

SR News

Linking seniors on the North Coast

Vol. 31, No. 4

April 2012

'Top-two' California statewide primary

by Barbara Clark

As of June 2012, California will start using the top-two candidate open primary system for statewide offices.

All candidates for a given state or congressional office will be listed on a single primary election ballot. Voters can vote for the one candidate of their choice for these offices. The top two candidates, as determined by the voters, will advance to the general election in November.

These state and congressional candidates will be listed on the ballot below the individual party races for president and party offices. The elections department will be printing unique ballots for Democrat, Republican, American Independent, Green, Libertarian and Peace and Freedom parties as well as nonpartisans, according to Humboldt Registrar of Voters Carolyn Crnich.

The Democratic and American Independent parties will both allow nonpartisans to cross over and vote on their party's ballots. Nonpartisans will also have their own Democratic and American Independent ballots which will not contain county party offices.

Confused yet? You'll get a sample ballot according to your voter registration about a month before the June 5 primary. If you don't like the way you are registered, you can change your party affiliation up to May 21 at the elections office at 3033 H St., Eureka. If you've moved, changed your name, or your signature has changed, you should also re-register.

PRIMARY RULES

On June 8, 2010, California voters approved Proposition 14, which created the top two candidates open primary.

Under the new system, all candidates running in a primary election, regardless of their party preference, will appear on a single primary election ballot and voters can vote for any candidate. Only the top two overall vote-getters, regardless of party affiliation, will advance to the general election.

The secretary of state has posted a comparison of the new top-two system with the former "modified closed primary" system, including the change to "voter-nominated" offices rather than party-nominated offices and the elimination of write-in candidates in general elections at www.sos.ca.gov/elections/2012-elections/june-primary/pdf/new-open-primary-info.pdf

HISTORY OF CALIFORNIA STATEWIDE PRIMARY ELECTIONS

Until 1996 a closed primary system governed California's primary elections. In a closed primary system, only voters registered in a political party could vote in that party's primary ballot. Unaffiliated ("no party prefer-

Continued, page 3



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Self-portrait

Kate McCay, right, and Lyn Javier on the steps of the house they built in Larrabee Valley

Are we crazy?

Moving back to the land in our 60s

This is the first of a series of articles written about two cronos who took a chance and started a country lifestyle that neither had ever experienced. They are owner-builders and survivors on TwoCrones Ranch, their off-the-grid farm of 22 acres located nine miles east of Bridgeville in Larabee Valley.

by Kate McCay

While traveling most of a year throughout Canada and Alaska in a 1990 RV, my partner, Lyn, and I both envisioned settling down on a piece of land somewhere outside of town so we could have goats and be mountain people.

When we got back to Humboldt we took three months of classes in solar and wind power and straw and cob building at the Solar Institute in Hopland. We were ready to create our dream house of straw or cob, build outbuildings of pallets, produce energy from the wind and sun, have water spouting out of the ground to quench our thirst and live sustainably growing our own food — raising chickens for eggs and meat, growing vegetables and having goats for milk and fun.

There you have it. That was

our vision.

So we purchased 22 acres nine miles east of Bridgeville in Larabee Valley and began to build up our land. Like a lot of older folks, family health issues change things. After only two months on the land we went to take care of my father for nine months.

Then, after we got back, my sister-in-law fell ill and we spent four months in King Salmon taking care of her. All this reduced the time to build our off-the-grid little cabin, woodshed, permanent greenhouse and to install a well, a wind-powered generator and solar panels.

But we've done it. We have also planted a 13-tree orchard and have a large vegetable garden with two seasonal greenhouses plus a compost pile that is

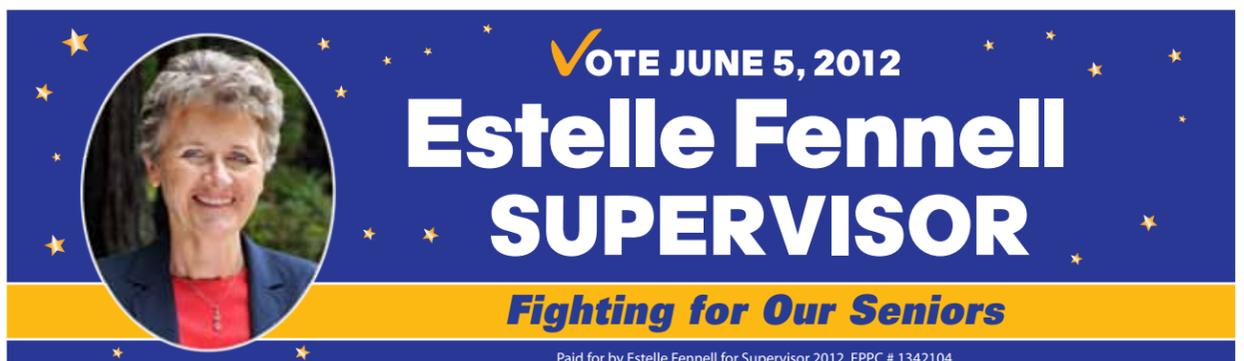
five feet high.

Well, let me tell you, this vision had overlooked our arthritis, our chronic slipped discs, our fallen arches, our urban muscles that would be cruelly overtaxed, our wrinkles that would expand and leather with the sun, the overwhelming poison oak, the snakes, and digging post holes in 110-degree valley heat. What were we thinking?

The only rationalization we reckon is that at our age we are still adventurous and naïve enough to go for it. We are crazy and have a sense of humor with every change, failure and chaotic situation.

Plus we are still looking through rose-colored tri-focal glasses at life. And we think we can be happy as country farmers, ranch hands and construction workers — all in one.

Kate McCay is co-owner of TwoCrones Ranch in Larabee Valley near Bridgeville. Her e-mail is katemccay123@yahoo.com.



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Remembering Spirit

The Poet and the ICU

Editor's note: Ruth Mountaingrove of Arcata wrote this series of 10 poems when she spent five days in the Mad River Hospital ICU in November 2007. I liked how the sacred always shows up amid the mundane. The first four are published here, the next six will come in the next two months' issues.

The Azalea

Ah, the azalea, poor azalea,
neglected, shriveled
from waterlessness
as I sojourned in
another world,
with machines doing my
breathing, dripping
antibiotics, catheter
strapped to my
left leg.

The azalea slowly dying,
deserted in sun
or fog gray day.
No one to bring life-saving
elixir, rooted
in its own thirst
in its own pot
in its own space
its own death.
Mea culpa.

The Red Tag

The red tag
next to the wall heater
is for the convenience
of the ambulance men
who will rip it off the wall,
hand it in at the ER.

The last tag was white
and when I got back home
I didn't notice
it was gone.

The red tag is better,
it will alert me
by its absence.

While I don't plan
to take that trip again,
I am reminded
by the red tag
of the fragility
of my day.

4 AM

It is 4 a.m.,
outside the windows
dark blue sky
begins to lighten.
The hospital
awakes, ready
for the day shift
at 6.
I am in my bed
singing the morning
into the world,
singing softly,
"Morning has broken
like the first morning,
blackbird has spoken
like the first bird."

Two nurses stand
transfixed in the doorway,
the song so unexpected
in this quiet hour

"Praise for the singing,
Praise for the morning..."

as the sky brightens.



Contribute to Remembering Spirit

How do you get in touch with the deepest part of you?
Submit 300 to 400 words to Remembering Spirit.

Ask Yenta

DEAR YENTA,

Driving on Hwy. 36 can be dangerous to say the least. When allowing someone to pass you, you must pull over. I do that all the time, but rarely does anyone honk or wave anymore to acknowledge my courtesy. What has happened to gratitude for helping someone out? *Yielding*

DEAR YIELDING,

People seem to be in such a hurry now that they believe you owe it to them to pull over. It is sad that good manners have gone to the wayside. Don't stop doing what you believe to be right no matter how thoughtless others can be, and don't take it personally.

DEAR YENTA,

A close relative has died, and the funeral is on the east coast. Though I cannot afford

to attend and have told this to my brother, he is giving me a hard time about it. What should I say to him?

