

■ Alaska

Meet the candidates AARP Alaska is engaged in several activities this month to help voters make informed decisions at the polls. ■ AARP is cosponsoring two televised debates on KTUU Channel 2. Tune in on Sunday, Oct. 26, at 8 p.m. to hear gubernatorial candidates and on Wednesday, Oct. 29, at 7 p.m. for U.S. Senate candidates. In each hour-long program, candidates will address issues of concern to Alaskans age 50-plus. AARP also will cosponsor KTUU's election night coverage on Tuesday, Nov. 4, from 9 to 11 p.m. ■ In addition, AARP members are invited to attend candidate forums for three state legislative races—House districts 21 and 22 and Senate K. These events will take place at the Millennium Hotel in Anchorage on Oct. 25. ■ AARP does not endorse candidates or favor political parties. For more information on the debates and forums, as well as opportunities to volunteer with AARP Alaska, email ak@aarp.org or call 866-227-7447 toll-free.

■ California

Worth watching Enough with predictable plots and gargantuan robots—AARP is celebrating films that appeal to a 50-plus audience. ■ AARP California invites members and their families and friends to the AARP Movies for Grownups Film Showcase Nov. 5-9 at the Regal Cinemas LA Live Stadium 14. From blockbusters to less-heralded cinematic gems, the featured films offer storylines and performances that AARP editors are considering as they evaluate contenders for the 14th annual Movies for Grownups Awards. Each film presentation will be followed by a question-and-answer session with the movie's stars and film makers. ■ For more information and ticket prices—including discounts for AARP members, early-bird discounts and prepaid parking passes—go to aarp.org/ca. For movie reviews and trailers, go to aarp.org/entertainment/movies-for-grownups.

■ Your State

Tax time AARP Foundation Tax-Aide is recruiting volunteers in every state to help people file their returns and seek refunds during the next tax season. ■ More than 35,000 Tax-Aide volunteers serve about 2.6 million taxpayers annually at more than 5,000 sites nationwide. Almost 4 of 5 Tax-Aide clients are age 60 or older, and their household incomes aren't high. For some of them, receiving a tax refund could mean they won't have to choose between buying groceries and keeping the lights on. ■ Volunteers are needed not only to calculate taxes, but also to greet taxpayers, manage computer equipment and keep the site running smoothly. Prepared through classroom training, online study and mentor support, volunteers usually commit to work at least one four-hour shift per week from Feb. 1 through April 15 at a site close to home. ■ To sign up, go to aarp.org/taxvolunteer.

■ Hawaii

Help for caregivers AARP Hawaii is hosting workshops on three islands to help family caregivers meet the challenges of caring for a loved one at home. Presenters also will discuss policy proposals that could ease the burden of caregiving. ■ Hawaii residents age 80 and older are most likely to need help with activities of daily living such as bathing, grooming and preparing meals. Surveys show most people would prefer to receive such assistance at home, rather than in a nursing home. However, as the population ages, the ratio of potential family caregivers ages 45 to 64 to Hawaii residents age 80-plus is projected to drop from 6.1 to 1 in 2010 to 2.9 to 1 in 2030. ■ The caregiver workshops are scheduled Oct. 18 on Kauai, Nov. 14 on Maui and Nov. 15 on Hawaii. To register, go to aarp.cvent.com/HIcare.

■ Idaho

Thwart scammers National Crime Prevention Month is the backdrop for three Scam Jams in October. Presenters will describe the latest scams and offer tips on how to recognize a con artist, guard against identity theft and report Medicare fraud. ■ AARP Idaho is hosting the events in cooperation with several state agencies—including the Office of Attorney General, departments of Finance and Insurance, and Commission on Aging—as well as the Better Business Bureau and local police. Scammers often prey on older adults who have accrued assets over a lifetime. ■ The Scam Jams are scheduled Oct. 9 in Hailey, Oct. 21 in Boise and Oct. 23 in Weiser. To register, go to aarp.org/id.
—Rita Beamish

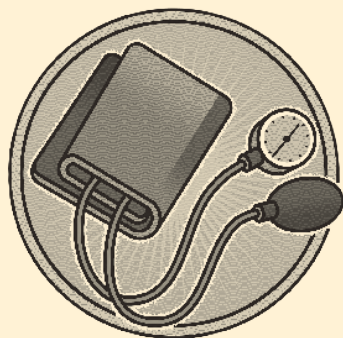
■ AARP in Your Community: Seattle

4-Day Clinic Offers Free Medical Care

People can receive free medical, dental and vision care at the Seattle/King County Clinic with Remote Area Medical, Oct. 23-26 at KeyArena at Seattle Center, 401 1st Street North. AARP Seattle is one of the sponsors.

Operating on a first-come, first-served basis, providers will offer physicals, mammograms, flu vaccines and health screenings; dental cleanings, fillings, extractions and X-rays; eye exams and prescription eyeglasses; and more.

Patients do not need to provide identification or proof of citizenship, and interpreters will be avail-



able. The goal is to provide care to underserved populations.

“There are still many people in our community who have immediate, unmet health needs,” said David Fleming, M.D., health of-

ficer for public health for Seattle and King County. “The clinic will also connect people to lasting benefits made possible by the Affordable Care Act, including enrollment in health coverage.”

Advance registration is not available, but patients can begin lining up in the parking garage (1st Avenue North) and the building (NW Rooms) at midnight each day. They will be assigned admission numbers and can enter the building starting at 5:30 a.m. For more information, go to seattlecenter.org/patients.

—Dana Neuts

For other state news, go to aarp.org/states