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Senior Voice

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Volume 45, Number 7 July 2022



**Better living with better
food and exercise.**

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read the instructions.**

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**Unique pickleball
opportunity in Fairbanks.**

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TRAVEL High season
is here for Alaska's
summer festivals.

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Glorious greens

With Pioneer Peak dominating the skyline, Bruce Johnson of Palmer and Fred Dewey of Anchorage combine golfing, walking and taking in fantastic scenery at the Palmer Golf Course on a recent afternoon. Read about Alaska's remarkable golf courses on page 13.

Photo by Michael Dinneen for Senior Voice.



Your subscriptions and donations keep OPAG, Senior Voice going

By DAVID WASHBURN

Senior Voice

Many readers pick up their Senior Voice each month at a senior center, apartment complex, office lobby or other public place. We gladly provide bundles to these locations at no charge to get our paper and its information into the hands of as many people as possible.

However, I want to encourage readers who get their paper from these places to subscribe. You can do this using the sub-

scription form on page 13 of this issue or the form on our website at www.seniorvoicealaska.com/subscribe, or just call one of the numbers at the end of this article.

Not only does a subscription result in Senior Voice being delivered directly to your mailbox each month, it also helps us keep our expenses down. We pay much less in postage to mail directly to your address than sending large bundles to "a location near you". It also strengthens our position for ad sales

and grants – both critical to our continued existence – when we have more subscribers.

For many readers, a subscription won't cost a thing. Older Persons Action Group, Inc., the non-profit agency that publishes Senior Voice, provides the paper at no charge to low-income readers. By "low income" we mean someone who qualifies for public assistance. We generally give people the benefits of the doubt as to whether they can afford a \$30 subscription, and we

don't require any income verification. We'll take your word for it.

We've found that many readers who get the paper free will still send in a donation because they want to help out, which is greatly appreciated.

To subscribe, call our toll-free number, 1-800-478-1059 from anywhere outside of Anchorage. In Anchorage, call 907-276-1059.

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David Washburn is the Older Persons Action Group, Inc. executive director and editor of Senior Voice.

Legislation would expand, strengthen Social Security

Editor's note: This press statement was received June 9, 2022.

Congressman Peter DeFazio and Senator Bernie Sanders today introduced joint legislation, the Social Security Expansion Act (SSEA), to strengthen and expand Social Security for current and future generations.

"As a trained gerontologist, I have devoted my career to protecting and expanding programs that are vital to seniors. One of my highest priorities is protecting Social Security, which millions of Americans rely on, including hundreds of thousands of Oregonians" said Rep. DeFazio (D-OR). "This legislation would ensure that the Social Security Trust Fund remains solvent for another 75 years, increase monthly benefits for most recipients by \$200, and alter the cost-of-living-adjustment (COLA) formula to meet the everyday needs of our nation's seniors."

"At a time when half of older Americans have no retirement savings and millions of senior citizens

are living in poverty, our job is not to cut Social Security," said Sen. Sanders. "Our job must be to expand Social Security so that every senior citizen in America can retire with the dignity they deserve and every person with a disability can live with the security they need. And we will do that by demanding that the wealthiest people in America pay the same amount of Social Security taxes as someone making \$147,000 a year. It's time to scrap the cap, expand benefits, and fully fund Social Security. I am proud that the Social Security Administration has estimated that our legislation to expand Social Security benefits by \$2,400 a year will fully fund Social Security for the next 75 years by applying the payroll tax on all income – including capital gains – above \$250,000 a year."

"Enactment of the Social Security Expansion Act would provide positive proof that Congress takes Social Security seriously and can work together to strengthen and improve this program that is so important to Americans'

economic wellbeing – without privatization or benefit cuts," said Max Richtman, President and CEO, National Committee to Preserve Social Security and Medicare

The Social Security Expansion Act would:

Extend the solvency of the Social Security trust fund 75 years, through 2096, by lifting the income tax cap and subject all income above \$250,000 to the Social Security Payroll tax. Under this bill, more than 93 percent of households would not see their taxes go up by one penny.

Expand Social Security benefits by \$200 across-the-board for current and new beneficiaries.

Increase Cost-of-Living Adjustments (COLAs). This bill would more accurately measure spending patterns of seniors by adopting the Consumer Price Index for the Elderly (CPI-E), which would change the formula to reflect what seniors spend a disproportionate amount of their income on such as health care and prescription drugs.

Require millionaires and billionaires to pay

more into Social Security. Currently, workers have 12.4 percent taken out of each paycheck and contributed to the Trust Fund, half paid by the employer and half by the worker. This bill would require the wealthy pay the same 12.4 percent on their investments and business income by increasing the net investment income tax by 12.4 percent and applying it to certain business income not already covered by payroll taxes.

Improve the Special Minimum Benefit for Social Security recipients. This bill will help low-income workers stay out of poverty by updating and increasing the Special Minimum Benefit and indexing the benefit level so that it is equal to 125 percent of

the poverty line or about \$17,000 for a single worker who had worked their full career.

Restore student benefits up to age 22 for children of disabled or deceased workers, if the child is a full-time student in a college or vocational school. This legislation restores student benefits to help educate children of deceased or disabled parents (these benefits were eliminated in 1983).

Combine the Disability Insurance Trust Fund with the Old Age and Survivors Trust fund to help senior citizens and persons with disabilities.

For a fact sheet on the Social Security Expansion Act, visit <https://bit.ly/30-qbytq>.

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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."



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Legislature: AARP Alaska as fierce defender

By MARGE STONEKING

AARP Alaska

AARP Alaska advocates for public policies that matter most to Alaskans age 50 and older and their families. During the 2021-22 legislative session, we passed 15 of our 22 budget and bill priorities benefiting older Alaskans.

We saw successful passage of policies that support family caregivers, improve healthcare access and promote health. With wins ranging from dementia awareness and telehealth to expanded scopes of practice for Physician Assistants, Advanced Practice Registered Nurses (APRN), and Advanced Practice Dental Hygienists, we saw significant progress in access to care in Alaska.

This year, we focused on changing the perceptions and treatment of Alzheimer's Disease and Related Dementia (ADRD), which is a chronic disease, not a natural effect of aging. Increased public and provider awareness can lead to risk reduction, delayed onset

Increased infrastructure and home- and community-based services funding helps make up ground lost in recent years, when flat funding fell behind inflation and the growing population of older Alaskans.

and earlier diagnosis, leading to better patient outcomes and reduced costs. AARP volunteers shared their stories with legislators, several of whom had stories of their own, and HB308 Dementia Awareness passed with broad bipartisan support. The bill establishes a dedicated position in the Division of Public Health to access federal funding and lead awareness work alongside the Alaska Dementia Action Collaborative.

We continued to empower Alaskans to choose how – and where – to live as they age. While most older Alaskans are self-supporting and independent, some need financial assistance to live independently when the need for long-term care arises.

During the session, the legislature funded

critical deferred maintenance projects for Pioneer Homes, ensured continued access to lower-level care settings, and passed budget increases for supportive services providers and Personal Care Assistant (PCA) reimbursement. Increased infrastructure and home- and community-based services funding helps make up ground lost in recent years, when flat funding fell behind inflation and the growing population of older Alaskans.

With COVID radically changing the healthcare landscape, we also ensured that pandemic-related strides in healthcare access weren't lost. Telehealth benefits older adults by reducing or eliminating distance and transportation barriers and promoting

autonomy. Prior to 2020, many insurers, including the Alaska Medicaid program, limited telehealth access by setting restrictive standards, including provider/service type and delivery modalities. To ensure beneficiaries could receive care while maximizing infection control, federal and state governments temporarily lifted many of these restrictions during the pandemic.

These flexibilities bolstered telehealth access by expanding the locations, delivery methods, providers, and services covered during a telehealth appointment. The legislature passed HB265, Healthcare Services by Telehealth, to maintain telehealth delivery flexibilities, including upholding patient choice and preserving the ability to have audio-only visits, critical for older adults challenged by technology or Alaskans lacking reliable high speed internet. The bill also allows for telehealth follow-up care with

out of state physicians, imperative for Alaskans who see specialists outside.

Concurrently, we supported the passage of legislation to establish a state broadband office and the architecture for federally funded universal broadband deployment. Access to high-speed internet brings aging at home within reach by providing connections to friends and family, telehealth, assistance programs, and meaningful work and education.

We want Alaskans to be able to live and thrive in their local communities throughout their life. That's why we also support a long-term fiscal plan that includes a broad-based tax and other new revenues. We will continue to fight to ensure that older Alaskans can choose how to live as they age.

Read our full legislative report at aarp.org/ak.

Marge Stoneking is the Associate State Director of Advocacy for AARP Alaska.

Legislature fails to pass limits: Now what?

By BEVERLY CHURCHILL

Alaska Move to Amend

The Alaska state legislature failed to pass any bills this session to replace the campaign finance laws that were struck down by a federal court recently. So now, there are no limits to how much a person can donate to one or more candidates running for office. Attorney Robin Brena, in

a recent article regarding this issue, boasted that he had just donated \$25,000 to one candidate. He was the attorney who brought the lawsuit against the state claiming its laws were unconstitutional, and he won.

It is doubtful that the bulk of Alaskans have that kind of money to donate to candidates for elected

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Adapting to transition is an ongoing process

By **KAREN CASANOVAS**

For Senior Voice

Q: Due to a change in my health and physical capabilities, I moved to assisted living away from close friends. I'm not happy about this new situation. I feel lost and alone.

A: Starting a new phase of life can be stressful. I understand and empathize. Coping with changes big or small, planned or unplanned, takes adjustment time.

At first, we yearn for the 'way our life was before'. We pine for friends and identifiable faces. There's a sense of security, safety and confidence with recognizable routines. Then, after a disruption to the well-known, we feel like we're living outside of that circle of familiarity.

Resilience is about preparing for and learning from adversity. You may feel anxious when life is disrupted.

Transitions can be thrilling, distressing or celebratory milestones. Transitions occur in everyday activities or adjustment to a new environment. Examples include: cannot afford expenses and forced to move out of home; death; accident; divorce; retirement; adult child moving in; health setback or new chronic illness; relocation to a different city

Change, stress and strategies

Generally speaking, there are four categories in transitional change: Loss of a role (family/work); loss of a person; loss of place; loss of where you previously fit in.

When change occurs, it often brings on stress, which is challenging even if positive.

To ease transition, prepare a plan, logistical moves, or detailed strategy;



develop reasonable expectations; create routines for consistency; set small goals; find social support; practice self-compassion.

Helpful coping mechanisms

- ▶ visual cue (printed action plan)
- ▶ photos of new environment, if moving (helps reference the new physical location)
- ▶ consider what you enjoy doing, then look for connections to match those activities
- ▶ making new friends can be scary, but once you find one person you have commonalities with, it can get easier
- ▶ consider if you are more comfortable in larger social gatherings or small groups, then look for activities to match your preference
- ▶ ask staff members to introduce you to others that enjoy the same types of interests (music, sports, games, physical movement, crafts, woodworking, TV, movies, books, lectures, etc.).

What's next?

Resilience is about preparing for and learning from adversity. You may feel anxious when life is disrupted. Adjusting to a new way of living can make us feel unprepared. While any life transition can be positive or negative, planned or unexpected, try not to dismiss how you are feeling about life's changes, but rather acknowledge how you are feeling at that moment. Then, fully "feel" those emotions – sadness,

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Genetics, Alzheimer's, cancer factor into COVID

By JOHN C. SCHIESZER

For Senior Voice

Everyone has been impacted by the COVID-19 pandemic, but a new study by researchers at the University of Groningen, Netherlands has found that some individuals weathered the stress of the pandemic better than others, in part, due to their genetics.

How a person perceives their quality of life depends on a combination of factors that include the genes they inherited from their parents and their environment (a mix of nature and nurture). Studying genes related to quality of life can be complicated, but the COVID-19 pandemic allowed the researchers to investigate how this stressful, worldwide event interacted with a person's genetics to affect their overall wellbeing.

The team screened the genomes of more than

The overall risk of breakthrough COVID infections in vaccinated people with cancer was 13.6%, compared to 4.9% for vaccinated people without cancer. The highest risk of breakthrough infections was in people with pancreatic cancer at 24.7%, liver cancer 22.8%, lung cancer 20.4% and colorectal cancer 17.5%.

27,000 participants in the Netherlands who had donated genetic material to a biobank. They looked for connections between genetic variants and the participants' responses to a series of questionnaires about lifestyle and mental and physical health given over 10 months starting in March 2020.

The researchers found that some individuals had a genetic tendency toward better well-being than others during the pandemic. As the pandemic wore on, they found that genetic tendency had an increasingly powerful influence on how those peo-

ple perceived their quality of life, potentially due to the social isolation required by strict COVID-19 containment measures. The findings are published in the journal PLOS Genetics and they demonstrate that the contribution of genetics to complex traits like well-being can change over time.

