

SENIOR NEWS

Experiencing pain? Tips for getting an accurate diagnosis

It's said as you get older you experience more aches and pains. I'm not sure you can say that for all older adults, but it sure seems to be the case for me. (Although it may be I've just forgotten all the aches and pains when I was younger.)

Living with any type of pain can be difficult—interfering with your daily activities, keeping you from having a good night's sleep—and can be both mentally and physically draining. But pain can also be your best friend, telling you when something is wrong.

If you decide to see your health care provider concerning the pain, how do you describe it in a way that helps your health care provider more accurately diagnosis the cause so they can identify appropriate treatment options?

The National Institute on Aging (www.nia.nih.gov/health/pain-you-can-get-help) suggests eight questions to ask yourself to better describe the pain:

1. Where does it hurt?



Senior Living
Scott McKay

2. When did the pain start? Does it come and go?

3. What does it feel like? Is the pain sharp, dull, or burning? Would you use some other word to describe it?

4. Do you have other symptoms?

5. When do you feel the pain? In the morning? In the evening? After eating?

6. Is there anything you do that makes the pain feel better or worse? Does using a heating pad or ice pack or changing positions help?

7. What medicines, including over-the-counter medications and non-medicine therapies have you tried, and what was their effect?

8. How would rate your pain on a scale of 0 to 10, with 0 being no pain and 10 being the worst pain you can

imagine.

If you are dealing with chronic pain, MCMC offers a free Persistent Pain educational series led by different healthcare professionals. These eight 90-minute presentations will help you address multiple areas of self-management that can ultimately lead to decreased pain and improved quality of life.

The winter session begins January 28th on Tuesdays from 1:30 to 3 p.m. on the 2nd floor of Waters Edge Health & Wellness Center. You can attend the entire series or just drop in. For more information and to register call 541-296-7319.

The Dalles Art Center is presenting their Elementary Student Art Show Tuesday, Jan. 21 through Saturday, Feb. 8 to showcase the work of our schools' budding young artists. This year you'll find the students' art exhibited in the windows of downtown businesses as well; and the winner of the

juried competition will have their work displayed on a billboard donated by Meadow Outdoor Sign. The reception for the art show will be at the Art Center on Thursday, Feb. 8, from 3 to 4 p.m.

There are many excellent tax preparers in the Mid-Columbia region, but if your situation is relatively simple, there is free tax help available through AARP Foundation's Tax Aide program, which assists low to moderate income persons and families of all ages.

Tax Aide will be downstairs at the Mid-Columbia Senior Center on Fridays from 2 to 6 p.m. and Saturdays from 9 a.m. to 1 starting Saturday, Feb. 1. This is a "first come, first served" opportunity so don't be surprised by the lines. But when you arrive, they'll tell you if they will be able to see you, and if so approximately how long you will have to wait.

Make sure you bring all your supporting documentation and a

government-issued photo ID for each taxpayer.

No one has sent in their lyrics for this year's boomer hit "Will You Still Love Me When I'm 84." But I'll give you one more week.

The number one song sung by Johnny Nash released in 1972 was "I Can See Clearly Now." I received correct answers from Rhonda Spies, Carol Earl and this week's winner of a quilt raffle ticket Jerry Phillips.

The 92nd Academy Awards will be held on Sunday, Feb. 9—reminding me of watching the Academy Awards with my family, hoping my favorite movie wins. So for this week's "Remember When" question, what movie did Sidney Poitier win the Academy Award for "Best Actor" in 1964, becoming the first black actor to win that honor? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or drop it off with the twenty-eighth verse of the sixth chapter of the Gospel of

Matthew.

Well, it's been another week, making the best of what I can't control. Until we meet again, consider the words of Nelson Mandela, "It always seems impossible until it's done."

"Some of us think holding on makes us strong; but sometimes it is letting go."