Bereaved at Home

DEAR BEREAVED,

Let his anger pass. You've already explained your situation. Drop it and send a sympathy card. People grieve differently, and your brother will get over it.

DEAR YENTA,

I rent my home and have a rental maintenance man assigned by the owner. This guy is rarely around and rarely does what he says he will to fix things. When he does show up, there is always some collateral damage left behind. All of us renting here have the same problem but hate to bother the owner who is quite ill and who lives far away. He

knows my roof has been leaking for two winters. Should I say something to the maintenance guy, yet again, and risk his wrath or call the owner and be just another renter who complains about this guy?

Irritated and Damp

DEAR IRRITATED,

Write down everything that needs to be done and include pictures. Send this to the owner with a polite letter stating these things that need to be done. Send a copy to the maintenance man. Continue to do this with every rent check and make sure your rent checks are always on time.

Contribute to Ask Yenta

Send in questions about any aspect of relationship. Send them to Yenta, c/o Senior News.

The ICU

In the ICU
he dances for me
faun like.

We've met before
he tells me.
Two years ago
I was in his world.

I don't
remember.

He picks up
the rose, touches
it to his lips
holds it in his
finger tips
delicate,
slender
as he is.

I photograph
him. Shyly he
turns his head
away.

I want to remember
him
when we meet
again. ❖



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Think About It — Preparing for the possibilities

by Lynne Page

Life would be simpler, though maybe scarier, if we could foresee the future. Because we cannot, we must often prepare for many different potential events if we want to feel secure.

Planning for future health care decision-making is a good example. In some circumstances, having a form called a Physician Orders for Life Sustaining Treatment (POLST) may be important. In other circumstances, having an Advance Health Care Directive (ADHC) may be important. To cover all circumstances, you will want both.

A POLST is a form signed by both you and your doctor stating your instructions regarding resuscitative measures. A POLST may order that resuscitation be provided or not be provided. Because it is the practice of emergency and other health care providers to try to resuscitate someone in the absence of directions to the contrary, a POLST most commonly states that resuscitation should not be attempted.

People in the late stages of a serious illness will often sign a POLST upon entering a hospital or hospice facility. People in generally good health usually do not sign a POLST; but, of course, even if you are currently healthy, you could discuss with your physician whether there are circumstan-

ces under which you would not want to be resuscitated.

The value of a POLST is that it is a short form to tell emergency personnel at a glance that you have expressed a view regarding resuscitation. As has been pointed out in other articles, no emergency medical technician is going to spend time searching for or reading a lengthy advance directive document while attending a patient with no heartbeat.

But what if you do not suffer a sudden heart stoppage? What if you are in the hospital, recovering well from surgery but still unconscious when some important decision must be made?

WHEN TO SIGN AN ADVANCE DIRECTIVE

What if you are in a coma and a decision needs to be made regarding providing nutrition and hydration? What if you want to express your wishes regarding funeral arrangements? You can use an Advance Health Care Directive in two ways to address these sorts of issues.

You can use the AHCD to express your views about pain control, life-prolonging measures and any other health care matter, including what kind of music you want your daughter to play for you if cannot communicate but may be able to hear. You can also use an AHCD to name an agent to make such decisions on your

behalf if you are unable to act for yourself.

You may also include directions regarding resuscitation. Though the AHCD may not prevent attempted resuscitation in an at-home emergency, if you are admitted to a hospital your instructions can still be noted on your chart prior to an emergency.

WHAT'S THE DIFFERENCE?

As you can see, a POLST and an AHCD serve different purposes, and you may well want both. To avoid confusion, the documents should be

consistent. (If you have multiple documents that conflict, the most recent will take effect.)

When you are planning for an emergency situation and want to have your directions regarding resuscitation in the form most likely to come to the attention of emergency personnel, a POLST is your best choice. When you are planning for health care over time and want to state your instructions on a wide range of health care issues, or want to name an agent to act for you, or both, then you need an AHCD.

For reference: The POLST

law starts with California Probate Code Section 4780. The AHCD law begins with California Probate Code Section 4600.

Lynne Page was until recently an attorney with the Eureka law firm of Gale & Nielsen and is the creator of the Nosier News Puzzle on page 13 of this issue.

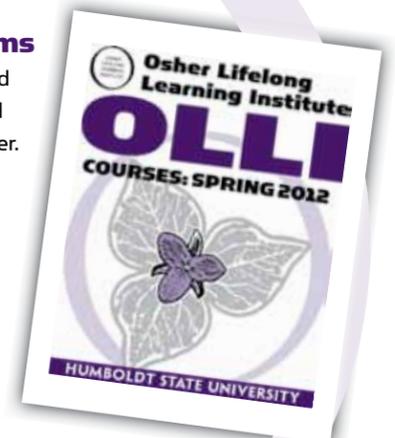
Contribute to Think About It

What do you think of the challenges facing us today? How would you solve them? Send 400 words.

coming up...

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- **Home Museum: Preserving Heirlooms**
Sat., April 28 & May 5. Discover simple, low-tech and inexpensive ways to repair and preserve your treasured items, so you can enjoy them now and pass them on later.
- **Global Economics**
Tuesdays, May 1-22. This course offers a dynamic introduction to the key concepts in economics, to help you understand what you read and hear in the press.
- **Mandalas**
Thursdays, May 3-17. Explore the history of the mandala, create your own individual mandala as well as construct a group mandala outdoors.
- **The Eureka Theater: Then & Now**
Fri./Sat., May 25-26. Glimpse into the history of the theater, including original photos, remodels and more. Includes a walking tour of the theater.



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Top-two primary, continued from page 1

ence" or "decline-to-state") voters voted only on whatever measures and nonpartisan candidates were on the ballot.

This system was amended by the passage of Proposition 198 in March 1996 and changed to a "blanket" or "open" primary, in which any voter can vote for any candidate without declaring a party preference. In 1998 the U.S. Supreme Court declared California's open primary system unconstitutional, saying it violated a political party's First Amendment right of association. The state reverted to using the closed primary system.

The closed primary system

in California was amended in 2000 when Senate Bill 28 implemented a "modified" closed primary system, which permitted voters who declined to register with any political party to vote for a party's candidates in a primary election if authorized by that party's rules and duly noticed by the secretary of state.

Barbara Clark is editor of Senior News. Information for this article was taken from the League of Women Voters of California cavotes.org web site. The League presents unbiased, nonpartisan information about elections, the voting process and issues on the ballot.

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Legislative update from CSL

by Mary Ella Anderson

Five of the top 10 proposals from the 2012 California Senior Legislature (CSL) an-

nual session are making their way through the California Legislature.

- In the state Senate, Senior Senate proposal 10 has been introduced as Senate Bill (SB) 1047 by State Sen. Elaine Alquist. It will establish a "Silver Alert" program to protect persons suffering from dementia or Alzheimer's who wander away from home.
- AP 24 is now SB 1198, introduced by State Sen. Ron Calderon. It will raise awareness of senior homelessness and provide housing for homeless senior veterans.
- In the state Assembly, AP-32 been introduced as AB 2010 by Assemblywoman Susan

Bonilla. This will require sellers of reverse mortgages to have face-to-face meetings with elders to make sure they understand the consequences of the mortgages.

- AP 15 is now AB 1525, introduced by Assemblyman Michael Allen. It will add money wire transmitters to the list of mandated reporters in cases of suspected elder financial abuse.

- AP11 adds two years to the sentence of anyone convicted of identity theft of a victim 65 or older.

Two bills from the CSL's 2011 top 10 are working their way to law.

- AB579 (originally AP-23) is being worked by Assembly-

man Bill Monning. It will allow local governments to recover legal fees after successfully defending a local mobile home rent control ordinance.

- SB 345 (originally AP 32) is sponsored by State Sen. Lois Wolk. It will ensure that the state's Long Term Care Ombudsman has the ability to act independently to federal and state mandates on behalf of California residents of long-term care facilities.

- AP-25 didn't make the top 10 but has been picked up by Assemblyman Roger Hernandez. It will prohibit a consumer credit reporting agency from charging a person 85 or older a fee for

placing a security freeze on his or her credit report.

