



CITY OF WASILLA

290 E. HERNING AVE.

WASILLA, ALASKA 99654-7091

PHONE: (907) 373-9050

FAX: (907) 373-0788

COUNCIL MEMORANDUM NO. 92-26

FROM: Mayor Stein

DATE: March 4, 1992

RE: Ordinance 92-12 - Senior Advisory Commission

This ordinance is offered to repeal the Senior Advisory Commission because of a long period of inactivity.

The Commission has not met since March, 1989. All Commissioners terms have expired.

<u>Name</u>	<u>Term Expired</u>
Ray McCarthy	1990
Neil (Bud) Browne	1991
Rose Palmquist	1989
Virgil Poppert	1990
Millie Tapscott	1991

The Wasilla Area Seniors, Inc. has emerged to be the active champion of senior citizen issues for Wasilla. In recognition of their vitality, stability and success, the City should abandon the inactive commission and delete it from the City Code. The City should continue to consult WASI on senior issues.

The Administration respectfully recommends the introduction of Ordinance 92-12 and setting it for public hearing March 23.



John C. Stein, Mayor

THE SENIOR FLYER

WASILLA AREA SENIORS, INC.

MARCH 1992

DEVELOPMENT PLAN MEETING

This meeting on February 12, moderated by Hugh Johnson, was to put together information on the on-year, three-year and five-year development plan to present to the legislators. Also discussed was the 30-day crash plan for the meeting in Juneau next month that will be attended by Louise Harris and Dorothy Hill.

Each stage of development has to be identified in chronological order and current and historical data will be used. The project includes the latch-key facility, expansion of the parking lot, office expansion, kitchen expansion and the southern wing. The primary plan for each of these projects must be done in this 30-day period.

There were many good ideas presented and worth consideration by the committee. Dick Black suggested that when expanding the office, we should build with an eye to the future and look up instead of sideways.

Ray McCarthy stated that the city was considering putting a water tank on the south side and would extend water lines to the buildings.

OAC got an allotment for capital building last year and it's under consideration this year also, Rose Palmquist assured the committee. When our delegation goes to Juneau on March 24, they can speak for capital distribution; once allocated, the money is there and will be distributed. Rose also emphasized that future grants are almost always based on local in-put.

Mike stated that using private sources of finance together with industry is the way to go. He said that HUD 202 money would be available this fall and can be coupled with private industry.

HAPPY ST. PATRICK'S DAY

THE WEARIN' IN O' THE GREEN

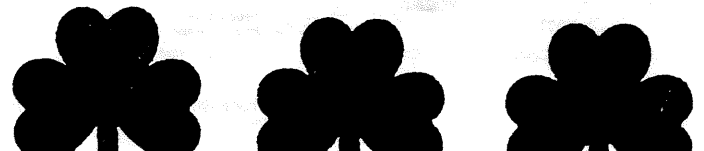
Why do we honor the green and celebrate St. Patrick's Day? Legend has it that Patrick charmed the snakes from Ireland to the seashore where they drowned. Another legend is that he used the three-leafed shamrock in his ministry to illustrate the idea of the Trinity.

Actually, St. Patrick was not Irish but was born in Britain in 387 A.D. son of a wealthy alderman. When he was about 16, he was captured by pirates and sold as a slave to an Irish chieftain. While caring for his flocks, he dedicated himself to religion. After 6 years he escaped to England but went on to France to prepare for his missionary work; he felt a compulsion to convert the Irish to Christianity and returned to Ireland in about 431 A.D.

When he began his work, he gained the trust and friendship of several tribal leaders who helped him in his efforts to convert. He is said to have founded more than 300 churches and baptised more than 120,000 people. He preached in Ireland for the rest of his life.

He left a crude autobiography written in Latin titled Confession. Other than this, little credence can be given to the stories passed down over the years. St. Patrick's feast day is celebrated on March 17 the world over.

Historical data from the WORLD BOOK.



