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A publication of Older Persons
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Senior Voice

Serving Alaskans 50+ Since 1978

Volume 46, Number 1 January 2023

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(we won't call them resolutions). - page 3

Many rewards of
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2022
National Mature
Media AwardsSM
Winner

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Treating hearing loss can promote brain health

Age Smart forum, Jan. 10 in Anchorage

Senior Voice Staff

“Age Smart – Let’s Talk,” the series of forums sponsored by AARP Alaska, Anchorage Senior Activity Center and Older Persons Action Group, Inc., returns Jan. 10, from 6 to 7:30 p.m. This free event will

be in-person at the senior center, with appetizers and refreshments provided. This month’s program features Anchorage audiologist and author Dr. Thomas McCarty, who will talk about how treating hearing loss and tinnitus can contribute to a healthy brain,

promote independence as we age and may reduce the risk of dementia. Doors open with a light meal at 6 p.m., followed by the program from 6:30 to 7:30 p.m. The “Age Smart – Let’s Talk” series is a monthly forum on a topic of interest and importance to Alaskans who want to be thoughtful about how to make good

choices as they grow older. The series is developed to provide working age adults with information necessary to plan and fulfill a secure, healthy and satisfying life after 60 (all ages are welcome). Each month the series highlights a particular topic with a variety of formats, including issue experts, panel discussions, interactive presentations,

and plenty of time for questions. Admission is free and open to everyone. Doors open and a light dinner is served at 6 p.m. Program is 6:30 to 7:30 p.m. Register at <https://events.aarp.org/AgeSmart-January2023-BrainHealth>.

BBB: Be on high alert for puppy scams

By ROSEANN FREITAS
Better Business Bureau

Puppy scams remain consistently profitable for scammers because their multi-tiered setup allows them to convincingly go back to a consumer several times to ask for money, according to a Better Business Bureau study update. So far this year, while pet scams in North America appear to be on the decline, consumer losses are expected to exceed \$2 million. That total is down by a third since the peak of more than \$3 million during the pandemic in 2020-2021, according to BBB Scam Tracker. Average monetary losses in puppy scams are climbing, however, with an average loss of \$850 in 2022, up 60% since 2017. BBB has tracked this since 2017, when it issued an in-depth study, “Puppy Scams: How Fake Online Pet Sellers Steal from Unsuspecting Pet Buyers.” Pet scams historically make up 25% of all online shopping frauds reported to BBB and are tracking to be down slightly this year at 18%. BBB urges consumers to be on high alert for scams. Puppy scammers lure people in with fake web-

Puppy scammers lure people in with fake websites and promises of cute puppies, then ask for more money for shipping or special crates. Consumers say it is easy to be swept up in the emotions of the moment when buying a pet and push forward despite reservations.

sites and promises of cute puppies, then ask for more money for shipping or special crates. Consumers say it is easy to be swept up in the emotions of the moment when buying a pet and push forward despite reservations. According to BBB Scam Tracker, instead of receiving a 9-week-old golden retriever puppy, one victim lost a total of \$350 on a false puppy advertisement posted on Craigslist. The initial cost for the puppy was listed as \$175. The seller told the woman he had multiple buyers, but he would hold the puppy for a refundable deposit of \$50. The victim sent the payment using Venmo and received another invoice requesting an additional \$125. The seller gave the victim his phone number, residential address, and a time to pick up the dog. Ninety minutes before picking up the pet, the woman called to find out the phone number wasn’t in service, and the address was fake. She was out the money and sadly

didn’t have the puppy she was expecting. According to 2022 BBB Scam Tracker reports, Yorkies, dachshunds and French bulldogs make up nearly 30% of all puppy scams. However, buyers should be cautious when shopping for any breed online. Tips for researching puppy sellers: See pets in-person before paying any money. Try to set up a video call to view the animal. Conduct a reverse image search on photos attached to ads. Research the breed to figure out the average market price. Check out a local animal shelter for pets to meet in person before adopting. If you are the victim of a puppy scam, contact: Better Business Bureau – BBB Scam Tracker to report a fraud online, <https://www.bbb.org/scamtracker>. Federal Trade Commission (FTC) – <https://reportfraud.ftc.gov> to file a complaint online

or call 877-382-4357 (1-800-FTC-HELP) Your credit card issuer – report the incident if you shared your credit card number, even if the transaction was not completed. Monitor your statements

and if you suspect fraud, ask for a refund. It is not guaranteed, but many credit card companies will grant one. Petscams.com – <https://petscams.com/report-pet-scam-websites> tracks complaints, catalogs puppy scammers and endeavors to get fraudulent pet sales websites taken down. Roseann Freitas is a PR and communications manager for the Better Business Bureau.

Correction

A photo on page 15 of the December edition had an erroneous name regarding lap blankets donated to Homer Senior Center. The women in the photo are, left to right, Sharon Hargrove and Jolee Ellis. Kayla

Feltman from Kenai Senior Center knows two people from the Kenai community, Mary Ann Lamecker and her daughter, Barb Backstrom, who work on hand-made fidget blankets, and they donated 10 to Homer Senior Citizens, Inc. residents. We apologize for the error.

OLDER PERSONS ACTION GROUP

Mission statement:

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

Vision statement:

“Promote choice and well being for seniors through legacy and leadership.”



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Popular Tax-Aide program is back to help

AARP Foundation Tax-Aide

AARP Foundation Tax Aide Program in Alaska is happy to announce we will be open to prepare taxes this season beginning February 1 through April 18, 2023. We have many sites in Anchorage and other Alaska communities, with the most current information on the site locator at www.aarp.org/taxaide or by calling Alaska 2-1-1 information and referral line by dialing 2-1-1 or 1-800-478-2221.

This season Tax-Aide will have multiple service delivery models. It will be important for tax clients to

review the service delivery models for each site before choosing your preference. The first service model is walk-in, (first come, first served). This is the traditional model of seeing tax clients face to face and getting your tax return completed the same day.

The second service model will require an appointment prior to coming to the site but your tax return will still be completed the same day.

The third model is scan-only and pick up at a later day; this requires two visits to the site.

Tax-Aide clients are required to have the fol-

lowing:

1. Picture ID (taxpayer and spouse).
2. Social Security cards or a document from Social Security with full name and Social Security Numbers for you, your spouse and all dependents. Be sure all numbers are unredacted (showing). For example, make sure your Social Security Number shows all 9 digits.
3. All income information, such as Forms W-2, W2G, 1099-Misc, 1099-INT, 1099-DIV, SSA-1099, 1099-K, 1099-NEC, 1099-R, and 1099-B (brokerage statement)). If you purchased

health insurance through the Marketplace, also bring Form 1095-A, which is required to complete your return.

4. List of your medical, cash and non-cash contributions, and miscellaneous expenses (to itemize your deductions if eligible).
5. Copies of last year's tax return (helps volunteer prepare this year's return).
6. Bank routing and account number for direct deposit or direct debit - checkbook if possible.
7. Alaska PFD for 2022 was \$3,284. Documentation is not necessary; the preparer will ask if you and your family members

received a PFD.

8. Any other tax documents you have received, or letters from the IRS in the past year.

Tax clients who did not file their 2021 returns are encouraged to complete both years, especially if they normally receive the earned income credit or child tax credits.

We respect the health and public safety of all people and encourage you to ask if you wish to have your tax counselor wear a mask during your visit. If you are sick, please do not come to your appointment.

Ideas for 2023 goals (aka resolutions)

By MAUREEN HAGGBLOM
Anchorage ADRC

ADRC ANSWER OF THE MONTH

favorite dessert. Share with friends.

- We have all seen and learned so much in our lives, why not put it down on paper? Write about favorite memories or experiences you have had that maybe shaped you into the person you are today.
- Host a game night or join an existing group that gets together for cards, games or movies.
- Read more books. Join or create a book club.
- Set aside an hour each day to achieve a dream. Identify that dream project - learn a new language? Learn to paint? Write a short story? What have you always wanted to do and have not made the time for?

Make the time to celebrate and ponder the year that is ending. Then look forward to the year that is beginning with a few new goals.

The team at the Anchorage Aging and Disability Resource Center wishes

everyone an amazing and Happy New Year.

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>.

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Clinical research in diverse communities

Diverse Elders Coalition

One of the biggest obstacles in achieving health equity for diverse populations is the lack of diversity in clinical research. Although gender equity advancements have been made through the inclusion of white women, clinical research lacks diversity,

Clinical research lacks diversity, with minimal representation from racial and ethnic minority groups.



Courtesy Diverse Elders Coalition

with minimal representation from racial and ethnic minority groups. In the last three decades, older adults, pregnant and lactating individuals, LGBTQIA+ populations, and people with disabilities have also remained underrepresented—and even excluded—from clinical research. It is important to include these diverse groups in medical research to achieve health equity, better understand the progression of different diseases and health conditions, and to transform medicine from a “one-size-fits-all” approach to tailored, individualized

care. The inclusion of diverse groups in health research could facilitate new studies, leading to novel findings or new strategies for the prevention of health conditions and diseases, and help develop precise treatments that can lead to increased quality of life for future generations. Currently, there may be many diseases and conditions that can progress differently in people of color, which may lead to misdiagnosis and delayed treatment. For example, eczema is often associat-

ed with a red itchy rash, however it may appear as a darker brown, purple or ashen gray in color among people with brown skin, darker brown skin, black skin and other darker skin tones. Many barriers hinder underrepresented groups’ participation in clinical research. There is a distrust in formal service providers among diverse communities due to historical neglect and trauma. Investments in community outreach are needed to reestablish trust within

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Swimming offers bright lights and positive energy

By JOHN C. SCHIESZER

For Senior Voice

Swimming is the fourth most popular sports activity in the United States, according to the Centers for Disease Control (CDC). However, it is much more popular in Alaska than many other states for a host of reasons. In the winter, swimming can be more than just exercise. Water fitness groups tend to be extensive, welcoming families consisting of seniors, young adults and everyone in between.

Amanda Hanley is the aquatics director for the YMCA in Anchorage and said swimming is one of the best ways to exercise for older adults, especially in Alaska because of the added bonus of improving swim skills to stay safe in such a water-filled state. Exercising in a swimming pool is much easier on the joints and muscles. It increases mobility and strength, and



Aquacizers at the Mary Siah Recreation Center in Fairbanks. There are three pools in the Fairbanks area, each offering slightly different schedules.

Courtesy Marya Lewanski

provides a highly effective total-body workout that is sustainable for people of all ages. “For older adults with disabilities, physical therapy and small movements in a pool are recommended by virtually every physician and are also great ways to recover from injury or surgery,” Hanley said.