So far the federal proposals have not found sponsors. These include a \$1,500 tax credit to family caregivers, adding dental service to Medicare, increasing the Social Security burial benefit, and increasing the mileage deductions for volunteers 65 and older.

Mary Ella Anderson is senior assemblywoman representing Humboldt and Del Norte counties. You can check the CSL web site, www.4csl.org, for the latest update on legislative matters. She blogs about CSL and my CSL-related activities at <http://gold-stateoldies.blogspot.com>.

'Bring a Million to Humboldt'

CalFresh — recent change make it easier to apply

by Heidi McHugh

Three years ago Food for People, the food bank for Humboldt County, launched the "Bring a Million to Humboldt County" campaign. The goal was to educate the community about the benefits of what was then known as the Food Stamp Program and to help eligible households apply for benefits.

In 2010 the name of the California Food Stamp Program changed to CalFresh to emphasize that the program promotes healthy living, supports California agriculture, is a nutrition program and no longer uses "stamps."

Currently 15,000 Humboldt County residents participate in CalFresh, which is about half of the people who are eligible,



and they spend more than two million CalFresh dollars monthly in the local economy. According to California Food Policy Advocates, Humboldt County misses out on an additional two million CalFresh dollars each month that are available to households not currently enrolled.

Food for People hopes to bring those funds to the local community to help more senior and low-income households afford to purchase nutritious food for good health. These underutilized nutrition funds also improve business for local stores, farms, workers and beyond.

CalFresh is accepted at North Coast Grower's Association farmers' markets, which begin April 14. Stop by the market manager's booth with the CalFresh debit card, used just like a credit card, and obtain wooden tokens used for buying locally grown produce, seeds and plant starts directly from farmers. As a bonus, the Humboldt Market Match program will offer extra tokens free for CalFresh shoppers to use at farmers markets.

If you would like more information or need assistance in applying, call Food for People at 445-3166, ext. 308, or the Humboldt County Department of Health and Human Services at 269-3590.

Heidi McHugh is Food for People's community education and outreach coordinator.

NOW EASIER TO APPLY

According to the California Department of Aging, only 10 percent of CalFresh-eligible seniors are participating in the program. Thankfully, recent changes have made it easier to apply. There is no limit to how much money one has in the bank or retirement, interviews can be done over the phone, and finger imaging is no longer required. Recipients of Social Security, as always, can qualify for CalFresh.

Earth Day

Bring the family to breakfast at the Bayside Grange on Sunday, April 22, from 8 a.m. to noon, 2297 Jacoby Creek Road.

In celebration of Earth Day, the Humboldt Electric Vehicle Association, www.heva.org, group will hold its fifth annual Electric Vehicle Show in conjunction with the breakfast. For info call 822-9998.






IT'S EASY TO START SMALL — AND EAT ALL YEAR

by Sharon McKinney

Having a garden for flowers and vegetables does not require an acre of land, a greenhouse or a rototiller. All it takes is an assortment of containers.

Last April I bought a six-pack of rainbow chard starts at the farmers market on Arcata Plaza. At home I planted them in an oversized flower pot full of garden soil. They are still providing me with fresh greens anytime I want some for a recipe, a stir-fry or soup. I enjoy walking out to the chard patch and cutting the beautiful red-, yellow-, orange- and white-stemmed leaves knowing that I couldn't get any food fresher than that.

I also have a pot full of green onions that continue to provide their luscious bites all year round. Two tomato plants also did fine in their pot during the season. When I reach into the leaves, my hands get covered with the fresh fragrance of tomato.

I use an old bin with holes punched in the bottom to grow

herbs and garnishes like chives and two kinds of parsley. Right outside the back door are containers that bring the sun color of the daffodils and brighten the day with tulips.

Lemon trees do well here. Mine started in the back porch, and when it outgrew its pot, I put it out in the dirt in a sunny spot. It thrives and is full of lemons at this time of year. I



Rainbow chard

love to gather them and use them, especially the zest from the rinds.

Blueberry bushes do well here, too, and picking berries is a treat. Mine never make it into the house.

Once, when I lived in an apartment, I realized that I

needed to grow something. Coming from a family that always gardened, I needed to tend to plants. I purchased a couple of big bags of potting soil, punched holes in the top and planted two zucchini plants in one and a tomato plant in the other. If you try this, remember that there is no drainage unless you have a deck and can poke holes in the

bottom of the bag. So water them carefully and don't get them soggy.

Fortunately for our area, there are community-supported agriculture groups that provide baskets of

fresh produce in season. I look forward to the delivery as I once did for birthday presents. The farmer's markets are a plus at providing organic locally grown produce. I enjoy supporting the local farmers.

Del Norte's Ocean Air Farms offers special occasions

at the farm that are social and fun. One time spinners and weavers demonstrated their art and Jon Parmentier played original music on his guitar. A potluck provided scrumptious foods, and everyone laughed and hugged like an extended family. People went out on tractor-driven wagons to harvest the potatoes and onions. What a glorious addition to the

fresh organic foods. Farmers Julie Jo and Paul are as wholesome as their produce.

Gardens are proof of life. Get some containers and get growing.

Sharon McKinney gardens in her back yard in Crescent City. Her e-mail is shay.jay@frontier.com.

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**Estelle Fennell
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I will promptly return your calls, respond to your e-mails and follow through on your concerns!"

Estelle serves on the Board of Directors of the Healy Senior Center and strongly advocates for our Seniors

As your Supervisor, I will always put our Second District first. I will listen to you, work with you and be your voice in County government.

Having lived in the Second District for three decades, I care deeply about our future and I want to ensure that our children can continue to call Humboldt "home" and enjoy a good quality of life for generations to come.

PRIORITIES

Promote Economic Growth— by adopting an open door policy to new, well paying job opportunities.

Adopt Sensible Land Use Policies— while also protecting our private property rights and our environment.

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Photo by Linda Atkins

Jenifer Sherman weeds one of the raised beds.

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According to the Skin Cancer Foundation, each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.
 Melanoma is the most serious form of skin cancer.

May is Melanoma Awareness Month
 Humboldt Medical Specialists - Dermatology
 will be holding a

Free mole check/screening*

Saturday, May 19 • 9:00 am to 2:00 pm
 HMS Dermatology
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Unity Community Garden

New gardeners are welcome

by Linda Atkins

Unity Community garden is located at 15th and California streets in Eureka. This year will be our third year working the raised beds at the garden.

The garden is on city of Eureka property and is run by volunteer gardener members. All expenses are paid by the gardeners or by grants made available by other community organizations.

The garden was built in 2010 by volunteers from the city of Eureka, AmeriCorps, local businesses and members of the community. We bought

the soil and materials with grants from First Five Humboldt and the Humboldt Area Foundation.

The garden is open for new members this year. Membership is \$20 for the season (with some scholarships available) which pays the water bill.

The garden operates collectively, with everyone able to access all the beds for produce. This year we are asking people to commit to doing a particular task in the garden, like tending a certain bed, or weeding outside the beds, mowing the grass or caring for the trees.

This year we have a grant to purchase some nice topsoil to fill our beds, as they have settled since we originally built them. We are having the CCC come and do the heavy lifting involved in moving the soil, so that we will have

fuller, more fruitful beds.

Gardening in raised beds makes it much easier for those of us with arthritis or other mobility issues. There's plenty for everyone to do, and we always have more than enough produce for us to share.

We have a small apple orchard which should begin producing apples this year, as well as blueberry, raspberry, loganberry and strawberry plants that will brighten any summer table.

Excess produce is gleaned by our partner, Unity Church of the Redwoods, and donated to Food for People.

We welcome you to sign up to garden with us. Just call Sylvia at 445-4955, and she will help you get your hands dirty growing great fresh food for you.

Linda Atkins is a member of the Eureka City Council.

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Volunteers make the garden grow

by Terry Kramer

It wasn't but a few years ago that the Humboldt Botanical Garden was a lumpy cow field cluttered with dilapidated outbuildings. Today, thanks to generous donors and a cadre of hardworking volunteers, the 44.5-acre garden at the north end of the College of the Redwoods campus is well on its way to becoming a world class botanical garden. It is now an educational laboratory and a tourist destination, as well as an enjoyable place to hang out.

