.aarp.org/volunteer.

Riverview Senior Living introduces innovative Memory Care program

Riverview Senior Living

Riverview Senior Living is thrilled to announce the opening of its groundbreaking Memory Care Neighborhood on April 22, 2024. With a commitment to providing unparalleled care and support, Riverview invites individuals seeking memory care services to experience the unique 'Live Intentionally' approach, designed to foster meaningful engagement and enhance quality of life.

Riverview Senior Living understands the importance of creating a warm, inviting environment where residents can thrive. The Memory Care Neighborhood embodies this philosophy, offering a range of amenities and services tailored to meet the diverse needs of residents. From studio and one-bedroom assisted living apartments to private and semi-private memory care apartments, Riverview provides a variety of living options to suit individual preferences.

"We believe in empowering our residents to live life on their own terms,"



said Priscila Sellers, Regional Vice President of Sales and Marketing at Riverview Senior Living. "Our 'Live Intentionally' approach emphasizes the importance of purposeful pursuits and meaningful interactions, creating a supportive environment where residents can flourish."

In addition to comfortable living spaces, Riverview offers a host of amenities, including restaurant-style dining, optional private dining, a bistro, movie theater, activity room, library, laundry facilities, a beauty salon, massage room, and spa tub room. Residents can also enjoy outdoor spaces, including patios with access to Riverview's secured interior memory care courtyard.

To celebrate the opening of the Memory Care Neighborhood, Riverview invites interested individuals and

their families to book a tour of the community and enjoy a complimentary lunch prepared by our chef Roberto. As a special thank you to readers of Senior Voice.

Space in the Memory Care Neighborhood is limited, so interested parties are encouraged to reserve their preferred suite as soon as possible. For more information or to schedule a tour, please contact Alyssa Fernandez at 907-723-2282 or visit www.RiverviewSeniorLiving.com.

Riverview Senior Living is a premier senior living community committed to providing exceptional care and support to residents. With a range of Independent, assisted, or Memory Care neighborhoods, Riverview strives to create an environment where individuals can live their best lives.

Senior Voice

is on Facebook!

Search for "Senior Voice Alaska" then click on over!



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- Dillingham..... 842-1425 or (888) 391-1475
- Fairbanks..... 452-5181 or (800) 478-5401
- Juneau..... 586-6425 or (800) 789-6426
- Kenai..... 395-0352 or (855) 395-0352
- Ketchikan..... 225-6420 or (877) 525-6420
- Kotzebue..... 442-3500 or (800) 622-9797
- Nome..... 443-2230 or (888) 495-6663
- Palmer..... 746-4636 or (855) 996-4636

Additional information is available at: www.alsc-law.org

*Funded by State of Alaska Department of Health and Social Services, Division of Senior and Disabilities Services. Preference for seniors in social and economic need.



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Riverview Senior Living offers Independent, Assisted Living and Memory Care to the elders of the area. We offer a vibrant community with purposeful programming that allows passionate, playful, and intentional living for our residents.

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Please contact Allysa Fernandez at afernandez@northstarsl.com or 206-761-0809 for a complimentary lunch created by our own Chef Roberto Dominquez.



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It may be time for a legal spring cleaning

By **KENNETH KIRK**

For Senior Voice

Sometimes the near future is predictable, and sometimes it ain't.

I was planning to write another column about the filing requirements which would apply to nearly all small corporations and LLCs under the new Corporate Transparency Act. But then, about a week ago as I am writing this, a federal judge ruled that the CTA was unconstitutional. I could easily write a whole column on how that works, and what the likelihood is of it being overturned, but by the time you read about it that would probably be old news. On these politically charged cases, appeals can happen with lightning speed. I can't predict what the situation will be a few weeks from now when you read this issue.

So I will post about it on Facebook instead, since everybody promptly forgets what they read on social media anyway.



Yes, sometimes the future is hard to predict. On the other hand, some things are not hard to predict. When this issue comes out, around the end of March, we will most likely be on the edge of that wonderful Alaska season called breakup. It is the time when it is below freezing at night but above freezing during the day, when the accumulated dirt, litter and dog poop rises to the surface, and everything is gray and ugly. But it also means that spring is just around the corner.

