



## Enjoy your Retirement!

Chester Park is a safe, secure 55+ Adult Community. Our Member-Owners enjoy all the benefits of home ownership with none of the hassles. **DON'T WAIT! UNITS SELL QUICKLY!**

### Safe, Secure Senior Living

For more information or a tour please call:

907-333-8844

[www.chesterparkcoop.com](http://www.chesterparkcoop.com)



**Chester Park**  
COOPERATIVE



A publication of Older Persons Action Group, Inc. Free

# Senior Voice

Serving Alaskans 50+ Since 1978

Volume 45, Number 8 August 2022



**Anchorage quilters keep the craft thriving. And fun.**  
- page 14

**Acupuncture for chronic headaches.**  
- page 8

**Registration coming up for fall senior classes.**  
- page 17

**TRAVEL:**

**Lush home of the Haida in British Columbia.**  
- page 28

*Beverly Warble gathers vegetables in the gardens at Wasilla Area Seniors, Inc. last August. The month is peak harvest season in Alaska and triggers a frenzy of preservation activity – canning, pickling, fermenting. Read about it on page 5.*

*Photo courtesy WASI*

2022 National Mature Media Awards  
Winner





# Senior Voice recognized in national awards contest

Senior Voice Staff

Older Persons Action Group, Inc., earned honors for its monthly, statewide publication Senior Voice in the 31st annual National Mature Media Awards Program. The program, presented by the Mature Market Resource Center, a national clearinghouse for the senior market, recognizes the nation's finest marketing, communications, educational materials and programs designed and produced for older adults. OPAG and Senior Voice won five awards:

- ▶ Merit Award in the Photograph category for photographer Michael Dinneen's cover photo of Anchorage steampunk artist Ron Stein (see photo), commissioned for the October 2021 edition.
- ▶ Bronze Award to contributor Kenneth Kirk for his series of articles on legal issues for seniors.
- ▶ Bronze Award to correspondent Maraley McMichael for her essays on life in Alaska.
- ▶ Merit Award for contributor Lawrence D. Weiss for his article on seniors

stuck with student loan debt, published in the June 2021 edition.

- ▶ Merit Award for Senior Voice reporter Ken Stewart for her article on emergency preparedness, published in the September 2021 edition.

The entries were judged by a panel of mature market experts from across the United States for overall excellence of design, content, creativity and relevance to the senior market. Older Persons Action Group has been publishing Senior Voice for 44 years. The monthly newspaper, aimed at older Alaskans

and their families, is distributed statewide, and provided free to low-income seniors. Some funding is provided through a federal and state grant managed by the State of Alaska. Senior Voice also posts editions to its website at [www.seniorvoicealaska.com](http://www.seniorvoicealaska.com). All of the above winning articles are available for reading on the site (use the handy search

window to find them).



# Anchorage joins AARP's "Age-Friendly" network

AARP Alaska

Anchorage, Alaska is officially the 678th community to enroll in the AARP Network of Age-Friendly States and Communities (NAFSC). An AARP Age-Friendly Community is one where a city's elected leadership has made a commitment to actively work with residents and local advocates to make their city a safe and fulfilling place to live for people of all ages. As an NAFSC member, Anchorage is now publicly recognized for its commitment to becoming age-friendly and will receive access to resources for identifying and assessing community needs, as well as technical assistance, expert-led webinars, and connections to a national network of over 670 enrolled communities. The AARP Network of Age-Friendly States and Communities is part of AARP's larger livable communities work that focuses on hands-on, locally determined and directed initiatives. The common

**Anchorage is now publicly recognized for its commitment to becoming age-friendly and will receive access to resources for identifying and assessing community needs, as well as technical assistance, expert-led webinars, and connections to a national network of over 670 enrolled communities.**

thread among the enrolled communities is the belief that the places where we live are better able to support people of all ages when local leaders commit to improving the quality of life for the very young, the very old, and everyone in between.

What makes a community age-friendly? Certain community features impact the well-being of older adults. The NAFSC identifies eight "Domains of Livability." Future work for Anchorage will include efforts in some or all of the following domains:

- ▶ **Outdoor spaces and buildings.** Public places, indoors and out; green spaces and accessible buildings that can be used by people of all ages.
- ▶ **Transportation.** Driving shouldn't be the only way to get around. This includes looking at sidewalks, bike lanes, public transit, shut-

tles, etc.

- ▶ **Housing.** Older adults are able to stay in their own homes with designs or modifications. "Aging in Place" should be an option for everyone.
- ▶ **Social participation.** The key to alleviating sadness and isolation is opportunities for accessible and affordable social activities that are fun and meaningful.
- ▶ **Respect and social inclusion.** Everyone in the community feels valued. Intergenerational gatherings might enhance young and old learning from each other.
- ▶ **Work and civic engagement.** Encouraging all to be actively involved in community life, including paid or volunteer opportunities.
- ▶ **Communication and information.** Sharing community information through a variety of ways, making sure to accommo-

date those not "tech-savvy" and for whom English is a second language.

- ▶ **Community and health services.** All persons must be able to access and afford health care, including seniors with Medicare.

The Anchorage age-friendly leadership team composed of AARP Alaska staff and local volunteers worked with the mayor, Anchorage Chamber of Commerce, Senior Citizens Advisory Commission and others to complete the NAFSC application, launching a five-year pro-

cess of improvement for our Anchorage community. With successful enrollment in the network, the team will now look to partners to build local capacity and learn about the major barriers facing Anchorage residents, with a focus on the needs of those over age 50. The leadership team will be led by Jim Bailey, Chair of the Senior Citizens Advisory Committee. The team will partner with civic volunteers, board and commission members, corporate resources, municipal assets, educational entities, healthcare professionals, faith community representatives, senior citizens and others interested

page 25 please

opag

OLDER PERSONS ACTION GROUP

3340 Arctic Blvd., #106  
Anchorage, Alaska 99503  
Phone 907-276-1059  
Toll free 800-478-1059  
[www.opagak.com](http://www.opagak.com)  
[www.seniorvoicealaska.com](http://www.seniorvoicealaska.com)

SeniorVoice, established in 1978, is published monthly by Older Persons Action Group, Inc., a statewide non-profit corporation serving the interests of all older Alaskans.  
Partially funded by a grant from the Alaska Division of Senior and Disabilities Services.  
Subscription price is \$30 a year to Alaskan residents. All subscriptions outside Alaska are \$35 a year.

Copyright © 2022  
by Older Persons Action Group, Inc.  
ISSN 0741-2894

For advertising information please call (907) 276-1059. The printing of ads in Senior Voice does not constitute endorsement by Older Persons Action Group, Inc.

OPAG BOARD MEMBERS

Sharon White-Wheeler (Emeritus), Robert Bracco, Beth Goldstein, Leonard T. Kelley, Pam Yeargan, Hollis Mickey, Eileen Lally

Board President .....Dylan Webb  
Vice President .....Gail Opalinski  
Treasurer.....Joan Haig  
Secretary.....Yvonne Chase

Executive Director.....David Washburn  
Administrative Assistant.....Sheila Patterson

EDITORIAL

Editor .....David Washburn  
editor@seniorvoicealaska.com

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

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

Page design .....Rachel Gebauer, Gebauer Design





# I'm angry and you should be too

By **SHEILA ABBOTT PATTERSON**

For Senior Voice

We are losing the 4th Avenue Theatre in Anchorage. Not next year. Now. The current owners/developers have already gotten a demolition permit

financial reason why demolition can't be stopped. How? Read on.

Why am I writing this? How do I describe the importance of that Alaska icon without sounding like a stuck-in-the-past emotional old lady? Well, I can't. I worked there selling

vision of Natural Resources has the authority to use Eminent Domain to purchase the building. Does the state have the money? Yes.

The theater needs to be the centerpiece of a revived Anchorage core. For both residents and tourists. The 4th is not just an Anchorage landmark, it is the symbolic heart of Anchorage. For those of you unfamiliar with its history, the theater was a gift from Cap (Austin E.) Lathrop to the City of Anchorage as a symbol of permanence. In a town of timber and log buildings, it was the first in Anchorage to be built of concrete. It represents the aspirations of men and women just like you and I who decided to take a stand and make a life here.

You may or may not have heard that the company who now owns the building has saved the irreplaceable murals and artwork. Maybe, maybe not. No one has seen them. And there's been no information as to what will happen with the

iconic sign. Local architects have succinctly stated that

ernor at 907-465-3500. Call the Commissioner of Natural Resources, Akis Gialopsos, at 907-269-8431. Remember, Mr. Gia-



The 4th Avenue Theater balcony and lobby staircase, with Alaska wildlife mural at the left.

Photos courtesy Friends of 4th Avenue Theatre

to destroy the building and its facade. Guess what? According to several knowledgeable sources there is absolutely no rational or

popcorn and went on my first date there, so I guess I'm qualified to love it and fear its demise.

The State of Alaska Di-



it is insane to demolish the building and try to recreate it somewhere else. If the state doesn't act quickly, the elegant staircase and lobby areas will be gone as well.

Where are we now? Electric is turned off. Wrecking ball might be there any day now. What will we get in its place? More hotels.

Please call the Mayor of Anchorage at 907-343-7100. Call your Assembly member(s). Call the Gov-

lopsos has the authority to purchase the building and its contents via Eminent Domain.

Anchorage community, please speak. No one is asking for your money. We are asking for your voice. May the Fourth Be With Us. Forever.

Sheila Abbott Patterson is a lifelong Alaskan, and the administrative assistant for Older Persons Action Group, Inc. Views expressed here are her own.

# Legislation will raise awareness about dementia

By **ALASKA SENATOR MIA COSTELLO and REP. LOUISE STUTES**

Alaska has the fastest growing senior population in the nation, which means an increasing number of Alaskans are living with dementia. Our state needs to be prepared to address the needs of aging Alaskans, and the passage of House Bill 308 was a big step in the right direction.

HB 308 and its companion, Senate Bill 216,

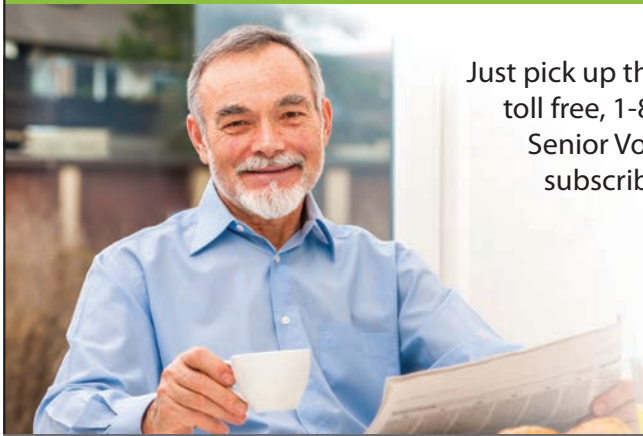
were introduced to create a statewide dementia awareness and healthcare capacity campaign and to direct the Department of Health to educate clinicians, health care professionals, and the public on the early warning signs of Alzheimer's and other forms of dementia in order to increase our rate of diagnosis. The legislation also creates a dedicated position at the department

page 12 please

## 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.

## SENIOR VOICE SUBSCRIPTION



Just pick up the phone and call 276-1059 or toll free, 1-800-478-1059 to start your Senior Voice subscription today or subscribe at [www.seniorvoicealaska.com](http://www.seniorvoicealaska.com).

Or mail this to:  
Older Persons Action Group, Inc.  
Publisher of the Senior Voice  
3340 Arctic Blvd., #106  
Anchorage AK 99503

Your subscription includes your OPAG membership.

### SUBSCRIPTIONS

- ☐ New: One year - \$30
- ☐ Renewal: One year - \$30
- ☐ Out of State: One year - \$35
- ☐ Address change
- ☐ My donation (donations help fund the Older Persons Action Group's programs and services, including the publication and distribution of Senior Voice to low income seniors.)
- ☐ Gift subscription: One year - \$30
- ☐ Gift subscription: Out of State - \$35
- ☐ Other \_\_\_\_\_
- ☐ Low income

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

### PAYMENTS

Credit Card ☐ Visa ☐ MasterCard ☐ other \_\_\_\_\_  
Name on card \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Card# \_\_\_\_\_ Exp \_\_\_\_\_ Sec code \_\_\_\_\_  
Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_  
Make Checks Payable to Senior Voice





# Spawned out salmon: A personal reflection

By LAWRENCE D. WEISS  
For Senior Voice

It gives me a good feeling to spend my final days surrounded by family, friends and lovers. We are a great generation. We all were out at sea for our five year migration and life cycle. Most of us didn't make it back. But look around... We are the lucky ones. We made it back.

*Growing old is fearsome and ugly, but we know it's part of life. We can share growing old with each other here as we swim just fast enough to match the current and stay in one place so we can remember together and say our goodbyes together.*

And not only that, we successfully spawned. Now here we are in our last days, swimming to stay in one place, to stay with our community. We are elderly now. We've stopped eating but

we have grown larger teeth. Ironic, isn't it? In our final days we have large hooked noses, and we've turned olive green, and some of us have funguses on the skin, making it scaly and multi-colored. Our skin is starting to disintegrate and fall off.

Growing old is fearsome and ugly, but we know it's part of life. We can share growing old with each other here as we swim just fast enough to match the current and stay in one place so we can remember together and say our goodbyes together.

Look around. You can see that I have hundreds of companions. See over there? That's Frank. He's getting weak. I don't think

he's going to last out the day. And then the life-giving stream becomes for him — and eventually for all of us — the river Styx. He will be carried away downstream where he will land in shallow water. And there, gulls and eagles will find him and dismantle him and he will be gone forever. But this is okay because this is how we end our life.

But now, sir, I feel lucky to be surrounded by friends and family in my last days. We are all growing old together. And that helps because we know we're not alone. And we know that these terrible things that are happening to our bodies are just the other side of life — all those exciting years in the Pacific

dodging predators and gorging ourselves on algae and tender little fish. And we have great memories. Yes, wonderful memories.

For the first time in my life and the only time in my life I spawned with a very desirable, I would say erotic, female. Yes, that was incredibly exciting. And I wish we could have danced more than once. But that is our fate as humble chum salmon. Swimming next to each other, and the tempo raced forward, finally bumping and bumping into each other — a furious nuzzling in the water. Then she dropped her eggs in our redd, our love nest and the home of our children to be, and I sprayed my milt to fertilize the eggs.

Yes, if I had one regret it was that I could only spawn once, because twice... twice might have made me feel at peace with everything happening to me in the river Styx.

## Clinical trials and tribulations *I took my own advice and discovered this*

By DIMITRA LAVRAKAS  
For Senior Voice

I've been writing about the chance to participate in medical research by applying for clinical trials that could not only help oneself, but countless others.

Being in the Chicago area, there are plenty of medical trials to choose from, so I decided on the osteoarthritis knee study at Northwestern University.

For years, I've growled that we can put a man the moon but can't make cartilage regrow or even replace it with another material.

This study would involve a regular injection of a drug to do just that (or you get a placebo).

I took the overhead train, \$5, and had the hardest time finding the address, so I took a cab, \$10.

The nice young man had me go off for a urine sample, and a very competent nurse practitioner took more blood samples than I have ever seen. So many in fact that I held the empty tubes to give to her as she progressed.

My mother was a phlebotomist at a nearby hospital and would practice on us whenever she had taken time off and returned to work.

"Oh," she would say, "you kids have such great veins to work with."

I have no fear of needles. Then I went to the

X-ray lab and had a standing X-ray with my knees pressed bent against the film canister. This was to measure how much of a gap was in my knees between bone and kneecap.

I was confident I'd qualify after being thrown off a freight sled in 1994 in Utqiagvik on the shore-fast ice, while traveling through an ice ridge trail on the way out to a whaling camp.

Several years later, while bowling in Anchorage I ventured too far out on the waxed lane and went down with my knee buckled under me. My surgeon thought I flipped the kneecap when he went in to shave the meniscus. I was watching the operation on the screen and he showed me bone-on-bone osteoarthritis.

He asked if I felt pain, and I didn't. I credit rock-solid quads from years of being a bicycle rider—even in Utqiagvik, where I'd have to hang up the bike when the temperature plummeted below minus-20 or so, when its gears froze solid.

So I was surprised, relieved and somewhat disappointed when I was told my knee gap was not wide enough to qualify for this trial.

I was given \$25 in cash, and, less the \$15 for travel, I made \$10 profit.

The best outcome,

page 10 please

## It never hurts to ask

Many businesses offer a discount to seniors, but don't advertise it.  
Speak up - it may save you some money.

As a State Representative, I have always supported our elders and our veterans. In office, I have supported:

- Affordable housing for seniors.
- Senior benefits programs.
- PCA Services so you can live independently in your own home.
- Supported larger dividend and energy rebate check so fixed-income seniors can afford essential services.
- Member and former co-chair of the House Joint Armed Services Committee, where I have advocated for our Alaskan veterans who served our country bravely.

I ask for your vote for State Senate District J!

Geran ★★★  
**TARR**  
STATE SENATE  
TARRFORALASKA.COM



Paid for by Tarr for Alaska | PO Box 143141 Anchorage, AK 99514





# In praise of pickling and fermenting your food

By **LESLIE SHALLCROSS**

For Senior Voice

This may be jumping the gun a bit for more northern latitudes, but Alaska gardens will soon give us plenty of vegetables for making crisp, brined pickles or tangy fermentations. Some may be wrinkling their noses at the very suggestion of these sour condiments and as a nutritionist, I can only cautiously promote pickles on the plate. At the same time, I love pickles and fermented foods. I love classic dills, I love sweet and sour, I love the complex salty, tangy flavors of fermented vegetables.