Volunteers, for the most part retirees, help tend the endless details that make the garden sparkle. Well-kept seating benches, frothy beds of black-eyed Susans and fat green rows of produce in the vegetable garden are all the result of the hard work of volunteers. So far a total of 4,141 volunteer hours have been logged.

Volunteer David Lemm, who has been working at the garden for the past 10 years, currently oversees the Sheriff's Work Alternative Program (SWAP) crew that comes to the garden every month. His opinion of volunteering is, "Find a need and fill it for the garden. It's a fabulous project we've seen from the beginning." He was instrumental in working with SWAP to install a sturdy deer fence that surrounds the entire garden.

"Volunteering at the garden puts me back in touch with plants, and plants have always been my life," said Denise Lea, a retired horticulturist. She recently received the HBGF David Douglas Award for logging in more than 700 volunteer hours last year. She acquires the plants, heads the education committee and is coordinator for the annual plant sale. Her love of plants is what makes volunteering at the garden fun.

If you like getting down and dirty in the garden, there are chores like weeding, watering, fertilizing and pruning. But the garden also has many behind-the-scenes volunteer opportunities. For instance, we want to open the garden to visitors during the week. Volunteers are needed to greet and sign in visitors.

Are you good with young

children? Volunteers can help give tours to school groups or help out with our KEET Kids in the Garden program. Maybe you are a writer and would like to contribute to our quarterly newsletter.

Many retirees help by chairing committees and coordinating volunteers, necessary tasks that do not involve physical activities. Gathering sponsors, soliciting donations

and making phone calls are vital to keeping the Humboldt Botanical Garden in business.

HBGF invites all interested individuals, work groups and community organizations to help make the garden grow — just an hour or two makes a difference. Call the office at 442-5139.

Terry Kramer is the on-site manager of the Humboldt Botanical Garden.



Volunteer Denise Lea, right, receives the David Douglas Award from Humboldt Botanical Garden President Evelyn Giddings.

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2012-2013

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SENIOR CENTER ACTIVITIES

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Eureka Every Mon. 8:30-4:30 Computer Lab Every Mon. 8:30 AniMeals pet food bagging Every Mon. 9-10 Coffee Hour Every Mon. 9 Analogous Spanish Every Mon. 10:15 Karate w/Jerry Bunch Every Mon. 12 Billiards Every Mon. 12:30 Movie Matinee Every Mon. 1 Exercise w/Angie Apr. 9 3:30 6-week Arthritis Exercise class begins; register: 443-9747</p> <p>Arcata Every Mon. 10 STRONG Exercise Apr. 9 10 Site Council Apr. 9, 23 10 Silver Quills Writers</p> <p>McKinleyville Every Mon. 8:30 Tai Chi Every Mon. 11:30 Readers Circle Every Mon. 1 Humor Club Every Mon. 1 Party Bridge Every Mon. 1:30 Computer Clinic Apr. 23 10 Low Vision</p> <p>Crescent City Del Norte Senior Center Every Mon. 8:30 Exercise Every Mon. 10 Chair Exercise Every Mon. 12:30 Pinochle Apr. 9 3 Diabetes Support</p> <p>Ferndale Every Mon. 9 STRONG Exercise</p> <p>Fortuna-Methodist Church Every Mon. 9 Moving It Off Every Mon. 10:30 Beginning to Exercise Every Mon. 4:30 Ukulele Class Every Mon. 5p STRONG Exercise 1st Mon. 2 Book Club</p> <p>Fortuna-Presbyterian Church Every Mon. 9 Tai Chi Every Mon. 11 Line Dancing</p> <p>Redway Every Mon. 10:30 Senior Fitness, Vets Hall, Garberville Every Mon. 12:30 Senior Lunch Every Mon. 1:30 Cards & games Apr. 9 12:30 Birthday Luncheon Apr. 23 HICAP by appt. 800-434-0222</p>	<p>Eureka Every Tue. 8:30-4:30 Computer Lab Every Tue. 9-10 Coffee Hour Every Tue. 9 Analogous Spanish Every Tue. 9-11 Haircuts by Bob Every Tue. 12 Billiards Every Tue. 12:30 Intermediate Spanish (exc. April 17) Apr. 3 10:15 Music by Ray, Chuck & Dave Beg. Apr. 3 12:45 Our Pathways to Health, registration required, 268-5646 Apr. 10, 24 10 Bingo Apr. 24 6p Stamp Club</p> <p>Arcata Every Tue. 9 Katie's Krafters Every Tue. 9-10 Chair Massage w/ Pete Every Tue. 9:30 Blood Pressure Every Tue. 10 Senior Aqua Aerobics, \$5, HealthSport Every Tue. 12:30 Bead Jewelry Class</p> <p>McKinleyville Every Tue. 9 TOPS - Take Off Pounds Sensibly Every Tue. 9:30 Osteo X Every Tue. 10:40 Stretching Every Tue. 11 Computers Every Tue. 12:30 Bingo Every Tue. 1:30 Exercise</p> <p>Crescent City Del Norte Senior Center Every Tue. 12:30 Computer Class Every Tue. 2-4 Crochet & Knitting Every Tue. 7:30p Folk Dancing Apr. 24 1-3 Commodities</p> <p>Fortuna-Mountain View Mar. 13 10 Site Council Apr. 24 11:30 Wellness Talk w/ Janet Polos, Rehab Nurse Mar. 20 10:30 Music w/ Ray & Chuck</p> <p>Fortuna-Methodist Church Every Tue. 9 Maintaining Mobility Every Tue. 10:30 Maintaining Mobility Every Tue. 1:30 Senior Stitches 2nd, 4th Tue. 10:30 Grandparents Support Group</p> <p>Fortuna-Presbyterian Church Every Tue. 2 Seated Tai Chi Every Tue. 3 STRONG Exercise</p> <p>Everyday walking Fortuna River Lodge Monday through Wednesday Walk with a group, 8:30 a.m.</p>	<p>Eureka Every Wed. 8:30-4:30 Computer Lab Every Wed. 9-10 Coffee Hour Every Wed. 9 Analogous Spanish Every Wed. 10:11:30 Blood Pressure /Bob Every Wed. 11 Bread Distribution Every Wed. 12 Billiards Every Wed. 1 Exercise w/ Angie Every Wed. 1:15 Inter. Line Dancing Every Wed. 4 Beg. Line Dance Apr. 4 10 Bingo Apr. 11 9-2 Fasting Blood sugar screening with Roseann Potter, drop-in. Apr. 11 12-1:30 Health Consultations by appt. 443-9747 Apr. 11 3:30 6-week Arthritis Exercise class began Monday; register 443-9747</p> <p>Arcata Every Wed. 9:30 Chi Gong Every Wed. 10 STRONG Exercise Every Wed. 12:30 Afternoon Crafts Apr. 4, 18 9-1 HICAP counseling by appt. 444-3000 Apr. 25 10 Dance, Old Gold Band</p> <p>McKinleyville Every Wed. 8:30 Tai Chi Every Wed. 9 Computer Repair Every Wed. 10 Needlework Every Wed. 10 Blood Pressure Tests Every Wed. 12 Mahjong Every Wed. 1 Sewing Apr. 4 9:30 Cher-Ae Heights bus Apr. 4 10 Genealogy Apr. 25 12 Luncheon: Pasta Primavera</p> <p>Crescent City Del Norte Senior Center Every Wed. 8:30 Exercise Every Wed. 10 Chair exercise Every Wed. 11 Boon Dock Band Every Wed. 10:30 Blood Pressure (exc. 4/4) Apr. 4 12:30 Disaster Preparedness w/ Cindy Henderson Apr. 11 1 Bunny Hop Bingo Apr. 25 1:15 Flower Arrangement Class</p> <p>Ferndale Every Wed. 9 STRONG Exercise</p> <p>Fortuna-Mountain View Every Wed. 1 Pinochle Every Wed. 5p Bingo</p> <p>Fortuna-Methodist Church Every Wed. 9 Moving It Off Every Wed. 10:30 Beginning to Exercise Every Wed. 5p STRONG Exercise</p> <p>Fortuna-Presbyterian Church Every Wed. 1 Tai Chi</p> <p>Redway Every Wed. 12:30 Senior Lunch Every Wed. 1:30 Bingo Apr. 25 10 Menu planning for June</p>	<p>Eureka Every Thur. 9-10 Coffee Hour Every Thur. 9 Analogous Spanish Every Thur. 10 Intermediate French Every Thur. 10 Grocery Bingo - bring a can of food Every Thur. 12 Billiards Every Thur. 1 Exercise Apr. 5, 12 8:30-4:30 Income Tax Assistance w/ AARP, by appt. 633-8296 Apr. 12 2 Senior News Editorial Board, readers welcome Apr. 19 8:30-10 Commodities and AniMeals Pet Food Apr. 19 3 Volunteer Recognition Apr. 26 12 HSRC board meeting</p> <p>Arcata Every Thur. 9 Katie's Krafters Every Thur. 9-10 Chair Massage w/ Pete (donation) Every Thur. 10 Tai Chi \$3 drop-in Every Thur. 10 Senior Aqua Aerobics, \$5, HealthSport Apr. 5, 19 9-2 Basic Haircuts by appt. 825-2027, \$5 Apr. 19 10:15 Swing & Sway Trio Apr. 19 11 Commodities</p> <p>McKinleyville Every Thur. 9:30 Osteo X Every Thur. 10 Pinochle Lessons Every Thur. 10:40 Stretching Every Thur. 11:30 Soup & Bread Every Thur. 12:30 Bingo</p> <p>Crescent City Del Norte Senior Center Every Thur. 12:30 Computer class Every Thur. 1:30 Line Dancing Apr. 12 Legal Services by appt. 464-3069 Apr. 19 11 Foster Grandparents</p> <p>Fortuna-Methodist Church Every Thur. 9 Maintaining Mobility Every Thur. 9:30 Ukulele class Every Thur. 10:10 Maintaining Mobility</p> <p>Fortuna-Presbyterian Church Every Thur. 9 Cards & Games Every Thur. 3 Seated Tai Chi</p> <p>Redway Every Thur. 10:30 Senior Fitness at Vets Hall, Garberville Every Thur. 12:30 Senior Lunch Every Thur. 1:30 Cards & Games Apr. 5 10 Menu planning for May Apr. 5, 26 4:15 Computer Class for Beginners Apr. 12 1-3:30 Brown Bag and Commodities pickup Apr. 26 1:30 Arts & Crafts: Spring greeting cards</p> <p>Fortuna Rohner Park Trails Every Thur. 8:30 Walking Group</p> <p>Hiking and Biking Every Fri. 8:30 Hiking, call 725-7953 Every Fri. 8:30 Biking, call 616-5623</p>	<p>Eureka Every Fri. 8:30-4:30 Computer Lab Every Fri. 9-10 Coffee Hour Every Fri. 9 Falun Dafa Every Fri. 9 Analogous Spanish Every Fri. 10 Beginning Tai Chi Every Fri. 10:30 Computer consults with John Every Fri. 11 Yoga Every Fri. 12 Billiards Every Fri. 1 Bridge Games Every Fri. 2 Swedish Class Apr. 6 12:15 First Friday Flicks Apr. 13 9:30 Site Council Meeting Apr. 13 6p Friday Line Dance Apr. 27 11 Birthday celebration, Nelda Rose Singers</p> <p>Arcata Every Fri. 10-12 Ping Pong Apr. 6 11 Holiday Meal Apr. 20 9 Feldenkrais Apr. 20 12:30 Movie Day Apr. 27 11:30 Birthday Celebration</p> <p>McKinleyville Every Fri. 8:30 Tai Chi (exc. 4/20) Every Fri. 9:30 Crafts Every Fri. 1 Pinochle Apr. 6 10 Diabetes Group Apr. 13, 27 9 HICAP counseling by appt. 444-3000</p> <p>Crescent City Del Norte Senior Center Every Fri. 8:30 Exercise (exc. 4/27) Every Fri. 10 Chair Exercise (exc. 4/27) Every Fri. 12:30 Pinochle Apr. 6 11 Bake Sale Apr. 13 1 Elvis Apr. 27 11:30 Birthday Luncheon</p> <p>Ferndale Every Fri. 9 STRONG Exercise</p> <p>Fortuna-Mountain View Every Fri. 10:15 Physical Exercise Every Fri. 11 Mental Exercise Mar. 16 St. Patrick's Day Mar. 30 Birthday Celebration</p> <p>Fortuna-Methodist Church Every Fri. 2 Scrabble</p> <p>Fortuna-Presbyterian Church Every Fri. 9:30 Fun & Games</p> <p>Redway Every Fri. 3 Yoga Class Apr. 27 5:30 Potluck Dinner</p> <p>Saturdays Eureka Apr. 21 12 Nooners lunch at Oriental Buffet, Arcata</p> <p>McKinleyville Every Sat. 12:30 Cribbage</p> <p>Fortuna-Methodist Church Apr. 21 11:30 Monthly meeting and potluck</p> <p>Redway Apr. 14 9-12 Pancake Breakfast \$6/\$3 kids</p> <p>Sundays Eureka Every Sun. 5:30p Al-Anon Meeting</p> <p>Fortuna Apr. 22 2 Open Mic Music Jam-boree at Monday Club w/ Joe Jones</p>