And spring is, among other things, the time for spring cleaning. So how

You probably have at least a will, a power of attorney, and maybe an advance health care directive. You might possibly have a living trust as well. Take a look at those and see if they still do what you want.

about cleaning up your estate plan?

Periodically I use this column to remind people of the need for estate planning. I'm sure that a lot of people who read those columns think "Hah! Those irresponsible Bozos! I got my estate planning done years ago."

And that's fine, but like everything else you have, you occasionally need to make sure it is in working order. If your car has been sitting in the garage for a year, it might not do what you need it to do when you want to drive somewhere.

But what exactly is it you should be doing? What does spring cleaning mean in this context?

Start by looking over your documents. You probably have at least a will, a power of attorney, and maybe an advance health care directive. You might possibly have a living trust

as well. Take a look at those and see if they still do what you want.

The most critical thing to look at is who you have named to do things for you. On the will that would be the executor or personal representative, on other documents it will be the agent. If you did your will 20 years ago, there is a good chance that the people you listed are deceased, or too old, or perhaps you've lost touch. If your children were young and irresponsible then, but are more mature now, do you want to make them the agents?

On your will or living trust, also look at who you are leaving things to. For example if you left everything to your children only, back when they were young and you weren't really thinking about grandchildren yet, you might need consider whether, if a child dies and leaves children

of their own, you want something going to those grandchildren. Or perhaps you have left part of your estate to someone who is estranged from you, or has substance abuse problems, or has passed on.

Aside from looking at the documents, look at your assets. You might have designated death beneficiaries (or "PODs") on your accounts. If that is out of date, it can throw your whole estate plan out of whack. If you have a living trust, have you acquired assets which you did not put into the trust? For instance when you bought that cabin out in Big Lake, did you put it into the trust, or is just in your own name?

You may or may not need to go see the attorney and revise documents, but at least dust a few things off to start with.

Kenneth Kirk is an Anchorage estate planning lawyer. Nothing in this article should be taken as legal advice for a specific situation; for specific advice you should consult a professional who can take all the facts into account. You can clean up the back yard after that.

Networking for Anchorage, Mat-Su area providers

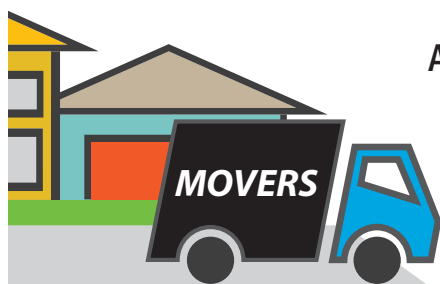
Interested in learning more about fellow businesses and agencies providing senior services in the Anchorage and Mat-Su area? Want to get the word out about your own service? The monthly Service Providers Breakfast, sponsored by Older Persons Action Group, Inc., is an opportunity for all the above. Informal, early and free, the event begins at 8

a.m., second Wednesday, at a different host location each month. Breakfast provided. The next date is April 10, hosted by Comfort Keepers.

Call Older Persons Action Group, Inc. at 907-276-1059 for location information and to RSVP for this event, or for more information on future events and to be added to our e-mail reminder list.

MOVING? Let us know!

Send your change of address information to Senior Voice, 3340 Arctic Blvd., Suite 106, Anchorage, AK 99503 Or call 276-1059 (Anchorage area) or 1-800-478-1059 (toll-free statewide)



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Videotape converter, air purifiers, and laptop advice

By **BOB DELAURENTIS**

Bob's Tech Talk

Q. I have a box of videotapes from the 80s and 90s that I would like to preserve on my computer. What do I need to make this happen?

A. This is easy to do once you have all the pieces you need.

The first piece is something to play the tape that has a video-out connector, such as a VCR or a camcorder.

The second piece is a computer with plenty of free disk space. Video takes up a given amount of space per hour depending on its format, info that can be found with a little research. Just ask Google how to calculate video file size. For example, 720p HD video will require about 1 to 4 GB of disk space per hour of video.

The third and final piece is most likely something you will need to purchase: A way to get the video from the playback device and into your computer. This piece is not going to be expensive, but it will take some research to figure out what works best with your devices.

