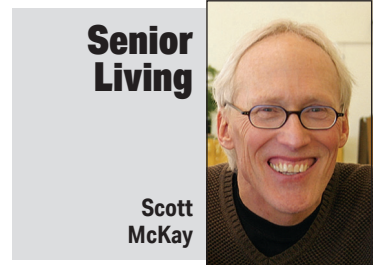


Napping is a good thing at any age



Senior Living

Scott McKay

Perfect Nap” that I discovered on the website Lifehacker offers several suggestions on how to take the perfect nap. I’ll try to share it — before I fall asleep.

1. Watch the time. Twenty-minute naps work well.
2. Find a quiet and dark space. (Unfortunately, during my college days, the library was quiet and dark, and I often slept there more than I studied.)
3. Lie down. It takes significantly more time to fall asleep while sitting.
4. Get in your napping zone. Concentrate on your breathing, relax your muscles, and use visualization techniques.
5. Plan naps into your day. Take a nap before you get to the dangerous point of drowsiness.
6. Set an alarm. You don’t want to sleep longer than you desire, and make sure your nap doesn’t extend past 3 p.m.

Naps are natural and beneficial. And even the younger generations are now learning about the advantages of naps — reaping the benefits of improved productivity, energy, and mental capacity. So no longer think of napping as an essential guilty pleasure. Napping is a good thing — at any age!

IT IS 2:15 ON A SATURDAY afternoon. As I am writing, my eye lids are slowly, unwillingly closing; my fingers are typing a row of ZZZZZZZZZZZZs, and I know, from these telltale signs, it must be time for a short nap.

But don’t think I am just another old codger who needs his afternoon nap. Napping has taken on added significance in this fast pace world — a new way to increase employee productivity where companies, including Apple and Google, are allowing employees to take naps. Research has shown a nap can boost the brain’s learning capacity, improve memory, increase creativity, and is more effective than caffeine. And even a short nap can have a marked effect on your health — and I need all the help I can get!

The article “The Science of the

You should be receiving in the mail a postcard from the CAPECO Area Agency on Aging (AAA) asking you to complete a Community Survey for Older Adults. CAPECO AAA serves seven Oregon counties from Umatilla to Hood River providing referral services, caregiver supports, money management, meal site funding and more.

I know you may be thinking, “I don’t need another survey to complete!” but this one is important. The AAA is asking for your feedback so they can better assist older people to be independent, healthy and safe. I encourage you to complete the survey online at www.capeco-works.org or you can call 541-705-5434. Your voice is important!

Stephen Shwiff, the local AARP Tax Aide district coordinator, is working to have the local plan to assist taxpayers approved. To learn more, email Stephen at orgetax-aide@gmail.com. But if you have internet and only a few documents, Stephen recommends you first go to the “IRS Free File” Webpage. Each free tax program has different eligibility criteria. For example, if your income is less than \$37,000,

you can file using the popular tax program TurboTax for free.

The title of the political fiction novel published in 1949 that popularized commonly used terms such as “Big Brother,” “doublethink” and “Thought Police” is George Orwell’s “1984.” I received correct answers from Barbara Cadwell, Candy Armstrong, Linda Frizzell, Rhonda Spies, Tina Castañares, Valerie Bellus, Jess Birge, Dave Lutgens, Margo Dameier, Gene Uzen, and this week’s winner of a raffle ticket for the drawing of a beautiful center quilt is Joanie Gilbert. And last week I missed Patty Burnet and Susan Ellis.

Whenever I mention “1984,” my wife starts singing “Freedom’s just another word for nothin’ left to lose.” For this week’s “Remember When” question, who sang the song that included those lyrics written by Kris Kristofferson (who surprisingly was a Rhodes Scholar)? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or send it with the album Cheap Thrills performed by Big Brother and the Holding Company.

Well, it has been another week,

when I would rather be disappointed than surprised — or should that be the other way around? Until we meet again, don’t let all that’s wrong mask all that’s right.