Spring Mandala by Barbara Clark

Questions about Activities

Eureka • 442-1181
1910 California St.

Arcata • 825-2027
Arcata Community Center

Ferndale • 786-4141
Community Center

McKinleyville • 839-0191
1620 Pickett Rd.

Del Norte Senior Center • 464-3069
1765 Northcrest Drive

Redway • 923-2399
Healy Senior Center, 456 Briceland

Fortuna • Mountain View Village
725-6245 • 2130 Smith Lane

Fortuna • Methodist Church
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• Willow Creek (38883 Hwy. 299, 530-629-3141)
• Loleta (700 Loleta Drive, 707-845-0464)
• Rio Dell (95 Center Street, 707-764-5239)
and at the
• Senior Resource Center in Eureka.

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HSRC Activities

by Michael Blackwell

Humboldt Senior Resource Center (HSRC) • 1910 California St. • Eureka, CA 95501 • 443-9747 • Activities, ext. 1228, sgrace@hum senior.org

Our Pathways to Health

LightHouse of the North Coast is offering a six-week Pathways to Health program for

low vision and blind consumers. The class helps people who are living with long-term health conditions set small

goals that lead to big transformations and build on success in a supportive environment.

It will meet six Tuesdays at HSRC beginning April 3 from 1 to 3:30 p.m. Preregistration is required by calling Janet at 268-5646. Caregivers are welcome to attend with members.

Blood Sugar Screening

Roseann Potter and Maggie Velinova-Hipp will hold a fasting blood sugar test clinic on Wednesday, April 11, from 9 a.m. to noon. This is a drop-in clinic; no appointment is necessary.

If you would like a one-on-one session afterward, some private consultations will be available from noon to 1:30 p.m. For an appointment, call Sam Grace at 443-9747, ext. 1228.

Nooners' Lunch

Do you enjoy getting out and visiting different restaurants but don't like to go alone? There is a group called Nooners that goes out to eat on the third Saturday of each month.

On April 21 they will go to the Oriental Buffet in Arcata. Feel free to join them and enjoy company with one another.

Senior Law Day

Senior Law Day is coming up Saturday, May 12. This is a popular event with an opportunity to receive free legal advice.

Two free seminars will be held in the morning followed by private consultations with volunteer attorneys by appointment. To make an appointment for a consultation regarding wills, trusts, powers of attorney or bankruptcy, call 407-4134 or 800-972-0002.



Mayor Kathy Bhardwaj of Trinidad went out with George Cozens, right, of the Trinidad Lions Club and met 100-year-old Trinidad resident Pat Patterson as he received his weekly delivery of meals.



Photos by Michael Blackwell

Mayor Michael Winkler of Arcata, right, visited numerous people in Arcata, including Reuben Maes.