The output of your playback device is almost certainly composite video in the form of RCA plugs colored red, white and yellow. Your computer probably has USB, either A or C. You will need a cable that will connect these two connectors together with a small dongle that does the video conversion. These dongles come with different connectors, so buy the one that matches your setup. These are plentiful on Amazon for less than \$20 dollars.

A couple of caveats. If your computer has an HDMI port, that will not work. Those are output only connections and cannot be used to convert video.

If you have a Mac, the built-in QuickTime Player can record video sources, so no extra software is needed, just the dongle. If you have a PC, you will probably need software as well, and your best option would be a kit that includes multiple connectors and the recording software.

Q. A recent forest fire near me has me consid-

ering the value of a home air purifier. What do you think?

A. I do not have any personal experience with commercial home air purifiers, due both to expense and my preference for the DIY route. It is possible to build an inexpensive Corsi-Rosenthal Box. The background story of this device, which was developed during the pandemic, can be found on this link: en.wikipedia.org/wiki/Corsi-Rosenthal_Box.

In addition, here is a link to assembly instructions (one of many alternatives): www.texairfilters.com/corsi-rosenthal-box-modular-mini-small-quiet-and-effective/.

I live in fire-ravaged California, and we have experienced days where the air quality looked like the end of the world was in sight. Before you spend many hundreds of dollars on a commercial purifier, consider getting an Indoor Air Quality (IAQ) meter, which will help you measure the success of whichever method you choose.

Commercial air quality meters can be very expensive, but if you look for devices that include only a sensor whose output can be viewed on a smartphone or computer, you will find several for under \$100.

Q. It is time to replace my old laptop. Of all the new models that are available, which one is a standout value?

A. Walmart.com is selling the MacBook Air for \$699. That is an extraordinary value for a laptop that is durable enough to last at least five years. Metal chassis, bright 13-inch display, lighted keyboard, and exceptional sound.

This level of technology cost thousands of dollars five years ago, and the M1 MacBook Air is faster than almost anything else



The do-it-yourself Corsi-Rosenthal Box can provide commercial-quality air purification for a fraction of the cost.

Festucarubra - Own work, CC BY-SA 4.0, commons.wikimedia.org

except for more expensive Apple laptop models and high-end Intel-based laptops that run Windows.

Although Apple apps are available on this laptop, it is fully capable of supporting everything you currently do online via familiar software. You can choose to use Google Chrome, Google Docs and Gmail for

example.

Mix and match services that you are already using alongside Apple's built-in apps, or ignore Apple's apps entirely and use what you prefer.

This MacBook Air is the

best of both worlds, in a slim relatively inexpensive package.

Bob has been writing about technology for over three decades. He can be contacted at techtalk@bobdel.com.

Wander the Web

Here are my picks for worthwhile browsing this month:

Apple Documentation

If you own any Apple device, bookmark this new URL. It leads to manuals and other support documents for every product they make, in one place.

support.apple.com/en-us/docs

American Literature Library

This site is a diamond mine of literary gems, everything from ancient fables and children's stories to classic novels.

americanliterature.com

The Constitution: That Delicate Balance

This series aired on PBS in the 1980s. It is only one small part of learner.org, a site packed with learning resources.

learner.org/series/the-constitution-that-delicate-balance

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- Give control to those you trust when you're not able
- Remain home without stress on the family, should the need for long term care arise
- Keep family business private

IN-PERSON WORKSHOPS:

There are no workshops scheduled for April.

Anchorage Senior Activity Center
1300 E. 19th Avenue, Anchorage
May 9, June 6, July 11 | 9:30-11:30 a.m.

Wasilla Senior Center
1301 South Century Circle, Wasilla
May 7, June 4, July 16 | 9:30-11:30 a.m.

Palmer Senior Center
1132 South Chugach Street, Palmer
May 14 | 9:30-11:30 a.m.

**Free initial consultation for those who attend the workshop.
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To reserve your space call or text **(907) 334-9200** or go to www.akwillstrusts.com

Unable to attend in person? Call to request the link to a recorded webinar.



Retired teachers take to the road

And you can tag along too

By **DIMITRA LAVRAKAS**

Senior Voice Travel Correspondent

When Road Scholar put out its recent call for retired teachers and their guests to take a tour of the Italian Riviera or Nova Scotia, the response lagged and both tours were thrown open to everyone.

