

# ANNOUNCEMENTS

## Commentary...

# Happiness and well-being

By Mitchell Luftig  
Columnist

Since 2005, residents of 153 nations have been asked each year by the Gallup World Poll to imagine their current position on a ladder with steps numbered from zero to 10, where the top represents the best possible life and the bottom the worst possible life for themselves.

These “life evaluations” provide researchers with a measure of a nation’s well-being.

The World Happiness Report averaged life evaluations from 2017 to 2019.

When nations were ranked according to their average life evaluation scores, the United States placed 18th; 153 countries reported less well-being than the U.S.

The World Happiness Report identified six factors that helped to explain 75 percent of the differences in well-being scores across nations:

Four social-environmental factors — having someone to count on, institutional trust, a sense of freedom to make key life decisions, and generosity — “together account for as much as income and healthy life expectancy in explaining the gap between the 10 happiest and the 10 least-happy countries in the world.”

### Around the world

When other forms of social support are unavailable, well-being can still be achieved through social connections — having at least one friend or relative available for intimate discussions, and participating in social meetings at least once a week.

Positive emotions contribute to well-being. When people feel the freedom to make key life decisions and are generous to others they are more likely to experience laughter, happiness, and joy.

Since 2010, there has been a surge in worry and sadness around the world. Strong social support, freedom to make decisions, and faith in government can reduce negative emotions, including worry, sadness, and anger.

Positive emotions have a greater influence on ratings of well-being than the absence of negative emotions.

One of the most exciting discoveries was that social supports in the form of interpersonal trust (having someone to count on) and institutional trust (faith in government) can provide protection against declines in well-being caused by:

- Discrimination
- Ill health
- Unemployment
- Low income
- Loss of family support (through separation, divorce, or spousal death)
- Lack of perceived nighttime safety.

Social supports can act “...as protective buffers against adversity and as substitutes for income as means of achieving better lives.”

Another striking finding was that social supports reduce inequality of well-being.

Individuals at the greatest risk of experiencing adversity, but fortunate enough to live in communities with strong social supports, experience the most significant improvement in well-being scores.

Strong social supports contribute to a fairer distribution of well-being across communities.

### How this impacts Sisters Country

We have seen a large influx of families to our area, some fleeing large cities. Families left behind friends and relatives who helped them when they were in trouble. Lacking “someone to count on,” newcomers may be forced into a greater reliance upon governmental programs and local nonprofits.

We must be ready to respond to the growing need, giving Sisters Country the opportunity to strengthen institutional trust as a means to promote well-being.

Newcomers often lack social connections that can contribute to well-being. It takes time to get to know neighbors and establish friendships. Pandemic restrictions on social gatherings create additional barriers to meeting others in the community.

We can all extend the hand of friendship by introducing new residents to their neighbors, inviting them to attend (Zoom) meetings, and informing them of volunteer opportunities where they can connect with others in the community.

We can also provide social supports to those neighbors most at risk of adversity. Not only will this help to insulate them against a decline in their well-being, but it will also redistribute well-being more fairly across our community.

The State of Oregon has been prioritizing federal and state dollars to support Oregonians most impacted economically by the pandemic. Governor Kate Brown has placed additional restrictions on our lives to slow the spread of COVID-19.

Some chafe under the additional restrictions on their freedom imposed by the governor. After all, the freedom to live our lives as we see fit, along with generosity, results in such positive emotions as laughter, happiness, and joy. Others view it as a fair price for staying healthy and keeping others safe.

It’s important that we acknowledge both points of view.

### Road Construction Ahead

The City of Sisters will soon begin work on the S. Cedar St. to S. Locust St. Alley Waterline Replacement Project. This project will impact the alleys both north and south of E. Jefferson Avenue, connecting S. Cedar with S. Locust streets. The City’s contractor, Robinson & Owen Heavy Construction, anticipates a start date of April 1, possibly sooner, and the work will take 35-45 days. Work will take place during business hours and pedestrian and vehicle access through the alleys will be unavailable on weekdays for the duration of the project. If you have children and live on either side of the alleys, please direct them to stay away from the construction zone and equipment. Please park on the frontage or side streets during this project. Contact Paul Bertagna if you have questions at pbertagna@ci.sisters.or.us or 541-323-5212.

### Monthly Conversation on Unity

The Baha’i Faith is a worldwide religion that believes in the Unity of Humanity. You are invited to join them in a monthly conversation which employs specific writings and prayers for unity, with input from participants in building a diverse and just community. The first conversation will be held on Tuesday, March 9 at 7 p.m. Please call or text 541-647-9826 for your copy of the Baha’i perspective about the elimination of racism and for the Zoom meeting link for the first conversation. Call Shauna at 541-647-9826 for info.

### Sisters Library Children’s Activities

Deschutes Public Library is offering virtual events and take-home activities for children. On Tuesdays at 10 a.m. join community librarians and other preschoolers for songs, rhymes, stories and fun. Online story time is live at 10 a.m. on Thursdays and at 10:30 a.m. children ages 3 to 5 can join in music and movement to develop literacy skills. Parents, don’t miss the opportunity to pick up a story time activity kit for your preschooler at Sisters Library on Thursdays starting at noon. Available while supplies last. Go to [www.deschuteslibrary.org/kids/programs](http://www.deschuteslibrary.org/kids/programs) or call 541-312-1032 for more info.