Current research indicates that consuming fermented foods may make important contributions to one’s health. Traditional pickles can be made using newer lower salt recipes, bringing pickles more in line with nutrition guidelines.

If you visit the Alaska State Fair, you will see rows of artfully filled jars of pickled cucumbers, asparagus, zucchini, Brussels

page 24 please

*Produce is at its peak freshness this time of year in Alaska, and is ideal for pickling and fermenting.*

© Can Stock Photo / Slast

# Follow these steps to make gardening easier

By **MAUREEN HAGGBLOM**

Anchorage ADRC

I have noticed the last few years that although I love gardening and working outside, it seems a little harder each year to lift watering cans, bend and kneel on the ground, and work compacted soil. Gardening’s positive effects include relieving stress and anxiety and providing exercise, plus gardening may reduce the risk of dementia by as much as 36% (quoted in the Dubbo Study of the Elderly), so how do we continue an activity we enjoy without relying on bending and having to be in peak fitness condition? We have found a few ways to garden smart that we would like to share with you.

**ADRC ANSWER OF THE MONTH**

**Bring your garden higher.** Kneeling and stooping can become difficult, so reduce the risk of joint and back pain by using raised beds. Raised beds have added benefits like less weeds and more workable soil. Think about the height that works best for you – ground level, which can be worked sitting or standing with long handled tools, knee wall beds that offer the ability to sit on the edge of your bed to garden, or waist height to garden standing up. Tires can also be used to create containers to reach just the right height needed. Vertical and tower gardens are great value if you have had to reduce your gardening space. There are lots of options.

**Use containers to grow a few fresh herbs on a sunny windowsill** for cooking like dill, thyme, and oregano. **Window boxes on a deck rail** make it easy to get your hands in the dirt, garden while standing and grow beautiful flowers to brighten up your outdoor space. **Consider vegetable starts in containers** versus the work of cultivating from seed. Salad veggies, greens and cherry tomatoes that produce in 1-gallon sized pots are a great way to add a few more vegetables to your diet. And speaking of adding vegetables to your diet, do you have a question about Farmer’s Market coupons? Call the ADRC for more information at 907-343-7770. Seniors age 60 or older who meet income

guidelines are eligible. An application is available at <https://dhss.alaska.gov/dpa/pages/nutri/fmnp/fmnpnsenior.aspx> A few gardening tips to keep in mind:

- ▶ If gardening alone outside, have a cell phone handy or a medical alert device if needed.
- ▶ Don’t forget to hydrate, use sunscreen, have bug spray available and wear a hat.
- ▶ Garden gloves are a must.
- ▶ Consider making use of a gardening apron, garden seat kneeler, new lightweight hoses that weigh considerably less than traditional hoses, and long-handled tools.
- ▶ Gardening tools are available for folks with arthritis. Visit [www.](http://www.arthritissupplies.com)

[arthritissupplies.com](http://arthritissupplies.com) website for ideas. (Click on the “Around the House” tab to pull down the gardening tools link.) Here’s to gardening longevity. Submitted by Maureen Haggbloom, 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>.*

# Services that Medicare does not cover

By **SEAN MCPHILAMY**

Alaska Medicare Information Office

Our Medicare benefits were established under the Social Security Amendment of 1965, reflecting the restrictions and limitations of most health insurance at that time. This law excluded coverage for certain things, like dental care and routine vision services. Long-term care is also excluded because these

services do not meet the definition of health care services in the law. Just because something is not covered by Medicare, though, does not mean that it isn’t needed. As I discuss some types of care that Medicare doesn’t cover, I will include information about other ways of accessing or paying for these services. You are also encouraged to call one of our certified counselors at the Medicare Information

Office to discuss specific concerns and find resources to help. **Dental and eye care** Medicare does not cover dental services that you need primarily for the health of your teeth, such as routine checkups, cleanings, fillings, most tooth extractions, and dentures. Medicare does, however, offer very limited coverage for some dental care needed to protect partic-

ular aspects of your general health, or for dental care needed for another Medicare-covered health service to be successful. For example, Medicare may cover an oral examination in the hospital before a kidney transplant, surgery to treat fractures of the jaw or face, or dental splints and wiring needed after jaw surgery. Routine eye care services, such as regular eye exams, are also excluded

from Medicare coverage. However, Medicare will cover an annual eye exam if you have diabetes or are at high risk for glaucoma. Medicare also covers certain eye care services if you have a chronic eye condition, such as cataracts or glaucoma. For example, Medicare covers cataract surgery, as well as eye-glasses or contacts after cataract surgery.

page 6 please





## Choosing the right hearing aid



By **DONNA R. DEMARCO**

*Accurate Hearing Systems*

This month, we look at styles of hearing aids.

**Custom:** We make an impression of your ear canal and custom-make the hearing aid to fit you. There are several kinds of custom hearing aids: IIC (invisible in the canal), CIC (completely in the canal), ITC (in the canal), ITE (in the ear).

**Behind the ear:** We also have a few different shapes and styles of behind the ear aids. I am just going to stick with the basic two, BTE (behind the ear) and RIC (receiver in the canal).

Premium-level hearing aids gives you the most benefit. If do not have a lot of background noise, then the lower level aids could

work for you. If price is not a factor, then get the premium: better sound quality.

If your hearing loss is only in the upper frequencies, I would get the RIC (receiver-in-the-canal). We plug your ear up with a custom aid, then put the sound back in; your voice will sound tonally and echoey. If your hearing loss is in the lows, then you can wear a custom aid. The IIC (invisible in the canal) aids go past your second bend and you generally will not get that tonally, echoey sound to your voice. IIC aids do not have all the features the others have, due to their size. They also tend to be in for repair more often than other aids.

Everyone is different when it comes to hearing loss, perception of sound and hearing environments.

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

Donna R. DeMarco, AAS, BC-HIS, your hearing care provider



### ADVERTISEMENT

Alaska law permits a hearing aid dealer who is not a licensed physician or a licensed audiologist to test hearing only for the purpose of selling or leasing hearing aids; the tests given by a hearing aid dealer are not to be used to diagnose the cause of the hearing impairment.

## Medicare

*continued from page 5*

### Medicaid and other options

If you have limited income and assets, you may be eligible for Medicaid coverage, which can cover services that Medicare does not. Here in Alaska, Medicaid is known as DenaliCare, and is managed by the State's Department of Health, under the Division of Public Assistance. There are also private standalone dental or vision plans you may be able to purchase, such as through an employer, offered as a retirement benefit option.

If Medicaid or a private plan is not an option, you might also use a low-cost dental resource, such as through the Alaska Dental Society and/or the United Way, at colleges such as the University of Alaska Anchorage's dental clinic, or your local Federally Qualified Health Center (there are over 160 across Alaska – check to see if they offer services on a sliding scale fee). For visually impaired seniors, consider contacting the Alaska Center for the Blind and Visually Impaired or your local Federal Qualified Health Center. Resources mentioned are not all inclusive, and additional assistance may be able to help in your particular situation.

### Long-term care

Long-term care refers to a range of services and support that help you per-

form everyday activities. Long-term care can be provided in a nursing home, assisted living facility, or other setting. Long-term care may include medical care, therapy, 24-hour care, personal care, and custodial care, also called homemaker services. Medicare does not cover non-medical long-term care services. However, if you need care, there are other organizations and forms of insurance you can try.

Medicaid is the country's largest payer of long-term services and supports and will pay for nursing home care. Medicaid benefits also coordinate with Medicare. Consider long-term care insurance, which generally covers nursing care and custodial care. Note that these plans can be very expensive, and you can only purchase certain long-term care policies if you are in good health. In addition to Medicaid and long-term care policies, you might find local resources that can help with your long-term care needs. I recommend contacting your local Aging and Disability Resource Center, which may have programs that deliver meals or provide transportation. Also, the Alaska Long-Term Care Ombudsman has resource options to consider.

### Limits of Medicare Advantage plans

Routinely through television commercials, emails, and printed advertisements, you may see Medicare Advantage plans

offering dental coverage, vision coverage, and other supplemental benefits beyond Original Medicare. While we see these ads here in Alaska, there are currently no similar Medicare Advantage plans available for purchase by our residents. And there are often specific rules and restrictions around such supplemental benefits. Often plan marketing materials do not recognize your location when broadcasting the information, so if you do contact someone about these benefits, be sure to let a representative know your home is in Alaska. If you believe Medicare fraud, abuse, or errors occurred, please call our office.

### Join the team

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

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.

## Don't overlook Medicare during your summer activities

By **LEE CORAY-LUDDEN**

*For Senior Voice*

Regardless of the area you live in, there are 'must dos' for the summer months for Alaskans. It is a time to plant, gather, harvest and, for many, fish. On the Kenai Peninsula, fishing is active with subsistence, dipnetting, setnetting, drift fishing and just plain fishing. And that is often followed by smoking, freezing and canning. All of this in preparation for the winter months, along with

tending the gardens, and fighting with the birds as to who will get berries. It is also a time for building and repairing the structures we call home. We almost need winter to recuperate, and yet there is the joy and satisfaction of knowing we have added to our winter bounty by what we do now.

Medicare is still something we must attend to. Depending on your birth date, you could be in your Initial Enrollment Period. Or maybe you need to adjust your Part D drug plan.

Maybe you have moved to Alaska from a different state – there are important steps you should take.

Medicare can be a complex and confusing program. Hopefully I can provide some clarity. Whatever your Medicare questions are, give me call so we can work on solutions together. I am available Monday to Thursday, 8 a.m. to 4 p.m. You can call me at 907-262-2322. Just ask for Lee.

Lee Coray-Ludden is a Medicare counselor based at the Soldotna Senior Center.

# GOT PAIN?

## RELEAF ALASKA

Dedicated to the Medicated

**FREE** • Consultations  
• Shipping (minimum order \$50)  
• Delivery (in Anchorage)

Arctic Chaga

CBD Tinctures

CBD for Pets

CBD Edibles

CBD Pain Creams

Senior Discount online and in-store!  
(use Code "Senior" online)

Order online **releafak.com**  
call **907-250-5453**  
visit **910 W Int'l Airport Rd.**

These statements have NOT been evaluated by the FDA.





# Catch one of many Alaska health fairs this season

By **SHARON PHILLIPS**

*Alaska Health Fair, Inc.*

Many of you have been out catching fish this summer, one of the healthiest foods that is found in our wonderful state. Others might have been catching up on household or honey-do projects, sleep, sunshine, family, vacations and more. Now, we want you to focus on catching up on your health needs, which might be considered a rare catch, indeed.

We offer dozens of community events and a number of office events that are open to the public each health fair season.

The fall 2022 community and office draw schedules are now posted on our website at [www.alaskahealthfair.org](http://www.alaskahealthfair.org). Our worksite events are private employee health fairs and are not advertised for the public on our website.

We are ramping back up to our traditionally busy schedule with exhibitors and screeners (when safety and space permit).

Take note that Alaska Health Fair has been keeping our test pricing affordable throughout the current financial turbulence. Our comprehensive blood tests are offered at all Alaska Health Fair events and are an amazing catch for anyone's budget.

Did you know that Alaska Health Fair events are supported by hundreds of volunteers and exhibitors, Alaskans like you? Both

medical and non-medical volunteers are always welcome. A variety of tasks are available, both at health fairs and at the office. Visit [www.alaskahealthfair.org](http://www.alaskahealthfair.org), click on "Volunteer" on the top bar.

Of special interest to nurses: Volunteering for Alaska Health Fair meets continued competency requirements for RN license renewal.

Exhibitor space is always free at health fairs. The fairs offer an excellent opportunity for local care providers, health and wellness nonprofits, agencies and businesses and others to connect

with people in their community on important health topics and build awareness about their mission. Certain requirements apply. For more information, please visit our website, click on "Exhibit" on the top bar.

To register and stay informed on our health fairs,

visit our website (hover your smartphone camera over the QR code to pull up the site on your device), check out our Facebook page, or call one of

our offices: Anchorage, 907-278-0234; Fairbanks, 907-374-6853; Juneau, 907-723-5100.

We hope your summer ends on a positive note, and we wish you a wonderful start to Alaska's fast-approaching fall.

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



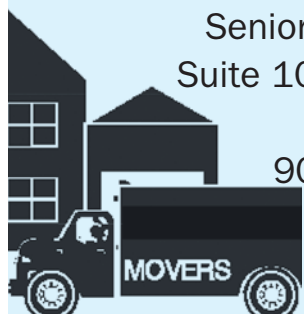
SCAN FOR APPT.

## Moving? Let us know!

Send your change of address to  
Senior Voice, 3340 Arctic Blvd.,  
Suite 106, Anchorage, AK 99503

Or call

907-276-1059 (Anchorage)  
or 1-800-478-1059  
(toll-free statewide)





*Your Health, Our Priority*

**EXCELLENCE IN HEALTH**  
OCCUPATIONAL THERAPY CLINIC



**Katellynn Zanders, OTD, OTR/L**  
Occupational Therapist

**Excellence in Health Occupational Therapy is now accepting NEW Medicaid and Medicare patients!**

-  Promotes independence and functional engagement
-  Comprehensive evaluations
-  Client-centered goals and interventions
-  Provides treatment for: Arthritis, Brain injuries, Fall prevention, Neurological disorders, Musculoskeletal conditions, Post-surgical interventions, Custom orthosis fabrication
-  No waitlist!

**Give us a call today and regain function and independence in your life!**

**907-562-6325**

**[www.OT907.com](http://www.OT907.com)**

Northern Lights Healthcare Center  
2008 E. Northern Lights Blvd., Anchorage, AK 99508

## Donations always appreciated

To benefit OPAG and Senior Voice projects. Older Persons Action Group, Inc. is a non-profit organization. All donations are tax-deductible. Call OPAG at 276-1059 in Anchorage or toll-free statewide at 1-800-478-1059.

## 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 FOR Alaska.

*Janice*

**[www.JaniceForAlaska.com](http://www.JaniceForAlaska.com)**   **#ForAlaska**

Paid for by Janice for Alaska • P.O. Box 202726, Anchorage, Alaska 99520 • 907-243-9873







# Research: Benefits of walking, acupuncture and vitamin D

By JOHN SCHIESZER

Medical Minutes

## Walking away from knee pain

It may be possible to combat knee pain with just a few walks around the block. A new study published in Arthritis & Rheumatology is suggesting that walking for exercise can reduce new frequent knee pain among adults age 50 and older diagnosed with knee osteoarthritis. This type of arthritis is the most common form of arthritis. The study found that walking for exercise may be an effective treatment to slow the damage that occurs within the joint.

“Until this finding, there has been a lack of credible treatments that provide benefit for both limiting damage and pain in osteoarthritis,” said study investigator Dr. Grace Hsiao-Wei Lo, who is an assistant professor of immunology, allergy and rheumatology at Baylor College of Medicine, Houston, Texas.

The researchers examined the results of the Osteoarthritis Initiative, a multiyear observational study where participants self-reported the amount of time and frequency they walked for exercise. Participants who reported 10 or more instances of exercise from the age of 50 years or later were classified as “walkers” and those who reported less were classified as “non-walkers.” Those who reported walking for exercise had 40% decreased odds of new frequent knee pain compared to non-walkers.

“These findings are particularly useful for people who have radiographic evidence of osteoarthritis but don’t have pain every day in their knees,” said Dr. Lo. “This study supports the possibility that walking for exercise can help to prevent the onset of daily knee pain. It might also slow down the worsening of damage inside the joint from osteoarthritis.”

Walking on a regular basis also offers added health benefits, such as improved



cardiovascular health and decreased risk of obesity, diabetes and some cancers. Walking for exercise is a free activity with minimal side effects, unlike medications, which often come with a substantial price tag and possibility of side effects.

“People diagnosed with knee osteoarthritis should walk for exercise, particularly if they do not have daily knee pain,” advises Lo. “If you already have daily knee pain, there still might be a benefit, especially if you have the kind of arthritis where your knees are bow-legged.”

## Combating headache pain with acupuncture

Acupuncture may reduce headaches for people who have chronic tension-type headaches, according to a study published in the medical journal Neurology. Tension-type headaches most often involve a pressing or tightening feeling on both sides of the head with mild to moderate intensity. These headaches are not worsened by physical activity, and do not include nausea.

Tension-type headaches are considered chronic when they occur at least 15 days per month. “Tension-type headaches are one of the most common types of headaches and people who have a lot of these headaches may be looking for alternatives to medication,” said study author Dr. Ying Li, of Chengdu University of Traditional Chinese Medicine in Chengdu, China. “Our study found that acupuncture reduces the average

next page please

## Free Virtual Estate Planning Webinars



Law Office of  
Constance A. Aschenbrenner, LLC  
P.O. Box 140842  
Anchorage, Alaska 99514  
Phone: (907) 334-9200  
www.akwillstrusts.com

## Discover “The 7 Threats to Your Estate Plan”

It’s all about family!  
Have you protected them?

### If Crisis Strikes, You Risk:

- Losing control
- Additional stress on your family
- Loss of what you spent a lifetime building

### Proper Planning Ensures You:

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

## LIVE WEBINAR VIA ZOOM:

Aug 3, 9:30 to 11:30 a.m.  
Aug 23, 6:00 to 8:00 p.m.

Sept 14, 9:30 to 11:30 a.m.  
Sept 21, 6:00 to 8:00 p.m.

Oct 11, 6:00 to 8:00 p.m.  
Oct 13, 9:30 to 11:30 a.m.