—Hermann Hesse
Meals-on-Wheels dinner served at 12:00 at the Center

MENU

- Thursday (23):** Stew (Music - Tom Graff)
- Friday (24):** Baked Potato Bar with Chili
- Monday (27):** Chicken Fried Steak
- Tuesday (28):** Taco Casserole
- Wednesday (29):** Chicken Pot Pie

THE DALLES CHRONICLE (ISSN 0747-3443) is published twice weekly, every Wednesday and Saturday. Subscription rates: One year print subscription and digital access \$55. Six month print subscription and digital access \$35. Three month print subscription and digital access \$21. Known office of publication, 811 E. Second St., The Dalles, OR 97058. Periodical postage is paid at The Dalles, Oregon. POSTMASTER: Send address changes to THE DALLES CHRONICLE, P.O. Box 1910, The Dalles, OR 97058.

WHAT'S HAPPENING

SUBMIT YOUR EVENTS AT THE DALLES CHAMBER.COM/ EVENTS OR EMAIL ONE WEEK IN ADVANCE TO MGBISON@THE DALLESCHRONICLE.COM. LISTINGS ARE FREE.

JANUARY

Wednesday, January 22
LUNCH LEARNING: The Hood River Chamber of Commerce presents "New Oregon & Washington Employment Law" with Barrett Business Services Inc. in the Chamber Classroom. Recent changes in Oregon and Washington employment law will be discussed. Lunch provided, RVSP to maryellen@hoodriver.org. Maximum 20, free for Chamber members, \$25 for non-members.

LGBTQ BOOK: The LGBTQ young adult book club meets 5 to 6 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Reading "These Witches Don't Burn" by Isabel Sterling.

Thursday, January 23
GOVERNMENT AFFAIRS: Government affairs, 7 to 8 a.m. at The Barbecue, 1013 W. 6th St., The Dalles. Open to the public.

FARM SERVICE: Wasco and Sherman County Farm Service Agency offices will host an informational meeting for the current Conservation Reserve Program (CRP) and Agricultural Risk Coverage /Price Loss Coverage (ARCPLC) program 11 a.m. at the Sage Canyon Raft Shop, 509 Deschutes Ave. in Maupin.

KIWANIS PROGRAM: Kiwanis meetings are held every Thursday at noon at Spooky's, visitors welcome. This week's meeting includes presentation by Carol Dowsett, new principal at Col. Wright Elementary School. For more information go to www.thedalleskiwanis.org.

EDIBLE SLIME: Teen edible slime, 4 to 5 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

MARKETING CLASS: "Market Your Business The Right Way" will be presented by the Hood River Chamber of Commerce, with member Nicole Bernard. In the Chamber Classroom, 2 to 5 p.m. Cost is \$50, includes workbook, training and happy hour. Visit nb.marketing/workshop to register.

Friday, January 24
PRESCHOOL YOGA: Preschool Yoga, 10 a.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

TEEN MIX: Teen mix media 3:30 to 4:30 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Open to ages 12-17. During this program, teens will use different mediums such as, painting and drawing to create a single art piece. Artist in residence Marwan Nahlé will teach this program.

Saturday, January 25
FAMILY MOVIE: YouthThink free family movie at Columbia Cinema, 10 a.m., doors open 9:15 a.m. Doors close at 10:10 a.m. or earlier if the maximum of 400 people has already arrived. YouthThink volunteers will be collecting free-will donations for the local food bank and Back Pack program. Donations not required for entrance.

COSPLAY: Cosplay Club meets 3 to 5 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

Tuesday, January 28
FARM SERVICE: Wasco and Sherman County Farm Service Agency offices will host an informational meeting for the current Conservation Reserve Program (CRP) and Agricultural Risk Coverage /Price Loss Coverage (ARCPLC) program at 10 a.m. Jan. 28 at the Sherman County Fairgrounds pavilion, 66147 Lone Rock Rd. in Moro.

COFFEE CONNECTIONS: Coffee Connections, 7 to 8:30 a.m. at Habitat for Humanity ReStore, 1001 W. 6th St., The Dalles.

YARNSPIRATION: Finish up those half-finished projects in your closet. Bring your yarn and knitting needles/crochet hooks, or other projects and a sack lunch. All ladies are welcome. Free, noon to 2 p.m. at the Salvation Army Fellowship Hall, 623 E. Third St., The Dalles.