Breakthrough COVID-19

Breakthrough COVID-19 cases resulting in infections, hospitalizations and deaths are significantly more likely in patients with cancer and Alzheimer's patients, according to two new studies from research-

ers at the Case Western Reserve University School of Medicine.

Individuals with these diseases are more susceptible to infections in general and are among the population's most vulnerable to severe health outcomes from COVID-19 infections as well. The studies come as the U.S. total of COVID-19 deaths since the pandemic surpassed 1 million.

The first study, published recently in Journal of the American Medical Association (JAMA) Oncology, analyzed electronic health records to track the number of breakthrough COVID infections, hospitalizations and mortality rates among vaccinated patients with cancer. A "breakthrough infection" is when a fully vaccinated person contracts COVID.

The research team counted people diagnosed with the 12 most common types of cancer: lung,

breast, colorectal, bladder, liver, endometrial, skin, prostate, thyroid and blood cancers. These participants received COVID-19 vaccinations between December 2020 and November 2021 and had not previously been infected. The control group consisted of vaccinated participants without cancer.

The researchers compared breakthrough COVID-19 infections between cancer and non-cancer participants, matching for comorbidities, social determinants of health, age and gender, and other demographics. The team analyzed the records of more than 636,000 vaccinated patients, including more than 45,000 vaccinated people with cancer.

"This study showed significantly increased risks for COVID-19 breakthrough infection in

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Focus on food, exercise for lifetime health

By DR. EMILY KANE

For Senior Voice

Is your "lifestyle" correlated to your health? Although the intuitively obvious answer is a resounding "yes", very little credence is given in the standard of care to the powerful impact of your day-to-day choices on your wellbeing. It's not just about living longer, folks. It's about living longer with energy, grace and

satisfaction.

Our health care system, unfortunately, is mostly monetized to support illness, not wellness. Therefore, we are largely on our own to promote and maintain good health. Fortunately, there is increasing awareness, with concomitant resources, about the foundations of wellness, namely food and exercise. Primitive as that may sound, the choices you make every single day

about food and movement are key to healthy longevity.

I don't fault the professionals in our healthcare system. How can they explore what you are eating, drinking and doing for exercise in a 15-minute visit that typically involves a prescription refill? Pharmaceuticals can save lives in emergency situations, no doubt. However, they typically don't promote health unless you also commit to

a good diet and regular, enjoyable movement.

'Real' and whole foods

I appreciate author Michael Polan's concise definition of a health-promoting diet: "eat food; not too much; mostly plants." I would add eat "real" food — something your grandmother would recognize as food. Not stuff that comes in a box and can literally be "shelf stable" for years. My first nutrition teacher

liked to say, "don't eat food that wouldn't rot, but eat it before it does." I was once teaching a nutrition class to kids and asked what they thought "whole food" meant. One child gave a memorable answer: "Food that hasn't been cut."

Keep moving

As to movement, walking is fantastic. Enjoy it daily. If you cannot, move

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Medicare offers coverage for hospice care

By SEAN McPHILAMY

For Senior Voice

Hospice is a program of comfort care and end-of-life pain management for those with a terminal illness. In this month's review of Medicare-covered hospice, we speak directly to patients as if they are the ones taking these actions or making these decisions. However, discussions about hospice often involve caregivers and family members as well. If you are a caregiver, fam-

ily member, or a patient's appointed representative, you may be leading these conversations or decisions, rather than the patient. You are also encouraged to call one of our certified counselors at the Medicare Information Office (MIO) and/or use the hospice care provider locator available on the Medicare.gov website.

Medicare's hospice benefit is primarily home-based and offers end-of-life palliative treatment. Palliative treatment pro-

Discussions about hospice often involve caregivers and family members. If you are a caregiver, family member, or a patient's appointed representative, you may be leading these conversations or decisions, rather than the patient.

vides pain management services, rather than curative care. The goal of hospice is to help you be as comfortable as possible, not to cure an illness. Services covered under the hospice benefit include skilled nursing and skilled therapy services, hospice aides and limited homemaker services, medical supplies, durable medical

equipment, respite care and short-term inpatient care. Hospice coverage also includes prescription drugs needed for pain and symptom management related to the terminal condition, while a Part D prescription drug plan may cover medications that are unrelated to your terminal condition. To elect hospice:

1. You must be enrolled

in Medicare Part A.

2. You must have a doctor certify that you have a terminal illness, meaning a life expectancy of six months or less.

3. You or your appointed representative must sign a statement electing to have Medicare pay for palliative

page 6 please



Choosing the right hearing aid



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

There is no one best hearing aid for everyone. Here are factors to consider, beginning with the different technology levels available.

Premium. Very active, will give you the best a manufacturer has to offer. Best background noise reduction and allows fitting customized to you. We have more frequencies to adjust to give you the sound quality you need and want.

Advanced. More active, less frequencies we can adjust. It also is not going to cut down loud background noise such as crowds and talking in cars.

Select. Active, has fewer frequencies we can adjust and less background noise reduction. Select will not

reduce a loud noise. If you spend most of your time at home, then you really do not have a lot of noise to cut down.

Lower than Select. We have them, but unless you live in a nursing home and are not even trying to have a conversation with the TV going, these hearing aids are not for you.

Hearing aid manufacturers are all different and quite the same, such as car manufacturers. We have our favorites. It is a tough call on what one is the best.

Good news: you can demo a hearing aid like you test drive a car. When in doubt ask for a demo, then you can hear for yourself if you like the sound quality. Also, I give a 60-day full money back guarantee without fees. Make sure you know if there are any fees for returning during the return period.

For more information and a free hearing test, call 907-644-6004.

Donna R. DeMarco, AAS, BC-HIS, Tinnitus Care Provider, certified from the International Hearing Society.



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Medicare

continued from page 5

care, rather than curative care.

4. You must receive care from a Medicare-certified hospice agency.

Where the care takes place

Hospice generally takes place at home, with your hospice provider sending aides, nurses and/or skilled therapists to provide the pain management services in your place of residence, which might be a facility, like a nursing home, if that is where you normally reside. Hospice can sometimes take place at an inpatient facility, if your hospice provider determines inpatient care is necessary for you. If your hospice provider determines that you need inpatient care, they must be the one to make the arrangements. The cost of your inpatient stay is covered by the hospice benefit, but if you go to the hospital for hospice care and your hospice provider didn't make the arrangements,

you might be responsible for the full cost of the stay.

Certifying eligibility

If you are interested in Medicare's hospice benefit, ask your health care provider whether you meet the eligibility criteria for Medicare-covered hospice care. If so, they can contact a Medicare-certified hospice on your behalf. Once you have found a Medicare-certified hospice, the hospice medical director and your regular doctor, if you have one, will certify that you are eligible for hospice care. Afterwards, you must sign a statement electing hospice care and waiving curative treatments for your terminal illness.

Your hospice team must consult you – and your primary care provider if you wish – to develop a plan of care. Your team may include a hospice doctor, a registered nurse, a social worker and a counselor. Medicare covers hospice care for two 90-day benefit periods, followed by an unlimited number of 60-day benefit periods. Doctor's certification is necessary for each benefit period.

Change of mind

If you decide you want curative treatment, you have the right to stop hospice care at any time. Speak with your hospice doctor if you are interested in seeking curative treatment. If you end your hospice care, you will be asked to sign a form that includes the date such care will end. If you choose to end hospice care, make sure you provide your Part D plan with written proof of the change so that it can update your status in its system. You can elect hospice again later if you continue to meet the eligibility requirements.

For answers to any Medicare related questions, please feel free to contact the State of Alaska's 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 (MIPPA) program.

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

Available to help you with Medicare

By **LEE CORAY-LUDDEN**

For Senior Voice

Hello, my name is Lee Coray-Ludden, I am a Certified Medicare Counselor. My office is in the Soldotna Senior Center, and that is how my phone will be answered. My primary job is to serve Southeast Alaska and any other Alaskan residents with Medicare questions they would like to talk about. All services

are free.

I am trained and supervised by SHIP (State Health Insurance Program); I coordinate with them, especially when the question is complex.

Some of the questions I get are simple, 'how do I sign up for Medicare'? Or, 'how does Medicare work with my retiree health plan? Can I do auto pay for the Part B premium? What

is the difference between Medicare & Medicaid? When do I sign up for Part D?'

These are only a few of the questions I am asked. If questions related to Medicare are concerning you, call me. I am available at the senior center Monday through Thursday, 8 a.m. to 4 p.m. The number is 907-262-2322. We are at 197 W. Park Ave. in Soldotna.

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Caring for the caregiver requires effort, teamwork

By SARAH PYPE

Hospice of Anchorage

In 2020, nearly one in five Americans was providing unpaid caregiving to an adult with health or functional needs. That's 53 million caregiving nationwide. This number is ex-

Self-care is not simply bubble baths and manicures. Self-care is self-parenting. Doing things now that your future self will thank you for.

pected to continue to grow as the senior population increases through the middle of the century. Nearly a quarter of those providing

care are providing care for two or more people, while simultaneously working full or part time jobs.

The fact is, caregiving

can be an emotional rollercoaster, rewarding in its demonstration of love and commitment and also exhausting, overwhelming and isolating. Prolonged mental and emotional stress takes a toll on the physical and mental health of caregivers. Research has

demonstrated that unpaid family caregivers often put off their own needs, resulting in higher incidence of chronic illness, depression, anxiety and mortality. Lack of sleep, poor eating habits, lack of physical exercise,

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Alaska Health Fair is looking for volunteers

By SHARON PHILLIPS

Alaska Health Fair, Inc.

We continue to offer traditional community and worksite health fairs where we need staff support.

Volunteers come from all walks of life, age groups, backgrounds and interests. Volunteer opportunities include:

- ▶ **Office volunteers:** client support, phones, mail, evaluations, tallies, supplies, pack/unpack events & more.
- ▶ **Meet and greet:** Welcome people at events,

share how to do paperwork.

- ▶ **Registration:** Calculate/receive cash, card, checks; record on logs.
- ▶ **Blood pressure:** Stethoscope/pressure cuffs or auto-cuffs (no experience needed).
- ▶ **Blood draw:** Those with good skill sets and experience.
- ▶ **Processing/draw support:** No medical background required, an attention to detail is.
- ▶ **Check out:** Medical professionals (chat with clients).

▶ **Health education:** Share health topic handouts and knowledge at exhibit tables.

▶ **Health screenings:** Height/weight/BMI, bone density, vision, other screenings (trained by staff).

▶ **Food service:** Prep, serve, cleanup - coffee, tea, snacks, meals (for longer events).

▶ **Set up/take down:** Unpack, set up, prep events; break down and pack up.

▶ **Other categories:** Event support generalist, publicity, and more (ask how

you can help).

If interested in volunteering please check this link at the Alaska Health Fair website for more details: <https://alaskahealthfair.org/become-a-volunteer/>. Be sure to sign up for our newsletter, and you can read past issues.

We thank our clients, volunteers, partners who support us with donations of materials, money and time; having blood drawn with Alaska Health Fair; sponsorships; volunteering at local office or regional

events and much more. Our agency would not be here without you. We look forward to seeing you during our 42nd year serving Alaskans. Offices statewide are closed July 1 through July 10 for summer break. We hope you enjoy our wonderful Alaska summer.

Sharon Phillips is the Alaska Health Fair, Inc. Tanana Valley/Northern Region program director.

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Eggs for heart health; dissolving body sensors; good grooves

By JOHN SCHIESZER

Medical Minutes

Eggs pack important health benefit

Researchers now are reporting that moderate egg consumption can increase the amount of heart-healthy metabolites in the blood, and eating up to one egg per day may help lower the risk of developing cardiovascular disease.

Eggs are a rich source of dietary cholesterol, but they also contain a variety of essential nutrients. There is conflicting evidence as to whether egg consumption is beneficial or harmful to heart health. A 2018 study published in the journal *Heart*, which included approximately half a million adults in China, found that those who ate eggs daily (about one egg per day) had a substantially lower risk of heart disease and stroke than those who ate eggs less frequently.

Now, researchers have carried out a population-based study exploring how egg consumption affects markers of cardiovascular health in the blood.

“Few studies have looked at the role that plasma cholesterol metabolism plays in the association between egg consumption and the risk of cardiovascular diseases, so we wanted to help address this gap,” said first author Lang Pan, with the Department of Epidemiology and Biostatistics, at Peking University, Beijing, China.

Pan and the team selected 4,778 participants from the China Kadoorie Biobank, of whom 3,401 had a cardiovascular disease and 1,377 did not. They used a technique called targeted nuclear magnetic resonance to measure 225 metabolites in plasma samples taken from the participants’ blood. Of these metabolites, they identified 24 that were associated with self-reported



levels of egg consumption.

