



Mabel T. Caverly

Senior Center & Services

911 W. 8th Avenue, Ste 104, Anchorage, AK 99501-3340

"A Friendly Place Providing Stepping Stones over Deep Water"

Volume 19, Issue 1

OUR MONTHLY NEWSLETTER

January 2015

We are grateful for the generosity and support of the following community businesses and organizations

PATRONS

- Alaska Airlines
- Carr Foundation
- Conoco Phillips Alaska
- Denali Alaskan Federal Credit Union
- First National Bank Alaska
- Midnight Sun Home Care
- United Way of Anchorage
- Wells Fargo Bank

SPONSORS

- Alaska Railroad
- Chugach Electric Association
- UAA School of Nursing
- UAA Human Services Dept.
- Treeform Amish Furniture
- Dr. and Mrs. Tom Lucido
- Alaska Career College
- Dr. Owen Mandanas
- Dr. Terry Preece
- T.O.T.E.

OFFICE HOURS

9AM-4PM, Monday through Friday
 Closed Holidays
Telephone Numbers:
 Phone: 907-276-1496
 Fax Line: 907-258-1356
 Van Scheduling: 907- 276-1517



Executive Director Denise's Diary

Holiday Social a Huge Success – We ended 2014 with a Holiday social on Thursday, December 11, at the First Congregational Church. Fun was had by all 35 plus guests. Members brought a side dish or dessert, with the main meal lovingly prepared by Ann and Bill Farling, two of MTC's board members. Everyone was thankful and stuffed.



Activities included trivia, singing of carols, gift baskets and cards. Board member, Ms. Pillow, provided the festive decorations, and a tree decorated with SOCKS for everyone. Frozen turkeys were delivered by Van driver, Tom

Graves, compliments of Chugach Electric Association. Thanks to the UAA School of Nursing who provided Fred Meyer gift cards for our seniors.

2015 Raffle Tickets go on Sale February 2 – See page 3 for more details on our annual Spring Raffle. Gift certificates and gift cards are welcome. As in past years, Alaska Airlines will be providing two round-trip tickets with no black-out dates.

Our drawing will take place on April 14th just in time to make those summer vacation plans with Alaska Airlines!

PLEASE LET US KNOW OF CHANGES IN YOUR ADDRESS, TELEPHONE, OR EMAIL

IF YOU WISH TO UNSUBSCRIBE, PLEASE CONTACT OUR OFFICE OR EMAIL US AT newsletter@mabeltcaverly.org

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call Tom and leave a message to reserve Space on the Van - 276-1517				1 CLOSED Happy New Year	2 NO VAN	3 CLOSED
4 CLOSED	5 NO VAN	6 Fred Meyers 10% Off Muldoon	7 Errand Day Appointments	8 Activity Committee Meets at Arctic Roadrunner	9 NO VAN	10 CLOSED
11 CLOSED	12 NO VAN	13 Northway Mall Carrs BOD Meeting 5 ³⁰ PM	14 Errand Day Appointments Arctic Roadrunner	15 Red Apple Costco Anchorage Senior Activity Center Brain Olympics 770-2000	16 NO VAN	17 CLOSED
18 CLOSED	19 NO VAN	20 Walmart Muldoon	21 Errand Day Appointments	22 Target & Kohls Tikahtnu Commons I-HOP	23 NO VAN	24 CLOSED
25 CLOSED	26 NO VAN	27 Movies at Century 21 All Day Discount	28 Errand Day Appointments	29 Carrs & Sears Mal	30 NO VAN	31 CLOSED

..... Alaska Pick Click Give



The program has contributed funds to MTC since 2009 and your gifts are growing! Each year more and more folks just like you answer the call and add funds to support our programs. Let's get

together and make 2015 even bigger. Simply visit the website at <http://www.pickclickgive.org/> and remember to include us on your 2015 application!

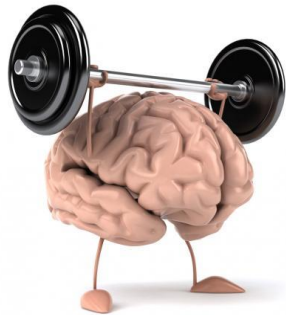
THANK YOU!!!!!!

A special thanks to our 2014 contributors

2015 Raffle – Alaska Air tickets & More

Last year was a great success because of folks like you. Please consider donating a prize to our 2015 Raffle. Give us a call to discuss your contribution, and we'll make arrangements to pick it up. Remember, your donation is deductible up to the value amount of the item.

Drawing will take place on April 14th
Tickets will be made available on February 1st
Call 276-1496 to have some mailed to you or go order on our website: www.mabeltcaverly.org
THANK YOU!!!!!!



**January 15th
4th Annual Brain
Olympics
Anchorage Senior
Activity Center**

1300 East 19th Ave
(at Karluk)

All-day Event starts 10:30 AM
Members \$5; Non-members \$10

R.S.V.P. 770-2000 (ASAC)

**Your MTC Annual Membership Fee
is DUE on 1/2/15**

Please complete the enclosed application and mail to our offices. Your membership dues entitle you to ride the van for shopping, activities, errands, and appointments. You may attend all socials free of charge. Your dues help us to continue our mission of hope, aide, and community!