Wednesday, January 29
TEEN PLAY: Teen open console play, 3:30 to 4:30 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

Thursday, January 30
FARM SERVICE: Wasco and Sherman County Farm Service Agency offices will host an informational meeting for the current Conservation Reserve Program (CRP) and Agricultural Risk Coverage /Price Loss Coverage (ARCPLC) program 10 a.m. at We 3 Coffee & Deli, 576 NE 5th St. in Dufur.

KIWANIS PROGRAM: Kiwanis meetings are held every Thursday at noon at Spooky's Pizza in The Dalles, visitors welcome. This week's meeting is a club business meeting. For more information go to www.thedalleskiwanis.org.

DIVERSITY TRAINING: Diversity training 9 a.m. to 12 p.m. at Hampton Inn and Suites in Hood River, by the Hood River Chamber in conjunction with The Next Door and sponsored by BBSI, Solstice Wood Fire Pizza, and Hampton Inn and Suites. Program will explore diversity, equity and privilege. The goal is to bring individuals together who are different from others, and teach them how to work together effectively. Refreshments provided. RSVP to maryellen@hoodriver.org maximum 20 people. Free for members, \$75 non members.

GOVERNMENT AFFAIRS: Government affairs 7 to 8 a.m. at The Barbecue, 1013 W. 6th St., The Dalles. Open to the public.

TEEN JEWELRY: Teen mini book jewelry, 3:30 to 5 p.m.

at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Iconic book covers are always eye catching. We will be creating miniature versions of your favorite books. You can leave it as a tiny book or make them into jewelry pieces.

RECYCLED ARTS: Adult recycled arts with Marwan Nahlé, 6 to 8 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

Friday, January 31
PRESCHOOL YOGA: Preschool Yoga, 10 a.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

TEEN PINATA: Teen Piñata craft, 3 to 5 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. We all love a good piñata. For our Teen Anti-Valentine Party will be cracking open this piñata filled with treats, but we need to make it first. Join us for a group project and come back on Valentine's Day to bust it open.

FEBRUARY

Saturday, February 1
REGIONAL HISTORY: Women's Voting Rights in the 1920s is the topic of the first Regional History forum at the Original Wasco County Courthouse Feb. 1. "From Radical Idea to Ratification: Women's Voting Rights" will be presented by Janice Dilg, state coordinator for an online resource for the 2020 centennial of the 19th Amendment that extended voting rights to women. She will tell the story of Sylvia Thompson (D-The Dalles), who introduced the bill ratifying the amendment in the 1920 special session. Program begins at 1:30 p.m. in the upstairs courtroom of the 1859 courthouse, 410 W. 2nd Place, The Dalles. Admission is free. Additional forums are Feb. 8, 15, 22 and 29.

FAMILY MOVIE: YouthThink free family movie at Columbia Cinema, 10 a.m., doors open 9:15 a.m. and close at 10:10.

Tuesday, February 4
YARNSPIRATION: Bring your project and a sack lunch. Free, noon at Salvation Army Fellowship Hall.

Don't miss our **Happy Hour!**
5:00 p.m. to 6:00 p.m.
Stonehedge Gardens
3405 WINE COUNTRY AVENUE HOOD RIVER
541-386-3940

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—Morgan Oliveira-Rincon, MS CRC

IN BRIEF:
MOSIER RESIDENT | MARRIED WITH 3 CHILDREN | WOU GRADUATE
FULL TIME REHABILITATION COUNSELOR
CERTIFIED FITNESS INSTRUCTOR - YOGA FITNESS, CARDIO STEP & BARRE

Morgan finds working out is just as important for her mental well being as it is for physical health. She truly feels in any class we are all working together in the same energy and that is powerful and motivational place to connect with people. *Give it a try!*

Gorge Athletic Club
The Dalles | Hood River
GorgeAthleticClubs.com

THE DALLES CLASSES: YOGA FITNESS M/W 5:30 PM
CORE BARRE FRI 9:10 AM | CARDIO STEP EVERY OTHER SATURDAY 9 AM

THANK YOU!

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WOULD NOT BE POSSIBLE WITHOUT SUPPORT FROM:

AND OUR AMAZING COMMUNITY

MCCCA.INFO

Mid-Columbia Community Concert Association