Rose reiterated that OAC is in favor of anything that ties seniors in with community activity and use. She noted how closely natives in small villages are tied to their schools.

In this vein, Mike brought up the annual Boy Scout Award Dinner in March, which is held at WASI Center. The latch-key project is certainly pertinent here.

Mike remarked that with the growth of the Center, transportation needs are also growing which means there is a need for more facilities to house the equipment, to expand the garages. Two more buses are to come this year. Hugh Johnson suggested that the committee consider the idea of a satellite garage.

Another Development Plan Meeting was held on Wednesday, February 19, and additional meetings will be held the next few Wednesdays.

* * * * *

WASI BRIEFS

Time clock use began on February 3. This innovation is another step to improve management procedures, tighten bookkeeping practices and meet auditor's needs when reviewing WASI operations for state and federal reporting.

* * * * *

Sick leave policy was established by the Board and ties in with annual leave and the need to pre-plan extended leaves.

* * * * *

Resolution #92-001, a new type of action by the board, was officially appointed Bettye Cason in charge of WASI's gaming activities. This includes bingo, pull-tab, raffles, etc. Of course, Bettye has been the primary mover in these activities all along but now it's official. Congrats, Bettye.

* * * * *

Louise Harris and Dorothy Hill will leave for Juneau on March 24 to meet with legislators and government agency representatives about our programs.

* * * * *

If you're wondering why the butter dishes are no longer on the tables, blame the kitchen inspection on February 12. The inspector decided it wasn't hygienic and that, when they were placed on each table, they were exposed to too many germs. Now you must help yourself at a common bowl of butter at the serving counter.

This infraction(?) cost 4 points, but 96 points out of 100 is still an excellent rating. If you're wondering why, after all this time, we were not warned, we are too.

* * * * *


The cost of carting away WASI's garbage has just increased because there is more garbage. For the record, the dumpsters are for the Center's use only! Please don't bring your trash from home to dispose of it here. THANK YOU!

If you're 55 and retired, Allstate could save you money.

With an Allstate 55 & Retired Discount, you could save up to 10% on homeowners insurance! And save on car insurance, too.

So if you're 55 or older, and retired, let's talk.

