



Enjoy your Retirement!

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

Safe, Secure Senior Living

For more information or a tour please call:

907-333-8844

www.chesterparkcoop.com



Chester Park
COOPERATIVE



Senior Voice

A publication of Older
Persons Action Group, Inc.

Serving Alaskans 50+ Since 1978

Volume 44, Number 2 February 2021

**Life after vaccination:
How safe is it?** – page 5

**State resources for older
job hunters.** – page 3

**Fish on! Derbies return
this summer and it's never
too early to dream.** – page 28



2020
National Mature
Media AwardsSM
Winner

Sheila Galloway and Richard Brandon relax in a seeming tropical oasis at the Mann Leiser Memorial Greenhouse in Anchorage. The facility is open to the public daily, 8 a.m. to 3:30 p.m., free admission. For more activities, see the events calendar on page 19.

*Photo for Senior Voice by
Michael Dinneen*

ISSN 0741-2894
PERMIT NO. 114
ANCHORAGE, AK
U.S. POSTAGE PAID
NON-PROFIT



Enjoy your Retirement!

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

Safe, Secure Senior Living

For more information or a tour please call:

907-333-8844

www.chesterparkcoop.com



Chester Park
COOPERATIVE



Senior Voice

A publication of Older Persons
Action Group, Inc. Free

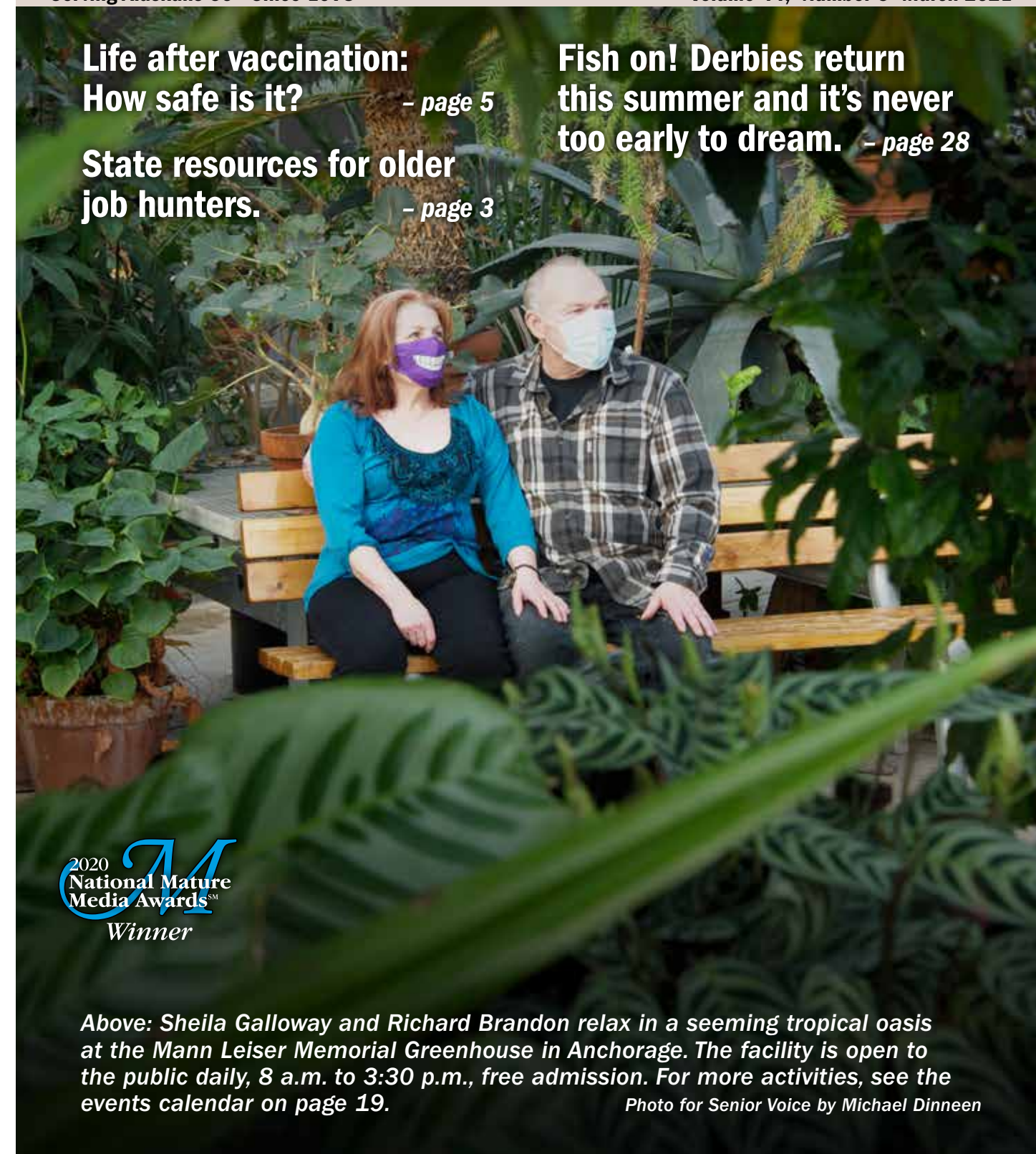
Serving Alaskans 50+ Since 1978

Volume 44, Number 3 March 2021

**Life after vaccination:
How safe is it?** – page 5

**State resources for older
job hunters.** – page 3

**Fish on! Derbies return
this summer and it's never
too early to dream.** – page 28



2020
**National Mature
Media AwardsSM**
Winner

Above: Sheila Galloway and Richard Brandon relax in a seeming tropical oasis at the Mann Leiser Memorial Greenhouse in Anchorage. The facility is open to the public daily, 8 a.m. to 3:30 p.m., free admission. For more activities, see the events calendar on page 19.

Photo for Senior Voice by Michael Dinneen



Senior providers network lists legislative priorities

AgeNet

Nearly 40 agencies across the state are members of AgeNet. Members provide services for seniors in local communities and in seniors' homes to help them maintain their independent living and improve their health and quality of life. Services include nutritious meals, adult day centers, transportation, exercise classes, in-home care, case management, and meaningful support for unpaid family caregivers. AgeNet members serve over 18,000 Older Alaskans every year.

AgeNet members urge the following action during the 2021 Session of the

According to the State of Alaska Continuum of Care, the cost for one senior to stay in a nursing home is \$156,956 per year, compared to only \$509 per year for HCB Grant services or \$35,846 for senior HCB Medicaid Waiver Services.

Alaska Legislature:

Protect funding for senior "home and community-based (HCB) services" which prevent or delay costly institutional care.

According to the State of Alaska Continuum of Care, the cost for one senior to stay in a nursing home is \$156,956 per year, compared to only \$509 per year for HCB Grant services or \$35,846 for senior HCB Medicaid Waiver Services. To keep up with Alaska's increasing senior popula-

tion (which has fastest rate of growth of any state in the nation), it is imperative to increasingly invest in HCB services.

Further develop services for those affected by Alzheimer's disease and other related dementia (ADRD).

Today an estimated 12,500 Alaskans over the age of 65 live with dementia. By 2030 that number is expected to nearly double to 23,900. AgeNet supports meeting their needs with greater flexibility in availability of

services offered under the Medicaid 1915(k) option. We support the emerging residential alternatives for Alaskans living with dementia in addition to other complex behavioral conditions, like that in development at the Anchorage Pioneer Home. We support increased public awareness campaigns to educate Alaskans about the benefits of early diagnosis, as emphasized in the ADRD State Plan.

Support funding for transportation. Older Alaskans depend on transportation providers to access the senior center for lunch, the adult day program, the store, the doctor, church, etc. The Human Services

Grant program through Alaska DOT offers funding for replacement vans and operating assistance for local providers. This year, the Governor's budget includes \$1 million in GFMH and \$300,000 in AMHTA funds for this program. This priority also advocates for the Alaska Marine Highway which is a lifeline for elders needing medical care and service providers who depend on it to access supplies and vehicle maintenance.

For information on AgeNet, contact Marianne Mills, AgeNet president, at marianne.mills@ccsjuneau.org or 907-723-0226.

Explore the merits of chess at March forum

Senior Voice Staff

AARP Alaska, Older Persons Action Group and the Anchorage Senior Activity Center continues its series of "Age Smart - Let's Talk" forums on March 9, from 6:30 to 7:30 p.m. Events are

currently held virtually on the internet, using Zoom.

The March topic is chess. Learn how the game of chess can build community by teaching social and life-skills across diverse populations, with presenters from Alaska Chess

-- President Colleen Evanco, VP Andrew Haas and Secretary Jonathon Singler. Alaska Chess' goal is to create an all-encompassing, friendly, and competitive chess culture by establishing local community chess programs in schools and in

rehabilitation centers such as hospitals, retirement homes, and correctional facilities.

The "Age Smart - Let's Talk" series is a monthly forum that focuses on a topic of interest and importance to Alaskans who want to be thoughtful about how to make good choices as they grow older. The series is developed to provide working age adults with information necessary to plan and fulfill a secure, healthy and satisfying

"life After 60" (all ages are welcome). Each month the series highlights a particular topic with a variety of formats, including issue experts, panel discussions, interactive presentations, and plenty of time for questions.

Admission is free and open to everyone. Presentation begins at 6:30. To sign up, go to AARP's event page at <https://bit.ly/3dLpRJo>.

Legislative Zoom conferences: Updates on senior bills and budgets

Senior Voice Staff

Keep track of senior-related bills, budget decisions and other issues by attending the Alaska Commission on Aging Legislative Teleconferences. Hosted by local agencies statewide, and available by toll-free call-in, the teleconferences provide a convenient forum for seniors and advocates across Alaska to share information about issues and specific bills of concern,

including Medicaid, state budget and funding, senior assistance, retirement, Pioneer Homes and more.

Zoom conferences are scheduled 9:30 to 11 a.m. every other Thursday and weekly during the last month of session. The remaining 2021 meeting dates are March 11 and 25, April 8, 15 and 22, 2021.

Draft agendas and a legislative watch list will be available to print the day before each meeting, and a list of bills to be discussed

will be available to print from the state Notices website at <https://aws.state.ak.us/OnlinePublicNotices/Notices/Search.aspx>.

The website will also have the Zoom address and phone numbers (for non-computer attendees).

Individuals who require special accommodations to participate should contact Lesley Thompson at 907-465-4793 at least two days prior to the teleconferences.

OLDER PERSONS ACTION GROUP

Mission statement:

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

Vision statement:

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



OLDER PERSONS ACTION GROUP

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

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

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

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

Copyright © 2021
by Older Persons Action Group, Inc.
ISSN 0741-2894

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

OPAG BOARD MEMBERS

Sharon White-Wheeler, Robert Bracco, John (Jack) Pauli, Beth Goldstein, Leonard T. Kelley, Pam Yeargan, Gail Opalinski, Hollis Mickey

Board President Yvonne M. Chase
Vice President Jan Carolyn Hardy
Treasurer Dylan Webb

Secretary Eileen Lally
Executive Director Jim Bailey
Editor/Media Manager David Washburn
Administrative Assistant Sheila Patterson

EDITORIAL

Editor David Washburn
Reporter Ken Stewart
Correspondents Laurel Bill, Dimitra Lavrakas, Maralee McMichael
Page design Anne Bacinski, SpinSpace.org



Want a job or new skills? These resources offer both

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

The other day I had a most interesting interview via Zoom with several sterling denizens of Alaska civil service, discussing several employment programs that have tons of money, no waiting lists and just might make a huge difference in your life.

In attendance were Duane Mayes, division director for the Alaska Department of Labor; Lisa Morley, executive director of the Alaska Commission on Aging; and Jim Swanson,

southeast regional manager with the Department of Labor and Workforce Development, Division of Vocational Rehabilitation. They have been hatching a plan for senior employment, gathering feedback and producing a position paper. Duane Mayes explained the background:

“[Recalling] all the conversations I had with seniors who wanted to continue to work, either because they have to, or they want to because of that social engagement, that stimulation, because as you age, you start to lose all

those around you. So, let’s stay engaged. Many seniors at community forums that I know over the years have often said, ‘I just want to continue to work. I enjoy it.’

“So, at the Department of Labor we put this position paper together, and we made a decision that we wanted to be a bit more formal. You know, let’s put this on the radar, let’s not have this be a very informal effort. Let’s formalize it. Let’s bring all the relevant players together so we can talk about how we can improve, increase our outcomes and our numbers

for seniors throughout the state, so we wrote the position paper ... We put together some strategic recommendations that we came up with, as to how we could do that.

“We brought it forward to the commissioner for the Department of Labor, and we brought in all the other relevant entities -- Commission on Aging, the Division of Senior and Disabilities Services, and we got the commissioner to endorse it. The Commissioner at the highest level of the Department of Labor, said, ‘Yes, go forth

and do good, let’s make it happen.’”

The position paper, written in 2019, outlines the full plan. It begins by pointing out what is absolutely unique in Alaska:

“The number of senior citizens has increased by more than 5 percent each year since 2010, faster than any other state. As of 2018, Alaska had an estimated 87,304 seniors, up from 54,938 eight years ago. The Department of Labor projects the state will have more than 138,000 seniors

page 24 please

Proposition 2 on Anchorage ballot supports seniors, libraries

Remember when ice cream only cost a quarter? These days, 25 cents won’t buy much, but for less than one dollar, voters can still support some of the most popular facilities at the heart of our community.

This spring, we have an opportunity to give back to our community and invest in three municipal facilities that are vital to our daily lives. When you get your ballot in the mail this month, look for Proposition 2, the Facilities Capital Improvements for Anchorage and Chugiak-Eagle River Senior Centers and Loussac Library Bond. It’s a small package with a big impact. The entire bond amount is just \$1.15 million and with a tax increase of \$0.25 per

Who uses these facilities? We do. Grandparents, families, kids and workers all benefit from senior centers and libraries.

\$100,000 of assessed value per household, the cost to the average homeowner will be less than \$1.

History shows that just like with our own homes, when we invest small amounts regularly to keep up our municipal facilities, it saves taxpayer money over the long run, by avoiding costlier repairs after the damage is done.

Proceeds from the bonds will go to:

- ▶ Chugiak-Eagle River Senior Center: Septic system engineering assessment, apartment

renovations, and design/construction of additional apartments

- ▶ Anchorage Senior Center: ADA guards and handrails, repair/replace windows, and other safety upgrades
- ▶ The new Alaska Room at Loussac Library: The Library’s \$500,000 portion of the bond is being matched with a \$390,000 federal grant and \$700,000 in private donations

Who uses these facilities? We do. Grandparents, families, kids and workers all benefit from

senior centers and libraries. These city-owned facilities receive a million visits a year and serve the entire municipality.

- ▶ Over 100,000 people a year use the Anchorage Senior Center including students, non-profits, dance groups and the business community
- ▶ Municipal residents use public libraries regularly – Anchorage Public Library sees almost a million visits per year
- ▶ The Anchorage and Chugiak-Eagle River senior centers allow us to remain in our communities as we age, close to our friends and family
- ▶ All three facilities have been serving our community with altered

services during COVID.

Proposition 2 will appear on the Municipality of Anchorage election ballot that will be mailed March 15. Ballots are due by April 6. March 7 is the last day to update your voter registration.

For full voting information and ballot propositions, visit muni.org.

Gordon Glaser
Anchorage Senior Activity Center, Board President

Kim Hays
Anchorage Library Foundation, Board President

Wendy Luft
Chugiak-Eagle River Senior Center Board President

Letters

In regard to Ken Stewart’s article in the February 2021 issue, about proposed DMV closures in smaller towns:

Your article makes much sense. Kindly recommend to Gov. Dunleavy that he maintains these open to

serve those communities, but that he could instead close offices in Juneau, Fairbanks and Anchorage. He can spread the closures in each city to minimize the effect.

John J. Kiernan,
Anchorage

Send us your letters

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

Alaska Alliance for Retired Americans, a valuable resource for seniors

By **SUSAN REILLY**
For Senior Voice

The Alaska Alliance for Retired Americans (AKA-ARA) was organized by a group of retired Alaskan workers in the fall of 2017. The group is affiliated with the Alliance for Retired Americans, a nationwide grassroots organization, launched in 2001. ARA now has more than 4.4 million members working together to make their voices heard in the laws, policies, politics and institutions that shape American life.

For 20 years, ARA has mobilized retired union members, seniors and community activists into a movement advocating a political and social agenda that respects work and strengthens families. The Alaska Alliance has more than 9,600 members, including retirees and active members of affiliated unions.

Our retiree activists come from all walks of life. We are former teachers, auto workers, state and federal government

workers, transportation and construction workers and community leaders united in the belief that every American deserves a secure and dignified retirement after a lifetime of hard work.

We use the power of our membership and our Congressional Voting Record to educate and mobilize seniors to elect leaders committed to improving the lives of retirees and older Americans.

page 29 please



Meeting the needs of Native American caregivers

By **REBECCA OWL MORGAN** and **OCEAN LE**
Diverse Elders Coalition

As is now well-known, the COVID-19 pandemic has had a disproportionate impact on communities of color. For American Indian and Alaska Native (AI/AN) communities, the virus has proven to be extremely deadly for people living in both rural and urban settings. Additionally, COVID-19 rates may be higher in this group due to persistent health disparities such as diabetes, obesity and heart disease among AI/AN populations.