Road Scholar estimates that more than a quarter of its participants are retired educators, which is more than any other career represented. This is likely because of Road Scholar's educational mission and focus on learning through its travel programs.

For teachers who sign onto the tours, Road Scholar believes the programs offer a unique opportunity to bond even more quickly with others who share a special passion for learning and education, an experience that only a teacher can understand.

Mei Mei Evans, 70, a now-retired former professor of English at Alaska Pacific University, agrees.

"I liked the people I met on tours and they felt compatible to me," she said. "I like that someone is going to feed me and local guides know the best places."

Evans also feels Road Scholar as a non-profit is a company worthy of support, and all its services come at a cost much less than for-profits.

"I think that for most

people there are so many things to consider when planning a trip and it is a rare person who finds that fun," she said. "Road Scholar's choices of lodging, meals and tours are quality."

Expert-led lectures and field trips to lodgings, gratuities and group transportation are all included. Most meals are covered, but occasionally a meal is not. Overall, Road Scholar handles all the details and costs during the programs, including those you might not anticipate making your travel worry-free. Scholarships and caregiver grants are available for those needing financial assistance.

The teacher tours were inspired by Road Scholar's extremely active and engaged Retired Teachers Travel Club Facebook group.

To the Riviera

In books and films the Italian Riviera has taken second place to the French, but Italy's offers a slower pace and small verdant villages that offer a break from the over-developed French Riviera.

From Aug. 25 to Sept. 4, you will tour by land and sea the Cinque Terre along the coast, translating as "five villages."

Consider you'll be walking up to four miles a day on sometimes uneven surfaces.

Can you decline to attend any of the activities like



Road Scholar's Italian Riviera package for retired teachers has been opened to the general public.

Alyssa Bichunsky/Road Scholar photo

long walks? Of course.

Discover how inhabitants carved vineyard terraces along the steep mountainside in the Cinque Terre and taste their wine. Walk scenic paths with breathtaking vistas of mountains that plunge into the Mediterranean Sea.

Visit "The Gulf of Poets" on the Ligurian coast, where Percy Bysshe Shelley drowned in 1822. Stretching from Lerici to Portovenere, the literary nickname pays tribute to English writers who lived there—Percy and Mary Shelley, Lord Byron,

D. H. Lawrence, George Sands, Henry Miller and Virginia Woolf.

Your guide will be Jane Bacon, an associate of the London Academy of Music and Dramatic Art. She edited theater books, popular history, novels, and travel books before moving to Italy. She now lives in the little-known corner of Tuscany called the Lunigiana.

A few of the recommended readings include: "Blue Guide Tuscany," by Alta Macadam; "The Enchanted April," by Elizabeth von Arnim; and, best of all, "Food Wine The Italian Riviera & Genoa," by David Downie.

Go to <https://www.road-scholar.org/find-an-adventure/14299/Cinque->

Terre-Carrara-and-Medieval-Hill-Towns/

Make to the Maritimes

The rocky coastline of Nova Scotia will be a familiar sight to Alaskans who take Road Scholar's tour, "The Best of Nova Scotia: Highlands, History and Halifax."

For 10 days, you'll explore the coastline of Nova Scotia, and see puffins and humpback whales—again!

Its history includes the struggle for dominance over Canada between the English and the French, which comes down through the years as a less-warlike offering of luscious local fare cooked with the bounty of the sea.

next page please



Two travelers taste ice cream cones on Road Scholar's "Explore the Cinque Terre" tour, where the Italian Riviera's colorful villages are carved above the Mediterranean Sea, and to learn about medieval life, Michelangelo and the history of nearby Lerici.

Alyssa Bichunsky/Road Scholar photo



Road Scholars swarm the area around Peggy's Cove Lighthouse in Halifax, Nova Scotia.

Road Scholar photo



Road

from page 24

There will be a visit to the French-speaking town Chéticamp, where they still hold to their Acadian roots, then to Les Trois Pignons, the town's cultural center and museum.

Nova Scotia is home to 42 reserves, the term the Canadian government uses

instead of the American "reservation," that are held by 13 First Nations, the indigenous people of the province.