“I’m not a genius. I’m just a tremendous bundle of experience.”
— R. Buckminster Fuller

Nutritious Home delivered meals and pick-ups for anyone over 60.
Hood River Valley Adult Center — Call 541-386-2060.
The Dalles Meals-on-Wheels — Call 541-298-8333.
The Sherman County Senior and Community Center — Call 541-565-3191 by 10:30 a.m. and leave a message with the number of meals needed and names of each person.
Klickitat County Senior Services — Goldendale office call 509-773-3757 or the White Salmon office call 509-493-3068.
Skamania County Senior Services — Call 509-427-3990.
Seniors of Mosier Valley — Call 541-503-5660 or 541-980-1157 at least one day in advance to order a Grab-N-Go meal, Monday and Wednesdays from 11-11:30 a.m.

HRVAC receives \$250K in donations

Phase One fundraising goal reached

The Hood River Valley Adult Center has raised \$250,000 locally in Phase One of its Capital Funds Campaign.

“Our community has spoken, and is behind the center,” said Amy Mallett, executive director. “The board of directors, Capital Funds Campaign committee and staff of the center offer sincere thanks to everyone who donated towards Phase One of this campaign. These funds will go towards a remodeled kitchen, where meals for the Meals on Wheels program, and congregate meals are prepared.”

Phase Two of the Capital Funds Campaign is now underway, and matching grants are being sought.

Providence Hood River Memorial Hospital is

offering the services of their grant writer, Paul Lindberg, for this effort.

Once these grant funds have been received, work will begin to remodel the kitchen at the center.

Upon completion of this new kitchen, a ribbon cutting ceremony and celebration will take place, adhering to Hood River County COVID-19 guidelines that are in place at that time.

The HRVAC Board of Directors and Capital Funds Campaign committee members are now looking towards Phases Three and Four of this campaign.

Funds will be raised in the same way as in Phases One and Two, with local donations being matched by grants.

Upgrades planned

These funds will be used to upgrade the center in the following ways:

- Install an automatic

sliding front door for ease and safety of entrance and exit

- Replace flooring with a safe, non-slip material for walkers and wheelchairs
- Finish the second-floor space for use as offices and meeting rooms
- Install an elevator for access to second floor offices and meeting rooms, and ground floor Thrift Store project
- Remodel the first-floor lobby, meeting rooms and dining room
- Install a COVID-19 air purification and circulation filter to the new HVAC system

“While our community is taking time to celebrate the success of Phase One, we are also focusing on future improvements at the center,” said Mallett. “Thank you for standing with the center and supporting these improvements!”

Tax deductible donations for this continuing Capital



Funds raised will help pay for kitchen remodel.

Contributed photo

Funds Campaign can be made online by visiting www.hrvac.org/donate, or mail your check to HRVAC, 2010 Sterling Drive, Hood

River, OR 97031.

Non-profit organizations looking to lease office space in the upcoming remodeled

second-floor of the center should contact Mallett at 541-386-2060.

Criminal justice & mental health discussed

‘The Center Collaborative’ podcast series will explore what works

An Oregon-based nonprofit organization has launched its own podcast exploring the intersections of behavioral health and criminal justice.

The podcast, titled “The Center Collaborative: Creative Solutions in Behavioral Health and Criminal Justice,” is produced by the Oregon Center on Behavioral Health and Justice Integration (OCBHJI), a specialized division within Greater Oregon Behavioral Health, Inc.

The series will feature guests representing leadership and other prominent voices from government, the judicial system, public safety, healthcare, and the broader community throughout metropolitan and rural parts of the state, according to a press release.

