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Senior Voice

A publication of Older Persons
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Volume 45, Number 6 June 2022

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Summer sights

Carolyn and Ernie Borjon of Anchorage enjoy being outdoors on the Tony Knowles Coastal Trail on a recent evening. They said it was their first trip to the trail in years and were excited to see Cook Inlet and the views of Anchorage and southward. Check out the calendar on page 15 for June events.

Michael Dinneen photo for Senior Voice

2021
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Media Awards
Winner





Legislature passes permanent telehealth expansion

Editor’s note: This press statement was received May 19, 2022.
Alaska House Majority Coalition

The telehealth access Alaskans relied on during the pandemic is on the path to becoming permanent after Rep. Ivy Spohnholz’s House Bill 265 passed the Senate floor by a vote of 17-0. The bill would increase Alaskans’ access to health care by making permanent some of the flexibilities that were crucial to patients and providers during the

pandemic. Without HB 265, Alaskans would risk losing expanded telehealth access when the federal Public Health Emergency (PHE) expires this July. HB 265 prevents disruption to Alaska’s health care system by creating a framework for telehealth in state statute. It eliminates unnecessary red tape for providers and gives health care providers licensed in the state the ability to deliver care via telehealth without an in-person visit. The bill also requires equal pay for equal work from Medicaid for services

delivered via telehealth, supports innovation in the health care sector, and ensures that all Alaskans have access to care. Additionally, HB 265 improves access to out-of-state specialty care by allowing follow-up care via telehealth after an in-person visit, and patient consultations via telehealth for life-threatening conditions. “These last two years have shown us the benefits of telehealth,” said Representative Ivy Spohnholz (D – Anchorage). “More access to care and cost savings for both Alaskans and the state

make it clear why patients and providers alike are excited to continue the expansion of telehealth. I’m grateful for the bipartisan legislative and widespread community support for HB 265.” “This is a widely supported bill, among legislators, health care providers, and Alaskans,” said Senator David Wilson (R – Wasilla). “I’m thrilled that all Alaskans will be able to enjoy the freedom to seek high-quality health care without having to travel to obtain it.” HB 265 has received

wide support from over 40 health care organizations, including the Alaska State Medical Association, Southcentral Foundation, Alaska Association on Developmental Disabilities, Alaska Behavioral Health Association, AARP Alaska, Alaska Primary Care Association, Alaska State Hospital and Nursing Home Association, Alaska Native Health Board, and Alaska Mental Health Trust Authority and dozens more. The bill now awaits the governor’s signature.

Social Security benefits lose 40% of buying power

The Senior Citizens League
High inflation has caused Social Security benefits to lose 40% of their buying power since the year 2000, according to the latest update of an ongoing study by The Senior Citizens League (TSCL), a Washington D.C.-based senior advocacy organization. “That’s the deepest loss in buying power since the beginning of this study by The Senior Citizens League in 2010,” says Mary Johnson, a Social Security policy analyst for The Senior Citizens League who conducted the research.

the Social Security COLA adjustments with increases in the price of 37 goods and services typically used by

the prices of these goods and services to the growth in the annual COLAs. It includes cost increases in

benefit in 2000 was \$816 per month. That benefit grew to \$1,336.90 by 2022 due to COLA increases. Because retiree costs are rising so much faster than the COLA, this study found that a Social Security benefit of \$1,876.70 per month or \$539.80 per month more than currently paid would be required just to maintain the same level of buying power as in 2000. The table illustrates the top ten of

fastest-growing costs for older consumers from March 2021 to March 2022. “Retirees know all too well that, Social Security benefits don’t buy as much today, as when they first retired,” Johnson notes. To put it in context, for every \$100 of goods or services that retirees bought in 2000, today they would only be able to buy \$60 worth,” Johnson says. To help protect the buying power of benefits, The Senior Citizens League supports legislation that strengthens and protects the annual cost of living adjustment and Social Security benefits. To learn more about these initiatives, visit www.SeniorsLeague.org.

Fastest Growing Costs of Older Americans March 2021 – March 2022			
Item	Cost in March 2021 Average cost \$ or numeric data*	Cost in March 2022 Average cost \$ or numeric data*	Percent increase since March 2021
1. Home heating oil (per gal.)	\$2.86	\$5.13	79%
2. Gasoline (all grades, per gal.)	\$2.86	\$4.33	51%
3. Used vehicles	153.873*	208.216*	35%
4. Propane gas (gal.)	\$2.30	\$2.98	30%
5. Eggs (per dz.)	\$1.63	\$2.05	26%
6. Bacon (per lb.)	\$5.85	\$7.20	23%
7. Oranges (per lb.)	\$1.27	\$1.48	16.5%
8. Coffee (per lb.)	\$4.67	\$5.41	16%
9. Medicare Part B premium (per mo.)	\$148.50	\$170.10	14.5%
10. Ground chuck (per lb.)	\$4.31	\$4.87	13%

*Source U.S. Bureau of Labor Statistics, data through March 2022. Where no average prices are available, numeric data are used.

Based on the most recent consumer price data released in mid-May, the annual cost of living adjustment (COLA) for 2023 could be around 8.6%, Johnson estimates. Social Security purchasing power tracked by this study plummeted by 10 full percentage points, from a 30% loss of buying power in March of 2021 to 40% in March 2022 — the largest such drop ever recorded by Johnson’s study. The study compares the growth in

retirees. While prices rose in almost every spending category, benefits were most-impacted by sharp increases in energy costs for home heating, gasoline, and higher food prices, and a steep 14.5% increase in Medicare Part B premiums in January of this year. This study examined expenditures that are typical for people ages 65 and up, comparing the growth in

Medicare premiums and out-of-pocket health care costs that are not tracked under the index currently used to calculate the COLA. The study found that since 2000, COLAs have increased Social Security benefits by a total of 64%, yet typical senior expenses through March 2022 grew by more than double that rate — 130%. The average Social Security

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

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Get the facts about the Equality Act

SAGE Media

The Equality Act is a piece of federal legislation that would update current civil rights laws for the 21st century. It includes significant and explicit protections for LGBTQ+ people in public accommodations, federally funded programs, employment, housing, education, credit, jury service and education.

The Equality Act would do three things:

1. Fill critical gaps in public accommodation non-discrimination law for everyone
2. Add non-discrimination protections for sex, sexual orientation and

Nearly half of LGBTQ+ people who had entered long-term care or had a loved one in long-term care experienced mistreatment in a facility.

gender identity to federally funded programs

3. Adds explicit non-discrimination for LGBTQ+ people in key areas of life

Are LGBTQ+ people already protected from discrimination?

Currently, 28 states do not have laws on the books that would protect LGBTQ+ people from discrimination. Without protections in more than half of our states, LGBTQ+ older people may be powerless to

confront discrimination when it happens, and service providers, for example, may have no obligation to address it when it does.

How would the Equality Act impact LGBTQ+ elders?

The places that elders access for services, such as senior centers, congregate meals, transportation, funeral homes and more, are not currently included in non-discrimination protections. LGBTQ+ elders are also more likely to need doctor appointments than their younger counterparts or need long-term care. Nearly half of LGBTQ+ people who had entered long-term care or had a loved one in long-term care experienced mistreatment in a facility. Older transgender adults report high levels of negative experiences and concern about their

healthcare; two-thirds of trans respondents felt there would be limited access to healthcare as they age.

After facing a lifetime of discrimination, a long-term lack of legal and social recognition, and a lack of access to competent, inclusive healthcare, LGBTQ+ older people have waited long enough for comprehensive protection under federal law. Congress should act now to pass the Equality Act, to permanently provide indispensable protections that will help LGBTQ+ older people age with the health, dignity and respect everyone deserves.

What needs to happen to make the Equality Act a law?

The Equality Act is now up for consideration in the U.S. Senate. It has already passed the House of Representatives twice, and now needs to gain 60 votes in the Senate in order to be sent to President Biden's desk. President Biden has committed to signing the

bill into law should it pass the Senate.

How can individuals help get the Equality Act passed?

Each and every one of our voices matter to our elected representatives. Because of this, it is critical that we tell our senators how important it is to us that the Equality Act become law. Call your senator today to tell them to vote 'yes' on the Equality Act. If you've already called them, call again. If your friends support LGBTQ+ equality, encourage them to call as well. We must remind our senators day after day that this is what we want for our country.

SAGE is a national organization serving and advocating for LGBTQ+ elders. Visit www.sageusa.org for more information.

This article is provided by the Diverse Elders Coalition as part of an ongoing series, focusing on different senior demographics and issues.

Free summer tax assistance in Anchorage

Senior Voice Staff

Through October, AARP Tax Aide volunteers will assist people of all ages in filing their 2021 taxes. Appointments will be available for noon, 1 and 2 p.m. on the third Saturday of each month at the Alaska Literacy Program, 1345 Rudakof Circle, Suite 104. The appointment will include a short interview and the tax preparer will complete the return. You will pick up the return from 3 to 3:30 p.m. If you are filing with a spouse, both of you must be present. Once the return is complete, it will be reviewed with you, signed and electronically filed.

Bring the necessary tax documents for your visit: An original or photocopy of Social Security card for you, spouse and all dependents is a must, as well as photo

ID for you and your spouse. Other documents include amounts of the Economic Impact Payments and Advanced Child Tax Credits received for the family in 2021; all income information (such as Forms W-2, 1099-Misc, 1099-INT, 1099-DIV, SSA-1099 or RRB-1099 and 1099R); list of your medical, interest, contributions and miscellaneous expenses (if you itemize your deductions); copies of your 2019 and 2020 tax return (helps volunteer prepare this year's return); bank routing and account number for direct deposit; and an IRS identity theft PIN, if you have one.

Masks are required and must be worn over your mouth and nose at all times.

To schedule an appointment, dial 2-1-1 or toll-free 1-800-478-2221.

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Good, bad and ugly of family caregiving duties

By KAREN CASANOVAS

For Senior Voice



Q: My wife's brother refuses to pitch in and help their father, who needs assistance with grocery shopping, bill paying and bathing. The brother lives closest to Dad's house. We are thousands of miles away, and although we travel as much as possible to visit and help with his care, logistically it's just not as easy for our family as someone who lives in the same town. How can we work this out?

A: While stepmom, mother, brother or father relationships can be straight out of a horror film, often those interactions can lead to love, forgiveness and reconciliation after family dynamics explode into shouting matches or common ground is discovered. The devastating loss of one parent or significant changes in a close relative's health status can cause buried anger, past disagreements or prior squabbles to re-emerge when discussing care for loved ones. These situations are all tough to navigate.

On the surface, what seems like simple task participation often disguises underlying issues that prevent the sibling from helping your father-in-law. Some considerations are:

► Does another sibling constantly criticize the sibling who lives closest for what appears from afar to be subpar standard of care? Perhaps your wife's brother does want to help, but feels their assistance is berated because it is not perfect or the exact way someone else might take care of Dad. Avoidance of the situation altogether is a way to solve criticism.