Perhaps counterintuitively, cultural traditions,

Long-distance caregivers may have greater difficulties connecting with older loved ones who may lack the necessary technology and expertise.

beliefs and practices among AI/AN caregivers also can be contributing factors in high rates of COVID-19 infections, hospitalizations and deaths in different tribal communities. Many of the factors affecting AI/AN caregivers and their older loved ones were identified pre-pandemic in Diverse Elders Coalition research, The Caregiving Initiative.

Cultural impacts of caregiving

More than 46 percent of AI/AN caregivers live with their older adult loved ones and more than half agree that their cultural belief system is one reason they provide this care. “[I] felt it was [my] turn to take care of [my] parents and grandparents after being raised by them,” said one AI/AN caregiver.

At the same time, almost two in four AI/AN caregivers reported being the only person to provide care, leaving them with little to no support, and they are likely to pay more for health-related expenses than would other caregivers from diverse populations. This lack of

support is exacerbated by a distrust of the U.S. government (due to a history of poverty, displacement and discrimination), which leaves AI/AN caregivers less likely to use formal support services and more likely to rely upon family and tribal community members instead.

The need for accessible, affordable services

Half of surveyed caregivers reported using only one supportive service. Without intervention, the lack of support will have a cumulative negative outcome for AI/AN caregivers, and ultimately for their loved ones. More than 40 percent of AI/AN caregivers reported having some or a great deal of difficulty with healthcare tasks, demonstrating a need for accessible, affordable healthcare services.

Although more research is needed to reveal the cause(s) of low service use among AI/AN caregivers, it is clear that medical intervention is necessary to alleviate the high rates of isolation (17.4%) and health strain (23.3%) among AI/AN caregivers and their older adult loved ones. Our survey examined results from rural and urban caregivers, which showed that factors beyond geographic isolation (such as cultural beliefs) were in play.

Implications of COVID-19

All of the aforementioned needs, issues and disparities faced by AI/AN caregivers and their older loved ones have been exacerbated during the COVID-19 pandemic. Health disparities that exist in tribal communities such as diabetes and obesity have been shown to worsen COVID-19 outcomes, leading to hospitalizations and ultimately death.

American Indians and Alaska Natives are three times more likely to contract COVID-19 and more than five times as likely to be hospitalized because of it compared to non-Hispanic whites. Low service use among AI/AN caregivers may be even more difficult to access for those who live on reservations and travel



Alaska Natives and American Indians, like these older Navajo women, are three times more likely to contract COVID-19 and more than five times as likely to be hospitalized because of it compared to non-Hispanic whites.

NICOA

long distances for care.

Similarly, long-distance caregivers may have greater difficulties connecting with older loved ones who may lack the necessary technology and expertise to connect virtually, increasing caregiver burden. During the pandemic, these issues emphasize the importance of ensuring that informal and formal support networks are accessible to help alleviate caregiver physical and mental health strain. The systemic neglect of AI/AN caregiver needs reaffirms the distrust in U.S. institutions seen in tribal

communities.

Best practices to support American Indian and Alaska Native caregivers

Persistent health disparities have worsened COVID-19 outcomes for tribal populations, but have not prevented AI/AN caregivers from doing their best to protect their older loved ones. Aside from developing new interventions, service providers must collaborate with tribal communities to effectively assist AI/AN caregivers.

Below are some best practices outlined in our cultural competency train-

ing curriculum that may help service providers to better serve caregivers.

- Develop culturally and linguistically competent material for caregiving training, disease information and intervention outreach for dissemination;
- Consult with local tribal leaders, elders and local institutions in tribal communities in disseminating print material and to develop or increase capacity training; and
- Collaborate with Community Health Representatives through the Indian Health Service to disseminate resources and information.

A history of distrust in U.S. institutions has led tribal communities across the country to take preventive measures into their own hands during the pandemic. However, the need to help our tribal communities has never been greater. We must acknowledge and listen to tribal communities to re

page 11 please





Rabe Assisted Living Home is a family-owned facility, with staff that work diligently to ensure you're receiving the highest quality of care fit right for you!

With our personalized care approach, private rooms, assistance with daily living activities, and on-site nurse visits, we do our best to make sure you can live your best life comfortably.



4941 Alpha Circle
Anchorage, AK 99516

Care & Services

- ✓ Fully furnished, private rooms
- ✓ Help with cleaning, bathing, and dressing
- ✓ Medication reminders
- ✓ Prepared meals
- ✓ Assistance with scheduling doctors visits
- ✓ Prescription pick-up
- ✓ On-site nurse visits
- ✓ 24 hour care
- ✓ Wheelchair accessible

Give us a call today!
We're happy to accomodate virtual tours!

 (907) 727-4723

For more info visit our website
www.rabeassistedlivinghome.com

Tips on getting your COVID shot in Alaska

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

I got vaccinated at the Alaska Airlines Center, a large sports stadium on the University of Alaska Anchorage campus. I said to Christy, my wife, “Now I know what salmon on a cannery conveyer belt feel like.” OK, not a perfect analogy because the salmon is being disassembled while I was just getting a COVID-19 shot. Nevertheless, the whole process was tightly organized and moved right along at a brisk pace. In fact, it lived up quite well to the (possibly informal) Alaska COVID Taskforce motto, “Shots in arms – fast and fair.” Here’s the latest on how to get your vaccination.

If you have a computer

The whole process was tightly organized and moved right along at a brisk pace. In fact, it lived up quite well to the (possibly informal) Alaska COVID Taskforce motto, ‘Shots in arms – fast and fair.’

or similar device, go to your favorite search engine and type in “COVID-19 Vaccine Status Update.” You will be magically transported via the internet to the motherlode of all Alaska COVID vaccination sites. (If you do not have access to a computer and the internet, I’ll note below some alternative places you can call.)

Are you eligible?

The first stop on the website is “Step 1: Find out if you are eligible now.” It is very important to do this step because eligibility

criteria change every few weeks. In addition, some of the eligibility criteria are spelled out in detail, and you need to review that to make sure you fit, or where you fit in later. So, as of this writing (mid-February), an overview of those who are eligible to get vaccinated right now includes:

- ▶ Age 65 and above
- ▶ Age 50 years and above with a high-risk medical condition
- ▶ Age 50 years and above working as an essential worker within 6 feet of others

- ▶ PreK-12 and child care education staff
- ▶ Most healthcare workers
- ▶ People living or working in congregate settings
- ▶ Long-term care residents and staff

Vaccines managed by the Alaska Tribal Health System, U.S. Department of Veterans Affairs (VA) and the U.S. Department of Defense may have different eligibility criteria. If you are a member of any of these organizations, contact them directly regarding eligibility and appointments.

Make an appointment

Next stop on the website, “Step 2: Schedule your appointment.” Click on the link, “Find a COVID-19 provider,” which takes you to a new web page of the

same name. This is where you get into the nitty-gritty of your appointment search. For starters, you can sign up for major updates about vaccine availability sent directly to your email. In addition, you are given a couple of options to choose a provider in your community. There is a link to a map of Alaska with all COVID-19 providers in the state indicated on the map. There is a separate link to a list of COVID-19 vaccine providers listed by community.

Finally, at the very bottom of the web page is a list of currently available appointments across the state. The software which produces this list is called

page 12 please

Life after vaccination: How safe is it?

By **JOHN C. SCHIESZER**
For Senior Voice

Many older adults are becoming fully immunized against COVID-19. Being immunized is an important way to keep yourself safe but vaccines do not allow you to drop all other public health precautions to prevent COVID-19. While full immunization should help prevent a person from developing severe illness or being hospitalized, transmitting the virus to others is still a concern. Hand-washing and mask-wearing are still required.

“This is not only for your own health, but even more

While full immunization should help prevent a person from developing severe illness or being hospitalized, transmitting the virus to others is still a concern.

for the health of others. I would caution folks not to abandon good hygiene habits,” said Bernard Davidson, psychologist and associate professor at the Medical College of Georgia at Augusta University.

While full vaccination brings a feeling of relief, it’s not a license to let your guard down, explained Davidson. For many people, there may be an impulse to catch up and get physically

close again, but now is not the time to do this.

“We are not sure about the transmission potentials of any variant forms of the virus that have mutated,” said Davidson. “Don’t think because you have been immunized that you can’t carry or transmit the virus. You do touch things, so you conceivably could carry and transmit by shaking hands or you could potentially transmit

by coughing or breathing even though you may be asymptomatic.”

This advice is not intended to “spoil the party” but rather to remind all older adults there is more that can and needs to be done to help stop the spread of COVID. Many people may want to travel immediately and see their kids, grandkids, other relatives and friends they have missed this past year.

“Rather than focusing on making up for the year you lost, I think it would be more helpful for you and yours to reflect on how grateful you are to have

remained healthy and to look forward to getting closer to the time you can safely engage in activities you have wanted or previously planned to do,” said Davidson.

What about get-togethers?

If you and your household are fully immunized, it seems like it would be fine to have a dinner party with seven or eight friends who also are fully immunized. However, that may not be such a great idea, according to Dr. Mariah Robertson,

page 12 please

Taking care of your behavioral health

By **COLTON T. PERCY**
For Senior Voice

Did you know that Medicare can help cover costs associated with behavioral health care? Behavioral health care includes mental illness and addiction-related issues. According to the National Alliance on Mental Illness (NAMI), “a mental illness is a condition that affects a person’s thinking, feeling or mood.” Substance use disorders and addiction do not fall

under this definition of mental health illness, but they are considered behavioral health conditions.

Examples of mental health illnesses include depression and anxiety. Examples of addiction-related issues include opioid use disorder and alcoholism.

It is important to note that behavioral health conditions are typically not the result of any single event or circumstance. Rather, they tend to be complicated con-

ditions involving multiple factors.

Everyone agrees that 2020 was a difficult year. Unfortunately, Alaskans deal with the additional mental stresses of a long, dark winter. Even with the success of the COVID vaccines and gaining the light back, it is never too late to begin getting the help you need.

What does Medicare cover? That all depends on what services you require

or have received. Your Medicare Part A (hospital coverage) covers inpatient mental health and addiction recovery services that you receive in either a psychiatric hospital or a general hospital or inpatient rehabilitation facility. Don’t forget that you will have to meet the 2021 Part A deductible of \$1,484. Medicare has a lifetime benefit of 190 days in a psychiatric hospital.

Your Medicare Part B

(medical coverage) will cover outpatient services. These can include individual or group therapy, addiction recovery services, or laboratory testing. It can also cover prescription medications that are administered by a health care professional, such as injectable medication.

If you need help finding doctors and facilities that accept Medicare, you

page 6 please



What to expect from today's hearing aids



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

Hearing aids have changed dramatically from a generation ago, from outward appearance to internal technology, making them vastly more appealing and effective. Today's aids are like minicomputers and when properly fit by a trained hearing professional, will make a noticeable difference in how your world sounds.

If you have the right hearing aids, your ability to hear and understand others should be improved; other people's voices shouldn't sound distorted, harsh, tinny, sharp, booming or muffled; the sound of

your own voice should be "normal," not sound like you're in a barrel; the intensity and quality of familiar sounds should be sharp, bright and clear—not dull or irritating. A crowded room with many people talking at once, or sirens or other street sounds, should be loud but not deafening.

Wearing hearing aids in both ears should help you identify the location of a sound or voice. Hearing and communicating in quiet environments should be improved, as well as with background noise and in larger environments where there is reverberation.

Accurate Hearing wants to ensure that every patient gets the hearing aids that best meet their needs. Call 907-644-6004 for an appointment and free test.

Donna R DeMarco, AAS, BC-HIS, Tinnitus Care Provider, International Hearing Society Certified.



ADVERTISEMENT

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

Spring into wellness with a health fair appointment

By **SHARON PHILLIPS**

Alaska Health Fair, Inc.

Alaska Health Fair's spring schedule is busy providing services to Alaskans. Find current dates at www.alaskahealthfair.org and check back frequently, as the schedule is fluid. We continue to add new dates as they come available and make changes as needed.

We are following our approved essential services plan and all COVID-19 preventative measures; and helping Alaskans to stay healthy. We are also looking for volunteers that can provide registration, phlebotomy and supportive services; so let us know if you're interested.

Anchorage and Fairbanks hold office draw appointments many times per month. All dates are posted on the website under your Alaska region.

There are also special March events being held in the following communities and they are also offered by appointment only. Check

the website for more details:

Palmer Depot, March 2 and 3

Wasilla Area Senior Center, March 13

Anchorage First Presbyterian Church, March 24 and 25

Make an appointment

We continue to follow our appointment-based model. To make a blood test appointment, follow these easy steps:

Go to www.alaskahealthfair.org and find the program that serves your region; pick the city and date you're interested in, then select the "Make Appointment" button on that line.

The system will walk you through a few questions so you can quickly schedule your own appointment.

You'll receive a confirmation and reminders from our scheduling system, Calendly, so check your junk mail if you don't see it immediately.

You'll also have the

ability to change or cancel your appointment from that same confirmation, shown at bottom of the confirmation email.

If you have problems getting registered for an appointment, give our local office a call for assistance: Anchorage 907-278-0234, Fairbanks 907-374-6853 and Juneau 907-723-5100.

Host on location

If you are a community or worksite that's interested in hosting a "by appointment only" venue, just reach out to those locations, as we would love to bring these efficient services to those that matter most in your world.

Take time to take care of yourself, as it is up to you to meet your personal health needs.

We have an easy to remember motto: "It's Your Health — Take Care of It."

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

Medicare: Behavioral Health

continued from page 5

can use the federal Care Compare Tool online at <https://www.medicare.gov/care-compare/> or call 1-800-Medicare (1-800-633-4227).

Medicare Part D (prescription drug plans) can cover any medically necessary, outpatient prescription medications that treated substance abuse issues or mental illness. Part D plans cannot cover outpatient methadone or similarly administered medications to treat substance use disorders, but they can cover methadone for other conditions, such as pain.

This is hardly a comprehensive list of coverage details for behavioral health care with Medicare. What do you do if you want more information? Call the Alaska Medicare Informa-

It is important to note that behavioral health conditions are typically not the result of any single event or circumstance. Rather, they tend to be complicated conditions involving multiple factors.

tion Office at 1-800-478-6065. A Certified Medicare Counselor can go over the details of your specific situation, so you have the knowledge to make the best care decision for yourself. Additionally, 1-800-Medicare (1-800-633-4227) is available 24 hours a day, seven days a week to assist you.

Here are some additional resources for finding the right behavioral health care.

- ▶ National Alliance on Mental Illness (NAMI)
 - ▶ Call 800-950-NAMI (6264)
 - ▶ Email info@nami.org
 - ▶ Substance Abuse and

Mental Health Services Administration (SAMHSA)

- ▶ Call 800-662-HELP (4357)
- ▶ Visit <https://find-treatment.samhsa.gov>
- ▶ National Suicide Prevention Lifeline
 - ▶ Call 800-273-8255

Colton T. Percy is a Certified Medicare Counselor and the Volunteer Coordinator for the Alaska Medicare Information Office. If you have questions about Medicare or are interested in volunteering and helping your fellow Alaskans navigate Medicare, please call 1-800-478-6065.

FREE Real Estate Book Reveals The Formula Successful Real Estate Agents Use To Sell Homes Fast For More Money!

LESS HOME, MORE LIVING

What are you waiting for?

ORDER YOUR FREE COPY HERE

<https://melissaharmel.book.live/senior-book>

exp REALTY

Melissa Harmel, Realtor® 907.227.2817



Remember when ice cream only cost a quarter?

These days, 25¢ won't buy much, but for less than a \$1, voters can still support some of the most popular facilities at the heart of our community. **Vote Yes on Prop 2!**

Proposition 2 will pay for safety & septic upgrades, handrails, ADA requirements, and senior living renovations PLUS provide important match money for a library improvement project. Vote yes to support the **Anchorage & Chugiak-Eagle River Senior Centers, and Loussac Library**. At only 25¢ per \$100,000 of assessed value, the cost to the average homeowner will be less than \$1.

VOTE BY MAIL 2021	March 7	Last day to update voter registration
	March 16	Vote by mail begins
	March 29	Accessible vote center opens
	April 6	Last day to vote



**Full voting information
and ballot propositions
visit muni.org**

PAID FOR BY ANCHORAGE TOMORROW, PO BOX 241191, ANCHORAGE, AK 99524, JACQUES BOUTET CHAIR, APPROVED THIS MESSAGE.
TOP CONTRIBUTORS: THE ANCHORAGE LIBRARY FOUNDATION, ANCHORAGE SENIOR ACTIVITY CENTER, THE BOUTET COMPANY.



Keeping your balance as you age takes work

By JIM MILLER

Savvy Senior

Dear Savvy Senior: What can you tell me about balance exercises? I've fallen a few times over the past year and have read that balance exercises can help me regain my steadiness, but I'm not exactly sure what to do. — *Unsteady at 70*

Dear Unsteady: Most people don't think much about practicing their balance, but they need to. As we age, our balance declines if it isn't practiced, which can lead to falls that often result in a broken bone.



One-legged stands on a BOSU trainer is an excellent drill for improving balance.