She noted that swimming plays a significant role in the lives of older adults in the Anchorage community. The water fitness classes have high attendance and are great opportunities for socialization with other members. “Our water aerobics groups also regularly host potlucks, birthday parties,

and other celebrations for members of the community, making the YMCA’s aquatic department feel like so much more than just a pool,” Hanley said. Studies show that just two and a half hours per week of swimming can decrease the risk of chronic illnesses. Further, swimming has been shown to improve health for older adults with diabetes and heart disease. Swimmers have about half the risk of death compared with inactive people, according to the CDC. “Don’t be afraid to try new movements in the water or adapt any class to your personal skill level. The senior swimming community in Anchorage is incredibly welcoming to all newcomers and loves meeting new members. Personally, I enjoy water workouts in the dark winter months because you usually can’t tell it is dark outside at all while you’re

in a pool. It’s nothing but bright lights and positive energy,” Hanley said. **Hydrotherapy for mental health** Swimming and water aerobics are great exercise options for older adults because these water activities provide similar cardiovascular and muscle benefits as land exercises, but put less stress on the body. “The buoyancy of the water is gentle on joints while enabling adults to move through a wider range of motion, improving flexibility and helping relieve tension and joint pain,” said Stacey Rear-don, facility director at the Yukon Kuskokwim Fitness Center in Bethel. Swimming and water exercise provide significant benefits to both physical and mental health for older adults. Swimming and water exercise are full body

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Anchorage dietitian spills the beans

Interview with Amy Urbanus

By LAWRENCE D. WEISS

For Senior Voice

“Don’t be afraid of the dietitian.” – Amy Urbanus You eat every day, but are you eating the right stuff? Find out here. And don’t be afraid of the dietitian. Amy Urbanus has been a Registered Dietitian Nutritionist for 22 years. During that time, she did employee wellness for a large regional grocery store chain, worked at Southcentral Foundation as an outpa-

tient dietitian, put in some time at the Providence Diabetes and Nutrition Center at Providence Hospital in Anchorage, and lots more. Currently she is the director of the undergraduate dietetics program at UAA, where she teaches both undergraduate and graduate students, and has a part-time position with the Anchorage Senior Center. I had the good fortune to interview Amy early in November. The interview has been edited for length and clarity.

Weiss: What services do you provide at the Anchorage Senior Activity Center? Urbanus: There is a need for nutrition education for seniors, so my role primarily is to fill that space. I provide bimonthly nutrition education classes that are just an hour long. We’re kind of in this hybrid model where I teach class in at the senior center, but people can join via Zoom. And then I also offer on Mondays one-on-one consultations with people. There is no charge. All peo-



trition therapy, where folks who have specific needs can have that conversation and I can develop an intervention, or a plan, or set some goals, or just provide ideas that are a little better, more personalized compared to the nutrition education group class. Weiss: Could you just give examples of the most common questions you are asked on issues you address regarding Alaska seniors? Urbanus: They’re extremely varied. I would say weight loss, weight maintenance and weight

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Don’t confuse Marketplace insurance with Medicare

By SEAN McPHILAMY

Alaska Medicare Information Office

Medicare and Marketplace health insurance can easily be confused, but the two are different federal benefit programs. The Health Insurance Marketplaces were created by the Affordable Care Act. These

Marketplace plans do not work with Medicare. If you keep your Marketplace plan, it may not cover you once you are eligible for Medicare.

Marketplaces allow people to buy insurance who do not have (or do not have enough) health insurance. You can access the Marketplace online at www.healthcare.gov or by calling 800-318-2596. Plans sold through Marketplaces are also known as Qualified Health Plans. Many people who have a Marketplace

plan get cost assistance in the form of tax credits, which help to lower the plan’s monthly premium.

Know how the Marketplace relates to Medicare If you are eligible for Medicare, you should not use the Marketplace to get health and drug coverage. However, there are two exceptions: (1) if you are eligible for Medicare because you have End-Stage Renal Disease (ESRD) or in other words, you have kidney disease that requires dialysis or transplant. (2) if you must pay a

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Hearing aids and Tinnitus



By **DONNA R. DEMARCO**

Accurate Hearing Systems

Tinnitus is a persistent ringing, buzzing or humming in one or both ears that has no external source. It can be intermittent or constant. For many who suffer from tinnitus, it's so intrusive that it has a debilitating effect on their quality of life.

50 million Americans suffer from tinnitus and for 12 million the problem is so severe that it affects their everyday lives.

Study conducted by a non-profit educational organization Better Hearing Institute (BHI) found that hearing aids

can offer hope of better hearing for people who suffer from tinnitus. A survey of 230 hearing health professionals in the U.S. and Canada found 6 out of 10 patients reported some relief of their tinnitus when using hearing aids, and 2 of 10 reported major relief. These findings are particularly significant considering past BHI research that found nearly 9 million American adults with hearing loss have not sought a solution to their hearing problem simply because they also have tinnitus and mistakenly believe that nothing can be done about it.

At Accurate Hearing, we offer free hearing tests. Call for an appointment, 907-644-6004.

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



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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.

Marketplace

continued from page 5

premium for Medicare Part A hospitalization insurance due to not having enough work credits as recorded by the Social Security Administration.

If one of these exceptions applies to you, you can choose to enroll in a Marketplace plan instead of Medicare. You should consider all consequences carefully before deciding to take a Marketplace plan instead of Medicare. For example, you might have a gap in Medicare coverage or a late enrollment penalty if you do not enroll when first eligible. It is helpful to discuss your options with one of the certified counselors at the State of Alaska's Medicare Information Office. Our contact information is at the end of this article.

You do not purchase Medicare Supplement Insurance (Medigap) coverage or obtain a Part D prescription drug plan (PDP) through the Marketplace. It is illegal for someone to sell you a Marketplace plan if they know you are eligible for or are enrolled in Medi-

care. If someone tries to sell you a Marketplace plan, let them know that you have Medicare and cannot enroll in a Marketplace plan if either of the two above listed exceptions do not apply to your situation.

Changing from a Marketplace plan to Medicare

If you are currently enrolled in a Marketplace plan, you should most likely drop the Marketplace plan and enroll in Medicare when you are first eligible. Here are a few reasons why:

► You may have a late enrollment penalty if you do not enroll in Medicare when you are eligible. You may also experience gaps in health insurance coverage.

► Marketplace plans do not work with Medicare. If you keep your Marketplace plan, it may not cover you once you are eligible for Medicare.

► And, once you are eligible to enroll into premium-free Medicare Part A, you will no longer be eligible to receive cost assistance for your Marketplace plan. Although you may keep your Marketplace plan after becoming eligible for Medicare, it can be very expensive without cost

assistance.

If you are currently enrolled in a plan through the federal Marketplace, contact the Marketplace to disenroll at least 14 days before you want your coverage to end. Keep in mind that you want your Marketplace plan to cover you through the end of the month until your Medicare starts, on the first day of the next month. You do not want any gaps in coverage, so timing is important.

For any Medicare related questions, please feel free to contact the State of Alaska Medicare Information Office at 800-478-6065 or 907-269-3680; our office is also known as the State Health Insurance Assistance Program (SHIP), the Senior Medicare Patrol (SMP), and the Medicare Improvements for Patients and Providers (MIPPA) program. If you are part of an agency or organization that assists seniors with medical resources, consider networking with the Medicare Information Office. Call us to inquire about our new Ambassador program.

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

Medicare assistance by phone

By **LEE CORAY-LUDDEN**

For Senior Voice

My name is Lee Coray-Ludden. I am a Certified Medicare Counselor through SHIP, the State Health Insurance Program. They provide the training and supervision.

I serve the State of Alaska by phone and have been traveling around

Alaska – it's been fun and educational.

My office is in the Soldotna Senior Center, that is also how the phone will be answered. My number is 907-262-2322. I work Monday through Thursday, 8 a.m. to 3:30 p.m. Just ask for Lee. I look forward to finding answers and possible solutions together.

Currently there is a lot

of media outreach related to Medicare. It is on the radio, TV, magazines and newspapers. Many commercials sound like Medicare advertising, but unfortunately most are insurance companies trying to sell their insurance, whether you need it or not. Please be careful.

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Urbanus

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gain. When I discuss weight management, I take that approach because we do have lots of members that have struggled with cancer diagnoses and treatments and other things that have made it so that they've lost weight and they're trying to build their strength back up. Otherwise, questions really get to be specific to what an individual senior's main priority is, as far as their health. I've had a decent amount of members who have some form of kidney disease. I've had lots of people who have diabetes and prediabetes. I've had members who have had different types of surgery, and then definitely cancer. Sadly, I think cancer diagnosis is one that pops up a fair amount.

Weiss: I hope you will forgive me, but I have to ask this question: Does an apple a day keep the doctor away?

Urbanus: I think it does in the sense of when we fuel

ourselves with whole food, real food, an apple sort of indicates this idea of fresh fruits and vegetables. When people eat whole food – whether it's frozen, fresh, canned – we're healthier. So yeah, I think an apple a day, or getting some fruits and vegetables in there, does help keep the doctor away.

Weiss: How can seniors find out about your services and presentations?

Urbanus: So the main way is the Anchorage Senior Activity Center's publication. It's called the Aurora Borealis. There is information about the nutrition education sessions that we're doing. We've kept them set at the same times, the second and fourth Monday of every month at 11 a.m.

Weiss: How can Alaskan seniors contact you with questions, or for more information about your services?

Urbanus: My email address is aurbanus@anchorage seniorcenter.org. That's the best place for people to contact me and send me a note. The other

is to just contact the senior center at 907-770-2002. Every Monday I have some time slots available for one-on-one nutrition consults. Just contact the senior center. They can schedule them so it doesn't have to go through me. But otherwise, my senior center email is the best way.

Weiss: Are there a couple of online resources that you would like to recommend where seniors can explore the question of nutrition?

Urbanus: Yes. The website eatright.org. There are specific articles and things that people can read for seniors. If there's a specific condition that somebody is interested in, especially when it comes to chronic disease – whether it's cardiovascular disease, diabetes, kidney disease, hypertension or high blood pressure – the major organizations have done such amazing things with their public facing websites.

The Nutrition and Aging Resource Center also has great resources, and that's very specific to seniors and the aging population.

Weiss: Our time's up, but thanks so much for helping us better understand the services you offer.

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

New year, new mentor opportunities

By KAREN CASANOVAS

For Senior Voice

Q: In the new year I am looking for volunteer opportunities. Any ideas?

A: Mentoring can be an incredibly rewarding experience, both for the mentor and the mentee.

If being mentored, it is one of the most important investments a person can make in themselves. Whether needing a mentor to develop professionally, grow business, increase



provide perspective on the journey as a mentee, but also gives the space to be proactive and accountable with progress.

