

Older Americans are best at coping with COVID-19

Senior Living



Scott McKay

How are you coping? A study from the think tank AgeWave and investment company Edward Jones surveyed 9,000 people in the U.S. and Canada across five generations and guess who is doing the best? Older adults!

When asked how well they were coping with the impacts of COVID-19, 39 percent of the Silent Generation (ages 75 and older) and 33 percent of boomers (56-74) surveyed said "very well," which decreased to 29 percent for Generation X (40-55), 26 percent for Millennials (24-39) and 31 percent for Gen Z (18-23). And on the other side of the coin, 24 percent of the Millennials and Gen Zers answered "not well," compared to 15 percent of Gen X, 12 percent of the boomers and just 5 percent of the Silent Generation surveyed.

Why is that? Not because we are

living the life of Riley — although some of us may be — but because most of us no longer have kids at home, or worry about losing our job or how to care for our family while working from home. And we have Social Security and Medicare to lean on during these difficult times.

But not all older adults are doing well. If you know someone who is struggling with the isolation caused by COVID-19, there are resources that can help.

If someone feels lonely and wants to talk to someone, they can call Circles of Care at 541-397-0724; or the Oregon Warmline at 1-800-698-2392 to speak with a trained peer. And if someone is concerned their health and well-being might be declining because of loneliness/isolation, they can call Oregon Senior Peer Outreach at 1-833-736-4676 or visit their website at communitycounselingsolutions.org/senior-outreach.

Throughout our lives, we have learned how to deal with adversity and to focus on the silver lining. But if you do find life overwhelming, there are available resources. We know this too shall pass — and although at times it may be hard to imagine, there are good times ahead.

As we continue to navigate through this pandemic, I want to acknowledge the incredible work the public health departments are doing to reduce the spread of the virus — particularly the two I'm familiar with: North Central Public Health District and the Hood River County Health Department. They are skilled professionals, living in our communities, working seven days a week doing what needs to be done: Contact tracing, supporting those who are quarantined and keeping the public informed. Thank you!

AgePlus in partnership with organizations working with older adults in the Gorge has received a grant from the Oregon Health Authority to reach out and support older adults during this pandemic. To help with this important work, we are looking for volunteers willing to call older adults — a perfect opportunity for anyone who doesn't want to leave their house. If you would like to help, call the Center at 541-296-4788 or email me at mcse-niorcenter@gmail.com.

If you passed over the column "Through the Eyes of an Elder" in today's paper go back and check it

out. Once a month you will learn about important matters from the perspective of older adults in our communities. This month Britta Willson writes about Age-Friendly Communities — and it is worth reading.

On a beautiful Wednesday night, Nehemiah Brown performed at the Mid-Columbia Senior Center, singing standards from the '50s and '60s, including several songs from this popular singer. For this week's "Remember When" question, who was the country western singer/songwriter known as "Gentleman Jim" that recorded hits including "He'll Have to Go," "Four Walls" and the "Blue Side of Lonesome"? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or mail it with a recording of the Louisiana Hayride — a radio and television country music show broadcast from Shreveport, La.

The comic strip first published in 1950, created by Mort Walker and featuring an army private and his superior officer, Sergeant Snorkel, was "Beate Bailey." I received correct answers from Bob Sallee, Diane Weston, Ken Olsson, Lana Tepfer, Carol Earl, Dave Lutgens,

Tiiu Vahtel, Jess Birge, Sandy Haechrel, Laura Starrett and this week's winner of quilt raffle ticket, Florence Harty, who has the book "The Best of Beetle Bailey" signed by Mort Walker.

Well, it's been another week, looking forward to more brisk morning walks. Until we meet again, don't let pride keep you from asking for help.

"I'm sixty-five and I guess that puts me in with the geriatrics. But if there were 15 months in every year, I'd only be 48. That's the trouble with us: We number everything."
James Thurber

The Dalles Meals-on-Wheels daily menus. If you would like to pick up a meal at noon, call 541-298-8333 before 10 a.m.

Menu

- Thursday (3) Salisbury Steak with Mashed Potatoes and Gravy
- Friday (4) Spaghetti with Meat Sauce
- Monday (7) Closed LABOR DAY
- Tuesday (8) Chicken Pot Pie
- Wednesday (9) Turkey and Dressing

POLICE

Continued from page 2

Aug. 26 — W. Seventh — Male trespassed from a property after a domestic dispute.

Aug. 26 — Walnut Street — Male issued a criminal citation for burglary and criminal trespass.

Aug. 26 — Riverfront Park — Female trespassed from a property.

Driving under the influence of intoxicants:

Aug. 22 — Mt. Hood Street, 400 block — Subject driving under the influence of alcohol reported. It could not be determined if the subject was impaired. A caregiver was called to the scene to assist.

Aug. 22 — Sixth and Pentland — Male cited and released for driving under the influence of intoxicants.

Motor vehicle crashes, incidents, offenses and impounds:

Aug. 21 — W. Sixth, 1300 block — Hit and run reported.

Aug. 22 — I-84 at milepost 70 — A tractor trailer was pulled over because sparks were observed from the left side. The driver and officer could not find the source of the sparks.