January is National Glaucoma Awareness Month

What is Glaucoma? Glaucoma is not a singular eye disease, but is instead a term for several eye conditions that can damage your optic nerve. The optic nerve is the nerve that supplies visual information to your brain from your eyes. Glaucoma is usually (but not always) the result of abnormally high pressure inside the eye. Over time, the increased pressure can erode the optic nerve tissue, which may lead to vision loss or even blindness. If caught early, you may be able to prevent additional vision loss.

What Causes Glaucoma? The back of the eye continuously makes a clear fluid called aqueous humor. As it is made, this fluid fills the front part of the eye and then leaves the eye through channels in the cornea and iris. If these channels are blocked or partially obstructed, the natural pressure (called intraocular pressure, or IOP) in your eye may increase. As the IOP increases, the optic nerve may become damaged, and as damage to the nerve progresses, you may begin losing sight in your eye. What actually causes the pressure in your eye to increase is not always known. However, doctors believe one or more of these factors may play a role:

- dilating eye drops
- blocked or restricted drainage in the eye
- medications, such as corticosteroids
- poor or reduced blood flow to the optic nerve
- high or elevated blood pressure

Open-Angle (Chronic) Glaucoma - Open-angle (chronic) glaucoma has no signs or symptoms except gradual vision loss. This loss may be so slow that your vision will have suffered irreparable damage before any other signs become apparent. According to the National Center for Biotechnology Information (NCBI), this is the most common type of glaucoma.

Angle-Closure (Acute) Glaucoma - If the flow of the aqueous humor fluid is suddenly blocked, the rapid buildup of fluid may cause a severe, quick, and painful increase in pressure. Angle-closure glaucoma is an emergency situation, and you should call your doctor immediately if you begin experiencing symptoms, such as severe pain, nausea, and blurred vision.

Congenital Glaucoma - Children born with congenital glaucoma have a defect in the angle of their eye, which slows or prevents normal fluid drainage. Congenital glaucoma usually presents with symptoms such as cloudy eyes, excessive tearing, or sensitivity to light. Congenital glaucoma can run in families.

Secondary Glaucoma - Secondary glaucoma is often a side effect of injury or another eye condition, such as cataract or eye tumors. Medicines, such as corticosteroids, may also cause this type of glaucoma. Rarely, eye surgery can cause secondary glaucoma.

Normal-Tension Glaucoma - In some cases, people without increased eye pressure develop damage to their optic nerve. A cause for this is not known; however, extreme sensitivity or lack of blood flow to the optic nerve may be a factor in this type of glaucoma.

Who is at Risk for Glaucoma? - Glaucoma is the second leading cause of blindness in the United States. According to the NCBI, risk factors for glaucoma include:

- People over 60 are at increased risk for glaucoma, and the risk for glaucoma increases slightly with each year of age. If you're African American, the increase in risk begins at age 40.
- African Americans or people of African descent are significantly more likely to develop glaucoma compared to Caucasians. People of Asian descent are at a higher risk for angle-closure glaucoma, and people of Japanese descent have a higher risk of developing low-tension glaucoma.
- Chronic eye inflammation and thin corneas can lead to increased pressure in your eyes. Physical injury or trauma to the eye, such as being hit in the eye, can also cause eye pressure to increase.

- Some types of glaucoma may run in families. If your parent or grandparent had open-angle glaucoma, you are at an increased risk of developing the condition, too.
- People with diabetes and those with high blood pressure and heart disease have an increased risk of developing glaucoma.
- Using corticosteroids for extended periods of time may increase your risk for developing secondary glaucoma.

What Are the Symptoms of Glaucoma? - The most common type of glaucoma, primary open-angle glaucoma, has no signs or symptoms except gradual vision loss. For that reason, it's important that you maintain yearly comprehensive eye exams so your ophthalmologist can monitor any changes in vision. Acute-angle closure glaucoma is an emergency. If you experience any of the following signs and symptoms, call your doctor for immediate assistance:

- severe eye pain
- nausea or vomiting
- redness in the eye
- sudden vision disturbances
- seeing colored rings around lights
- blurred vision

How is Glaucoma Diagnosed?

To diagnose glaucoma, your ophthalmologist or healthcare provider will want to perform a comprehensive eye examination. They will check for signs of deterioration, including loss of nerve tissue. They may also use one or more of the following tests and procedures:

- Detailed patient history - Your doctor will want to know what symptoms you have been experiencing and if you have any personal or family history of glaucoma. They will also ask for a general health assessment to determine if any other health conditions may be impacting your eye health, such as diabetes or high blood pressure.
- Tonometry Test - This class of tests measures your eye's internal pressure.
- Pachymetry Test - People with thin corneas have an increased risk for developing glaucoma. A pachymetry test can tell your doctor if your corneas are thinner than average.
- Perimetry Test - This test, also known as a visual field test, can tell your doctor if glaucoma is affecting your vision by measuring your peripheral (side) and central vision.
- Monitoring Your Optic Nerve - If your doctor wants to monitor for gradual changes to your optic nerve, they may take photographs of your optic nerve to conduct a side-by-side comparison.