For those looking to become mentors, there are personal and professional advantages such as increased self-confidence, demonstrated visible leadership abilities, and a shared scope of expertise with a broader audience. Mentoring means being

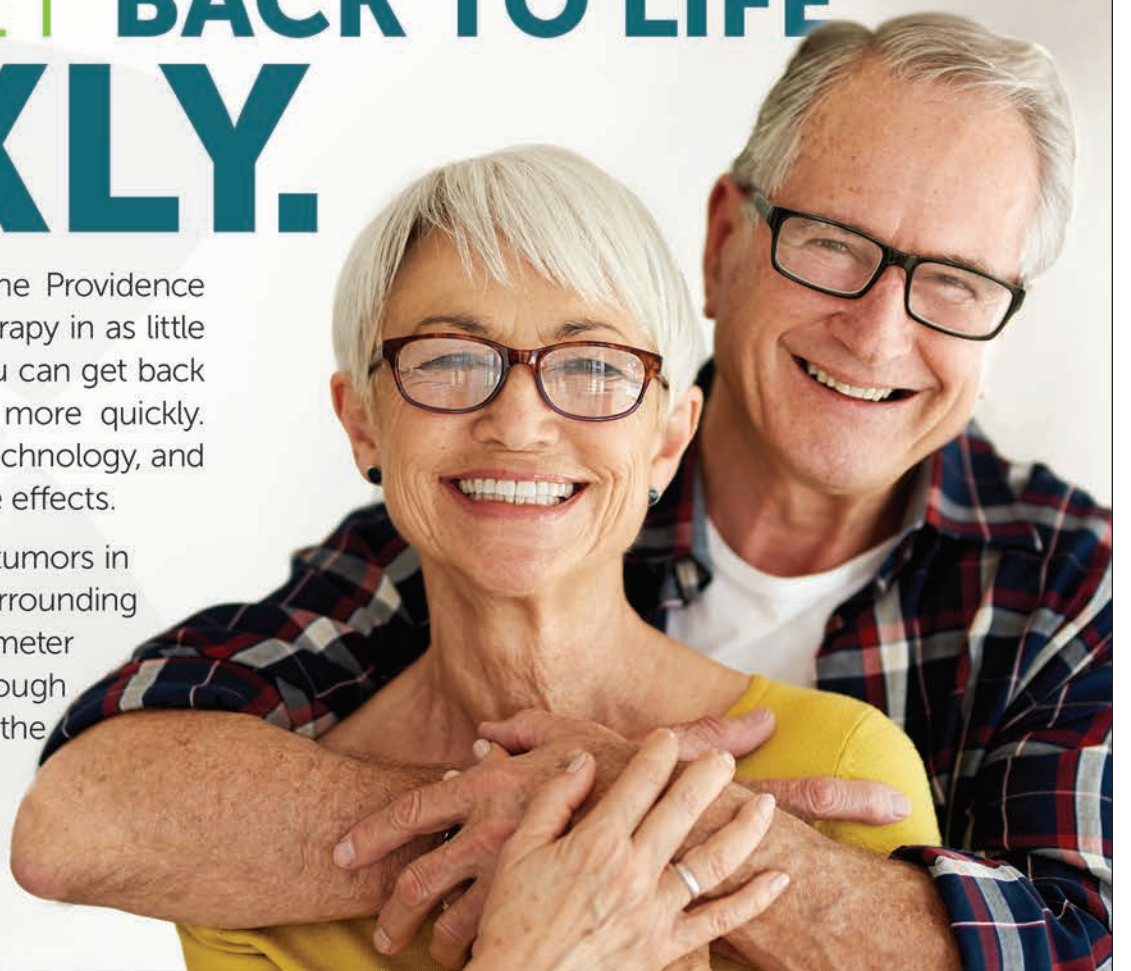
personal agency, or to become a better leader – mentorship is an invaluable asset. Not only does it

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Researchers demonstrate mind-controlled wheelchairs

Also: Eating to avoid hip fractures; measuring blood sugars without drawing blood

By JOHN SCHIESZER

Medical Minutes

A mind-controlled wheelchair can help a paralyzed person gain new mobility by translating users' thoughts into mechanical commands. Researchers have demonstrated that individuals with the inability to voluntarily move the upper and lower parts of the body can operate mind-controlled wheelchairs in a natural, cluttered environment after training for an extended period.

"We show that mutual learning of both the user and the brain-machine interface algorithm are both important for users to successfully operate such wheelchairs," said José del R. Millán, a researcher at The University of Texas at Austin. "Our research highlights a potential pathway for improved clinical translation of non-invasive brain-machine interface technology."

Millán and his colleagues recruited three tetraplegic individuals (those who can't voluntarily move the upper and lower parts of the body) for the study. Each of the participants underwent training sessions three times per week for two to five months. The participants wore a skullcap that detected their brain activities through electroencephalography (EEG), which would be converted to mechanical commands for the wheelchairs via a brain-machine interface device. The participants were asked to control the direction of the wheelchair by thinking about moving their body parts. Specifically, they needed to think about moving both hands



to turn left and both feet to turn right.

"We see from the EEG results that the subject has consolidated a skill of modulating different parts of their brains to generate a pattern for 'go left' and a different pattern for 'go right,'" said Millán. "We believe there is a cortical reorganization that happened as a result of the participants' learning process."

By the end of the training, all participants were asked to drive their wheelchairs across a cluttered hospital room. They had to go around obstacles such as a room divider and hospital beds, which are set up to simulate the real-world environment.

Lowering the risk of a hip fracture through diet

Increasing intake of protein and drinking regular cups of tea or coffee may be a good way for women to reduce their risk of suffering a hip fracture, according to new research. Food scientists have found that for women, a 25g a day increase in protein was associated with, on average, a 14% reduction in their risk of hip fracture. In a surprise twist, they also discovered

next page please

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Research

from page 8

that every additional cup of tea or coffee they drank was linked with a 4% reduction in risk.

Writing in the journal Clinical Nutrition, the researchers noted that the protective benefits were greater for women who were underweight, with a 25g per day increase in protein reducing their risk by 45%. The protein could come in any form: meat, dairy or eggs and for people on a plant-based diet, from beans, nuts or legumes. Three to four eggs would provide around 25g of protein as would a 4-ounce steak or piece of salmon.

Researchers conducted a prospective study with more than 26,000 middle-aged women. As an observational study, they were able to identify associations between factors in diet and health. This study is one of the first to investigate relationships between food and nutrient intakes and risk of hip fracture,

Tea and coffee both contain biologically active compounds called polyphenols and phytoestrogens which may help to maintain bone health.

with hip fractures accurately identified through hospital records.

“The results highlight which aspects of diet may be useful tools in reducing hip fracture risk in women, with evidence of links between higher protein, tea and coffee intakes and a reduced risk,” said study investigator James Webster, a doctoral researcher in the School of Food Science and Nutrition at Leeds in the UK.

Women who are underweight may be more likely to have reduced bone mineral density and muscle mass. Increasing intakes of several foods and nutrients, especially protein, may help reduce hip fracture risk more in underweight women than in healthy or overweight women by helping to establish or restore bone and muscle health. However, the researchers caution that these findings require further confirmation.

Tea and coffee both

contain biologically active compounds called polyphenols and phytoestrogens which may help to maintain bone health. The data used in the study came from the UK Women’s Cohort Study, which recruited participants between 1995 and 1998. At the time they entered the study, the women ranged between 35 and 69 years of age. Of the 26,318 women involved in the study, 822 cases of hip fracture were identified (3.1% of the participants).

Measuring blood sugars without drawing blood

It may now be possible to use a non-invasive technique for testing blood glucose levels, using electromagnetic (EM)-wave-based glucose sensors inserted under the skin. Franklin Bien and his research team in the Department of Electrical Engineering at UNIST in Grand Rapids, Mich., found this approach can eliminate

the need for patients with diabetes to constantly prick their fingers with a glucose meter.

The researchers have come up with an electromagnetic-based sensor that can be subcutaneously implanted and capable of tracking minute changes in changes in blood sugar levels. The proposed sensor, which is about one-fifth of a cotton swab, can measure changes in glucose concentrations in interstitial fluid (ISF), the liquid that fills spaces between cells.

The researchers report that the implantable sensor has not only overcome the disadvantages of the existing continuous glucose monitoring systems (CGMS), such as the devices’ short lifespan, but has also enhanced the blood glucose prediction accuracy. Various alternative approaches to the finger-pricking method have been extensively studied for blood glucose detection, such as enzyme-based

or optical-based glucose sensor. Yet, they still have issues in terms of long lifetime, portability and accuracy.

In this study, the research team introduced semi-permanent and continuous blood sugar management at low maintenance costs without the pain caused by blood collection, enabling patients to enjoy quality life through proper treatment and management of diabetes. This is expected to increase the use of CGMS, which currently stands at only 5%.

Their findings, which have been published in the October 2022 issue of Scientific Reports, are promising and may be a new affordable painless approach to measure blood sugar levels. However, the researchers report that further studies are warranted before it will be commercially available.

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.



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Mentor

continued from page 7

a guidepost or sounding board for others to model. By taking on a mentorship role you have the chance to encourage inspiration or creativity, and instill fundamental skills like consistency, listening and communication.

Mentoring provides a forum to share tools learned over the years, whether personally, or through your career. You can mentor teens, younger adults, or anyone willing to learn from your experiences. And mentoring strengthens your own patience and understanding when working with others as they develop new skills and strive to reach beyond their goals.

It is also important to remember that mentoring is about building relationships and finding the

Mentorships can be a powerful tool in helping to shape a brighter future and is something we should all consider getting involved with – whether you are the mentor or the mentee.

right fit for both parties. Mentorship can be rewarding for everyone by providing an opportunity to exchange insights on numerous topics, which is especially important today, where complex layers of personal and professional lives overlap or intersect. Mentor activity provides both mentors and mentees with insight into different perspectives, broadening horizons that might otherwise remain untold or unexplored.

Mentor relationships can also open doors and create opportunities for both parties. Each may have access to exclusive networks, resources and information. By having access to such valuable contacts, both can find

themselves in a better position than they might be in otherwise when it comes to expanded friendships or an extended network base.

Finally, mentorship can provide the necessary support to help make positive changes in lives. Mentors are usually older adults and they understand the challenges and opportunities associated with achieving success. As a result, mentors often have the insight needed to provide honest feedback, encouraging their mentees to face new challenges head on and reach new heights. Research shows eighty-nine percent of mentees go on to become mentors in the future.

The benefits of mentors are incredibly powerful,

and can make a significant difference in seeing beyond set goals. Whether one is just starting out or looking to move forward in their career, having a mentor is the perfect opportunity to gain valuable insight and experience. With their help, a person can become more proactive in reaching greater success, personally or professionally.

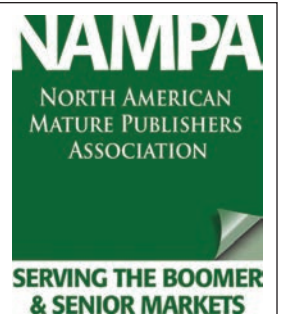
Mentorships can be a powerful tool in helping to shape a brighter future and is something we should all consider getting involved with – whether you are the mentor or the mentee. January is National Mentoring Month, so share your

story or advocate to raise awareness about the power of mentoring programs in business or educational settings. There are plenty of organizations needing ways to start or promote an existing mentoring program, so take time to do your research and find one that's right for you. Keep the momentum going and celebrate how mentorships benefit all areas of society.

Karen Casanovas, PCC, CPCC, CLIPP is a health, wellness and simplified living coach practicing in Anchorage. If you have questions write to her at info@karen-casanovas.com.

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Free training, support for family caregivers

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The Kenai Peninsula Family Caregiver Support Program will continue its peer support meetings into 2023. 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.

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.

The program will hold support group meetings in January at the following locations:

Jan. 6 Seward Senior Center, 1 to 2 p.m. Meet and greet and play some Bingo.

Jan. 10 Tyotkas Elder Center (Kenai), noon to 1:30 p.m.

Jan. 12 Sterling Senior Center, 1 to 2 p.m. Caregiver support meeting and a training with Valerie Flake, "Self Care and Winter Blues."

Jan. 13 Soldotna Senior Center, 1 to 2 p.m.

Jan. 17 Kenai Senior Center, 1 to 2 p.m.

Jan. 25 Nikiski Senior Center, 1 to 2 p.m.

The Homer caregiver support group meets at the Homer Senior Center on the second and fourth Thursday of each month (Jan. 12 and 26), from 2 to 3:30 p.m. Contact Pam Hooker for information, 907-299-7198.

Statewide

In Southeast Alaska, The Southeast Senior Services Caregiver Support Group meets every Thursday, 1 to 2 p.m. via Zoom. The group is available to all caregivers in the region. For more information and a Zoom invitation, call Denny

Darby at 907-463-6181 or email Denny.Darby@ccs-juneau.org.

Alzheimer's Resource of Alaska (ARA) organizes caregiver support meetings around the state, including: Anchorage, Eagle River, Fairbanks, Homer, Juneau/Southeast, Ketchikan, Kodiak, Mat-Su Valley, Seward, Sitka, Soldotna, Talkeetna, Willow. Call 1-800-478-1080 for details.