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Bus. 375-5109, 375-4556




376-5241

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Anch. Phone (907) 696-1447

March, 1992 HAPPY DAYS

Sunday

Monday

Tuesday

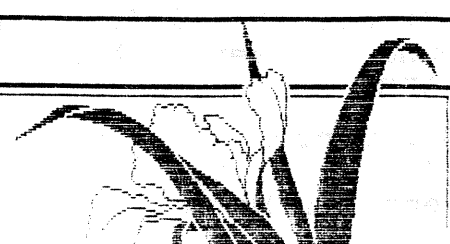
Wednesday

Thursday

Friday

Saturday

	2 OVEN FRIED CHICKEN, SCALLOPED POTATOES, DUTCH BLEND VEG., BISCUITS BREAD PUDDING	3 LASAGNE W/ MEAT, GARLIC BREAD ZUCCHINI ICE CREAM	4 PORK CHOPS OVEN-FRIED POTATOES BROCCOLI W/W BREAD APPLESAUCE	5 TACO SALAD REFRIED BEANS MEXI. CORN ROLL JELLO W/ FRUIT	6 ROAST BEEF MASHED POTATOES/GRAVY MIXED VEGS. W/W BREAD TAPIOCA	7
8 S B U R N U D N A C Y H	9 C H E F S C H O I C E	10 SALISBURY STEAK/BAKED POTATOES/GRAVY, CARROTS WHEAT BREAD BROWNIES	11 ROAST PORK RICE/GRAVY CABBAGE BISCUITS APPLESAUCE	12 BBQ'D CHICKEN, NOODLES MIXED VEGS. ROLL ICE CREAM	13 CHEESEBURGER W/TOMATO & LETTUCE BAKED FRIES CARROT STICKS JELLO W/FRUIT	14
15	16 ROAST TURKEY, DRESSING GRAVY GREEN BEANS CRANBERRIES PIE	17 SEAFOOD, RICE, BROCCOLI W/W ROLLS COOKIES & ICE CREAM	18 OVEN FRIED CHICKEN, NOODLES PEAS/CARROTS BISCUITS JELLO W/ FRUIT	19 ROAST BEEF, MASHED POTATOES/GRAVY MIXED VEGS. ROLLS BIRTHDAY CAKE ICE CREAM	20 HOT TURKEY SANDWICH CORN W/W BREAD PUDDING	21
22	23 CHEESE ENCHILADA SPANISH RICE REFRIED BEANS CHIPS/SALSA PIE	24 CORNED BEEF & CABBAGE STEWED TOMATOES W/W BREAD FRUIT COBBLER	25 BBQ'D RIBS RICE MIXED VEGS. ROLLS APPLESAUCE	26 OVEN-FRIED CHICKEN, NOODLES DUTCH BLEND VEGS. BISCUITS TAPIOCA	27 STUFFED PEPPER/RICE GREEN BEANS ROLLS SHERBET	28
29	30 FRENCH DIP AU JUS BAKED BEANS CARROTS CHOCOLATE/PUDDING	31 BBQ'D CHICKEN, NOODLES MIXED VEGS. W/W ROLLS PEACH PIE	<p>SERVED DAILY COMPLETE SALAD BAR WITH FRUITS COFFEE, TEA, CHOCOLATE, MILK</p>			



A C T I V I T I E S

BINGO

Wed-Sat
1:00-3:00

PINOCHLE

Mon-Tue 10:00

CRIBBAGE

Mon 1:00

BLOOD PRESSURE

Mon 10:30-11:30

SHOPPING (CARRS)

Thur after lunch

BIRTHDAY LUNCH

3rd Thur

BRIDGE

Every other Fri

BD OF DIR MTG

1st & 3rd Thur
9:30-noon

SUNDAY BRUNCH

2nd Sun
10:00-2:00

ARTS & CRAFTS

Craft classes will start on Monday, January 27, 1992, and will again be held every other Monday from 9:00 to 11:30 a.m.

WASILLA SENIOR CENTER
MARCH 8TH
10A.M. - 2P.M.
ADULTS \$6.00
CHILDREN 12YRS \$4.00
UNDER 6YRS \$2.00
UNDER 3YRS. FREE
PHONE 376-3104
SUNDAY BRUNCH



BINGO BINGO
COME TO THE SENIOR CENTER
AND ENJOY A AFTERNOON
WITH OTHERS
CARDS ARE 25 CENTS
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IP.M. - 3P.M. WEDNESDAY
IP.M. - 3P.M. SATURDAY
WASILLA SENIOR CENTER
OFF KNIK RD
PHONE 376-3104

HOW TO FIND US

From downtown Wasilla (the light junction of Parks Hiway with Main Street), cross the R.R. We are one mile up Knik Road; turn right on Greenwood; then left on Century Circle around the senior housing, AND THERE WE ARE!

Our Center is open from 8:00 a.m. to 4:00 p.m. Mondays through Fridays, except for holidays.

Contributions requested for rides are:

Residence to Center	\$1.50
Center to residence	1.50
Shopping, dr., etc.	1.50
Wasilla to residence	1.50
R/T Wasilla to Palmer	3.00
R/T Wasilla to Anchorage	5.00

Rates for special occasions such as trips for recreation, will be established on an estimated cost

- 1 Gordon Kler
- 3 Evelyn Ellsworth
Cloyce Parks
- 7 Eunice Weinstein
- 10 Reuben Nelson
- 14 Beulah Hart
Holly Hollis
- 15 Richard Mommson
Audrey Troutman
- 19 Harold Hutchins
Eunice Wise
- 20 Ernest Line
- 22 Lorrie Cate
- 24 Lew Hanks
Marie Hulke
- 26 Jean Foss
- 27 Margaret Nelson
Justine Parks
- 28 Dorothy Saxton
- 29 Carlene Sanders

* * * * *

BIRTHDAY SURPRISE

Nyle Hill celebrated his 80th birthday on February 17 in The Dalles, Oregon. A surprise call from a daughter to wife Dorothy here at the Center on January 13 set the stage for the unanticipated reunion with children, grandchildren and friends living in Oregon and Washington.