Their analyses showed that individuals who ate a moderate amount of eggs had higher levels of a protein in their blood called apolipoprotein A, which is a building block of high-density lipoprotein (HDL), also known as “good cholesterol”. These individuals especially had more large HDL molecules in their blood, which help clear cholesterol from the blood vessels and thereby protect against blockages that can lead to heart attacks and stroke.

Dissolving pacemaker works as body sensor

It is a new era in diagnosing and preventing diseases. Northwestern University researchers previously introduced the first-ever transient pacemaker. It is a fully implantable, wireless device that harmlessly dissolves in the body after it’s no longer needed. Now, they are unveiling a new, smart version that integrates into a coordinated network of four soft, flexible, wireless, wearable sensors.

The sensors communicate with each other to continuously monitor the body’s various physiological functions, including body temperature, oxygen levels, respiration, muscle tone, physical activity and the heart’s electrical activity. The system uses algorithms to analyze this combined activity in order to detect abnormal cardiac

next page please



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Eggs

from page 8

rhythms and decide when to pace the heart and at what rate. All this infor-

approach could change the way patients receive care providing multimodal, closed-loop control over essential physiological processes through a wireless network of sensors and stimulators that operates

associated brain activity in adults who are familiar with the music.

Music that elicits the sensation of groove can elicit feelings of pleasure and enhance behavioral arousal levels. Exercise,

the effect of groove music on executive function or brain activity in regions associated with executive function, which the researchers at University of Tsukuba aimed to address.

“We conducted brain imaging to evaluate corresponding changes in executive function, and measured individual psychological responses to groove music,” said lead author of the study Hideaki Soya, who is with Health and Sport Sciences at the University of Tsukuba in Japan.

The researchers performed functional near-infrared spectroscopy (fNIRS) to examine

executive function before and after listening to music. They also conducted a survey about the subjective experience of listening to groove music.

“The results were surprising,” said Soya. They found that groove rhythm enhanced executive function and activity in the brain only in participants who reported that the music elicited a strong groove sensation and the sensation of being clear-headed.

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.

Northwestern University researchers previously introduced the first-ever transient pacemaker. It is a fully implantable, wireless device that harmlessly dissolves in the body after it's no longer needed. Now, they are unveiling a new, smart version that integrates into a coordinated network of four soft, flexible, wireless, wearable sensors.

mation is streamed to a smartphone or tablet, so physicians can remotely monitor their patients.

The new transient pacemaker and sensor/control network can be used in patients who need temporary pacing after cardiac surgery or are waiting for a permanent pacemaker. Currently, pacemakers are quite intelligent and respond well to the changing needs of the patients, but the authors report the wearable modules do everything traditional pacemakers do and more.

An individual basically wears a little patch on their chest and gets real-time feedback to control the pacemaker. The pacemaker itself is bioresorbable and controlled by a soft, wearable patch that allows the pacemaker to respond to the usual activities of life without needing implantable sensors.

“This marks the first time we have paired soft, wearable electronics with transient electronic platforms,” said study investigator John A. Rogers with Northwestern University, Chicago, Illinois. “This

in a manner inspired by the complex, biological feedback loops that control behaviors in living organisms.”

For temporary cardiac pacing, the system untethers patients from monitoring and stimulation apparatuses that keep them confined to a hospital setting. Instead, patients can recover in the comfort of their own homes while maintaining the peace of mind that comes with being remotely monitored by their physicians. “This also would reduce the cost of healthcare and free up hospital beds for other patients,” said Rogers.

Grab your dancing shoes and get your groove on

Researchers from Japan now are reporting that dancing doesn't just feel good, it also enhances brain function. In a study recently published in *Scientific Reports*, researchers from the University of Tsukuba have found that music with a groove, known as groove music, can significantly increase measures of executive function and

which has similar positive effects, is known to enhance executive function. Accordingly, this may also be an effect of listening to groove music. However, no studies have examined

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Anchorage Senior Activity Center will offer free vision and hearing screenings on Tuesday, Aug. 2, from 10 a.m. to 2 p.m. The event is sponsored and coordinated by the senior

center and the Anchorage Municipal Senior Citizens Advisory Commission, in conjunction with Alaska Hearing and Tinnitus Center and Makar Eyecare.

For more information, call 907-770-2000

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UAA researchers receive national grant to improve health of older Alaskans

University of Alaska Anchorage

Alaska has the fastest-growing older adult population of any state in the country, and their health and well-being are at risk. As obesity rates among older adults continue to increase nationwide, so does their susceptibility to Alzheimer's disease and related dementias, early mortality, decreased physical functioning, and quality of life. One UAA research team is on a mission to improve the quality of life of older adults through an innovative hope-based education program aimed at fostering positive behaviors that fight obesity at its most common root: sedentary behaviors coupled with imbalanced diets.

Assistant professor of Health Sciences Britteny M. Howell and her team have received a \$382,750 research grant from the National Institute on Aging for her project, "A Health Education Program to Increase Hope and Improve Energy Balance among Seniors in the Urban Subarctic."

"The grant not only provides us an opportunity to pursue research, but also builds research infrastructure at UAA and positions the university to be a leader in gerontological

research," said Howell. "In addition to conducting this important work with older adults, the project has a dual purpose to also expose undergraduate and graduate students in the health professions to the research process and strengthen the research environment of our institution."

UAA's Healthy Aging Lab has hired eight undergraduate research assistants and one graduate research assistant for the 2022-2023 academic year. The 15-week health promotion program is designed to improve the fruit and vegetable intake and physical activity of older adults. Students will provide that programming to four independent living communities in Anchorage and Eagle River and analyze the impacts on the recipients of the training.

"Student-led programs create intergenerational learning opportunities, where student research assistants and older participants can form relationships and learn from each other. This is important because college students today often have very little contact or experience with older adults. However, most students in the health professions will end up working with older adult clients or patients at some

point in their lives," said Howell.

While this type of education has been shown to improve the health of older adults, behavioral changes are often difficult to maintain. This curriculum will differ in its use of a Persuasive Hope Theory (PHT) based model and aims to explore the effectiveness of PHT for diverse older adults struggling with negative self-perceptions and health disparities.

"PHT programs attempt to convey positive messages that specifically elicit the emotion of hope in order to increase self-efficacy and motivation for behavior change," said Howell. PHT programs exist for several populations and are often used with youth and younger adults but are less commonly used with aging populations. The program will address behavioral changes while focusing on shifting commonly held

negative views on aging, dispel negative stereotypes, and elicit feelings of hope and optimism.

"This makes the program novel but also addresses a real need to demonstrate the effectiveness of PHT-informed interventions across the lifespan, since older adults are often left out of typical clinical and translational research studies," said Howell.

Roselynn Cacy
AK State Senate—Seat E

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Staying cool in hot, smoky weather

By MAUREEN HAGGBLOM

Anchorage ADRC

We all love summer and sometimes our Alaska summers are warmer and smokier than others. How do you stay cool?

Seniors need to be careful of overheating, our bodies don't adjust as well to higher temperatures, and

ADRC ANSWER OF THE MONTH

we tend to get more dehydrated. Medical conditions can change body response to heat. Some prescription medicines can also have an impact on our bodies' ability to stay cool.

Following are a few tips we found to stay cool:

Don't wait until you feel thirsty – drink plenty of cool water throughout the day.

Popsicles, flavored ice cubes frozen on a toothpick, and slightly frozen grapes are great snack options.

Stay away from hot dishes and try eating lighter. Cold salads with chicken

or pasta are a good choice. A cool washcloth on the back of the neck feels good as a cool down option.

If possible, visit places like your local senior center or recreation center, library, coffee shop, shopping mall, grocery store or movie theatre.

Take a cool shower or bath. It is amazing how

much cooler you will feel.

If you use ice packs to cool down, be sure to protect your skin with a towel.

Sometimes it is hard to keep the house as cool as possible. As much as we Alaskans love our sun, keeping shades closed may be the way to go. Especially

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Free training, support for family caregivers

Senior Voice Staff

The Kenai Peninsula Family Caregiver Support Program office is located at 35477 Kenai Spur Highway, Suite 205 (located in the 4D Professional Building). You can call them at 907-262-1280 or email kpfensp@soldotnaseniors.com.

The program will hold caregiver support group meetings in July at the locations below. Training is from 1 to 2 p.m., with

support group meetings following, 2 to 3 p.m. Unless otherwise noted, this month's training features a presentation and discussion on "Assisted Living Questions," with Melissa Kline, care coordinator at Alaska Community Care.

July 7, Sterling Senior Center

July 8, Soldotna Senior Center

July 12, Tyotkas Elder Center in Kenai, come meet the Kenai Peninsula

Family Caregiver Support Program, noon to 1:30 p.m.

July 19, Kenai Senior Center, presentation by Natalie Merrick from Aging & Disability Resource Center, 1 to 2 p.m., followed by caregiver support meeting at 2 p.m.

Wednesday, July 27, Nikiski Senior Center, Val's Care Coordination presents, "Nutrition and Hydration for Older Adults," from 1 to 2 p.m., followed by caregiver support meeting.

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. Call with suggestions and ideas for upcoming trainings or follow on Facebook, @KPFCSPP.

Statewide

Alzheimer's Resource of Alaska (ARA) organizes

caregiver support meetings 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.



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Kenai Peninsula/Kodiak Island/Valdez/Cordova

Independent Living Center
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907-262-6333 / 1-800-770-7911

www.peninsulailc.org

Southeast Alaska

Southeast Alaska Independent Living (SAIL)
3225 Hospital Dr., Ste 300, Juneau, AK 99801
1-800-478-SAIL (7245)

www.sailinc.org

Mat-Su Borough

LINKS Aging & Disability Resource Center
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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
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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.





Legislature

continued from page 3

positions. Nor should they, receiving this level of money from a donor increases the risk of corruption and reduces the sense for most Alaskans that they can have any say in the political process. During the discussions in the recent legislature, some legislators argued that it is not fair to limit donations to support a candidate while independent expenditure groups (i.e. PACS or Political Action Committees) have no limits. They expressed outrage at the ability of these groups to raise and donate huge amounts of money. Yet, few if any have expressed willingness to change that.

The legislature could pass a resolution calling for an amendment to the U.S. Constitution to overrule the court on this matter. Yet few of our legislators supported an effort to do this during the previous session. Apparently, they believe two wrongs, allowing unlimited donations to

campaigns and to independent expenditure groups, make a right.

So now it is up to our Congressional delegation to stand up for fairness in campaigns. Will Senators Murkowski, Sullivan or any of the candidates running against Murkowski and for Don Young's seat in the House, stand up for campaign limits that are supported by most Alaskans? There are several bills in Congress today addressing this issue. Let us hold them accountable to do the will of the people.

At every campaign rally, debate or other opportunity, we need to be asking Congressional candidates: will they do the will of the people and vote for an amendment to the U.S. Constitution to restore the right of the people to pass laws regulating money in political campaigns?

Beverly Churchill is a member of Alaska Move to Amend, whose mission includes educating Alaskans on constitutional issues regarding personhood and money as a form of free speech.

Transition

continued from page 4

trepidation, jealousy, loneliness, overwhelm, etc. – and think of the appropriate coping mechanism for that situation. What can help me move forward? How can I feel better next time I am emotionally in the same space again? Who can I reach out to that could help me through how I am feeling right now?

The transition of uncertainty is temporary, and it is okay to feel out of sorts.

Be patient with yourself and allow for flexibility on days you are struggling. By practicing positive imagery and forward-looking actions, you are taking small incremental steps toward adjustment of your new health condition and environment.

Karen Casanovas is a healthy aging coach in Alaska helping individuals or families collaborate, find resources and design a plan for thriving and living well whether age 35, 50 or 90. Contact her through her website at <https://www.karencasanovas.com>.

Networking for Anchorage, Mat-Su area providers

Interested in learning more about 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 monthly event currently meets virtually online via Zoom. The July meeting is July 13, hosted by the Anchorage Senior Activity Center. Begins at 8 a.m.

RSVP by calling Older Persons Action Group, Inc. for more information on these events or to be added to our e-mail reminder and Zoom invitation list, 276-1059.

COVID

continued from page 5

vaccinated patients with cancer, especially those undergoing active cancer care, with marked variations among specific cancer types," said study co-author Rong Xu, professor of biomedical informatics at the Case School of Medicine, Cleveland, Ohio.

The overall risk of breakthrough COVID infections in vaccinated people with cancer was 13.6%, compared to 4.9% for vaccinated people without cancer. The highest risk of breakthrough infections was in people with pancreatic cancer at 24.7%, liver cancer 22.8%, lung cancer 20.4% and colorectal cancer 17.5%.

Cancers with lower risk of breakthrough infections included thyroid 10.3%, endometrial 11.9%, and breast 11.9%. The overall risk for hospitalization following a breakthrough infection occurred 31.6% in those with cancer compared to a rate of 3.9% in those without cancer.

