

# SENIOR NEWS

## Disruptions continue—but this too shall pass

The COVID-19 pandemic has disrupted lives across the globe: cancellations and closures, travel restrictions, layoffs or reduced hours, empty shelves and worse—deaths. It is a serious threat particularly for us older adults over 60.

But we can do our part to protect ourselves and others by washing our hands often—Wet, Lather, Scrub (20 seconds), Rinse and Dry—and by practicing social distancing by keeping three to six feet from each other. (Since I like to shake hands and offer hugs, I find that hard to do—and elbow bumps just don't feel right. So, don't be surprised if you see me do as the Japanese and bow when greeting you.)

I won't mention all the cancellations and closures, but Meals-on-Wheels is NOT serving meals at the Mid-Columbia Senior Center this week, but are making sure meals are delivered. And I'm not sure what they're doing next week.

The Center is working to stay open (which may have changed by the time you read this) by implementing several conditions: excluding anyone showing flu symptoms, limiting group activities to no more than sixteen, requiring anyone entering the Center to wash their hands or use sanitizer, reminding everyone to keep a safe distance and sanitizing surfaces with disinfecting wipes or bleach water (4 teaspoons of bleach



Senior Living  
Scott McKay

per quart of water).

We've been around long enough to know that this too shall pass. But until it does, we need to do our part to reduce the severity of this pandemic. And if you have decided to self-isolate and hunker down at home, make sure you stay in touch with friends and family. Consider this: why not catchup doing what is now a relic of the past—writing letters?

Have you been singing Happy Birthday twice while washing your hands and wondering "Who am I singing Happy Birthday to?" Or maybe you have mixed it up and chose the first verse of a different song: Gloria Gaynor's "I Will Survive?" Hank Williams' "I'm So Lonesome I Could Cry?" or the Temptations' "I Can't Get Next to You?" Email any song you would suggest singing.

You know it's spring not because of the budding plants, the warmer days (with the occasional snow showers) or the longer evenings, but by seeing Bruce and Lori Harris driving around town in their Today's Rays pickup

getting sprinkler systems ready for spring. And once again I want to thank Bruce and Lori for donating their time servicing the Center's irrigation system for many years.

After writing last week about scam phone calls, I received two—one asking me to press 1 for further information; and the other telling me I needed to call a certain number to avoid being charged for I'm not sure what. They were very convincing if I didn't know any better.

Here is some good news as reported on the AARP website—"Attorney General William Barr recently announced the largest-ever annual sweep of alleged fraudsters accused of targeting older Americans. More than 400 defendants have been charged in the past year, and they are purported to have been behind victim losses surpassing \$1 billion. Barr also announced that preventing and disrupting transnational elder fraud is now one of the top priorities of the U.S. Department of Justice." So there is hope. But I wouldn't hold my breath.

The name given to the failed landing operation along the southwest coast of Cuba led by Cuban exiles opposed to the increasingly communist government of Fidel Castro was the Bay of

Pigs. I received correct answers from Barbara Cadwell, Lana Tepfer, Cheri Brent and Sam Bilyeu who is this week's winner of a quilt raffle ticket. And last week I missed Rhonda Spies

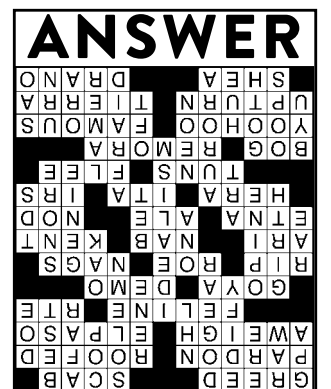
This may be a guy thing, but do you remember moistening a small piece of paper and blowing it through a straw—a favorite way to disrupt the class by harassing a fellow student? Today you can even find a professional guide on the internet! For this week's "Remember When" question, what was the name for this moistened piece of paper rolled into a ball? Email your answer to mcse-niorcenter@gmail.com, leave a message at 541-296-4788 or send it with your favorite prank from your school days—that you are willing to admit!

Well, it's been another week, looking for the silver lining in an old worn out jacket. Until we meet again, as they said in England during WW II, "Stay Calm and Keep Your Distance"—or something like that.

"Introverts Unite—Separately." As seen on Twitter

Menu for home delivered

- meals:  
**Thursday (19):** Ham with Sweet Potato Souffle  
**Friday (20):** Polish Dog with Sauerkraut  
**Monday (23):** Stroganoff with Rice  
**Tuesday (24):** Turkey with Dressing and Gravy  
**Wednesday (25):** Meatloaf and Mashed Potatoes



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.