► Has the one sibling who lives nearest been unreliable in the past, and thus the other family members still see them in that role? Maybe the brother feels like he doesn't measure up, and it may be easier not to have any communication with Dad instead of occasional, inconsistent involvement with him.

► Is the brother struggling to see their father as inca-

pable, or not as "heroic" as he once was? Perhaps now, as an adult, it is uneasy to see his dad needing help, becoming feeble and not competent to take care of himself any longer.

► Viewing the aging process of another causes examination of our own thoughts about getting old. Does the brother feel uncomfortable about becoming elderly, and wonder who will take care of him as he ages? Growing older can be an emotional roller coaster ride.

► Could your brother-in-law feel he doesn't have the skills and may fail at caretaking? When tackling tasks or taking on unfamiliar responsibilities, it can be overwhelming. Perhaps the brother feels he doesn't know enough to do what's best and is afraid he may make the wrong decision in an emergency and therefore disappoint people.

All these issues need to be discussed when making family decisions about a loved one's care. What seems like a non-caring attitude may actually be avoidance of criticism, feeling like not measuring up, difficulty in seeing a parent age, pre-grieving loss, communication roadblocks, or fear of failure.

Another consideration is the perspective of Dad. While often a natural tendency to "rescue" a parent when they need help, if your father-in-law is still mentally capable, it is up to him and how he would like to be cared for. These discussions are best conducted years before a loved one needs assisted living, skilled nursing or services in their home. Emotions quickly rise from zero to sixty if care decisions are made in crises. Finding neutral footing long before immediate decisions need

What seems like a non-caring attitude may actually be avoidance of criticism, feeling like not measuring up, difficulty in seeing a parent age, pre-grieving loss, communication roadblocks, or fear of failure.

to be made is less tempestuous.

Sibling disagreements can get further triangulated when a parent has a differing view about their care. And a parent's perspective should not be dismissed. Considerations of safety, prevention of harm or injury, sanitation/health, and personal daily care all need to be weighed and discussed with all parties involved (and heard), giving everyone an equal voice, even if there is not 100% agreement. Finding consensus when parents and older children or siblings have divisions about how to move forward can be emotionally trying and cause strong opinions to become even stronger. Cross-generational cohesion, solidarity and support may seem impossible at first. Friction may dominate conversations due to conflicting individual

agendas and interests, how the parties involved personally respond to those conflicts of interest, or reacting to long-harbored underlying hostility toward another.

The most common conflicts that emerge with adult children and parents are about communication style; habits or lifestyle choices; values; work habits and priorities; politics, religion or ideology; and household standards or maintenance. These topics require full, attentive conversations between parents and children. In this situation, one way to tackle Dad's care is by dividing up duties between family, paid caregivers, trusted friends and volunteers. Allow for Dad's input, and everyone negotiates their part of his care, but keep everyone accountable. If someone offers to take on a task big or small, make sure that it

gets done, and be grateful for their assistance. Caregiving is physically, mentally and emotionally demanding. Thank each other often for providing their time and talent.

In summary, keep in mind that aging adults want clear communication, respect, helpful assistance, a sense of control, and positivity. Finding that balance in providing care for your father-in-law between sibling conflicts can be challenging, but rewarding. Patience is paramount, and remember the ultimate focus: What is best for your loved one.

Karen Casanovas is a professional healthy aging coach in Alaska helping individuals or families collaborate, find resources and design a plan for thriving and living well whether age 35, 50 or 90. Contact her at info@karen-casanovas.com or through her website karencasanovas.com.

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COVID update: Early detection, ‘long COVID’, more

By JOHN C. SCHIESZER
For Senior Voice

Wearable device for COVID early detection

University of Texas at Dallas bioengineers in collaboration with EnLiSense LLC have come up with a wearable sensor that can detect two key biomarkers of infection in human sweat, a significant step toward making it possible for users to receive early warnings of infections such as COVID-19 and influenza. The sweat sensor can identify the biomarkers interferon-gamma-inducible protein (IP-10) and tumor necrosis factor-related apoptosis-inducing ligand (TRAIL). Elevated levels of IP-10 and TRAIL indicate what is known as a cytokine storm, a surge of pro-inflammatory immune proteins generated in the most serious infections. “Our work is pioneering since, until this date, it was unclear whether these molecules were present in

sweat,” said Dr. Shalini Prasad, who is the head of bioengineering at the University of Texas at Dallas. “We established that our low-volume passive sweat technology is indeed able to measure these biomarkers.” The ability to detect IP-10 and TRAIL is important because it allows diagnosticians to distinguish between viral and bacterial infections. “We have built a technology to unlock and explore the latest frontier in sweat diagnostics,” said Dr. Prasad. This sweat-based, wearable technology is truly transformational in that it can measure and report human host response messenger molecules associated with inflammation and infection in a real-time and continuous manner, explained the researchers. The sensor uses passive sweat, which means that the wearer does not need to engage in physical activity or have their sweat glands

Thanks to COVID-19 vaccine research, a method for delivering genetic material to the body is being tested as a way to repair damaged heart muscle after a heart attack.

expressed to generate a sample. Real-time continuous monitoring is possible as sweat is collected on a removable strip, which must be changed daily. In this study, the researchers collected sweat from 18 healthy adults who wore the sensor. They also drew blood from the subjects and compared the results. Researchers next plan to evaluate the sensor in clinical studies with patients experiencing respiratory infections. **Learning more about ‘long COVID’** Long COVID may not affect as many people as previously thought. New research is suggesting that 30% of people treated for COVID-19 developed Post-Acute Sequelae of COVID-19 (PASC), commonly known

as “long COVID.” People with a history of hospitalization, diabetes and higher body mass index (BMI) were most likely to develop the condition. The study found older adults covered by Medicaid or undergoing an organ transplant were less likely to develop long COVID, compared to commercial health insurance. Surprisingly, ethnicity, older age, and socioeconomic status were not associated with the syndrome, even though those characteristics have been linked with severe illness and greater risk of death from COVID-19. Of the 309 people with long COVID studied, the most persistent symptoms were fatigue (31%) and shortness of breath (15%) in adults who had to be hospitalized due to COVID.

Loss of the sense of smell (16%) was the most persistent symptom in adults with COVID who did not require hospitalization. The incidence and risk factors of long COVID, and even how to define the syndrome, have remained unclear throughout the pandemic. The researchers sought to evaluate its association with demographics and clinical characteristics in order to devise the most effective treatments. The researchers studied 1,038 people who were enrolled in the UCLA COVID Ambulatory Program between April 2020 and February 2021. Of those, 309 developed long COVID. A person was determined to have the syndrome if they reported persistent symptoms on questionnaires 60 or 90 days after infection or hospitalization. “This study illustrates the need to follow diverse patient populations

page 10 please

You can help with reproductive cancer research

Clinical trial underway in Alaska

By DIMITRA LAVRAKAS
For Senior Voice

Since writing about clinical trials several editions back, I’ve earned about \$40 in gift cards. Now I search for more. Participating in clinical studies can put a jingle in your pocket while contributing to medical science. Even my 5-year-old granddaughter realized this contribution -- when

I gave her a microscope for her birthday, she said, “Now I can cure people!” The webpage that details current clinical trial research in your area is www.clinicalconnection.com/search-clinical-trials. I have to say, using this website was a little more complicated than that of www.researchmatch.org, but I did find numerous trials underway across the state, including this one.

Cancer in women’s reproductive systems Whether diet and physical activity can modulate ovarian, fallopian tube, or primary peritoneal cancer is what’s being studied, and whether it leads to cancer progression-free survival. Will changing to a healthier lifestyle significantly reduce cancer progression in those who have completed therapy? Also, will the new, healthy

lifestyle will improve their general quality of life? The trial includes two groups, the lifestyle intervention group, and the lifestyle group. **Lifestyle intervention group:** Participants receive a dietary intervention designed to promote increased levels of plasma carotenoids, control weight, and ensure adequacy of micronutrient intake. Participants also undergo a physical activity regimen involving moder-

ate aerobic activity, participate in face-to-face counseling, receive educational materials and counseling focused on how to read food labels to estimate grams of fat per serving and serving size, and undergo scheduled telephone counseling by a lifestyle intervention counselor. Participants complete daily fat gram and step diaries at least three times per week.

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Identifying and fighting Medicare fraud

By SEAN MCPHILAMY
For Senior Voice

This June, we acknowledge 25 years of progress helping each other in preventing Medicare fraud. We appreciate your efforts, both for yourself, your fel-

low Alaskans, and all who benefit from Medicare. As your local Senior Medicare Patrol (SMP), we are ready to provide you with the information to protect yourself from Medicare

page 6 please

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Audiologist or hearing aid specialist?



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

An audiologist is a certified and licensed professional who has earned a master's degree or doctoral degree in the field of audiology.

A Hearing Instrument Specialist (HIS) or dispenser can receive their training from other dispensers. Each state is different on the requirements that the HIS needs. Some require written and practical exams to be licensed and others require a two-year Associate in Applied Science degree (AAS). An HIS may also pass a national exam and become board certified.

An audiologist has

more schooling, learns more about disorders of the ear, has training with cochlear implants and hearing aids. If an audiologist sees a disorder, they can diagnose.

An HIS learns more about the hearing aid, how to fit and adjust hearing aids to the individual, how to repair and clean the hearing aids and how to detect (but not diagnose) a disorder in the ear.

Whether you choose an audiologist or a HIS for your hearing aid needs, you will not go wrong with either one. You must be comfortable with the person helping you. My advice to you is choose the person that is the best fit for you, not the title.

At Accurate Hearing, we offer a free hearing test. Request an appointment by calling 907-644-6004.

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



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Fraud

continued from page 5

fraud, errors and abuse. If you have any questions or concerns, please call the State of Alaska's Medicare Information Office (MIO) to speak with any of our certified counselors.

The costs of fraud

Medicare loses an estimated \$60 billion each year due to fraud, errors and abuse. Every day, issues related to these concerning matters affect people across the country, often costing them money, time and well-being. Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, a pattern of errors committed by a physician or provider could be a red flag of potential fraud or abuse if not corrected. When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud or abuse could include:

- ▶ Charging for services or supplies that were not provided.
- ▶ Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment; or
- ▶ Prescribing or providing excessive or unnecessary tests and services.

Medicare ID protection

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Theft from Medicare leaves less available funds for those needing services

now as well as those needing Medicare in the future.

One of the best things to do is to protect your Medicare card in the same way that you protect your Social Security card. Both of these numbers can be used to commit fraud, so keep them safe. Keep a record of your medical appointments, then periodically review your medical insurance claims on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB); these are normally mailed to you or you can review claims online. Look for services, products or equipment that you or your doctor did not order. If you find items of concern, call the doctor or company in question and ask them about potential mistakes. A pamphlet, "My Health Care Tracker", is available to help you; these are available by calling the Medicare Information Office and requesting one be mailed to you.