In recognition of his birthday, Nyle and Dorothy were given Mark-Air tickets to Seattle where they were met by family members who had planned this gala celebration.

Nyle is one of WASI's earliest members and a former strong volunteer until health problems reduced his activities. He uses his various saws to create toys for gifts and for sale.

Dorothy is our MOST active volunteer, a board member and treasurer, official greeter, notary public, and anything else she sees that needs doing.

Congratulations, Nyle, on our landmark birthday as well as this wonderful gift from your family for you and Dorothy.

* * * * *


As of this month, WASI has 270 paid members for 1992. More names will be added as people renew or join.

This number, along with advertisers and selected public service persons or groups, will provide the basis for the revised flyer mailing list and the new WASI telephone book now being processed.

WASI's Board of Directors set policy for Flyer distribution on December 19, 1991. Free copies no longer will be available, although copies can be given out based on need for public relations and good will.


Again, the Board has established guide lines for developing and distributing the WASI phone book. It is being produced for the benefit of WASI members and is not for general distribution.

* * * * *



Steve Trammell
FLEET MANAGER

<p>NYE FRONTIER FORD, INC. MILE 40 PARKS HIGHWAY 2701 E. MOUNTAIN VILLAGE DR. WASILLA, ALASKA 99687</p>	<p>BUS: 376-5656 FAX: 376-0103 FROM ANCHORAGE: 694-6923 OR 694-4719</p>
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Kent Meyer
ASSISTANT FLEET MANAGER

<p>NYE FRONTIER FORD, INC. MILE 40 PARKS HIGHWAY 2701 E. MOUNTAIN VILLAGE DR. WASILLA, ALASKA 99687</p>	<p>BUS: 376-5656 FAX: 376-0103 FROM ANCHORAGE: 694-6923 OR 694-4719</p>
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376-4484

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ELDERLY DRIVEN TO DRINK

Loneliness and isolation are increasingly driving old people to drinking, a congressional report warned.

Alcoholism affects nearly 2.5 million elderly Americans, and up to half of all nursing home residents have alcohol-related problems.

"Widowers over the age of 75 have the highest rate of alcoholism in the country," said the report, "Alcohol Abuse and Misuse Among the Elderly."

This problem is escalating as the population ages. By 2025, one in five Americans will be over the age of 60, compared to one in nine now.

The report said the elderly have the highest rate of success of any age group in achieving sobriety after treatment. However, they are the least likely age group to seek treatment.


The problems of drinking among the elderly are compounded by the body changes that accompany aging, the report said.

But witnesses said it is the emotional and psychological trauma that too often accompanies aging that turns may elderly people to drinking.

* * * * *



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Every American Wants A Safe Blood Supply.

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- 1 THE AMERICAN BLOOD SUPPLY is constantly and thoroughly tested.
- 2 BLOOD BANKS HAVE ADDED FIVE ADDITIONAL SCREENING TESTS for infectious diseases since 1985 to increase safety. Seven separate screening tests are now conducted on each unit of blood donated, including tests for AIDS, hepatitis and syphilis.
- 3 THE U.S. DOES NOT ALWAYS HAVE AN ADEQUATE SUPPLY OF BLOOD. While protecting it against infectious diseases is of primary concern, maintaining an adequate supply of safe blood has become increasingly important as donors receive more scrutiny.
- 4 BEFORE DONATING BLOOD, EACH DONOR IS ASKED MULTIPLE QUESTIONS about high-risk behavior that would disqualify donations.
- 5 STERILIZED NEEDLES USED TO DRAW BLOOD ARE NEVER REUSED. There is no risk of AIDS or other infectious diseases when donating blood.
- 6 AS AN ALTERNATIVE TO BLOOD TRANSFUSIONS, today a growing number of people benefit from autologous (self) transfusions.
- 7 HEALTHY AMERICANS ARE ENCOURAGED TO VOLUNTEER TO GIVE BLOOD for the 4 million people who depend on blood transfusions each year.