Estate Planning, Long Term Care and Medicaid Planning:  
Power of Attorney, Wills, Trusts, Miller’s Trusts & Special Needs Trusts.

To reserve your space call (907) 334-9200 or go to [www.akwillstrusts.com](http://www.akwillstrusts.com)

## Subscribe to Senior Voice

Call 276-1059 in Anchorage or 1-800-478-1059 toll-free statewide

## Do You Want to Know a Secret to Improving Your Relationships?



“Miracle-Ear is worth it because it’s given me my life back.”

- Lorraine Nurse.  
Church Choir Singer.  
Real Miracle-Ear Customer.

### The Miracle-Ear Promise

- 100% Satisfaction Guarantee\*
- 3 Year Warranty\*\*
- Free Lifetime of Service†
- <30> Day Risk-Free Trial\*
- Over 70 years of hearing care experience

Call 907-274-7700 or 907-373-7700  
to schedule your FREE Hearing Evaluation!††



Wasilla  
3600 E Wickersham Way  
Wasilla, AK 99654  
907-373-7700

Anchorage  
270 W 34th Ave  
Anchorage, AK 99503  
907-274-7700

Promo Code: SENP  
**2 Convenient Area Locations**  
**BOOK ONLINE at**  
[www.miracle-ear.com](http://www.miracle-ear.com)

Alaska law permits a hearing aid dealer who is not a licensed physician or a licensed audiologist to test hearing only for the purpose of selling or leasing hearing aids; the tests given by a hearing aid dealer are not to be used to diagnose the cause of a hearing impairment.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. \*If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within <30> days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. \*\*Limited warranty, see store or miracle-ear.com/ warranty for details. †Not valid on Level 1 solutions. †Cleanings and in-office service are always free. See store for details. ††Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer.

©2020 Miracle-Ear, Inc.

## Buy One, Get One

# 50% OFF

Save on Our Full Line of  
Digital Hearing Solutions  
**HURRY!**

Special offer applies to purchase of same Miracle-Ear make and model hearing aid. <50>% discount applies on <Level 5, 4, 3, 2> solutions only when first aid is purchased at regular list price. <Coupon discount applies to our posted price list. >Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Cash value 1/20 cent. See store for details.





Research

from page 8

number of headache days per month for those struggling with these painful and disruptive headache attacks.”

The study involved 218 people who were diagnosed with chronic tension-type headaches. They had chronic tension-type headaches for an average of 11 years and had 22 days per month with headaches on average. Participants were randomly assigned to receive either true acupuncture or superficial acupuncture. Both groups received two or three sessions per week

for two months and were followed for an additional six months. The main result measured in the study was a reduction of at least 50% in the number of days with headaches. All participants had clinic visits every four weeks. They also used headache diaries to record their symptoms and use of medications.

Researchers found the number of monthly headache days gradually decreased after treatment, in both those who received true acupuncture treatments and superficial acupuncture treatments. For those who received true acupuncture, headache days decreased from 20 days per month at the

**A new study is suggesting that walking for exercise can reduce new frequent knee pain among adults age 50 and older diagnosed with knee osteoarthritis.**

beginning of the study to seven days per month by the end of the study. For those who received superficial acupuncture, headache days decreased from 23 days per month at the beginning of the study to 12 days per month at the end of the study.

“While this study showed that acupuncture can reduce headaches, more research is needed to determine the longer-term effectiveness of acupuncture and how it compares to other treatment options,” said Dr. Li. “In comparing treatment options, cost-effectiveness is another important factor to evaluate.”

**Preventing dementia with vitamin D**

Boosting vitamin D levels may be a novel way to prevent dementia in a high number of older adults. Researchers at the University of South Australia investi-

gated the association between vitamin D, neuroimaging features, and the risk of dementia and stroke, and found that low levels of vitamin D were associated with lower brain volumes and an increased risk of dementia. Additionally, stroke genetic analyses supported a causal effect of vitamin D deficiency and dementia. Based on these new study findings the researchers estimate that in some populations as much as 17% of dementia cases might be prevented by increasing everyone to normal levels of vitamin D (50 nmol/L).

The study analyzed data from 294,514 participants and it is the first to examine the effect of very low levels of vitamin D on the risks of dementia and stroke using robust genetic analyses among a large population.

“Vitamin D is a hormone precursor that is increasingly recognized

for widespread effects, including on brain health, but until now it has been very difficult to examine what would happen if we were able to prevent vitamin D deficiency,” said study senior investigator Elina Hyppönen who is the Director of UniSA’s Australian Centre for Precision Health at the University of South Australia.

Because vitamin D deficiency is relatively common, these new findings have important implications for dementia risks.

“Dementia is a progressive and debilitating disease that can devastate individuals and families alike,” said Hyppönen. “If we’re able to change this reality through ensuring that none of us is severely vitamin D deficient, it would also have further benefits and we could change the health and wellbeing for thousands.”

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](mailto:medicalminutes@gmail.com).



Senior Voice is on Facebook!



Search for “Senior Voice Alaska” then click on over!

You can also follow Senior Voice on Twitter: @seniorvoiceak

# You Deserve Better



Endorsed by  
**Vic Fisher & Jane Angvik**



**Les Gara-Cook**  
GOVERNOR LT. GOVERNOR  
NEW ENERGY. A BETTER FUTURE.

**Protect Senior Benefits Payments**

**Protect the Senior Property Tax Exemption**

**Protect Senior and Disability Services**

**Protect Home Health Care**

**Protect A Strong PFD You Can Bank On, (Not Just More False Promises).**

**Support Our Schools, University, Job Training so Alaskans Can Stay Here.**

Paid for by Alaskans for Les Gara,  
PO Box 200415, Anchorage AK 99520

**"Everyone deserves opportunity, and to be treated with dignity. We can build an Alaska we believe in again."**

**Les and Jessica**

Learn more at [www.lesgara.com](http://www.lesgara.com)





# 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 [kpfscsp@soldotnaseniors.com](mailto:kpfscsp@soldotnaseniors.com).

The program will hold caregiver trainings and support group meetings in August at the locations below.

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 avail-

able. 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.

**Aug. 4 Sterling Senior Center** Caregiver support meeting and discussion on upcoming trainings, 1 to 2 p.m.

**Aug. 5 Seward Senior Center** “Assisted Living Questions,” with Melissa Kline, Care Coordinator at Alaska Community Care, noon to 2 p.m.

**August 9 Tyotkas Elder Center (Kenai)** Come meet the Kenai Peninsula Family Caregiver Support Program, noon to 1:30 p.m.

**Aug. 12 Soldotna Senior**

**Center** Caregiver support meeting and discussion on upcoming trainings, 1 to 2 p.m.

**Aug. 16 Kenai Senior Center** Caregiver support meeting and discussion on upcoming trainings, 1 to 2 p.m.

**Aug. 31 Nikiski Senior Center** Come meet the Kenai Peninsula Family Caregiver Support Program, 12:30 to 2 p.m.

## 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.

## 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 has been meeting virtually online via Zoom, but is resuming in-person meetings on site for some months. The August meeting is Aug. 10, hosted by estate planning attorney Connie Aschenbrenner. Begins at 8 a.m.

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

## Trials

continued from page 4

though, was I discovered my knee problems are not as bad as I’d thought, and that was worth much more than \$10.

Had I qualified for the trial, by the way, I would have earned close to \$600 over several years.

## Fatty liver

Fatty liver disease is undetectable until it’s too late. And once your liver goes, you’re a goner unless

you can get a transplant.

For this clinical trial, I went to a private company, Syngene, in downtown Chicago.

“Syngene is an integrated research, development and manufacturing organization providing scientific services – from early discovery to commercial supply,” its website states.

I stretched out and curved out so the test coordinator could get a clear

shot of my liver with the ultrasound wand. She went away and I waited for the results.

The doctor running the trial came in and showed me a chart with the various stages of fatty liver disease and I was at the second stage, not as healthy as the first. So I had it, he explained, and that prevented me from being in the trial.

He told me to exercise more, eat healthy and lose

weight. All the goals I try to fulfill until I’m presented with a cookie and go to pieces.

At least I don’t eat fried food or drink alcohol any more.

## A clinical difference

In addition to finding out more about my health for free, I also learned the difference between research-driven trials and those for profit.

Yes, the Northwestern University trial may result in a medication for knee pain, it might make the public release of such a pill less expensive than one done by a pharmaceutical company through a clinical trial company—like Syngene.

The Syngene trial would have netted me close to \$4,000 over several years, much more than Northwestern, but that cost would be passed on to the consumer—you. There’s science and there’s profit.

# So what’s this ‘waiver’ thing, anyway?

Sponsored content provided by **BOB CROLEY**

Abacus Care Coordination, Inc.

It goes by multiple names: “Choice Waiver,” “Medicaid Waiver,” and “ALH Waiver,” and the simple “waiver,” to name a few. At the end of the day, this means services provided with Medicaid funds originally intended as services to be provided in a nursing home can be used to provide services in one’s home and community. The “waiver” part is the legal term that permits participating states to “waive” the Medicaid requirements to spend these dollars on nursing services.

The goal has been two-

***Your care coordinator serves as your advocate all the way through the process, making sure your needs are met and opinions heard. Based on your needs and desires, your care coordinator also produces a service plan.***

fold, to reduce the expense on Medicaid and to permit people to stay in their homes and communities, getting help that’s limited to their needs. It makes great sense to use nursing home dollars to help someone stay safe and happy in their home if their needs can be satisfied there. Also, as nursing home beds are limited in number, it permits states to spend efficiently. There are also different types of waivers, each serving a different segment of the

community. We’re talking about the ALI waiver here, which is intended to provide those people with acquired disabilities the services they need to stay safe and healthy.

Qualifying for a waiver can depend on several factors, but at its core, as these are nursing home dollars, one needs to qualify for a “Nursing Facility Level of Care,” or LOC, for short. Getting here is more about a process than a destination. This is where a specialized professional called

(in Alaska) a certified care coordinator comes in. The paperwork and related processing can be confusing and requires communication with medical and other professionals to produce an application to be submitted to the state. It’s a Medicaid requirement that this professional be a participant in the process. Medicaid’s looking out for you here.

Once you’ve obtained the LOC, which happens after an assessment by the state, confirming your needs, then you can begin the process of locating services that will permit you to stay in your community and, frequently, home. Again, the care coordinator helps here, working with various agencies. Once your needs

are understood, your care coordinator can keep you pointed in the right direction.

Your care coordinator serves as your advocate all the way through the process, making sure your needs are met and opinions heard. Based on your needs and desires, your care coordinator also produces a service plan. This document is essentially a contract between a service provider, one who needs assistance and the state to ensure your needs are met.

Robert Croley is Chief Advocate at Abacus Care Coordination, Inc. For more information, visit [www.abacuscarecoordination.com](http://www.abacuscarecoordination.com) or call 907-332-0065.





# Managing pain and fatigue from injuries

By **KAREN CASANOVAS**

For Senior Voice

**Q:** I was recently treated in the emergency room for falling when stepping out of a boat. One week later, my ankle is still painful to touch and I am tired.

**A:** Thankfully you were treated by medical professionals in the ER soon after your fall. Rest, ice, compression and elevation should be applied up to 48 hours after an injury such as yours.

An acute injury is defined as a sudden, sharp, traumatic injury that causes pain. Impact or trauma from a fall, strain, sprain or collision can cause an acute injury. Signs and symptoms of an acute injury are pain, tenderness, redness, skin that is warm to the touch, swelling and inflammation.



The acronym for treating acute injuries is R.I.C.E. (like the care you received in the ER) and stands for:

**Rest**, vital to protect the injured muscle, tendon, ligament or other tissue from further injury.

**Ice**, to reduce pain and help control initial swelling. Apply ice or cold pack for 15 to 20 minutes per hour, but in order to prevent skin damage do not exceed that time limit.

**Compression**, can help

limit swelling, which is known to delay the healing process. Besides limiting swelling, compression also slows hemorrhage.

**Elevation**, limits fluid retention and slows hemorrhage. Elevation is most effective when the injured area is raised above the heart level.

With your emergency medicine treatment a certain benefit was expected, and if you were functionally stable prior to your incident, no doubt the constant discomfort is annoying. If you had multiple dependent functions prior to falling, future mobility becomes more challenging.

In clinical practice and common use, recovery means “a getting back or regaining, recuperation”. The definition of “recovered” can be interpreted differently by different

people. Expectations for function after a serious fall injury must be based in part on a clear understanding of pre-injury function. If a person experiences a traumatic fall or injury and was already severely disabled prior to the incident, there is lesser chance of recovery. But if recovery means a general “return to pre-injury status,” then the probability of getting back to that same level of function is the same for a disabled person as for most other older persons.

## The science behind rest and recovery

Feeling tired after an injury is normal, thus in the healing phase you may be sleeping more. Inflammation following an injury can be painful and uncomfortable, causing fatigue. Lingering tiredness can be constant in the weeks after a fall, and limit your activities. Your nervous system is overwhelmed by trauma and you may experience persistent and relapsing exhaustion. Pay attention to the physical sensations in your body, such as tight muscles or headaches, in addition to your tiredness. You may be feeling a bit out-of-sorts or defeated right now during your limited mobility period. Know that physical and emotional pain are normal parts of the recovery process. Continue to get plenty

of rest and keep hydrated. Water flushes toxins out of the body, transports nutrients into the cells and helps regulate body temperature and your pH balance—which reduces inflammation. Water also curtails muscle soreness and body tension.

Even being slightly dehydrated—as little as 2% of normal fluid loss—takes a toll on your energy levels. Dehydration causes a reduction in blood volume, which makes the blood thicker. This requires your heart to pump less efficiently, reducing the speed at which oxygen and nutrients reach your muscles and organs, which in turn causes lack of energy.

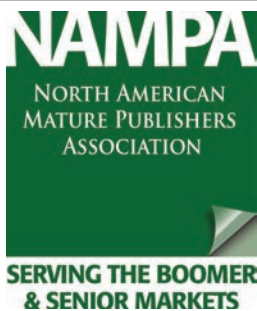
Sleep and hydration play a crucial role in regenerating your cells. The hormone prolactin, which helps regulate inflammation, is also released while sleeping. If you are not getting enough rest, you are more likely to experience inflammation in the body, which can make injury repair and rejuvenation more difficult.

Take care and I wish you a smooth road to recovery.

*Karen Casanovas is a professional 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 at [info@karencasanovas.com](mailto:info@karencasanovas.com) or through her website [karencasanovas.com](http://karencasanovas.com).*

## Senior Voice

Proud Member



## Considering Medicaid Waiver Services?

Medicaid requires a certified Care Coordinator to submit your paperwork and to serve as your advocate.

**Leave the paperwork to us.**

**ABACUS**  
Care Coordination  
Because We All Count!  
**907-332-0065**



## Harriet Drummond CARES About Our Seniors



Above, Harriet consults with Gordon Glaser at the Anchorage Senior Activity Center. Below, Harriet with her Rogers Park neighbors Karen Ruud and Peter Mjos.



**Harriet Drummond**  
State House

- ♥ Harriet works to protect **SENIOR BENEFITS** as well as public employee **PENSIONS**.
- ♥ Harriet makes sure our neighborhoods are **SAFE**.
- ♥ Harriet supports **GOOD TRANSIT** so you can get to where you need to be.
- ♥ Harriet's lived in Anchorage since 1976, raised a family here, and is a grandmother. She's been listening to you and understands what seniors need!
- ♥ Please **Vote for Harriet on Tuesday, August 16**. You may vote early, in person, or by mail.

**CALL HARRIET at 907-952-7722**  
*She's here for you!*

Paid for by Harriet Drummond for State House  
2139 Solstice Circle Anchorage AK 99503  
[Harriet@HarrietDrummond.com](mailto:Harriet@HarrietDrummond.com)  
[www.HarrietDrummond.com](http://www.HarrietDrummond.com)





# Dementia

continued from page 3

to administer the program. The passage of this important legislation makes Alaska eligible to apply for federal BOLD Act money,

campaign, we will now be able to apply for grants to help educate and expand our health care workforce, so we are better prepared to care for our increasing senior population. This legislation is a proactive step we have taken to address the growing

**The federal government will invest \$100 million through this program to support the prevention, treatment and care of dementia. Alaska can apply for some of that federal money, which will pay for the dementia awareness and healthcare capacity campaign created under HB 308. It is critical for our state to invest in Alaskans who are at risk, as well as those already living with dementia.**

which stands for “Building Our Largest Dementia Infrastructure for Alzheimer’s Act.” Overall, the federal government will invest \$100 million through this program to support the prevention, treatment and care of dementia. Alaska can apply for some of that federal money, which will pay for the dementia awareness and healthcare capacity campaign created under HB 308. It is critical for our state to invest in Alaskans who are at risk, as well as those already living with dementia.

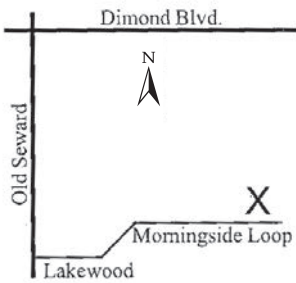
needs of Alaskans and their families as they navigate the challenges of dementia. It is a difficult and heart-breaking disease that all too many have seen their loved ones go through. It is important that we continue to invest in our seniors and provide the support and resources they need, so we can make our state a better place to live for Alaskans of all ages. To find helpful resources and support, you can visit the Alzheimer’s Resource of Alaska website at [www.alzalaska.org](http://www.alzalaska.org).