The risk of death was 6.7% following a breakthrough infection, compared to 1.3% in patients

without cancer.

Breakthrough infections in patients with cancer were associated with significant and substantial risks for hospitalizations and mortality. These results emphasize the need for patients with cancer to maintain mitigation practice, especially with the emergence of different virus variants and the waning immunity of vaccines, according to the researchers.

In a second study, researchers analyzed electronic health data to examine the incidence rate of breakthrough COVID-19 infections in those diagnosed with some subtypes of dementia. The study was published in the journal, *Alzheimer's & Dementia*, and the findings were striking.

The researchers examined data on breakthrough COVID-19 cases in those with dementia. They assessed anonymous electronic health data from more than 262,847 adults 65 or older vaccinated between December 2020 and August 2021, and who didn't have the infection before being vaccinated. Of that number, 2,764 people were diagnosed with Alzheimer's disease; 1,244

with vascular dementia, 259 with Lewy body dementia, 229 with frontotemporal dementia and 4,385 with mild cognitive impairment.

The researchers compared the overall risks of breakthrough infections in vaccinated patients with dementia to those without any cognitive impairment. Vaccinated patients with dementia had an overall risk for breakthrough infections ranging from 10.3% for Alzheimer's disease to 14.3% for Lewy body dementia, significantly higher than the 5.6% in the vaccinated older adults without dementia.

"Patients with dementia have a significantly higher rate of breakthrough COVID infections after vaccination than patients of the same age and risk factors other than dementia," said Pamela Davis, a Research Professor at Case School of Medicine. "Therefore, continued vigilance is needed, even after vaccination, to protect this vulnerable population. Caregivers should consider ongoing masking and social distancing, as well as booster vaccines to protect these individuals."



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Playing through golf season around Alaska

Anchorage will host national event

By **JOHN C. SCHIESZER**

For Senior Voice

Alaska for the first time is getting a USGA championship. Anchorage Golf Course will host the 60th U.S. Senior Women's Amateur Championship, July 30-Aug. 4, 2022. It will mark the first time the USGA has taken one of its championships to the 49th state.

Located on a hillside overlooking the city of Anchorage, this course is a municipal golf course designed by architect Bill Newcomb. The 6,600-yard layout features rolling, tree-lined fairways that lead to well bunkered, undulating greens. The course offers views of three mountain ranges, including the tallest peak in North America, Denali.

The U.S. Senior Women's Amateur Championship is open to any female golfer age 50 or older who has a Handicap Index that does not exceed 14.4. The field will consist of 132 players who will earn entry into the championship via sectional qualifying at sites nationwide or through an exemption category.

Golf around the state

There are many incredible golf courses around

Alaska, some with picturesque views of the surrounding mountains.

Open from May to September, Bear Valley Golf Course in Kodiak is the only golf course on the island. This 9-hole course

some late rounds during summer solstice. For information, visit www.kodiakmwr.com/golf.shtml

One of the most unique golf courses in the world, Valley of the Eagles in Haines is located on tide-

The course is on land classified by the U.S. Army Corp of Engineers as wetlands. It took more than seven years to get the required permits to build the course. The area is undergoing isostatic glacial rebound, rising about 0.9 inches per year in relation to sea level because of glacial melting and decreased

weight pushing the earth's crust down into the magma.

Due to the environmentally sensitive nature of the area, pesticides and herbicides are not used and the course will never have perfect grass, fairways and greens. The course includes

page 25 please



Alaska's wildlife are known to visit local golf greens, including this one in Anchorage.

Courtesy Anchorage Golf Course

features a full service pro shop and driving range. It's operated by the U.S. Coast Guard but open to the public. The course opens early and closes "two hours before sunset," which means there is an opportunity for

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Additional information is available at:
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*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.



A unique pickleball opportunity in Fairbanks

Alaska International Senior Games, Aug. 6-14

By **JIM LAVRAKAS**

For Senior Voice

The Alaska International Senior Games (AISG) is the official Alaska state

of Alaska International Senior Games (AISG), says pickleball was requested to be included in the games in 2011, and was introduced to the games by AISG's first

p.m., but this year pickleball will be held indoors at UAF's Patty Center starting at 6 p.m. Darnall says the hope is that younger seniors, those people still

Because the events are open to Outside players, Alaskans can expect to compete against players from states like Tennessee, Arizona, California and

Outside players can qualify for the Nationals tournament in Fairbanks and challenge Alaskan players for the medals.

"Alaska is on their bucket list," said Darnall. "So, they'll add a trip to the Arctic Circle, or Chena Hot Springs, or Denali." The top four players in each age bracket plus the top four Alaskans can go on to the Nationals.

Jamie Callahan, 67, of Fairbanks, was the commissioner for five years and has played in four AISG pickleball tournaments. She enjoys playing in the tournaments because "if somebody comes from Outside, they are probably going to be pretty good".

Her favorite aspect of playing in AISG is "playing against players I don't know. It's kind of a mystery. I have to quickly come up with a strategy and understand their game."

The other thing she likes about pickleball is "certainly the social part." Because she sometimes picks up a partner to play in doubles, "You have to be



Pickleball partners in the 2021 Alaska International Senior Games Women's Doubles battle at the net.

Scott Chesney / AISG photo

qualifier for pickleball for the National Senior Games Assoc. (NSGA), which is a national organization of athletes age 50 and older. And this year's AISG Games will be the Alaska qualifying event for the NSGA Pickleball Championships in Pittsburgh, Pa., July 7-18, 2023.

Diann Darnall, president

commissioner Daloona Cooper in 2013. About 45 to 50 players have been the norm since then. In 2019 there were a few more players in the men's singles and mixed doubles category, but in 2020 the games were canceled due to COVID.

The first seven years, games ran from 9 a.m. to 1

working, will be able to participate and the numbers will grow.

Washington. And there is a large contingent from Whitehorse, YT.

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Fourth of July in Alaska 100 years ago

By **LAWRENCE D. WEISS**
For Senior Voice

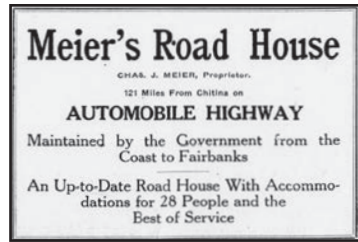
The following selections were published in Alaska newspapers July 1922. Nonstandard spelling and punctuation are presented as found in the original articles.

Glorious Fourth

Nome Nugget, July 8, 1922: At one o'clock, notwithstanding the various handicaps [bad weather and a flu epidemic], the Square presented a lively appearance, many adults braved the inclement weather while the children formed the majority, the enthusiastic element of the days celebration. Taking it all in all the day was especially for them, to impress upon their minds the meaning of our Day of Independence and with the lessons of true American patriotism went the sports of the day to amuse as well as to instruct....

Frank Dufrese, post

adjutant of the American Legion, read that immortal document, the Declaration of Independence.... The entire Square was hushed as this document, pregnant with our high ideals and



Ad appeared in the Cordova Times, July 5, 1922 issue.

lofty principles, was read in a voice that was distinctly heard by all present....

The sports of the day now started in full swing. Foot races for young and old, peanut races, egg race for ladies, sack and three legged races for the boys, doughnut eating contest and other contests kept the crowd in an uproar.

Three features were staged by and for the especial benefit of Eskimos

and consisted of blanket tossing, in which men and women tried their skill in maintaining their balance while' being thrown high into the air, from a skin blanket operated by men holding the sides of the skin. One young man and one young woman were proved to far excel their competitors by making perfect jumps without disturbing their equilibrium. Two white men tried the game and soon found that it looked easy but was difficult to accomplish.

The event that created the most interest was the high jump and kick. This feat Requires a peculiar coordination of mind and muscles in that the participant must make a high jump and kick at the same time, the mark being a white ball suspended from a string. After all had kicked at the ball it was raised an inch at a time until the height limit had been

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Rambles

News from the Grapevine

Anchorage Senior Activity Center is looking for new **board members**. Nomination packets are available at the front desk, 8 a.m. to 5 p.m., from Friday, July 1 through Friday, Aug. 5. There are four openings, each three-year terms. Completed nominations can be filed in the election box labeled "Vote" by the front desk, mailed or emailed. Instructions and other information are in the packets. Need more details? Call 907-770-2000 ... In **North Pole**, **Santa's Senior Center's book club** is on summer vacation and will resume in August, when they'll discuss their next book, "Sitka," by **Louis L'Amour**. If you're interested in joining them, call the center for more details, 907-488-4663, and start reading. But at a relaxing summer pace ... Attention Anchorage area bowlers: the **Jewel Lake Bowling Center's senior bowling league** will begin meeting in August to plan the next league season, which starts in September after Labor Day. Bowling will be at 1 p.m. on Tuesdays and Saturdays throughout the season. For information, contact **Terry Chase**, 907-360-9979, **Will Branstiter**, 907-229-6216, or call the bowling center at 907-248-2634 ... **Chugiak-Eagle River Senior Center's garden club** meets Mondays, 7 p.m., and Thursdays, 10 a.m., at the back patio by the gazebo. Learn about growing your own, fresh veggies, among other topics. For information, call 907-688-2685 ... **Seward Senior Center** is excited to bring back its outdoor **Potluck Picnic** for the first time since 2019. The event takes place July 8

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Rambles

News from the Grapevine

continued from page 15

at the **Branson Pavilion**, 11 a.m. to 3 p.m. Hamburgers, hot dogs, drinks and homemade ice cream are provided; bring your favorite side dish. In addition to the feasting, there will be games, Tai Chi in the Park, arts and crafts, and more. Call for details, 907-224-5604... **Kenai Senior Connection** will once participate in Kenai's annual Fourth of July celebration, staffing its **apple and strawberry/rhubarb pie booth**. If you have rhubarb to donate to the pie-making effort, call the Kenai Senior Center at 907-283-4156. And be sure to stop by the booth and say hello. They'll be serving coffee, hot tea, hot chocolate and bottled water along with the pies... **Alaska Legal Services** is offering **free legal consultations** by phone for caregivers on July 6, from 1 to 4 p.m. As dementia progresses, a person often needs more care and oversight than can safely be provided at home, so caregivers need to have a plan. In partnership with **Alzheimer's Resource of Alaska**, the phone consultations include 30 minutes with an attorney who can help callers better understand their legal needs as caregivers, answer questions about specific legal topics and explore resources and options. To schedule a call (required), call **Gay Wellman** at 907-822-5620 or email gwellman@alzalaska.org. Time slots are limited.

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

When self-sufficiency and chickens collide

By **MARALEY McMICHAEL**
Senior Voice Correspondent

Living at our place on Chena Hot Springs Road out of Fairbanks the spring of 1975, my husband Gary and I wanted to be as self-sufficient as possible. We had five acres, but no electric power. Besides tending our garden, greenhouse and two honeybee hives, we decided to raise our own meat. So, we purchased thirty Cornish Cross chicks and two Holstein calves.

Of course, these cute little peeps soon outgrew their cardboard box. We built a small plywood shelter and created a fenced enclosure with chicken wire attached to the aspen trees off the backside of our trailer home.

After several weeks, one Saturday morning we decided it was time to quit feeding them and put them in the freezer. Gary

chopped off 10 heads and we dunked the fowl in boiling water, ran them neighbors about two miles away where our freezer was plugged into their



Young chicks in their pen behind the McMichaels' Fairbanks home, 1975.

Courtesy Maraley McMichael

through his homemade de-feathering contraption, cleaned, washed, cut up and wrapped our healthy organic chicken meat. Then we drove the packages to

electricity. The next day we did the same thing. I did everything except cut off heads.

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READY TO VOTE?

On August 16th, you'll rank the top four congressional candidates in the General Special Election AND vote for one candidate in all other races. The top vote-getters from the primary races advance to the November General Election.

Get the AARP Alaska voter guide at www.aarp.org/akvotes or by texting 'AKVOTES' to 22777



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Online Inupiaq dictionary and sentence-building app

Senior Voice Staff

In June, Arctic Slope Community Foundation (ASCF) announced its language learning website www.inupiaqonline.com, which combines Iñupiaq language preservation with modern technology.

Funded by the Dept. of Health and Human Services and administered by ASCF, the website was built by Alaska Native web developers Christopher Egalaaq Liu (Yup'ik) and Lonny Alaskuk Strunk (Yup'ik) in conjunction with acclaimed Iñupiaq academic administrator, linguist, anthropologist and educator Edna Ahgeak Paniattaq MacLean, Ph.D.

The site references the North Slope Iñupiaq dictionary, which was primarily written by Dr. Edna MacLean in the 1980s, and combines innovative computer programming to

make learning the Iñupiaq language easier for all.

Not only a dictionary, the website also offers a sentence-building function and an audio library to hear the way words are pronounced. Once a vocabulary is established, a user can learn the proper way to structure the words in a sentence and then reference the correct pronunciation in the audio library.