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



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BEFORE AFTER

Seeds of self-sufficiency

By VH HYDROPONICS

Cameron was raised to be self-sufficient. Growing up meant sharing time between the family's home in Wasilla and their cabin off the grid up the Susitna River. The family planted garden plots in both locations to maximize what they could grow, and there was plenty of work for the family of four to share.

Cameron's father taught him to make things work whether or not all the right tools or parts were available. His mother helped develop his love of nature and getting his hands in the dirt. His parents nurtured the ability to be self-reliant. They made a lean-to greenhouse from whatever could be found, and it served its purpose. The way Cameron views it, he probably would not be as connected to nature or appreciative of running water and electricity without these experiences.

This nature kid next

spent time at Fort Lewis College in Colorado, and he found biology and anthropology to be the most interesting. He was exposed to and influenced by ethnobotany, learning how people used local plants as food and medicine. This experience in Ute culture brought life and deep understanding that was previously unknown to him.

His education continued after college, spending time in Montreal, Boston and New York. While in New York with a friend, an AmeriCorps worker establishing a CSA (Community Supported Agriculture) in Brooklyn, he learned about food deserts. These are densely populated locations with no access to full-service grocery stores. The people living in Brooklyn were in a food desert, where purchased food came from small corner markets or gas stations. Fresh produce was lacking, and when it was available, it was expensive. Cameron

had a new appreciation for his bountiful upbringing.

An idea sprouts

Cameron returned to Fairbanks, where he worked at the UAF Agricultural and Forestry Experimental Station in field production and taught at the School of Natural Resources. His interest in hydroponics blossomed when a faculty professor began experimenting with LED grow lights. Could growing food in the dark and cold of Alaska be possible year-round? Yes, it is!

Vertical Harvest Hydroponics was born.

Taking root

VH Hydroponics believes an improved food system can be created by adding food production hydroponic farming to traditional soil and livestock farming, classrooms, urban backyards and rural Alaska. This efficient method of growing food uses 95% less water and zero pesticides, while allowing Alaskans



to secure Alaska's future, we must invest in it, which means we must invest in our children and our farmers. We can give Alaska's children the experience of growth and bounty as Cameron had, knowing that this

exposure will create our future Alaskan food innovators. Cameron has dedicated himself for the last seven years to building a team to create an essential legacy. VH Hydroponics wants to leave a legacy with us, to our future, by providing our Sunny Pro XL hydroponics systems to all pre-K and elementary schools in the state of Alaska. Join us in giving the gift of growing to grow Alaska's children, grow Alaska's farmers, and grow our future leaders.

The need to feed people in a better way is evident for Alaska's future. VH Hydroponics believes that



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Pickleball etiquette: Know these basics

By JIM LAVRAKAS

For Senior Voice

If you're new to pickleball, or just need a refresher course on how to behave (you know who you are), here are well-accepted rules for behavior before, during and after play. These basic rules were taken from www.woodbridgepickleballclub.org, and I've embellished them.

1. Begin each game by acknowledging the other players and introducing yourself if you don't know them.

This is what helps makes pickleball the great "social" game that it is. By making an effort to introduce yourself you're letting new players know they are welcome and you create a lightness before you play that promotes fun.

2. If the ball is out and it's on your side, call it out. Never make calls for your opponent's side of the court.

This is where that "lightness" I just mentioned can go sideways. Making line calls can be difficult when the game is fast-moving. When a ball is hit close to the line it is a judgement call on your part. The rule is, if the bottom of the ball hits any part of the line, it's in. If not, it's out. But we can't really see the bottom of the ball, so it's a guess sometimes. In recreational play (where we don't play for money), it's best to be generous and if the ball is close, call it in. Your opponents will appreciate the call and (hopefully) be generous as well.

And your partner can overrule you. If it is close, I will always ask my partner if they agree with my call, and if they don't or are unsure, then the point goes to the opponents.

3. Never ask for nor accept line calls from spectators.

If I hear a call from the sidelines, I will call out: "No talk from the Peanut Gallery!" Sideline calls are not acceptable because those folks are not playing in the game.

4. Play with all skill levels.

Another reason pickleball is considered a social game: it is available and



Tapping paddles after playing a game is the traditional method of concluding a game and a chance to show good sportsmanship.

Jim Lavrakas photo

accepting of all levels of players. Players don't get better if they just play with others who are at their level. I only got better once I played with better players. They warned me that they would not be gentle or play "down" to me, but that is what I wanted.

5. If you want a more competitive game, wait your turn with other players you want to play with to get the higher competition you desire.

That may mean sitting out two or three games for a court to open up for you. Do not purposefully make other players feel bad because you want to play with someone else.

6. Avoid always playing the weaker player just to score points.

This doesn't mean you can't hit to the weaker player, but if you only hit to them, then the game can get pretty boring for the other opponent, right? Are you playing to win or for enjoyment?

7. If you are the strongest player of the four, play the weakest players in a way they can handle and learn from you.

This is about kindness and restraint. Yes, new players need to play more competitive players, but

if they can never return a shot, then they will become frustrated.

8. Avoid taking advantage of a person's physical limitations when you play

them socially. If someone cannot go back for a lob due to physical limitations, don't take advantage.

More from the Department of Kindness and

Restraint. It is mean and thoughtless to lob on an 80-year-old player who can't run down the ball. Or hit the ball purposefully at a player who does not have the quickness of hands to block the shot.

Use this opportunity instead to work on making shots that rely on your control of the paddle, shot placement and slowing down the game.

9. At the end of each game, meet at the net, clink paddles and say "good game." Never leave a game without acknowledging the other team.

This is a hallmark of pickleball: the traditional paddle tap. But it's a light tap, not a bash of paddles. Some paddles are pricey and their owners will recoil from a hard tap because of possible damage to their prized gear.

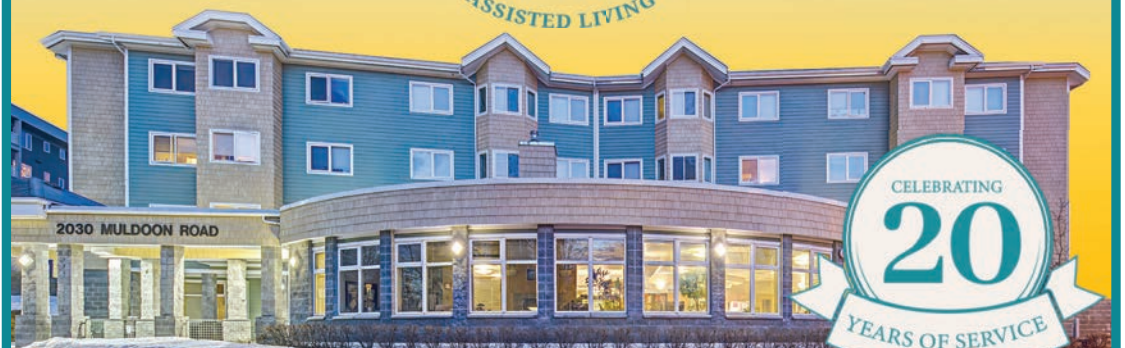
I believe a "good game" is one that is competitive or displayed good sportsmanship. That means (if playing to 11), that the losing team made a minimum of 7 points. If my team didn't get that far then I'll say

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A lifetime love of books

By **MARALEY MCMICHAEL**
Senior Voice Correspondent

During my recent bout with COVID-19, books helped keep my sanity. I enjoyed reading during the long weeks of recovery, when I had little energy to do much else.

I have loved books for as long as I can remember. My parents read to me from a very early age. They gave me an oversized, full-color picture dictionary for my seventh Christmas in 1962. Oh, how I treasured that book and spent hours

poring over the details.

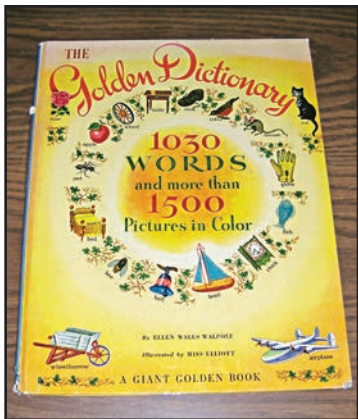
As a young girl growing up in Glennallen, I remember looking at books in the little log cabin library. My family also had a shelf of wonderful children’s books at home and when I was about 10 we acquired the Harvard Classics and a set of encyclopedias.

As a teenager, my favorite magazine was American Girl, which I discovered through the 4-H program. I also got involved in the Scholastic Book Club orders for our freshman class. Most of the books available

were paperback and cost anywhere from \$.50 to \$1.25. I saved my babysitting money and studied the monthly catalog before making my choices. I combined the individual orders, filled out the master order blank, mailed it, and when the books arrived a few weeks later, made sure each person got their purchases.

During my sophomore year, I worked in the Glennallen school library one period each day. I learned the Dewey Decimal system

page 14 please



A 1962 Christmas gift to Maralee from her parents.



Courtesy Maralee McMichael

Rambles

News from the Grapevine

Is your **senior center membership** current? Many center memberships start and end with the calendar year, so January is renewal time. Support your local senior center ... Congratulations to **Gillian “Jill” Smythe** and **Ruth “Bessie” O’Rourke**, selected by **AARP Alaska** as recipients of the **2023 Andrus Award for Community Service**. It is the association’s most prestigious volunteer award for community service. Jill and Bessie volunteer every week for Food Bank of Alaska, working in the sorting room where they go through donated dry goods. Together they have volunteered nearly 4,200 hours, notes an AARP Alaska press release. Other award nominees include **Paul Liedberg**, from **City of Dillingham Friends of the Landfill**; **Mary Mangusso**, **Aging at Home Fairbanks**; and **Phyllis Moore**, **Palmer Senior Center**. Congratulations and thanks to all of you for your dedicated service ... **OLLI**, the **Osher Lifelong Learning Institute** in **Fairbanks**, will hold initial **registration** Jan. 16-23 for its **spring semester classes**. After that, a lottery will run for any courses that fill up. Once the lottery is finished, any remaining seats will be available for immediate registration beginning Jan. 26. Call for more information, 907-474-6607, or email UAF-OLLI@alaska.edu. If you’re not familiar with OLLI, it’s a fantastic, inexpensive way to learn about all sorts of subjects in a casual setting. Must be age 50 or older. Visit their website for the online course catalog. The semester starts Feb. 13 ... **Homer Senior Center** hosts **card games** on Mondays, noon to 4 p.m., and **board games** the first and third Wednesdays of each

page 14 please



In Your Community



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From socializing to sleep, maintaining brain health is an active pursuit

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Rambles

News from the Grapevine

continued from page 13

month, noon to 4 p.m. Join in, make some friends, bring your favorite board games. Register by calling 907-235-4555 or email bonny@homerseniors.com. Or just show up ... Beginning in January, **Valdez Senior Center** is **reopening** its **dining room** for sit-down, on-site lunching. Reservations will be required – call by noon the day before, 907-835-5032. There will be 24 reservations available per day ... **Nenana Senior Center** mentions in its December newsletter that there is now an **assistance program** available to those receiving a **water/sewer bill** from the **City of Nenana**. Pick up an application at the center or call 907-832-5818 for information ... Attention **Kodiak** senior property owners: Jan. 15 is the deadline to renew or file for the **Senior Property Tax Exemption** in the **Kodiak Island Borough**, which exempts seniors from paying property taxes on the first \$150,000 of their home’s assessed value. To qualify, applicants must have turned age 65 on or before Jan. 1 of the year for which the assessment is sought; own and occupy the property; qualify for a Permanent Fund dividend for the current assessment year. Widows and widowers of qualified seniors may be eligible, too. Call borough assessor’s office to learn more, 907-486-9395 ... Also in **Kodiak**, the senior center is having an **ice cream sundae** social at noon on Jan. 17. Sounds like a great reward for meeting that property tax deadline ... **Seward** seniors can kickstart their New Year fitness with **indoor walking** at the **Alaska Railroad** terminal. In partnership with the **Seward Senior Center**, the terminal is open for walking Mondays, Wednesdays and Fridays, 1 to 3 p.m. Call the senior center to register for access, 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.