With this new statewide

## DELUXE SENIORS COMPLEX

Tour our property and view our Quiet & Spotless Apartment Homes

- For Seniors 62+ years old.
- Income eligibility required.
- Keyed access bldg. w/elevator.
- Washer/dryer in each unit.
- Security Deposit \$200.
- Pets upon pre-approval.
- Pet deposit \$50.
- Convenient to shopping.



**Southside Apartments**

9480 Morningside Loop 522-6393



Subscribe to  
**Senior Voice**

Call 276-1059 in Anchorage  
or 1-800-478-1059 toll-free statewide

- ★ EFFECTIVE LEADER FOR ALASKA
- ★ SECURING CRITICAL FUNDING FOR NEW INFRASTRUCTURE
- ★ PROVEN ADVOCATE FOR OUR VETERANS
- ★ STRENGTHENING ALASKA'S MILITARY AND COAST GUARD
- ★ IMPROVING CARE FOR ALASKA SENIORS
- ★ DELIVERING FOR OUR FISHERIES, COASTAL COMMUNITIES & MARINE HIGHWAYS
- ★ EXPANDING ACCESS TO PUBLIC SAFETY AND RURAL HEALTHCARE

# ALASKA, ALWAYS.

## [www.lisamurkowski.com](http://www.lisamurkowski.com)

Paid for by Lisa Murkowski for U.S. Senate

Send your news tips and event items  
to [editor@seniorvoicealaska.com](mailto:editor@seniorvoicealaska.com)



BRINGING ALASKA INTO FOCUS SINCE  
1972



542 W. 2<sup>ND</sup> AVENUE  
ANCHORAGE, AK 99501  
(907)276-1617  
(800)270-1617  
[www.akeyedoc.com](http://www.akeyedoc.com)





# Combating chronic pain in a safer manner

By JOHN C. SCHIESZER

For Senior Voice

## Dissolving implant to replace drugs

For the first time, researchers have come up with a dissolving implantable device that relieves pain without drugs. The new device has the potential to provide an alternative to opioids and other highly addictive drugs.

Researchers in Chicago, Illinois, have developed a small, soft, flexible implant that relieves pain on demand and without the use of drugs. The biocompatible, water-soluble device works by softly wrapping around nerves to deliver precise, targeted cooling, which numbs nerves and blocks pain signals to the brain. An external pump enables the user to remotely activate the device and then increase or decrease its intensity. After the device is no longer needed, it naturally absorbs into the body, bypassing the need

**A new large study has found that 50.2 million (20.5%) U.S. adults experience chronic pain resulting in an estimated total loss of productivity of nearly \$300 billion annually. The findings suggest that older patients with chronic pain may need to reexamine their treatment regimens.**

for surgical extraction.

The researchers believe the device has the potential to greatly benefit patients who undergo routine surgeries or even amputations that commonly require postoperative medications. Surgeons could implant the device during the procedure to help manage the patient's postoperative pain.

"Although opioids are extremely effective, they also are extremely addictive," said lead device developer John A. Rogers, who is a professor of Materials Science and Engineering, Biomedical Engineering and Neurological Surgery at Northwestern University Feinberg School of Medicine. "As engineers, we are motivated by the idea of treating pain without drugs, in ways that can be

turned on and off instantly with user control over the intensity of relief. The technology reported here exploits mechanisms that have some similarities to those that cause your fingers to feel numb when cold. Our implant allows that effect to be produced in a programmable way, directly and locally to targeted nerves, even those deep within surrounding soft tissues."

Although the new device might sound like science fiction, it leverages a simple, common concept that everyone knows: evaporation. Similar to how evaporating sweat cools the body, the device contains a liquid coolant that is induced to evaporate at the specific location of a sensory nerve.

"As you cool down a nerve, the signals that

travel through the nerve become slower and slower, eventually stopping completely," said study co-author Dr. Matthew MacEwan of Washington University School of Medicine in St. Louis, Missouri. "We are specifically targeting peripheral nerves, which connect your brain and your spinal cord to the rest of your body. These are the nerves that communicate sensory stimuli, including pain. By delivering a cooling effect to just one or two targeted nerves, we can effectively modulate pain signals in one specific region of the body."

## Many older adults are living with chronic pain

A new large study has found that 50.2 million (20.5%) U.S. adults experience chronic pain resulting

in an estimated total loss of productivity of nearly \$300 billion annually. The findings suggest that older patients with chronic pain may need to reexamine their treatment regimens.

The authors found that respondents with chronic pain reported missing significantly more work days compared to those without chronic pain (10.3 days versus 2.8). They used these figures to quantify the total economic impact of chronic pain on Americans, which they estimated to be \$79.9 billion in lost wages. Those with chronic pain also reported more limitations to their engagement in social activities and activities of daily living. Back, hip, knee and foot pain were the most common sources of pain reported, and physical therapy and massage therapy were most commonly sought as treatments.

Chronic pain is associated with substantial

page 22 please



wheelchair accessible vans and trucks  
scooters | ramps | lifts | hand controls | transfer seats

[www.alaskamobility.com](http://www.alaskamobility.com)

**SALES  
SERVICE  
RENTALS**



2020 Chrysler  
Voyager-L



Pride  
Wrangler®

720 E 9th Avenue, Anchorage  
**(907) 244-3550**

5515 E Fireweed Road, Palmer  
**(907) 373-4050**





# It ain't your grandma's quilt bee anymore

By SHEILA TOOMEY

For Senior Voice

Unless you quilt yourself, or work for one of the city's help agencies, you may not know Anchorage Log Cabin Quilters (ALCQ). Created 43 years ago by a handful of women drawn to making art out of fabric, ALCQ is one of a dozen quilt guilds in Alaska. It lists 150 members, leases permanent workspace, and fosters every imaginable creative quirk, dream and fantasy of its community-focused membership.

And, oh yes, members believe in having a good time doing it.

They'll teach you to make a quilt if you don't know how or they'll ooh and ahh over your latest work — even if your seams aren't quite straight and your shapes are, hmmm, shall we say “eccentric”?

Members can quilt for themselves but much of the group's work gets donated to more than a dozen local agencies — public and private — the kind of agencies where people in trouble land: AWAIC, Clare House, Alzheimer's Resource of Alaska, Passage House, Providence Hospital, etc.

Lynne Seitz, who organizes the donation quilts,



Anchorage Log Cabin Quilters Guild president Peg Brewer joined the group in 2011 when she retired.

Stan Jones photo

estimates the group gives away more than 300 a year. And that doesn't count a zillion Christmas stockings.

Bethany Burgess is clinical director for Hospice of Anchorage, a support group for people with “life limiting illness.” They have a long-standing connection to ALCQ, she said. “They've

been donating for many years.”

“A lot of our folks feel pretty alone,” Burgess said. Giving them something obviously hand-made, something beautiful, “It brings joy into the home . . . physically and emotionally.”

Most ALCQ meetings are held during the day so most members are retired women — and a few men — many looking to make new social connections after leaving the workforce. Meetings are reliably upbeat.

“People need to find a way to make new friends,” said Peggy Brewer, the current president; she joined in 2011 when she retired. Plus, “I just wanted to sew and enjoy myself,” she said.

Brewer gives most of her quilts away; others sell them or hold on to them, unable to part with their creations. Member Diana Bradley, a teacher and artist, retired after 30 years in the fabric business, admits she once had 80 of her quilts at home.

“I usually have four or five going at the same time,” said Bradley, ALCQ vice-president. A complicated landscape design can take her two years. “There's just so much of me in them I don't want to give them away.”

At the other end of the spectrum, Karla Shaw specializes in what the group calls “comfort quilts” — those destined for charity. But she only does the final step on other members' creations.

“I don't like to sew the little pieces together,” she explained. “My joy is doing the binding . . . Everyone does the step they like.”

These days, members are focused on organizing their annual quilt show, returning after two years' absence due to the pandemic.

The Great Alaska Quilt Show is set for Saturday and Sunday, September 17 and 18 at First United Methodist Church on W. 9th Avenue — a new location, which has organizers worried that fans might not find them.

The show traditionally features more than 100

page 19 please



Ruthie Rasmussen and Jane Ferguson show off their projects.

Stan Jones photos

## The Great Alaska Quilt Show

New location in Anchorage: United Methodist Church

on the Park Strip at 9th and G Street

September 17 and 18, 11 a.m. to 4 p.m.

Free admission

## Anchorage Senior Activity Center

Take advantage of these FREE SERVICES!

- ELIGIBILITY SCREENING
- Medicare benefits
- Medicaid benefits
- Community Resource Programs (Food, Utilities and Many More)
- Medicare Application Assistance & Counseling
- Fraud Education

### MEDICARE & BENEFITS ENROLLMENT CENTER



907-770-2000  
anchorage seniorcenter.org

1734 PROSPECT DRIVE PALMER, AK | ARCTICMEDICALCENTERMATSU.COM

### NEED TO CATCH A BREAK FROM KNEE PAIN?

WE HAVE ALTERNATIVE JOINT PAIN SOLUTIONS RANGING FROM

## HYALURONIC ACID TO STEM CELL THERAPY

LET US HELP SOLVE YOUR KNEE PROBLEMS AND GET YOUR LIFE BACK WITHOUT SURGERY, ITS FISHING SEASON!

[COVERED BY MEDICARE AND MOST INSURANCES]

CALL TO SCHEDULE!  
(907) 745-3380

FREE 15 MINUTE CONSULT

ARCTIC MEDICAL CENTER MATSU

BEFORE AFTER





# Alaska's amazingly resourceful raptors

By **LISA PAJOT**

For Senior Voice

Alaska has a diverse range of habitats and eco-systems that support over 534 different species of birds. Most of these birds are migratory and travel great distances to spend the brief summers here to nest and raise young. But some birds live in Alaska year-round, despite our long winters and extremes in weather, including a few of our most visible and spectacular birds — raptors.

There are 22 raptors that regularly make Alaska their home, all of them incredible in their abilities to survive. They can be resident or migratory and some even opt for both, depending on their age and stage in life. The golden eagle, bald eagle, and snowy owl are three of our best-known raptors. Let's take a look at how they survive in Alaska.

Larger birds can use energy resources more efficiently to keep warm, so many Alaskan raptors are bigger than their southern counterparts. For example, our bald eagles are about 25% larger than bald eagles in the lower 48. Females can have a wingspan up to 8 feet and weigh up to 16 pounds.

Most of our bald eagles are residents and maintain a territory year-round. Their larger size and characteristic as opportunistic

hunters — eating a variety of animals like salmon, gulls, waterfowl, snowshoe hare, and carrion — helps them easily find food and successfully live year-round in Alaska.

Golden eagles spend their first five years or more learning how to be an eagle. Those that hatched in Alaska may wander the entire state, from the arctic coast to the Interior, and south to the Aleutians, taking advantage of the plethora of resources our state has before establishing their own territory and finding a mate.

Perhaps, one of our most amazing Alaskan raptors is the snowy owl. These owls of the arctic can survive in temperatures lower than -81° Fahrenheit. Thick, dense feathers help to insulate them when they are perched on ice floes or sitting out in a blizzard. In the middle of winter, snowy owls have been observed perching on the edges of ice far out in the Arctic Ocean as they hunt for sea ducks in the pockets of open water. They are known to follow hunters in arctic Alaska, swooping down and taking the catch before the humans can get to it. Snowy owls, like the bald and golden eagles, will also hunt a wide variety of animals including voles, shorebirds, geese and even carrion.

These three raptors are



Alaskan bald eagles are up to 25 percent larger than their southern counterparts.

*Bird TLC staff photo*

just a few of the amazing bird species that live in Alaska's varied habitats, extreme weather and long, cold winters.

Bird Treatment and Learning Center cares for injured, ill and orphaned birds from across the state,

including raptors like eagles, hawks and owls. By mid-July 2022, we had taken in 31 eagles and eaglets. Our Ambassador Birds include two bald eagles and one golden eagle. Ambassador Birds are our partners in education, in-

spiring others to care for Alaska's wild birds. Learn more at [www.birdtlc.org](http://www.birdtlc.org)

*Lisa Pajot is an ornithologist and volunteer at the Bird Treatment and Learning Center in Anchorage.*

**Is Now the Time to Downsize?**

*Your Realtor Since 1983*

*Simplify your day-to-day living with opportunities for easy single story living. Reduced your clutter while having less home maintenance and lower utility costs.*

**Debbie Moore**  
Associate Broker, GRI, CRS  
907-244-3486  
[debbiem@ak.net](mailto:debbiem@ak.net)

BERKSHIRE HATHAWAY HomeServices Alaska Realty

**HomeWell**  
CARE SERVICES

**Personalize Your Home Care with HomeWell™ of Anchorage**

Home care is never a one-size-fits-all solution. Our holistic approach to home care provides a personalized experience based on individual needs—ensuring a better quality of life. Get the professional assistance you need and the peace of mind your family deserves, no matter where you call home.

**Call HomeWell of Anchorage today at 907-868-3100**

**Trusted Care. True Compassion.™ | [homewellcares.com](http://homewellcares.com)**

©2020 HomeWell Senior Care, Inc. All rights reserved. Rev0320





## 16 | Senior Voice, August 2022





# Fall classes return for Alaska seniors

## OLLI registration will have a new approach

Senior Voice Staff

In Fairbanks, OLLI, the Osher Lifelong Learning Institute program at University of Alaska Fairbanks, will begin registration in August for its fall semester classes and will use a new lottery system to accommodate high demand. Classes are offered to adults age 50 and older and topics cover films and photography, exercise and recreation, arts and crafts, foods and flowers, healthy living, science and mathematics, literature and languages, history, politics, other academics, and much more. The new registration system will allow students to sign up for the classes they want, using a ranked choice, and placing them in a lottery when the en-

rollment exceeds the class size limit. For example, suppose enrollment in a particular course is limited to 12. If 15 people list this course as their first choice, a lottery will be run only from those 15 to fill the 12 spots. If only 10 people list this course as their first choice, then all 10 will get spots, and the remaining two spots would be subject to a lottery with the people who listed that course as their second choice. Registration is online through the OLLI website at [www.uaf.edu/olli](http://www.uaf.edu/olli). Or paper forms can be submitted to the OLLI office by mail or drop off. Call 907-474-6607 for address and location information, or email [uaf-olli@alaska.edu](mailto:uaf-olli@alaska.edu). The fall semester begins Monday, Sept. 12. Registra-

tion schedule is as follows:  
► Request courses Aug. 15 - 22 (online at [www.uaf.edu/olli](http://www.uaf.edu/olli) or through the office)  
► Lotteries for high-demand courses run Aug. 23 - 24; no registration requests accepted at this time.  
► Aug. 25 and after: lottery result notifications emailed to students; registrations accepted for immediate enrollment in remaining open seats.  
**OLE in Anchorage**  
Anchorage's Opportunities for Lifelong Education program, or OLE, begins its fall term registration on Aug. 29. Classes will run from Sept. 27 through Nov. 18. For more information on courses that will be offered and how to register, visit [www.oleanchorage.org](http://www.oleanchorage.org).

## Rambles

News from the Grapevine

**Kodiak Senior Center** requests members bring in photos of themselves from their youth – “during a fond, fun memory, from toddler to teenager” – for display in the center throughout September, which is National Senior Center Month. The photos will be unidentified so that everyone can try to guess who is who, says the center’s August newsletter. For more information, call 907-486-6181 ... **Peninsula Job Center in Kenai** is hosting a hiring event (aka job fair) for **Aspen Creek Senior Living** on Aug. 4, from 10 a.m. to 2 p.m. Aspen Creek, which has properties in Kenai, Soldotna and Anchorage, is hiring for positions including administrative assistant, residential aides, cook, housekeepers and activities assistant. Job descriptions are available on the Alaska Jobs website at [alaskajobs.alaska.gov](http://alaskajobs.alaska.gov). Contact the Peninsula Job Center at 907-335-3010 with any questions about this event ... **Soldotna Senior Center** has been enjoying cornhole, thanks to the donated gaming equipment from the local **Sportsman’s Warehouse**. Games are played Thursdays at the center, 1 p.m., and the equipment is available to use any day after lunch. Call for more information, 907-262-2322 ... Also in **Soldotna**, the senior center is signing up riders now for a group bus trip to the **Alaska State Fair in Palmer** on Aug. 24. The bus will leave the center at 8 a.m. sharp, arrive in Palmer at noon, depart at 6 p.m. and arrive back in Soldotna at 10:15 p.m. Total cost is \$77: bus \$70, and fair admission ticket, \$7. Space is limited so call the center right away if you want to join, 907-262-2322 ... **Homer Senior Citizens, Inc.** will hold their annual Alzheimer’s

page 18 please

SeniorVoice.com



# Fall harvest

S E R I E S

AARP Alaska and the UAF Cooperative Extension Service are bringing you this webinar series on how to make how to make jams and jellies, pickles, jerky, smoked salmon and much more!