Based on the highly successful language website Liu and Strunk made for their Yup'ik language a few years ago, www.inupiaqonline.com is the first of its kind for the North Slope dialect of Iñupiaq.

Arctic Slope Community Foundation's mission is to improve the quality of life for the Iñupiaq people of the North Slope as well as provide quality educational tools for preserving their language and way of life.

Answer

continued from page 11

when smoke from wildfires make it impossible to open all the windows. Consider inexpensive solar or blackout curtains.

It is amazing how much fans help cool down a room.

If you are outside enjoying the coolest parts of the day, remember to apply sunscreen, wear a hat and sunglasses. And remember to check out air quality alerts for the possibility of smoke from wildfires.

Lightweight, light-colored, loose-fitting clothes are best for staying cool in

the heat.

Stay safe, stay cool, and enjoy your summer, everyone.

Submitted by Maureen Haggblom, Anchorage Aging and Disability Resource Center (ADRC) program manager, and the Anchorage ADRC team.

Alaska's Aging and Disability Resource centers connect seniors, people with disabilities, and caregivers with long-term services and supports. For assistance and answers, call your regional ADRC toll-free at 1-855-565-2017. Or visit the Alaska Div. of Senior and Disabilities Services ADRC website at <https://dhss.alaska.gov/dsds/pages/adrc>.

Calendar of Events

July 1 Anchorage Anchorage Museum "Summer Arts in the Park" concert series, every Friday in July, 4:50 to 5:30 p.m. on the museum front lawn. Spread out on the grass and enjoy live music. Free! Sponsored in partnership with Anchorage Downtown Partnership, Alaska Center for the Performing Arts and Anchorage Museum. Information at www.anchagemuseum.org

July 4 Nationwide Independence Day

July 11 Anchorage Anchorage Senior Activity Center Nutrition Education webinar, 10 a.m. via ZOOM. Registered Dietitian Amy Urbanus provides tips on eating for a healthy lifestyle. Free and open to everyone. Also offered on July 25. Call for information, 907-770-2002.

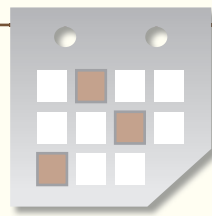
July 11 Chugiak Join the Ukulele Jam at the Chugiak-Eagle River Senior Center, Mondays from 6 to 8 p.m. Open to all skill levels. Don't play? Join and sing along. 907-688-2677

July 12 Kodiak Social Security Q&A at the Kodiak Job Center, 211 Mission Road #103, from 9 to 11:45 a.m. Social Security staff provide information and answer questions via video. Also offered on July 26, same time. For information, call Kodiak Senior Center, 907-486-6181 or Kodiak Job Center, 907-486-3106

July 13-16 Fairbanks World Eskimo Indian Olympics at the Big Dipper Ice Arena. Unique traditional Native games, art and dance. Daytime admission is free; evening admission, \$15 for adults, \$10 youth and seniors, children and elders free. www.weio.org.

July 30 Juneau Juneau Marathon and Half Marathon, noon. Starts and finishes near picnic shelter at Sandy Beach in Douglas. Various age categories for both males and females, including age 60+. Online registration available. Visit www.southeastroadrunners.org/marathon.

See our statewide listing of July festivals on page 24.



Send us your calendar items

Send to: Senior Voice, 3340 Arctic Blvd., Suite 106, Anchorage AK 99503
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Beacons in the wilderness for prospectors

By LAUREL DOWNING BILL

Senior Voice Correspondent

Some courageous pioneers saw the possibilities of the Yukon Basin years before the Klondike Gold Rush. And a few stand out above the rest, including Leroy Napoleon “Jack” McQuesten, Alfred Mayo and Arthur Harper. Had they not seen the need to establish supply centers, it is possible that gold rushes to the Yukon and Alaska would not have boomed during the late 1890s.

These men met up in British Columbia in 1873 and continued on to Fort Yukon together. The first winter, Harper went prospecting along the White River where Natives had found copper. McQuesten and Mayo, a small man and former circus acrobat, had gone down the Yukon River to the mouth of Beaver Creek. They found some fine gold, but nothing worthwhile. The men joined forces again and spent the next 10 years trapping and trading furs.

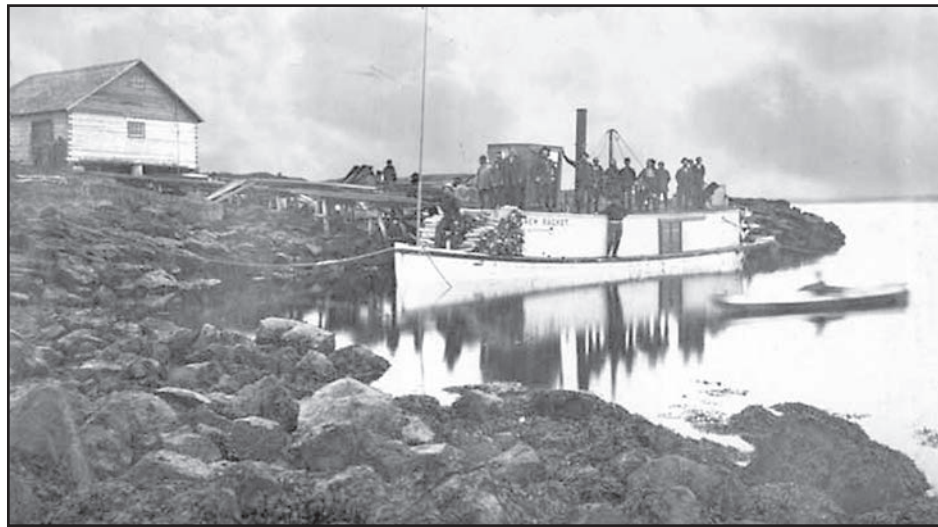
The three partners bought Ed Schieffelin’s New Racket, a small sternwheeler. Mayo ran the boat while McQuesten ran trading posts and Harper prospected. Once they had satisfied themselves that the Yukon was gold bearing, the men realized that their most important task was to establish a reliable source of supplies for future prospectors. The strings of posts they set up along the Yukon, their grubstaking others and providing advice where to prospect, and the credit they extended helped many prospectors.

All three pioneers took Native wives, who were partners in the true sense of the word. Harper, however, was determined that his children should have advantages in the outside world and sent them south to be educated. His daughter, Margaret Harper Burke, wrote to Aunt Phil in 1954:

“I am the last of Arthur Harper’s children – six boys and two girls. We all, except Walter (who became the first person to summit Denali in 1913), left Alaska in 1897 on the old Dora and were raised in San Francisco and other peninsular towns by strangers. Father died in November of that year in Arizona....”

When McQuesten retired, he took his wife to California where they had a big home in Berkeley. When he died, she managed his estate and became head of the family.

Likeable, easy-going Mayo went into partnership with the Alaska Commercial Company in 1894, at Rampart, the village with which his name is associated. Later he ran the Hotel Florence, which he



07 2022 Beacon

Alaska State Library, Wickersham State Historic Site, ASL-P277-017-002

The sternwheeler New Racket, seen here leaving St. Michael, was a supply boat that plied the Yukon River back in the day.

advertised “as the only first-class house, \$1.50 a night, furnished, stables for dogs and horses.” He is said to be one of the main characters in Rex Beach’s book “The Barrier.” The name Mayo is still

prominent today along the Yukon River from Tanana to Eagle.

Harper, the square-faced Irishman with shrewd eyes, died the year after the Klondike discovery with little to show for his sacrifices

and toil. But McQuesten and Mayo lived long enough to see the great developments they had prophesied and worked for come true.

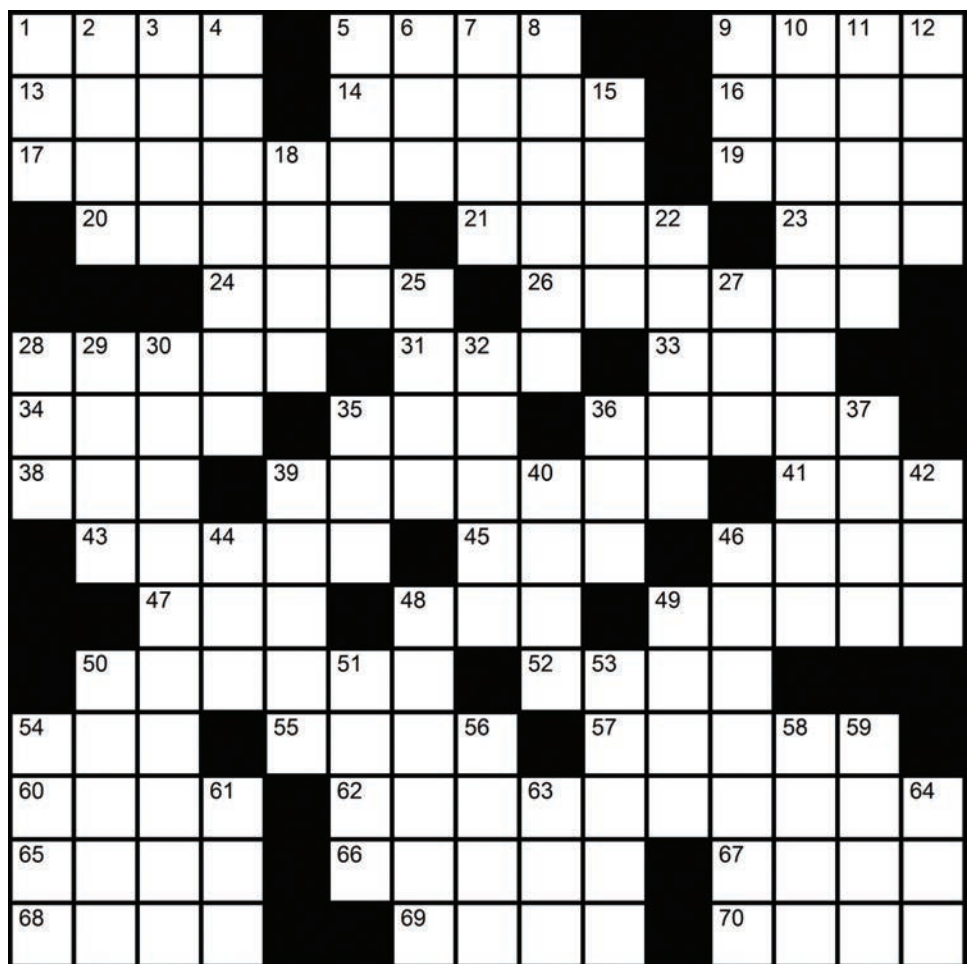
None of the grand old pioneers shared in the great riches that were discovered, but they were rich in respect and fellowship from their brother pioneers who realized that these men had opened up the way for the great gold stampede of 1897-1898. As Kitchener wrote in “Flag Over Alaska”: “Their sign was a beacon in the wilderness.”

This column features tidbits found among the writings of the late Alaska historian, Phyllis Downing Carlson. Her niece, Laurel Downing Bill, has turned many of Carlson’s stories – as well as stories from her own research – into a series of books titled “Aunt Phil’s Trunk.” Volumes One through Five are available at bookstores and gift shops throughout Alaska, as well as online at www.auntphilstrunk.com and Amazon.com.

Let's Play

Across

- 1 Sassy one
- 5 Summer drinks
- 9 Joust verbally
- 13 Ambience
- 14 Start of a refrain
- 16 What’s more
- 17 Pretend to be dead
- 19 Spanish appetizer
- 20 Discover
- 21 Austen novel
- 23 Asian capital
- 24 Hive dwellers
- 26 Ribbed fabric
- 28 E-mail option
- 31 German spa
- 33 Treat like a dog?
- 34 Jodie Foster’s alma mater
- 35 Altar in the sky
- 36 Finish second
- 38 Victorian, for one
- 39 Man-about-town
- 41 Columbus Day mo.



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- 43 Pancake topper
- 45 No longer edible
- 46 Small salmon
- 47 Heating fuel
- 48 Barbie’s beau
- 49 Amber or umber
- 50 Jane Eyre, e.g.
- 52 Gouda alternative
- 54 Acapulco gold
- 55 North Sea feeder
- 57 Elliptical path
- 60 Flu symptom
- 62 John Millington Synge, e.g.
- 65 Put up, as a picture
- 66 More cunning
- 67 It may be proper
- 68 Pull strings?