aa
BB AMERICAN ASSOCIATION OF BLOOD BANKS

Old Sol gave us a full day of lovely sunshine on February 9, brightening our day for the monthly Brunch.

We had a steady flow of guests from 10:00 until 2:00, ending with a total of 311 guests.

A big thanks is due all the helpers. Those who worked on Saturday preparing salads and other foods, those who brought desserts, those who assisted all through the brunch and those who handled the cleanup afterwards. A special thank you goes to Metta Corbin who managed the whole operation so well.

We had a great crew; they were: Bettye Cason, Pat Collar, Louise Harris, June Robinette, Carlene Sanders, Mable O'Banion, Ray McCarthy, Bill and Elnor Baxter, Nash and Lois Rone, Mel Chapman, Fred and Bonnie Stirn, Gilbert and Bernice Mort, Fran Samll, Ruby Williams, Margaret Nelson, Bill Thomas, Cal Center, Jeanie Elkins, Kathy Anderson, Dorothy Scheffler, and, as always, Lorrie Cate at the organ.

With this kind of cooperation we can make each Sunday Brunch an outstanding success!

* * * * *

JOHN JACOBSEN

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QUALITY CENTERS
SUPER FOOD SUPER DRUG

Siberians in winter buy milk by the frozen stick.

Leprechauns come from Ireland. They were little old men and were always rich and very cranky. They lived alone, far from the houses of men. If a human being captured a leprechaun, the little wrinkled dwarf would try to buy his freedom by telling where his pot of gold was hidden. But he always tried to escape without paying, and no one could ever believe what he said.



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MEDICARE INFORMATION

THE ASSIGNMENT PAYMENT METHOD:

Under the assignment method, your doctor or supplier agrees to accept as total payment for services the charge approved by the Medicare carrier: the doctor or supplier agrees to "take assignment."

The assignment method can save you time and money. The doctor or supplier fills out your claim form and sends it to Medicare. Medicare pays your doctor or supplier 80 percent of the Medicare-approved charge, after subtracting any part of the annual deductible you have not met. The doctor or supplier can charge you only for the part of the annual deductible you have not met and for the coinsurance, which is the remaining 20 percent of the approved charge. Of course, your doctor or supplier also can charge you for services that Medicare does not cover.

For all Medicare medical insurance-covered services you get on or after September 1, 1990, a new rule will apply. All doctors and suppliers must fill out claim forms for you and send them to Medicare whether or not they take assignment.

This information is from The Medicare Handbook.

For a listing of the doctors in this area who accept assignment, call 1-800-452-0125. We thank Dorothy Onkka for giving us this number and for bringing this to our attention.

* * * * *

An Alaskan was arrested for polygamy. He had a wife in Nome, another in Anchorage and another in Fairbanks. The judge growled at the culprit, "How could you do such a thing?"

"Fast dog team," the philanderer replied.

SENIOR ACTION NEEDED

Rose Palmquist urged each of us present on Tuesday, February 11, 1992, to send a wire through our local LIO Office to Senator Jay Kertulla in support of his efforts to continue longevity benefits for seniors and to assist in the passing of Senate Bill #8 which is currently up for decision. This bill would allow Alaskans to invest their Permanent Fund Dividend into an annuity which would guarantee a safe retirement income, and would assure that current longevity bonus recipients will continue to receive their checks with no interruption and no reduction.

* * * * *

President Bush is trying to work out the kind of health insurance coverage he thinks the people of this country need. Andy Rooney says it well: We'd all like the kind of health insurance you have, Mr. President.