Books

continued from page 13

and began to realize the immensity of the book world. I briefly looked over the returned books as I re-shelved them, and that was how I found two of my all-time favorites – “Celia Garth,” by Gwen Bristow and “Mrs. Mike,” by Benedict and Nancy Freedman.

When I married, my husband came with his own collection of books, everything from poetry and cookbooks to a set of do-it-yourself handyman encyclopedias. When we started having children, I found that I would rather spend money on books than clothes for them. Family and friends added to their collection. Years later, when our grandchildren came along, they enjoyed those same books in their home.

In 1986 when our kids were 8 and 10, my parents bought them a set of World Book encyclopedias. Many reports were researched and information gathered from those burgundy and ivory bound books, which sat prominently on a shelf in the dining room. Although that whole world of

information has now been available for many years through a click of a mouse, I still find myself reaching for them at times.

Through the years, some of our homes have had ample bookshelves, while in others, most of the books stayed in boxes. Space was always a consideration. Just before our move to Slana in 1999, I was determined to



Burgundy and ivory set of World Book Encyclopedias on McMichael’s bookshelf in 2011.

Courtesy Maraley McMichael

sell some of our books at our garage sale. Although we had a very successful sale and downsized our amount of belongings, books were not among them. As I sorted through the books, I found there were two categories: the ones I had read, liked and wanted to keep, and others that I had not yet read, but still wanted to, and therefore also wanted to keep. I think only two books went to the garage sale.

For six years we ran a bed and breakfast in our Slana home. Some guests inquired as to why and how we acquired so many books. I explained that many were given to us, some were purchased new, but I got many for a fraction of the price at thrift stores, yard sales and library book sales during our snowbirding years.

Most of our books ended up in piles on the floor after our November 2002 Denali Fault earthquake. Re-shelving them gave me reason to review the titles and reorganize. Besides the gardening section, we had the financial, the medical and health, religious, travel, children, teen, Alaskan, political and fiction sections. I even lent out a few to neighbors and friends, since Slana had no library, and considered affixing checkout cards and sharing even more.

Since I loved books so much, when it was introduced in 2007, a friend insisted I needed a Kindle. I told him I might consider it, but not until after I’d caught up with reading the books already waiting on my bookshelves. I have never tried reading from a Kindle, but even after all the new and improved versions, I realize most likely I will never own one. Looking at screens is not pleasant for me. I don’t own a smartphone yet, although I have told family and friends I will consider purchasing one “someday”. A smart phone is more likely than a Kindle.

When packing up for our move back to Palmer in 2011, I finally was able to cull four large boxes of books, and later sold them at our 2013 garage sale. However, I acquired many additional titles in the subsequent years. Another garage sale was planned for May 2022, and this time I was determined to be ruthless in letting go of books. But first I checked each title on the AbeBooks website and set aside the valuable ones. It was surprising which had value and which didn’t. I then filled many boxes for the garage sale – hundreds of titles and hundreds of pounds worth.

Of course, there were leftovers. After giving a couple of boxes each to two other garage sales (whose profits went to a good cause) I took some to local thrift stores. Title Wave Books in Anchorage bought a few and I gave the rest to the Bright Lights Book Project. Their mission is to put free books into the hands of appreciative readers, by way of unattended bookshelves and containers at various Mat-Su Valley businesses and locations such as the Palmer Veterans and Pioneer Home.

All this only made a dent in my book collection. I know my children would like to see further reduction, making their job easier at some point in the future. Back when I pored over my childhood dictionary, little did I realize how much a love of books would affect my life.

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



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New computer lounge for Palmer seniors



Mat-Su Senior Services' new Golden Heart Computer Lounge is open inside the Mat-Su Senior Services (aka Palmer Senior Center) building at 1132 S. Chugach Street in Palmer. Thanks to a donation from the MTA Foundation, the lounge will offer three computers, four tables, and two smart TVs, Monday through Friday, 8 a.m. to 4 p.m. Get online, or just recline and enjoy. For more information, call 907-745-5454.

Photo courtesy Mat-Su Senior Services

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 event begins at 8 a.m., second Wednesday,

at a different host location each month. Breakfast provided. The next date is Jan. 11, hosted by Baxter Senior Living. Call Older Persons Action Group, Inc. at 907-276-1059 for location information and to RSVP for this event, or for more information on future events and to be added to our e-mail reminder list.

Health fairs will resume in January

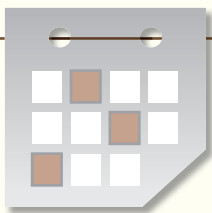
By SHARON PHILLIPS
Alaska Health Fair, Inc.

Health fairs will resume in January 2023. Visit our website to sign up to receive our newsletter, and we will notify you when the new schedule is published. We thank all of you, our clients, volunteers, and partner agencies, for another successful season as we celebrate our 42nd year of service. We wouldn't be able to deliver important health education and screenings to thousands of Alaskans statewide without the strength of our amazing volunteer force. Your support keeps our organization strong and thriving. We are always looking for new volunteers,

and if you are interested, visit our website and simply complete an exhibitor or volunteer application. If you are interested in hosting a spring 2023 event, don't delay, call us today to learn more and to reserve your date. There are still some dates available, but our schedule is filling up quickly. For more information about our non-profit, visit our website at www.alaska-healthfair.org. You can also call Anchorage/statewide 907-278-0234; Fairbanks 907-374-6853 or Juneau 907-723-5100. See you in 2023! Sharon Phillips is the Alaska Health Fair, Inc. Tanana Valley/Northern Region program director.

Calendar of Events

- Jan. 1 Statewide** Application period opens, Jan. 1 through March 31, for Permanent Fund Dividend. Information and online application at <https://pfd.alaska.gov>.
- Jan. 7 Worldwide** Orthodox Christmas
- Jan. 13 Seward** Legal Q&A with Alaska Legal Services at Seward Senior Center, 11:30 a.m. to 5 p.m. Lunch and learn presentation at 11:30 a.m. followed by free, 30-minute consultations. Bring your questions about advance health care directives, power of attorney, wills and estate planning, etc. Call Dana Paperman for details and to sign up, 907-224-5604
- Jan. 16 Nationwide** Martin Luther King, Jr. Day
- Jan. 17 Juneau** Legislative session begins. Information at the Alaska State Legislature website, <https://akleg.gov/>.
- Jan. 18 Anchorage** Anchorage Museum presents "Drop-Spinning Wool," a workshop in its Vital and Creative series for creatives age 55 and older. Learn how to spin your own yarn using a drop spindle. This class teaches the basics of drop spinning with a top whorl drop spindle, and students will leave with the ability to create a simple 2-ply yarn. Start your knitting or weaving projects from the very beginning with this introductory wool spinning class. No experience required. \$5; Scholarships available. Email seed@anchagemuseum.org.
- Jan. 24-26 Statewide** Alaska Health Summit 2023. This year's theme is "Public Health 3.0," featuring keynote speakers and panels addressing tuberculosis treatment and care across Alaska, climate change, training of new public health workers, and an overview of Public Health 3.0 from an Alaska perspective. Hybrid format, both online and on-location at UAA's Lucy Cuddy Hall. www.alaskapublichealth.org
- Jan. 27 Kenai** "Winter Blues Dance" at Kenai Senior Center, 6 p.m. Live music, free. Bring a snack to share. 907-283-4156
- Jan. 28-Feb. 4 Cordova** 2023 Cordova Ice Worm Festival. Annual arts and crafts show, food fair, fireworks, variety show, Iceworm Parade, Tail Hunt and more. www.icewormfestival.com for events schedule and information.
- Jan. 29 Fairbanks** Fairbanks Concert Assoc. presents Cirque Mechanics at Hering Auditorium, 4 p.m. Family-friendly extravaganza of circus acrobatics incorporating mechanical props. Ticket prices from \$22 to \$59. <https://fairbanksconcert.org>



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Deadline for February edition is January 15.

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Sisters of Providence head to Nome

By LAUREL DOWNING BILL

Senior Voice Correspondent

Many images come to mind when one thinks of gold rush days in Alaska: bearded prospectors swishing pans filled with water as they search for specks of gold; saloons beckoning the hardworking boys to forget all their troubles with a slug of whisky and a game of chance; and ladies known as “Lil” leaning against pianos, offering to help miners lighten their leather pokes.

An image that doesn’t usually come to mind is that of four nuns mingling with the masses on the virtually lawless streets of Nome.

The Sisters of Providence foray into Alaska started at the-turn-of-the-last century. At the urging of two Jesuit priests – John B. Rene and Aloysius A. Jacquet – 50-year-old Sister Mary Conrad, Sister Rodrique, Sister Lambert and Sister Mary Napoleon sailed from Montreal, Canada, on June 1, 1902, bound for the shores of Alaska’s Norton Sound to establish a much-needed hospital.

The influx of more than 20,000 prospectors working the gold-filled beaches of Nome brought with it a desperate need for medical facilities. Before the arrival of the Sisters of Providence, the miners relied on home remedies, often set their own broken bones, and sometimes used Native healing methods.

After nine days of seasickness aboard the SS Senator, the Sisters’ voyage ended with 72-hours of smallpox quarantine in the Nome harbor. But once ashore, they headed toward Nome’s Catholic Church, celebrated a welcoming mass with the priests and then got down to work.

The purchase and renovation of a two-story building near the Catholic Church came to a capital debt of \$7,100. But the Sisters believed that divine providence would provide for the material needs of their mission, and they opened the doors of the Holy Cross Hospital on July 15, 1902. They convinced the Nome City Council to pick up the tab for the indigent sick at \$1.50 per day, and then charged \$3 to those who stayed in the wards and could pay. Patients in private rooms paid \$5.

Most of the Sisters’ patients were miners, but they also helped other white residents and Natives. A Nome News headline proclaimed, “Sisters of Providence Have Given Nome the Best Hospital in Alaska.”

The Sisters regularly visited the mines – on foot, horseback or dog sled – to solicit donations. They also sold tickets, as a form of insurance, for hospital care: \$3 bought the miner a one-month



The Sisters of Providence often traveled by dog team during Nome’s cold winters.

Courtesy Providence Archives, Seattle

stay, \$12 for six months and \$24 for one year.

The price included board, medicines, milk and liquor – as ordered by a doctor – as well as the use of bathrooms and the operating

room. Miners had to pick and pay for their own doctors.

According to hospital records, a non-Catholic miner requested a baptism before his death in 1902. He then bequeathed his mining

holdings to Holy Cross Hospital. The Sisters quickly sold the property, which helped pay off their debt.

By 1911, the Sisters had taken over ownership of St. Joseph’s Hospital in Fairbanks and later expanded into Anchorage in 1938.