## Gov. Kate Brown limits bars and restaurants

■ Hillary Borrud  
Oregonian/Oregon Live

SALEM - Oregon Gov. Kate Brown announced Monday afternoon that she plans to ban gatherings of more than 25 people for at least a month and restrict restaurants and other establishments to serving takeout and delivery food only, according to a report from the Oregonian/Oregon Live.

Exemptions to the ban include grocery stores, pharmacies, retail stores and workplaces, Brown said in her prepared remarks at a press conference in northeast Portland.

At the same time, Brown urged Oregonians to avoid being around more than 10 people at a time and suggested businesses that can shut down completely should do so.

"Can your business do the equivalent of restaurant takeout?" Brown asked. "If you cannot do that, I strongly urge you to close your doors to customers temporarily."

Governors in California, Ohio, Illinois, Massachusetts and Washington have ordered closures in response to their response to the pandemic.

On Sunday, Brown indicated that she was considering curfews of restaurants to a "total shutdown."

One of her concerns, she said, was ensuring that public safety and health care workers "have access to restaurant food over the next several weeks."

Authorities in Ohio, Illinois, and Massachusetts

have already ordered statewide closures of bars and restaurants.

In California, Gov. Gavin Newsom on Sunday ordered closed pubs, bars and wineries but allowed restaurants to remain open if they reduce capacity and enforce social distancing.

Brown said that Dr. Dean Sidelinger, the state health officer, reminded her that "when people drink in bars, particularly in the later hours, folks forget about social distancing."

That term generally advises people to be no closer than six feet to avoid coming into contact with someone who is infected.

The incubation period for COVID-19 is 14 days, meaning that people could be infected for days before suffering symptoms.

The governor said she was sharply aware of the economic impact of any decision regarding restaurants and bars, often a key source of jobs in communities across Oregon.

The decision came hours after Brown announced she was not ready to impose a curfew or broader shutdown on bars and restaurants, despite new federal recommendations against gatherings of 50 or more. Meanwhile, dozens of restaurants announced voluntary closures, and more than 100 chefs, bartenders, bakers, winemakers and more signed an open letter asking the governor to order a blanket closure.

**WKO-High Cascade Mills**  
**BUYING LOGS & TIMBER**  
 Douglas Fir  
 White Fir  
 Pine

Jon Paul Anderson  
 360-921-1541  
 Mill: 509-427-8413  
 2022 Wind River Hwy • P.O. Box 8  
 Carson, WA 98610

**3 Course Dinner for 2-\$50**

Fresh focaccia, organic green salad, choice of: crab cakes, seared ahi, spaghetti & meatballs, pork scaloppini, mushroom ravioli  
 chocolate dessert  
 bottle of red, white or sparkling cider

Sun-Thurs only through May

**Stonehedge Gardens**  
 3405 WINE COUNTRY AVENUE  
 HOOD RIVER  
 541-386-3940

**sears HOMETOWN STORE**  
**STORE CLOSING**

**UP TO 70% OFF EVERYTHING IN-STORE!**

**THIS LOCATION ONLY!**  
**THE DALLES**  
 116 E 2ND STREET • THE DALLES, OR

**Rick & Annette are Retiring!**

**Artisan's JEWELRY & GALLERY**

**50% OFF EVERYTHING**  
 LIMITED TO STOCK ON HAND

509-493-1333 | White Salmon

**MT HOOD FOREST PRODUCTS**

**is Hiring**

Mt Hood Forest Products lumber facility in Hood River, Oregon is expanding production operations to two shifts. We are looking to fill multiple positions in our fast paced lumber mill for both day and night shifts. If interested in any of the these postions please apply:

- DLI Operator
- Twin Horizonatal Gang
- Gang Edger Operator
- Single Resaw
- Single Resaw Helper
- Tipple Operator
- Tipple Helper
- Hula Saw
- Planerman
- Planer Infeed Helper
- Sorter Bin Chaser
- Stacker
- Strapper
- Forklift Driver
- Log Yard Operator/ Equipment Operator
- Millwright/Mechanic
- Chain Puller

Full job descriptions and required application can be obtained at the main office located at 4865 Hwy 35 Hood River, OR 97031.

Job postings can also be found on Indeed.com

Mt Hood Forest Products LLC is an Equal Opportunity Employer