Shelley Lonergan will guide your viewing of the area's wildlife, backed by her experience as the Chief Naturalist for Brier Island Whale and Seabird Cruises.

Suggested readings include: "Fodor's Nova Scotia & Atlantic Canada, With Nova Brunswick, Prince

Edward Island, and Newfoundland & Labrador"; "A Field Guide to North Atlantic Wildlife," by Noble S. Proctor, and illustrator Patrick J. Lynch; and "No Great Mischief," by Alistair MacLeod.

Go to <https://www.road-scholar.org/find-an-adventure/23038/The-Best-of-Nova-Scotia-Highlands-History-and-Halifax>.

Alaska Airlines offers new program

Will not replace Club 49

By **DIMITRA LAVRAKAS**

Whew! That was a close one—for now.

Alaska Airlines' new program, "Alaska Access," will not replace Alaskans' cherished Club 49 Alaskans-only free program for now. Club 49 includes two free checked bags, as well as for anyone else on the same ticket when traveling to and from Alaska; Travel Now 30 percent travel discount; and "Freight for Less" discounted cargo shipping within the state.

Alaska Access is touted to offer the benefit of less time finding member-only fares, early access to sales and a monthly Wi-Fi voucher to stay connected when in flight, for \$5 a month.

"We know time is valuable for our guests who are busy balancing a lot in their lives and we kept that in

mind when we developed Alaska Access," said Shane Jones, vice president of business development at Alaska Airlines. "Our new subscription service allows you to discover some of our best deals of the year right at your fingertips, in just minutes."

The program promises participants personal access to their desired routes with advanced alerts of the airline's biggest fare sales of the year. Subscribers are notified the night before a sale is announced to take advantage of the savings and seat selection. There is also a calendar view of the lowest fares tailored to your favorite destinations.

The small print:

"The Alaska Access subscription is for a minimum period of one year, with payments billed monthly.

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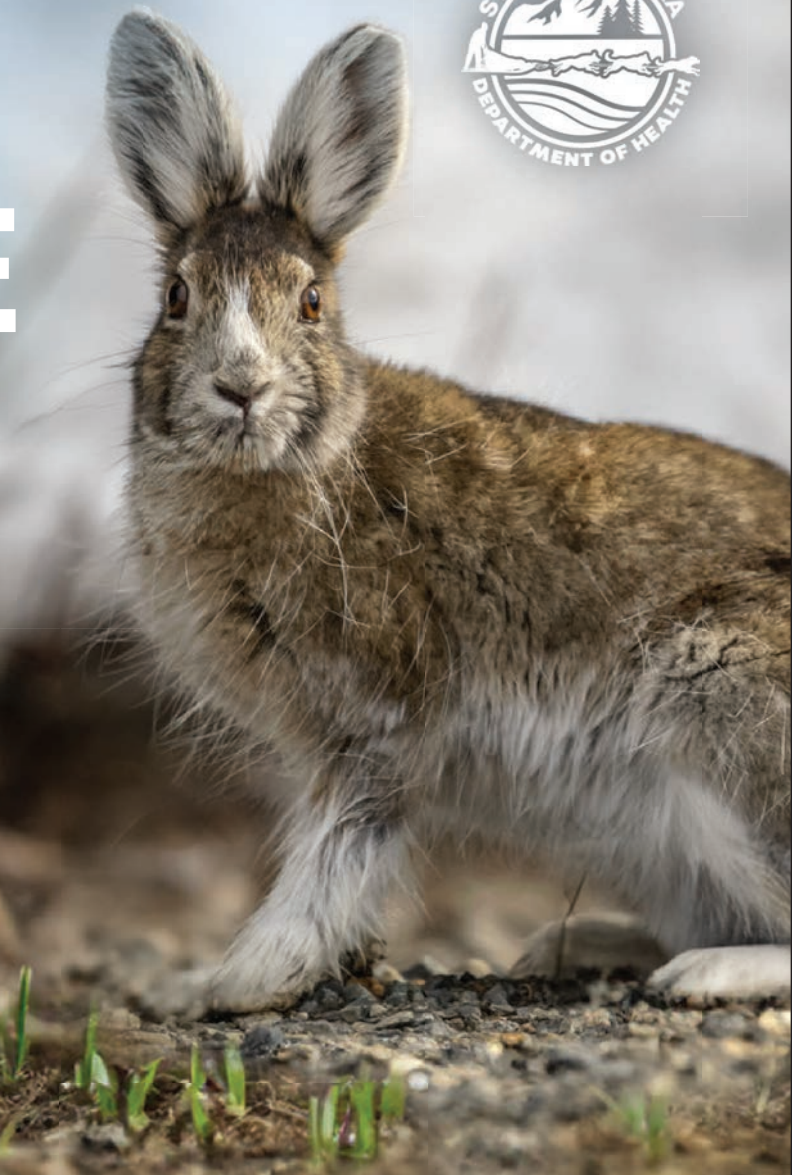
Tucked all along the Nova Scotia Coast are small fishing villages that will remind Alaskans of home.