Every year more than one in four people age 65 and older fall, and the risk increases with age. Here's what you should know about balance problems, along with some different exercises that can help you improve it.

Aging affects balance

Balance is something most people take for granted until it's challenged by a medical condition, medication or advanced age, which dulls our balance senses and causes most seniors to gradually become less stable on their feet over time.

Poor balance can also lead to a vicious cycle of inactivity. You feel a little unsteady, so you curtail certain activities. If you're inactive, you're not challenging your balance systems or using your muscles. As a result, both balance and strength suffer. Simple

acts like strolling through a grocery store or getting up from a chair become trickier. That shakes your confidence, so you become even less active.

Balance exercises

If you have a balance problem that is not tied to illness, medication or some other specific cause, simple exercises can help preserve and improve your balance. Here are four exercises you can do that will help.

► **One-legged stands:** Stand on one foot for 30 seconds, or longer, then switch to the other foot. In the beginning, you might

want to have a wall or chair to hold on to. Or, for an extra challenge try closing your eyes, or standing on a throw pillow or BOSU ball (an inflated rubber disc on a stable platform).

► **Heel-to-toe walking:** Take 20 steps while looking straight ahead. Think of a sobriety test.

► **Standing up:** Without using your hands, get up from a straight-backed chair and sit back down 10 to 20 times. This improves balance and leg strength.

Tai chi: Research has shown that the Asian

page 29 please

Free training, support for family caregivers

With senior centers still closed for most activities, the Kenai Peninsula Family Caregiver Support Program will hold all March peer support meetings on Tuesdays, 1 to 2:30 p.m., at its office at 44539 Sterling Highway, Suite 202 in the Blazy Mall in Soldotna.

Social distancing will be respected, masks worn and hand sanitizer provided at the meetings, and virtual attendance via Zoom can be arranged for those who can't make it in person. Different topics will be discussed at each meeting. Bring your questions and

ideas.

You may also schedule one-on-one appointments and if you have questions concerning help in the home, staff can refer you to community resources.

There is no charge for these services and everyone is invited to attend.

For more information,

call Rachael or Judy at 907-262-1280.

The **Homer** Family Caregiver meetings will meet online via Zoom, hosted by Gay Wellman and the Alzheimer's Resource of Alaska. For the schedule and other information, call 1-907-822-5620.

Other locations

For information on caregiver support group meetings around the state:

Anchorage, 561-3313

Fairbanks, 452-2277

Ketchikan, 225-8080

Kodiak, 486-6181

Nome, 443-4507

Family Caregiver Tip of the Month

February marked the start of the pre-Easter Lent season when a lot of people traditionally give something up or quit. As a caregiver what can you afford to give up? Take a short self-assessment of where you are at and what you could possibly do to help make your situation better.

1. Take a good look at the situation you have. Ask yourself about any conflicts you might have, your health situation, finances, work responsibilities, what help you might have or not have and the other things that are affecting you in addition to caregiving.

2. How does all of this make you feel? Are you overwhelmed? Try to look at these feelings realistically and recognize you can choose another way to feel.

3. Line up your thoughts with a faith tradition. Loving and serving others is the highest calling. You are not in control, be open to what comes next. Try journaling to get a good perspective.

4. Act. Actions that come with love can change people and situations. Transform your thinking to make it meaningful to you in your circumstances.

By taking a look at your caregiving situation in this manner, you are giving up being overwhelmed and turning feelings over to your faith tradition and letting go to help make your situation better.

— *Judy Warren, Kenai Peninsula National Family Caregiver Support program.*

This Button Saves Lives!

Get Peace of Mind and Independence from Connect America!



Feel safe with round-the-clock monitoring from Connect America, the nation's largest independent provider of personal emergency response systems.

If help is needed, push the button and a certified operator will respond immediately. When you call, ask about our fall detection technology.†

Why Choose Connect America?

- No Long-Term Contracts
- Local, Professional Installation Available Statewide
- Alaska-Based Office & U.S. Monitoring Agents



FREE LOCKING KEYBOX
when you ORDER NOW!



Connect America®

615 E. 82nd Avenue, Suite B-6, Anchorage, AK 99518

CALL NOW TOLL FREE!

907-302-3814

www.ConnectAmerica.com

†Fall detection does not detect 100% of all falls. Users should always push their button when they need help.



Free online classes teach movement as medicine

By **DOTTI HARNESS-FOSTER**

For Senior Voice

“Move today and you’ll love moving tomorrow.” — Ruthy Alon, Feldenkrais Method® Practitioner and movement trainer.

We have endless options to move, to go place to place, up and down, side to side, but can you feel the pleasure, the efficiency in your movement? As children we’re curious. Reaching for a toy, we roll over for our first time, we crawl to fetch, walk to explore a new place. Yet, as the years go by, many folks

find it challenging to get enough exercise.

Health benefits of movement

This spring, stay healthy by learning how to move with ease and comfort. By moving, you’re strengthening your muscles, improving your coordination, flexibility and balance. Just by making simple movements you’re constantly changing because you’re moving.

Feldenkrais Method® lessons guide us to mobilize our spine, to use our bodies more fully, which increases



Dotti Harness-Foster, a Feldenkrais® practitioner in Homer, offers free online instruction.

Jim Lavrakas photo

performance and reduces repetitive stress injuries.

The health benefits are truly motivating with respect to preventing disease. By embracing movement, you reduce pain, you’ll have fewer doctor visits, higher quality of daily living, sounder sleep, and the need for less medication. In a nutshell, the better we move, the better our health, we have greater independence and life is more pleasurable.

So, what is movement? That moment when you

change your position, even your posture, your brain sends a signal via your nervous system, which travels along your spinal cord, engages your nerves, which triggers muscle movement. But it is a conscious move of a body part that maybe also “invites” other parts to participate in the movement, making it easier or, at least, different.

Motivating even in COVID-19 times.

I haven’t met a soul who couldn’t benefit from moving more efficiently and with greater ease. Necessity gets us going, while curiosity keeps us going. Curiosity is a key ingredient in the Feldenkrais Method®, which lends itself well to group, online lessons where I verbally guide you through a sequence of gentle movements.

“Body Moves” is an online class, at no cost to you, and is accessible from the comfort of your home, thanks to the Homer Council on the Arts (HCOA) and the Ameri-

can Parkinson’s Disease Association (APDA). Each 40- to 50-minute lesson starts in the sitting position, adding layers to the movements. You only need to move within your range of comfort. Along the journey, I’ll share my passion for anatomy, which in turn gives you better insight to how you can learn to move in your range of ease and comfort.

After a lesson, people often report pain relief, increased energy, that their brain is “awake” and they have more swagger in their gait. You are in charge so take a chance, try something new, and discover how easy and pleasurable movement can be.

Classes are Wednesday and Saturday at 9:30 a.m. Alaska Time. Drop in for one or two lessons, or the entire series.

Register at www.homer-art.org/body-moves.

Dotti Harness-Foster, M.Ed., GCFP is a Feldenkrais Method® Practitioner and instructor at Insightful Body Moves in Homer.

Hospice has resources for you, the caregiver

By **AMY TRIBBETT**

Hospice of Anchorage

Are you caring for someone who is seriously ill? We can help. Hospice of Anchorage understands that being a caregiver is an important job. You shoulder many responsibilities caring for a friend or relative who is seriously ill. You may also have strong feelings arise as you watch your loved one coping with the difficulties of poor health.

We are here to help with:

- ▶ Educational articles
- ▶ Caregiving tips
- ▶ Connections to local services
- ▶ Links to national resources
- ▶ A family blog tool
- ▶ A monthly newsletter

You don’t have to do this alone. We are happy to offer this educational resource to support you, the friends and family who so tenderly care for your frail or ill loved ones. As experts in serious illness, we know the value of your contribution. Since 1980 we have worked with families providing nurse education, patient and family education, emotional and spiritual support, social services, volunteer support and community resources.

Whether you are concerned about your loved

one’s eating habits or are coping with feelings of grief or hopelessness, check out our resources for:

- ▶ Difficult symptoms
- ▶ Medical concerns
- ▶ Emotional and spiritual issues
- ▶ Living with illness
- ▶ Important decisions

Managing pain, easing fatigue, helping with bathing -- these are just some of the many ways family members support an ailing loved one. Print out articles, or email them to a friend or family member.

We have a new monthly newsletter, Caring Answers Anchorage. It’s filled with timely tips such as tax breaks for family caregivers, protection from the summer heat for seniors, and coping with the holiday blues.


Grab your computer or phone and log on to www.CaringResourcesAnchorage.org and be sure to bookmark the page. You can also access this valuable resource by logging on to www.HospiceOfAnchorage.org.

If you have a question about caregiving or would like to know more about how we can help, contact us at 907-561-5322 or info@hospiceofanchorage.org.

Amy Tribbett is the executive director of Hospice of


NO Recall!

“Our elders have helped lay the groundwork for much of the work I am able to do today. We must honor and respect these legacies. Together, let’s continue to build a stronger Anchorage.”



Vote by April 6!

Keep Felix working hard for Anchorage Seniors!



Paid for by No On Rivera Recall, PO Box 240484, Anchorage, AK 99524. Peter Mjos, chair, approves this message.



Robotics and knee replacements; benefits of tea, coffee

By JOHN SCHIESZER
Medical Minutes

Newly discovered benefits of tea and coffee

Adding more tea and coffee drinking to your daily routine may reap some important hidden health benefits. Stroke and heart attack survivors can reduce multiple causes of death and prevent further cardiovascular events by drinking green tea, according to a new Japanese study. Researchers also found daily coffee consumption benefited heart attack survivors by lowering their risk of death after a heart attack and can prevent heart attacks or strokes in healthy individuals.

Previous research has examined the benefits of green tea and coffee on heart health in people without a history of cardiovascular disease or cancer. Researchers studied green tea and coffee consumption and all-cause mortality (meaning death from any cause) among persons with and without a previous stroke or heart attack.

“There is a strong need for scientific evidence on the lifestyles among survivors of stroke and heart attack, considering the rapidly aging population and the need to improve life expectancy following these



cardiovascular events,” said study co-author Dr. Hiroyasu Iso, who is a professor of public health at Osaka University in Suita, Japan.

The researchers analyzed data from more than 46,000 participants between the ages 40 to 79 from the Japan Collaborative Cohort Study for Evaluation of Cancer Risk, which is a study conducted in 45 communities across Japan. Participants were asked to complete self-administered questionnaires that included information about demographics, lifestyle, medical history and diet. Researchers then analyzed the amount and frequency of green tea and coffee consumption.

When compared with participants who rarely drank green tea, stroke survivors who consumed at least seven cups of green

tea daily lowered their risk of all-cause mortality by approximately 62%. Researchers did not observe a statistically significant association among participants without a history of stroke or heart attack. Heart attack survivors who drank one cup of coffee a day reduced their overall risk of death by approximately 22% when compared to those who did not regularly drink coffee.

People without a history of stroke or heart attack who consumed one or more cups of coffee a week had approximately a 14% lower risk of all-cause mortality compared to non-coffee drinkers. Most Americans drink black tea so there may be differences from those who regularly drink green tea.

“An important distinction to make is that in Japanese culture, green tea is generally prepared with water and without sugar. Additionally, coffee is prepared with water and occasionally milk and sugar,” said Dr. Iso. “The healthiest way to prepare

these beverages is without an unnecessary amount of added sugars.”

more than two decades, orthopedic surgeon Dr. Geoffrey Westrich has seen numerous advances in joint

Robotics for knee replacement surgery

In a career spanning

next page please

Please Vote Dora Wilson for Anchorage School Board!

“I raised my daughter, Dora, to work hard, listen well and manage a budget. These are the values she will bring to the Anchorage School Board.”

--Frances Garcia



Frances Garcia & her daughter, Dora Wilson.



Paid for by Dora Wilson for School Board, PO Box 240074, Anchorage, AK 99524

Free Legal Services for Seniors!



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

Call your local ALSC office to learn more:

- Anchorage..... 272-9431 or (888) 478-2572
- Utqiagvik..... 855-8998 or (855) 755-8998
- Bethel..... 543-2237 or (800) 478-2230
- Dillingham..... 842-1425 or (888) 391-1475
- Fairbanks..... 452-5181 or (800) 478-5401
- Juneau..... 586-6425 or (800) 789-6426
- Kenai..... 395-0352 or (855) 395-0352
- Ketchikan..... 225-6420 or (877) 525-6420
- Kotzebue..... 442-3500 or (800) 622-9797
- Nome..... 443-2230 or (888) 495-6663
- Palmer..... 746-4636 or (855) 996-4636

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

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



Feeling Frazzled About Your Parents Care?

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

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

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



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

Unhappy with your IDD, ALI or APDD provider?

CUSTOMER SERVICE MATTERS.

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

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



907-644-6050

www.trinionqcs.com



Robotics: New tool for knee replacement

from page 10

replacement surgery that benefit patients. However, he thinks the promise of robotic-assisted knee replacement, which allows for an ultraprecise procedure, may be one of the most exciting new advances. A recent study by researchers in the United Kingdom found robotic-assisted total knee replacement was associated with decreased pain after surgery, improved early functional recovery and a shorter hospital stay.

Dr. Westrich, who specializes in knee and hip replacement, reached a milestone last year when he performed his 500th robotic-assisted knee replacement. He uses the MAKO robotic system, which is FDA-approved for both total and partial knee replacements.

“Joint replacement is

highly successful in relieving arthritis pain and improving quality of life, and the robotic system allows us to really customize the procedure for each patient,” said Dr. Westrich. “The MAKO system allows for optimal alignment and positioning of the knee implant, as well as optimal ligament balancing, all critically important for the best outcome and long-term success of the surgery. Such precision could potentially lead to a longer-lasting knee replacement.”

Dr. Westrich says over the past few years he has seen more patients in their 40s and 50s with arthritis who are candidates for a knee replacement. The main concern for patients in this age group is that the implant may wear out over time. Although a knee replacement could last 20 years or even longer, it

doesn’t last indefinitely. For younger individuals in particular, robotic-assisted surgery has made joint replacement an attractive option, as it could prolong the life of the implant, according to Dr. Westrich.

With a robotics approach, a CT scan is taken of the patient’s knee. The scan is then uploaded into the system software where a 3D model of the joint is created. The 3D model is used to plan and assist the surgeon in performing the joint replacement. In the operating room, the orthopedic surgeon controls a robotic arm that uses computer-guided mapping software, similar to GPS, integrated into the surgical instruments to position the implant in the knee joint.

The digital tracking system constantly monitors and updates the patient’s anatomy and enables the surgeon to make real-time

adjustments to optimize implant placement, alignment, ligament balance and joint motion. This provides each patient with a personalized surgery tailored to his or her individual anatomy.

“With more accurate alignment and positioning, the implant should experience less wear and friction,

and it could ultimately last longer,” said Dr. Westrich, who notes that studies will be needed to confirm this over the long term.

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.

Caregivers: American Indian and Alaska Native

continued from page 4

solve the needs of American Indian and Alaska Native caregivers.

This article is part of an ongoing series by the Diverse Elders Coalition, examining different aspects of senior populations. Rebecca Owl Morgan is project coordinator and Kayla Sawyer is a technical

communications specialist, both with the National Indian Council on Aging in Albuquerque, New Mexico. Ocean Le, MS, is a program coordinator at the Diverse Elders Coalition in New York City. This article appeared on Generations Today, American Society on Aging, <https://generations.asaging.org>.



“I will fight for jobs, public safety, and quality of life so that Anchorage is a great place to live for youth, seniors, and everyone in between.”

Photo: Josh Corbett, 2019

Learn more about Forrest and why he's running at forrestdunbar.com!



DUNBAR FOR MAYOR
DEDICATED LEADERSHIP. FISCAL RESPONSIBILITY.

Paid for by Forrest Dunbar for Mayor, P.O. Box 211686, Anchorage, AK 99521



Life after vaccination: *How safe is it?*

continued from page 5

who is with the department of Geriatric Medicine and Gerontology at Johns Hopkins University School of Medicine, Baltimore, Maryland.

“While I wish that it were as simple as saying yes to this, the vaccines ar-

en’t perfect and it remains important to wait on the big gatherings until community spread and numbers are lower,” said Dr. Robertson.

It would be okay to gather with three or four other fully vaccinated people for a meal, but you should avoid large numbers of people in an indoor space

because that can increase the risk of COVID spread, Dr. Robertson said.

“I think we will continue to learn more and our thoughts around this might change but this is what I am advising my patients for now.”

Personal contacts

It is important to feel some freedom in this time, so a hug with a friend who is also vaccinated is considered fine, a human connection in a way that has

not been feasible up until now. Dr. Robertson said vaccinated older adults can now feel more comfortable going out and doing activities like grocery store trips.

“It isn’t a pass to go out in big gatherings, particularly with community rates as high as they are and the more infectious variants of the virus spreading, but it is a pass to liberalize a bit of the connecting that we have been starved of for the past year,” Dr. Robertson said.

Some older adults had

friends and neighbors shopping for them during the past year. Now vaccinated, they can return the favor.

“I think it is a great idea for those who are vaccinated to help out those who aren’t yet vaccinated by going to the store for them or running other errands. When going shopping or in any venues with a lot of people, continuing to observe social distancing and masks is a good practice,” said Dr. Robertson.