### COFRW Luncheon

The Central Oregon Federated Republican Women will hold a luncheon in Sisters on Thursday, March 4 from 10:30 a.m. until 1 p.m. The cost will be \$18 per person, payable with cash or check, or \$19 if paying with a credit card. The bar will be open for purchase of wine, soda or mixed drink. Due to COVID restrictions, seating will be limited. Meeting will start promptly at 11 a.m. with our guest speaker, Don Anderson, a former contract negotiator for the US Air Force and sales manager with several pharmaceutical companies. He authored a series of articles entitled “The Dad Rants,” which communicates to children about the importance of knowing not what to think, but how to think. Please email for reservations to [jamanna@jamanna.com](mailto:jamanna@jamanna.com) or call 541-705-1623.

### Free Weekly Grab-N-Go Lunches For Seniors

The Council on Aging of Central Oregon is serving seniors (60+) free Grab-N-Go lunches on Tuesdays, Wednesdays, and Thursdays each week. The lunches are distributed on a first-come, first-served basis drive-through style from 12 to 12:30 p.m. at the Sisters Community Church, 1300 W. McKenzie Hwy. Seniors may drive through the parking lot and pick up a meal each day of service. Come on by, no need to make a reservation. For more information call 541-678-5483.

### Weekly Food Pantry

Wellhouse Church has a weekly food pantry on Thursdays. Food is currently being distributed drive-through style from 12:30 until all food is distributed at the Wellhouse Market building, 222 N. Trinity Way. People in need of food may drive through the parking lot and pick up a bag of food for their household. Other Sisters-area churches are joining with Wellhouse Church to contribute both financially and with volunteers to help sustain the program. For more information, call 541-549-4184.

### Sponsor an Impoverished Child from Uganda

Hope Africa International, based in Sisters, has many children awaiting sponsorship! For more info go to [hopeafricakids.org](http://hopeafricakids.org) or call 541-719-8727.

### Veterans Meeting

Sisters VFW Post 8138 and American Legion Post 86 are meeting at the quonset hut (The Hangar) on W. McKinney Butte Rd. at 6:30 p.m. on Wednesday, March 3. All veterans in the area are encouraged to join! For more information call Lance Trowbridge at 541-903-1123.

### Band of Brothers

Band of Brothers, after a long delay due to COVID, have decided to resume weekly lunch meetings at Takodas. Meetings will resume on Wednesday, March 3 in the regular room (which should hold 20 people). The doors open at 11 a.m. and the meeting will start at 11:30. You have to wear a mask if you’re moving about the building but can remove it if you’re seated. All veterans of any service are invited to attend! Call 541-549-6469 for more info.

## PET OF THE WEEK

Humane Society of Central Oregon  
541-382-3537



Introducing the world’s sweetest **Tabasco!** This boy may have a spicy name, but he is sweet as sugar! This hot little number is a 12-year-young orange tabby on the hunt for his new forever home, where he can spend the rest of his days in happy retirement. Tabasco is an extremely charming cat, who loves attention, treats and petting sessions. Come down to HSCO, open his cattery door and receive a warm welcome from Tabasco!



541-549-4151

Please call the church before attending to verify current status of services as restrictions are adjusted.

## SISTERS-AREA CHURCHES

**Shepherd of the Hills Lutheran Church (ELCA)**  
386 N. Fir Street • 541-549-5831  
10 a.m. Sunday Worship  
[www.shepherdofthehillslutheranchurch.com](http://www.shepherdofthehillslutheranchurch.com)

**Sisters Community Church (Nondenominational)**  
1300 W. McKenzie Hwy. • 541-549-1201  
10 a.m. Sunday Worship  
[www.sisterschurch.com](http://www.sisterschurch.com) • [info@sisterschurch.com](mailto:info@sisterschurch.com)

**St. Edward the Martyr Roman Catholic Church**  
123 Trinity Way • 541-549-9391  
5:30 p.m. Saturday Vigil Mass  
9 a.m. Sunday Mass • 8 a.m. Monday-Friday Mass

**Calvary Church (NW Baptist Convention)**  
484 W. Washington St., Ste. C & D • 541-588-6288  
10 a.m. Sunday Worship • [www.ccsisters.org](http://www.ccsisters.org)

**The Church of Jesus Christ of Latter-Day Saints**  
452 Trinity Way • Branch President, 541-420-5670;  
10 a.m. Sunday Sacrament Meeting

**Baha’i Faith**  
Currently Zoom meetings: devotions, course trainings, informational firesides. Local contact Shauna Rocha  
541-647-9826 • [www.bahai.org](http://www.bahai.org) or [www.bahai.us](http://www.bahai.us)

**Chapel in the Pines**  
Camp Sherman • 541-549-9971  
10 a.m. Sunday Worship

**Sisters Church of the Nazarene**  
67130 Harrington Loop Rd. • 541-389-8960  
[www.sistersnaz.org](http://www.sistersnaz.org) • [info@sistersnaz.org](mailto:info@sistersnaz.org)  
10:00 a.m. Sunday Worship

**Wellhouse Church**  
442 Trinity Way • 541-549-4184  
<https://wellhousechurch.churchcenter.com>  
10 a.m. Sunday Worship (Indoor & Outdoor Venues)

**Vast Church (Nondenominational)**  
541-719-0587 • 5 and 6:30 p.m. Wednesday Worship  
at 442 Trinity Way (Wellhouse building).  
See [www.vastchurch.com](http://www.vastchurch.com) for details.

**Seventh-Day Adventist Church**  
386 N. Fir St. • 541-595-6770, 541-306-8303  
11 a.m. Saturday Worship

**The Episcopal Church of the Transfiguration**  
68825 Brooks Camp Rd. • 541-549-7087  
8:30 a.m. Ecumenical Sunday Worship (Sunday school, childcare) 10:15 a.m. Episcopal Sunday Worship (Sunday school, childcare)