How is Glaucoma Treated? - The goal of glaucoma treatment is to reduce intraocular pressure so as to halt any additional eyesight loss. Typically, doctors will first begin treatment with prescription eye drops. If these do not work or more advanced treatment is needed, your doctor may suggest one of the following treatments:

- Medications - Several medicines designed to reduce intraocular pressure are available. These medicines are either in the form of eye drops or pills. Your doctor may prescribe one or a combination of these.
- Surgery - If a blocked or slow channel is causing increased intraocular pressure, your doctor

may suggest surgery to make a drainage path for fluid or destroy tissues that are responsible for the increased fluid.

- Treatment for angle-closure glaucoma is different. This type of glaucoma is a medical emergency and requires immediate treatment to reduce eye pressure as quickly as possible. Medicines are usually the first line of treatment. A laser procedure called laser peripheral iridotomy may also be performed—this procedure creates small holes in your iris to allow for increased fluid movement.

Will a Person With Glaucoma Go Blind? - If the increased intraocular pressure can be stopped and the pressure returned to normal, vision loss can be slowed or even stopped. However, because there is no cure for glaucoma, you will likely need treatment for the rest of your life in order to regulate intraocular pressure. Unfortunately, vision lost as a result of glaucoma cannot be restored.

Can Glaucoma be Prevented? - The best way to catch any type of glaucoma is to have an annual preventive eye care appointment. Make an appointment with an ophthalmologist. Simple tests performed during these routine eye checks may be able to detect damage from glaucoma before it advances and begins causing vision loss.

Facts You Probably Didn't Know About Eyes

You've had your peepers since you were born, so you may think you know them pretty well, but here are some fun facts you may not know about eyes:

1. The average blink lasts for about 1/10th of a second.
2. While it takes some time for most parts of your body to warm up to their full potential, your eyes are on their "A game" 24/7.
3. Eyes heal quickly. With proper care, it only takes about 48 hours for the eye to repair a corneal scratch.
4. Seeing is such a big part of everyday life that it requires about half of the brain to get involved.
5. Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
6. Around the world, about 39 million people are blind and roughly 6 times that many have some kind of vision impairment.
7. Doctors have yet to find a way to transplant an eyeball. The optic nerve that connects the eye to the brain is too sensitive to reconstruct
8. The cells in your eye come in different shapes. Rod-shaped cells allow you to see shapes, and cone-shaped cells allow you to see color.
9. You blink about 12 times every minute.
10. Your eyes are about 1 inch across and weigh about 0.25 ounce.
11. Some people are born with two differently colored eyes. This condition is heterochromia.
12. Even if no one in the past few generations of your family had blue or green eyes, these recessive traits can still appear in later generations.
13. Each of your eyes has a small blind spot in the back of the retina where the optic nerve attaches. You don't notice the hole in your vision because your eyes work together to fill in each other's blind spot.
14. Out of all the muscles in your body, the muscles that control your eyes are the most active.
15. 80% of vision problems worldwide are avoidable or even curable.



Mabel T. Caverly Senior Center
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"a friendly place providing stepping stones over deep water"

ANNUAL MEMBERSHIP APPLICATION

Membership in the Mabel T. Caverly Senior Center is for people 55 years of age and older. Membership entitles you to participate in all activities of Mabel T. Caverly Senior Services. It also allows you to ride the van on scheduled outings based upon space available. Membership allows you to vote in the annual election for Board of Directors and run for a senior position on the Board. Membership dues are \$25.00 per year. Dues are \$12.50 if you renew after July 1st. All memberships expire as of December 31st of each calendar year. If you are unable to afford the full cost of membership, please let us know; scholarships are available on a limited basis.

The van is \$5.00 per round trip--more for extended trips. The \$5.00 fee and additional donations keep the van running. The van service area borders (for door-to-door pick-up and return) are: north from Downtown to Government Hill, south as far as the Southside Senior Apartments and Commodore Park near Dimond/Abbott), east as far as Cook Inlet Housing (just east of Muldoon), and west to Jewel Lake Road.

--- PLEASE FILL OUT THE INFORMATION BELOW AND RETURN WITH YOUR DUES ---

Your Full Name _____ Over 55 Date of Birth (mm/dd) _____

Enter the address where you receive your mail:

Enter the address where you physically live:

Street _____

Street _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Please email my newsletter Email _____

Please indicate your race: Asian African American Pacific Islander Caucasian Hispanic

Other _____ I prefer not to answer

Please indicate your total FAMILY income: Under \$10,000 \$10,000- \$15,000

\$15,000-\$20,000 \$20,000-\$25,000 \$25,000- \$30,000 \$30,000- \$35,000

35,000- \$40,000 \$40,000- \$45,000 45,000- \$50,000 Over \$50,000

Please list your emergency contacts:

Name _____

Name _____

Street _____

Street _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Telephone _____ Email _____

Signature _____

Date _____

Date Received _____ Entered Membership Card Mailed Member ID # _____