Caring for each other

Family members, caregivers and health care providers each can help in preventing fraudulent practices. Be on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house that may have been shipped to the beneficiary without their or their doctor's approval.

Remind your client or loved one to never give out their Medicare number or other personal information over the phone. Encourage them to check their Medicare statements for fraud, errors or abuse. Help your loved ones create a Medicare.gov account to access their Medicare claims online or remind them to open and review their statements

when they come in the mail every three months. You can also register their phone number on "do not call" lists and go to www.optoutprescreen.com to opt out of mailings. Health care providers help by talking to patients about health care-related scams such as those related to durable medical equipment and genetic testing schemes.

Remind your loved ones that products and services should only be ordered by physicians they regularly see. Needed medical items should never be ordered through TV ads or unsolicited calls. Lastly, as a community, help by looking out for your older neighbors. When in public, be aware of older individuals purchasing gift cards in large amounts. If you overhear someone talking about Medicare, do not be afraid to offer information about the Medicare Information Office or your local Aging and Disability Resource Center (ADRC). Encourage those you know to talk to a trusted source about their Medicare questions and tell your neighbors about the most recent Medicare scams. Consider volunteering with us!

For answers to any Medicare related questions, please feel free to contact the State of Alaska's Medicare Information Office at 800-478-6065 or 907-269-3680; our office is also known as the State Health Insurance Assistance Program (SHIP), the Senior Medicare Patrol (SMP), and the Medicare Improvements for Patients and Providers (MIPPA) program.

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

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A welcome break between health fair seasons

By **SHARON PHILLIPS**

Alaska Health Fair Inc.

The loyalty of many long time clients and the curiosity of many new ones has helped us at Alaska Health Fair to ride the crazy, wild waves of 2020-2022 and we didn't go under water during the process. Our staff and volunteers will now take a short summer break, and dream of or take advantage of long weeks of camping or fishing as many of you might dream of.

We use summer for

personal leave, to rest and recover, write grants, do inventories, restock supplies, catch up on reports, book events and carefully prepare for the whirlwind of what we call "our fall schedule".

Our final spring community health fair was May 21 and we'll start office draws, community and worksite events again in mid-August. Our offices statewide are closed from July 1 through July 10.

Please give us a chance to create fall health fairs

for your community or worksite by giving us a call and connecting with one of our program directors, who can help you visualize and build an event. Our plans include offering valuable health education from various agencies from within your local community or statewide entities brought in to provide resource information, as conditions and spacing permits. Traditional events offer heart and stroke health, diabetes prevention and management to include kidney

health, prostate health and other educational topics from exhibitors, educators and screeners.

We're always looking for good blood draw professionals, plus medical and non-medical volunteers of all ages, backgrounds and experience levels to support meet and greet, registration, blood pressure, checkout and more.

If you're interested in volunteering or just seeing what our agency is all about, visit our website at www.alaskahealthfair.org

and click "Sign up to AHF Newsletter." You can also use the QR code (below) to pull up our website on your device.

Or call your local office: Anchorage, 907-278-0234; Fairbanks, 907-374-6853; Juneau, 907-723-5100.

We look forward to meeting your health needs in fall, 2022.

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

Family caregiver support program wants your feedback

By **DANI KEBSCHULL**

For Senior Voice

During the month of June, staff at the Kenai Peninsula Family Caregiver Support Program will be traveling from Seward to Nikiski to introduce the program to more people and to gather feedback

from family caregivers, as well as potential family caregivers.

We strive to provide quality training topics each month but cannot do so if we don't have an understanding of what people would be interested in learning.

With that in mind, please

look for our schedule in Senior Voice as well as on our Facebook page (@KPFCSF) and join us.

Beginning this month, we will start hosting meetings in two new locations: Seward Senior Center, June 3, 1 to 3 p.m.

Tyotkas Elder Center (Kenai), 2 to 2:30 p.m.

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

We cannot wait to meet

everyone and hear from each of you – not just about future trainings, but about your needs as caregivers, too.

Dani Kebschull is the Kenai Peninsula Family Caregiver Support Program Coordinator.



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New guidelines for best sleep, aspirin use

By JOHN SCHIESZER

Medical Minutes

How much sleep do I need?

Everyone is different when it comes to sleep. Some people need much more than others. Well, it now turns out that seven hours may be the ideal amount of sleep for people in their middle age and upwards, with too little or too much sleep associated with poorer cognitive performance and mental health, according to a new British study from the University of Cambridge and Fudan University.

Sleep plays an important role in enabling cognitive function and maintaining good psychological health. It also helps keep the brain healthy by removing waste products. As we get older, we often see alterations in our sleep patterns, including difficulty falling asleep and staying asleep, and decreased quantity and quality of sleep. It is thought that these sleep disturbances may contribute to cognitive decline and psychiatric disorders in older adults.

In a new study published in Nature Aging, scientists from the UK and China examined data from nearly 500,000 adults age 38 to 73 years from the UK Biobank. Participants were asked about their sleeping patterns, mental health, and took part in a series of cognitive tests. Brain imaging and genetic data were available for almost 40,000 of the study participants.

The team found that both insufficient and excessive sleep duration were associated with impaired cognitive performance, such as processing speed, visual attention, memory, and problem-solving skills. Seven hours of sleep per night was the optimal amount of sleep for cognitive performance, but also for good mental health, with people experiencing more symptoms of anxiety and depression and worse overall wellbeing if they re-



ported sleeping for longer or shorter durations.

The researchers say one possible reason for the association between insufficient sleep and cognitive decline may be due to the disruption of slow-wave 'deep' sleep. Disruption to this type of sleep has been shown to have a close link with memory consolidation.

The team also found a link between the amount of sleep and differences in the structure of brain regions involved in cognitive processing and memory, again with greater changes associated with greater than or less than seven hours of sleep.

Having a consistent seven hours' sleep each night, without too much fluctuation in duration, was also important to cognitive performance and good mental health and wellbeing. Previous studies have also shown that interrupted sleep patterns are associated with increased inflammation, indicating a susceptibility to age-related diseases in older adults.

The findings suggest that insufficient or excessive sleep duration may be a risk factor for cognitive decline in aging. This is supported by previous studies that have reported a link between sleep duration and the risk of developing Alzheimer's disease and dementia, in which cognitive decline is a hallmark symptom.

"Getting a good night's sleep is important at all stages of life, but

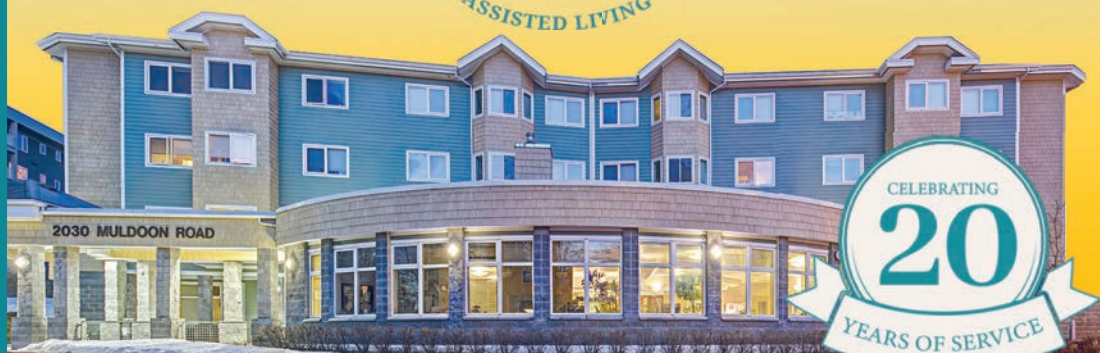
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Guidelines

from page 8

particularly as we age. Finding ways to improve sleep for older people could be crucial to helping them maintain good mental health and wellbeing and avoiding cognitive decline,” said study investigator Professor Barbara Sahakian with the Department of Psychiatry at the University of Cambridge, UK.

New advice on aspirin and heart disease prevention

The recommendations are changing for aspirin use in older adults. For adults with no history of cardiovascular disease or stroke, low-dose aspirin is not recommended for prevention of heart attack or stroke, particularly for adults with a higher risk for bleeding. In consultation with their physician, select middle-aged adults may benefit from low-dose aspirin therapy if they are at high risk for heart at-

Seven hours may be the ideal amount of sleep for people in their middle age and upwards, with too little or too much sleep associated with poorer cognitive performance and mental health.

tack or stroke due to risk factors such as smoking, hypertension, type 2 diabetes, high cholesterol or significant family history.

The new recommendations are from the U.S. Preventive Services Task Force (USPSTF), an independent, volunteer panel of medical experts focused on improving the health of people nationwide by making evidence-based recommendations.

“If you are already taking low-dose aspirin because you have had a heart attack, stroke or stenting or you have a history of atrial fibrillation, continue to take it as directed by your physician. This new guidance about low-dose aspirin does not apply to your situation. Do not stop taking aspirin without first talking with your doctor,” said Dr. Donald M. Lloyd-Jones, who is with the American Heart

Association.

The new guidance on the use of low-dose aspirin strictly applies to adults who have not had a cardiovascular event or any heart disease diagnosis. Currently, the evidence shows that low-dose aspirin is not appropriate to prevent a first heart attack or stroke in most people. Due to the blood-thinning effects of aspirin, research continues to indicate that for most adults the risk of

bleeding may be greater than the number of heart attacks or strokes actually prevented.

“Various research studies over the past two decades indicate more than 80% of all cardiovascular events may be prevented by healthy lifestyle changes and management of known risk factors with medication when needed. Eating healthy foods and beverages, regular physical activity and not smoking are key,” said Dr. Lloyd-Jones, who is also the chair of the department of preventive medicine at Northwestern University’s Feinberg School of Medicine in Chicago, Illinois.

The scientific evidence continues to confirm healthy lifestyle habits and effectively managing blood pressure and cholesterol are the top ways to prevent a first heart attack or stroke, not low-dose aspirin, according to Dr. Lloyd-Jones. The new USPSTF guidance now aligns with American Heart Association’s 2019 primary prevention guideline.

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.

Research

continued from page 5

Lifestyle group: Participants receive a study notebook containing general study-related information. They are not asked to record diet or physical activity but are provided a single sample diary in their study

notebook. Phone contact is on a sliding scale similar to the intervention group, but at less-frequent intervals.

After completion of the study, participants are followed-up on every three months for two years, every six months for three years, and then annually thereafter.

The website for this trial lists more than a dozen

participating clinics in Anchorage and Fairbanks.

To learn more about participating, go to <https://www.clinicalconnection.com/clinical-trials-from-other-databases/study-location-selection/258882>.