Aug. 23 — Dry Hollow Road, 2000 block — Officers assisted with a vehicle crash.

Aug. 23 — W. Sixth, 1200 block — Traffic crash reported.

Aug. 23 — W. 12th Street, 600 block — Hit and run to a truck reported. Blood was also reported on the truck and the side of the road.

Aug. 23 — W. Sixth, 2600 block — Two car traffic crash reported.

Aug. 24 — E. 14th, 700 blocks — Parked vehicle blocking a driveway reported. The vehicle was towed.

Outstanding warrants, parole, probation or terms violations:

Aug. 21 — Mt. Hood Street, 400 block — Male cited for drinking in public and a criminal trespass warrant out of Hood River.

Aug. 21 — W. Pomona Street, 900 block — Male lodged at NORCOR for contempt of court.

Aug. 22 — W. Walnut Street, 1000 block — Female trespassed from a property and cited and re-released for three warrants.

Aug. 25 — W. Sixth Street, 1900 block — Male arrested and lodged at NORCOR on two warrants out of Missouri.

Aug. 26 — W. Sixth, 2600 block — Male cited and released for misdemeanor driving while suspended, unlawful possession of methamphetamine and an outstanding Oregon State Parole Board warrant. In the same incident, another male was cited and released for unlawful possession of heroin, unlawful possession of methamphetamine and an outstanding Oregon State Parole Board warrant.

Aug. 26 — E. Seventh, 400 block — Female lodged at NORCOR on a detainer.

Aug. 26 — Mill Creek Bridge — Male cited and released on a Wasco County warrant.

Theft, burglary or robbery:

Aug. 21 — W. Ninth, 2000 block — iPad stolen out of a vehicle and found on the side of the road. The iPad was returned to its owner.

Aug. 21 — W. 10th, 3800 block — Theft reported.

Aug. 21 — E. Second Street, 300 block — Theft of roofing material, valued at \$500, reported.

Aug. 21 — 10th and Walnut — Officer conducted a traffic stop for a lighting violation. The vehicle's VIN came back as stolen. The driver was cited and released for unauthorized use of a motor vehicle, and the vehicle was towed. The owner was contacted.

Aug. 21 — W. Sixth Street, 1200 block — Theft reported. A male was located, arrested and lodged at NORCOR for theft II and trespass.

Aug. 22 — Mt. Hood Street, 400 block — Theft of CBD gummies reported (theft III).

Aug. 22 — W. Sixth Street, 1200 block — Cell phone reported as stolen.

Aug. 22 — Lincoln Street, 700 block — Theft reported.

Aug. 22 — W. Sixth, 300 block — Theft reported.

Aug. 23 — W. Second Street, 2400 block — Car prowled reported, with \$1,000 worth of cash and clothing taken. Someone had also defecated on the vehicle.

Aug. 23 — Court Street, 900 block — Stolen vehicle reported.

Aug. 23 — W. First Street, 1300 block — Theft reported.

Aug. 25 — E. Ninth Street, 200 block — Burglary reported.

Aug. 25 — W. Sixth, 2100 block — Online report of theft taken.

Aug. 26 — Rive Road, 200 block — Theft reported.

Aug. 26 — W. Sixth Street, 2600 block — Theft of a tow dolly reported.

Aug. 26 — E. Seventh, 400 block — Theft of a dog reported. A juvenile was cited for theft I and released to her brother.

Aug. 26 — E. Second, 200 block — Theft of a cell phone reported.

Aug. 26 — E. Ninth, 1500 block — Stolen gun reported, valued at \$430. Two clips were with the gun when it was stolen.

Other:

Aug. 21-27 — The Dalles — Officers responded to 20 mental health and/or welfare checks.

Aug. 21 — W. Second, 400 block — Found bicycle reported.

Aug. 23 — W. Sixth Street, 2600 block — Found hypodermic needles reported. An officer arrived in the area and located three needles on the ground. All were placed in a sharps container.

Aug. 23 — W. Seventh, 2800 block — Runaway juvenile returned home.

Aug. 23 — W. Second Street, 800 block — Possible suicidal subject reported.

Aug. 23 — W. Eighth and Snipes — Lost wallet reported.

Aug. 23 — Home Street, 1000 block — Male cited for minor in possession of alcohol. He was transported to the hospital for treatment/observation.

WASCO COUNTY SHERIFF

Aug. 21-27

Agency assists

Aug. 26 — Bakeoven Market Road, 88000 block, Maupin — Deputies assisted with a vehicle lockout call.

Aug. 24 — White River Falls — Male reported injured after jumping off a rock (agency assist).

Animal calls

Aug. 21 — Dry Hollow Road, 2100 block — Cougar sighting reported. Fish and Wildlife were contacted.

Aug. 22 — W. 10th, 3200 block — Dog at large lodged at the animal shelter.

Aug. 23 — Pleasant Ridge Road, 5600 block — Cattle at large reported.

Assaults, harassment, menacing and domestic violence:

Aug. 22 — N.E. Aikin Street, Dufur — Disturbance reported.