- 69 Murder
- 70 Once, long ago

Down

- 1 Easy mark
- 2 Partner of void
- 3 “Dies ___” (hymn)
- 4 Word on an invoice
- 5 Make reparations
- 6 E.R. figures
- 7 Leisure
- 8 Declines
- 9 Gained a lap
- 10 Act like nothing happened
- 11 Colorado ski resort
- 12 Stable color
- 15 Bullets and such
- 18 Quarry
- 22 Brush on, as paint
- 25 Some transfusions
- 27 Grassland
- 28 Highball ingredient
- 29 Corn units
- 30 Where to find a seesaw
- 32 Noncommittal response
- 35 Austrian peak
- 36 Pea container
- 37 Lingering effect
- 39 Aggressive
- 40 Curse
- 42 Windswept spot
- 44 Criminal charge
- 46 Farm machine
- 48 Sound of a bells ringing
- 49 “The Alienist” author
- 50 Keyboard instrument
- 51 Nile slitherers
- 53 She may bring it with her
- 54 Island near Kauai
- 56 Commuting option
- 58 Fictional hunchback
- 59 Therefore
- 61 Sense of self
- 63 Senatorial affirmation
- 64 It’s a blast

Crossword answers on page 26



Singing legend Johnny Mathis still touring at 86

By **NICK THOMAS**

Tinseltown Talks

Chances are, every time velvet-voiced Johnny Mathis takes center stage

of course, his 1959 hit, “Misty.”

Interrupted briefly by the pandemic last year, Mathis continues his 2022 Voice of Romance Tour with

the Mathis career statistics are impressive, including 79 original albums, 43 singles on the Billboard Pop Chart, five Grammy nominations as well as a

for the 60s musical show “Sing Along with Mitch” on NBC. Mathis signed with Columbia Records in 1956 and to cash in on the growing Mathis phenomenon,

year on his “Heavenly” album. Written by Errol Garner (music) and Johnny Burke (lyrics), Mathis first heard the tune at the Black Hawk nightclub in



A young Johnny Mathis recording in NYC in the 60s.

Columbia Archives, provided by publicist



Johnny Mathis, more recently.

Elliot Lee Hazel, provided by publicist

during his current U.S. tour, the atmosphere could turn Misty.

Sure, some devoted Mathis fans might swoon teary-eyed with waves of emotional nostalgia witnessing the 86-year-old singing icon in person, but many will just dutifully sway to the familiar soothing melodies as the veteran performer delivers his signature ballads such as “Wonderful! Wonderful!,” “Chances Are,” and,

stops around the country (see www.johnnymathis.com). Although the viral menace is still lurking, it has not deterred the soulful singer from performing this year.

“Well, it’s what I do,” said Mathis from his home in Los Angeles during a tour break. “Except for earlier in the pandemic, I’ve been touring since I recorded my first album in 1956.”

Currently in his 66th year as a recording artist,

2003 Lifetime Achievement Grammy and songs used in over 60 films and television shows.

Then there’s his historic 1958 Greatest Hits album, released just two years after his debut album, which became the first Greatest Hits album issued by any pop artist.

“Mitch Miller was responsible for that,” said Mathis, referring to the conductor and record producer best remembered

Miller wanted to release a new album in the late 50s but the singer was in Europe. Mathis had scored big with recent hits, so Miller bundled several together on one record and “Johnny’s Greatest Hits” would spend almost 10 continuous years on the Billboard Top Albums Chart.

Ironically, Mathis’s signature song, “Misty,” didn’t appear on the 1958 compilation since it would be featured the following

San Francisco where he grew up.

“I used to go there as a teenager to watch the singers, and the owner would let me sit in the back where no one could see me,” recalled Mathis, who would eventually be discovered singing at the club. “Garner would perform several times a year and play this wonderful tune (Misty) on the piano

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Pickleball

continued from page 14

niceto everybody because you’ll have to play with them at some point.”

Claire Meranda is this year’s commissioner of pickleball. Meranda is very excited to have the games on the Patty Center’s wood floor, one that “won’t need to be vacuumed, squeegeed and fanned dry after a rain.”

She says the brackets, which are the age groups in which people play (50-54, 55-59, 60-64, etc.) have not been full in the past, so it’s more likely for participants to medal in the events.

More than half the participants come from outside Fairbanks. She encourages

local players to participate and not be worried that players from other places might be a higher caliber. “That’s not the case”, she said, “and there’s lots of value in competing against players you’re not used to playing against”. Last year during COVID, because of the dearth of players, “literally, everyone qualified for the Nationals.”

Normally, NSGA championships are every other year. However, COVID twisted the schedule. The qualifier for the 2022 Ft. Lauderdale, Fla., games was in 2021. (A year was skipped due to COVID.) So, there are back-to-back years for both NSGA and state qualifier events.

This year’s Alaska International Senior Games is a qualifying event for the 2023 NSGA Pickleball

Championships in Pittsburgh. The plan is to go back to every other year for qualifying events from now on.

Focus on fun

Paul Knight, 69, of Homer has been to AISG three times. He says, tongue in cheek, that when he wears his National Senior Games t-shirt people are very impressed, but, he notes, “anyone who signs up and tries out (in the Alaska-qualifying Senior Games) can go to the Nationals”. While competition is good, people should not be intimidated, he says. “It’s competitive but not overly so. Level of play is good, but anybody thinking about going to the Alaska Senior Games should just do it.”

He played one time at

the National Senior Pickleball tournament, in 2019 in Albuquerque, NM, and never made it out of the first round. But the Alaska Games are different, he says. “Camaraderie is good, a group of 20 will go out to a restaurant at the end of the day and have a drink and make friends. It’s all fun.”

Registration ends on July 25. Save \$20 when

you register by July 15. <https://www.alaskaisg.org/games/registration/>.

You must be 50 years old by December 31, 2022 to qualify as a senior.

Jim Lavrakas has lived in Alaska for almost a half century. The self-proclaimed “squirrel man” has found a lively outlet in the pursuit of pickleball. You can reach him at www.FarNorthPress.com.

AISG pickleball schedule

Hours: 6 to 9 p.m. each day, Patty Center, UAF

Tuesday, Aug. 9:

Men’s Singles and Women’s Doubles

Wednesday, Aug. 10:

Mixed Doubles

Thursday, Aug. 11:

Men’s Doubles and Women’s Singles



Fourth

continued from page 15

reached. On this day a record of 6 ft. 10 inches was the highest that could be attained, falling below the standing Nome record of 7 ft. 2 Inches made by Long Boat Dick, now deceased.

Next and last on the program came the kyak race, eight skin boats or "kyaks" as they are called, each contained one native paddler, raced out to the Sea Wolf and return, the event being won by Tony. The natives had been holding trial spins in the sea off the spit for some days and the rivalry was spirited and keen.

Free candy, peanuts and

ice cream filled the Juvenal hearts with joy and caused numerous tummy aches thru over indulgence. In the evening the A. B. Hall was the scene of the "end of a perfect day." A most enjoyable dance was given free to the public....

Damper put on celebration by weather

Cordova Daily Times, July 5, 1922: On account of the downpour of rain for several days the Fourth celebration planned for yesterday had to be postponed, much to the disappointment of the town's folk and the large number of visitors here. One of the big events was the ball game between the Kennecott and Cordova teams and sooner than disappoint

our people the Kennecott boys decided to remain over today. Although the weather showed signs of breaking this morning, rain again set in at noon, but not withstanding this fact it was decided to play the game regardless of the weather and it is in progress as we go to press.

Chairman Chase has decided to Stage a boxing event at Empress theater tonight, immediately after the show. This will be free to everybody and as the contestants are raring to go a good bout may be expected. On Saturday afternoon the children's events will take place at the ball park.

Douglas has great sport on July 4th

Alaska Daily Empire,

Juneau, July 5, 1922: The celebration held in Douglas yesterday was a great success and everyone had a good time. With the weather doing its best to be good, real holiday spirit prevailed throughout the entire day. The first event Of the day was the oration delivered by John H. Dunn in the Liberty Theater, which was well attended. In his address Mr. Dunn dwelt upon patriotism to the government and the country. The oration was very impressive.

Immediately after the exercises the field sports began, culminating late in the afternoon with a baseball

game between Douglas and U.S.S. Unalga, which ended 11 to 0 in Douglas'

favor.

In the evening one of the best dances ever held here on a Fourth Of July Was held in the Natatorium. The Coliseum Theater Orchestra played a series of snappy fox trots and dreamy waltzes which won great favor with everyone and when 1 o'clock came the crowd was loath to depart and the orchestra was prevailed upon to play another hour to 2 a. m. Over 200 people enjoyed the dance.

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.

seniorvoice.com

Caregiver

continued from page 7

lack of perceived social support, and postponement of healthcare needs result in lower quality of life for both the caregiver and their loved one.

Care for your future self

Self-care and stress management are vital to the wellbeing and longevity of caregivers and their families. Self-care is initiated behavior that people choose to incorporate into their day to day lives with the intention of promoting their health and well-being. Self-care is not simply bubble baths and mani-pedis. Self-care is self-parenting. Doing things now that your future self will thank you for. Are you drinking enough water? Eating nutritious food? Moving your body? Going to checkups with your primary care provider? Taking care of your spiritual needs? Getting enough sleep? Engaging in activities that replenish

and nourish your soul?

These simple acts of self-care are often put off or neglected altogether when unpaid family caregivers are primarily concerned with the needs of their spouse or parent. However, these too are vital parts of the caregiving role. Learn and use stress reduction techniques like mindfulness, meditation, yoga or prayer.

Finding support

Asking for and accepting help can often be difficult for caregivers who feel it is their responsibility to do everything. In the early 20th century, caregiving was a task undertaken by a community. It enlisted the help of extended family, neighbors and community members. In modern times, caregiving can feel isolating, with changing family roles and dynamics and feeling that there is lack of time for self-care. Seeking out support is as important to the caregiver's health as

it is to the person receiving care. Friends, neighbors, members of your congregation, co-workers are likely willing to help and support in tangible ways. Finding ways to communicate your needs clearly and specifically increases the likelihood of getting

the help that will be most meaningful.

Caregiving is often invisible and undervalued. This summer, Hospice of Anchorage and our partners are working to show our appreciation for all that family caregivers do. Care for the Carer is our way of encouraging caregivers to take time out for themselves. Free gift boxes with self-care items are available through August

for any unpaid caregiver in the community. If you are a caregiver or know someone who is, please contact Hospice of Anchorage today to pick up your box and chat with any of our staff about caregiving and self-care. Call 907-561-5322 or visit 2612 E. Northern Lights Blvd.

Sarah Pype is the Palliative Care Case Manager for Hospice of Anchorage.

JANICE PARK

ALASKA SENATE F

Alaskan seniors want to retire in this great state with their kids and grandkids nearby, but our greatest export has become our citizens. Lack of opportunity and essentials like childcare are driving our kids and grandkids to move away.

We need to preserve Alaska's promise of a future for our kids and grandkids. As an Alaskan for over 30 years with a background in business, nursing, and the law, I understand the kitchen table issues families face. I will work for a budget that provides a fair share to fund essential services for families and for seniors while preserving the wilderness and beauty for our kids and grandkids to enjoy HERE.

I am running to see Alaskans get their fair share. I am not obligated to any special interests.

I'm with you. I'll fight for you.

I'm Janice Park and I'm FORAlaska.

Janice

www.JaniceForAlaska.com [#ForAlaska](https://twitter.com/ForAlaska)

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Senior Voice is on Facebook!

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

You can also follow Senior Voice on Twitter: @seniorvoiceak



New statewide alert system starts July 1

Senior Voice Staff

The Alaska State Troopers will begin using a new statewide alerting platform beginning July 1, 2022, to alert Alaskans to timely information regarding Alaska State Troopers operations in their area, according to a Dept. of Public Safety press statement dated June 21. The new tool will allow Alaskans to subscribe to email and SMS alerts initiated from the Alaska State Troopers. The Alaska State Troopers' current Nixle-based alerting capabilities will be ended on June 30, 2022, as the new system comes online, according to the press statement.

Alaskans can self-subscribe for alerts from Troopers by region, which

Alaska State Troopers' current Nixle-based alerting capabilities will be ended on June 30, as the new system comes online.

include the Mat-Su Valley, Interior, Kenai Peninsula, Southeast, Kodiak, and Western Alaska. Alaskans can also subscribe to receive statewide missing persons bulletins whenever one is issued by the Alaska Missing Persons Clearinghouse. This new system will provide alerts related to significant law enforcement activity in an area, evacuation information, missing persons bulletins, suspect information, and other timely alerts.

"While Nixle was a great partner for DPS over the last several years, our new alerting tool will provide us greater flexibility and

capabilities and allow for growth into the future," Alaska Dept. of Public Safety Commissioner James Cockrell said in the press statement. "We are committed to providing Alaskans with timely information about our operations in their communities, and this new alerting tool will help us continue to meet that goal."

The new alerting tool will join the state's 511 system for road closures and traveler information, and the AKTips anonymous crime tip tool for submitting anonymous crime tips to law enforcement. The State of Alaska will contin-

ue to use the Amber Alert and Silver Alert systems as part of our partnership with the Alaska Broadcasters Association and Alaska Division of Homeland Security and Emergency Management.

