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AARP Bulletin

YOUR HEALTH • YOUR MONEY • YOUR WORLD

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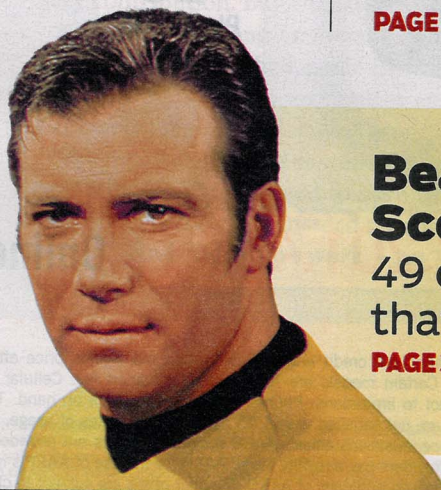
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DatabankUSA

Paying at the Pump

Gasoline tax
per gallon as of
April 2010



Ala. 20.9¢		
Alaska 8.0		
Ariz. 19.0		
Ark. 21.8		
Calif. 48.6		
Colo. 22.0		
Conn. 42.6	Ky. 22.5	
D.C. 23.5	La. 20.0	
Del. 23.0	Maine 31.0	
Fla. 34.4	Md. 23.5	
Ga. 20.9	Mass. 23.5	Nev. 33.1
Hawaii 45.1	Mich. 35.8	N.H. 19.6
Idaho 25.0	Minn. 27.2	N.J. 14.5
Ill. 40.4	Miss. 18.8	N.M. 18.8
Ind. 34.8	Mo. 17.3	N.Y. 44.9
Iowa 22.0	Mont. 27.8	N.C. 30.2
Kan. 25.0	Neb. 27.7	N.D. 23.0
		Ohio 28.0
		Okla. 17.0
		Ore. 25.0
		Pa. 32.3
		R.I. 33.0
		S.C. 16.8
		S.D. 24.0
		Tenn. 21.4
		Texas 20.0
		Utah 24.5
		Vt. 24.7
		Va. 19.6
		Wash. 37.5
		W.Va. 32.2
		Wis. 32.9
		Wyo. 14.0

SOURCE:
AMERICAN
PETROLEUM
INSTITUTE

Oregon

Kudos for good deeds Even in a troubled economy that has left so many people with financial difficulties, some residents are finding time to make a difference in other people's lives. And whether they are responding to economic distress or other problems in their communities, they deserve to be recognized. ■ AARP is sponsoring an effort by NBC affiliate KOB-TV in southern Oregon to identify and celebrate such unsung heroes. Each week the Wednesday evening broadcast of *NBC 5 News* is featuring one person who is creating positive change, in a segment called "Act. Share. Inspire." The recognition follows the tenets of AARP's Create the Good, which encourages everyone to help others. ■ To nominate someone, visit KOB-TV at www.kobi5.com or AARP Oregon at www.aarp.org/or. To request a mail-in nomination form, call 503-513-7359.

Alaska

Gotcha covered State lawmakers have passed a bill to remove health insurance barriers that discourage cancer patients from participating in clinical trials. The bill was headed to the desk of Gov. Sean Parnell, R, in late April. If the measure is signed into law, Alaska will become the 30th state to prohibit insurance companies from denying coverage to such patients. ■ Sponsored by Sen. Bettye Davis, D, the legislation (SB 10) requires health care plans to cover routine costs of patient care during all phases of clinical trials, including prevention, detection, treatment and relief from symptoms of cancer. ■ AARP and the American Cancer Association urged lawmakers to pass the legislation. "No one diagnosed with cancer should be denied coverage for routine care just because they enrolled in a clinical trial," says AARP Alaska spokeswoman Ann Secrest. To learn more, visit www.aarp.org/ak.

Idaho

Long-term care guide Finding appropriate long-term care services at an affordable price can be daunting. In Idaho, where state budget cuts have reduced home- and community-based services for older people, a growing number of individuals and families may need to consider other options. ■ AARP has made the process a little easier by updating "The Price Guide to Long-term Care Insurance & Services in Idaho." The free, comprehensive guide allows consumers to compare services and costs at long-term care facilities across the state, including nursing homes and assisted living facilities. ■ To view the guide online, go to www.aarp.org/id. To request a copy, call 208-855-4006.

Arizona

Be a virtual coach With the state's unemployment rate approaching 10 percent, AARP Arizona is recruiting volunteers to help workers age 40-plus find meaningful jobs. The AARP Foundation's WorkSearch program trains "virtual volunteers" to work with clients via e-mail, phone and online groups. The volunteers provide job coaching services and help clients navigate online tools to assess their interests and skills, develop effective resumés, prepare for interviews and link to training opportunities and jobs. ■ Prospective volunteers must live in the Phoenix metro area, be willing to work four hours one day a week and be available for training. For more information, go to www.aarpworksearch.org.

California

Wags and kisses AARP California encourages members in the San Francisco Bay Area to consider adopting a pet from Muttville, a nonprofit senior dog rescue group. According to its website, Muttville's mission is "to change the way the world thinks about and treats older dogs and to create better lives for them through rescue, foster, adoption and hospice." ■ Compared with puppies, older dogs are often calmer, quieter, housebroken and accustomed to being pets. Besides, older humans can reap health benefits from living with pets, such as increased physical activity, lower blood pressure, fewer trips to the doctor, less depression and a greater sense of security. To learn more, go to www.muttville.org.

—Reports by Donnan Runkel

For other state news, go to

bulletin.aarp.org/states/