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COVID

continued from page 5

longitudinally to understand the long COVID disease trajectory and evaluate how individual factors such as pre-existing comorbidities, sociodemographic factors, vaccination status, and virus variant type affect type and persistence of long COVID symptoms,” said Dr. Sun Yoo, health sciences assistant clinical professor at David Geffen School of Medicine at UCLA.

COVID vaccine technique leads to a novel way of treating heart attacks

One of the rare positive things to come from the COVID-19 pandemic is a major advancement in vaccine research. Due to the COVID-19 vaccines, a method for delivering genetic material to the body is being tested as a way to repair damaged heart muscle after a heart attack.

The COVID-19 messenger RNA (mRNA) vaccines use lipid nanoparticles (tiny fat droplets) to deliver mRNA to the body's cells. This mRNA instructs the cells to manufacture a dummy spike protein on their surface to mimic the protein on the virus causing COVID-19. The body then mounts an immune response by creating antibodies which can be used if the individual becomes infected with the virus.

A similar method for

mRNA delivery is now being used. In this case, instead of aiming for an immune response, the researchers' ultimate goal is to instruct the heart's cells to repair themselves after a heart attack. This preliminary study was conducted to determine whether mRNA could be successfully delivered to the heart muscle in lipid nanoparticles.

The researchers injected different formulations into the left ventricular wall in animal models during open chest surgery under general anesthesia. The researchers found that mRNA successfully reached the heart cells 24 hours after injection. However, despite injection into the heart, the highest levels of mRNA translation were found in cells of the liver and spleen.

“High expression was expected in the liver, since it metabolizes the lipid nanoparticles. Nonetheless, it was encouraging to see that there was mRNA translation in the heart tissue, which means that lipid nanoparticles could work as delivery systems for mRNA therapy,” said study author Dr. Clara Labonia with the University Medical Center Utrecht, the Netherlands.

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.

How to access COVID funeral assistance funds

By JIM MILLER

Savvy Senior

Dear Savvy Senior: I recently saw a news segment on TV about a government funeral assistance program available to families who lost loved ones during the pandemic. What can you tell me about this? I lost my 78-year-old mother to COVID in 2021 and want to find out if I'm still eligible for any funeral funds, and if so, what I need to do to get them. – Still Sad

Dear Sad: I'm very sorry about the loss of your mother. The government program you are asking about is the COVID-19 Funeral Assistance Program administered by the Federal Emergency Management Agency (or FEMA). This program is part of the American Rescue Plan, a stimulus package passed in 2021 in an effort to help the country financially manage amid the pandemic.

This program, which has no end date, offers up to \$9,000 to cover the cost of a funeral for someone

Unfortunately, less than half the people believed eligible for funeral assistance have actually applied for it. Here's what you should know about the program's requirements and how to apply.

who died of COVID-19 as far back as January 2020.

Unfortunately, less than half the people believed eligible for funeral assistance have actually applied for it. Here's what you should know about the program's requirements and how to apply.

Where to start?

To apply for COVID-19 funeral assistance, you must do it over the phone by calling FEMA at 844-684-6333, anytime Monday through Friday, from 9 a.m. to 9 p.m. Eastern Time. The application process takes about 20 minutes.

After you apply, FEMA will provide you an ap-

plication number, which you may use to create an online account at www.DisasterAssistance.gov if you choose.

You will then need to submit supporting documents, including a death certificate for your mother, but it must state that her death “may have been caused by” or “was likely the result of” COVID-19 or COVID-19-like symptoms. Her death must also have occurred in the U.S. on or after Jan. 20, 2020.

If you don't have this, you won't be eligible.

You'll also need to submit proof of funeral expenses, such as itemized receipts, invoices or funeral home contracts.

These supporting documents can be submitted either online (through your www.DisasterAssistance.gov account), by mail (P.O. Box 10001, Hyattsville, MD 20782) or via fax at 855-261-3452.

After the paperwork is received, it takes FEMA

next page please

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

Networking for Anchorage, Mat-Su area providers

Interested in learning more about businesses and agencies providing senior services in the Anchorage and Mat-Su area? Want to get the word out about your own service? The monthly Service Providers Breakfast,

sponsored by Older Persons Action Group, Inc., is an opportunity for all the above. Informal, early and free, the monthly event currently meets virtually online via Zoom. The June meeting is June 8, hosted by the Chu-

giak-Eagle River Senior Center. Begins at 8 a.m.

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

Funeral

from page 10

about 45 days to make an eligibility decision.

Families who had multiple deaths due to the coronavirus can also apply. One family can receive up to \$35,000 across multiple funerals.

Reimbursements can be used to cover any portion of funeral expenses including burial plots, caskets, preparation of the body, cremation, urns, clergy, services and headstones as well as costs related to state or local ordinances and producing death certificates.

But be aware that pre-paid funerals are not eligible for reimbursements. Any payment made specifically for a funeral prior to death is considered a du-

plication and is not eligible.

If FEMA approves your application, the funds will either be deposited into your bank account or sent by mail via check, usually within a few days of approval.

If, however, you receive a letter from FEMA saying you're ineligible, or if the amount awarded is not enough, you have the right to appeal within 60 days of FEMA's decision letter.

For more information on the COVID Funeral Assistance program, visit <https://FEMA.gov/disaster/coronavirus/economic/funeral-assistance>.

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

Get your Senior Farmer's Market checks today

Senior Voice Staff

This year's Senior Farmer's Market Nutrition program check (formerly coupon) booklets are now available, distributed through local senior centers and other agencies. Each booklet includes \$35 worth of checks that can be

used to buy fresh produce and other items at local farmer's markets, authorized roadside stands and other select locations. Applicants must be at least 60 years old and meet low-income eligibility guidelines. Links to program information and a downloadable application are at [https://](https://bit.ly/38GnBU0)

bit.ly/38GnBU0. Or call your local senior center or meal program for details. There's also a proxy application form that allows someone to apply on behalf of someone else.

Checks may be used from June 1 through Oct. 31.

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News items from 100 years ago in Alaska

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

The following are selections from newspapers across Alaska, published in June of 1922.

The laws of nature

Editorial, Seward Gateway, June 14, 1922:

Seward - Complaint was made in Seward this week that fishing boats were killing the seals on rocks at the mouth of the harbor. While there is no law to prevent these animals being slaughtered, for sentimental reasons the few that congregate in these haunts should be preserved. They are objects of great curiosity to tourists and invariably are mentioned in their articles in Eastern papers. At the present time the law allows seals and seagulls to be killed, but it is a bad law inasmuch as it destroys life which is necessary to preserve the balances provided at a check by nature.

When we attempt to improve upon the laws of nature, we generally find that they are fixed and immutable, and the result is some pestilence, epidemic or plague of insects or plant life. The English sparrow and the German carp are examples. Likewise, the water hyacinth which choke the waters of the southern streams. The seals may eat salmon, as fish are their natural diet, but they may also eat other fishes which would prey upon the salmon. The gulls are nature's scavengers, and without them our harbors would become uninhabitable, or at least breed disease and pestilence.

The dentist will be an optometrist

Ad placed by C. D. Carter, D. D. S., Kusko Times, June 14, 1922:

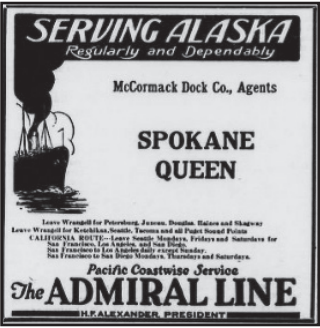
McGrath - To those who will be in need of dental services, I will say it is my intention to return North on the first boat landing at Bethel, early in July, and later will visit McGrath, Tacotna, Ophir, Flat and all other places heretofore covered. During my stay on the Outside, it is my intention to take an up-to-date course in Optometry, my

purpose being to return North prepared to test the eyes of all those in need of this special attention, as well as to supply accurate lenses and other optical requirements

Today Is Clean Up Day for Nome

Nome Nugget, June 10, 1922:

Nome - Friday June 9th, is the day set aside for cleaning the city and a city holiday Is declared for that



Wrangell Sentinel, June 15, 1922

purpose. Promptly at 1 p.m. teams began to gather the rubbish piled in the streets. As it is impossible to drive into backyards, citizens are requested to pile all refuse in the streets available to the teams. The week following, an inspection will be made of all property and those places not cleaned will be taken in charge by the City, cleaned and the expense charged to the occupant or property owner.

Saturday evening in the A. B. Hall, a free community ball will be given to the people of Nome. This will be the last community dance of the season before the arrival of the passenger boats, and everyone is asked to attend. An invitation is extended to all officers and men of the Cutter Bear to attend. This dance is absolutely FREE, come one, come all. Have a good time before the summer's activities require your time and efforts.

Junior Barnstormers appear before the footlights once more

Wrangell Sentinel, June 15, 1922:

Wrangell - The latest appearance of the Junior Barnstormers was at the Gymnasium last Friday night, when these well-known theatrical performers presented "When Doctors Disagree" and "Aunt Deborah's First

Luncheon." Each of these plays scored a big success.

"When Doctors Disagree" was a play where four different doctors were called on the same case by an excited porter in a hotel for one of the guests who had suddenly taken ill. As it happened, only freak doctors were called and each one diagnosed the case according to his particular line, and was determined that his treatment should be followed. The situations

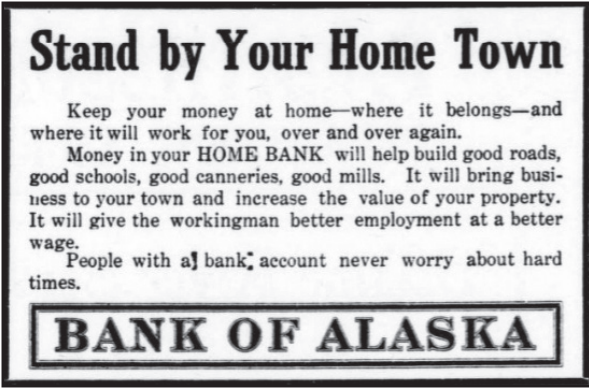


Seward Gateway, June 14, 1922

thus brought about were very amusing. The actors in the play were, Lloyd Tucker, John Grant, James Wheeler, Raymond Wheeler, Robert Edmunson, Joel Wing and Harry Jaynes.

"Aunt Deborah's First Luncheon" was a play revolving around a family which had suddenly come into wealth and whose feminine members were endeavoring to adjust themselves to their new life. Some fashionable guests were invited to a luncheon which was made extremely embarrassing to the hostess by the appearance of Aunt Deborah, whose behavior and naive

son, Erma Grant, Marjory Johnson, Nellie Rowley and Dorothy Wason. Each one carried out her part most creditably. Several piano selections beautifully rendered by Miss Liberty Worden added much to the evening's pleasure. Ice cream was served at the close of the entertainment. The proceeds of the evening will be used for repairs on the Gymnasium.