Road Scholar photo

HAVE YOU HEARD THE NEWS?

SPRING UPDATE

An additional dose of COVID vaccine is recommended for adults 65+



To find find a COVID-19 vaccine, contact your health care provider or local pharmacy. For questions, call the Alaska Health Resource Helpline toll-free at 1-833-482-9546 or visit vaccinate.alaska.gov



Yoga

continued from page 9

“That is what yoga is good for, to reduce stress, to improve brain health, subjective memory performance, reduce inflammation and improve neuroplasticity,” said study lead investigator Dr. Helen Lavretsky, a UCLA psychiatrist. Among the memory enhancement training group, the main improvements were found to be in the participants’ long-term memory. Neither group saw changes in anxiety, depression, stress or resilience, though Dr. Lavretsky stated this is likely due to the fact that the participants were relatively healthy and were not depressed.

While the long-term effects of Kundalini yoga

on preventing or delaying Alzheimer’s disease require further study, Dr. Lavretsky said the study demonstrates that using yoga and memory training in tandem could provide more comprehensive benefits to the cognition of older adults.

“Ideally, people should do both because they do train different parts of the brain and have different overall health effects,” said Dr. Lavretsky. “Yoga has this anti-inflammatory, stress-reducing, anti-aging neuroplastic brain effect which would be complementary to memory training.”

John Schieszer is an award-winning national journalist and radio and podcast broadcaster of The Medical Minute. He can be reached at medicalminutes@gmail.com.

Treatments

from page 11

In 2016, the estimated per patient cost of formal care was \$28,078, and informal care cost valued in terms of replacement cost and forgone wages was \$36,667 and \$15,792, respectively, according to the journal Aging-US. Aggregate formal care cost and formal plus informal care cost using replacement cost and forgone wage methods were \$196 billion, \$450 billion, and \$305 billion, respectively, in 2020. These are projected to increase to \$1.4 trillion, \$3.3 trillion, and \$2.2 trillion, respectively, by 2060.

The gut-brain connection

The scientific exploration of a microbial gut-brain axis, now solidly established for over two decades, confirms that microbiota inhabiting the intestines dynamically affects its host’s central nervous system activity (including vegetative and cognitive functions), and vice versa in that brain activity impacts microbiota development and composition. Clinical and experimental evidence indicates that this is true for humans as well as the early and ongoing research subjects such as germ-free mice.

Gut microbes play a pivotal role in the development of metabolic and mental diseases. According to the World Health Organization, metabolic and mental disorders lead the global burden of disease, and the WHO has urged researchers, clinicians, governments, public agencies and private funders to focus on how to reduce the burden of metabolic and

Vagus nerve stimulation has been used successfully in the treatment of epilepsy and depression, and is under investigation as a therapy for Alzheimer’s disease.

cognitive diseases. Understanding the bidirectional signaling between the gut microbiome and the brain provides potential for significant positive impacts on global health by elucidating new preventive and therapeutic opportunities.