Autoimmune disorders and risk of infection

By SUZY COHEN

Senior Wire

Having an autoimmune condition, or a thyroid condition can make you more susceptible to coronavirus complications. Think of autoimmune conditions in the same manner you would other immunosuppressive

disorders (cancer, organ transplantation, history of radiation treatment or chemotherapy). As it pertains to Hashimoto’s thyroiditis, Graves disease or hypothyroidism, you need to be extra vigilant while you’re

page 24 please

Vaccine: COVID shot

continued from page 5

PrepMod. It is used by some, but not all, vaccine providers for finding and scheduling COVID vaccine appointments. Make sure to click on the little blue “Refresh” button. Internet Explorer and Microsoft Edge are not supported, so use Chrome, Firefox or Safari for a better experience.

Other considerations

Here are a couple of tips that may make the vaccine hunt a little more successful:

1) Generally, the biggest new shipment of vaccine comes to Alaska near the beginning of every month, so the best time to search for appointments is the first week or so of every month. But don’t give up. New providers with vaccine to distribute appear all month long.

2) There is a separate federal program that distributes vaccines to drug stores across the state on a weekly basis, so they may also be making appointments throughout each month.

3) Some private health providers, possibly your regular doctor, may not appear on some lists, so give them a call.

Don’t want to mess around with computers? Well, there’s good news for you. Call the COVID helpline at 907-646-3322 for assistance. Hours are 9 a.m. to 6:30 p.m. on weekdays, and 9 a.m. to 4:30 p.m. on weekends. If you are an email kind of person, you can get your vaccine questions answered at covid-19vaccine@alaska.gov.

A final word about safety. According to the Jan. 12 issue of the New York Times, “About nine million people in the United States have received at least one shot of either the Pfizer or Moderna coronavirus vaccine, the two authorized in the United States. So far, serious problems reported were 29 cases of anaphylaxis, a severe allergic reaction. None were reported as fatal.” On the other hand, as of mid-February, nearly 475,000 Americans have died from COVID-19. Most would still be alive had they received a vaccination. So, remember the Alaska motto: “Shots in arms – fast and fair,” and safe.

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.

Anchorage Senior Activity Center

Take advantage of these FREE SERVICES!

ELIGIBILITY SCREENING

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

MEDICARE & BENEFITS ENROLLMENT CENTER



907-770-2000

anchorage seniorcenter.org



AARP Alaska: Join us (virtually) in March!

AgeSmart – Let’s Talk on March 9 at 6:30 p.m.: Learn how the game of chess can build community by teaching social and life-skills across diverse populations.

COVID Vaccine Update on March 16 at 11 a.m.: AARP Alaska is hosting regular vaccine updates with Dr. Anne Zink and RN Tessa Walker Linderman, co-chair of the Alaska Vaccine Task Force. This is a chance to ask your questions about vaccination, immunity, allergic reactions and more directly to Dr. Zink!

Fraud Watchdogs HOWL on March 18 at 1 p.m.: Join AARP Alaska and the Seattle Office of the Federal Trade Commission (FTC) for a presentation on the latest scams related to COVID-19 and vaccines. Our guest presenter from the FTC will share information on how to make sure you are up to date to avoid scams related to the pandemic.

Registration information for all AARP Alaska events at www.facebook.com/AARPAK or by calling 1-877-926-8300.



New guidelines for better nutrition and health

By **LESLIE SHALLCROSS**

For Senior Voice

Every five years since 1980, the U.S. government has released a new version of the “Dietary Guidelines for Americans”. These reports are thorough reviews of up-to-date diet and health research, focused on population-wide health promotion and chronic disease prevention. If one looks at the earliest guidelines through to the present, in some ways they don’t appear terribly different. But, the small and subtle changes in each version are the result of exhaustive consideration of the evidence and expert scientific thought.

The earliest versions of Dietary Guidelines were produced for the public as booklets and brochures. More current guidelines are less consumer-friendly

We’ve just gotten a look at the 2020-2025 guidelines and there is something in there for seniors.

and are primarily designed for health professionals and policy makers, who translate the information into messages, programs and policy for the public. Nonetheless, the guidelines provide perspective and lots of basic information seniors can consider when setting nutrition goals.

We’ve just gotten a look at the 2020-2025 guidelines and there is something in there for seniors. The guidelines have been presented from the perspective of “life stages” from birth to old age, emphasizing that healthy eating at each life stage can improve health and lower disease risk. Improved eating habits can even be

a “treatment” for some of the common chronic conditions experienced in older adults. The Dietary Guidelines stress that nutrition-savvy seniors can experience the following benefits from following healthy eating patterns throughout their lifetimes:

- ▶ Lower risk of all-cause mortality
- ▶ Lower risk of cardiovascular disease
- ▶ Lower risk of cardiovascular disease mortality
- ▶ Lower total and LDL cholesterol
- ▶ Lower blood pressure
- ▶ Lower risk of obesity
- ▶ Lower body mass index, waist circumference and body fat
- ▶ Lower risk of type 2 diabetes

- ▶ Lower risk of cancers of the breast, colon and rectum
- ▶ Favorable bone health, including lower risk of hip fracture

Looking at weight

A key idea in the 2020-2025 Dietary Guidelines, is an emphasis on healthy body weight. Just as the rest of the population, seniors are experiencing overweight at an ever increasing rate. The current Dietary Guidelines tagline – “Make Every Bite Count” – is especially important for older individuals who may have lower energy needs than younger adults but not lower nutrient needs. Maintaining and attaining a healthy body weight and good health, requires making sure that every bite is packed with nutrients but not packed with excess calories.

In 1960, the average American man weighed 168 pounds; today, the average man is taller by about 1 inch but weighs 199 pounds. The average woman has gone from 140 pounds in 1960 to 170 pounds in 2019. Over the same period, type 2 diabetes, which is strongly associated with overweight, has risen and now affects 26.8% of seniors over 65 years; and, 48% of seniors have prediabetes. One bit of good news is that individuals over 60 years of age can be very successful in losing weight and preventing the onset of diabetes with lifestyle changes.

Areas for improvement

On another bright note, the dietary guidelines show that by most measures, seniors eat better than any other age group. But,

page 22 please



Call Now!

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

Preferred Care at Home

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

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

Call For Your Free In-Home Assessment

Preferred
Care at Home®



907.868.1919

SuzanneH@PreferHome.com | PreferHome.com/alaska



Suzanne Hickel, Owner

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

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

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

907.677.1919

Hickel@OpusMemoria.com | www.OpusMemoria.com





Juneau program connects friends with seniors

By KEN STEWART
For Senior Voice

Friends of Seniors, Catholic Community Service (CCS) Juneau’s latest volunteer program, addresses gaps in community care. The program matches senior participants age 60 and older with local volunteers to assist with non-medical, advocacy and daily support care. Friends of Seniors supports seniors with a variety of needs, and the only requirement is the age limit: anyone needing support can participate.

Before the COVID-19 pandemic settled in last March, Jennifer Carson, Director of Home and Hospice Care for CCS Juneau and Janna Auger, Friends of Seniors Volunteer Program Manager, had been planning on instituting the program to fit community care needs as flexibly as possible.

“When the pandemic



Ward Lamb and Friend of Seniors volunteer Jenni Ebersberger show off their baking project. Friends of Seniors pairs volunteers with seniors in the Juneau community who need assistance.

Courtesy Friends of Seniors

hit, some of the other home and hospice care services started to limit their offerings, so Janna and I thought it was a good time to pilot the program, as we had already started to put some of the pieces together,” said Carson.

Friends of Seniors offers 13 categories of care, including emergency and

COVID planning, companionship visits, patient advocate services, wake-up and evening services, subsistence hunting and fishing, food prep, medical equipment delivery, light housekeeping and outdoor maintenance, technology support, heat maintenance, home safety, mail maintenance and pet as-

sistance.

“We find that a lot of times that list of 13 categories of care is just an entry into companionship,” said Auger. “Someone may ask for light housekeeping components like laundry or grocery shopping, but what happens instead is a deeper relationship between the volunteer and participant that enhances independence, which is really our underlying goal: enhancing independence for our participants and creating community bonding and belonging.”

Making technology your friend

Senior participants can ask for assistance with a range of digital to-do’s central to our “new normal,” including help with logging on to a telehealth appointment.

“One story that I want to talk about that just warms

my heart,” said Carson, “was when Jes, our volunteer coordinator for Friends of Seniors, went out and helped one of the participants sign on for home health. It was critical that they had that telehealth appointment with their doctor so we could get other services in the home for them through Friends of Seniors.”

Friends of Seniors offers four iPads for participant use, another facet of technology support. Volunteers support participants through Zoom tech teaching, helping them connect with loved ones virtually via video chat. The idea is to keep relationships going with family members that can no longer travel due to COVID-19 precautions or to maintain hobby groups via Zoom if a participant isn’t feeling well.

page 23 please



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

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

Anchorage Area

Municipality of Anchorage, Department of Health and Human Services
825 L St., Ste 203, Anchorage, AK 99501
907-343-7770 www.muni.org/adrc

Kenai Peninsula/Kodiak Island/Valdez/Cordova

Independent Living Center
47255 Princeton Ave., Ste 8, Soldotna, AK 99669
907-262-6333 / 1-800-770-7911 www.peninsulailc.org

Southeast Alaska

Independent Living Center, SAIL
3225 Hospital Dr., Ste 300, Juneau, AK 99801
907-586-4920 / 1-800-478-SAIL (7245) www.sailinc.org

Mat-Su Borough

LINKS Aging & Disability Resource Center
777 N. Crusey St., A101, Wasilla, AK 99654
907-373-3632 / 1-855-355-3632 www.linksprc.org

Fairbanks North Star Borough

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

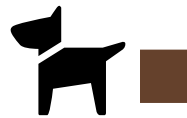
Bristol Bay Native Association

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



1-877-625-2372

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



Helping your shelter means more than just walking dogs

By LAURA ATWOOD

For Senior Voice

When people think of volunteering at their local animal shelter, their first thought is usually to volunteer as a dog walker. But what if walking big, exuberant dogs doesn't appeal to you or doesn't sound safe to you? The good news is that there are plenty of other ways to help the shelter and their animals.

► Cats and small animals need volunteers too. Volunteers can spend time petting and brushing cats or letting them play and explore in an exercise room. Rabbits also appreciate time out of their kennels. They love hopping around and exploring and will often sit in your lap to be cuddled and eat some lettuce. Guinea pigs also enjoy being held on your lap while nibbling some tasty lettuce.

► There are always projects. For example, if your local shelter has a pet food bank, they may need help distributing food to community members who need temporary assistance

feeding their animals. The shelter may also need assistance with administrative tasks such as copying and stocking informational brochures for the public.

► You can even help from home. Follow your local shelter's Facebook page and share their posts. Sharing posts about their adoptable animals might help those animals find their new homes. If your shelter posts lost animals who have been brought to their shelter, then sharing



Shelters need volunteers for many tasks and pets.

Courtesy Laura Atwood

those posts can help them be reunited with their families.

Check your shelter's website to see if they need items like cat beds which can be sewn at home (there are even instructions for no-sew beds for those not handy with needle and thread). Your shelter may also have a Wish List on Amazon if you'd like to purchase items for the sheltered animals.

► Fostering saves lives. Have you thought about becoming a foster parent? Almost every shelter needs foster homes for kittens and puppies. Some may even need foster homes for adult animals. Fostering animals is very rewarding and can become addictive.

► Not all dogs are big and exuberant. If you'd like to walk dogs for your shelter, then just let them know that you'd only like to walk small dogs or elderly dogs. The shelter will respect your request.

Hopefully, these suggestions will inspire you to do what you're comfortable with to help the animals at your local shelter. We're sure you'll find it very rewarding once you get started.

Laura Atwood is the public relations coordinator for the Anchorage Animal Care and Control.

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 (formerly known as the Interagency Breakfast), sponsored by Older Persons Action Group, Inc., is an opportunity for all the above. Informal, early and free, the monthly event is being continued virtually online via Zoom. The March meeting is March 10, hosted by Assistive Technology of Alaska (ATLA). 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.

*"I passionately believe that together,
WE CAN DO BETTER!"*



Robbins
MAYOR 2021
RobbinsForMayor.com

**FOR A SAFER, CLEANER, AND MORE
PROSPEROUS ANCHORAGE®**

Paid for by Robbins for Mayor, 814 W. Northern Lights Blvd, Anchorage, Alaska 99503



Outdoor discovery becomes daily winter delight

By **MARALEY McMICHAEL**
Senor Voice Correspondent

Recently I came in from my afternoon snowshoe laps and quickly removed all my winter gear. While waiting for my tea water to heat, I pondered my enjoyment of my favorite winter exercise. I hadn't gone out the previous day because of a 6-degree temperature along with our famous Mat-Valley winds, which were blowing snow sideways. But, my recent session had been exhilarating. Fresh moose, snowshoe hare, and mouse tracks all showed that I wasn't the only one to venture out once the "blizzard" let up. However, thankful that I am, snowshoe laps were not my first choice for winter exercise and a lot of work was involved before they became a possibility.

In the fall of 2011, my husband Gary and I moved from our log home on 5 acres in Slana, back to Palmer. We found a much smaller house in a typical subdivision, 10 minutes out of town. That next summer, while exploring our new back yard, I no-

ticed several bushes with clumps of beautiful wild red currants farther out in the non-landscaped area, so I grabbed my berry picking bucket. But the tangle of downed trees and thick underbrush was hard to navigate and picking berries was a struggle. When I almost broke a leg falling into an invisible hole between two downed logs surrounded with green underbrush, I knew I had to quit. The following summer I asked Gary to use his tractor to help remove the downed logs, so I could safely pick berries. When our son came to visit from Colorado, he and his friend did additional "logging" work. After a couple of summers of effort, I could walk almost anywhere on our .9 acre of property.

By the winter of 2014/2015, I was sick of riding our second hand stationary bike for exercise and finally remembered my past love of cross country skiing. Between being snowbirds and then dealing with health issues, I hadn't cross country skied in ten years. Driving to the nearby, newly opened Gov-



Maraley McMichael snowshoes in her backyard property near Palmer, April 2020.
Courtesy Maraley McMichael

ernment Peak Recreational Area seemed too much, but how about skiing around my own yard? With the downed logs out of the way, I could imagine a nice ski

trail around the perimeter of our property. Soon I geared up and set out for some fun. There were some slight hills and dales that wouldn't have

bothered me at all in 2005, but this time I felt like an accident just waiting to happen. Before completing one pass, I knew that cross country skiing was no longer a safe activity for me and before I got back to the house, I removed my skis. They were just too slippery for my balance problems. I was shocked and disappointed that my body was so uncooperative, but was thankful I hadn't fallen and broken anything.

A few days later, I remembered the three pair of snowshoes we had tucked in a corner of the garage. Perhaps snowshoes would have better grip. I dug out the pair in the best condition and learned that my ski boots would fit fine in the leather harnesses. After gearing up, I tentatively began making a trail while continuing to use my ski poles for stability. Much better. Enjoyable, in fact. It took a while to get used to the long tails and I fell more than once by tripping myself. But soon I was

page 18 please

Pedaling and thriving through a pandemic

By **DIANN DARNALL**
For Senior Voice

Before Alaska International Senior Games Athlete Carol Johnson even had a bicycle, her ten-year old adventurous self was drawn to biking, learning from her grade school friends on their bikes.

Fast forward 60-plus years to an April spring day in 2020. Carol was on one of her regular outings riding around Fairbanks when she noticed her bike skipping gears, so she stopped by the local bike shop. While checking it in for service, she remembered a conversation she had in 2019 with another cyclist about his mileage tracker. Curious, Carol decided that it might be fun to know how much she biked in a summer. She picked out a tracker to be installed.

Her repaired bike rode smooth as new, and she was pleased to be logging 8 to 12 miles per outing several days a week. In addition to gaining the health benefits of exercise and being outdoors, Carol enjoys spontaneous rides checking out the community, as well as outings with friends to chat or find a geocache.

On Sept. 19, 2020, she noticed her tracker read 699.9 miles. After she shared a photo of the 699.9 with her children, daughter Katie challenged her to reach 777.7, which she did on Sept. 28. Now Carol was on a roll.

Nine days later 888.8 flashed on the screen. Quite the accomplishment! She was so excited, she challenged herself even more.

The tracker only goes up to 999.9 miles and then

next page please



BRINGING ALASKA INTO FOCUS SINCE 1972



542 W. 2ND AVENUE
ANCHORAGE, AK 99501
(907)276-1617
(800)270-1617
www.akeyedoc.com



Miles: Pedaling through the pandemic

from page 16

resets. She was a little concerned that winter might arrive any day, and she is not a snow biker. She wondered, could she really do this?

As the air temperatures dropped below freezing, Carol doubled down with two rides daily, averaging 20 plus miles a day. A glowing joy flooded Carol's face as the tracker rolled over to 999.9 on October 12. It snowed two days later.

While winter changed things a bit, Carol has adjusted. Exercise and keeping busy are still important to her. She has been searching for geocaches, taking on the Fairbanks North Star Borough Trails Challenge, cross country skiing and strength training, as well as Zooming yoga and other workout videos.