Wrangell Sentinel, June 15, 1922

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

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Assistance program aims to make internet more affordable

By **DIMITRA LAVRAKAS**
For Senior Voice

Low-income Alaskans now qualify for discounted or free internet access, thanks to an expanded federal program announced by the White House May 16.

The White House estimates the program will cover 48 million households, or 40 percent of the country.

The Affordable Connectivity Program grants up to \$30 a month to pay for high-speed internet for households who qualify under certain programs and income levels.

certain government benefit programs. These programs include Medicaid, free and reduced-price school lunch or school breakfast programs, Federal Pell Grant (received in the current award year), Supplemental Nutrition Assistance Program (SNAP), Lifeline, Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Supplemental Security Income, Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, and certain tribal assistance programs.

The table below reflects the income limits for the program by household size.

Household Size	Line
1	\$27,180
2	\$36,620
3	\$46,060
4	\$55,500
5	\$64,940
6	\$74,380
7	\$83,820
8	\$93,260
For each additional person, add:	\$9,440

How to apply

Go to [GetInternet.gov](https://www.getinternet.gov) for details on how to sign up for the ACP and find local participating internet providers.

The application process is quick and easy, though you'll need to provide some personal information like your Social Security Number or driver's license number.

You can also learn on this site how to apply by mail.

Once your application is approved, choose a company that offers ACP discounts, let them know

you've been approved for the program, and schedule a hookup.

Participating plans must offer download speeds of at least 100 megabits per second.

You can also sign up for the ACP benefit through your existing internet service provider if it participates in the program.

Keep in mind that participating providers may require you to apply through their company's own application process.

page 23 please

Do you qualify for this program?

There are two main ways to qualify for the Affordable Connectivity Program:

Your household income, which must be at or below 200 percent of the federal poverty level (see the table for amounts), or through you or someone in your home being enrolled in

Alaska Natives to see new broadband effort *Federal program sends millions to rural Alaska*

By **DIMITRA LAVRAKAS**
For Senior Voice

The \$41.5 million provided by the federal Tribal Broadband Connectivity Program will make fast internet more affordable so

rural residents can access telehealth appointments, and provide access for economic growth and remote learning.

As is usual with federal spending, Alaska is getting more than other states.

The Alaska Federation of Natives will receive \$35.1 million to subsidize internet service, provide computer packages, help tribal communities access telehealth and offer digital skills training, ac-

cording to a press release from the U.S. Commerce Department.

Other Alaska tribal associations that will see grants include: \$1.9 million to Cape Fox Corp. in Ketchikan, \$2.5 million to Kotzebue's tribal government

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Rambles

News from the Grapevine

The Alaska Commission on Aging has a new executive director. **Jon Haghayeghi** took over in early May, replacing Lisa Morley, who left the position in March. Prior to his new role, Haghayeghi worked for three years as executive director of the state's Commercial Fisheries Entry Commission. He has a PhD in Economics from Claremont University. The Alaska Commission on Aging works on planning, advocacy and interagency collaboration on issues and state and federal services affecting older Alaskans. For more information on the commission, visit <https://dhss.alaska.gov/acoa/>. ... This year's **Ron Hammett Award** for outstanding service to seniors in the **Anchorage** community goes to **Pat Abney**. She was surprised with the award announcement during the Older Americans Month Kick-Off event at the **Anchorage Senior Activity Center** on May 4. "Pat has been involved in the Anchorage community since 1963 – both in teaching its children and supporting the goals of seniors," notes her nomination form. She currently serves at the Anchorage Senior Activity Center Advisory Board President. Pat also served as a member of the Coastal Policy Council from 1998–2001 and was on the Board of the Cook Inlet Aquaculture Association from 1994–2001. She served on the Anchorage Assembly, Rabbit Creek Community Council, and the Alaska Commission on Postsecondary Education board. (She also volunteered at Older Persons Action Group, Inc. – Ed.). Event attendees shared anecdotes about Pat, who was participating via Zoom, and she will receive her award at a later date ... **Santa's Senior Center in North Pole** is considering starting a **chess club** and wants to hear from any interested members. Contact them at 907-488-4663 or santaseniors@alaska.net. *Rambles is compiled from senior center newsletters, websites and reader tips from around the state. Email your Rambles items to editor@seniorvoicealaska.com.*

Farm tour surprises include familiar names, shared pasts

By **MARALEY MCMICHAEL**

Senior Voice Correspondent

My sister, Jeanette, who lives in Soldotna, made arrangements for the four of us siblings to go on a farm tour, though Margaret Adsit, original owner of Alaska Farm Tours. As the date got closer, it turned out that only Jeanette and I could attend. We showed up at the Palmer Visitor Center promptly at 9 a.m. June 18, 2018 and learned we were the only guests for the morning tour.

At that time, I'd lived in the Mat-Su Valley for a total of 22 years on and off since 1984, so I knew quite a bit about the geography, history and agriculture. Not so much for my sister. When Margaret learned that both Jeanette and I were "territory of Alaska" babies, she questioned how she should change her tour information compared to speaking to tourists.

I replied that I wanted to hear her usual spiel. I like to go into activities and adventure with an open mind, knowing that



at least 20 years. She was just as surprised as I was and I told her I couldn't remember her last name. It turns out that she returns to Alaska to work at Arctic Organics every spring for about four months and

Don Berberich with his berry products for sale. Below, his berry farm near Palmer in May 2022.

Maraley McMichael photo



I always learn something new and interesting no matter the circumstances.

We began with a tour of the display garden adjoining the Visitors Center. I've been a fan of this garden since it was first developed in the 1980s, back when the display gardens at the Experimental Farm on Trunk Road were disbanded. I mentioned that I knew the lady who designed and installed the Visitors Center garden. Wendy was her first name, but I couldn't come up with her last name and I thought she'd moved out-of-state many years ago.

Next Margaret drove us out the Old Glenn Highway toward the Butte to Arctic Organics. Their family-run farm has grown up gradually and employed seven workers during the summer months to keep up with their Friday evening market at the farm and Saturday Anchorage market. Jeanette and I learned a lot exploring the fields, the hoop houses and the greenhouses. As we spoke to one lady while entering a greenhouse, she seemed familiar to me. It only took a minute before I realized she was the very same "Wendy" I had just spoken of and who I hadn't seen for

would be returning to California in two days.

As we drove the back roads to return to the Old Glenn, I saw Christy Marvin (of mountain racing fame) on a training run and asked Jeanette if she knew who we just drove past. I quickly explained that Christy was the daughter of two people Jeanette and I grew up with in Glennallen in the 1960s and 1970s. Christy wouldn't know us, but her parents certainly would.

While traveling to our next stop in the Springer Loop System, I discovered that Margaret not only knew where Slana, Alaska is located, but she actually worked at the Slana Ranger Station the summer of 2006. At that time, my husband and I were operating Nabesna House Bed and Breakfast out of our lovely log home right next to the Slana Post Office. Margaret and I shared several laughs while reminiscing about Slana people and activities.

We arrived at Don Berberich's berry farm where he and a helper were working on the irrigation system. After Margaret introduced us and I learned that Don had recently

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Alaska documentary focuses on lymphedema

Senior Voice Staff

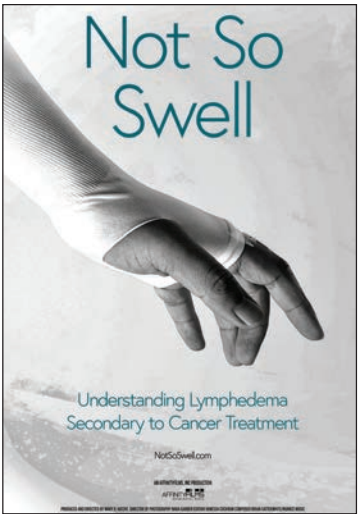
A newly released film, “Not So Swell,” produced by Homer-based Affinityfilms, aspires to educate doctors, patients and the general public about lymphedema. A May 4 press statement notes the 30-minute film and a series of 16 shorter segments are now available for free viewing by Alaskans at www.affinityfilms.org/not-so-swell/. Lymphedema is a swelling in the arm, torso or legs that is caused by a blockage in the lymphatic system, which is commonly the result of lymph node removal or radiation damage following cancer treatment, notes the press announcement.

“Nearly 250 million people worldwide have lymphedema, but amazingly, even many people within the medical field are just becoming aware of it,” stated Mary Katzke, owner of Affinity Films, which produced “Not So Swell.”

Katzke had breast cancer 30 years ago and recently experienced lymphedema firsthand, which inspired her to create a film, a video library and a list of online resources anyone can use to learn more, notes the press statement. The project is sponsored by Mat-Su Health Foundation and Alaska Run For Women. The Lymphedema Education and Research Network (LE&RN) also assisted with the project and will be sharing the film with its network. The film is available to Alaskans for free. All others can download it for \$14.99.

“Up to 40 percent of people who are treated for cancer end up with lymphedema,” contin-

ues the press statement. “Others are born with it (although it’s a different type of lymphedema). Early



Provided by Affinityfilms

detection is important because treatments can prevent severe consequences later. With the proper treatment, lymphedema symptoms can be managed and controlled.”

The short clips on the website also include staff training sessions that physicians and others in the medical field can use to inform their staff about lymphedema. Physician offices can contact Katzke at MaryKatzke@gci.net to request informational materials, and speakers are available to talk to groups about lymphedema.

Affinityfilms, Inc., is a nonprofit media production company formed in 1982. The company has a long history of coordinating projects around cancer. Others have included six documentary films on cancer, many public service announcements, wellness calendars and the photo exhibits “Alaskans in Pink” and “Pandemic Portraits,” which is currently exhibiting around the state. Learn more at www.affinityfilms.org.

Calendar of Events

June 10-18 Anchorage Slam’n Salm’n King Salmon Derby at Ship Creek. Annual derby offers awards in different categories and a grand prize valued at over \$6,000. Open to both local and out-of-state anglers. Purchase tickets at The Bait Shack, 212 W. Whitney Rd. Proceeds benefit non-profit groups. Info at www.thebaitshackak.com

June 10-11 North Pole Rummage and Trunk Sale at Santa’s Senior Center. Indoor rummage sale Friday, June 10, outdoor trunk sale Saturday, June 11. Bake sale and barbecue will also be underway. Call for details, 907-488-4663

June 10-12 Palmer Palmer Colony Days. Family-friendly community festival. New event, “Harvest Olympics,” is a relay race consisting of farm-themed events, with the fastest ‘harvesters’ claiming the prize. Bonus time deductions for costumes. Also: Bed Races, Rhubarb Recipe Contest, Cornhole Tourney, parade, much more. Full schedule online at www.palmerchamber.org/colonydays/

June 10-12 Soldotna Kenai River Festival at Soldotna Creek Park. Celebrate with food booths, live music, Alaska Artisans Market, Run for the River (for all ages and abilities), KWF Kids Zone and more. Friday, 5 to 10 p.m.; Sat. 11 a.m. to 10 p.m. (Run for the River begins at 8 a.m.); Sunday, 11 a.m. to 4 p.m. www.kenaiwatershed.org

June 14 Nationwide Flag Day

June 16 Juneau Southeast Alaska Conservation Council bonfire gathering at Auke Rec Raven Shelter, 6 to 8 p.m. Bring your own snacks and beverages (no glass bottles, please) and talk with SEACC supporters and staff about community issues important to you. www.seacc.org or 907-586-6942

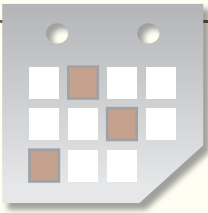
June 19 Nationwide Father’s Day

June 21 Fairbanks 117th Midnight Sun Baseball Game at Growden Park, 10 p.m. The Goldpanners will host the in the annual event. General admission: \$25. Visit goldpanners.pointstreaksites.com or call 907-451-0095 to purchase tickets.