Building a better diet

Despite relatively few trials studying dietary patterns in Alzheimer’s disease, we have seen that diets characterized by higher intake of low-fat plant foods and specific plant-derived compounds lower the risk of T2DM, metabolic syndrome and Alzheimer’s disease, all diseases of systemic inflammation. Thus, future randomized clinically controlled dietary interventions targeting the gut microbiota studies in humans to determine the underlying mechanisms of diet-induced gut dysbiosis and the development of Alzheimer’s disease will prove fruitful. In the short term, policies which promote more fresh, plant-based food and disincentivize buying and eating processed foods, will open up inquiry as to the precise mechanisms of dietary-based intervention strategies in Alzheimer’s disease.

Bi-directional communication between the gut and central nervous systems occurs largely via the vagus nerve. Gut microbiota can activate the vagus nerve and vagal signals from the gut can induce anti-inflammatory responses. Vagus nerve stimulation has been used successfully in the treatment of epilepsy

and depression, and is under investigation as a therapy for Alzheimer’s disease. Epilepsy, depression, and Alzheimer’s disease are all closely connected with neuroinflammation.

The renowned and ancient Mediterranean diet, rich in vegetables, fruit, whole grains, nuts, olive oil, moderate consumption of fish and poultry and limited consumption of red meat and sweets, has been extensively described for its protective role against a variety of non-communicable diseases.

The DASH diet (Dietary Approaches to Stop Hypertension), designed for hypertension treatment, overlaps the Mediterranean diet in composition, with more attention on salt restriction (less than 2.4 grams per day).

Similarly, the MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is a combination of both DASH and Mediterranean diets, specifically developed to delay neurodegeneration. Besides being rich in fruits, vegetables and legumes, MIND includes the consumption of single dietary components such green leafy vegetables and berries, which have displayed a superior effect against cognitive impairment and decline compared to other vegetables and fruits. Most healthy centenarians in Blue Zones are eating a Mediterranean style diet. Let’s join them.

Emily Kane is a naturopathic doctor based in Juneau. Contact her online at <http://www.dremilykane.com>.

Vice

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“The police and jail committee reported that there were several complaints made in regard to open gambling in pool rooms, cigar stores and other places in town. The chief of police was in attendance at the council meeting and was called upon for his views on the matter. After a thorough discussion, the council instructed the chief of police to rigidly enforce the provisions of the ordinance relative to gambling.”

Armed with his marching orders, the one-man police

department spent the next few weeks patrolling the streets of Anchorage. But somewhere along the way, Sturgus may have stepped on the wrong toes. Someone shot the chief in the chest with his own gun less than three weeks after that news article appeared. His murder remains unsolved to this day.

This column features tidbits found in Aunt Phil’s Trunk, a five-book Alaska history series written by Laurel Downing Bill and her late aunt, Phyllis Downing Carlson. The books are available at bookstores and gift shops throughout Alaska, as well as online at <http://www.auntphilstrunk.com>.

Crossword answers from page 18

D	U	E	L		P	A	P	A	L		C	Y	A	N	
A	R	M	Y		I	N	U	R	E		H	E	M	E	
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Garage sale

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Priced to sell

Don't overprice, or you'll end up packing up nearly as much as you started with. For big items, look through classified ads or on eBay for average resale prices. But if you check eBay, keep in mind that eBay pricing often isn't comparable to what people will pay at a garage sale. Some top quality items in like-new

condition can bring 25 to 35 % of the replacement cost at rummage sales. Occasionally, tools, equipment and other things in small supply can be priced higher and sell for 50% to 60% of replacement cost, depending on age and condition. Most used merchandise will bring 5 to 10% of replacement cost at best.

Advertising

Newspaper classified ads or Craigslist, as well as the more popular online garage sale locator websites, usu-

ally bring the best results. The exception is if you live on a main street or a heavily traveled highway. In your ad, be sure to include your address and main cross streets, dates and time of your sale, and what you'll be selling. List big items individually as well as the categories of things you'll sell, like "tools" or "toddler clothing."

Also, post fliers on the grocery store or laundromat bulletin boards. If there are no regulations against doing so, posting

signs on nearby corners is a must. Don't forget to put a bright sign in front of your house, too. Balloons tied to your mailbox or a tree can also make your sale more visible.

Tips for success

The bigger the sale, the more traffic you'll get. Go in with family, friends and neighbors and hold one big sale rather than several small ones.

Hold a street or subdivision-wide sale. This will draw people from

surrounding areas.