Carol is an active Alaska International Senior Games participant in many sports,



Carol Johnson shows off the 777.7 mile tally on her bicycle mileage tracker in September.

Courtesy Diann Darnall

including the AISG cycling time trials. While she doesn't consider herself a top woman biker in the Interior, a smile and happiness still fill her when she sees a photo or memento of her 2020 summer biking. Her joy of meeting her personal challenge is priceless.

Thank you, Carol, for your great example of how setting a goal can be mo-

tivating to stretch yourself and challenge your limits.

Diann Darnall is the director and board president of the Alaska International Senior Games. The 2021 Alaska International Senior Games for those age 50 and older are scheduled for August 6-15 in North Pole and Fairbanks. For more information about AISG go to <https://www.alaskaisg.org>.

Rambles

News from the Grapevine

The City of **Kenai** is running a **vaccine transportation program**, providing rides to and from vaccination appointments at no cost. Rides are on a first-come, first-served basis; proof of vaccination is required. Riders' identification is kept confidential. To schedule a ride, call **Alaska Cab**, 283-6000 or **CARTS**, 262-8900 ... **Valdez Senior Center** mails out **ballots** for its **board of directors election** on March 5, so keep your eyes on your mailbox. Ballots are due back on April 1. Election results will be announced at the annual board meeting April 8. Call for information, 835-5032 ... A **Fairbanks** foundation has donated an exquisite **Chilkat robe** to Juneau's **Sealaska Heritage Institute** (SHI) in an effort to return it to its homeland. The piece, which is small and apparently made for a child, was woven in the traditional way using cedar bark. The robe's exact origins and the name of the weaver are unknown. The **Monroe Foundation, Inc.**, donated it to SHI so it would be made available to weaving students to study, said **Amanda B. Angaiak**, president of the foundation, a nonprofit established in 1958 to support and advance the goals and programs of the **Catholic Schools of Fairbanks**. "We believe Sealaska Heritage is where this amazing blanket needs to be, especially because of its cultural value to Indigenous peoples," Angaiak said. "We are grateful to have it in its proper home, especially as it can assist in educating future generations." The

page 18 please



Elevators, stairlifts,
wheelchair lifts, and more.

www.alaskastairlift.com

(907)245-5438

toll-free 1-877-884-5438



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



Free estimates
Statewide service
Medicaid-Insurance-VA billing

Creating accessibility solutions for your home and business since 1998



Rambles

News from the Grapevine

continued from page 17

foundation received the robe as a gift, and the piece is thought to be valued at \$18,000. SHI President **Rosita Worl** called the donation “breathtaking.” “We are incredibly grateful to the foundation for donating the robe to Sealaska Heritage, where it may be studied by artists for many years to come and will be cared for to the highest standards,” Worl said in a press statement. Chilkat weaving is one of the most complex weaving techniques in the world, and it is unique to Northwest Coast cultures. Curvilinear shapes such as ovoids and circles are woven into the pieces. The curved shapes are difficult and very time-consuming to execute, and a single Chilkat robe can take a skilled weaver a year or longer to complete. The press statement and a photo of the robe are online at www.sealaskaheritage.org/node/1359 ... The **American Legion Auxiliary** in **Ninilchik** continues its Wednesday night **dinners** this month. On the menu for March 3: fried chicken, mashed potatoes and gravy and biscuits, corn, salad and dessert. Call 252-0900 for details ... **Kodiak Senior Center** will continue offering its “**Brain Games**” through March, via Zoom. Sessions are Wednesdays at 1:30 p.m. and usually last around 45 minutes, says activities coordinator **Laurie Murdock**. Call her at 486-6181 to get the Zoom meeting ID ... **Nenana Senior Center** notes a sad upcoming anniversary in their February newsletter: the last **group meal** together at the center, before COVID ended them, was on March 14, 2020. Here’s to a return to brighter days and togetherness soon.

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

Discovery: Snowshoes

continued from page 16

enjoying a daily snowshoe jaunt without having to drive anywhere.

Then in the summer of 2017, I went to a friend’s garage sale. She was selling everything and returning to her home state. When I saw her pair of modern bear paw style snowshoes, metal frame with neoprene/nylon decking, I instantly knew I needed them. No tails would certainly be safer, and once home, I was even happier to notice the bottoms featured metal cleats. That winter, because of no tails and the wonderful grip of my “new” snowshoes, I could confidently pick up the pace and my snowshoe laps became real exercise, not just a pleasant outdoor activity. Snowshoeing had become my preferred winter sport.

Ever since, each winter, beginning with the first good snow through March, I get outside and do snowshoe laps almost daily. Four laps is the minimum and I’ve done up to 10, but six to eight is the usual. Feeling confident about not falling,

I can push along at a pretty good clip. Sometimes I find myself either daydreaming or so deep in thought, I forget what lap I’m on. So I’ve gotten into the habit of marking the snow with a ski pole each time I pass a certain location. Before the snow gets too messy with several days “accounting”, along comes a fresh snowfall or the winds rearrange the snow into a new blank slate.

I learned to check for moose each day before beginning my laps. I also check the weather. In mid-winter, my standard gear is long underwear, my down vest, and my down winter coat. A balaclava around my neck and over my face is especially necessary when the wind blows sharp ice crystals. In the spring though, just a vest and light jacket are enough. I choose among three weights of gloves and mittens.

I usually switch directions every two laps, just to change things up, but the scenery also changes

from day to day. Sometimes the surroundings are like a winter wonderland with every tree surface heavy with fresh snow, while other times it looks barren and wind swept. Especially after a fresh snow fall, it is so fun to notice all the new animal tracks. I’ve snowshoed while wearing a headlamp, but prefer broad daylight.

I’ve walked laps at the Cottonwood Creek Mall and run laps at the Wasilla High School gym back in the 1990s, before private gyms became the norm, but I so prefer my daily outdoor snowshoe laps compared to indoor anything. They are both physical exercise and mental therapy. And, I’m always a little disappointed when my trail turns to mush in late March/early April, but by then the subdivision roads are almost ice free and I can switch to my favorite outdoor summer exercise – bike riding.

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

‘If I’d known then what I know now...’

By **DAVID WASHBURN**

Senior Voice

If I could go back in time, what advice would I offer my 21-year-old self? There are obvious things: Save more. Don’t buy that impractical convertible. Wear better shoes (your future feet will thank you). Other coulda-shoulda-wouldas: Write down the dates on the back of your photo prints as soon as you get them developed. Learn a second language. Sing more. And there are deeper lessons, learned the hard way: Don’t let friends slip out of touch. Be easier on yourself. Observe and celebrate the milestones, even when it’s a hassle. Especially when it’s a hassle.

How about you? What would you advise your 21-year-old self and why? Share your thoughts with Senior Voice readers. Send



a note for publication, 250 words or less, to editor@seniorvoicealaska.com. You can also mail to Senior Voice, 3340 Arctic Blvd., #106, Anchorage AK 99503. Be sure to include your name and phone number so we can confirm permission to publish. There’s still a lot we can learn from each other!

David Washburn is the Senior Voice editor



Pat Higgins

SCHOOL BOARD

You deserve a School Board that listens to the Public and puts kids first.

pathigginsforschoolboard.com

PAID FOR BY PAT HIGGINS FOR SCHOOL BOARD, 9140 GRANITE PL, ANCHORAGE, AK 99507



Apply now for AARP Community Challenge Grant

AARP Alaska

AARP Alaska invites community organizations and local governments across the state to apply for the 2021 Community Challenge grant program, now through April 14. Grants fund quick-action projects that can range from several hundred dollars for small, short-term activities to several thousand or tens of thousands for larger projects. Now in its fifth year, the grant program is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for people of all ages.

"We are thrilled to bring this grant opportunity back to Alaska in 2021 and we encourage all eligible organizations to apply," said Teresa Holt, State Director for AARP Alaska. "We've seen great results from the Community Challenge grant program in communities from Anchorage to Gustavus, and this year we are focused on projects promoting diversity and inclusion, as well as aid in local recovery from the coronavirus pandemic."

Since 2017, AARP has awarded 560 Community Challenge grants to non-profit organizations and government entities across the U.S., including 14 in Alaska. Funded projects have demonstrated an ability to garner additional funds or support from public and private funders, encourage replication and overcome local policy barriers, and increase overall awareness and engagement.

AARP will prioritize projects that deliver inclusive solutions for the needs of diverse populations, as well as those that directly engage volunteers, to achieve one or more of the following outcomes:

- Create vibrant public places that improve open spaces, parks and access to other amenities.
- Deliver a range of transportation and mobility options that increase connectivity, walkability,

bikeability, wayfinding, access to transportation options and roadway improvements.

- Support a range of housing options that increase the availability of accessible and affordable options.
- Increase civic engagement and demonstrate the tangible value of "Smart Cities" with innovative and tangible projects that bring residents and local leaders together to address challenges and facilitate a greater sense of inclusion.
- Support local recovery from the coronavirus pandemic with an emphasis on economic development, improvements to public spaces, and transportation services.
- Ensure a focus on diversity and inclusion while improving the built and social environment of a community.
- Other community improvements. In addition, AARP wants to hear about local needs and new, innovative ideas for addressing them.

The Community Challenge is open to 501(c)(3), 501(c)(4) and 501(c)(6) nonprofits and government entities. Other types of organizations will be considered on a case-by-case basis.

In 2020, AARP Alaska awarded Community Challenge grants to the Municipality of Anchorage, the Mat-Su Trails and Parks Foundation, the United Way of Mat-Su, the University of Fairbanks Cooperative Extension, the City of Newhalen, the Clausen Memorial Museum in Petersburg, the Gustavus Community Center, and the Native Village of Unalakleet. Projects ranged from intergenerational gathering spaces and air quality monitoring devices to an artistic trail reflective of community history and fitness equipment.

The 2021 application deadline is 4 p.m. Alaska time, April 14, 2021, and all projects must be completed by November 10, 2021. To apply or learn more, visit www.AARP.org/CommunityChallenge.

Calendar of Events

Editor's note: Due to COVID-19 safety concerns and restrictions, all events are subject to change or cancellation. Always confirm before attending.

March 3-7: Anchorage Charlotte Jensen Native Arts Market at the Dimond Center, Wed. through Sat., 10 a.m. to 6 p.m. & Sun., noon to 5 p.m. Featuring Alaska Native artisans demonstrating their basket weaving, dolls, carving and other art. www.furrondy.net

March 5: Homer First Friday: The Art of Wellness at Homer Council on the Arts (virtual or hybrid event TBD), 5 to 7 p.m. Join community members in healing for The Art of Wellness: Stories of Trauma, Loss and Resilience. All art sales benefit the Independent Living Center's TRAILS program. Check www.homerart.org for updates on opening reception location and/or Zoom link.

March 9: Statewide Alaska Mobile Yoga via Zoom, 11 to 11:40 a.m. Live! Yoga for everybody, in your home, no experience necessary. You will need a mat, blanket and strap, belt or scarf. Pay as you can. No one will be turned away due to lack of funds. Register by 10:45 a.m. on Mar. 9. <https://www.alaskamobileyoga.com/schedule/>

March 11: Fairbanks Veggie Slam: A Week of Vegetables in One Hour. Via Zoom, 6 p.m. Cook five of your favorite veggies along with your instructor in this virtual class hosted by UAF Cooperative Extension. Visit <http://bit.ly/RR-Rreg2021> to register.

March 17: Nationwide St. Patrick's Day

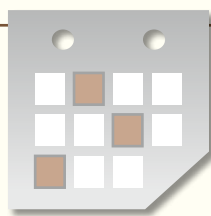
March 18: Statewide Fraud Watchdog Team Howl, 1 to 2 p.m. Join AARP Alaska and FTC for a presentation on the latest scams related to COVID-19 and COVID-19 vaccine scams. <https://local.aarp.org/aarp-event/>

March 25: Anchorage "The 7 Threats to Your Estate Plan" Virtual Seminar hosted by the Law Office of Constance A. Aschenbrenner, 6 p.m. It's all about family. Have you protected them? Email Colleen McClurg at client.services.ak@gmail.com or call 907-334-9200 to register.

March 25: Valdez Valdez Reads Book Club via Zoom, 6:30 to 7:30 p.m. Read, discuss and learn together with the Anchorage Public Library. This month's discussion will cover Part II: Created Equal from "Stamped from the Beginning" by Ibram X. Kendi. If you missed Part I, don't worry--there is still time to catch up Call 907-835-4632 or email mwalker@valdez.gov to register.

March 26: Kenai Kenai Wildlife Speakers Series: Fly-tying for the Kenai River at Kenai Chamber of Commerce and Visitor Center, 4:30 to 5:30 p.m. Learn how to find the best places to catch trout and salmon for early spring in this hands-on workshop from Ranger Matt. Space is limited to 15. Register by calling 907-283-1991.

March 29: Statewide Seward's Day



Send us your calendar items

Send to: Senior Voice, 3340 Arctic Blvd., Suite 106, Anchorage AK 99503
editor@seniorvoicealaska.com Fax: 907-278-6724.
 Deadline for April edition is March 15.

Kelly LESSENS
 School Board

Do you remember how recess energized your own school day? Thanks to my collaborative efforts, elementary students benefited from additional time for lunch and recess last year which research shows improves learning. As a parent, I have a track record of translating community concerns about student wellness and learning into results. I'm running for Anchorage School Board so that our students can make Alaska's future as strong as it can be.

www.kelly4anchoragekids.com

Paid for by Kelly Lessens for Anchorage School Board, PO Box 240711, Anchorage AK 99524

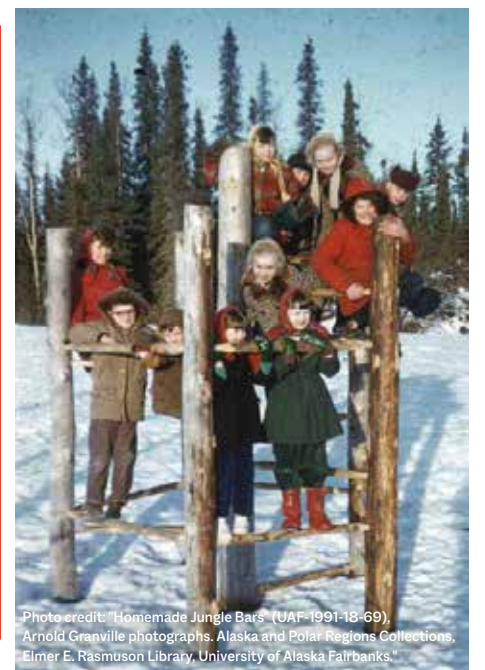


Photo credit: "Homemade Jungle Bars" (UAF-1991-18-69), Arnold Granville photographs. Alaska and Polar Regions Collections, Elmer E. Rasmuson Library, University of Alaska Fairbanks.



Riches eluded John Bremner, but not fame

By LAUREL DOWNING BILL
Senior Voice Correspondent

In the Koyukuk country, two rivers and a lake are named after a grizzled old Scottish prospector who explored the Copper River Valley. Not much is known of John Bremner’s life before he arrived in the North Country, but his death triggered a very exciting chapter in Alaska’s history. The hijacking of a Yukon River steamer, a wild chase on the Koyukuk, a miners’ trial and frontier justice for Bremner’s murderer make a story that could have been written by Rex Beach or Jack London.

His stay at Taral – near Chitina – during the 1880s is a saga of hardships and privation. By spring he was tightening his belt one notch every other day. He was “a picture of wretchedness and destitution,” wrote Lt. Henry Allen, the next white man up the Copper River.

Allen was on an exploring trip that took him to the Tanana, Koyukuk and Yukon rivers – one of the most important reconnaissance voyages ever undertaken in Alaska. Bremner was easily persuaded to go along, since his prospecting along the Copper had been unsuccessful, and he thought it was a chance to seek greener pastures.

And he thought he’d reached those pastures when the party came to Koyukuk country. That’s when he and Peder Johnson, another member of Allen’s group, decided to leave the lieutenant’s exploration party and go prospecting instead.

One particular tributary of the Koyukuk, which is a tributary of the Yukon River, John liked and talked about so much, that Johnson started calling it “Old John’s river.” It is marked on present-day maps as “John River.”

Both Bremner and Johnson were convinced the gold that had escaped them so far was here, and they spent the summer of 1886 searching for nuggets.

In the spring of 1887, they left Nuklukyet on the Tanana River, where they’d spent the winter, and prospected along the river and its tributaries. They found colors, made rockers and took out enough gold for a grubstake for another year. When they reached the upper river in 1888, John decided to do some more extensive prospecting.

Bremner tried a few promising streams with little success. Then one day, about noon, he reached the mouth of Dolby River and stopped for a bite to eat at a Native fish camp where two women, three or four children, a young man and a shaman were fishing.

The old prospector asked the



John Minook, shown here with his family in Rampart, told the miners of John Bremner’s murder and accompanied them to capture the culprits. Minook later made a discovery of gold along the Yukon that started the boomtown of Rampart.

Aunt Phil’s file photo

Natives to share his fried duck and tea. After they’d eaten, Bremner put his grub box in the boat and motioned for the men to shove the boat off shore. Bremner had left his gun in the boat close to the bow.