* * * * *

Fastest-Growing States

Nevada was our fastest-growing state between April 1990 and July 1991, according to new Census Bureau figures. The West was the fastest-growing region, with nine of the top 10 states in population growth for that period:

- 1) Nevadaup 6.8%
- 2) Alaskaup 3.7%
- 3) Idaho.....up 3.2%
- 4) Washingtonup 3.1%
- 5) Oregon.....up 2.8%
- 6) Utah.....up 2.7%
- 7) Floridaup 2.6%
- 8) Coloradoup 2.5%
- 9) Hawaiiup 2.4%
- 10) Arizonaup 2.3%



BEST IN THE LAND REALTY



AND INVESTMENT MANAGEMENT

376-2555

FROM THE "PREZ"

Iditarod Days are here again! They help make Alaska famous worldwide. A writer in the Alaska Magazine predicts that Susan will win, for the 5th time.

Re the Alaska Magazine, did you see the article and picture of Mary Hansen, one of our own seniors? If you didn't see it, look on the Center bulletin board.

Decorations this month will feature St. Patrick's Day. Bettye Cason and her committee are doing a great job with our decorations!

Don't forget to come out to the brunch on the 8th. There will be great food and good company as usual. See you there!

Louise Harris

* * * * *

LATEST ON SICK LIST

We are pleased to have Sugar back with us once again, enjoying her card games and dominoes. We missed your sparkling eyes and your smile, Sugar. So happy to see you back!

The good news about Bob Clarke is that he is again back on his feet and did not have to have the pacemaker. On February 14 he was at the Center playing pool. Welcome back, Bob!

* * * * *

The EQUITABLE
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Wasilla, AK 99687 (907) 376-5588



AGENCY OF
United Way
of Matanuska-Susitna Borough

HURRAHS FOR WASI VOLUNTEERS

Thanks to Elnor Baxter, WASI is finally is developing a system for reporting volunteer services provided by our members. We've known that many members worked many hours regularly to make WASI function. But there was no consistent, dependable record. We could brag to others about our spirit of volunteerism. We couldn't, however, prove our brag nor could we know the actual extent of these activities.

Elnor listened to our problem, analyzed the situation, developed a reporting form for present and future use, and prepared a report based on the hours turned in for January records.

Last year, the total volunteer hours for the Valley was 8,000 hours. WASI volunteers logged in more than that for our Center alone. Elnor will be keeping records of all volunteer hours for WASI from now on so anyone who does any volunteer work, no matter how small, should report it to Elnor. For the regular volunteers, there is a new reporting form that will make keeping track of hours much easier.

NOTICE OF TELECONFERENCES

OAC: 10:00-11:00 on 3-10 & 3-24.
Mat-Su Legislative Information Office: call Paula Rose at 465-3250 for information.
RSVP meeting at 10:00 a.m. on 3-12-92 at WASI Center.

SUSITNA VFW POST 9365
& LADIES AUXILIARY
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WASILLA, AK 99687

Best food in town!
10% Senior Discount

STRESS DIET

BREAKFAST: ½ grapefruit, 1 slice whole-wheat bread, 8 ounces skim milk.

LUNCH: 4 ounces broiled chicken breast, 1 cup steamed zucchini, 1 Oreo cookie, 1 cup herb tea.

MIDAFTERNOON SNACK: Rest of the package of Oreo cookies, 1 quart Rocky Road ice cream, 1 jar hot fudge sauce.

DINNER: 2 loaves garlic bread, large pepperoni and mushroom pizza, pitcher of beer, 3 candy bars, entire frozen cheesecake eaten directly from the freezer.

DIET TIPS:

°If no one sees you eat it, it has no calories.

°If you drink a diet soda with a candy bar they will cancel each other out.

°Calories don't count if you eat with someone and you both eat the same amount.

°Food taken for medicinal purposes does not count. This includes toast, hot chocolate, brandy and Sara Lee chocolate cake.