Move big items such as furniture or appliances into the driveway to attract passersby.

Finally, have your items priced. Many people will walk away from a sale with nothing when things aren't priced. They don't want to make an offer that's too low and might offend you. They also don't want the hassle of having to ask the price for every little thing they might consider buying.

Kimberly Blaker is a freelance writer living in Michigan.

AK Air

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Dementia

continued from page 7

behavior. Early detection and intervention can make a world of difference in managing its progression.

Myth 2: There's nothing I can do to lower my risk. Not so fast! Research shows that adopting certain lifestyle changes can help keep your brain sharp well into your golden years. We're here to share those very tips with you.

Get moving! Regular exercise is not just good for your heart; it also pumps up your brain power. Aim for at least 30 minutes of

moderate-intensity aerobic activity, like brisk walking or dancing, five days a week.

Eat smart. Fuel your mind with a rainbow of fruits and vegetables, whole grains, lean proteins, and healthy fats. Think Mediterranean or DASH diets—they're brain-foodie approved.

Use it or lose it. Keep your synapses snapping with mental stimulation. Pick up a new hobby, learn a language, or solve brain teasers. Puzzle your way to a sharper mind.

Catch Some Zzz's. Sleep is when your brain cleans house. Aim for seven to eight hours of uninter-

rupted shuteye each night in a dark, quiet room. Your brain will thank you with improved focus and memory consolidation.

Be a joiner. Strengthen your social muscles as well as your biceps. Maintain strong relationships or join clubs to keep the conversation—and your cognitive abilities—flowing.

So, now you have five lifestyle changes to get you started on the path to a healthier brain. Remember, every small step counts. Let's embrace these practices, making brain health a priority in our daily lives, for our sake and the well-being of those we cherish.

Pen

continued from page 4

\$30. Can't beat it.

I admit to having five or six fountain pens that I have accumulated in recent years, but I am hardly a collector. And fountain pen collectors are way more fun than you might imagine. Look for them and their formal and informal associations on YouTube, Facebook and Reddit, among other places. They are supremely excited about their latest pen, nib or ink acquisition and they really want to talk about it. They are variously humorous, laconic, professor-like, plodding, or entertaining. Once they are done exclaiming and demonstrating in detail the virtues of some stunning new pen they just acquired, you might think to yourself, "Gee, that's beautiful, and it costs no

more than a dinner for two. I wonder what it's like to write with." Those guys are dangerous.

Want to know more? Check out The Goulet Pen Company online. They also have dozens of entertaining fountain pen reviews and educational presentations on YouTube. Another solid company online is Jet Pens, also with lots of fountain pens to peruse and information to consider. Check out local art supply stores and office supply places for their fountain pen knowledge and holdings.

Next thing you know, you'll be hunting down a bottle of Diamine Shimmering Seas for your Esterbrook Limited Edition Camden—Oktoberfest. Could happen.

Lawrence D. Weiss is a UAA Professor of Public Health, Emeritus, creator of the UAA Master of Public Health program, and author of several books and numerous articles.



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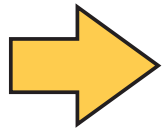
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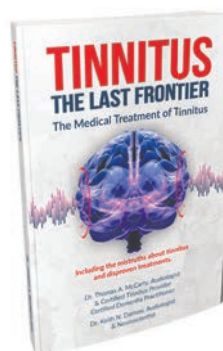
1. If you have experienced Tinnitus, or ringing/buzzing/chirping in the ears
2. If your doctor has ever told you that you were diabetic
3. If you have high blood pressure
4. If you sometimes have difficulty hearing
5. If you are retired without a driving purpose
6. If you forget more than you used to, or are having more memory lapse
7. If any of the above apply to you, a loved one, or neighbor we look forward to seeing you and them at this Dementia Education Event

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Certified Dementia Practitioner**

Dr. Keith Darrow, PhD, CCC-A

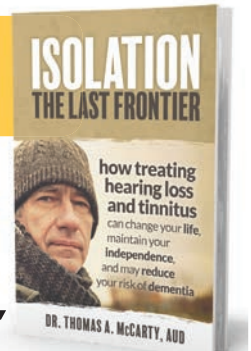
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