One of the men grabbed the old man’s double-barreled gun and fired. Bremner fell, but was not dead, so the other barrel was fired. Bremner’s body rolled into the river and was never found.

Some informants said only one of the men had shot Bremner, but another report said the medicine man finished him off. Whatever the details, Bremner was dead.

A man named John Minook (founder of Rampart), part Russian and part Alaska Native, brought news of the murder to Nuklukyet,

page 31 please

Hard Workers

Across

- 1 November birthstone
- 6 Town
- 10 Head for the hills
- 14 Pueblo brick
- 15 Small buffalo of the Celebes
- 16 Infinitesimal amount
- 17 Newspaper employee
- 19 Laugh heartily
- 20 Metallurgist’s materials
- 21 Four-time Japanese prime minister
- 22 What a maid does
- 24 Sermon subject
- 26 N.Y. minutes?
- 27 Peculiar
- 30 ___ publica
- 32 Blood disorder
- 35 As such
- 37 Movie employee
- 40 Fencing sword
- 41 Relish
- 42 Member of the arum family
- 43 Collier
- 45 Construction set
- 46 Tire grooves
- 47 It’s past due
- 49 Mariner’s dir.
- 50 “Evita” narrator
- 51 Symbol of strength
- 53 Dyed fabric
- 55 Band performance
- 57 Ewes’ butters
- 61 Do damage to
- 62 Showman
- 65 Humerus neighbor
- 66 Doubloon
- 67 Come from behind

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21				22	23			
				24	25					26				
27	28	29		30		31		32				33	34	
35			36			37	38							39
40					41						42			
43				44						45				
	46							47	48			49		
				50					51		52			
	53	54					55	56			57	58	59	60
61						62	63				64			
65						66					67			
68						69					70			

Copyright ©2021 PuzzleJunction.com

- 68 Secluded valley
- 69 Some male dolls
- 70 Healing plants
- 12 J.F.K. postings
- 13 Corn serving
- 18 Sup
- 23 Exploitative type
- 25 Hot temper
- 27 Crude group?
- 28 Train stop
- 29 Gloomy, in poetry
- 31 Hospital pictures
- 32 Lifeless, old-style
- 33 Corporate concern
- 34 Composer Copland
- 36 Elected official
- 38 Map abbr.
- 39 Bridge site
- 41 Tonto to the Lone Ranger
- 44 Benin native
- 45 Grazing area
- 48 Learning method
- 52 African village of huts
- 53 Formal dance
- 54 “Rule, Britannia” composer
- 55 Washer cycle
- 56 Sea eagles
- 58 Folk singer Guthrie
- 59 Eight furlongs
- 60 Some beans
- 61 Embrace
- 63 A Stogie
- 64 Mme., in Madrid

Crossword answers on page 30



'TV Therapy' for classic television stars

By NICK THOMAS

Tinseltown Talks

Back in 2019, actor/writer/producer Terry Ray convinced Erin Murphy – best known for playing baby Tabitha in “Bewitched” – to reprise her role in a short five-minute web skit in which her now-adult character seeks out a therapist (played by Ray) to deal with childhood issues lingering from growing up as the daughter of Darrin and Samantha Stephens. It was the beginning of a web series called “TV Therapy” that has delighted fans of classic television.

“One day my dad came into the room and he was a completely different person,” proclaims Tabitha



Dawn Wells, as a patient, and Terry Ray, as the therapist, in Ray's “TV Therapy” series.

Provided by Terry Ray

to Dr. Stephen Nielson, Ray's therapist character in the series. Fans of “Bewitched” will immediately understand the humorous implication.

Ray followed up with another fun therapy session featuring Dawn Wells as Mary Ann of “Gilligan's Island” fame discussing her issues resulting from the harrowing years stranded on a desert island. The series is available on Ray's YouTube channel.

“Don't ever take a vacation in Hawaii and if you do, don't take the harbor cruise,” advises Mary Ann from the therapist's couch.

“We shot the ones with Erin and Dawn in the home

of Billy Clift, the director, pre-COVID,” explained Ray from his home in Palm Springs. “Then COVID hit, but they were so much fun I wanted to do more and realized I could via Zoom.”

He followed up in 2020 with episodes featuring Butch Patrick (Eddie from “The Munsters”), Kathy Garver (Cissy from “Family Affair”), and others.

“I'm a classic TV fan and came up with the therapy sessions as a fun way to explore the characters today,” said Ray, who wrote all the scripts. “I had no budget and don't make any money from the series – everyone volunteered their time because we knew how much the fans would enjoy it.”

Ray was devastated when he learned of Dawn Wells' death from COVID in late December last year. The two became friends after he wrote and ap-

peared in the short 2015 film with Wells, “She's Still on That Freakin' Island,” in which Ray's character is washed ashore to find Mary Ann still a castaway.

“With the stress of COVID I, like so many, found comfort tuning in to classic television – the shows that made us feel happy and safe in our youth and still do,” said Ray. “On a sad note, ‘TV Therapy’ was one of the very last performances of the wonderful Dawn Wells before we lost her to COVID. Dawn really embraced the

page 31 please



Terry Ray, as the therapist, with Erin Murphy, known by many as Tabitha, from “Bewitched”.

Provided by Terry Ray



Entertaining novels about people our age

By LAWRENCE D. WEISS

For Senior Voice

What next, meteor strike? Invasion of space aliens? Zombie neighbors? We live in strange, worrisome times, but fear not. A good book will transport you to a calmer universe, or at least a different one. These are highly-rated books that feature main characters who are older persons. Some are light and humorous, others more thoughtful and somber. Perhaps you will find one or two that pique your fancy.

Want someone to read to you? I do. I use the internet to check out audio books from the local library and listen to them on my smartphone. No charge, and an audio book can be a wonderful companion while doing the dishes or taking a walk. Now, for your consideration:

Arsenic and Old Lace, by Joseph Kesselring



“Basic plot: two little old ladies while away their golden years by taking care of their nephew Teddy and actively pursuing their charity work. Never mind that Teddy thinks he's Teddy Roosevelt and their charity work consists of poisoning little old men. This is one of the most wonderful bits of dark humor I've ever read. It's laugh-out-loud funny (even when just reading it) and still manages to be creepy. Oh the irony, oh the death, oh the references to Boris Karloff...” — Goodreads Reviewer



My Grandmother Asked Me to Tell You She's Sorry, by Fredrik Backman
“Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy, standing-on-the-balcony-firing-paintball-guns-

page 30 please

ALASKAN FUNERAL HOMES & CREMATORIES



Kenai



Anchorage

- Caring for Alaskans, their families, and friends since 1976
- Providing compassion and support when it is needed most
- Remembering, honoring, and celebrating a lifetime
- Helping families of all faiths and any financial status
- We believe in listening, understanding your needs, and being there for you and your loved ones

Anchorage Funeral Home & Crematory

1800 Dare Avenue, Anchorage, AK 99515
Phone: (907) 345-2244 • Fax: (907) 345-1096 • Toll-Free: (800) 478-3353

Peninsula Memorial Chapel & Crematory

5839 Kenai Spur Highway, Kenai, AK 99611
Phone: (907) 283-3333 • Fax: (907) 283-6116

Homer Funeral Home & Cremation Services

3522 Main Street, Homer, AK 99603
Phone: (907) 235-6861 • Fax: (907) 283-6116

Peninsula Memorial Chapel - Soldotna Chapel

35910 Jawle Street, Soldotna, AK 99669
Phone: (907) 260-3333 • Fax: (907) 283-6116

AlaskanFuneral.com



Nutrition and health: *Latest guidelines*

continued from page 13

only 50% of seniors eat as healthfully as recommended. So, good job, seniors, but there is still room for improvement. Many seniors aren't eating sufficient vegetables, fruits, whole grains or dairy; and, some but not all, need more protein.

If you don't drink milk, make sure that you are getting enough calcium either through fortified foods, high-calcium foods like turnip greens, almonds or broccoli, and you may use a supplement (food is preferable).

Older women are more likely than older men to fall short on protein. 50% of women and 30% of men over 71 years do not consume adequate protein. But, any senior may consume insufficient protein due to poor appetite, chewing problems, preferences

or finances, so check with a registered dietitian or medical provider for ideas for increasing protein. Also consider the many options within the protein food group – eggs, tofu, legumes, nuts, fish and shellfish, poultry, beef and pork. These can be fresh, frozen or canned and may be more affordable and palatable than imagined.

The consistent recommendations in recent years have been to increase vegetables, fruits, whole grains and lean protein like legumes and fish, or to follow a "Mediterranean" dietary intake pattern at a calorie level that does not lead to weight gain. The Dietary Guideline's indexes lay these out in great specificity and the body of the report gives some nice examples that illustrate the recommendations. Paying attention to your portion sizes will

be one of your strategies for maintaining or attaining a healthy weight and also for assuring dietary adequacy.

Going from the general to some more specific guidelines, everyone should "limit foods and beverages that are higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages". These may seem obvious, but one needs to understand the meaning of "limit".

Added sugars. Should account for no more than 10 percent of your total calories per day. If you are eating 1,600 to 1,800 calories per day, this would translate to about 8 to 10 teaspoons. Seniors seem to have gotten the message about cutting back on sugar with only slightly more than one half of senior men and 58% of women eating more than the recommended ten percent of calories in added sugar.

Saturated fat. Should be limited to less than 10 percent of calories per day. This can be visualized as teaspoons of butter. If you eat 1,600 to 1,800 calories per day, this would be about 5 teaspoons of butter. Other sources of saturated fat are visible and invisible fat on meat or bacon, half and half, ice cream, coconut or palm oil. Seniors didn't do as well with this guideline. More than 77% of women and 80% of men exceed the 10 percent limit. Following this guideline may help lower blood cholesterol levels and reduce risk of heart disease.

Sodium. Should be limited to no more than 2,300 milligrams per day. For many people, especially those with high blood pressure or diabetes, lowering sodium intakes may be helpful. Senior men really have to work on this one, with 94% exceeding the recommendation. Senior women did a little better with 72% consuming more sodium than recommended. Processed foods contribute the most sodium to our diets, so read food labels for this information. 2,300 milligrams is the amount of sodium in one teaspoon of table salt.

Alcoholic beverages. We have suggested for years that moderate drinking could be good for you but

we say this more cautiously for older adults. Alcohol is associated with poor balance and falls and other sorts of accidents. There is also concern about alcohol contributing to cancer and any number of other health problems. If you don't drink now, do not start. Seniors can choose to drink in "moderation" by limiting intake to two drinks or less per day for men and one drink or less per day for women. Drinking less is better for health than drinking more.

Make it personal to make it count

What we decide put on our plates is important and some final guidance from the 2020-2025 Dietary Guidelines is "eat the foods that best fit your personal preference, culture, traditions and individual medical conditions. Quality of life is important, so eat foods you enjoy while not forgetting to make every bite count.

View and download the new Dietary Guidelines at www.dietaryguidelines.gov.

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

Technology can help you locate misplaced belongings

By JIM MILLER
Savvy Senior

Dear Savvy Senior: Can you recommend any good devices that help seniors with tracking down misplaced items? My wife misplaces everything including her car keys, eyeglasses, cell phone, purse and more. — *Always Searching*

Dear Always: There's actually a wide variety of tracking devices that can help you and your wife find items that are commonly

misplaced. Here are some top options to consider depending on how tech savvy you are.

Bluetooth trackers

If you or your wife use a smartphone or tablet, you can easily track down lost or misplaced items like keys, a purse or wallet, remote control, smartphone, tablet or even a laptop with a Bluetooth tracker. While there are several different types of tracker products on the market today, the

best is Tile (TheTileApp.com), which pairs with Apple and Android apps to help you locate missing items.

All you do is attach a small battery-powered Tile to the items you want to keep track of with an adhesive sticker, a key ring or you can just slip it inside the item.

Then, when a tagged item goes missing, you simply access the app on

page 29 please

\$200 COUPON for Senior Voice Readers

FREE 1-Hour "Living Trust" Consult

If you think you're protected with a simple Will... think again...

A Will virtually *guarantees* your estate will go through probate, meaning your family may be unable to take possession of your estate for many months, *or even years!*

A "Living Trust" is one of the most important things you can do for your

family, because proper planning can help you avoid paying *thousands* of dollars in unnecessary probate fees and estate taxes.

Clip this coupon (worth \$200) for a free, one-hour consultation — *at absolutely no obligation to you* — so you can find out how a living trust would work in *your* personal family situation.

Kenneth Kirk
Attorney at Law
3401 Denali St., Suite 203 • Anchorage

For Your FREE Consultation, Call (907) 341-3726
(Say you have a Senior Voice coupon for a "free consultation")

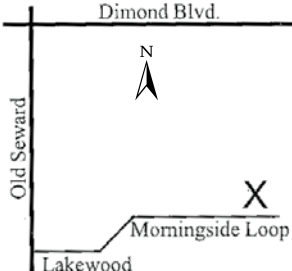

©2017, K Dunn

DELUXE SENIORS COMPLEX

Tour our property and view our Quiet & Spotless Apartment Homes



- For Seniors 62+ years old.
- Income eligibility required.
- Keyed access bldg. w/elevator.
- Washer/dryer in each unit.

- Security Deposit \$200.
- Pets upon pre-approval.
- Pet deposit \$50.
- Convenient to shopping.



Southside Apartments

9480 Morningside Loop 522-6393



Juneau: Connecting volunteers with seniors

continued from page 14

Subsistence and traditions

Friends of Seniors also connects Elders with subsistence hunting and fishing assistance.

“I’m hoping this takes off as we get into the hunting and fishing season,” said Auger. “One of the important pieces we want to maintain within our community is tradition.”

In the coming months, Friends of Seniors will be looking for volunteers that can assist Elders in all aspects of subsistence. For those that are no longer comfortable with fishing and operating a boat on their own, Friends of Seniors can connect Elders with a volunteer who will accompany them while fishing. For others that prefer to meet the boat as it comes in and help clean the

All volunteers are trained in home and hospice care, and must complete a background check before proceeding. During in-home visits, both volunteers and participants must follow COVID-19 procedures.

fish, Friends of Seniors can arrange that as well. The same ideas can be applied to hunting.

“For some people, they just want to have fresh fish or game and cook it, sharing in the reciprocity between giving and taking,” said Auger.

People connections

The most beautiful yield Friends of Seniors sees are the companionships that arise. At minimum, all volunteers are trained in home and hospice care, but another aspect of their training — the most human component — seeks to see each participant as a unique and deeply rooted being,

an essence that Friends of Seniors staff and volunteers identify as “Friend’s Flora.”

“We ask our volunteers to find that seed, those branches, what’s blooming in that participant,” said Auger. “There’s a variant of need and ability, so it’s not just a matter of us coming in and providing help. Our volunteers learn as much and are equally as growing as our participants are.”

Get involved

Volunteers must be age 18 and older, and can be from a variety of backgrounds. There are pairings where volunteers can expect a consistent schedule,

like helping with grocery delivery once a week after the work day, or ones that are focused around intermittent assistance where volunteers help shovel entry ways and sidewalks after a big snow. Volunteers can opt to do companion visits inside the home, or participants and volunteers can agree to a no-contact option.

With 18 pairings of volunteers and senior participants and over 60 volunteer hours per month and counting, Friends of Seniors is always looking for participants, but more importantly, volunteers.

“This program is as successful as we have volunteers,” said Auger. “When

I think about Friends of Seniors, I always think it reflects the personality of our community and the devotion we have to each other.”

All volunteers are trained in home and hospice care, and must complete a background check before proceeding. During in-home visits, both volunteers and participants must follow COVID-19 procedures, including wearing masks, maintaining social distancing when possible and utilizing sanitization practices.

To participate or volunteer, email jessica.kinville@ccsjuneau.org or call Jes at 907-500-3934.

Advertise in Senior Voice
Call 907-276-1059

CYBERKNIFE MEANS YOU CAN GET BACK TO LIFE QUICKLY.

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

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



alaskacyberknife.com
907.771.0517



ALASKA
CYBERKNIFE
CENTER

Senior Voice, March 2021 | 23



Autoimmune disorders: *Risk of infection*

continued from page 12

out in public because your immunity is compromised.

The right dose of thyroid medication, and the right kind are critical because you may not be getting enough active thyroid hormone (T3) to your immune system, which resides primarily in the intestines. While your body struggles to make do with whatever hormone is available in your body, you may experience symptoms such as poor concentration, chronic fatigue, hair loss, apathy, sensations of being cold, depression and/or anxiety.

If you have autoimmune

thyroid disease, or hypothyroidism, your immune system may not be able to protect you from foreign “antigens” or invaders. These include new cancer cells, microorganisms, toxins and even simplistic signals that your body should “see” and don’t, due to low thyroid. If you’re low in thyroid, your protection against invaders is hindered.

When you have poor T4 to T3 conversion, I call it being “thyroid sick”. The situation makes you hypothyroid and you could have many, if not all, the symptoms that go with it, especially suppressed

immune function, and more frequent colds, fever blisters, rashes and UTIs.

Some doctors prescribe both medications to a patient, meaning both T4 drugs and T3, but getting the right dose is tough on doctors (and patients) because it’s like trying to hit a moving target.

Generally speaking, because the cytokines will be imbalanced in a person with autoimmunity, the recovery time from an infection could be lengthened.