Mayors for Meals

The Humboldt Senior Resource Center participated in the National Mayors for Meals event on March 20 and 21 for the second year. Elected officials came to help distribute home-delivered meals in their communities.

Michael Blackwell is the HSRC nutrition and activities program manager. HSRC offers activities, hot lunches, home-delivered meals, care management, adult day health care, Alzheimer's services and Senior News. For more information visit www.hum senior.org or call 707-443-9747.



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We appreciate these generous donors to our programs. This list represents all HSRC donors between Feb. 14 and March 9, 2012. Sincere thanks to everyone.

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Lorna Wright





HSRC News & Notes

707-443-9747 • Web site: www.humsenior.org • E-mail: hsrc@humsenior.org



Photo by Christine Tomascheski

The Bib Bunch, front row from left, are Deanna Bartlett, Virginia Springer, Peggy Stiles. Back row: Elwood Bartlett, Don Mahler, Martha Bolt, George Cox, Ben Rybicki.

No muss, no fuss for the Bib Bunch at Arcata Dining

by Martha Bolt

“Oops, someone grab some napkins.” “Hey Elwood, get the mop.” “I got it all over my pants — how come I always get it on my pants?”

That’s lunch at table No. 2 at the Arcata Senior Dining Center. Not a week goes by that someone doesn’t spill something. Milk, water, coffee, tea — before you know it, it’s on the table and possibly on the floor.

We laugh a lot at table No. 2, and we don’t get upset when a spill happens. Who knows, next time it might be us. We not only spill things, we drop things — a piece of meat, a bite of cake. Once in a while a bottle of salad dressing or ketchup gets squeezed a little too hard — another stain.

Two years ago, I threatened to make bibs for all of us, but life got in the way. However, someone brought me a huge plastic bag filled with ties from a thrift store (ties don’t sell well anymore). So,

I started making skirts out of the old ties. A few weeks ago I decided to use some of the ties to make bibs. They are attractive and fun — and fun is what lunch at the Arcata Senior Dining Center is all about. The name of table No. 2 has been changed. Peggy dubbed us “the Bib Bunch.”

Someone mentioned that having a bib or an apron made from ties of a loved one who has passed on would be a fun way to remember them. I’m

still trying to get my head around that thought. If you have some old ties you would like to get rid of, call me at 825-9454. If you would like to have a skirt, apron or bib made from ties, call me even if you don’t have ties to donate. And, if you come to the Arcata senior dining center for lunch, be assured we will have a bib for you to wear.

Martha Bolt is a participant at the Arcata Senior Dining Center.

Super volunteer

Evelyn Ogle, a familiar face

by Jamie Ellsmore

The Fortuna Senior Dining Site would not be what it is if Evelyn Ogle was not here. She has been coming to the dining site for at least 20 years.

She can’t remember when she started volunteering but said, “It’s been so long, but I enjoy it.”

Unlike most of our volunteers, she is here every day, and her duties include serving food and wrapping silverware. When asked about her service she said, “I am glad to help, actually just glad that I am able to help.” She brings



Evelyn Ogle

excitement to the site every day.

She also organizes the Senior Lunch Bunch in Fortuna. Each month Evelyn goes into the community and looks for places for seniors to have lunch. Not only does she organize the event, she also provides transportation for many.

She helps in every way that she can, and that is what makes her a super volunteer.

Jamie Ellsmore is site manager for the Fortuna Senior Dining Site.

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For information call Roz at 443-9747.



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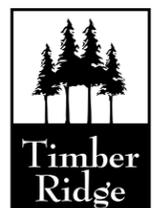
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Apr. 2 Shepherd's Pie		
Apr. 3 Salisbury Steak		
Apr. 4 Teriyaki Chicken		
Apr. 5 Pot Roast		
Apr. 6 Holiday Meal Baked Ham		
Second week	Fourth week plus	
Apr. 9 Marinara Meatball Sandwich	Apr. 23 Roasted Pork	
Apr. 10 Ham & Bean Soup	Apr. 24 Spinach, Tomato, Basil Pizza Pie	
Apr. 11 Roast Turkey	Apr. 25 Bay Shrimp Salad	
Apr. 12 Beef Stroganoff	Apr. 26 Spaghetti w/ Meat Sauce	
Apr. 13 Chicken Soft Taco	Apr. 27 Birthday Celebration Cranberry Chicken	
Third week	Apr. 30 Meat Loaf w/ Gravy	
Apr. 16 Breaded Fish		
Apr. 17 Chicken Marsala		
Apr. 18 Clam Chowder		

Call for reservations

Arcata • 825-2027
Eureka • 442-1181
Fortuna • 725-6245

People 60+ and spouses of any age are invited.

Focus: Alzheimer's

Financial management and the person with Alzheimer's

by Rachael Riggs

We should all plan to protect ourselves against the possibility of becoming incapacitated in later life. If a person has not taken steps before an illness is diagnosed, it may not be too late to develop protection. The basic tools for financial management are the durable power of attorney and the living trust.

DURABLE POWER OF ATTORNEY

A durable power of attorney (DPA) is a written delegation of authority to another person or persons to act as the "agent" when assistance is needed. A DPA can be limited to a few tasks or it can be broad — in which case it is called a "general" power of

attorney. "Durable" means the agent can act even though the maker of the DPA is incapacitated; such a power remains in effect when illness strikes. It is important to have wording in the document that says it is valid even if disability occurs.

Most states have forms set out in the state's statutes that can be used, but it is better to consult a lawyer so that the DPA can be tailored to your specific needs. Even though signing the general statutory form should be sufficient, many banks and other financial institutions do not like the statutory forms and want their own. It is a good idea to take the time to sign them as well.

LIVING TRUST

A living trust is a more formal type of management system and a good one for many people. The "trust agreement" is a contract between a person who owns property such as securities, cash accounts and real estate, sometimes called the donor or grantor, and a person selected to manage that property, the trustee. The trustee agrees to hold the property transferred to the trust for the benefit of the donor in accordance with the rules set out in the trust agreement. The trust will specify how the trust funds are to be spent and what happens to these funds when the donor dies.

The living trust is an excellent vehicle for property management. When a person's

means are sizable, it is generally more effective than the power of attorney, although, both should be executed.

Warning — be careful selecting the person who will draft the living trust for you. This is an area with great potential for fraud and abuse. Most elder-law attorneys can provide this service to you and are often a better option than businesses that specialize in living trusts.

NO ADVANCED PLANNING?

If the individual with Alzheimer's disease did not plan ahead and no property management systems are in place, it will probably be necessary to apply to the state court for the appointment of a guardian or conservator for property

management and personal care decisions.

In most cases this is less desirable than having a power of attorney or trust in effect, and the procedure to have a conservator appointed is often time consuming and expensive. Further, the court may appoint a person as conservator who would not be the choice of the individual. It is much better to do the advanced planning.

This information and much more can be found in the Alzheimer's Resource Center information packet.

Rachael Riggs is program manager for the Alzheimer's Resource Center. Call her at 444-8254, ext. 3220, for more information.

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Contact Rachael Riggs
444-8254 ext. 3220
for more information



Social Security moves 100 percent to direct deposit

U.S. Rep. Mike Thompson (CA-1) advised Social Security beneficiaries to sign up for direct deposit or a prepaid debit card.

"Starting next year, all Social Security recipients and all others receiving federal benefits will get their payments directly deposited into their bank accounts, meaning folks will be getting their benefits more quickly and easily,"

Thompson said.

"Please take the time to sign up. These changes will not impact the amount of benefits you receive."

To sign up for direct deposit or to receive a prepaid debit card, visit GoDirect.org or call the Go Direct helpline at (800) 333-1795.

Thompson represents California's first Congressional District, which includes

Del Norte, Humboldt, Lake, Mendocino, Sonoma, Napa, and Yolo counties (until the current elections from the redrawn District One will seat a new member representing Marin, Mendocino, Humboldt, Del Norte and Trinity counties). Thompson is a senior member of the House Ways and Means Committee and the House Permanent Select Committee on Intelligence.



