

Grandparents Day September 13th

By Edie Jones
Correspondent

As September rolls across the landscape and the temperatures change to requiring a sweater, our thoughts automatically calculate that it's time for school to begin. Young ones adjust to a daily schedule and life gets back to a pace considered by many to be more "normal."

What sometimes is overlooked is how life is going for those on the other end of the age spectrum: the grandparents of all those young ones. From the nationally recognized program Zero to Three we learn that September 13 is Grandparents Day. Starting with September 6 all the way to the September 13, we have Grandparents Week.

It seems like a grand time to do something grand for any grandparent or older citizen you know.

Parents, help your kids look around for those of the older generation and encourage them to think of something they may do to brighten up a life. It is well documented that older people often respond better to healthcare when they are in an intergenerational relationship. Whether or not biological grandparents are nearby, a gesture of connection by your kids to an older person may make a tremendous difference in the quality of life of that individual.

Skype or Facetime are

wonderful ways for grandchildren and grandparents to stay in touch even though miles may separate. Those connections are important on both ends of the spectrum. Young ones need to know that it's important to extend love and respect for grandparents as well as accepting the love and affection that is being generated toward them. Grandparents can share stories and experiences with their grandchildren that will be remembered for years to come.

All of this is important for the continued self-esteem of the older person, as loneliness is often an obstacle that deprives grandparents of the satisfying life they deserve and want.

In far more families than is usually recognized, grandparents are the ones raising the grandchildren. This may be as the daytime caregiver while a parent works, or as the full-time "parent." In most cases, this is not what was expected or planned and can be a challenge, both physically and emotionally. Many years may have gone past since their own children were toddlers, elementary age or teenagers and being confronted with the difficult job of raising young ones can be overwhelming to an older adult.

To help with this, the parent education program Together For Children will be offering a support program for grandparents, starting in October. Time and

place will be announced in the near future. To learn more about the organization check out the website www.together-for-children.org and to indicate an interest in any of the offerings, call 541-420-8110.

Account set up for injured man

A donation account has been set up to aid the family of Don Hundt, who was seriously injured in a motorcycle accident on Highway 242 west of Sisters last month.

Hundt, who formerly

co-owned Mountain Supply in Sisters, suffered a T4 spinal injury in the accident.

The donation account to help defray medical and other expenses can be accessed at www.gofundme.com/2x3a4zbu.



SISTERS FOLK FESTIVAL

A heartfelt

THANK-YOU!

to all the artists, volunteers, venues, patrons and the entire community of Sisters. Your time, talent, energy and enthusiasm made the 20th anniversary Sisters Folk Festival a profound experience. Special thanks to these foundations, grantors and sponsors for supporting the arts in our community:

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Runners will tackle Black Butte for Kiwanis

Sisters Kiwanis is organizing a 10K run to the top of Black Butte. Proceeds from the race will support the Sisters Kiwanis Club scholarships and community service projects.

The challenging 10K race — with 3,200 feet of elevation gain — is scheduled for September 19. The race will start near Camp Sherman Road 14/Highway 20. Shuttles will be provided from registration at the parking lot at Black Butte Ranch to the race starting line. Return shuttles to the BBR parking lot will be available at the aid station after the race.

From 8:30 to 11 a.m. during the Run to the Top event, greater-than-normal traffic can be expected both on the roads to the trailheads and

on the trail itself. Sisters Kiwanis is working in partnership with the Sisters Ranger District on the event.

The number of runners is limited. Sign up at: <http://tinyurl.com/BlackButteChallenge>. The \$60 fee includes a T-shirt. Registration closes on September 16 at 11:59 p.m. For more information about registration call Matt Kirchoff at 541-647-7586.

An after-party barbecue will be held at the Camp Sherman Store. The post-race barbecue and one beer (for runners over the age of 21) will be free for runners at the Camp Sherman Store. Price of the barbecue for a guest will be \$7.50 and does not include beer.