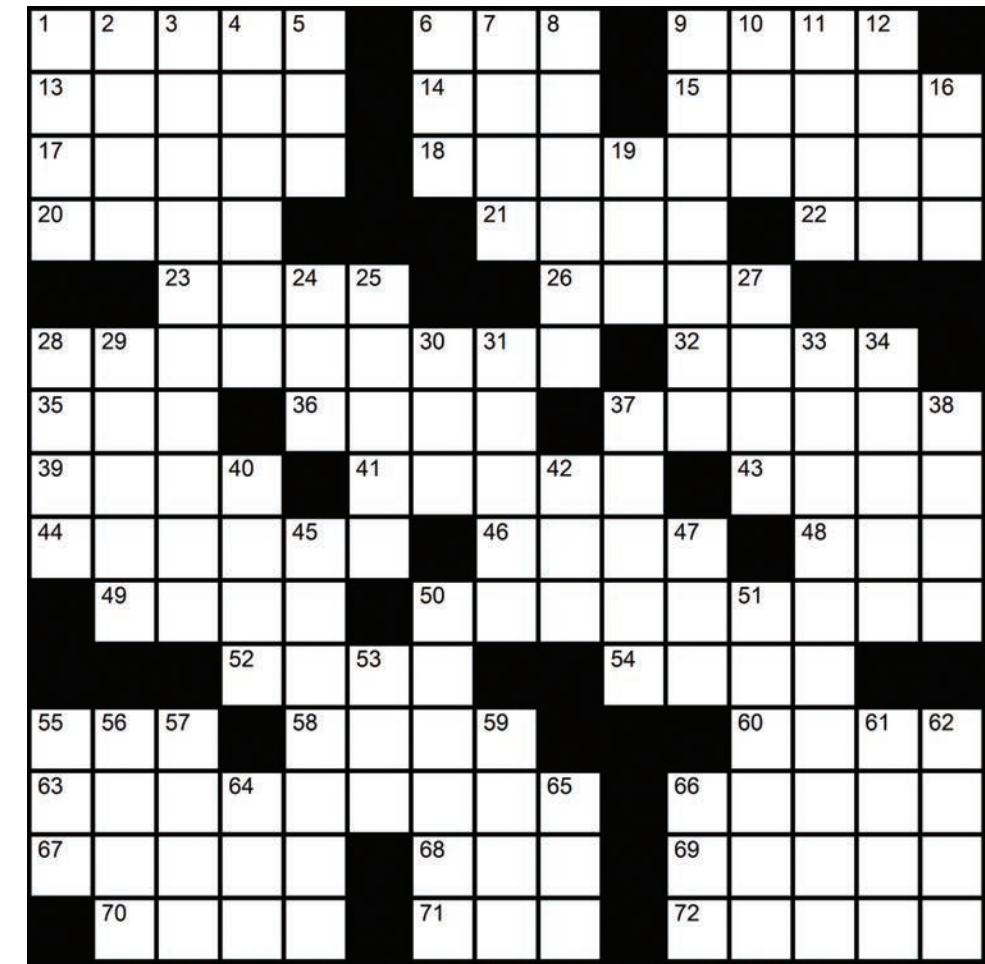
This column features tidbits found while researching Alaska’s colorful past for Aunt Phil’s Trunk, a five-book Alaska history series written by Laurel Downing Bill and her late aunt, Phyllis Downing Carlson. The books are available at bookstores and gift shops throughout Alaska, as well as online at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

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Across

- 1 With 1 Down, funicular railways
- 6 Former military acronym
- 9 Foreshadow
- 13 “___ well”
- 14 Blood-typing system
- 15 Sinus of Valsalva locale
- 17 It’s for the birds
- 18 Badger dog
- 20 Kind of check
- 21 Kind of terrier
- 22 Like some scientists
- 23 “Jurassic Park” actress
- 26 Time immemorial
- 28 Sturdy black or greyish wire-haired terrier
- 32 Make fun of
- 35 Journalist’s question
- 36 Jack-o’-lantern feature
- 37 Libertine
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- 46 Fast pace
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- 60 From scratch
- 63 Watchdogs
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Crossword answers on page 22



Bill Mumy: More than 'Lost in Space'

By NICK THOMAS

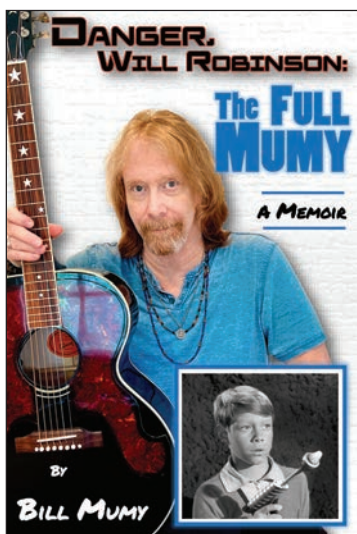
Tinseltown Talks

With a new 400+ page autobiography recently published, Bill Mumy's "Danger Will Robinson: The Full Mumy – A Memoir," is crammed with fascinating facts and stories recalling his long acting and musical career (see www.NCPBooks.com).

"'Lost in Space' is definitely covered and certainly Will Robinson is the character most people identify with me," said Mumy from Los Angeles. But despite the book's title, the author examines much more than just the galaxy-wandering Robinson family.

Riveted to his own family's black and white television screen of the late 50s, 4-year-old Billy longed to emulate his favorite TV adventurers such as Superman, the Lone Ranger, and Zorro, even breaking a leg after leaping fearlessly off his bed in full crusader mode and landing hard, unlike his more nimble black-capped hero. But he carried that enthusiasm into his youthful acting career that would soon flourish.

Ironically, Mumy ended up working alongside his Zorro idol – Guy Williams – who would play space dad to the adventurous boy astronaut who 'saved the day' on many occasions, beginning with the first



Cover of Bill Mumy's new book.

Publisher photo

season of "Lost in Space" in 1965.

Riding high on the success of earlier roles in popular 60s series such as "The Twilight Zone" and "Alfred Hitchcock Presents," 1965 proved a particularly good year for little Billy, not yet a teenager, that included guest-starring roles in beloved TV classics such as "I Dream of Jeannie," "Bewitched," and "The Munsters."

That year, the young actor also portrayed a key character in the Twentieth Century Fox film "Dear Brigitte," starring Jimmy Stewart.

"(He) was the best over-all artist I ever worked with," recalled Mumy. "He truly was a wonderful man and showed me how you strive to be a good actor and to treat your coworkers well. The vast majority

of actors and directors I worked with as a child were very happy with me because I always knew my lines and got things done quickly."

While he experienced few professional 'horror stories' during his career, an exception was Alfred Hitchcock, who terrified 7-year-old Billy on the set of "Alfred Hitchcock Presents." Mumy says the director apparently whispered in his ear during a scene to stop shuffling about or he would nail his feet to the floor.

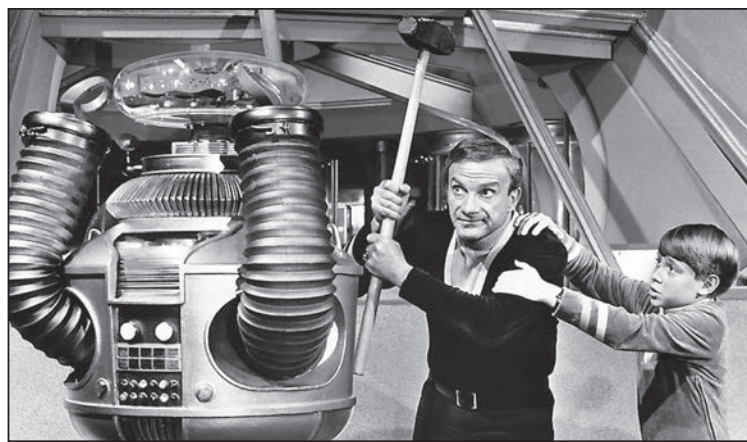
Beyond acting, Mumy has worn many hats, including those of musician, singer, songwriter, author and voice actor (see www.billmumy.com), but still recognizes the nostalgic value "Lost in Space" has for fans who grew up in the 60s. It's hardly surprising, therefore, that Mumy included the name of his plucky young space adventurer in the new book's title.

"Every child has a gift and mine from an early age was being able to easily memorize a script and deliver the dialogue believably," he says. "I loved being little superhero Will Robinson. As a child actor, he was everything I ever wanted to be."



Bill Mumy and Jimmy Stewart in "Dear Brigitte."

Twentieth Century Fox



Bill Mumy and Jonathan Harris in "Lost in Space."

CBS photo

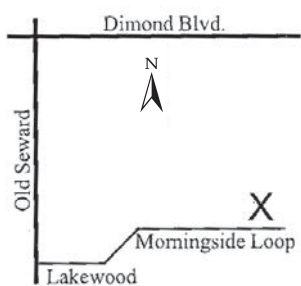
Nick Thomas teaches at

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

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Taxes, Heisenberg and the Uncertainty Principle

By KENNETH KIRK

For Senior Voice

Many years ago, a physicist named Werner Heisenberg formulated a rule called the “Heisenberg uncertainty principle.” No, it has nothing to do with cooking meth. It is a useful principle in physics, and it has to do with not being able to accurately measure the position of an object, and its direction, at the same time. But for my purposes today, we don’t need to get too far into the science.

For scientists, a recognition of uncertainty – the limitations of measurement, the effect that measuring something has, the possibility that your sample is too small – is a valuable and important check on the tendency to jump to conclusions too quickly.

But that’s science. In estate planning, uncertainty is just a big old pain in the butt.

If I wanted to formulate an uncertainty principle for estate planners, it would be this: “Everything I do is based on the assumption that the law does not change. But the law does change.”

And of course, we can’t know when or how the law might change. Nowhere is this more evident than in planning for estate taxes.

Under the arcane rules of the U.S. Senate, if they want to pass a tax bill without



having a supermajority, it can only last for a maximum of eight years. At that point if it doesn’t get extended, it expires and we go back to whatever the previous rule would have been.

So when George W. Bush came into office, Congress passed a temporary tax bill that increased the estate tax exclusion – the amount below which you don’t have to pay any estate tax – on a gradually increasing scale from \$1 million all the way up to \$3.5 million. But it was temporary, and in 2010 it was scheduled to drop all the way back to \$1 million. So if you had over \$1 million in assets, you didn’t know whether you should take some serious actions to avoid the whopping 40% estate tax, or whether you should just wait and see, and hope they would extend it.

And then in 2010, when those temporary increases were about to expire, President Obama signed a bill that extended the higher exclusion, at \$5 million exempt, for two more years.

But again, if a future Congress didn’t act, it was going to drop all the way back to \$1 million.

And Congress did not act by the end of 2012. At the stroke of midnight, while most people were sleeping, or perhaps watching Anderson Cooper count down the end of the year, the increased exclusion expired, and we were back to a \$1 million exclusion. Until the following afternoon, when Congress actually met in session on New Year’s Day, and passed a bill which made the \$5 million exclusion more or less permanent, added an automatic inflation adjustment, and made it retroactive back to midnight.

So finally we had a permanent tax law, right? No, not really.

For one thing there was the issue of “spousal portability.” Up until 2011, if you wanted to double up the estate tax exclusion for a married couple, you had to do some complicated stuff, usually involving something called an A/B Trust. Those trusts were expensive, tangled and convoluted, and they required that, after the

first spouse died, at least some of the assets go into a restricted trust, limiting the ability of a couple to do what they wanted with their own assets. But in 2011, the Congress passed a law allowing for a married couple to hold onto the exclusion amount for the first spouse who died, so that in effect they could double up the exclusion. All they had to do was file an estate tax return after the first spouse died.