Tuesdays from 11am-12pm, starting August 2  
Register: <https://aarp.cvent.com/FALLHARVEST2022>





# Rambles

News from the Grapevine

continued from page 17

**fundraiser** on Saturday, Sept. 10, from 3 to 5 p.m. The event will be held at the Second Star Mansion and feature live music by the Tim Fitzgerald Jazz Band, a silent auction, wine and beer garden, hors d'oeuvres from local restaurants and much more. Tickets are \$125 each and available for purchase at the senior center, 935 Svedlund Street, or online at [www.homerseniors.org](http://www.homerseniors.org). Proceeds will go toward the center's Alzheimer's unit. Call more information, 907-235-7655 ... **Nenana Senior Center** is planning a day train trip from Nenana to Denali and back on the **Alaska Railroad**, on the tentative date of Sept. 17. The center's July newsletter notes they are asking the railroad to reduce the ticket price, like they did for these events prior to the pandemic, to \$25 per person. The group size will be limited to 35 people. Call now for more information, 907-832-5818 ... Calling all carvers! **Wasilla Area Seniors, Inc.** has a new **wood carver group** meeting every other Tuesday in their game room, 1 to 3 p.m. Call for more information, 907-206-8800 ... Anchorage Senior Activity Center is offering its members free photo shoots with a professional photographer. Contact **Mary Wolcuff** at 907-770-2000 to sign up for your free session ... **Seward Senior Center** will hold a **dedication ceremony** for a new "little free library" box, located on the southside of the front doors. The dedication will be in memory of **Anne Hatch**, who left the center a generous endowment when she passed away in June, 2021 ... Also in **Seward**, the **American Legion Post 5** hosts a **free community breakfast** on Aug. 21, from 9 to 11 a.m. Both eat-in and curbside pickup are available. Call the senior center for information, 907-224-5604.

*Rambles is compiled from senior center newsletters, websites and reader tips from around the state. Email your Rambles items to [editor@seniorvoicealaska.com](mailto:editor@seniorvoicealaska.com).*

# Outhouse

continued from page 16

morning trip out to the outhouse to empty the honey bucket before we all left for school. I should have been more thankful for that Mom-powered indoor plumbing arrangement.

I certainly understand the happiness about indoor plumbing, but back in 1974 when Gary and I were setting up housekeeping on

house upgrade two years later when we developed raw land in California, where Gary built a spacious, sturdy outhouse and then nailed his Alaskan black bear hide to the outside wall.

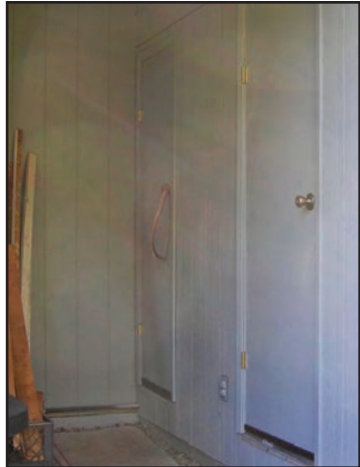
I want any fur nailed to the wall, not on the seat – even at 40 below. There is a fur-lined seat in an outhouse by a cabin back in the woods behind my previous home in Slana, but I don't like the idea. I'm a cleanliness fanatic.

next to the water. When the tide came in, the rocks were efficiently washed clean. Stormy weather made white caps on the water, and blowing snow and the bitterly cold wind howled up off the water through the three holes. Dad said it seemed like a good idea to plug up one of the holes by sitting down, just to make the place a little warmer.

Now here in Palmer, I could be wrong, but I think we have the only outhouse in our whole subdivi-



The McMichaels' outhouse in August 2020, tucked into the back of their suburban Palmer home's carport. The caribou antler handle indicates which door leads to the 'facilities'.



Maraley McMichael photo

raw land near Fairbanks, I remember being equally happy when we finally acquired a real outhouse. No more perching over a downed tree. We repeated the whole tree-to-out-

Instead of fur, sheepskin, or even Styrofoam, I like the routine I learned from another Slana family. They keep the toilet seat on a nail by the back door of their home. Whenever anyone has to use the outhouse, they take a warm seat with them.

Years ago, my dad told me about his most unique outhouse experience. He was deer hunting near Onion Bay on Kodiak Island. The cabin featured a rustic three-holer outhouse, built at the edge of a rock bank

sion of slightly more than 100 homes. Had Shirley's friend opened the other door at the end of our carport, she would have been greeted with the sight of numerous long handled tools, a weed whacker, extra tires, propane bottles, and containers of gasoline. She opened the correct door in her search for our suburban outhouse.

Maraley McMichael is a lifelong Alaskan currently residing in Palmer. Email her at [maraleymcmichael@gmail.com](mailto:maraleymcmichael@gmail.com).

ALASKA STATE SENATE

Cathy

★★★★★ GIESSEL

EXPECT MORE

"As your District E Senator, I will work hard on issues that matter to you and other Alaskans"

Cathy Giessel

- Balanced Budget without Income Tax
- Protect & Grow Permanent Fund
- Family Supporting Jobs for Alaskans
- Responsible Resource Development
- Effective Education for Kids & Adults
- Safe Kids, Families & Communities
- Improved Transportation System
- Affordable Healthcare
- Rebuild Port of Alaska

GiesselForAlaska.com  
cgiessel@icloud.com  
907.242.5450

Paid for by Giessel for Alaska 12701 Ridgewood Road, Anchorage, Alaska 99516

# Let someone fish for you

If you are 65 or older, 70 percent physically disabled or blind, you are eligible for a fishing proxy. This means you may have someone else fish for you for most fish and shellfish, though proxy fishing for halibut is not allowed. For more information or to pick

up a form, visit your local senior center or Dept. of Fish and Game office. Or visit the website <https://bit.ly/2ISozyl>. The Proxy Fishing Information Form can be downloaded, printed, then filled out, but it has to be brought in, faxed, or scanned in then e-mailed to an Alaska Fish and Game office for validation. Proof of resident fishing license for both parties is required.







Quilt

continued from page 14

quilts, from basic bed-covers or wall hangings produced by novices to oh-my-god wonders by nationally known fabric artists. Admission is free. Visitors can bid for a small art quilt if they want, or buy a raffle ticket for this year’s big, amazing work of art. Or just marvel at the range of design and workmanship on display.

The September quilt show is not juried, which means any member who wants to exhibit a quilt they made may do so. The no-judging is deliberate, Brewer said. They want potential members to know they are welcome regardless of their skill level.

Ask a bunch of quilters how they got started, why they chose to buy sometimes-expensive fabric, cut it into small pieces, then sew the pieces back together — instead of, say, scrapbooking or origami.

Most say their mother or a grandmother taught them to sew, often clothing. Making quilts was a natural next step, sometimes a necessity.

“Quilts were needed on beds,” said Kate Beebe, ALCQ education chair.

But for some, the “next step” was a pleasure that’s hard to explain to someone who hasn’t been snared by the endorphin glow of finishing a quilt you’ve put your heart into.

This history raises a difficult question: How many mothers sew these days? How many make clothing? How many have time? By 2014, about 70% of mothers with children under the age of 18 worked outside the home, up from 47% in 1975, according to the Pew Research Center.

If no one is teaching the next generation how to sew, where will future quilters come from? Is quilting a dying art? Not if Anchorage Log Cabin Quilters have anything to say about it.

Free at-home COVID tests for blind, low vision

Senior Voice Staff

The government has launched a new initiative to expand the availability of at-home tests that are more accessible for people who are blind or have low vision. The tests work with a Bluetooth-enabled smartphone/tablet app to provide users with audible instructions, and audible test results.

Order online or by calling 1-800-232-0233.

Each order will include two rapid-antigen tests that are more accessible for people who are blind or have low vision. Orders will ship free, while supplies last.

Because supplies are limited, please order the more accessible tests only if you do not have options for using the standard tests. If you have someone you trust who can help you administer the test and interpret results (in person, or through a video platform like FaceTime or Zoom), or can use assistive technology such as AIRA or Be My Eyes, please order the standard tests.

Need more assistance? The trained staff at the Disability Information and Access Line (DIAL) can provide additional assistance with:

- ▶ Ordering tests.
- ▶ Understanding instructions for test administration and test results.
- ▶ Providing alternative instructions for traditional at-home tests for people who are unable to access, read or understand the manufacturer’s version.

▶ For those who cannot use an at-home test, DIAL operators can assist with ordering “swab and send” kits to collect a sample and mail it back for results, and connect callers to local organizations for assistance locating other testing options in their community. This could include in-home testing programs or transportation or companion support to visit a community-based testing site.

Call 888-677-1199 Monday-Friday from 9 a.m. to 8 p.m. (Eastern) or email DIAL@usaginganddisability.org.

Calendar of Events

**Aug. 2 Kodiak** Kodiak Senior Center offers Medicare counseling each Tuesday and Thursday, 1 to 4 p.m. 907-486-6181

**Aug. 4 Valdez** Ice Cream Social at Valdez Senior Center, 5 to 7 p.m. Kick off the city’s annual Gold Rush Days festivities with some ice cream sandwiches, good friends, and the crowning of the Gold Rush Days King and Queen. 907-835-5032

**Aug. 5 Fairbanks** Re-opening ribbon cutting ceremony at South Davis Dog Park, 2000 Davis Rd., noon to 3 p.m. Bring your furry friends and enjoy hot dogs for the humans and treats for the four-legged pals while visiting with animal professionals. Presented by Fairbanks North Star Borough Parks and Recreation. 907-459-1136

**Aug. 5-7 Ketchikan** Blueberry Arts Festival in downtown Ketchikan. Enjoy local musicians and performers, see slugs racing, enter a pie eating contest, enter your beard (real or created) to win fabulous prizes, and see lots of amazing art, learn about community services, and eat great food. Ketchikanarts.org

**Aug 6-14 Fairbanks** Alaska International Senior Games. Annual event brings together people from all around the United States and several countries to compete – you must be age 50 or older – in everything ranging from horse-shoes and bocce, pickleball, to track and field and swimming, disc to traditional golf. Activities you can enjoy, whether a casual athlete, serious competitor, or spectator. Schedule and other details at [www.alaskaisg.org](http://www.alaskaisg.org).

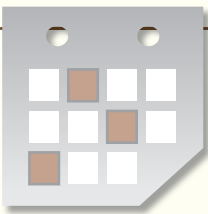
**Aug. 12-13 Coffman Cove** Annual “By the Sea” Arts and Seafood Festival, Friday, 3 to 10 p.m. and Saturday, noon to 10 p.m. Celebrate arts and seafood with local artists and food vendors, performances, more. <https://artsandseafoodfestival.com/>

**Aug. 13-21 Seward** 67th annual Silver Salmon Derby at Seward Boat Harbor. Earn prizes for the heaviest fish in various categories. General derby info and online registration at [www.salmon.seward.com](http://www.salmon.seward.com)

**Aug. 16 Statewide** Elections day: State of Alaska primary election and special general election to fill the vacant House of Representatives seat. Polls will be open from 7 a.m. to 8 p.m.

**Aug. 17 Anchorage** Anchorage Senior Activity Center Annual Membership Meeting, noon to 2 p.m. Also, meet and greet candidates for the center’s board of directors. RSVP to 907-770-2009 or [membership@anchorage seniorcenter.org](mailto:membership@anchorage seniorcenter.org).

**Aug. 19-Sept. 5 Palmer** Alaska State Fair in Palmer. Amusement park rides, giant cabbage, live performers, concert headliners, famous fair food, much more. Closed on Tuesdays and Wednesdays. Seniors 65 and older with ID: \$7 per day Mondays and Thursdays; \$8 Friday-Sunday and \$50 season pass. <http://www.alaskastatefair.org>



Send us your calendar items

Send to: Senior Voice, 3340 Arctic Blvd., Suite 106, Anchorage AK 99503  
[editor@seniorvoicealaska.com](mailto:editor@seniorvoicealaska.com)

Deadline for September edition is August 15.

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.

Find out if a living trust would be a good option for you.  
Come see Kenneth Kirk, an experienced estate planning attorney.

Call us for a free consultation (907) 279-1659  
3401 Denali Street #203 - Anchorage



# Ship Creek school oversight causes delay

By LAUREL DOWNING BILL  
Senior Voice Correspondent

When Land Office chief Andrew Christensen opened the auction for townsites above Ship Creek on July 10, 1915, bidding became so brisk that prospective lot owners couldn’t hold down prices. After sales closed a week later, 655 lots had sold for almost \$150,000 (more than \$4 million in today’s dollars). Christensen claimed the sale had “injected confidence in the people of the town” that soon would become Anchorage.

But that confidence may have been tempered somewhat when the residents realized the Alaska Engineering Commission had overlooked a vital component in the new town. The commission had sold the parcels of land with the understanding that the lots could be assessed to finance such public services as water and sewer utilities, fire protection and garbage pickup, but it had neglected to provide for financing a school.

It took months to solve the dilemma. The editor of the Cook Inlet Pioneer wrote that summer: “If we are to retain the families, and they compose the backbone of any community, we must provide the children with adequate school facilities. It is highly important that this should be done without undue delay....”

Jane Mears, wife of Alaska Engineering Commission’s Lt. Col. Frederick Mears, organized the Anchorage Women’s Club to take on the project after her husband allegedly told her “I’m busy building a railroad, if you want a school you’ll have to build it yourself,” according to the Pioneer School website.

The women’s group spearheaded the building of a school with salvaged material from the railroad project. Completed in November 1915, Pioneer School was constructed to serve about 90 students.

From the beginning, residents labeled the school “entirely inadequate,” “unsanitary,” and “of an order of the early eighteenth century.” A second floor was added to the building shortly after it opened as the number of children needing an education kept growing. But the school lacked a solid foundation, paint and a satisfactory heating system – woodstoves converted from steel barrels heated the two classrooms. The unheated outdoor toilets didn’t meet townsite standards, either.

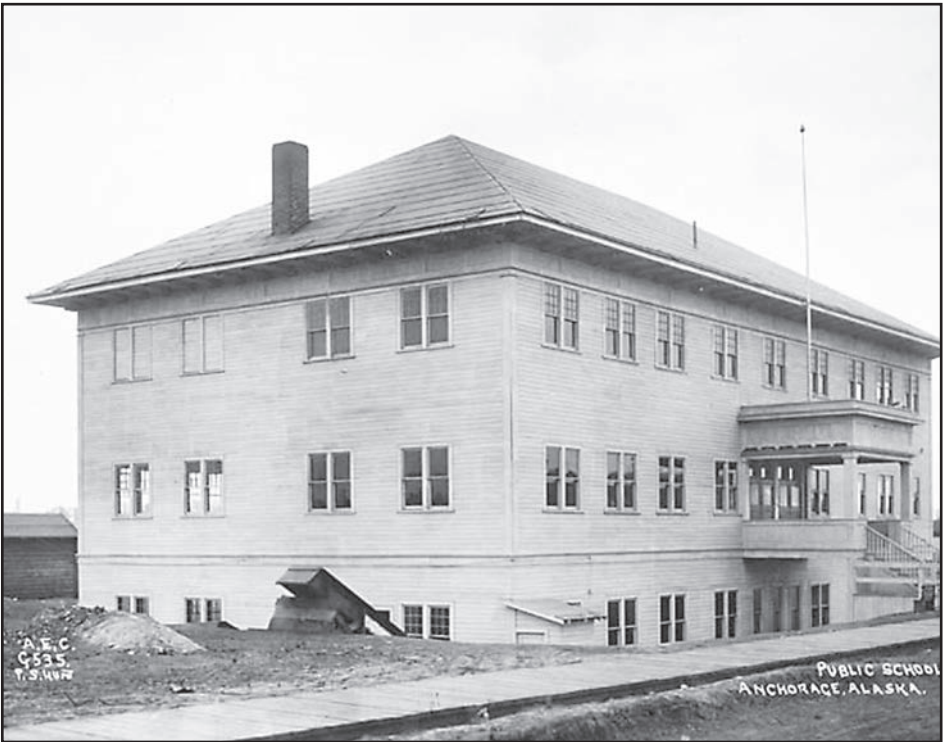
In August 1916, construction of a new three-story school began. The first two stories were completed by January 1917 so classes moved into the building. Additional

classes were held in the Presbyterian Church until construction of the school was completed that December.

Edes ordered Andrew Christensen to take over the responsibility of “school director in addition to your other duties,” in 1917. Although school board members A.J. Wendler, Mrs. W.T. Normile and M. Finkelstein had handled the first year of operation admirably, enrollment had doubled to more than 200 pupils by the fall of 1917. The school also had management problems. One teacher taught 70 primary students in half-day shifts.

Christensen told the principal he “must quit going to the pool halls and must get down to business,” and he advised one teacher “to stop gossiping, complaining and criticizing, and to bring her work up to standard.”

page 30 please



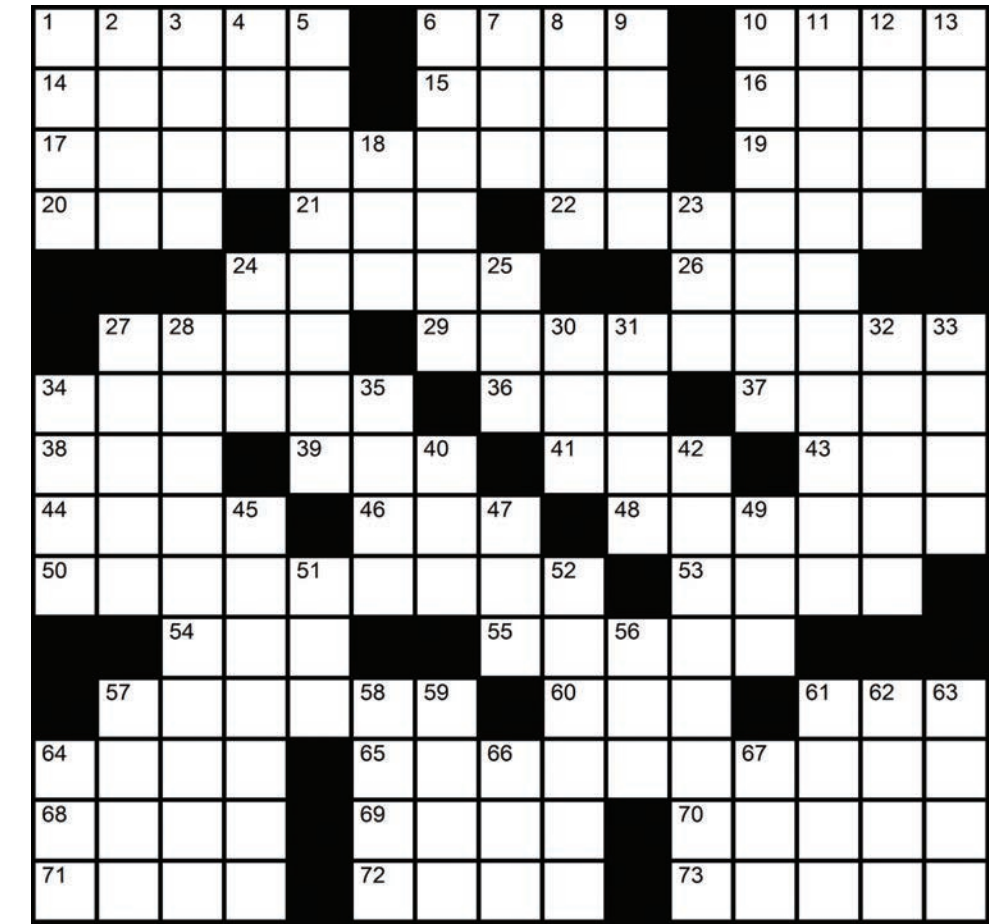
This three-story school house replaced the original public school built by the Anchorage Women’s Club in 1915. Completed in December 1917, the new school building served the community of Anchorage until the mid-1930s.