°Snacks consumed at a movie do not count as they are part of the entertainment. For example: Milk Duds, popcorn with butter, red licorice and M&Ms.

°Pieces of cookies contain no calories. The process of breaking causes a calorie leakage.

°Late-night snacks have no calories. The refrigerator light is not strong enough for the calories to see their way into the calorie counter.

* * * * *

NYE FRONTIER FORD

376-5656

694-8923

The News You Need



Frontiersman



Call for a subscription 376-5225

An editorial page article in the February 5 Wall Street Journal lists the nation's governors according to a rating of their fiscal policies. Gov. Wally Hickel's name is not on the list.

At the bottom of the piece, a footnote explains: "Alaska (is excluded)...because of Peculiarities in its budget and tax policies."

--Fairbanks Daily News-Miner

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REMINDER

On Saturday, April 4, and Sunday, April 5, the WASI Center Craft Fair will be held at WASI Center. There are still a few tables available. Please call Chairman Carlene Sanders at 376-3104 for information.

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WASI STATS

Paid-up member distribution as of February 15, 1992:

Couples	85 x 2 =	170
Others		122
Membership total		292

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NEWS ON PROJECT CHOICE

As a member of the OAC's Technical Advisory Group (TAG), I have attended and participated in several meetings, beginning in mid-September of 1991 to date, to assist in the development of a long term care strategy for the State of Alaska and to evaluate services to be considered for funding under the use of a proposed Medicaid Waiver and Option Plan.

The following are recommendations submitted to Project CHOICE who will, in turn, submit recommendations to the Alaska Legislature in January 1992 for its consideration.

Submitted by Jill Eblen
Care Coordinator

To achieve their desire to avoid entering nursing homes, older Alaskans want home care services, such as homemaker and home health aid; or supportive services provided in a residential setting, such as adult foster care.

While Alaska seniors want to remain at home for as long as possible, most of the state's long term health care dollars are currently spent on institutional care, either in private nursing homes or Pioneers' Homes. Through Medicaid in the case of nursing homes, and directly at Pioneers' Homes, the state picks up much of the operational costs of these facilities. Of course, nursing homes will always be needed for some persons, and Alaska should continue to support its present, high-quality nursing homes.

By contrast, however, what few home care services are provided in Alaska are primarily available only in urban areas, and are limited in scope. The result is that numerous older residents are forced to leave their homes and communities because of inadequate health care services or ineligibility for Medicaid. Many family caregivers exhaust their financial, emotional, and physical resources trying to provide care before a senior may eventually enter a nursing home.

This lack of service is of particular concern to the OAC, which is both a statewide advocate for older Alaskans and administrator of most of the home and community-based long term health care services that are in place for the elderly.

Project CHOICE

Project CHOICE was created by the 1990 Alaska State Legislature to explore using Medicaid waivers and options to improve long term care services in Alaska.

Continued on Page 12

MEN AND WOMEN

Out of every 100,000 Americans, according to insurance calculators, 1927 women will reach their 100th birthdays, and so will 423 men.

If your diet calls for little portions, you'll gain psychological satisfaction from food served on small plates with large rims.

* * * * *

* * * * *

Twice as many men as women over 65 are what researchers call heavy drinkers.

New cells replace old cells so swiftly you wind up with an entirely new stomach lining every three days.

- The OAC should take a leadership role in operating a Medicaid service waiver for the elderly.
- Alaska should set the highest income level possible for those eligible for Medicaid home and community-based services.
- Alaska should raise the amount of income allowed for seniors' basic needs under a waiver.
- Alaska should not limit eligibility to those for whom the cost of care will be lower than the cost of institutional care.
- The focus of home and community-based services should be upon allowing people to remain at home, rather than upon providing medical care.
- At a minimum, eligible seniors should include the severely impaired.
- Victims of Alzheimer's Disease and Related Disorders should be eligible for Medicaid home and community-based services.
- Most home and community-based services should use a standardized assessment of clients' abilities to care for themselves.
- The addition of Medicaid-funded services

will not remove the need for state funds to provide services for all Alaska seniors.