But the law was temporary, this time for just two years. So if a couple was over the one person amount, should they go ahead and do the complicated and restrictive A/B Trust, or just hold their breaths and hope the Congress would make the temporary rule permanent? Fortunately, they did make it permanent, so now spousal portability is something we can rely on. But only after two years of uncertainty.

And here is another change: when Donald Trump came into office, they doubled the estate tax exclusion. With the inflation adjustments that were already in the law, the exclusion amount was

about \$5.5 million. Now it jumped to double that, and in fact for 2023 it will be almost \$13 million that is excluded from estate tax. But if the Congress does not act by 2026, the exclusion will drop back to half that.

For most of our Senior Voice readers, none of this makes any difference. As long as you are safely under about \$6.5 million in total assets, you don’t need to worry about estate taxes. But for those who do, and those who advise them, this is crazy-making. If we’re coming up on the end of 2025, and my clients are trying to decide whether to give most of their assets to their kids, before the ball drops in Times Square and the exclusion amount drops by half, I am honestly not sure what to tell them.

Maybe I can dust off my old Magic 8 Ball. Its guess is as good as mine.

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 that’s a certainty.

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Password managers, shared photos, backup data

By **BOB DELAURENTIS**
Bob's Tech Talk

Q. I have promised myself that 2023 is the year I finally organize my passwords. What do I need to know?

A. The list of things we have to remember grows longer each year. As phones have become the center of our digital lives, almost everyone has more than a handful of hard to remember passwords.

Until now, my advice was to consider a commercial password manager app like 1Password or LastPass. However, as prices for these apps continue to rise, and as built-in smartphone features have improved, there are better choices available.

Many of these features only work on the newest devices, so older devices may need to stick with a password manager app for a while longer. But if you're using up-to-date Android or iPhone devices, consider these options:

On Android, Google Safe Lock. On iPhone, iCloud Keychain. Both of these solutions store your passwords in the cloud and can fill in the appropriate fields when needed by the web browser.

A key advantage of cloud password storage is that your passwords remain accessible if you lose your device. As long as you remember your main password, the cloud-based passwords in these services are safe.

The iPhone can also create secure notes in its built-in Notes app. This allows you to store any information you want in an encrypted text note.

The iPhone can also create secure notes in its built-in Notes app. This allows you to store any information you want in an encrypted text note.

Think of a secure note as a word processing document that can be locked and unlocked. (In the last few months I was able to replace 1Password with a single secure note.)

The best way to organize your passwords is: 1) store all of them in one safe place; 2) that place should have a copy in the cloud; and 3) be protected by a password known only to you. That is it. There are many choices available, but any single method that meets these three criteria will serve you well.

Q. Is there a way to store photos taken with multiple iPhones in a single library?

A. The Shared Photo Library debuted in December as part of the latest round of software updates for Apple products.

Each device that uses this feature has to be running the most up-to-date software, which includes most devices released in the last five years or so.

To see if your device can support the Shared Photo Library, go to Settings -> General -> Software Update. If a new update is available, install it now. Once finished, the same screen should display iOS 16.2. Larger numbers are OK, smaller ones mean that device does not support it.

To turn on the Shared Photo Library, go to Settings -> tap your name -> iCloud -> Photos. That screen has a button that will allow you to set up a shared library.

This feature is easy to set up and easy to use, but

it is complex enough that you may want to read this page first: support.apple.com/en-us/HT213248. It explains the different settings available.

Q. What is the best way to back up my data on my computer?

A. In 2023, the word computer could mean everything from a desktop PC to a smartphone, so let me break it down by device type.

If you have a traditional computer, either one that sits on a desk or on your lap, I recommend a service called Backblaze. Backblaze stores a copy of your disk in the cloud. A subscription is currently \$7 a month, and it requires a speedy Internet connection. It is available for Windows and Mac at backblaze.com.

Smartphones, unlike traditional computers, cannot use Backblaze for data backup.

For Android phones, open the Google One app, tap "Storage" followed by

Wander the Web

Here are my picks for worthwhile browsing this month:

Random Street View
This website pulls up random images from Google Street View. Armchair traveling with a click or tap.
<https://www.mapcrunch.com/>

Reverse Cookbook
Searching for menu inspiration? Enter the food you have on hand into this website and it will offer recipes that turn ingredients into meals.
<https://myfridgefood.com/>

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This web comic of romance, sarcasm, math and language is bursting with laughs and witty observations.
<https://xkcd.com/>

"Backup." Once configured via the "View Details" button, Google will automatically backup the entire contents of your Android device in the cloud.

For iPhones (and iPads), open the Settings app and tap your name at the top. On the next screen tap "iCloud," and on the next screen tap "iCloud Back-

up." The screen that appears has a switch labeled "Back up this Phone."

Please take my word for it, you will never regret good backups, but eventually you will regret not backing up your data.

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

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Cruise ships sail into the far north

See the arctic in warm comfort

By **DIMITRA LAVRAKAS**

Senior Voice Travel
Correspondent

In 1994, when I first moved to Utqiagvik (formerly Barrow), the Russian icebreaker “Yamal” cruised into town with tourists aboard. It took 13 helicopter trips just to unload their luggage for transport to the Wiley Post and Will Rogers Airport for the flight out of town. The cruisers themselves were lightered to the beach in Zodiacs.

As editor of the Arctic Sounder, I got a helicopter ride out to the ship and landed on the deck. I forgot that ships are like a country unto themselves and hadn’t secured permission from the captain to come aboard, so I didn’t get a tour of the ship. Still, it was an exciting ride to see the toothy grin on its prow appearing through the fog.

See the ice before it goes

Most people think the ice in the Alaska Arctic is like cubed ice in their soda pop. But it is far more complex. It is multi-year ice, and more similar to a glacier than, say, icicles off your roof.

Year after year, snow falls on the ice floe and compacts, with layer upon layer freezing air samples and airborne debris from volcanic explosions in its grip. And like glaciers, the heavy layers press the air out of the deeper layers of ice, forming large, dense crystals. When light hits them, they absorb long wavelengths of light and scatter short-waved blue ice. That’s the color we see.

Take a cruise to see the ice pack and its wondrous blue forest of bergs.

Making history with design

A few years ago, even the idea of building a hybrid electric, deep polar exploration ship capable of taking passengers to the edges of the earth in an eco-responsible way seemed impossible. But after six years the challenges were overcome and the cruise line PONANT’s ship



Yes, the view is always the same on a dog sled ride, but at least you’ll be riding in comfort.

Courtesy of PONANT Tours

Le Commandant Charcot has set sail.

Polar ships have classifications, and while Russian nuclear-powered icebreakers are rated at the highest polar class, or PC1, Le Commandant Charcot is rated PC2 — the first passenger ship in the world given this rating. Named after Jean-Baptiste Charcot, French scientist, medical doctor and polar scientist, it is the first cruise ship to earn the North American Green Alliance certificate for its environmentally friendly practices and technologies.

Its design also allows it to slip between ice floes safely.

Oh là là! a French ship

With 215 crew to 123 suites, your needs and wants will be well covered.

The restaurant, as food is a French national pastime, is to Michelin standards. It can’t get better than that.

The ship has all the traditional cruise ship offerings: beauty salon, swimming pool, sauna, hot tub.

Off-ship, the tours and

experiences are designed to immerse you in polar life.

A lightning-quick dunk in 32-degree water, wearing a bathing suit and attached for safety to a rope, is invigorating with health benefits like stimulating blood circulation, reducing inflammation and strengthening both the nervous system and the body’s immune responses.

Other activities include dog sledding with Inuit guides, snowshoeing, kayaking, ice fishing, Zodiac or hovercraft cruises, and sightseeing trips such as a visit to “Golden Falls” or Gullfoss in Iceland.

You can also be a “citizen scientist.” Guests have been helping with census activities for marine mammals by identifying whales for

the Happywhale program, while photographs of cloud cover are used as a data source by NASA. The cruise line’s sampling of phytoplankton (aquatic plants and animals) and the detection of pollutants such as plastics, either at sea or in the ice are helping to improve the understanding and protection of

polar regions.

Cross the historic long-searched for Northwest Passage to the most remote places in this maritime zone.

“Le Commandant Charcot goes several times a year to the same places. The data collected by guests will provide indicators about the current state and the changes in these environments,” said Alison Thieffry, a nature guide and manager of citizen science, in the PONANT promotional flier. “It means that

guests have a role to play in adding to current knowledge. Our aim is for them to become stakeholders, to some extent, in the polar regions. And these regions still have many mysteries to reveal...”

Visit a traditional Inuit village at the entrance to Fury and Hecla Strait and explore Aulavik National Park in Sachs Harbor, Northwest Territories, Canada that is renowned for the largest concentration

next page please



The Russian ice breaker “Yamal” off Utqiagvik (formerly Barrow) with a helicopter shuttling luggage and tourists to the shore.

Dimitra Lavrakas photo



Cruise

from page 20

of musk oxen in the world. These cruises are of course pricey. Reykjavík to Nome, a 25-day, 24-night trip with transfer to the airport included, costs from \$53,670. A 16-day, 15-night trip from Longyearbyen to

Reykjavík, which also includes transfer to the airport as well as the Paris to Longyearbyen return flight is \$39,650. Longyearbyen is situated on the island of Spitsbergen, the largest island in the Svalbard archipelago of Norway Just imagine yourself sitting in the swimming pool and looking at the northern lights.

Research

continued from page 4

diverse communities and to better facilitate conversations around the role they can play in improving health research. Programs like the All of Us Research Program aim to make these investments to fill the void of research into diverse communities.

About the All of Us Research Program

The purpose of the All of Us Research Program is to transform medicine from a one-size-fits-all approach to more individualized care by collecting health data from one million or more people, creating the largest health database in history regardless of race, ethnicity, gender identity, or sexual orientation. The program is led by partnerships between the National Institutes of Health (NIH) and organizations representing diverse communities. These partnerships are vital in building relationships with

participants and researchers from a range of backgrounds. The program is also enrolling researchers interested in conducting studies using All of Us data. Currently, there are more than 3,000 active projects focusing on a variety of health conditions and diseases in diverse communities, with the goal to change the future of health.

One million participants

The All of Us Research Program provides participants an opportunity to learn about their health and to improve the health of future generations. Currently, the program has enrolled more than 500,000 participants, with 80% belonging to one or more population that has been historically under-represented in biomedical research. Participants will be able to get information back about the data they provide, which may help them learn more about their own health. The strength of the All of Us Research Program lies

in its intention to re-establish trust amongst diverse populations and building a sense of community. Through partnerships with national, regional and local organizations, the All of Us Research Program has more than 530 sites collecting samples and measurements across the U.S. These sites also offer participants a chance to meet others in the community and to learn more about their role in shaping health care for future generations. If you are interested in participating in the All of Us Research Program as a study participant or a researcher, visit <https://Joinallofus.org> to learn more. This article is part of an ongoing series by the Diverse Elders Coalition, focusing on different demographic groups in the senior population. Visit www.diverseelders.org for more information.

Your support helps

Older Persons Action Group continue its mission. Call 1-800-478-1059 to donate.



“Golden Falls,” or Gullfoss in Icelandic, is one of the most beautiful and powerful waterfalls in Iceland, plummeting 105 feet in two tiers into the Hvita River gorge.