University of Alaska Fairbanks

### Animal Crackers

#### Across

- 1 Stackable cookies
- 6 Jockey’s whip
- 10 Camel hair garment
- 14 “\_\_\_ Doone” (1869 novel)
- 15 Man Friday
- 16 Cairo’s waterway
- 17 Hermits
- 19 Waste allowance
- 20 “Fables in Slang” author
- 21 Computer in “2001”
- 22 Big step
- 24 Kind of boat or home
- 26 San Francisco’s \_\_\_ Hill
- 27 Mark left by Zorro?
- 29 Words describing a real grouch
- 34 Be a go-between
- 36 It’s a wrap
- 37 One of the Three Fires of Buddhism
- 38 Bank acct. entry
- 39 Sci-fi figures
- 41 Dunce
- 43 Under the weather
- 44 Space is their place
- 46 Tax pro, for short
- 48 Kind of tower
- 50 Outer Banks town
- 53 Impudence
- 54 When the French fry?
- 55 It might be yellow
- 57 Special occasions
- 60 Tennis call
- 61 She played Cecile in “Dangerous Liaisons”



Copyright ©2022 PuzzleJunction.com

- |                        |                                     |                                |
|------------------------|-------------------------------------|--------------------------------|
| 64 Father of Harmonia  | 9 Exterminator’s target             | 40 Mudbath locale              |
| 65 NYSE downturn       | 10 City in Contra Costa County, CA. | 42 Swing around on an icy road |
| 68 Pub serving         | 11 Nitwits                          | 45 Certifies                   |
| 69 Folk’s Guthrie      | 12 Away from the wind               | 47 Saddler’s tool              |
| 70 Construction girder | 13 Hardened                         | 49 Heater                      |
| 71 Hardy heroine       | 18 Bran source                      | 51 Asian capital               |
| 72 Be dependent        | 23 H.S. biology topic               | 52 WW II’s “___ was here”      |
| 73 Shoppers’ helpers   | 24 It follows April in Paris        | 56 Sapphire or ruby, e.g.      |
|                        | 25 Greek consonant                  | 57 Buffalo’s county            |
|                        | 27 Red Sea peninsula                | 58 Skiers’ aid                 |
|                        | 28 British folk, rock musician      | 59 Like the Sahara             |
|                        | 30 Blood letters                    | 61 Luau strings                |
|                        | 31 Familia members                  | 62 Cold cuts, e.g.             |
|                        | 32 Greek Titan                      | 63 PIN takers                  |
|                        | 33 Round sound                      | 64 Disposed                    |
|                        | 34 Connection                       | 66 Totally                     |
|                        | 35 Leave one’s mark on              | 67 Slugger’s stat.             |

Crossword answers on page 30





# Cynthia Geary heads to hospice in new TV series

By **NICK THOMAS**  
*Tinseltown Talks*

Emmy-nominated actress Cynthia Geary was immediately drawn to her latest character Charley Copeland, a hospice nurse in the compelling new drama series “Going Home.” Season one began streaming in June on Pure Flix, a faith and family-friendly media service (see [www.pureflix.com](http://www.pureflix.com)).

“The death of a loved one is something we will all experience, but I feel like the show sends a positive message in a sad but cathartic way,” said Geary from Palm Springs while traveling from her home in Seattle.

Set in a hospice care center with Geary as head nurse, the staff tackle the emotional, spiritual and physical challenges facing end-of-life patients and their families, to ensure the loved ones pass on with compassion and dignity. Geary says the scripts attracted her to the role.

“They are challenging, demanding, and emotional, but so well-written,” she said. “We all cried a lot on the set because I think the actors and crew could relate to the stories.”

Shot in Spokane, Washington, Geary visited a local hospice facility to prepare for the role.

“I was fortunate to meet many of the hospice nurses whose job is to provide patients with a peaceful transition from this life,” she said. “I learned how important it was not to project personal issues into

the situation to avoid putting any additional stress on the patients or their families who are already suffering. I tried to bring that to Charley, my character, who will be evolving with her own back-story in the coming episodes.”

Geary’s own career back-story dates back to 1990 when she starred in the quirky CBS comedy-drama “Northern Exposure.” Her character, Shelly, appeared in all episodes over the show’s six-season run, the series remaining a cult favorite today.

“I just loved everything about that show and would have been happy to do more seasons for years,” she recalled. “There’s been talk of a reunion or new series for a long time, but nothing definite yet – I would love, love, love to do it.”

Meanwhile, despite the potentially gloomy theme, Geary is loving her new series.

“I know a show sending a message that death can be a positive experience sounds weird, but it can be an uplifting one,” she says. “Death is inevitable, but we don’t have to be afraid of it. Being part of the series has changed my perspective – if you have someone in a hospice setting, at least you can prepare for what’s coming and have that time with them.”

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).*



Cynthia Geary as a Hospice nurse in an episode of “Going Home”.

*Provided by Pure Flix*



Cynthia Geary, front second from left, and the cast of “Northern Exposure”.

*CBS publicity photo*

## 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](mailto:editor@seniorvoicealaska.com) to discuss this. Copy deadline is the 15th of the month prior to publication.

CHOOSE

CHESBRO

★★★★★

U.S. Senate

For too long we have stood back and apathetically watched members of Congress vote for their own best interests over that of their constituents. I believe in the value of public service. I also believe Congressional actions should benefit not only the wealthy, but ALL Americans.

- Supports Sustainable Economic Development
- Pro-Common Sense Gun Safety Laws
- Committed to Equal Rights for All
- Committed to Curbing Climate Change

- Pro-Choice
- Lifelong Educator
- Pro-Renewable Energy

Vote Pat Chesbro

Primary: August 16    General: November 8

Paid for by Chesbro for Alaska | PO Box 1311 Palmer AK 996451

Senior Voice, August 2022 | 21





## Pain

continued from page 13

disability from reduced mobility, avoidance of activity, falls, depression and anxiety, sleep impairment, and isolation. The authors note that pain medicine is relatively young as a field, and it encompasses specialties including emergency medicine, anesthesia, psychiatry, neurology, psychiatry and radiology. However, there are now promising new techniques for providing pain relief without the usual side effects.

### “I don’t want to take any more pills”

Researchers at Lund University in Sweden have developed a completely new stimulation method that relieves pain in a much more painless way. It uses ultra-thin microelectrodes to combat severe pain. This provides effective and personalized pain relief without the common side effects from pain relief drugs.

“The electrodes are very

soft and extremely gentle on the brain. They are used to specifically activate the brain’s pain control centers without simultaneously activating the nerve cell circuits that produce side effects,” said lead researcher Jens Schouenborg, a professor of neurophysiology at Lund University.

The method involves implanting a cluster of the ultra-thin electrodes and then selecting a sub-group of the electrodes that provide pure pain relief, but no side effects. This procedure enables extremely precise and personalized stimulation treatment. The pain is blocked by activating the brain’s pain control centers, and these in turn block only the signal transfer in the pain pathways to the cerebral cortex.

“We have achieved an almost total blockade of pain without affecting any other sensory system or motor skill, which is a major breakthrough in pain research. Our results show that it is actually possible to develop powerful and side effect-free pain relief, something that has been

a major challenge up to now,” said first study author Matilde Forni, who is with Lund University.

According to the researchers, the new technique should work for all sorts of pain that are conveyed by the spinal cord.

“In principle, the method can be tailored to all parts of the brain, so we believe that it could also be used in the treatment of degenerative brain diseases such as Parkinson’s disease as well as in depression, epilepsy and probably stroke as well. The electrode technique also has applications in diagnostics and not least in research on how the mysterious brain works,” said Schouenborg.

It is currently recommended that all older adults with chronic pain undergo a comprehensive geriatric pain assessment. A comprehensive assessment can guide selection of treatments most likely to combat the pain safely and effectively. A multimodal approach that includes both drug and non-drug modalities for pain is recommended.

## Social Security services for Hispanic community

Social Security Administration

For nearly 90 years, Social Security has provided financial protection to communities throughout the United States, including the Hispanic community.

Today, our retirement, disability, and survivors benefits are an important source of income for Hispanics. Our Spanish-language website, [www.ssa.gov/espanol](http://www.ssa.gov/espanol), provides information for those whose primary language is Spanish. There, people can learn how to get a Social Security card, plan for retirement, apply for benefits, manage

their benefits, and much more.

We also provide many publications in Spanish at [www.ssa.gov/espanol/publicaciones](http://www.ssa.gov/espanol/publicaciones). Popular topics include:

- ▶ Retirement, Disability, and Survivors benefits.
- ▶ Medicare.
- ▶ Supplemental Security Income (SSI).
- ▶ Social Security cards.
- ▶ Fraud and scams.
- ▶ Appeals.
- ▶ Benefits for children.
- ▶ Payments outside the U.S.

Customers who prefer to conduct business in Spanish can reach a Spanish-speaking representative at 1-800-772-1213.

### THANK YOU to our advertisers

Senior Voice would not exist without them.

We thank our advertisers and encourage everyone to support them.



**Elevators, stairlifts,  
wheelchair lifts, and more.**

**[www.alaskastairlift.com](http://www.alaskastairlift.com)**

**(907)245-5438**

**toll-free 1-877-884-5438**



Authorized dealer for Bruno stairlifts, vehicle lifts,  
wheelchair lifts – all made in U.S.A.



**Free estimates  
Statewide service  
Medicaid-Insurance-VA billing**

*Creating accessibility solutions for your home and business since 1998*





# Paying for long-term care without insurance or savings

By JIM MILLER  
Savvy Senior

**Dear SavvySenior:** What types of financial resources are available to help seniors pay for long-term care? My 86-year-old mother will need either an assisted living facility or nursing home care in the near future, but she doesn't have long-term care insurance and her savings are minimal. - Searching Daughter

**Dear Searching:** The cost of assisted living and nursing home care in the U.S is very expensive. According to the Genworth cost of care survey tool, the national median cost for an assisted living facility today is over \$4,600 per month, while nursing home care runs more than \$8,100 per month for a semi-private room. Alaska rates are three times higher than that. (See Genworth.com/aging-and-you/finances/cost-of-care.html to look up costs in your area.)

**If your mom is a wartime veteran, or a spouse or surviving spouse of a wartime veteran, there is a benefit called Aid and Attendance that can help pay toward her long-term care.**

Most people pay for long-term care – which encompasses assisted living, nursing home and in-home care – with either personal funds, government programs or insurance. But if your mom is lacking in savings and has no long-term care insurance to cover her costs, here are your best options

to look for funding.

### Medicaid (not Medicare)

The first thing you need to know is that Medicare, the government health insurance program for seniors 65 and older and those with disabilities, does not cover long-term care. It only provides lim-

ited short-term coverage, up to 100 days for skilled nursing or rehabilitation services after a three-day hospital stay. Medicaid, however, the joint federal and state program that covers health care for the low-income, does cover nursing home and in-home care. But to be eligible for coverage, your mother must be very low-income. Her countable assets can't be more than around \$2,000, including investments. Note that most people who enter a nursing home don't qualify

for Medicaid at first but pay for care out-of-pocket until they deplete their savings enough to qualify. There are also many states that now have Medicaid waiver programs that can help pay for assisted living. To get more information on Medicaid coverage and eligibility, call your state Medicaid office (see [www.Medicaid.gov](http://www.Medicaid.gov)). You can also check your mom's Medicaid eligibility at [www.MedicaidPlanningAssistance.org](http://www.MedicaidPlanningAssistance.org).

page 30 please

# How to sell unwanted burial plots

By JIM MILLER  
Savvy Senior

**Dear Savvy Senior:** How do I go about selling unwanted burial plots in my hometown cemetery? When my parents died about 25 years ago, my husband (at the time) and I

bought two plots near them in the same cemetery. But we've gotten divorced since then and have both moved out of state. Besides that, I would like to be cremated instead of buried. - Looking to Sell

**Dear Looking:** Life changes such as relocat-

ing, family disputes and divorce, along with the growing popularity of cremation in the U.S., is causing more and more people to sell previously purchased burial plots they don't intend to use any longer. But, depending on where you live and the

location of the cemetery, selling a plot can be difficult. And, if you do sell it, you'll probably get less than what you initially paid for it. Here's are a few tips to get you started.

page 30 please



**Call Now!**

*Opus Memoria*  
The Work of Memories  
Compassionate Care  
for Those with Dementia

**Preferred Care at Home**

- Meal Preparation
- Dress/ Hygiene Assistance
- Housekeeping/ Laundry
- Holiday & Vacation Coverage
- Live-In Services & More

We are committed to making your choice possible with quality services at affordable prices.

Call For Your Free In-Home Assessment

**Preferred Care at Home®**

**907.868.1919**  
SuzanneH@PreferHome.com | [PreferHome.com/alaska](http://PreferHome.com/alaska)

Daily activities are in place to keep the residents safe, active and living out their memories through all senses. Caregivers are on staff 24 hours a day, 7 days a week, 365 days a year

- Private rooms
- Fenced one acre property
- One caregiver for every three residents.
- Specialized training on caring for seniors with dementia. Staff is required to complete continued education for Dementia and Alzheimer's.
- ADA compliant

To schedule a personal tour or to receive additional information please contact us today.

**907.677.1919**  
Hickel@OpusMemoria.com | [www.OpusMemoria.com](http://www.OpusMemoria.com)



**Suzanne Hickel, Owner**





# Fermenting

continued from page 5

sprouts, beets, cauliflower, carrots, peppers, onions and green tomatoes as well as a variety of relishes and chutneys and sauerkraut – all hoping to merit a blue ribbon. So, what does it take to make a prize-winner or even just some jars to share with family and friends?

Fermenting and pickling are two different processes but both methods preserve the vegetables or fruits by lowering the pH – making them more acid. This is where the tart or sour flavor comes from. The acid also prevents dangerous microorganisms from growing and it is critical for safety. For “quick” or fresh pickles, vinegar and salt are used in making a brine and recipes must be followed exactly to make a safe product for jarring. Fermented pickles or sauerkraut can produce their own acid making use of the natural lactic acid producing microorganisms found on the produce. Salt used in fermentations help control the types of microorganisms that grow and favor lactic acid production. So the amount of salt is critical for safety in fermentation.

## Starting your own

Making fermented or brined pickles isn’t hard and doesn’t really take much preparation time but there are some considerations that can make



**Fermenting can enhance the robust kick of peppers as well as the nutritional benefits.**

David Washburn/Senior Voice

the difference between a high-quality and delicious pickled product or one that never makes it to your table. Topping the list of considerations is following a recipe and instructions published by the U.S. Department of Agriculture or the Cooperative Extension Service. These will assure that you have the right amount of acid and salt for safety.

For the best pickles or fermentations, use the freshest vegetables or fruits possible. Produce should be firm and free of blemishes as any deterioration will flavor the batch and those pieces will not have a desirable texture.

Fresh from the garden is best for fermented efforts as this produce will have lots of lactic acid producing bacteria. Organic vegetables are recommended es-

pecially for fermentation. Rinse or scrub produce and peel skins except for the skin on cucumbers. While you may be tempted to leave skins on, the skins can introduce mold and dirt. The blossom end of cucumbers should be trimmed away to eliminate enzymes that could soften the cukes. Use unwaxed “pickling” cucumbers for fresh or brined cucumber pickles. Although local and fresh is desirable, don’t be afraid to use good quality produce from the grocery store.

## What you’ll need

Equipment used for making pickles should be non-reactive to acid and salt and scrupulously clean. Glass or unchipped enamelware and top-quality, stainless steel pots are the best choices for heating pickling liquids. Foods that will be fermented are ideally mixed and fermented in glass, high-quality, food-grade plastic or unchipped enamelware or stoneware. All equipment used in the production of fermented products should be sterilized. This will keep unwanted microorganisms out so that the desired ones can thrive.

Soft water is best for

pickles and fermentation. Hard water can prevent pickles from curing properly and heavily chlorinated water can interfere with fermentation. Even though it is an extra cost, I purchase distilled water for my pickles and ferments.