There are vitamins that can keep your immune

system in tip-top shape during the season. And also I’m passionate about herbal medicine. One reason that herbs work well and have strong anti-viral, anti-bacterial and anti-parasitic effect is because they have a wide spectrum of medicinally active constituents.

This means they have a wide range of beneficial impacts in the body aside from their “kill” action.

I want each of you to be very thoughtful and never suddenly go off your medication because of

something you read. Going off a medication can be problematic for two main reasons:

1. It leaves your condition less controlled, and your symptoms will flare up and that’s bad for your health.

2. Some medications will induce serious and sometimes life-threatening symptoms of withdrawal unless they are slowly weaned over months, with physician supervision.

Skills: Resources

continued from page 3

by 2035.

“Seniors are living longer and want to work well beyond their retirement years because of the desire to stay engaged, or they have the need to do so because they do not have enough retirement income. As our department moves forward, we will formally address this need through collaboration with the Mature Alaskans Seeking Skills Training Program (MASST), the Alaska Job Centers, and the Alaska Division of Vocational Rehabilitation.”

The balance of the document spells out how older Alaskans will be better informed about, and better served by these programs. Here’s a quick rundown on each of these programs. The panelists assured me that they are adequately funded and do not have waiting lists.

Mature Alaskans Seeking Skills Training Program (MASST) – This program provides training for low-income, unemployed seniors. Participants also have access to employment assistance. Participants gain work experience in a variety of community service activities at non-profit and public facilities. Participants work an average of 20 hours a week and are paid the highest of federal, state or local minimum

wage. This training serves as a bridge to unsubsidized employment opportunities for participants. Participants must be at least 55, unemployed and have a family income of no more than 125% of the federal poverty level. Visit <https://labor.alaska.gov/masst/> or call (907) 465-4872


Alaska Job Centers – This is a job training and job finding website. There are lots of resources here so you may have to poke around a bit on the website to find what you are looking for. Call a representative if you are flummoxed by the site. Visit www.jobs.alaska.gov or contact your local job center at 877-724-2539 to speak to a job center representative.

Alaska Division of Vocational Rehabilitation – “Each year, the Division of Vocational Rehabilitation (DVR) helps hundreds of Alaskans with disabilities prepare for, get and keep good jobs. If you want to work or keep working and have a physical, intellectual or mental condition that makes this hard, you may be eligible for vocational rehabilitation services. Check out DVR on Facebook for all things disability related.” -- Duane Mayes, Director

Visit <https://www.labor.alaska.gov/dvr/home.htm> or call V/tD 465-2814; toll-free V/tD 800-478-2815.

ASPEN CREEK
SENIOR LIVING
AN ASSISTED LIVING COMMUNITY

Alaska Senior Living. Redefined.



- Compassionate Care
- Comfortable Living
- Fine Dining
- State-of-the-art Technology
- Movie Theater
- Wellness Center
- Physical Therapy
- Full Service Salon

AspenCreekAlaska.com
907-868-2688
5915 Petersburg, Anchorage, Alaska



With your support,
we will make positive
change a reality.

CARL JACOBS
SCHOOL BOARD

My Name is Carl Jacobs,
and I am running for Seat G on the Anchorage
School Board in the upcoming April municipal election.

FOR NEARLY A DECADE, I have served and protected vulnerable Alaskans as a licensed treatment foster parent, State of Alaska employee and a community organizer.

I’M PASSIONATE about increasing career and technical education opportunities within our district, and bolstering life skills of the young adults we serve. To learn more about me or my campaign, please visit: **CARL4ANCHORAGE.COM**.

I will work tirelessly to facilitate positive change for Anchorage-area children.

PAID FOR BY CARL4ANCHORAGE PO BOX 220413 ANCHORAGE, AK 99522

Are annuities a better investment option?

By KAREN TELLEEN-LAWTON
Senior Wire

Annuities are popular among insurance salespeople but earn mixed reviews from consumers. They have a long-standing reputation for being costly and complex. In the past few years, financial watchdogs have proposed tighter fiduciary standards for annuities; some changes have emerged. Are these changes just window dressing or are annuities becoming a better value?

Anyone planning their retirement should have a basic understanding of annuities. Like Social Security, you pay in money now for a guaranteed flow of funds later. In the case of Social Security, the federal government deducts a portion of your paycheck for the decades of your working life. In contrast, private annuity purchases are paid to an insurance company over a shorter period or even as a lump sum.

Social Security benefits

Annuities have a long-standing reputation for being costly and complex. In the past few years, financial watchdogs have proposed tighter fiduciary standards for annuities; some changes have emerged. Are these changes just window dressing or are annuities becoming a better value?

are payable for the remainder of your life and are backed by the federal government, which has never defaulted. Annuity payments may be paid out for life or for a specific number of years. The payments are backed by the insurance company and are not insured by FDIC. For insurance companies which go bankrupt, defaulted annuitants may have some recourse through their state.

All annuities have a goal of providing you regular income.

“That’s the fundamental reason why you buy an annuity. It hedges against longevity risk,” according to financial planner and CFP Michael Menninger.

Pluses and minuses

Three main types of annuities reflect the different advantages and disadvantages of annuities.

- Fixed annuities typically guarantee a specific benefit or rate of return.
- Variable annuities have a rate of return which fluctuates depending on the underlying investments you choose and their performance.
- Indexed annuities’ returns are based on a percentage of a specific index such as Standard & Poor 500.

Variable and indexed annuities may have a death benefit and or other riders,

each of which has a fee.

The complexity arises from these many forms of annuity and the opaque effect on your investments’ safety and rate of return. Variable and index annuities in particular are complex and difficult for consumers to understand. Insurance regulators instituted a suitability standard in 2003 that sought to protect consumers from being sold annuities that weren’t appropriate for their situations.

More recently, the Financial Industry Regulatory Authority (FINRA) sought to require the higher “best-interest” standard for annuities. This federal FINRA regulation was vacated before it took effect in 2018, but states continue to push for consumers to be protected by the best-interest standard for annuities.

Federal financial laws continue to push for uniformity

In 2020 the National Association of Insurance Commissioners (NAIC) approved revisions to Model #275 in clarifying that “all recommendations by agents and insurers must be in the best interest of the consumer and that agents and carriers may not place their financial interest ahead of the consumers’ interest in making a recommendation.” Arkansas, Arizona, Iowa, and Michigan have adopted the model revisions; Rhode Island’s becomes law on April 1.

While we may never witness the uniform best-interest protection that the FINRA regulation sought to provide, we may already be seeing the initial results of the states’ updates. In January, Schwab introduced

page 31 please

Social Security and Women’s History Month

Social Security Administration

In March, we celebrate Women’s History Month. Social Security has served a vital role in the lives of women for more than 80 years.

Women have longer life expectancies than men, which means they live more years in retirement and have a greater chance of exhausting other sources of income. It’s important for women to plan early and wisely for retirement.

Our benefits portal at www.ssa.gov/benefits/retirement provides detailed information about how life events can affect your Social Security retirement benefits. These events may include marriage, widowhood, divorce, self-employment, government service and other life or career changes.

Your earnings history will determine your bene-

fits, so we encourage you to verify that this information is correct. You can create your personal my Social Security account at www.ssa.gov/myaccount and view your earnings history. If you find an error with your earnings, it is important to get it corrected so you receive the benefits you earned. Our publication, “How to Correct Your Social Security Earnings Record” at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on making a correction.

If you would like to learn more about how we can help women plan for retirement, check out our online booklet, “Social Security: What Every Woman Should Know”. You can find it at www.ssa.gov/pubs/EN-05-10127.pdf. Please consider sharing it with family and friends. It could change their lives for the better.

SENIOR VOICE SUBSCRIPTION



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

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

Your subscription includes your OPAG membership.

SUBSCRIPTIONS

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

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

PAYMENTS

Credit Card ☐ Visa ☐ MasterCard ☐ other _____

Name on card _____

Address _____ Zip _____

Card# _____ Exp _____ Sec code _____

Check # _____ Amount \$ _____

Make Checks Payable to Senior Voice



When estate planning gets Fast and Furious

By KENNETH KIRK

For Senior Voice

If you like movies with car chases, then you know who Paul Walker was. During the past 20 years, the Fast & Furious movies — I think there were nine in all — were your visual feast for car races, chases and crashes.

And Paul Walker, a good-looking and talented actor who was himself a car aficionado, was the star of the first seven of those films. Until he died at the age of 40.

Walker died in a fiery car crash, in a Porsche being driven by a friend at a speed somewhere in excess of 80 miles an hour. In a way, it was a fitting end for someone who, in the public mind, was associated with fast cars.

Of course it would not have seemed fitting at all to his grieving family. Paul Walker had a daughter, 15 years old at the time. She was his only child, and he was single, although he did have a longtime girlfriend. He had a will in place, which poured everything over into a living trust for the benefit of his daughter. So far, so good (unless you happen to be the girlfriend).

But not so fast, if you'll pardon the phrase.

Walker created his will and trust in 2001. At the time he was a 28-year-old, promising but not yet successful actor, who had had a few movie roles but nothing big. His daughter was two years old. We don't know how much he was worth at that point, but I am willing to bet it wasn't very much. By the time he died at age 40, his estate was worth at least \$25 million.

What are the terms of his trust? We don't know. That is one of the advantages of a living trust. The only reason we even know how much his estate is worth, is that he skipped one step in the process, by never funding the trust. The term "funding the trust" means titling your assets out of your own name and into the trust's name while you are alive. But his assets were still in his own name. In order for his assets to get into the trust,



then, they had to first go through probate, which is a public process. But once the money was paid over to his living trust, the public record fades to black.

We can make some guesses about what the terms might have been, though, because people with modest estates typically leave the money to their children, outright, at a certain age. That makes sense, because the longer money is held in trust, and the more the trustees have to do, the more the administrative expenses eat up the money in the trust. For people with large estates, like Paul Walker had by the time he died, the administrative expenses add up to a pretty small percentage of their estates, and it may be worth having professional money managers dole out the money cautiously over a long period of time.

But for people with modest estates — say, \$1 million or less — those administrative costs could be a substantial percentage of the estate. So for people like the young 28-year-old Paul Walker, it might have made more sense to direct that at some particular age, perhaps on his daughter's 21st birthday, she would get whatever remains, outright and free of trust.

Question: what would you have done with your life, had you inherited \$25 million on your 21st birthday? If that had happened to me, I suspect the stock price of Anheuser-Busch might have gone up.

On the other hand, we don't actually know that Walker didn't update his estate plan. All we know for sure is that he didn't update his will. But this was a simple pour-over will, directing that everything

By all accounts, Paul Walker was a dedicated and loving father, and I would like to think that he would have updated his trust.

was to go into the trust. It is possible he might have updated his trust over the years. The only reason to update the will would be if he was changing the executor. He might have kept the same executor, but amended his trust to change the terms of when and how his daughter would get the

money. If he had, because of the privacy inherent in a living trust, we would not know that.

By all accounts Paul Walker was a dedicated and loving father, and I would like to think that he would have updated his trust. Unfortunately, I have seen many otherwise dedicated

parents who didn't update their estate plans when circumstances changed.

To put it another way: hopefully he changed gears.

Kenneth Kirk is an Anchorage estate planning lawyer. Nothing in this article should be taken as legal advice for a specific situation; for specific advice you should consult a professional who can take all the facts into account, and do it 'Slow & Deliberate' instead of ... you know.

Special opportunity for Alaska residents!

Get help with weight loss and lifestyle changes to reduce your risk of developing type 2 diabetes by over 50%!

If you have prediabetes, the **PreventT2 Diabetes Prevention Program** can provide help for losing weight and reducing your risk of developing Type 2 diabetes.

There is **no cost** for participation and you will receive a digital scale, program materials and a full year of telephone-based support.

For information or registration,

call or text Leslie Shallcross at 907-242-6138 or text **HEALTH** to 600400



inquisithealth

UAF is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination/.

Free Virtual Estate Planning Webinars



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

**Discover
"The 7 Threats to
Your Estate Plan"**
It's all about family!

Have you protected them?

If Crisis Strikes, You Risk:

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

Proper Planning Ensures You:

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

To reserve your space call (907) 334-9200
or go to www.akwillstrusts.com

March 2, 6:00 pm to 8:00 pm
March 10, 9:30 am to 11:30 am
March 18, 9:30 am to 11:30 am
March 25, 9:30 am to 11:30 am

April 14, 9:30 am to 11:30 am
April 22, 9:30 am to 11:30 am

May 4, 6:00 pm to 8:00 pm
May 12, 18, 26, 9:30 am to 11:30 am

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

Chromecast, modern DVD apps, and iPhone status

By **BOB DELAURENTIS**
Senior Wire

Q. What is the best way to dip my toes into the world of streaming TV?

A. Many TVs have built-in streaming support for one or two services. If you have a TV like that, I would start there.

However, if you want to explore the endless buffet menu of online streaming services, I recommend a Chromecast with Google

A. I remember the 1990s when playing a DVD on my laptop felt like magic. No longer chained to the living room TV, I felt like I was living in the future.

Well, now we all live in the future, and most new computers do not handle DVDs very well. Default installations of operating systems no longer include a utility app to play DVDs. Hardware that supports DVDs has disappeared from many laptop models in the

These new hardware indicators were added as part of a renewed focus on privacy. Without the indicators it was possible to quietly abuse the microphone and camera. Now, whenever any app is listening or looking through the camera, you will know it.

When a dot is visible,

swipe down to open the Control Center and the app name will appear at the top of the screen.

You can disable any app from using the camera and microphone with a trip to the Settings screen. Tap Settings -> Privacy -> Microphone (or Camera) and revoke the app's privileges

by tapping the switch next to its name.

The more powerful our pocket supercomputers become, the more vigilant we have to be to ensure no one abuses that power.

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

Most new computers do not handle DVDs very well. Default installations of operating systems no longer include a utility app to play DVDs. Hardware that supports DVDs has disappeared from many laptop models in the rush to build smaller and lighter devices.

TV. There are several different Chromecast digital media players, but the only one worth considering is the newest model. It sells for about \$50 and comes with a remote control.

What sets the Chromecast apart from its competitors is the user interface, which is a fancy way of saying the part of the product that you interact with. In this case, that is the screen menu and the remote control.

The Chromecast remote is simple and elegant. The screen menus are reasonable and fairly easy to understand.

The features include more than internet streaming. Chromecast works with Google Photos to present slideshows, and it will stream video from any Android or iPhone to your TV.

Streaming services are chaotic. Some services are bundles that look a lot like traditional cable bundles. Other services are giant libraries of movies and TV shows, often mixed with newly produced content.

Chromecast lets you pick the pieces you want, without an expensive hardware purchase. And today, that makes Chromecast the best choice to explore streaming media.

Q. After upgrading to Windows 10 I can no longer play DVDs with my laptop. How can I use my computer to play DVDs again?

rush to build smaller and lighter devices.

The easiest option for Windows 10 users is to click over to the Microsoft online store and plunk down \$14.99 for the Windows DVD Player from Microsoft.

But the best option is to check out a longstanding free application called VLC Media Player by VideoLAN Corp.

VLC is a Swiss Army knife of media software. The app is available for free on every major platform, and it can play just about any media file format imaginable. VLC is listed in most app stores, or point your web browser to videolan.org and click the download button.

VLC is one of those handy utilities that works almost every time. It deserves a spot on any computer that needs to play media.

Q. Sometimes I see a small green or orange dot near the top right of my iPhone screen. What does that mean?

A. Those tiny colored dots appear whenever the camera or microphone is in use. The camera displays a green dot, the microphone displays an orange dot.

The tiny hardware status dots are not the same as the large colored buttons that occasionally appear near the top left on the screen. They indicate background activities such as phone calls in progress or an active navigation session.

Wander the Web

Here are my picks for worthwhile browsing this month:

Fear Itself

The ultimate index of phobias and fears covers everything from Arachnophobia to Xenophobia. A fascinating dive into the human mind.

www.fearof.net

Darwin Awards

Twenty-five years of stories about people for whom a little fear might have saved them from a terrible fate.

www.darwinawards.com

Memory Lane


Flashbak is an iconic collection of vintage photos and postcards from the mid-20th century.

www.flashbak.com

Celebrating 20 years of Assisted Living!

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

48 apartment community w/ private, fully accessible bathrooms
14 apartments on a secured floor dedicated to Memory Care and Special Needs
RNs on staff during business hours and on-call 24/7 to triage resident/staff concerns
New state of the art call system w/ customizable features
Activities Coordinator w/ on and off-site recreational opportunities
Restaurant-style dining room professionally ran by NANA
Wi-Fi in common area, Basic Cable, and all Utilities Included
Person-centered care-planning provided by Administrator/RN with 20 years at the community



www.marlowmanor.com 907-338-8708



Go fish! Sink your hook into senior savings

Nearby derbies bring fame, fortune and fish

By **DIMITRA LAVRAKAS**

Senior Voice Travel Correspondent

Alaska doesn't have a state lottery – but you could win the jackpot in one of our salmon or halibut fishing derbies. These fishing tournaments offer big fish winners cash and other prizes. Just grab a rod, buy a derby entry ticket, and bring home the biggest fish. Just be sure to have a valid Alaska fishing license. It's free if you're over 60. While other states may set the senior age level at 65, we get it five years earlier because we've worn ourselves out faster.