Courtesy of PONANT Tours

Copper Can Stop a Virus Before it Starts

By DOUG CORNELL, PhD

CopperZap

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness. Colds and many other illnesses start when viruses get in your nose and multiply. If you don’t stop them early, they spread and cause misery. Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch. That’s why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn’t know about viruses and bacteria, but now we do. “The antimicrobial activity of copper is well established.” National Institutes of Health. Scientists say copper’s

high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds. The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Users say:

- “It works! I love it!”
- “I can’t believe how good my nose feels.”
- “Is it supposed to work that fast?”
- “One of the best presents ever.”
- “Sixteen airline flights, not a sniffle!”
- “Cold sores gone!”
- “It saved me last holidays. The kids all got sick, but not me.”
- “I am shocked! My sinus cleared, no more headache, no more congestion.”
- “Best sleep I’ve had in years!”

The strong scientific evidence gave inventor Doug

Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of the nostril, where viruses collect. When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60 seconds. “It worked!” he exclaimed. “The cold never happened. I used to get 2-3 bad colds every year. Now I use my device whenever I feel a sign I am about to get sick.” He hasn’t had a cold in 10 years. After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market. Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of bad germs, like a tickle in the nose or a scratchy throat. As thousands more tried it, some found other things



New research: Copper kills viruses in seconds.

they could use it against, including: Colds, Flu, Virus variants, Sinus trouble, Cold sores, Canker sores in the mouth, Strep Throat, Night stuffiness, Morning congestion, Nasal drip, Skin Infections, Infection in cuts and wounds, Thrush, Warts, Styes, Ringworm, Other microbial threats. The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched. Scientists placed millions of viruses on copper. “They started to die literally as soon

as they touched it,” said Dr. Bill Keevil. Tarnish does not reduce how well copper works, EPA tests showed. CopperZap is made in America of pure copper. 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code AKSV17. Go to www.CopperZap.com or call toll-free 1-888-411-6114. Buy once, use forever. Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.

(paid advertisement)



Pickleball

continued from page 12

something like “that was fun”, or “boy, you trounced us!”. If it was very close, I’ll say “that was scary!”, or simply “very close, good job”. You can compliment your opponents now, or recall a particularly good point.

10. Never criticize opponents nor your partner’s play.

Unless you want to be a jerk.

11. Don’t offer criticism or advice, unless asked.

Unless you want to be a jerk.

12. Abusive language is not allowed. Verbal comments of any detrimental nature during a game is unacceptable.

If I mumble bad words to myself, does this count?

13. Compliment people on outstanding shots or on a really great game.

See 9,10 and 11.

14. If you bring a guest to open play that doesn’t know how to play pickleball, remember you are their teacher and stay with them until they are comfortable.

If you bring a friend along and they are new to the game, then you are their coach until they are ready to fly on their own. If you bring someone who knows how to play, you should introduce them around and play with them for at least the first few games. Then turn them loose.

15. Call the score out – loudly and clearly – before you serve.

You’d think with older people playing this game it

would be understood that some of us have difficulty hearing the score in a noisy environment. I know I do. Try to speak the score in a voice that others can hear.

16. Remember: Pickleball is only a game.

See my September 2022 column, “It’s All About Your Head”.

Finally, my pet peeve: Not picking the ball up after play is over and getting it to the server. Make an effort to retrieve the dead ball and get it back to the person serving without their having to chase it down. It’s a show of respect when you do this.

I have an ulterior motive for getting the ball

back—it helps me stay in the moment, and it helps me control the tempo of the serve, both from my opponent, but especially when my side is serving.

In summary, it’s all about having fun while being competitive with a slice of good sportsmanship for dessert.

Next column: Picking a paddle.

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



Ian Reid taps a ball back to the server during play at Homer’s local recreation facility.

Jim Lavrakas photo

Crossword answers from page 16

C	A	B	L	E		S	A	C		B	O	D	E	
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Swimming

continued from page 5

workouts that improve heart health, strengthen muscles, and increase flexibility all while boosting endorphins related to improved mental and emotional health.

“Swimming regularly can reduce stress and tension leaving you feeling refreshed. The bilateral use of the body in swimming gives your brain a nice mental workout helping to maintain cognitive skills,” said Reardon.

Swimming is one of the most effective ways to burn calories and a gentle swim can burn more than 200 calories in just half an hour, more than double that of walking. Several studies have demonstrated that water-based exercise can help people with arthritis improve the use of their arthritic joints without worsening symptoms. Individuals with rheumatoid arthritis were found to significantly benefit from participating in hydrotherapy (exercising in warm water) than with other activities. Water-based exercise can also improve the use of affected joints and decrease pain from osteoarthritis, according to the CDC.

Swimming can improve mood in both men and women. For individuals with fibromyalgia, swimming can decrease anxiety, and exercise therapy in warm water can decrease depression and improve mood.

“In addition to the physical benefits, swimming and water exercises are great ways to connect with community members and reduce feelings of isolation. Coming to the pool and interacting with facility staff on the way in, chatting with others in the locker rooms, and before and after classes, can be a great mood-lifter,” said Reardon.

During the winter months in Alaska, it can be hard to get motivated. So, Reardon advocates setting goals and making them enjoyable and achievable. “Make a plan and stick to it. It is easy to let the cold and dark discourage you from hitting the pool, but if you make swimming a



YMCA of Alaska operates two pools in Anchorage – in the Dimond Center and at its Lake Otis location, pictured here.

YMCA of Alaska photo

habit, your body will thank you for it and you will be a happier, healthier you,” said Reardon.

If you are having trouble getting motivated, Reardon recommends going as a group or having a workout buddy. Even if you don’t all do the same workout, getting there together or meeting at the pool could be just the motivation you need.

“As we all know, aquatic programs provide a low impact exercise to improve muscle imbalances, flexibility and a sense of well-being,” said Michele Cateson, assistant director of Recreational Programs at Alaska Pacific University (APU). “Now that we have entered into a world with less mask requirements and less fears of connecting with others, our older adults are returning to the pool, engaging in aquatic activities with smiling faces and excitement to be part of the community,” Cateson said.

As we age, all the hard and fast activities we put our younger selves through may start to manifest as stiffness, pain and limited mobility. Swimming offers a chance to feel younger again, engage with people of all ages and mindsets. “I have seen men and women move slowly or awkwardly on land, but once in the water they cruise up and down the lane as if they had no limitations,” Cateson said.

She recommends finding a swimming routine that works for you and then consider joining an adult swim team. There are teams that practice in the APU pool six days a week. The Swimming with Alaska Masters (S.W.A.M.) is a unique swim team for ages

18 and older that welcomes all abilities, goals and lifestyles. “Belonging to a team and having a coach

Check these facilities near you for their activities such as lap swim, open swim, swim lessons, water aerobics and more. Offerings and schedules can change due to Covid, staffing and other issues, so be sure to confirm. Anchorage municipal pools, especially, have cut back on their hours.

Anchorage

Southside YMCA at Dimond, Dimond Center Mall, 344-7788.

Anchorage Community YMCA, 5353 Lake Otis Pkwy., 563-3211.

University of Alaska Anchorage Public Pool, 3211 Providence Dr., 786-1231.

H2Oasis Indoor Waterpark, 1520 O’Malley Rd., 522-4420.

Moseley Sports Center at Alaska Pacific University, 4400 University Dr., 564-8314.

Alaska Club East (membership required), 5201 E. Tudor, 337-9550.

Alaska Club South (membership required), 10931 O’Malley Centre, 344-6567.

Buckner Physical Fitness Center Bldg., 690 D St., Fort Richardson, 384-1308.

High school pools: Contact city Dept. of Recreation, 907-343-4402, for pool schedules, activities.

Fairbanks

Alaska Club Fairbanks South (membership required), 747 Old Richardson Hwy., 452-6801.

Mary Siah Recreation Center, 805 14th Ave., 459-1081.

Hamme Swimming Pool, 931 Airport Way, 459-1086.

Patty Pool in Patty Center at University of Alaska Fairbanks, Tanana Loop. 474-7744.

Juneau

Augustus Brown Pool, 1619 Glacier Ave., 586-5325.

Dimond Park Aqua Center, 3045 Dimond Park Loop, 586-2782.

Around the state

Barrow Barrow High School Pool, 1684 Okpik St., 852-8950.

Bethel Yukon-Kuskokwim Regional Aquatic Health and Safety Center, 267 Akiachak Dr., 543-0390.

Eagle River Alaska Club Eagle River (membership required), 12001 Business

Blvd., 694-6677.

Cordova Bob Korn Memorial Pool, 609 Railroad Ave., 424-7200.

Craig Craig Aquatic Center, 1400 Wattertower Rd., 826-2794.

Haines Haines Pool, 274 Haines Hwy., 766-2666.

Homer Kate Kuhns Aquatic Center, Homer High School, 600 E. Fairview Ave., 235-4600.

Kenai Kenai Central High School, 9583 Kenai Spur Hwy., 283-7476.

Ketchikan Gateway Aquatic Center, 601 Schoenbar Rd., 288-6650.

Kodiak Kodiak Community Pool, 800 Upper Mill Bay Rd., 481-2519.

Naknek Kvimarvik Pool, School Road, 246-7665.

Nikiski Nikiski Pool, 55525 Poolside Ave., 776-8800.

Ninilchik Ninilchik School Pool, 15735 Sterling Hwy., 714-0351.

Nome Nome Beltz Jr./Sr. High School, 2920B Nome-Teller Hwy., 443-5717.

North Pole Wescott Pool, 300 E. 8th Ave., 488-9402.

Palmer Palmer Pool, 1170 W. Bogard, 861-7676.

Petersburg Community Center, 500 N. 3rd St., 722-3392.

Sand Point Sand Point School, 269 Red Cove Rd. 907-383-2696. Note: Pool is closed for maintenance but should reopen around February.

Seward Seward Jr./Sr. High School Pool, 2100 Swetmann Ave., 224-3900.

Sitka Blatchley Pool, 601 Halibut Point, 747-5677.

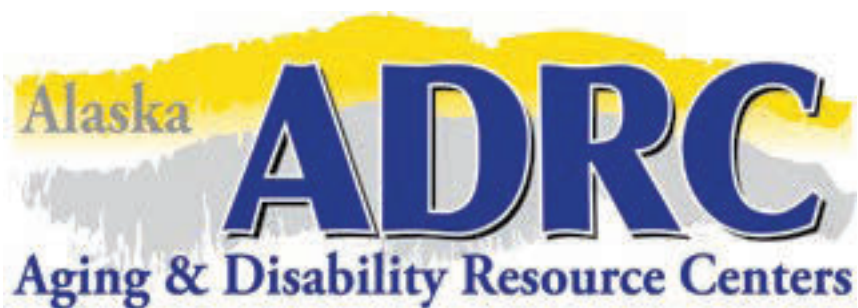
Soldotna Soldotna High School Swimming Pool, 425 W Marydale Ave., 262-7419.

Unalaska Unalaska Aquatics Center, 55 E. Broadway, 581-1649.

Valdez Valdez Swimming Pool, 319 Robe River Dr., 835-5429.

Wasilla Wasilla Pool, 701 E. Bogard Rd., 861-7680.

Wrangell Wrangell Pool, 321 Church St., 874-2444.



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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.

Anchorage Area

Municipality of Anchorage, Anchorage Health Department
825 L St., Ste 200, Anchorage, AK 99501
907-343-7770 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

Southeast Alaska

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

Mat-Su Borough

LINKS Aging & Disability Resource Center
777 N. Crusey St., A101, Wasilla, AK 99654
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Fairbanks North Star Borough

Fairbanks Senior Center - North Star Council on Aging
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