June 21 Nationwide Summer solstice

June 25 Anchorage re:MADE Market, 10 a.m. to 4 p.m. at The Gathering AK Café, 13500 Old Seward Hwy. Featuring vendors and artists with up-cycled art (using recycled products), vintage items, food, coffee, more. Information at www.anchorageremade.com/2022-remade-markets.html

June 25 Wasilla Miles for Meals fundraiser race/walk at Wasilla Senior Center, 1301 S. Century Cir. Annual event raises funds for Wasilla Area Seniors, Inc. home-delivered meals program. \$25 registration. For more information, www.wasillaseniors.com or 907-206-8800.



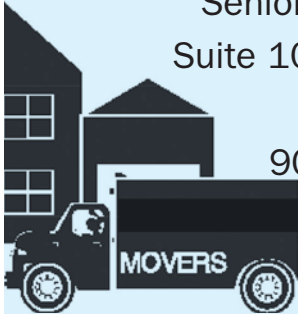
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Last shot of Civil War lands in Bering Sea

By LAUREL DOWNING BILL

Senior Voice Correspondent

Seventy-four days after Gen. Robert E. Lee surrendered his Confederate forces at the Appomattox courthouse in Virginia, and almost two months after the Confederate Army stopped fighting on land, the last gun of the Civil War was fired in the Bering Sea of Alaska.

Not knowing the war had ended, the commander of English-built Confederate vessel CSS Shenandoah fired upon several whalers near Saint Lawrence Island on June 22, 1865 (although some credible sources say it was on June 28). Commanding officer

Lt. James Iredell Waddell and his crew inspected vessels flying British, French and Hawaiian flags and let them pass, but seized American whalers, according to an article written by Robert N. DeArmond in the July 1937 issue of The Alaska Sportsman.

The Shenandoah was one of several ships used by the Confederates to disrupt Yankee commerce on the high seas and she targeted whaling ships in particular. Confederates figured if they could disrupt the traffic of whale oil, they could bring the Union's economy to its knees. Whale oil was the hot-ticket item of the day used in lamps as well as a lubricant for everything from guns, watches, clocks, sewing machines, typewriters and more.

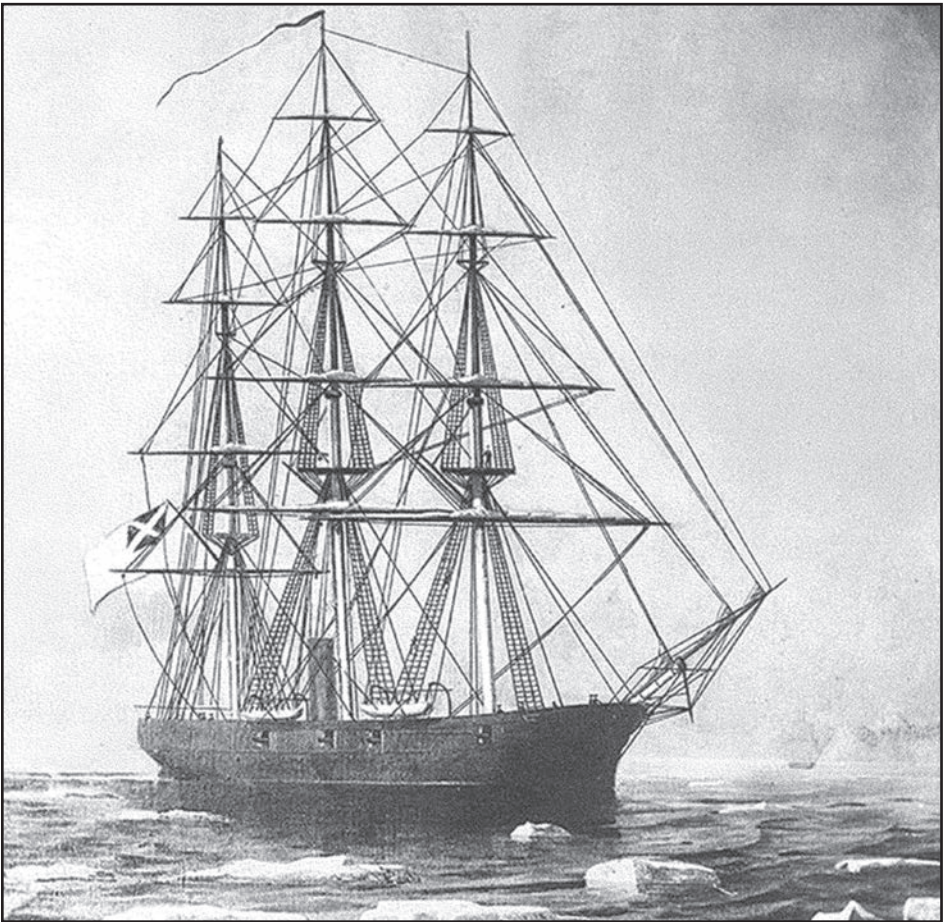
The 1,100-ton steamer, built in Glasgow in 1863, had been purchased by the Confederate government in 1864. She measured 230 feet, had a 32-foot beam and drew 15 feet of water.

During her 13-month saga with the Confederate Navy, the Shenandoah covered 58,000 miles and captured, burned and sank more than three dozen Yankee ships, 25 of which were after the war was over. Her crew also took more than 1,000 Union prisoners, yet never took a life.

Following the capture of the American whalers in the Bering Sea, the Shenandoah followed other whalers that had slipped into the Arctic Ocean. She passed through Bering Strait and into the Arctic but was forced to turn southward after a few miles due to sea ice.

While sailing in a dense fog, the Shenandoah slammed into ice floes that almost tore off her rudder and threatened to crush her hull. After several hours, however, she managed to steam free of the ice. She then continued on her course down the Aleutian Chain and set course for the coast of California.

On Aug. 2, 1865, just 13 days out of San Francisco, she overtook the English bark Barracouta. That's when the crew learned the war was



The CSS Shenandoah, an English-built Confederate vessel that disrupted Yankee commerce on the high seas, fired the last shot of the American Civil War off the coast of Alaska nearly two months after land forces made peace.

U.S. Navy

over. The men also learned their commander had a bounty on his head. If the ship showed up at an American port, he would be tried and hanged.

Commander Waddell knew he needed to take his ship to some port for surrender. Part of the crew wanted to put into a South American port, while others wanted to be landed in Australia or New Zealand. After careful consideration, Waddell decided to run the gauntlet of federal cruisers and take his ship to a European port.

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Characters All

Across

- 1 Treat like a dog?
- 4 Bearded beast
- 7 Fudd of cartoons
- 12 Friend of Tigger
- 13 Tree branch
- 15 Cunning
- 16 Cartoon bunny
- 19 Laddie's love
- 20 Ancient alphabetic character
- 21 Some like it hot
- 24 Bacillus shape
- 25 Winter woe
- 28 J. M. Barrie character
- 31 Emissaries
- 34 Comply with
- 35 Like some decisions
- 37 Lakota tent
- 38 Life sentences?
- 40 Rhine tributary
- 42 Pago Pago's place
- 45 Nostradamus, for one

Down

- 1 Country club figure
- 2 Dawn goddess
- 3 Service station offering
- 4 Mount Olympus dwellers
- 5 Loony
- 6 "That's disgusting!"
- 7 Richard of "A Summer Place"
- 8 Garage job
- 9 Playing marble
- 10 High priest at Shiloh
- 11 Soak flax
- 13 British P.M. Tony
- 14 Leander's gal pal
- 17 Hamlin's prehistoric character
- 18 Like a churl
- 21 Navy noncom
- 22 Jewish language, in brief
- 23 Suffix with meteor
- 24 Genetic initials
- 25 Coxcomb
- 26 Leaching product
- 27 Draw upon
- 29 Chi follower
- 30 Myrmecologist's study
- 32 Advanced degree?
- 33 Archie Comics character
- 36 Get ready, for short
- 39 Scrooge's cry
- 41 Dot-com's address
- 42 Chester White's home
- 43 "___ you kidding?"
- 44 Unkempt hair
- 46 Guinness suffix
- 48 60's muscle car
- 49 Yank's foe
- 50 Before, of yore
- 52 River of Flanders
- 54 All thumbs
- 57 Doctrines
- 59 Colorful fish
- 60 Say it ain't so
- 61 Change for a five
- 62 Sch. groups
- 63 ___-Man (arcade game)
- 64 Actress Bartok
- 65 Trading place
- 66 ___ Jima
- 67 Caffeine source
- 68 Blaster's need
- 69 Verb for Popeye

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Crossword answers on page 22



60s pop singer Donna Loren traded fame for family

By NICK THOMAS

Tinseltown Talks

When a top female British singer declined to

sing her hit ‘Wishin’ and Hopin’’, and became a regular cast member for the rest of the series,” said Loren, who turned 75 in

Club.”

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr Pepper Company, performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, “Muscle Beach Party” and “Bikini Beach,” with a third, “Pajama Party,” released shortly after her first “Shindig!” appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows such as “Batman,” “The Monkees,” and “Gomer Pyle: USMC.” An additional beach film, “Beach Blanket Bingo,” was released in 1965 featuring Loren’s signature song, “It Only



Donna Loren on the cover of the 1965 “Beach Blanket Bingo” album.

Photo provided by Donna Loren



Donna Loren, right, next to Annette Funicello on The “Mickey Mouse Club” in 1958.

ABC Disney photo

appear on the premiere episode of the new American musical variety show “Shindig!” on Sept. 16, 1964, the producer knew who to call – Donna Loren. “Dusty Springfield couldn’t make the first show, so I was invited to

March, from her home in Bisbee, Arizona.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on “The Mickey Mouse

Hurts When I Cry.”

But by 1969, Donna had largely vanished from the entertainment scene.