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Around the Center *McKinleyville Senior Center*
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April showers bring May flowers

by Kathie Hammer

I'm writing this while we are still in March — which supposedly comes in like a lion and goes out like a lamb. I think this year it's either one tough lamb or a mighty weak lion; let's hope we get back on track or we may have to change the rhyme to April monsoons bring May legumes.

Spring is my favorite season. When spring arrives I can look into the hills and see the bright spring-green tree buds mixed with the evergreens. It is my favorite contrast until fall when the red-, orange- and yellow-turning leaves contrast with the evergreens. Makes me want to get out my camera or my paints and spend the day

getting lost in my imagination.

One of my New Year's resolutions is that this year I will plant bulbs and plants around my house (or maybe just force-grow some flowers in water on my window sill). I will plant a small herb and vegetable garden, I will enjoy watching the grass grow in my front yard, and I will spend time watching baby animals frolic in the fields. I guess I mean that it's time to slow down and stop to smell the roses.

Did you know that if you receive benefits from the CalFresh program that you can purchase edible plants and seed starts with those benefits? (See story p. 4)

How nice would it be to grow your own produce. If you don't have a place to garden, many vegetables and herbs can be grown in pots. Several communities have garden plots that you can use. Check with your local

resource center, parks or city hall to see what is available.

Spring flowers help brighten up my day when the weather isn't so good. The pretty colors remind me that sunny, bright days are coming soon.

The landscape here

wouldn't look like it does if we didn't get all the rain that we do — so there is a bright lining to these clouds.

Kathie Hammer is director of the McKinleyville Senior Center. See listings of the center's activities on pages 8 and 9.

Co-op Community Fund grants

The North Coast Co-op presented \$16,000 to 12 community nonprofits earlier this year:

- Arcata House, \$2,000, Emergency Food Pantry
- Bridgeville Community Center, \$2,000, Weekend Food Program
- Eureka City Schools Family Resource Center, \$2,000, Food Closet
- Food for People, \$2,000, Homebound Delivery
- Healy Senior Center, \$2,000, Meals on Wheels
- Humboldt Senior Resource Center, \$2,000, Nutrition Program
- Hydesville School, \$500, Garden Club

- McKinleyville Family Resource Center, \$500, Children's Experiential Garden
- Northern California Indian Development Council, \$500, Northwest Intertribal Gathering & Elders Dinner
- Orick Community Resource Center, \$1,000, Food Pantry
- Rio Dell Community Garden Group, \$500, Rototiller
- Rio Dell School District, \$1,000, Backpack Program

CCF is a fund for which Co-op employees, members and shoppers have given donations directly to build the endowment for more than 20 years. The funds are distributed as grant awards to special community projects each year.

Nosier News Puzzle
by Lynne Page



Unscramble the anagrams to fill in the words missing from the quotes from the March Senior News.

1 From Yvonne Doble's article about the Senior Action Coalition's first meeting March 22:

To develop the _____ for people to be _____ in _____ community _____, the Area 1 Agency on Aging have been _____ a grant from the SCAN Foundation.

a. rout pit pony
b. cite vapor
c. taint prom
d. side scion
e. raw dead

they are on a limited _____ and cannot afford the _____.

a. pi scale
b. so reins
c. variety ern
d. vice scan
e. no mice
f. Scot

3 From Evelyn King's article on genealogy:

Like any one of us, these _____ begin by entering names of _____ or _____ great-grandparents into the _____ of ancestry.com, and then wait for the little green leaves to "_____ " on each _____.

a. elite scribe
b. grasp darn net
c. casher
d. fin count
e. sort up
f. mane

2 From the article about the Companion Animal Foundation Day of Caring: This _____ event is limited to _____ who are not getting _____ exams and _____ for their animals because

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65	4.7%	\$470	\$3,363
75	5.8%	\$580	\$4,503
85	7.8%	\$780	\$5,622
90+	9.0%	\$900	\$6,269

This information is not provided as legal advice. Seek counsel from your attorney and financial advisor.

Shirley & Felix De Martis enjoy their HSU charitable gift annuity.

I would like to receive more detailed information about HSU's Gift Annuity Program

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City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Gift Annuity for: 1 Person Couple Birth Date(s): mo/day/year _____

Amount Considered: _____ cash appreciated securities other

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University Advancement/Planned Giving
Humboldt State University
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HUMBOLDT STATE UNIVERSITY



Fortuna

Fortuna Senior Services now has 50 volunteers

by Wanda Rigby

Fifty names were called out for recognition when Fortuna Senior Services held its annual Volunteer Luncheon in February. All of the volunteers pres-

ent received chocolate hearts and praise and thanks from FSS executive director Naomi Johnson.

“Every day someone comes in and helps in the office, and we have help at all of our events,” Johnson said.

Singled out for Volunteer of the Year awards were:

- Dana Hunt and her company, Anderson, Lucas, Somerville and Borges, for their financial advice and assistance;
- Eli and Tom Mulholland for their help with various activities, especially Veterans Day and Tom’s service on the board of directors;
- Donna Fedderson for all the goodies she has provided;
- and FSS president Carol Kinser for her countless hours keeping the organization running when it did not have a paid director.

The nonprofit organization currently has more than

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Pre-Arrange, A Thoughtful Gesture

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Photo by Wanda Rigby

Carol Kinser (with flowers) was among those honored by the FSS board of directors at its 2012 Volunteer Recognition Luncheon. Carol has been president of Fortuna Senior Services since July 2008, including times when the nonprofit had no paid director. Seen with her at the February occasion are board members Rick Center, left, Alice Herman, and Bob Gillette.

400 members. It is open to anyone older than 50 living in the Eel River Valley. Dues are \$24 a year for single memberships and \$36 a year for couples. Payment may be prorated monthly.

New dance class

Thanks to popular demand, a Ballroom Dance Class is beginning April 2. The class is already full and has a waiting list. It will meet each Monday from 6:30 to 8 p.m. through June 25 in the Firemen’s Pavilion in Rohnerville Park.

This class is being sponsored by Hops in Humboldt and Fortuna Senior Services. To put your name on the waiting list, call 726-9203 or e-mail admin@fortunasenior.org.

Scrabble

A new Scrabble group is meeting Fridays at 2 p.m. in the Fireside Room at Fortuna United Methodist Church, 10th and N streets. Other games may be added. For more information, contact Chris Wennerholm at 725-2020 or e-mail chrissie.wen@gmail.com.

Monthly Meeting 4/21

The April Monthly Meeting will be a potluck at 11:30 a.m.



Photo by Bob Besanceney

Joe Jones, featured artist at FSS's April Open Mic Music Jamboree.

at Fortuna United Methodist Church. The organization provides a main dish, members with last names A-H are asked to bring a dessert, and those with last names I-Z are asked to bring a side dish.

Open Mic Music Jamboree 4/22

Joe Jones will be the featured artist at this month’s jamboree, a free event open to all ages Sunday, April 22. It is held from 2 to 4 p.m. at the Fortuna Monday Club, 610 Main St.

Joe said his mother bought

him his first guitar when he was 13 years old. It cost \$16.50 “and was the prettiest thing I ever saw.”

“My school friend and his mother played guitar, so they helped me get started,” he said. “We would walk up the valley where we lived in Arkansas to a little church and play with some other pickers.”

He said he “had the pleasure of playing with” Tommy Duncan, Alan Frizzell (Lefty’s brother), Okie Paul Westmorland “and many more who should have made it big but didn’t.”

Wellness Speaker 4/24

Rehabilitation nurse Janice Polos will speak about strokes — cause, prevention and rehabilitation — as part of the monthly Wellness Lecture Series held at the Fortuna Senior Dining Site at Mountain View Village, 2130 Smith Lane. The free talks are given from 11:30 a.m. to noon; those wishing to stay for lunch are asked to call 725-6245 for reservations. A donation may be given to cover the costs of the lunch.

Janice teaches at Humboldt State and volunteers with the Stroke Support Group.

Wanda Rigby is one of the 50 volunteers supporting Fortuna Senior Services.