“One serious issue led to us creating this podcast,” said Chris Thomas, podcast host and Behavioral Health Justice manager at OCBHJI. “Nobody was talking about what was working. We want this podcast to shine a light on partnerships that are

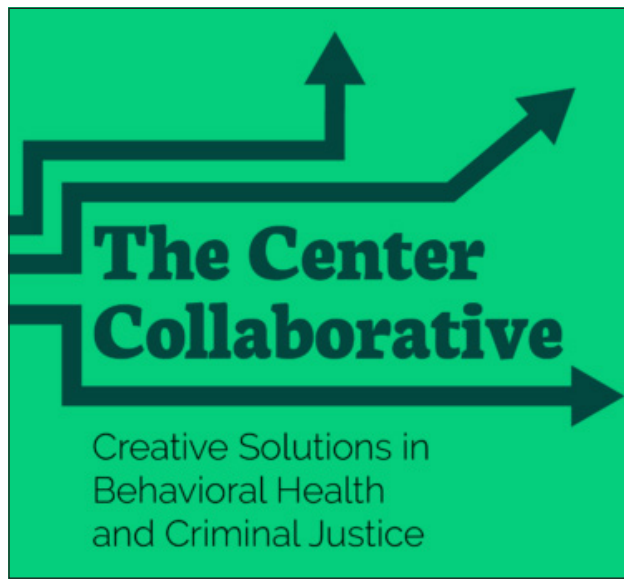


Photo courtesy of OCBHJI

moving the dial, leading to better solutions and outcomes for people who may become involved with the justice system due to experiencing behavioral health, intellectual/developmental disabilities, or neurocognitive concerns.”

The podcast is now available on streaming platforms and major distribution channels online.

Listeners can subscribe at ocbhji.org/podcast to make sure they receive updates and alerts when new episodes are posted.

The podcast’s first full episode debuted March 3

and will be released every other week.

Episode links will also be available on OCBHJI’s social media accounts.

Thomas hopes the series will not only raise community awareness about partnerships in criminal justice and behavioral health, but also help connect existing agencies with useful resources and contacts.

“These are the kind of conversations that bring us together and make a real difference,” Thomas said.

March 31 is ‘double deadline’ for some eligible for Medicare

By Sue Ann Arguelles
SHIBA coordinator

Medicare has many deadlines, and March 31 is an important deadline for two groups of people who are eligible for Medicare.

You are in one of these groups if you have a Medicare Advantage Plan, but wish to switch to a different Advantage Plan. Maybe you switched plans last fall during open enrollment, but now you discover that you don’t like the new plan. You can change Advantage plans again until March 31.

Your new plan will be effective the first day of the month after you sign up.

You are in the other group if you are eligible for Medicare, but have not signed up for it or have

signed up for only part of it.

For example, perhaps you thought that paying for Medicare Part B was too expensive, but have found that paying out-of-pocket for medical care is even more expensive. You can sign up for Part B (and Part A if you need it) during the General Enrollment Period that ends on March 31. Your new Medicare will be effective on July 1.

Late enrollment penalties may apply. The more years you delay, the higher the penalties.

This does not apply to people who have been continuously covered by an employer’s group health insurance.

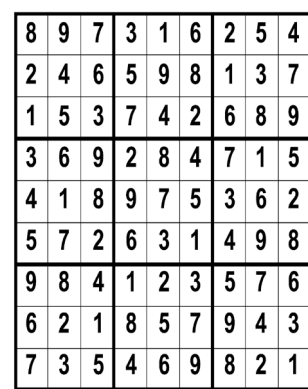
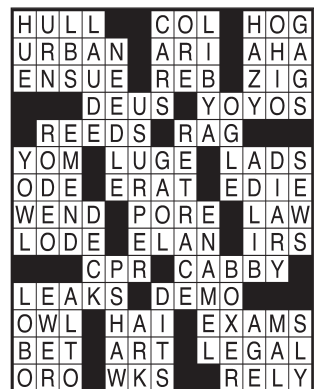
You can get help understanding all things Medicare by calling SHIBA (Senior Health Insurance Benefits



Assistance) in Oregon at 800- 722-4134.

The number in Washington is 800-562-6900. Or you can call a local SHIBA counselor directly at 541-288-8341.

State Health Insurance Assistance Programs are funded nationally by the Administration for Community Living at the U.S. Department of Health and Human Services, Washington DC. The Oregon program is administered through the Department of Consumer and Business Affairs.



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