“Privately, my life growing up had been difficult,” she admitted. “My mother had me out of wedlock and was mired in shame back in the 1940s. She didn’t want me and didn’t even

like me, which I’ve had to try to balance all my life.”

Loren married in 1968, at the age of 21, as her five-year contract with Dr Pepper was coming to an end. But then, tragedy struck her new family.

“Two months after the

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Actions, including financial, always have consequences

By KENNETH KIRK

For Senior Voice

“How much can I give my kids while I’m alive?”

“How much ya got? You can give it all away to them”.

It’s true. This is still a more-or-less free country, and if you own it, you have the right to give it away. But that doesn’t mean there aren’t consequences if you do.

Every action has consequences, even if you have the right to take that action. You have a right to wear satanic symbols on your T-shirt, but that doesn’t mean they can’t kick you out of the church choir. You have the right to put a MAGA sign on your lawn, but that doesn’t mean the neighbors can’t disinvite you from their next cocktail party.

Giving away your assets may have consequences too.

The one most people worry about is the gift tax. But that’s not actually a big issue. Gift taxes only apply if you give away, during your lifetime, more than \$12 million. That may be a problem for Bill Gates or Elon Musk, but not for most of us, especially since you can easily double that up for a married couple. You might want to be aware that in a few years, if Congress does not agree to an extension, that exclusion amount automatically



drops to \$6 million each. But again, that isn’t a problem for too many people. If you are concerned about that, you should probably call your accountant. Or maybe have your butler call your accountant for you.

Capital gains taxes are an issue for a lot more people. If you have an asset that has gone up in value (for instance, a rental property) and you hold it until you die, your heirs don’t ever have to pay the capital gains tax on that property. But if you give that asset away to your kids, then when they eventually sell it, they will have to pay that capital gains tax. So giving away an “appreciated asset” can sometimes cost you a huge tax break.

Then there is Medicaid. If you give away an asset and then, within five years after that, you apply for Medicaid, you are disqualified for a certain amount of time. The “penalty period” depends on how much you gave away, and sometimes this can actually be a useful

strategy. But it is a risky strategy and has to be done very carefully. If you give away a large part of your assets, and then something happens to you within that five years (for instance, a stroke, brain injury or dementia) you may not have enough left to pay for the cost of assisted living while you are sitting in the Medicaid penalty box.

Sometimes people try to give away assets in order to avoid a potential liability. So for example, if you have been in an accident that was your fault, you might give away your assets to your kids so that the other party can’t take those assets in a lawsuit. This is highly problematical. There is something called the Fraudulent Conveyance Act, which allows creditors to claw back assets if they were given away when you already had a liability. Incidentally, they don’t have to actually have a judgment against you, or have even filed a lawsuit. If you cause an accident, and then you immediately run over to the bank, withdraw all your savings, and hand it over to your daughter, they can

still claw that money back from her, because you already caused the accident. You had the liability, even if you didn’t yet have a judgment against you.

Of course, the biggest consequence to giving away assets is that you don’t have those assets any more. If it is truly a gift, at least legally speaking, the recipient of that gift does not have to give it back to you if you have an unexpected financial reverse. And if the recipient also suffers financial reverses (or has an unexpected medical crisis, or goes through a divorce, or gets sued, or any number of other possible misfortunes) he or she may not be in a position to give you the money back.

All of this brings me to one final point. There is a statute which limits how much you can give away without filing a gift tax return. The amount has varied over the years, but right now it is \$16,000. You can give away that much money each year, to as many people as you like, and you don’t have to file a gift tax return or have it count against your \$12

million lifetime total for gift tax.

And I see people, all the time, giving away \$16,000 every year to each of their heirs, because they think that will save them on taxes.

But if I am never going to be subject to the gift tax (because I have less than \$12 million) that doesn’t do me any good for tax purposes. In fact it may cost me on capital gains taxes if the asset has gone up in value. And Medicaid will still put me in the penalty box if I apply within five years, because the \$16,000 is a tax law, and has nothing to do with Medicaid. And if I have a liability, my creditors can still get that money back through the Fraudulent Conveyance Act.

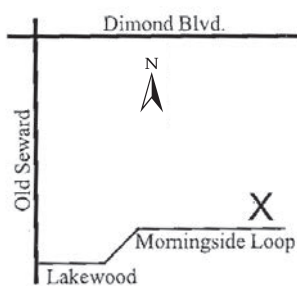
I’m not saying you shouldn’t be generous with your money. Just do it with your eyes open. There are consequences.

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.

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Photoshop alternatives, faster home networks, and laundry apps

Q. Is there a good image editor for making my photos look better? I want something like Photoshop but less expensive.

A. Free tools to retouch photos are installed on many devices and bundled with cloud services like Google Photos. The power of these tools is significant, and most of them are much easier to use than Photoshop. I suggest you consider those options first.

There was a period early in its history when Photoshop was bundled free with scanners. Today, Photoshop is only available as an annual subscription that costs hundreds of dollars per year.

Fortunately for those of us with limited budgets, there is Affinity Photo. You

can purchase versions for Mac, Windows or iPad for about \$50.

If you used Photoshop before, Affinity Photo will look very familiar. But there are enough differences with other image editing programs that a tutorial will save you a lot of time in the long run.

The program does have its own tutorials, but I recommend using one of Simon Foster's courses on Udemy.com such as "Affinity Photo: Beginner to Pro via Reference and Workflow" (or "Affinity Photo for the iPad").

As a reminder, never pay the "sticker" price for Udemy courses. Discounts found online should reduce any course to less than \$20.

Affinity Photo is the

kind of tool you need to composite more than one image together or make local adjustments to just part of a photo.

If that is your goal, Affinity Photo is the right choice.

Q. After installing a 4K TV, streaming programs pause sometimes. I upgraded my ISP to gigabit service, but the problem continues. Help!

A. I am going to assume your home network uses Wi-Fi, since that is the most common type. Internet service providers sell services based on the speed delivered to your home, not the speed delivered to each individual device on your home network.

When speeds were slower, there was usually no noticeable difference. But as speeds into the home increase, it is not always obvious when your home network is not up to the job.

Even if you use the Wi-Fi base station rented to you by the service provider, that does not mean the speed on each device will increase.

The easiest way to upgrade your home network is to install a mesh type

Wi-Fi network.

Mesh networks use a main base station and repeater stations throughout your home to amplify the Wi-Fi signal.

The easiest to install mesh network for most people is the Eero Pro 6 (eero.com). Just plug an Eero base station into an electric outlet and install an app on your smartphone.

Once installed the app will walk you through the steps needed to configure the network. Even better, it will provide information to help you understand which devices are slower and why.

For example, it can identify Wi-Fi devices that use an older Wi-Fi radio frequency or watch for collisions with a neighbor's wireless network.

Troubleshooting Wi-Fi slowdowns can be difficult, but owning your own mesh Wi-Fi router will make it easier to configure your network and keep it running smoothly.

Q. What is one of the more surprising app product categories you have come across?

A. I am old enough to remember when the first

soda vending machine was connected to the internet, yet I never saw this one coming: Apps that help with laundry.

The electric washing machine is a modern marvel, but the smartphone has added a few new tricks to wash day. Look closely at the instruction labels sewed into garments. All too often words like "dry clean only" or "cold wash drip dry" have been supplanted by little symbols that could mean almost anything.

Apps like "Laundry Lens" (iPhone) and "Laundry Pro" (Google Play) will help translate the hieroglyphic mish-mash into useful information.

But wait — there is more. Search your favorite app store to find apps that provide laundry timers, stain removal advice, and apps that talk to smart appliances.

There are even a few laundry-themed games to entertain you while you wait at the local laundromat.

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

Wander the Web

Here are my picks for worthwhile browsing this month:

For Sale: Worst Things

A daily dose of the internet's most horrible items. It looks like a parody, but most of these items are actually for sale.

www.theworstthingsforsale.com

Annual iOS Music Player Showcase

This blog post is the fourth annual roundup of alternatives to the music player app that comes with your Apple iPhone.

www.barrowclift.me

Covid Tracker

Use this page to look up the community spread of Covid infections for any county in the US.

<https://covid.cdc.gov/covid-data-tracker>

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Museums statewide offer deals for seniors

Or visit online for exhibits and lectures

By **DIMITRA LAVRAKAS**

Senior Voice Travel
Correspondent

Alaska has museums from Dutch Harbor, to Sitka, to tiny Anaktuvuk Pass in the middle of the Brooks Range.

resent Tsimshian clans or phratries: Gisbutwada, Ganhada, Laxsgiik and Laxgibuu. Jackson's post depicts the woman who gave birth to Raven, and examines the complexity of the ways in which Tlingit culture places value on

est carved-and-painted Tsimshian house front in the world. The center of the house front tells the Tsimshian story Am'ala: Wil Mangaa da Ha'lidzogat (Am'ala: He Who Holds up the Earth). A tiny door in the belly of Am'ala leads

consequences for breaking them, and the complex peace ceremonies that ended conflicts and restored balance.

If you can't visit, the website also offers videos of lectures such as "The Sitka Tlingit and the Pacific Northwest Gun Frontier," by Dr. David Silverman

Alaska's Jewish residents and their contributions to the development of the state's industries, government and culture from territorial days to the present.

And it's also a gathering place and archive to build cultural bridges to promote diversity and tolerance for all Alaskans. The



Sealaska Heritage Institute museum in Juneau features an enormous house front made by Tsimshian master artist David A. Boxley. It is thought to be the largest carved-and-painted Tsimshian house front in the world.

Courtesy Sealaska Heritage Institute

But the most striking-looking building in all of Juneau, and surely anywhere else in the state, has to be the Sealaska Heritage Institute on Front Street.

The huge 40-foot exterior panels outside the building were designed by internationally celebrated Haida artist Robert Davidson, and its design represents a supernatural being called the "Greatest Echo," a theme chosen by Davidson because Dr. Walter Soboleff, the building's namesake, echoed the past to bring it to the present, according to the institute's website.

It draws your eye, but there's more treasures to see right on the street.

The three bronze house posts were carved by Tsimshian artist David R. Boxley, Tlingit artist Steven Jackson, and Haida artist TJ Young, then cast in bronze. All relate ancestral stories.

Boxley's post depicts Raven, the legendary hero of ancient Tsimshian stories. Above Raven are four human figures who rep-

feminine strength. Young's post depicts the story of Wasgo (Seawolf), a supernatural figure in Haida culture that shares traits of both Wolf and Killerwhale, known for possessing the size and strength to hunt whales.

Once entering the museum, you see an enormous house front made by Tsimshian master artist David A. Boxley. At almost 40 feet wide by 15 feet high, it is thought to be the larg-

into the clan house, formally named Shuká Hít (Ancestors' House).