Aug. 26 — W. Chenoweth Creek Road — Harassment reported.

n Controlled substance violations (non-DUII):

Aug. 26 — W. Chenoweth Creek Road, 4100 block — Four syringes with an unknown substance in-side reported found by a bike

lane. Deputies placed the needles in a sharps container.

Disorderly conduct, mischief, criminal trespass and vandalism:

Aug. 25 — Highway 30 and Rock Creek Road — Trespass reported.

Aug. 26 — Highway 216, 7700 block, Maupin — Deputies were contacted by Yamhill Sheriff's Office with a request to notify a juvenile male that he is being cited for criminal mischief.

Aug. 26 — Nena Day Use Area — Illegal camping reported.

Aug. 26 — Juniper Way, 57000 block, Tygh Valley — Trespass reported.

Driving under the influence of intoxicants:

Aug. 22 — Highway 197 at milepost 37 — Subject lodged at NORCOR and a blood warrant granted after a vehicle was pulled over for driving under the influence of intoxicants.

Aug. 23 — Wamic Market Road, 57000 block — Subject reported to be driving under the influence of intoxicants. OSP responded and lodged the suspect at NORCOR.

Motor vehicle crashes, incidents, offenses and impounds:

Aug. 21 — Highway 197 at milepost 13 — Deputies assisted with a flat tire on a vehicle.

Aug. 22 — Highway 26 at milepost 67 — Male cited for violation driving while suspended and warned for speed.

Aug. 22 — N. Eagle Point Road, 0-100 block, Tygh Valley — A bucket came off of a flatbed truck and broke another vehicle's headlight.

Aug. 22 — Highway 216 at milepost 24 — Male arrested and transported to the hospital due to a medical condition. He was issued criminal citations for eluding in a vehicle, eluding on foot and giving false information to a police officer.

Aug. 26 — I-84 at milepost 83 — A county vehicle threw gravel and shattered the window of another vehicle.

Outstanding warrants, parole, probation or terms violations:

Aug. 25 — Dufur — Male arrested on a statewide felony warrant and a restraining order violation.

Sex offenses:

Aug. 21 — Tygh Valley — Sex offender in the area was reported to be driving where

children are located. The suspect was not located.

Aug. 24 — Wasco County — Sex crime reported.

Theft, burglary or robbery:

Aug. 24 — Lincoln Avenue, 500 block — Theft of a wire feed welder and chainsaw reported from a garage.

Aug. 25 — N.W. Vanderpool Street, 200 block, Dufur — Theft of cigars from a vehicle reported.

Aug. 25 — N.E. Williams Street, 300 block, Dufur — Theft of lottery tickets from a vehicle reported.

Aug. 25 — N.E. Second, 300 block, Dufur — Unauthorized entry into a motor vehicle reported.

Aug. 25 — N.W. Johnson Street, 200 block, Dufur — Unauthorized entry into a motor vehicle reported.

Aug. 25 — N.W. Fourth Street, 100 block, Dufur — Car prowled reported

Ferment releases Black is Beautiful

Ferment Brewing Co. announces its contribution to the international Black is Beautiful initiative that now includes more than 1,000 breweries across 20 countries. The Hood River brewery debuted its Black is Beautiful Imperial Coffee Stout in 16-ounce cans on Aug. 14.

Ferment Brewing Co.'s Imperial Coffee Stout is a rich and complex beer loaded with caramel notes and deep roasted malt with the added zing and brightness of a cold steep with Nossa Familia Coffee Mathilde's French Roast (10 percent ABV).

"In this important time in history, it is our responsibility to stand up for equality, be actively anti-racist and help to continue this movement until true change is made," said Dan Peterson, Ferment Brewing brewmaster. "We are grateful to be able to express our love and support for the Black Lives Matter cause through this beer."

The Black is Beautiful initiative is a collaborative effort amongst the brewing community and its



customers, in an attempt to bring awareness to the injustices that many people of color face daily, according to a press release. The idea was created by Marcus Baskerville, co-founder of Weathered Souls Brewing Co. in San Antonio, Texas, who created an original recipe then challenged other breweries to put their own twist on the beer and give proceeds to local organizations fighting injustice.

Ferment Brewing has committed to donating all proceeds of Black is Beautiful to the Urban League of Portland to support its efforts empowering African Americans and others to achieve equality.

GAME	SOB	FOGY
YVES	PEA	ELLE
MILS	ARC	TAUT
STABS	KNIFE	
YOM	LAS	
LHASA	GOPHER	
EON	AGA	VIC
ART	UMP	ELLI
NICHES	OWNED	
RUM	KWH	
IDAHO	NEARS	
INIT	IRA	LAWS
ONCE	REV	ERAT
USED	SSE	RENE

9	3	5	2	7	4	8	6	1
1	2	8	5	3	6	4	7	9
6	7	4	8	1	9	5	2	3
4	8	2	6	9	7	3	1	5
5	1	6	3	8	2	9	4	7
7	9	3	4	5	1	2	8	6
8	5	7	1	2	3	6	9	4
2	6	1	9	4	5	7	3	8
3	4	9	7	6	8	1	5	2

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For protecting us and all that you do.

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