Alaskans interested in signing up for alerts

through the new DPS alerts tool can do so online at: <https://alerts.dps.alaska.gov/subscribe>. If Alaskans are currently subscribed to Nixle alerts they will need to sign up for the new alerts system to continue to receive alerts after July 1.

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.

Chickens

continued from page 16

Monday morning when Gary left for work, he said, "It sure would be great if you could get another five done today." I assured him I could. After all, the only thing I hadn't done was to chop heads off and I had carefully watched him do it. So shortly after he left, I got things set up and went out and caught my first unsuspecting chicken.

I carefully laid the chicken on its back on the block of wood, holding on to its feet with my left hand. After running two fingers back and forth near its eyes to hypnotize and calm it down, I let go of its feet. I switched to my left hand to do the hypnotizing action,

leaving my right hand free to pick up the hatchet. I didn't want my fingers anywhere near the neck when I brought the hatchet down. Already the process had taken at least twice as long as when Gary did it. I had another problem - I was starting to feel sorry for the chicken.

I saw that the chicken was losing its relaxed feeling, so I decided it was now or never. For some reason, just as I brought the hatchet down, I looked away. Bad idea. My aim was off a little and I didn't hit nearly as hard as Gary did. Then I really had a mess. The injured, not dead, chicken flopped around spraying blood everywhere. Full of adrenaline, I tried to decide what to do.

The bird was not going to hold still for another

try with the hatchet. I had heard of people wringing the neck of a chicken to kill it, but had never seen it done. Deciding I didn't have much choice, I grabbed the chicken and tried to wring its neck like a towel. It only took a few seconds to see that it wouldn't work. Somehow I ended up just hanging on to the neck and twirling the whole bird around like a jump rope. After a short while I realized the poor thing was dead. I walked away from the scene to calm down and think. So far things were not going well. Gary had made it look so easy.

One dead chicken and four more to go and my nerves were a wreck. I could take care of this one chicken, but that wasn't very good use of the day. Besides, what would Gary

think when he got home. If I hadn't already killed one, I could just forget the whole thing. I knew other women had killed chickens. If they could, I could, too. I didn't think I could wring any more necks, though. The chickens were so big and heavy. Back to the hatchet. Only this time, I would look when I swung and swing hard. I hardened my heart and proceeded without any further problems.

When Gary arrived home from work, I was just finishing up with the packaging. I told him about

my experience. He didn't seem to understand why I had such a problem. In fact, since there were only five chickens left, he asked, "Would you do them tomorrow?"

"Only if you chop all their heads off before you leave for work," I replied.

In the years since, whenever we have raised chickens, I participated in all aspects except one.

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

Kenneth Kirk, Attorney

Attorney and Estate Planner
Emphasis on Wills and Trusts

34 Years Experience
Cornell Law School

It may be that all you need is a simple will. But that won't protect you from probate. Probate is an expensive, lengthy procedure. If there are disputes within the family or with creditors, it magnifies them. If you want to disinherit anyone, it is much more difficult in probate. The process can drag on for years and cost tens of thousands of dollars. And it all plays out in public, in a court file anyone can see.

A Living Trust is, for most people, a better way to leave your estate. It is a loving gift to your family, and preserves more of the assets you worked for and saved.

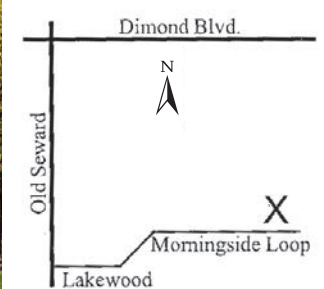
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People just don't want to read instructions

By **KENNETH KIRK**

For Senior Voice



A long time ago, in a land far, far away (well, Juneau is pretty far away) there was a group of legislators who tried to do the right thing.

They wanted to update and improve the laws about what happens when someone can't make their own decisions about medical care. And as part of that change, they wanted to offer a form people could use, so that people could say for themselves who would make those decisions for them.

They wrestled with this for four long years. And finally, one day, they had it! They passed a law which included an optional form called an "Advance Health Care Directive," which people could use. And they congratulated themselves on how good this law was, said it would be an example to other states, and went home.

And we all lived happily ever after.

Except for one little thing.

People don't read instructions.

You doubt me? I have conclusive proof that they don't. In the statutory version of the Advance Health Care Directive, there is a section on mental health treatment. It includes options about three things that don't affect most folks but are pretty important for a few. You can decide, in advance, whether your agent (that is, your decision-maker) can authorize psychotropic medications, electro-convulsive treatment (better known as "electric shock therapy"), and being held in a mental health facility for up to 17 days.

The options on this mental health section are to check "I consent" or check "I do not consent". Or, of course, you can leave it blank. Which is what most people do if this isn't really an issue for them.

But if they leave it blank, they clearly did not read the instructions. There are lots and lots of instructions on this form, and in front of the mental health section, it says, "If you are satis-

fied to allow your agent to determine what is best for you in making these mental health decisions, you do not need to fill out this part of the form".

Did you get that? If you leave it blank, you have given your agent the authority to subject you to these treatments. They can force you to take serious medications which change your brain chemistry. They can have you hooked up to the 'One Flew Over the Cuckoo's Nest' machines. They can have you held in API for two-and-a-half weeks. And all of this would be against your will, with no recourse to a judge or lawyer.

(Fun fact: Why is it 17 days? Because normally if you are committed to a mental institution against your will, you are entitled to a hearing, with a judge to decide it and a lawyer to represent you, within three days. If the judge decides you need to be there, you get another hearing two weeks later. Seventeen days means they have skipped the first hearing, so it is when you would otherwise be getting the second hearing.)

Here's my proof that people don't read lengthy instructions. I have had a lot of people come into my office who filled out the statutory version of the form. The vast majority of them – between 80 and 90% – left this part blank. And when I ask them whether they intended to give their agent the authority to consent to these treatments, they tell me very clearly that they did not. And yet because they left the boxes blank, they gave that authority.

Why did this happen in the first place? The legislators were trying to pull together different pieces from different parts of the

statutes. In the process, they pulled over a section that had been in the mental health statutes, which allowed for someone to consent to these treatments with a separate form. But in doing that, they turned it from a form someone would not be filling out unless they had serious mental health issues and wanted to consent to letting someone else make these calls, to part of a form being

used by people who, typically, don't want to consent to this sort of thing.

But the real question is, why haven't they fixed it? When I started this column with "a long time ago," I meant that. This was passed 18 years ago. I have been kvetching about it ever since, and it never gets fixed.

But it's supposed to be a nice fairy tale, and fairy tales aren't supposed to

end with mistakes, are they?

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. "Kvetching" is a Yiddish word; I could have used a different word but wasn't sure it would get past the censors.

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gsimes@anchorageSeniorcenter.org

SeniorVoice.com

omada This program is supported by the State of Alaska Department of Health and Social Services

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Podcasts, Internet Explorer, two great websites

By **BOB DELAURENTIS**

Bob's Tech Talk

Q. How do I listen to podcasts?

A. As the old saying goes, "there is an app for that." Many different apps, in fact. And beyond apps, most podcasts are just a click away on the Web.

Podcasts are audio-only programs that have exploded in popularity in the last few years. The best place to start depends on your device. For a personal computer, a Web browser and a Google search is an easy place to start.

On mobile phones, podcasts are the perfect companion for keeping your mind occupied while driving or working around the house. For Android owners, the best place to start is the "Google Podcasts" app, which is either pre-installed on the device or can be downloaded for free on the Google Play store.

For Apple owners, the "Podcasts" app is installed on all new devices, or available as a free download. This app works on the Mac, iPhone, iPad and AppleTV.

Podcast apps provide a search feature for finding

show topics, along with controls to download and listen to individual episodes. If you subscribe to a program the latest episode downloads right away, and future episodes will appear when they are released.

Once you get started, you will be amazed at the great listens that are just a few taps away.

Q. Why is Internet Explorer no longer available?

A. I am old enough to remember the Web before IE existed. I watched as it tormented web page designers for over a decade, and now I am ready to raise a toast to its end.

As of June 15, Internet Explorer is officially, completely discontinued. It will never be updated again. The party has moved on to Microsoft's latest browser Edge, as well as the far more popular options of Google Chrome and Apple Safari.

Many users do not even realize that a web browser is a distinct app. For them, the browser is what appears when you click on a link. This trend is likely to continue as more apps include a custom built-in

web window.

The dividing line between the Web and apps will become even fuzzier in the years ahead. And while apps do provide exciting new features, there are places where web pages continue to provide real value. Just as televisions did not replace movie theaters and radio did not replace concerts, the World Wide Web will continue to shape the online landscape for years to come.

Q. I love web pages that explain how everyday things work. Google shows me sites I have already explored when I look for more. Are there any pages you think are worth exploring?

A. Here are two of my all-time favorites: www.cambridgeincolour.com and www.ciechanow.ski/archives/.

They are among the most difficult-to-type URLs I have ever shared on Wander the Web, but they warrant a fresh look.

The site cambridgeincolour.com started in 2005 as a collection of essays, and it has evolved into a thriving community of photogra-

phers.

The site is authored by Sean McHugh, and although it has expanded into books and discussions, the heart of the site remains the first-class tutorials.

The entire list can be found under the menu item "all photography tutorials." Even if you are not a photographer yourself, consider reviewing a few of the essays. They will change how you "see" photographs.

The page ciechanow.ski/archives/ contains a list of over a dozen essays. A few of the older entries cover topics that are probably not on any of my readers' bucket lists. But recent topics cover things such as GPS, ships, mechanical watches, and internal combustion engines.

Each page features lush animations and clear explanations. There is not something for everyone, but for some of my readers, they will discover a special treat.

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:

Kate Marvel: How Climate Change Works

This 20-minute video featuring Dr. Kate Marvel is an excellent summary of fact vs. fiction. To skip typing the URL, search Google for the title above.

youtube.com/watch?v=kZNAIEPMrOY

Check Your Internet Speed

Your Internet service provider charges more for faster speeds. While real world performance will always be a little slower, it is a good idea to test your connection every so often.

www.speedtest.net

Seasonal Weather

A summer thunderstorm streaming on demand. A great way to unplug your mind.

www.rainymood.com

Wasilla Area Seniors Club50 Activities

Yoga

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SHOSHANA GUNGURSTEIN

"You got my vote"
Lee P.





Alaska welcomes you to summer

Festivals are just a short drive away

By **DIMITRA LAVRAKAS**

Senior Voice Travel Correspondent

While travel by car seems prohibitive with gas prices at an all-time high of \$5.51

a Peonies and Pints event with a visit to a farm then on to purchase a pint at the Homer Brewing Co. www.Homeralaska.org/homer-peony-celebration **Salmon Jam! Salmon**

other performers no matter your level of mastery to rehearse and then perform on stage. Fees range from \$100 to work with the opera and musical theater group, or attend the Accordion

servation and Community Businesses,” and of course daily bear tours, a “Beary” pie contest, read a story with a Forest Service interpreter, a photo workshop, half and full marathon, and a smoked salmon contest. www.Alaskabearfest.org

50th Southeast Alaska State Fair, July 28-31 in Haines. See how Southeast celebrates its state fair. While not as large as Palmer’s, it does offer a more intimate experience. “Salmon Enchanted Evening,” is the theme, with four days of music and entertainment, contests, attractions, exhibits, food and shopping vendors. Seniors 65 and older with ID pay \$30 for a four-day pass (or \$24 early bird) or \$10 a day. www.Seakfair.org

Deltana Fair & Music Festival, July 22-24 in Delta Junction. This year’s festivities theme, “Where the Highway Ends, the Fun Begins,” includes a blueberry pie contest, the Pipeline Run, Miss Deltana and Cutest Baby Contest, live music, and the annual parade. Then there’s Dr. Crusberg’s Memorial Pet Show — if your pet does tricks and/or is adorable, enter them for free for a chance at stardom. Seniors 60 and older, \$7. www.Deltanafair.com

more. Check the website for updates. www.Vis-itsoldotna.com/events/progress-days/

Tanana Valley State Fair, July 29-August in Fairbanks. Celebrate the 97th annual state fair of the far north with new vendors, entertainment and live events, midway rides, exciting exhibits and more. www.tvsfa.org

Gold Rush Days, Aug. 3-7 in Valdez. Look back on Valdez’s golden age with Can Can Girls, a traveling Hoosgow, local market, food vendors and parade. www.valdezalaska.org/events/gold-rush-days/

Alaska State Fair, Aug. 19-Sept. 5 in Palmer. Yes, there’s amusement park rides, but you must see the giant cabbage and pumpkin winners that celebrate Alaska’s summer light. Celebrate Mat-Su’s agricultural importance to the state, checking out the many farm animals in the livestock pavilion. Performing is a blast from the past — Blue Oyster Cult, known for its 1978 hit “Don’t Fear the Reaper,” and the Brothers Osborne “I’m Not for Everyone,” and who won a Grammy this year for Best Country Duo/Group Performance. All kinds of food is to be had, including the heavyweight, heart-unhealthy corn dog. The fair is closed on Tuesdays and Wednesdays. Seniors 65



Don't miss the giant cabbages, testament to Alaska's bountiful summer sunshine, at the Alaska State Fair in Palmer.