SENIOR LUNCHEES

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 Community Center • 786-4141
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FORTUNA
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 Mountain View Village, 2130 Smith Lane
 Lunch daily

GARBERVILLE – REDWAY
 Healy Senior Center • 923-2399
 456 Briceland, Redway
 Senior Lunch Monday, Wednesday & Thursday 12:30 p.m.

ACTIVITIES
 SEE ACTIVITES FOR AREA SENIOR CENTERS PG 8 & 9

Ferndale Community Choir presents Spring Concert



Ferndale Community Choir in rehearsal

The Ferndale Community Choir will present music of joy, renewal and reflection at its 42nd annual Spring Celebration in Song.

The choir will offer musical performances in three locations, with choral and instrumental music ranging from the familiar to contemporary arrangements with their roots

in gospel music.

The choir explores music of diverse styles and character, from arrangements of spirituals by the great Moses Hogan, to a contemporary piece written for the children of Bosnia, to the "Hallelujah Chorus" by Handel and the modern "Casting Our Crowns Down."

Under the direction of

Betty Diehl, the exceptional Dana Christen accompanies the choir at the piano. Beverly Carlson will also conduct. Violinists Betty Bliss and Allen Lesser and string player Jay Byker will also accompany the choir.

Please note the time change for the evening concerts. They now begin at 7:30 p.m. The matinee performance will be held at 3 p.m.

PERFORMANCE SCHEDULE

- Ferndale, Easter Sunday, April 8, 7:30 p.m., Church of the Assumption, 546 Berding St.
- Eureka, Saturday, April 14, 7:30 p.m., Christ Episcopal Church, 15th and H streets.
- Ferndale, Sunday matinee, April 15, 3 p.m., Ferndale Community Church, 712 Main St.

What's Blooming?



Trillium and calypso orchids bloom along forest paths this time of year.

Photos by Nancy Spruance



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FEMALE IN-HOME CARE provider interested in picking up extra hours each week. Overnights are a possibility. I have several years of working with the disabled and excellent references. Looking for private pay clients. As an assistant pastor, my hours of availability vary. Please call Sharon at 616-1303. 09/12

WANTED

COMPATIBLE SOBER NONSMOKING single senior woman wanted for eventual serious intimate relationship with single senior man. Must meet me in person. You choose place and time. Call Frank at 725-3229. 08/12

Notice to Senior News readers

Place your ads at the Humboldt Senior Resource Center third floor reception desk. Senior News does not screen the people or companies who advertise in our Classified section. Please use discretion when calling the people or services listed here and ask for references when appropriate. Senior News accepts no responsibility for the services advertised. If you want to place a classified ad, send or drop off the text of your ad (no more than 30 words) and a check for \$10 (\$5 if you're a senior) to Senior News Classifieds, 1910 California St., Eureka, CA 95501 by the 15th of the month. No e-mails or faxes, please.

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Community Calendar

Have Fun

Eureka, throughout summer, Clarke Museum spotlights vintage clothing, 240 E St. Hours 11-4 Wednesday through Saturday, 443-1947.

Eureka, Thursday, April 5, 6:30 p.m. Tall Quilt Tales will be featured at Redwood Empire Quilters Guild meeting, Redwood Acres Fairgrounds Home Ec Building. Info: 445-5844.

Eureka, Saturday, April 7, 12-4 p.m. The Great Zoo Egg-stravaganza. Celebrate spring, decorate eggs at Sequoia Park Zoo, 3414 W St. Admission fee; members free. 441-4263.

Arcata, Thursday, April 12, 12 p.m. Spring Luncheon of the California Retired Teachers at Plaza Grill. RSVP immediately to 442-7057.

Eureka, Saturday, April 14, 1-1:45 p.m. Storytime at Sequoia Park Zoo, wild stories from the North Coast Storytellers. Second Saturdays through June 9. Free with zoo entry fee. 3414 W St. 441-4263

Ferndale, Saturday, April 14, 7 to 11 p.m. USO Dance at Ferndale Veterans Hall to benefit Paws for Purple Hearts. Donna Landry and her band. Sponsored by Order of Eastern Star Dist. 1. \$25 or \$45/couple. Tickets: 786-9566.

Arcata, April 20-22, Friday 12-9 p.m. Saturday 12-9 p.m. and Sunday 9-4. Fire Arts Spring Sale during Godwit Days, 520 S. G St. Info

826-1445.

Ferndale, Saturday, April 21, 8 p.m. *Evita* performance at Ferndale Rep will benefit Humboldt Mediation Services. Reception 7 p.m. at Blacksmith Shop Gallery, 445 Main St., 445-2505

Bayside, Sunday, April 22, 8 a.m. to noon, Bayside Grange Breakfast and fifth annual All Electric Vehicle Show, 2297 Jacoby Creek Road.

McKinleyville, Wednesday, April 25, 7 p.m. Moonstone Quilters Guild welcomes quilter Maggie Stimson at monthly meeting. Azalea Hall, 1620 Pickett Road. Also sign up for annual **Quilt Retreat June 9** to benefit Relay for Life Team 165, a one-day workshop with Sally Frey. \$50. Register: 840-0768.

Fortuna, first Sunday every month, 10-1. Seniors Only Brunch at Sequoia Springs Senior Living, 2401 Redwood Way, \$3. Info: 726-0111.

Eureka, every Monday, 7-10 p.m. Friendship Circle dancing to '30s, '40s and '50s music with live swing bands for people 50 and older. \$4. Moose Lodge, 4328 Campton Road. Info: 725-5323.

Eureka, every Tuesday, 6 p.m. Humboldt Cribbage Club plays every week at Moose Lodge, 4328 Campton Road. Info: Peggy, 444-3161, leave message.

Eureka, every Wednesday, 11 a.m. to 3:30 p.m. Senior Leisure Bingo at Moose Lodge, 4328

Campton Road. Slide cards, 5 cents for two cards, limit 12 cards. Info: John Arruda, 834-1208.

Arcata, every Saturday, 2 p.m. Friends of the Marsh offers guided walks from the Interpretive Center, South G Street. Also **every Saturday, 8:30 a.m.** Audubon Society leads walks from parking lot at foot of I Street. Info: 826-2359.

Fortuna Senior Bus, Mondays through Fridays, 8:30 a.m. to 4 p.m. City of Fortuna offers transportation within city limits to seniors and disabled people. Reservations needed. Fare is \$1.25 per ride or a \$20 card for 20 trips. Call 725-7625 to schedule reservations.

Learn

Eureka, Thursday, April 12, 4 p.m. How to use the Medicare Rx Plan web site to choose the best plan. Area 1 Agency on Aging, 434 Seventh St. Info: call HICAP at 444-3000.

Eureka, Wednesday, April 11. Senior Action Coalition will meet to determine issues it wants to work on. Sponsored by Project for Senior Action. RSVP to 441-0449 or www.a1aa.org/psa.

McKinleyville, Friday, April 20, 6 p.m. Book signing by Sharon Latour with her just-published book *Radical Wholeness*. At Blake's Books, 2005 Central Ave. during McKinleyville Arts Walk. Info: 633-6111.

Fortuna, Saturday, May 5, 8:45 a.m. to 4:30 p.m. Communication and Conflict Management Workshop led by Humboldt Mediation Services, at Redwood Memorial Hospital. \$75; \$60 for nonprofits. Register by April 17: 445-2505.

Heal

Eureka, beginning Tuesday, April 3, 1-3:30 p.m. Our Pathways to Health for Low Vision and Blind Consumers is a free six-week workshop sponsored by LightHouse of the North Coast and held at the Humboldt Senior Resource Center, 1910 California St. Register: 268-5646.

Eureka, Mondays and Wednesday beginning April 9, new six-week Arthritis Exercise class begins at the Humboldt Senior Resource Center. Register by calling 443-9747, ext. 1240.

Eureka, second Wednesdays, Meet with Roseann Potter, PHN at Humboldt Senior Resource Center, a 30-minute session to go over your personal health plan and answer any questions you have. By appointment, 443-9747, ext. 1228.

Bridgeville, weekdays, 10:30 a.m. Strong and Balance classes at the Bridgeville Community Center. Also TOPS, Take Off Pounds Sensibly, meets every Tuesday, 3:30 p.m. Info: 777-1775.

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