- Alaska should make service authorization procedures as flexible as possible.
- The OAC recommends the following services be included in a Medicaid home and community-based waiver application:
 - Case management.
 - Homemaker/chore, home health aid and personal care.
 - Residential supported living arrangements.
 - Adult day care.
 - In-home respite care.
 - Home-delivered meals.
 - Transportation.
- The OAC recommends the following services be added as optional Medicaid services in Alaska.
 - Hospice care.
 - Dental, vision and hearing.
 - Targeted case management.
- Medicaid funding should be available for other services, such as environmental modifications or consumable care supplies, that may be needed to allow people to remain at home or in the least restrictive environment.

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A bus driver was passing a deserted bus stop when one of his passengers called out that a woman wanted to get on. He pulled up to the curb and opened the doors.

After a minute, the driver saw an elderly woman with a cane crossing the street slowly. He waited patiently as she made her way to the bus and climbed the steps.

While she was looking in her purse for her bus pass, he began to close the doors. "Wait a minute!" she snapped. "My mother's coming."

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WHAT DID YOU DO WHEN YOU WERE YOUNG ?

In the February Flyer I wrote about the needs of young people for companionship and guidance from our generation. I was called to meet a grade school class before anyone could have seen that editorial. Although the contact was made because I had written a brief history called "Matanuska Valley Memoir" nearly 40 years ago, the assignment hinged on: Tell us how things were in the old days.

These 9- and 10-year olds were impressed that I had been born before Anchorage or Palmer or Wasilla existed; that the colonist families had lived temporarily in tents; that we had no TV's, few phones, one doctor, no MTA or MEA, and so forth, as late as 1955. They carefully examined the Bingle coins I displayed and were impressed by the concept of being a territory rather than a state. They wanted to know how we lived. The effect of statehood on our community fascinated them. We talked about other events which affected local history.

What began as 10 minutes of me talking and maybe 10 minutes of questions and answers became a full 45 minutes of interested interchange between these children of today and a person from their past. Their teacher had to call a halt.

Some questions were clues to their deep childish concerns. Adults and community leaders need to listen to these fears and feelings.

One boy was seriously concerned about the effect a depression in the rest of the nation might have on us in Alaska. This from a third grader! Children listen, rationalize, and worry about adult problems. Their minds need our support and guidance as they develop their thoughts and conclusions.

One girl in all seriousness, asked if I had been bored when I was their age. Bored? My God! I thought fleetingly of the myriad regular chores, the games, the animals, the community activities. I hadn't had time to get bored. If I had even

hinted that I was bored, one of my parents would have found some chore which needed doing.

Yet, second thought recognizes the disadvantages of these children today. They are fed, clothed, housed, schooled and provided benefits most of us never could have dreamed of. They have TV and school sports, other programmed entertainment and lots of leisure. But many of them are either "latch key" children or are "permitted" to develop their own leisure time activities. Activity does not equate to interest or excitement. It too often equates with boredom or anti-social outlets of energy and consumption of time.

This attractive, intelligent 10-year old girl was bored! she and others don't come up to us and say, "Please help us." The cry is there, however. Can they effectively work their way into interesting, exciting, growth-developing, socially acceptable avenues of life without our help? Remember, we are the elders of the community. Every kind of society since history began has depended on the knowledge stored in the minds and actions of its elders.

Visiting with these children can be fun and very satisfying. We oldsters have such a rich heritage to pass on to coming generations. The children want to know about the old days. We've been there - - somewhere, doing things differently than they are done today. The scenario can't be beat. Some incident from our past may pique their interest and lead to warm communication between young and old.

Hugh Johnson

* * * * *

Children today are tyrants. They contradict their parents, gobble their food and tyrannize their teachers. - - Socrates (470-399 B.C.)

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