Courtesy Alaska State Fair

in June, a drive to a festival may be the cure for he several years of isolation due to the pandemic.

Get out and meet your fellow Alaskans or travel to a town you once lived in and see old friends.

Kachemak Bay Highland Games, July 2-3, Homer. Men in skirts! Highland games of skill like tossing the caber – a big hunk of wood as far as you can. Clan regalia will be on sale. On Saturday night at 6:30 p.m., there’s a Ceilidh with Whisky Jacks and The Harp Twins. Sunday is the award ceremony with a potluck for athletes and their families. Tickets are \$10 a day. www.kachemak-bayscottishclub.org

Peony Celebration, July 8-30, Homer. Who knew Homer has a whopping 25 peony farms, but it makes sense. Homer’s cool, misty hillsides and fields offer perfect growing conditions for this sweet-smelling perennial. There’s art exhibitions, great food, farm tours, concerts and even

Festival, July 11-16 in Cordova. Cordova’s arts and crafts festival, Dumpster painting, small fry activities, live performances and races for all ages. And salmon, salmon, salmon to eat! \$30 per weekend music performance. If you fly, Alaska Airlines has a discount code. www.Salmonjam.org

Chugiak-Eagle River Bear Paw Festival, July 13-17. “It Takes Two to Tango!” is this year’s theme. See classic cars, Teddy Bear Picnic, Slippery Salmon Olympics, Classic Car Show, cornhole tournament, Bear Paw Motorcycle Show, and much more. www.Bearpawfestival.org

Golden Days, July 16-23 in Fairbanks. Enjoy Alaska’s largest parade, wander along the street fair, bet on the Rubber Duckie Race, or try your luck in the Poke of Gold Hunt and follow the clues on the Chamber of Commerce page to find that nugget. www.Fairbankschamber.org

Fairbanks Summer Arts Festival, July 17-31. Join

Concert for free. Tickets for concerts and performances range from free to \$10. www.Fsaf.org



Cordova's Copper River Salmon Jam has crafts tables, races, musical jamming, and lots of Copper River salmon.

Courtesy Cordova Chamber of Commerce

Bearfest, July 27-31, Wrangell. There’s a Bear Symposium with such topics as “How Bear-Viewing Sites Can Advance Con-

Progress Days, July 21-24, Soldotna. Events include a parade, family activities, free community picnic and much

and older with ID: \$7 per day Mondays and Thursdays; \$8 Friday-Sunday and \$50 season pass. www.alaskastatefair.org



Golf

continued from page 13

a 9-hole golf course and a driving range. Summer daylight playing hours are 3 a.m. to 10 p.m.

Stanley Jones, who is the prior owner and builder of the Valley of the Eagles Golf Course, said it is also a very low usage course, and about two-thirds of the golfers are over age 50.

“One of the beauties of golf is that it can be played by people from pre-teens to some in their nineties. You do not have to be aerobically fit to enjoy golf,” said Jones.

He said the Valley of the Eagles is one of the top courses in the state of Alaska because the natural beauty is beyond comparison.

“The course borders the Chilkat River and the mountains immediately across the river rapidly rise to 5,000 to 7,000 feet and have glaciers and its ridgeline is the boundary of Glacier Bay National Park.”

Visit www.hainesgolf.com for more information.

Luke Schaffer is part of the team overseeing Black Diamond Golf Course, near Denali National Park. “We believe golf is important to Alaska because it provides Alaskans with an outdoor activity that is not as strenuous or extreme as hiking, rafting or ATVs,” Schaffer said. “It is also a great activity to do with friends and family. With harsh winters that keep people indoors, it is important to offer a variety of activities in the summer to keep people on the move while the summer daylight lasts.”

His golf course offers a unique activity for the local crowd. Being located near Denali National Park, many of the local tours and activities get crowded with tourists. However, the golf course more often than not is populated with locals.

“Lots of retired people in our community come to play, often taking advantage of our yearly memberships. Golf is ideal for the older crowd because it is a play-at-your-own-

golf courses each summer for lots of great causes.

“Many of our golfers are over 50 years old. This is such a great way to get exercise, reconnect with friends and be outside after

season passes. The website is www.palmergolfcourse.com.

Alaska has eight full 18-hole courses and eleven 9-hole courses, Collum said. “A few of the 9-hole

will challenge players of all abilities. Of the 9-hole courses, I prefer Birchridge Golf Course (Soldotna), Bear Valley Golf Course (Kodiak) and Fairbanks Golf Course.”

Tom Farris, PGA Head Golf Professional at the Anchorage Golf Course, said Alaskans are a hearty group and this certainly comes through in regard to golfing in Alaska.

“We see it all the time, bad weather, rough conditions early in the year, cold weather in the fall, and we still see so many golfers at our facility whenever there isn’t snow on the ground,” Farris said.

Many senior players take advantage of the opportunity to play during the week, filling two morning leagues in Anchorage with up to 40 players every Tuesday and Wednesday morning, one of which is an AARP Tuesday morning league.

“Being a senior can sometimes be isolating. With COVID that isolation only intensified. Golf experienced a tremendous boom during COVID, and for good reason because golf was one of the few activities that could be done with a mitigated risk due to being outside,” Farris said.



Valley of the Eagles Golf Links in Haines offers nine holes, a driving range, and a setting along the Chilkat River with spectacular views.

Photo courtesy Valley of the Eagles Golf Links

pace game and offers the space to be socially distanced from others who are playing on the course,” explained Schaffer.

The golf course hours are 7:15 a.m. to 11 p.m. Black Diamond Resort Co. is located at mile 247 on the George Parks Highway, just eight miles north of the Denali National Park entrance. For more information, visit www.blackdiamondtourco.com.

George Collum is the Director of the Palmer Golf Course and says that for Alaskans who do not hunt, fish or go camping, golf can be highly appealing.

“Although some of us might travel during the long winters, coming home for the summer and getting to play golf in one of the most beautiful locations in the world might just be part of why so many people return each summer,” Collum said.

Golf is also a great way to meet new people and make friends. There are many fundraisers at the

a tough winter. For many elderly Alaskans, golf is one of the only sports they might be able to participate in and feel safe during the pandemic,” Collum said.

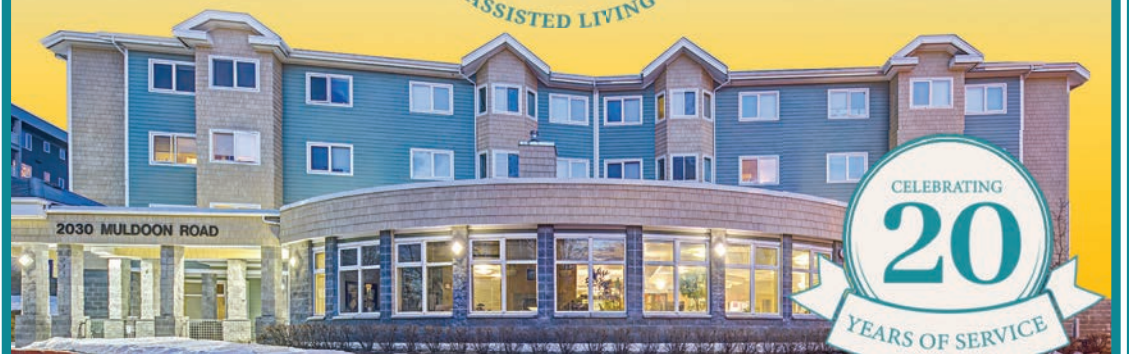
Palmer Golf Course is open daily from 7 a.m. to 10 p.m. The course offers senior rates on green fees, punch cards, and senior

courses are par 3s only. In my opinion, the top courses in the state, in no particular order, are Palmer Municipal Golf Course, Chena Bend (Fairbanks), Moose Run Creek Course (Anchorage/JBER) and Anchorage Golf Course. These courses are all 18 holes with a variety of tee boxes that

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Tinseltown

continued from page 19

with no lyrics. His piano introduction was about a minute and a half with all sorts of chord changes and, oh man, I loved hearing it.”

Later, Mathis learned Burke had added lyrics to the melody. “Columbia usually chose all the songs for me to record but as soon as I got a chance to select something, I recorded ‘Misty’.”

While Mathis acknowledges the influence of many

professional and personal buddies throughout his career, one always stands apart.

“I began singing because my dad sang,” says

Mathis. “He was my best pal and my true blessing is that he lived long enough to see my success as a singer.”

Nick Thomas teaches at Auburn University at Mont-

gomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.



Johnny Mathis has been touring since his first album in 1956.

R. J. Alexander, provided by publicist

Health

continued from page 5

the parts of your body you can. All muscles support the heart. The stronger your peripheral muscles, the less burden on your heart to keep oxygen flowing to the brain. If possible, cross train. As well as walking, consider adding swimming, biking, hiking, kayaking, ballroom or salsa dancing, yoga, Youtube aerobics, weightlifting, paddle boarding, pickleball. So many options! Design a program of 30 or more minutes of moving your body, six days a week. Schedule this time and commit. It’s a wonderful gift to yourself.

Plan ahead for wellness

Similarly, real food takes time. Allow for several hours over the weekend to shop for produce and make a pot of veggie-rich soup and roast robust, nicely seasoned veggies to store in glass containers for the week ahead. Limit eating out. Make time to sit down and eat slowly. This not only improves digestion but is crucial for eating less. There is a lag in satiety which has bedeviled our society. Stop eating when you are 80% full. In 20 minutes you will be 100% full. Check it out. You deserve it.

Emily Kane is a naturopathic doctor based in Juneau. Contact her online at www.dremilykane.com.

Crossword answers from page 18

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



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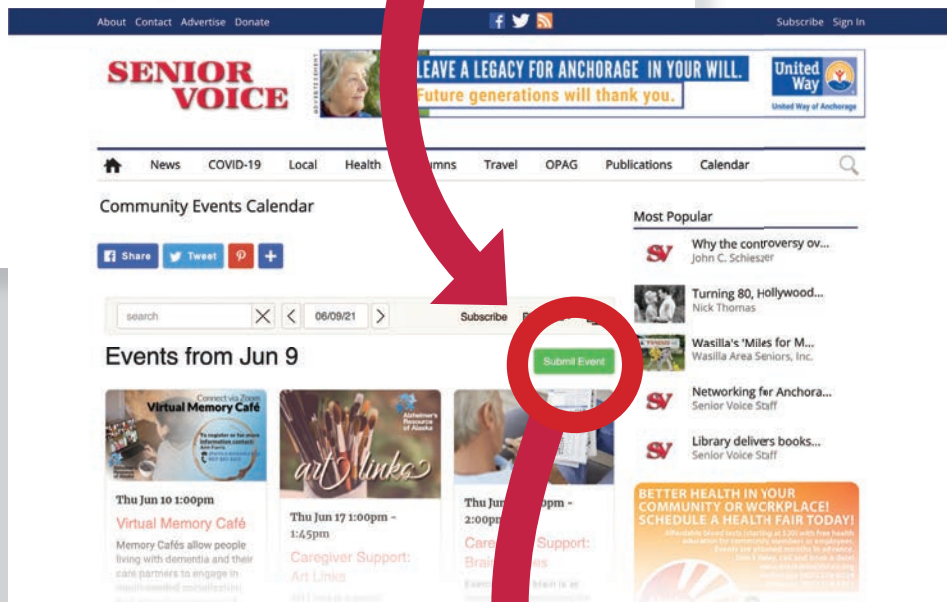
Get word out about your upcoming event!

Publicize a program or class. Post an invitation to a new Zoom offering. The Senior Voice online calendar is here for you.

It's easy to post your events to seniorvoicelaska.com – and it's **FREE**.



1 Go to the Senior Voice website: seniorvoicelaska.com. Click on the “Calendar” tab in the upper right corner.



2 You will see the list of upcoming events. To add your own event, click the “Submit Event” button on the upper right.

3 You will be taken to a forms page where you can quickly enter your details.

In addition to the date, time, location and description, you can include other items:

- Photos
- Fliers and other images
- Links to your website
- A button linking to the event and your site
- Zoom, Skype and other conferencing links
- Your email and other contact information

A screenshot of the 'Senior Voice Calendar of Events' submission form. The form includes fields for 'Your Name', 'Your Contact Email', 'Private notes for the calendar owner (not shown with your event)', 'Event Title', and a checkbox for 'Add a button linking to the event website'. A green 'Check and Submit' button is located at the top right of the form.

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