Exhibits include "Our Grandparents' Names on the Land," which explores ancient place names and the innovative inventions used to catch halibut and salmon. It includes sections: "Native Voices on the Land"; "Salmon People"; and "Halibut, Attack the Hook!" And "War and Peace" that delves into traditional Tlingit laws, the

Go to www.sealaskaheritage.org/institute

Entrance fee for an Alaska resident adult is \$14.

Jewish Museum celebrates its people's contribution and culture

Established in 2004, the mission of the Alaska Jewish Museum in Anchorage is to provide a home for Jewish history, art and culture in Alaska.

It tells the stories of

museum's programming demonstrates connections between the past and the present.

A visit is a great way to expand your understanding of a people and culture that often is misunderstood.

It's in downtown Anchorage at 1221 East 35th Avenue and the entrance fee is \$7 for seniors. Or take a 3D tour at <https://www.alaskajewishmuseum.com/visit/>

Lithuania in Alaska

Opened in 2021, the Little Lithuanian Museum and Library, at 18042 Amonson Road in Chugiak, celebrates Lithuania's history, culture and heritage. In the Middle Ages, Lithuania was the largest principality (who knew!) in Europe, known as the Grand Duchy of Lithuania, extending from the Baltic Sea to the Black Sea and to within 100 miles of Moscow. Lithuanians were the last Pagans to be converted to Christianity in Europe, and to this day



New and old, large and small, the Alaska Aviation Museum in Anchorage has all kinds of aircraft and more.

David Washburn/Senior Voice

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Farm

continued from page 14

retired from 28 years of teaching at Palmer High School, I said that my son had attended Palmer High his freshman year, but then transferred to Colony High when it opened his

first year of teaching, Don said, and he had some very distinct memories all these years later.

Our last stop was the Spring Creek Farm off Farmer’s Loop. We met the manager who had only been on the job for two weeks. Even so, she told us of the current plan of operation through a trust

nurse to the tuberculosis sanatorium near Seward. She followed the development of Alaska Methodist University which later became APU. In fact, mom attended AMU the summer and fall of 1967 to earn credit to receive her Alaska Teaching Certificate. We have a photo in the family photo archive that shows

and continued our agricultural line of conversation. On the drive back to the Palmer Visitor Center my mind overflowed with information, but I found my thoughts focusing more on the personal interactions of the morning. The unexpected, inter-connection of various generations and locations in Alaska was more fascinating to me than the agriculture information, but none of it would have taken place if we hadn’t been on the farm tour.

With a timeline that began in the 1950s with Mom and APU, then Christy’s parents in the 1960s and

1970s, Wendy from the 1980s, Don Berberich from 1990, and on to Margaret from 2006, we’d covered almost six decades. This was not counting Jeanette, who I’ve now known for 65 years, but only see a couple times a year.

Our wonderful adventure ended promptly at 1 p.m. I have my sister to thank, and there is no one else with whom I’d rather share a memorable farm tour.

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



Spring Creek Farm, May 2022.

Maraley McMichael photos

sophomore year. I hadn’t planned to say any more, but Don asked my son’s name. It turned out that he remembered my son and his friend who was involved in the Future Farmers of America. That was his

oversen by Alaska Pacific University. When I told the manager about our mother’s connection to APU, we were invited to an upcoming alumni reunion. Mom came to Alaska in 1951 as a Methodist missionary

the sign stating “Future Home of Alaska Methodist University”.

While at Spring Creek Farm, we three sat at a picnic table under the pavilion and ate delicious Turkey Red sack lunches



Tulips in bloom at the Palmer Visitors Center, May 2022.



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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)
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1-800-478-SAIL (7245) www.sailinc.org

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907-373-3632 / 1-855-355-3632 www.linksprc.org

Fairbanks North Star Borough

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

Bristol Bay Native Association

Aging & Disability Resource Center
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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.

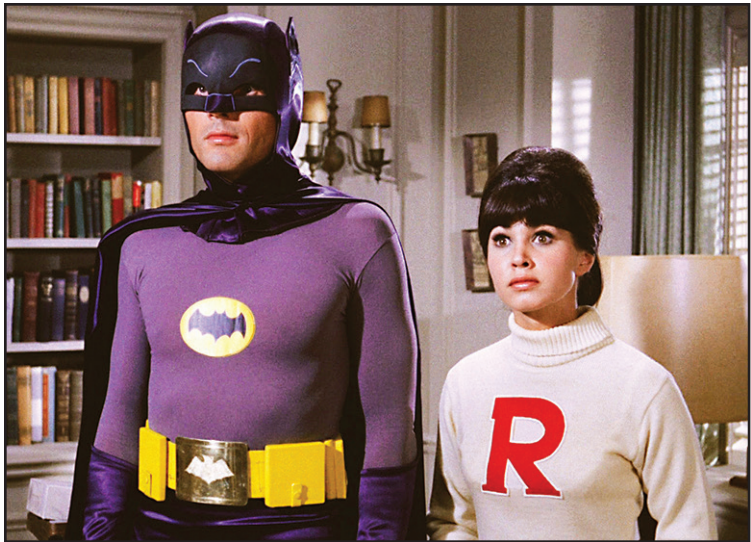
Tinseltown

continued from page 17

wedding, my mother-in-law passed away suddenly,” she explained. “I’d

wanted me to fly to the company headquarters in Dallas to perform for the executives.”

Around this time, with all her earnings going straight to her parents, she also became pregnant.



Adam West and Donna Loren, as Susie, who appeared in a pair of 1966 episodes of Batman.

ABC photo

had the contract with Dr Pepper since I was 16 and on my 21st birthday they

“I knew the Dr Pepper CEO, Foots Clements, so I called him to say I was

getting out of the business,” she said. “I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision.”

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of Mickey Mouse Club teen idol Funicello confirmed her self-confidence.

“I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote ‘I wish I could

sing like you!’” recalled Loren, whose still-powerful vocal performances are cataloged on her website at www.donnaloren.com.

Loren has been recounting her life and career recently on a series of weekly podcasts titled “Love is a Secret Weapon,” co-hosted by Dr. Adam Gerace (see www.anchor.fm/lovesa-

secretweaponpodcast). “I love communicating with people,” she says. “Give me a minute and I’ll give you my all.” Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.



Donna Loren, then as the Dr. Pepper model, and now. Photo provided by Donna Loren

Museums

continued from page 20

Lithuania is a fascinating blend of Paganism and Christianity.

A member of the European Union, Lithuania joins the world community with achievements in technologies, the arts, music and sports, while continuing to honor, perform and teach traditional arts such as weaving, woodcarving, blacksmithing and folk dance and song.

Open June to September, admission is free. Visit <https://www.lithmuseum.org> for information.

Alaska veterans get a museum of their own

In a new location, Alaska military veterans have a place where exhibits reveal the role of Alaska volunteers in all U.S. conflicts.

But you can also tell your story in the oral history project where Alaska veterans share their stories.

The museum urges veterans to contribute their stories and not dismiss their experience by saying, “But I didn’t do anything special” or “My service was boring, I saw no combat.”

Alaska is the state with the most veterans in the country, so there are many voices to hear from. Request an oral history pack-

age by emailing contact@alaskaveterans.org. The staff will help you complete the paperwork, copy your photos and documents and records. Go to <https://alaskaveterans.org> for more information. It’s a mere \$3 for admission.

Fly high Alaskans

Surely Alaska has seen a long history of flying machines over the decades. At Anchorage’s Alaska Avi-

ation Museum, visitors can gawk at the various planes that served Alaska through the decades, and maybe bring back some personal memories of flights taken and survived.

From the 1943 Grumman G-44 “Super Widgeon,” that used to make the run to Akutan and Nikolski on the Aleutian Chain, as well as other villages, to my favorite, the 1965 DeHavilland Beaver, the museum has

all the Bush planes. Located on the south end of Lake Hood, the busiest floatplane with more than 87,000 takeoffs and landings a year, aside from looking at vintage planes you can watch actual ones take off from the lake and nearby Ted Stevens International Airport. Senior and veteran admission is \$14. Visit <https://alaskaairmuseum.org/> for information.

Civil War

continued from page 16

The crew reached Saint George’s Channel on Nov. 5 without sighting any land on the way, 122 days after leaving the Aleutians. On Nov. 6, they dropped anchor in Mersey off Liverpool. The crew pulled down her flag and surrendered the Shenandoah to the British government. The Brits eventually freed the officers and crew and then turned the ship, which

is the only Confederate ship to circumnavigate the globe, over to the United States. One might ask why the Union had placed a bounty on Waddell. It turns out his success in seizing so many whaling ships during the Civil War contributed to the destruction of the whaling industry in America. The fleet actually was cut in half from its former size (by 1846, the United States had been home to 735 of the 900 whaling ships worldwide). Insurance rates rose to the point most companies

could not afford to insure their ships and investment in the whaling industry dried up. This column features tidbits found among the writings of the late Alaska historian, Phyllis Downing Carlson. Her niece, Laurel Downing Bill, has turned many of Carlson’s stories – as well as stories from her own research – into a series of books titled “Aunt Phil’s Trunk.” Volumes One through Five are available at bookstores and gift shops throughout Alaska, as well as online at www.auntphil-strunk.com and Amazon.com.

Crossword answers from page 16

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Internet

continued from page 13

Finding service

Even with subsidy assistance, finding low-priced internet access for some rural Alaskans may be but a dream.

For instance, GCI offers its Basic Internet package for \$59.99 a month in Utqiagvik, Anchorage and Bethel, but does not offer any plans for Skagway or Dutch Harbor.

If you live in any of the North Slope villages with the Arctic Slope Telephone Association Cooperative, you must bundle a hard line phone connection

with its internet service for \$129.99, which includes landline service. Taxes and surcharges are additional, and a one-year contract is required. Lifeline service does not qualify.

Verizon does offer breaks for veterans and active-duty military, first responders, nurses, students and teachers. It says it offers internet service in Anchorage, Fairbanks, North Pole, Juneau, Eagle River and the Mat-Su Valley, including Big Lake, Wasilla, Palmer and Chugiak, but I've not been able to find the details. Go to <https://www.verizon.com/5g/home> and type in your address to see if they cover your location.

Rural broadband

continued from page 13

and more than \$2 million to the Skagway Traditional Council.

"We are excited for this award and hope that it can help keep telehealth, school, work, family, and friends accessible for eligible beneficiaries," said Skagway Traditional Council Tribal Administrator Sara Kinjo-Hischer.



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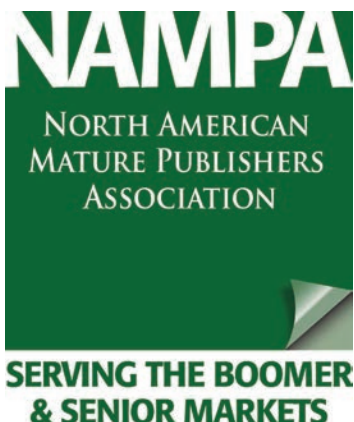
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