Fishing and hunting licenses are free to Alaska seniors and that saves you \$100 a year. Just go to <https://www.adfg.alaska.gov/Store/Home/Guest> to sign up online or go to an outdoor equipment store or Walmart, Fred Meyer or Carrs/Safeway.

Homer

Homer calls itself the Halibut Fishing Capital of the World and has the big fish to prove it. It's had the longest-running fish derby in Alaska, with some halibut coming in at over 300 pounds, but this year the derby has been reduced from the entire season to just two days, to help protect the resource and increase the prize money. The first-ever 2021 Annual Homer Halibut Tournament runs June 4 to June 5. Tickets are \$100 each and the number of participants will deter-

mine the size of the grand prize. See the event's web page for details, www.HomerHalibutTournament.com.

Coming up quickly is April 17th's Homer Winter King Salmon Tournament. In 2019, during this one-day event, more than 1,400 fishermen and 425 boats entered. In 2019 (2020 was skipped due to the pandemic) the grand prize was \$79,997.50. Check out www.homerwinterking.com.

Seward

The Seward Silver Salmon Derby, August 14-21, attracts anglers to search for the biggest silver salmon and tagged fish. Tagged fish prizes run from \$1,000 to \$50,000. Heaviest fish are worth their weight in Kaladi Brothers coffee plus \$500 to \$10,000. For sure the lure of a coffee prize will draw in caffeine fiends. Visit <https://salmon.seward.com>.

Seward usually holds a halibut tournament in June, but as we go to press



A fishing rod bends with a catch in Kachemak Bay.

the Valdez Halibut Derby has weekly prizes and a grand prize of \$10,000. Running close to those dates, the Silver Salmon Derby also has a \$10,000 grand prize, plus daily prizes. It's women only on August 14, when prizes from \$300 to \$1,000 are awarded. See www.valdezfishderbies.com for details.

Ketchikan

As the "Salmon Capital of the World," Ketchikan celebrates its salmon each

August with three full salmon derby weekends with prizes awarded to adults and youth who catch the weightiest fish. The local radio stations get in on the excitement and broadcast updates.

Sadly, this year there is no derby. The derby committee decided the pandemic has hit local businesses so hard it doesn't seem right or ethical to approach them for prize money. See www.visit-ketchikan.com for information on other fishing opportunities.

Kenai

Just a hop from Anchorage, Kenai's Silver Salmon Derby covers four days from Sept. 14 through

there are no dates posted.

Valdez

May 2 through Sept. 5,

leading fundraising fishing contest in Alaska. It's raised millions of dollars for education, habitat and access through participant fees, sponsorships and auction proceeds. Visit www.kenaisilversalmon-derby.com.

Juneau

The Annual Golden North Salmon Derby in its 75th year will be held August 13 through 15. Local businesses and organizations sponsor prizes ranging from \$140 to \$2,000. There's not a lot of information out yet, but as the dates get closer, go to <https://www.golden-northsalmonderby.com>.

With the pandemic still curtailing travel, think outside your hometown and get out into Alaska and go fishing, maybe win some money and enjoy fresh air.

Just be sure to have a valid Alaska fishing license. It's free if you're over 60. While other states may set the senior age level at 65, we get it five years earlier because we've worn ourselves out faster.



This modest king salmon awaits filleting in Skagway Harbor.

Photos by Dimitra Lavrakas



A lucky angler pulls up a not-so-lucky halibut off Homer.

Subscribe to Senior Voice

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



Technology: Trackers help you locate misplaced things

continued from page 22

your smartphone or tablet to see how far away you are from the item or last known location on the map. If you're within 150 to 200 feet, you can make the Tile ring so you can follow the sound to easily find it.

Or, if your wife loses her phone, the Tile work in reverse, allowing her to double press the button on her Tile to make her phone ring (even if it's on silent) as long as it's nearby.

Tile also works with Google Assistant, Amazon Alexa or Siri to find misplaced items. All you have to do is ask.

To fit your tracking needs, Tile offers a variety of different sized trackers including the Tile Mate (\$25) that's ideal for keeping track of keys, purses or backpacks; Tile Slim (\$25), which is the size of a credit card that can be put into a wallet or attached to a laptop; Tile Sticker (\$40 for a 2-pack), the smallest finder that can attach to things like remotes, bikes



A Tile tracker attached to an Apple TV remote.

and more; and Tile Pro (\$35), which is the most durable tracker that has a 400-foot range and extra loud ringer.

Glasses tracker

Since Tile doesn't offer a glasses tracker, a great product to help your wife keep tabs on her eyeglasses is Orbit Glasses (FindOrbit.com; \$40). This is a tiny rechargeable Bluetooth device that sticks to the inside arm of the glasses so it's not noticeable.

So, when your wife's glasses aren't on her head, but are nearby, she can use

the free Orbit app to make them ring so she can find them quickly. Or, if she's out of Bluetooth range, she can check the last known location that will be shown on the map.

Radio frequency finders

If you or your wife don't have a smartphone or tablet, there are also radio frequency devices like the Esky Key Finders (Esky-Now.com), sold through

Amazon.com, that can help you find misplaced items.

These devices come with an item locator remote and four to six tags with prices ranging between \$20 and \$30. Attach a tag to the items you want to keep track of with a key ring or adhesive. Each tag is color-coded and corresponds to a colored button on the finder.

When an item goes missing, you simply press the colored button on the locator remote and the tag

will flash and beep. The signal will go through walls and cushions and have a tracking range of around 100 feet. Make sure you keep the finder fob in a safe spot, because if you misplace it, you won't be able to find the tagged items.

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

Anchorage Senior Activity Center

- Cardio Machines
- Weight Machines
- Personal Trainers

CLASSES

- Yoga
- Zumba
- Chair Exercise
- Tai Chi
- and Many More!

FITNESS CENTER



907-770-2000
anchorage seniorcenter.org

AKARA: Resource

continued from page 3

The coronavirus pandemic shaped the work of the Alliance during the past year. That is because seniors have been the hardest hit: as of December, 80% of those who died from COVID-19, both nationally and in Alaska, were over the age of 65. We called on Congress to include the needs of older Americans in all coronavirus stimulus and relief packages. We worked to streamline the delivery of stimulus checks to seniors and people with disabilities.

The members of AKARA look forward to working with our congressional delegation and the Biden administration, fighting for policies that will strengthen and expand earned Social Security benefits, protect pensions, lower the cost of prescription drugs and strengthen Medicare.

Here in Alaska, AKARA

members are working for the repeal of the WEP and GPO, two programs that reduce the Social Security benefits of retirees and retiree survivors who have government pensions. The Windfall Elimination Program and Government Pension offset combined affect over 15,000 retirees in Alaska, directly impacting the economic well-being of our state's fastest-growing demographic.

We also continue to work in our communities and the Legislature to protect and expand voting rights and accessibility for all Alaskans.

I invite members of the community to join us in our efforts. Please go to <https://retiredamericans.org/join-us> or contact me at sireilly@gmail.com if you have any questions.

Susan Reilly is the president of Alaska Alliance for Retired Americans.



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

A whole new way to get healthy

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

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

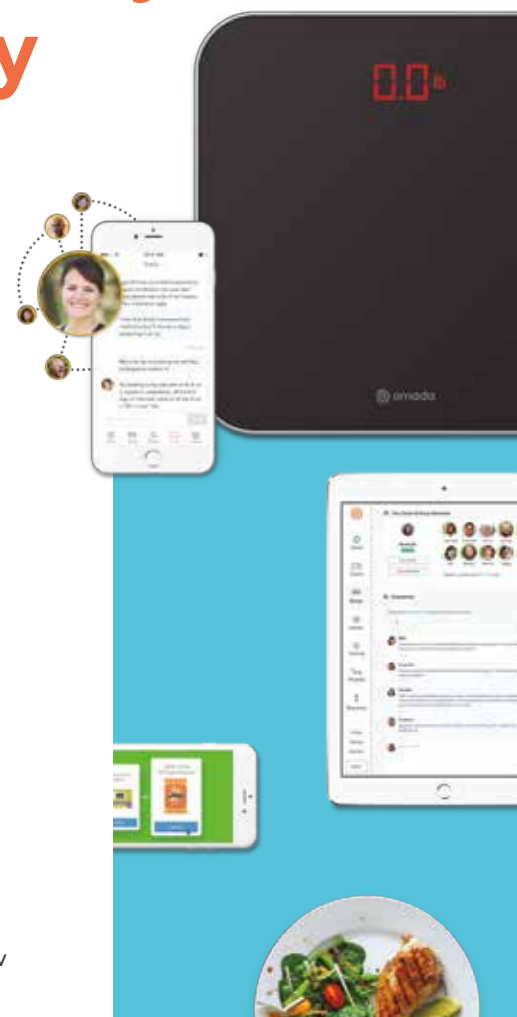
- + Personalized program
- + Weekly online lessons
- + Professional health coach
- + Small online peer group
- + Wireless smart scale

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

Learn more:

omadahealth.com/alaska

For more information, email diabetes@alaska.gov





People our age: *Entertaining novels*

continued from page 21

at-men-who-want-to-talk-about-Jesus-crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land of Almost-Awake and the Kingdom of Mimas, where everybody is different and nobody needs to be normal. When Elsa's grandmother dies

and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's letters lead her to an apartment building full of drunks, monsters, attack dogs, and totally ordinary old crones, but also to the truth about fairytales and kingdoms and a grandmother like no other." — Publisher

Balance: *Keep it*

continued from page 8

practice of Tai Chi – which uses a combination of slow, graceful movements, meditation and deep breathing – can help reduce the risk of falls.

For more information on different balance exercises you can do at home, there are a variety of balance and strength exercises and beginner Tai Chi DVDs you can purchase at Amazon.com or through Amazon Prime video.

There are also senior fitness programs, like SilverSneakers (silversneakers.com) and Silver&Fit (silverandfit.com), that offer online classes that can guide you through a series of exercises you can do at home during the pandemic.

See a doctor

I do, however, want to emphasize that if you've already fallen, are noticeably dizzy or unsteady, or have a medical condition affecting your balance, you need to see a doctor. They might refer you to a physical therapist or to an appropriate balance-training class in your community. It's also important to know that many medicines and medical conditions – from Parkinson's disease to diabetes to inner-ear disorders – can affect balance.

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

Walking Across Egypt, by Clyde Edgerton

"She has as much business keeping a stray dog as she would walking across Egypt – which not so incidentally is the title of her favorite hymn. She's Mattie Rigsbee, an independent, strong-minded senior citizen who, at seventy-eight, might be slowing down just a bit. When teenage delinquent Wesley Benfield drops in on her life, he is even less likely a companion than the stray dog. But, of course, the dog never tasted her mouth-watering pound cake. Wise and witty, down-home and real." — Publisher

"This is a wonderful little book, very sweet and heartwarming, exciting and funny. I want to go live with Miss Mattie and eat her country cooking." — Goodreads reviewer



The Hearing Trumpet, by Leonora Carrington and Pablo Weisz-Carrington

"The Hearing Trumpet is the story of 92-year-old Marian Leatheryby, who is given the gift of a hearing trumpet only to discover that what her family is saying is that she is to be committed to an institution. But this is an institution where the buildings are shaped like birthday cakes and igloos, where the Winking Abbess and the Queen Bee reign, and where the gateway to the underworld is open. It is also the scene of a mysterious murder. Occult twin to 'Alice in Wonderland', The Hearing Trumpet is a classic of fantastic literature." — Publisher

All Passion Spent, by Vita Sackville-West

"In 1860, as a young girl of 17, Lady Slane nurtures a secret, burning ambition—

to become an artist. She becomes, instead, the wife of a great statesman and the mother of six children. Seventy years later, released by widowhood, and to the dismay of her pompous children, she abandons the family home for a tiny house in Hampstead. Here she recollects the dreams of youth, and revels in her newfound freedom with her odd assortment of companions: Genoux, her French maid; Mr. Bucktrout, her house agent; and a coffin maker who pictures people dead in order to reveal their true characters. And then there's Mr. FitzGeorge, an eccentric millionaire who met and loved her in India when she was young and very lovely. It is here in this world of her own that she finds a passion that comes only with the freedom to choose, and it is this, her greatest gift, that she passes on to the only one who can understand its value." — Publisher

Advertise in Senior Voice.
Call 1-800-478-1059.

Crossword answers from page 20

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

LEGACY FUNERAL HOMES & CREMATION SERVICES

WWW.LEGACYALASKA.COM



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

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

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



Investment: Annuities are not for everyone

continued from page 25

two new variable annuities that are among the lowest cost in the industry. The Schwab Genesis Variable Annuity is offered directly to Schwab clients and the Schwab Genesis Advisory Variable Annuity is available through some independent Registered Investment Advisors (RIAs). The base fee for each of these new annu-

ities is substantially below the industry average. Other providers are likely following suit already.

How does this relate to controlling how insurance agents can describe annuities to consumers? Simply, when the agents must compare and find the best annuity for their clients, they tend to find lower priced ones even when it won't benefit their commissions.

When annuities become more readily compared, fees and commissions shrink in the new competition.

Are annuities a good value? I believe they deserve consideration in some retirement plans. Fixed annuities in particular are still exceedingly less complicated than variable annuities, so you can understand what you are getting. If you are considering an annuity,

you should answer these questions:

What are you seeking in an annuity?

Is an annuity the best way to achieve that?

What portion of your portfolio would you dedicate to this investment?

If you decide on an annuity, which insurer is the healthiest and most likely to pay for the life of the annuity?

Before you sign on the dotted line, seek advice from a fee-only financial advisor. Even with the "suitability" standard that some insurers must now follow, they are not required to have your best interest in mind.

Karen Telleen-Lawton is a Certified Financial Planner in Santa Barbara, Calif.

Bremner: River, lake bear name of ill-fated miner

continued from page 20

where about 60 prospectors were waiting for steamboats coming up from St. Michael with supplies. Their reaction to the news was swift and angry.

Law, as represented by police, sheriffs and courts, had not penetrated this part of Alaska in the 1880s. There was only the law of the miners. The prospectors held a meeting and voted to avenge old John, because they were sure he hadn't provoked the attack. John had always gotten along with Alaska's Native people.

But first the miners had to have a boat. Knowing that steamers from St. Michael soon would be coming upriver, the men went to the mouth of the Koyukuk to wait. In a few days, they saw smoke downriver.

After persuading those on board the river steamer Explorer to disembark, 20 miners and two Alaska Natives, Minook and a man named Pitka who'd been



Miners seeking justice for Old John Bremner's murder took the steamer Explorer, which resembled the one in this photo, up the Koyukuk River. Aunt Phil's file photo

talked into going along as guides and interpreters, trooped onboard.

The Explorer steamed away with men who had greased their faces, hands and necks with a mixture of lard and tar as protection against mosquitoes. They made quite a fearsome spectacle with Gordon Bettles as captain, Bill Moore and Jim Bender next in command, and Hank Wright as boss of all men on deck.

Soon they turned into the Koyukuk, making the Explorer the first steamboat to navigate that river, and made their way to the mouth of the Dolby. There the miners saw a cache of drying fish, some of Bremner's tools and the

old prospector's boat, all torn up. Natives fishing along the bank told the miners that the suspects had headed upstream.

The miners finally captured the two men and held a miners' trial. The young man confessed – saying he wanted Bremner's gun, blanket and tobacco – and was hung. It later was reported that after the medicine man returned to his village, the young Native man's family tried to kill him. They believed he had instigated the attack

because he and other shamans foresaw the whites overtaking Native country and wanted to stop that from happening. An intertribal feud then went on for years between the families of the two men, which resulted in several more deaths.

And although Bremner died without finding the mother lode of gold that had beckoned him, he did not sink into anonymity as befell so many unsuccessful prospectors. Bremner River, John River

and Old John Lake forever will remind us of old John Bremner.

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.

New Direction

The Mayor and Assembly have ignored the rule-of-law, ignored the City Charter, and allowed the homeless population to quadruple in size. They need to be replaced for the sake of our children and grandchildren's futures.

Ballots will be mailed mid-March.



Paid for by Bronson for Mayor, 1407 W 31st Ave, Suite 100, Anchorage, AK 99503

'TV Therapy': Stars

continued from page 21

role of Mary Ann and helped keep the show alive for fans for 50 years."

Ray plans to keep classic TV show memories alive for fans, too, by continuing his "TV Therapy" series in 2021 (see www.terryray.tv).

"I've got new shows

planned and written, and hope to keep it going for several more seasons."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.



Mike Robbins has been here for Alaska's seniors.
Now, let's be there for him.



Vote Mike Robbins
FOR Mayor of Anchorage!

BuildingAlaska.us

Paid for by Building Alaska, Inc., PO Box 230196, Anchorage Alaska 99523. Anatoly Zyatitsky chair approves this communication. Top donors Mike Baker, Highland, Illinois; Alaska Energy Services, Anchorage, Alaska; Jim Winegarner, Anchorage, Alaska. This NOTICE TO VOTERS is required by Alaska law. We certify that this advertisement is not authorized, paid for, or approved by the candidate.