Canning or pickling salt is plain salt with no additives and should be used. Salt with additives may impart bitter flavors. And, additives in salt may make the brine in your pickle jars cloudy. This may seem unimportant but cloudy brine could also be a sign of bacterial growth and you don’t want that confusion. Pickles with cloudy brine are not prize winners!

Vinegar used for pickles should follow the instructions and recipe but is usually white vinegar that has 5% acidity. Do not use homemade vinegar, rice vinegar or any vinegar of an unknown pH. If you want a less sour tasting product, you can add extra sugar but do not decrease the amount of vinegar (acid).

White granulated sugar usually provides the sweetness in pickle recipes. Artificial sweeteners are not recommended because they don’t help the texture/firmness and they lose flavor or create bitterness

over time.

A variety of flavors can be added to traditional or fermented pickles. To the extent possible, use whole fresh spices. Powdered spices will make pickle brine liquid cloudy – see above note on salt. Cloudy is bad. In the case of certain ferments where a brine is not used, such as kimchi, powdered red pepper flakes or coarsely ground red pepper is used.

## Process is paramount

Few gardens in Alaska produce enough cucumbers to make classic pickles. But, if you are a pickle fan like me, you might get started with a small batch of pickled carrots, beets, asparagus, green beans or zucchini. These pickles are made with hot, seasoned vinegar brines, poured over prepared vegetables and herbs packed in canning jars and then processed in a boiling water bath canner. For safety’s sake, stick to the proportions of vinegar, salt, water and vegetables specified in the recipes.

Alaska is famous for our giant cabbages. Giant or not, fresh Alaska cabbage makes a wonderful, fermented vegetable, aka

next page please



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

## A whole new way to get healthy

Omada® is a digital lifestyle change program that inspires healthy habits that last.

Omada surrounds participants with the tools and support they need to lose weight and reduce their risk of developing type 2 diabetes.

- + Personalized program
- + Weekly online lessons
- + Professional health coach
- + Small online peer group
- + Wireless smart scale

There’s no cost to adult residents of Alaska if they are eligible and at risk for type 2 diabetes.

Learn more:

[omadahealth.com/alaska](https://omadahealth.com/alaska)

For more information, email [diabetes@alaska.gov](mailto:diabetes@alaska.gov)



**THOMAS CENTER**  
FOR SENIOR LEADERSHIP  
A UNIQUE INDEPENDENT  
LIVING ALTERNATIVE

“Thomas Center is the premier housing community for seniors (60+) who want to live in Alaska!”



## SENIOR APARTMENTS FOR RENT

• Call today • Schedule a tour • Learn about our activity offerings

(907) 538-9995 | [www.ThomasCenterAK.com](http://www.ThomasCenterAK.com)

2190 E. Tudor Road | Anchorage, Alaska  
on the west side of the St. Mary's Episcopal Church Campus





## AARP

continued from page 3

in making Anchorage an age friendly city.

Concurrent with efforts to build a network of local partners, the first step in our five-year process will be a city-wide community

needs assessment. Using the results from that assessment, the Age Friendly Leadership Team will work with the city administration to develop an action and evaluation plan. They will include the voice of older Anchorage folks in all stages of planning and implementation moving forward. The team is planning

to gather insights on the experiences of older Alaskans throughout the municipality from Girdwood north to Eklutna. This work will rely on volunteers, community groups and local stakeholders. There will be leadership opportunities for volunteers while benefiting people of all ages.

Anchorage already has

several age-friendly programs, initiatives and opportunities in place but there is always room for improvement. The leadership team's mission is to foster a livable, age-friendly community that promotes neighborhood cohesion and maximizes ways for residents to be active and engaged

with neighbors, family and friends.

If you are interested in joining the effort to make Anchorage a more age-friendly community, email [AARPAK@aarp.org](mailto:AARPAK@aarp.org) to volunteer. For more age-friendly information see <https://AARP.org/Livability> or call 866-227-7447.

## Fermenting

from page 24

sauerkraut. Many types of vegetables can be prepared in the same manner.

Safe and successful fermentation requires adding salt in proportions based on weight with 2.25 to 2.5% of salt – a food scale is important for this step. About two pounds of thinly sliced cabbage/other finely shredded vegetables to approximately 3 1/2 teaspoons salt.

Fermentation takes place in an airless environment, so the prepared, salted vegetables must be tightly packed and held

under a liquid. The salted vegetables usually create their own brine but a salt and water brine can be prepared ahead of time and used to cover the vegetables if necessary. Vegetables are submerged under brine and a cover placed on the container to minimize exposure to air, prevent evaporation and prevent unwanted microorganisms from contaminating the fermenting vegetables.

Fermentation requires holding the product at a steady temperature, ideally around 70° F. Although a range of temperatures can work, lower than 60° F may not be warm enough and warmer than 75° F may be too warm to promote

***Fermenting and pickling are two different processes but both methods preserve the vegetables or fruits by lowering the pH – making them more acid. This is where the tart or sour flavor comes from. The acid also prevents dangerous microorganisms from growing and it is critical for safety. Current research indicates that consuming fermented foods may make important contributions to one's health.***

the lactic acid producing bacteria.

Small containers of fermented vegetables may be ready within a little more than week; larger containers may take as much as a month or more. As long as you have gotten the right microorganisms going, you will have an enjoyable fresh, sour tasting product. Sauerkraut or other

fermented vegetables can be kept under refrigeration once they are pleasantly sour and tangy.

### Nutritious payoff

Pickles and fermented vegetables can add important nutrients and beneficial microorganisms to your diet. Fermentation can improve the nutrient content of the food. Pick-

led vegetables have even been used to help children learn to eat a wider variety of vegetables. And, what is a hot dog without pickle relish or sauerkraut?

Though winning a prize is probably not your most important goal, follow USDA's guidelines and enjoy your own "prize-winning" flavors with simple pickling and fermenting.

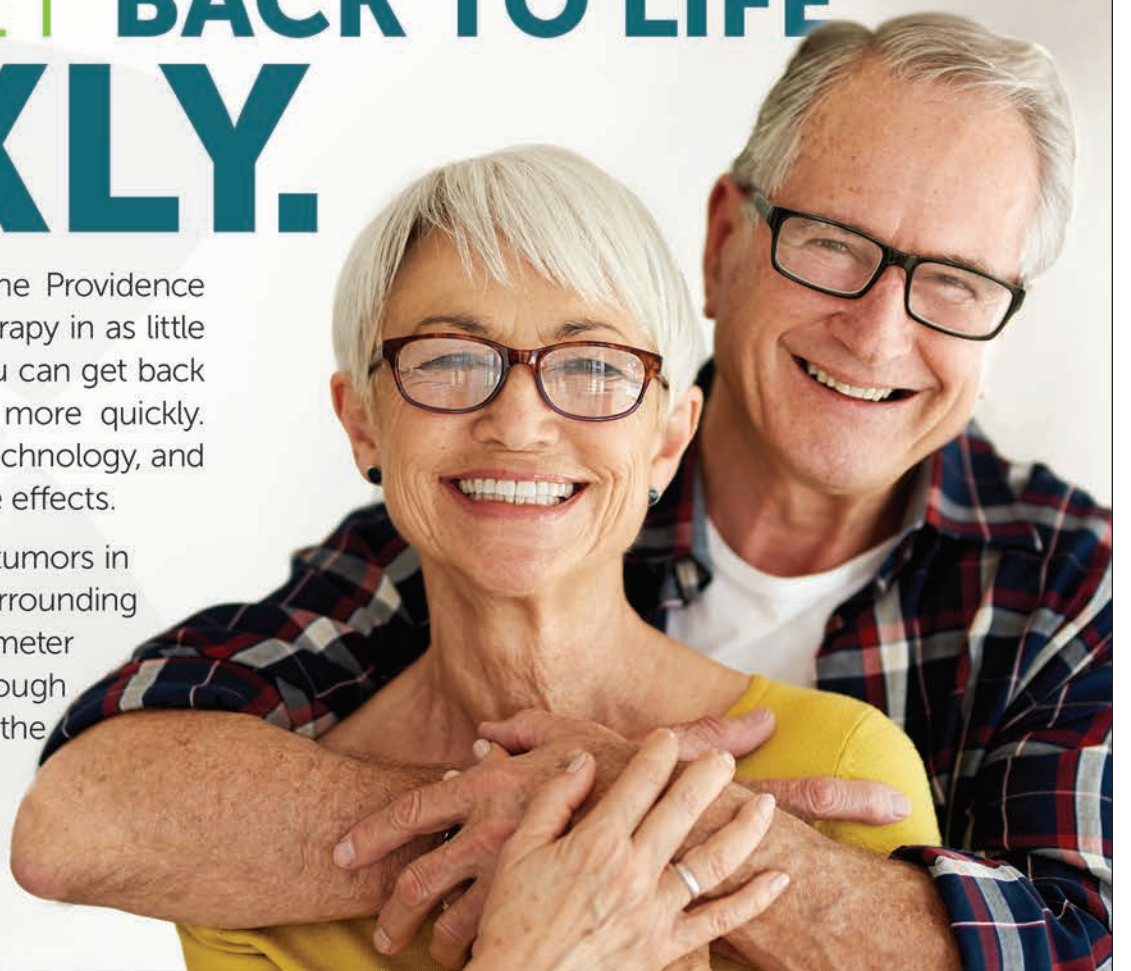
For more information and recipes for pickling and fermenting, call your local Cooperative Extension Service.

*Leslie Shallcross is a registered dietitian and professor at the University of Alaska Fairbanks Institute of Agriculture, Natural Resources and Extension.*

# CYBERKNIFE MEANS YOU CAN GET BACK TO LIFE QUICKLY.

**At the Alaska Cyberknife Center** located in the Providence Cancer Center, we can deliver your radiation therapy in as little as 5 treatments, over one week. That means you can get back to life and back to your interests and family more quickly. Cyberknife is state-of-the-art cancer treatment technology, and is world renowned for having minimal, if any, side effects.

Cyberknife is extremely accurate. We track your tumors in real-time, while you breathe, to insure that the surrounding tissue is preserved and unharmed. With sub-millimeter accuracy, and a treatment that is comfortable enough for most patients to take a nap during treatment, the Alaska Cyberknife is the present and future of radiation oncology. Visit our website and ask your doctor if you are a candidate for Cyberknife treatment. **Know all your options.**



[alaskacyberknife.com](http://alaskacyberknife.com)  
907.771.0517



ALASKA  
CYBERKNIFE  
CENTER





# Dickens, codicils and the Underwood

By KENNETH KIRK

For Senior Voice

In a corner of my office is an old Underwood typewriter. It was built some-time around the 1920s, it weighs a ton, and there is no electricity involved in its operation. The keys still work, but if I used it the ribbon would tear. Why is it there? Because it was from the law office of Howard Kirk, my grandfather.

Having the typewriter there is a useful reminder, for me, of my family heritage in the practice of law. But it also serves another function. On those days when the computer is driving me crazy, and I feel like I would love to meet Bill Gates in a back alley and whoop the tar out of him, I can look at that old typewriter and remember that in Grandad's day, every document had to be banged out from scratch. As an estate planning attorney, it is a lot easier now, since I can copy and paste, and set up templates to be used as the starting point for each new document.

You don't see this word very often anymore, but every once in a while I still have to do a "codicil" to a will. A codicil is an amendment to a will, leaving most of it in place but replacing or changing certain specific provisions. In the days before computers, if you wanted to



change a part of your will, but most of the old will still worked just fine, you would sign a codicil. We can still do codicils today, but why would we create a codicil, when through the magic of word processing we can take the original document from the computer, make the changes to that one section, change the date, and have the client sign a whole new will?

But back in the days before computers, with everything being typed up from scratch, codicils made a lot of sense.

And all of these preliminaries, to get to a point about Charles Dickens.

Every estate planner's favorite piece of Victorian literature is the Charles Dickens novel "Bleak House". The interwoven stories in Bleak House revolve around a long piece of probate litigation. The case goes on for years and years, never getting resolved and essentially ruining the lives of most of the potential heirs, who always think

that a large inheritance is right around the corner, so they never make anything of their own lives.

And what is the reason for the ongoing probate case? While not much detail is given in the novel, apparently the wealthy fellow who died had left several different wills, with conflicting provisions, but none of them explicitly revoking the prior wills.

The fictional case in Bleak House was based on a real-life case. Before Charles Dickens became a famous author, he was a newspaper reporter assigned to cover what we would call the probate court in London. A very wealthy Englishman had died without a will, and with no wife or children. There were significant questions about who his nearest relatives might be, and apparently his extended family was all over the globe. The real case went on for over 100 years.

While the underlying cause of the probate litigation was different between the fictional case and the real one, both of those cases went on for an extraordinary length of

**Back in the days before computers, with everything being typed up from scratch, codicils made a lot of sense.**

time, with the final results in both cases being that the attorneys fees and other probate costs ate up the entire estate.

So let me circle back around to codicils. When I draft a new will, I almost always include standard language which says that this will revokes any prior wills or codicils which might be floating around out there. That way it is clear that there is a fresh start, that this new will is the beginning, and nothing before it matters. When I occasionally draft a codicil, I can't use that same kind of language, because I am not revoking the prior will, I am changing a portion of it. If I'm going to use a codicil, I have to be very specific about what part I am replacing.

I have seen people draft their own codicils, and oftentimes it is not clear which portions are being replaced and which are not. For example, let's say that my original will says that

my cabin in Talkeetna goes to my sister. Years later I draft a codicil which says that 'my real estate' goes to my cousin, and I don't make it clear which portions of the original will are being replaced. Does that mean that, because the provision about the cabin was more specific, the codicil meant all real estate besides the cabin? Or does it really mean all real estate?

You have to be very careful drafting a will; an unclear or ambiguous provision can lead to years of probate litigation. But you have to be doubly careful with codicils, because codicils are fraught with danger.

*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. And please, hire one who has a computer.*

## LEGACY FUNERAL HOMES & CREMATION SERVICES

WWW.LEGACYALASKA.COM



WE ARE HONORED TO SERVE  
ALASKAN FAMILIES FOR OVER 40 YEARS  
IT IS OUR PLEDGE TO OFFER THE VERY BEST  
SERVICE AND VALUE TO YOU.  
JARED DYE & STEVE NOVAKOVICH  
OWNERS

WITZLEBEN LEGACY FUNERAL HOME • ANCHORAGE • 907-277-1682  
LEGACY HERITAGE CHAPEL AT ANGELUS • ANCHORAGE • 907-336-3338  
KEHL'S LEGACY FUNERAL HOME • ANCHORAGE • 907-344-1497  
ALASKAN MEMORIAL PARK & MORTUARY • JUNEAU • 907-789-0611  
CHAPEL OF CHIMES FUNERAL HOME • FAIRBANKS • 907-465-5566  
FAIRBANKS FUNERAL HOME • FAIRBANKS • 907-451-1110  
KEHL'S PALMER MORTUARY • PALMER • 907-745-3580  
WASILLA HERITAGE CHAPEL • WASILLA • 907-373-3840  
WASILLA LEGACY FUNERAL HOME • WASILLA • 907-631-3687

STATEWIDE 1-800-820-1682 ANCHORAGE 907-277-1682

## ADVERTISE IN

# Senior Voice

Alaska seniors have  
buying power!



Senior Voice  
advertising  
representative

**Anne Tompkins**

can help you reach  
our readers.

Email her at

A.Tompkins@seniorvoicealaska.com

or call 907-276-1059  
toll-free 1-800-478-1059





# Web blockers, Cellular 911, new laptops

By **BOB DELAURENTIS**

*Bob's Tech Talk*

**Q.** Is it possible to block a website from view?

**A.** Yes, but like so many questions, the how-to part of the answer begins with "it depends."

There are many different apps that filter website content. They use various methods behind the scenes and sometimes provide unexpected results.

The different methods include apps that block specific sites and apps that filter certain types of content. For example, in one case you may only see a "page not available" message, in another case you might be forwarded to a different page. Other utilities can rewrite a page before it is displayed. Ad blockers do this by stripping out the ads as the page is loaded.

When it comes to search results, Google itself has a SafeSearch feature that can help. It is not perfect, but it will filter out most explicit materials. Check the gear icon on most search results pages, inside Google Chrome preferences, or visit [google.com/preferences](https://www.google.com/preferences).

Another option is to install a browser extension such as "uBlacklist." This extension will silently suppress any content from the designated website before it is displayed.

You can also block multiple websites with uBlacklist. However, it does not prevent another browser on the same device from accessing blocked material.

My general advice is that blocking and filtering are useful within their limitations, but keep in mind there will never be a 100% effective safety net.

**Q.** Does 911 work on a cellular phone?

**A.** Yes, but there are a few things you should know.

When you have a choice, use a landline. Landlines make it easier to route calls to the proper agency, and first responders are better able to pinpoint your location.

But cellular has advantages too, not the least of which is that you probably have a phone on your person at all times. The network providers do their best to route calls to the proper agency, but if the call is suddenly disconnected, they may not know where you are or be able to call back.

The best practice when using a cell phone is to tell them the city you are in first, and then the type of emergency (such as a fire or medical). The quicker the operator can determine where you are, the better.

The new mental health crisis hotline, 988, is also active on cellular networks as of July, 2022. These calls

will be routed to the National Suicide Prevention Lifeline.

The bottom line is that both 911 and 988 cellular service is available nationwide, and the call centers are continuously improving their capabilities to help.

**Q.** I am in the market for a new laptop. The new MacBook Air and 13-inch MacBook Pro are the same price. Is one better than the other?

**A.** The 2022 MacBook Air is the best laptop by a wide margin. The Air is a perfect blend of form and function. It is powerful enough for just about everyone, and it is my first answer whenever anyone asks for purchase advice.

The 13-inch MacBook Pro is just about the last computer I would ever advise anyone to buy. Although it features the "Pro" label in its name, the 13-inch laptop is effectively less powerful than the MacBook Air. It uses an older design from the previous era of laptops, and is not an especially good value.

Unfortunately, while the

devices themselves have never been better, 2022 has been a dismal year to buy new laptops. Supply chain constraints are wreaking havoc and items are frequently out of stock. The best suggestion I can offer is to cultivate patience. Unless you are forced by circumstances to make a purchase immediately, avoid taking a model that

does not meet your needs.

When you can find one, the 2022 MacBook Air is the best computer for nearly everyone, and the 13-inch MacBook Pro is the best computer for almost no one.

*Bob has been writing about technology for over three decades. He can be contacted at [techtalk@bobdel.com](mailto:techtalk@bobdel.com).*

## Wander the Web

Here are my picks for worthwhile browsing this month:

### Customer Service on Speed Dial

This website helps you find the best way to navigate automated customer service telephone systems and speak to an actual person.

<https://gethuman.com>

### Free N95 Masks

Follow this link to a CDC website which lists locations that provide N95 masks free of charge. Or call 1-800-232-0233.

[bit.ly/FREEN95MASKS](https://bit.ly/FREEN95MASKS)

### The Cosmic Photo Gallery

View an official stream of images produced by NASA's James Webb Space Telescope.

[flickr.com/photos/nasawebbtelescope/](https://www.flickr.com/photos/nasawebbtelescope/)

## Free Legal Services for Seniors!



Alaska Legal Services Corporation provides legal assistance for seniors\* (60 and older) with housing, government benefits, wills, healthcare, and more!

**Call your local ALSC office to learn more:**

**Anchorage.....** 272-9431 **or** (888) 478-2572

**Utqiagvik.....** 855-8998 **or** (855) 755-8998

**Bethel.....** 543-2237 **or** (800) 478-2230

**Dillingham.....** 842-1425 **or** (888) 391-1475

**Fairbanks.....** 452-5181 **or** (800) 478-5401

**Juneau.....** 586-6425 **or** (800) 789-6426

**Kenai.....** 395-0352 **or** (855) 395-0352

**Ketchikan.....** 225-6420 **or** (877) 525-6420

**Kotzebue.....** 442-3500 **or** (800) 622-9797

**Nome.....** 443-2230 **or** (888) 495-6663

**Palmer.....** 746-4636 **or** (855) 996-4636

Additional information is available at:

[www.alsc-law.org](https://www.alsc-law.org)

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



## Feeling Frazzled About Your Parents Care?

**Let us help with one-to-one care and support**

*Preserving dignity, providing compassion and promoting respect with all COVID-19 safety protocols in place*

You can become a paid family Caregiver. Call for information.



Call on us 907-644-6050  
Alaskan owned and operated for 15 years

## Unhappy with your IDD, ALI or APDD provider?

**CUSTOMER SERVICE MATTERS.**

Trinion Quality Care Services provides support services to individuals who experience physical, intellectual or developmental disabilities, either in the home or in the community.

*You deserve the best. Call us to learn more about the Trinion difference. Caregiving based on individualized supports toward a meaningful life.*



907-644-6050

[www.trinionqcs.com](https://www.trinionqcs.com)





# Big bears, big trees beckon you

*Haida Gwaii is off the beaten track and that's a good thing*

By **DIMITRA LAVRAKAS**

Senior Voice Travel  
Correspondent

To get a taste of how lush Haida Gwaii in British Columbia is, once called Queen Charlotte Islands, think back on that Alaska Marine Highway ferry ride to Bellingham or Prince Rupert.

Sailing past the village of Bella Bella through a tight narrows on the Inside Passage, it's as if you could spread your arms and touch both shores. The almost primordial growth of cedars and firs, ferns and devil's club crowd right to the waterline, making access into the forest very difficult, but a beautiful sight.

There are 1,884 islands in the archipelago with snow-top mountains and



*Totem carving at the the Xaaydas Giinaa.ah Naay Haida Heritage Centre.*

*Destination BC/Kent Bernadet*

Also, see an orientation for visitors to Haida Gwaii at <https://haidagwaii-pledge.ca/>. Note that only fully vaccinated visitors are allowed.

## National Parks and Preserves

These two parks are for the very adventurous and physically robust.

Naikoon Provincial Park on northeastern Graham Island is the ancestral home of the Gwak'ra-la'chala people, one of the many tribes that form the Native group Haida. It is a popular destination for adventurous campers because of its seclusion. For more information go to <https://bcparks.ca/explore/park-pgs/naikoon/>.

Gwaii Haanas National Park Reserve, National Marine Conservation Area

Reserve, and Haida Heritage Site is also quite isolated with no road access, stores, cell phone coverage and little signage. It is a true wilderness experience.

You must register in order to visit.

Go to <https://www.pc.gc.ca/en/pn-np/bc/gwaiihaanas/visit> for information on registering and guiding outfits for hire. You may also do an independent visit.

## Less strenuous activities

Visit the Xaaydas Giinaa.ah Naay Haida Heritage Centre and Saahlinda Naay Haida Gwaii Museum at Kay Llnagaay that are wheelchair accessible. Although the inside of the Centre is fully accessible, the outside area where the monumental pole tours are conducted has problems due to the uneven ground. In the summer, tours at the Centre include the monumental pole, Gyaa K'id Naay carving house, Haida canoe and weaving tours.

The Haida Heritage Centre is a two-minute drive or a 10-minute walk from Skidegate Landing. See <https://haidaheritagecentre.com/>



*Camper Van driving through idyllic Gwaii Haanas National Park Reserve and Haida Heritage Site.*

*Destination BC/Grant Harder*

deep fiords, mist-shrouded forests and sandy beaches. The seven largest of the islands are Langara, Graham, Moresby, Louise, Lyell, Burnaby and Kunghit Island. Looking like peaks of a submerged mountain chain, the tallest are capped in snow all seasons.

A mere population of 6,000 people live here.

## Home of the Haida

The Queen Charlotte Islands were officially renamed Haida Gwaii in December 2009 as part of a historic reconciliation agreement between the Haida Nation and the province of British Columbia. The name Haida Gwaii translates as "islands of the people" in the Haida language. An older name calls it Xhaaidlagha Gwaayaa – Islands at the Boundary of the World.

Called the Galapagos of the North for its incredibly diverse plant and animal life, it has the largest-sized black bears in the world, which the Haida call Taan, or "Brother of Man." If you've ever seen a skinned bear it does look just like a human. For an interactive map of the British Columbia First Peoples regions and languages see <https://maps.fpcc.ca/>.

*next page please*





Travel

from page 28

SGaanuwee Supernatural Beings inhabit all of Haida Gwaii. A half-hour drive east from Masset is

Taaw Tldáaw Tow Hill at the north shore of Graham Island. Drive the well-maintained gravel road through old-growth forests, then follow a boardwalk to Taaw’s foot. With a flooding tide and strong

swell, Kwahtsiisda the Blow Hole throws sea spray high into the air. On the eastern bank of the Hl’yaalan Gandlee Hiellen river is Hl’yaalan ‘Llnagee Hiellen village, one of the villages where it is said the SGaanuwee

live. There are numerous cabins and campsites in the area, plus gift shops and a coffee bus. For more accessible activities go to <https://gohaidagwaii.ca/accessibility/>.

**Where to stay, how to get there**  
Here’s a list of places to stay, ranging from small and simple to classic rustic lodges: <https://gohaidagwaii.ca/accommodations/>. Remember, as of late July, the exchange rate makes the dollar go further in Canada with the dollar worth 30 cents more.

Take the Alaska Marine Highway to Prince Rupert and from there a ferry to Skidegate on Graham Island. The ferry from Prince Rupert takes about seven hours to cross Hecate Strait. Once at Skidegate Landing, take a second BC Ferry to Alliford Bay on Moresby Island, about a 20-minute voyage. Sand-spit is a 15-kilometer drive east from this ferry terminal. Go to <https://www.bc-ferries.com/routes-fares/schedules?redir=301> for more information. The only flights available are from Vancouver, but they are pricy at over \$1,000. Really, ferry travel is the way to go. You’re retired—what’s the rush? Enjoy the scenery.



Visitors on tour at the Xaaydas Giinaa.ah Naay Haida Heritage Centre.

Destination BC/Kent Bernadet



Connecting Seniors, People with Disabilities and Caregivers with Long-Term Care Information & Services

- **Identify** your long-term support needs
- **Explore** your options for meeting those needs
- **Connect** you with the resources you choose for yourself or your loved one
- **Follow Up** to ensure your needs are met

Anchorage Area

Municipality of Anchorage, Anchorage Health Department  
825 L St., Ste 200, Anchorage, AK 99501  
907-343-7770 [www.muni.org/adrc](http://www.muni.org/adrc)

Kenai Peninsula/Kodiak Island/Valdez/Cordova

Independent Living Center  
47255 Princeton Ave., Ste 8, Soldotna, AK 99669  
907-262-6333 / 1-800-770-7911 [www.peninsulailc.org](http://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](http://www.sailinc.org)

Mat-Su Borough

LINKS Aging & Disability Resource Center  
777 N. Crusey St., A101, Wasilla, AK 99654  
907-373-3632 / 1-855-355-3632 [www.linksprc.org](http://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](http://www.fairbanksseniorcenter.org)

Bristol Bay Native Association

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



1-877-625-2372

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





Burial

continued from page 23

Contact the cemetery

Your first step in selling your unwanted burial plots is to contact the cemetery and find out if they would be interested in buying them back, or if you're allowed to sell them yourself to another person or family. And if so, what paperwork will you need to complete the sale and is there a transfer fee?

Some states require sellers to offer the plot back to the cemetery before selling it to others.

Selling options

If you find that it's OK to sell your plots yourself, many people choose to use a broker. There are a number of companies, like [www.PlotBrokers.com](http://www.PlotBrokers.com) and [www.GraveSolutions.com](http://www.GraveSolutions.com), that will list your plots for sale and handle the transaction for a fee and possibly a commission. If you go this route, you'll sign pa-

perwork giving the broker permission to work on your behalf. Listings can last up to three years or until the plots sell.

Alternatively, or simultaneously, you can also list them yourself on sites like The Cemetery Exchange, [www.GraveSales.com](http://www.GraveSales.com) along with eBay and Craigslist, and handle the transaction yourself. In the ad, be sure to post pictures, describe the area where the cemetery is located and give the plot locations.

What to ask

Appropriate pricing is key to selling your plots. It's recommended that you find out what the cemetery is selling their plots for today and ask at least 20 percent less. If you're pricing too close to what the cemetery charges, there's no incentive for potential buyers.

Beware of scammers

If you choose to sell your plots yourself, it's not unusual for scam artist to reach out and try to get

your personal financial information. Phone calls tend to be more genuine than emails and text messages.

Donate them

If you don't have any luck selling your plots, and if money isn't an issue, you can donate them to charity such as a religious congregation, a local veterans group or an organization that aids the homeless. To get a tax deduction, you'll need an appraisal, which a cemetery or broker may supply for a fee.

Paying

continued from page 23

Veterans benefits

If your mom is a wartime veteran, or a spouse or surviving spouse of a wartime veteran, there is a benefit called Aid and Attendance that can help pay toward her long-term care.

To be eligible, your mom must need assistance with daily living activities like bathing, dressing or going to the bathroom. And her yearly income must be under \$15,816 as a surviving spouse, or \$24,610 for a single veteran – after her medical and long-term care expenses. Her assets must also be less than \$138,489 excluding her home and car.

To learn more, see [www.VA.gov/geriatrics](http://www.VA.gov/geriatrics), or contact your regional VA office, or your local veterans service organization. Call 800-827-1000 for contact information.

Life insurance

If your mom has a life

insurance policy, find out if it offers an accelerated death benefit that would allow her to get a tax-free advance to help pay for her care.

Or consider selling her policy to a life settlement company. These are companies that buy life insurance policies for cash, continue to pay the premiums and collect the death benefit when she dies. Most sellers generally get four to eight times more than the policy cash surrender value.

If she owns a policy with a face value of \$100,000 or more and is interested in this option, get quotes from several brokers or life settlement providers. To locate some, use the Life Insurance Settlement Association member directory at [www.LISA.org](http://www.LISA.org).

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

School

continued from page 20

Pioneer School was used only for overflow after the second school opened on the School Reserve. It served both elementary and high school students until the mid-1930s.

The old Pioneer School

eventually was moved to Sixth Avenue and F Street where it became the meeting place for the Pioneers. In 1965, it moved to Third Avenue and Eagle Street and is operated by the city as a public meeting place. It was placed on the National Register of Historic Places on Dec. 6, 1980.

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.auntphil-strunk.com](http://www.auntphil-strunk.com) and [Amazon.com](http://Amazon.com).

Senior Voice

is on Facebook!



Search for "Senior Voice Alaska" then click on over!  
You can also follow Senior Voice on Twitter: @seniorvoiceak

Crossword answers from page 20

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

Celebrating 20 years of Assisted Living!

PROVIDING YOUR LOVED ONE WITH PRIVACY, DIGNITY, AND INDIVIDUALIZED CARE

48 apartment community w/ private, fully accessible bathrooms  
14 apartments on a secured floor dedicated to Memory Care and Special Needs  
RNs on staff during business hours and on-call 24/7 to triage resident/staff concerns

New state of the art call system w/ customizable features  
Activities Coordinator w/ on and off-site recreational opportunities  
Restaurant-style dining room professionally ran by NANA  
Wi-Fi in common area, Basic Cable, and all Utilities Included  
Person-centered care-planning provided by Administrator/RN with 20 years at the community



[www.marlowmanor.com](http://www.marlowmanor.com)

907-338-8708



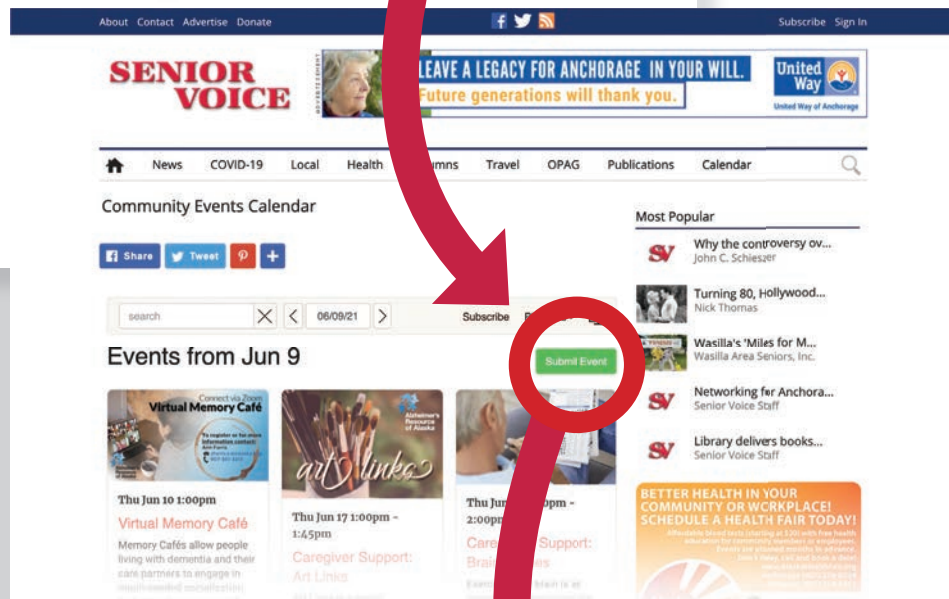
# Get word out about your upcoming event!

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  
seniorvoicealaska.com – and it's **FREE**.



**1** Go to the Senior Voice website: seniorvoicealaska.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

To submit an event to our calendar just fill in this form

**Senior Voice Calendar of Events**

Your Name

Your Contact Email

Private notes for the calendar owner (not shown with your event)

Event Title

☒ Add a button linking to the event website

## TRY IT NOW.

Our website readers are all around the state, and beyond. If you run into problems, call 1-800-478-1059 or email [editor@seniorvoicealaska.com](mailto:editor@seniorvoicealaska.com)

# Senior Voice

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



# ALASKA VOTER ADVISORY

## August 16 Statewide Election

The **REGULAR PICK ONE PRIMARY ELECTION** and **SPECIAL GENERAL ELECTION** are on the same ballot.



**THE AUGUST 16<sup>th</sup> ELECTION WILL BE AN IN-PERSON ELECTION**  
with polling places open on election day 7am-8pm

**WANT TO VOTE BY MAIL?**  
Apply for an absentee by-mail ballot by August 6!

### RANKED CHOICE VOTING: HOW TO MARK YOUR BALLOT

**Fill in only one oval per candidate, in each column.**  
You do not have to rank all the candidates. Your second choice is only counted if your first choice candidate is eliminated.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### MISTAKES TO AVOID

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**If you skip a ranking** your next ranking moves up. Here, if your first choice candidate is eliminated, your third choice counts as your second choice and your fourth choice would count as your third choice.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**If you give more than one candidate the same ranking,** nothing after those candidates will count. Here, only your first choice counts.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Your vote only counts once,** even if you rank a candidate more than once. When a candidate is eliminated in a round, they are eliminated from all future rounds.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**If you skip two or more rankings in a row** only the rankings before the skipped rankings will count. Here, your first choice counts and the fourth choice would not count.

For more detailed information, sample ballots, and explainer videos, visit [www.elections.alaska.gov/rcv.php](http://www.elections.alaska.gov/rcv.php).

