

SENIOR LIVING

Get ready now for the unexpected

Senior Living



Scott McKay

midcolumbiaseniorencenter.com and click on the Emergency Planning tab.) There are three steps to preparedness. 1) Make a Kit, 2) Make a Plan, 3) Be Informed.

Make a Plan

When making a plan, you may want to start by meeting with family and friends. Together you can decide who will check on you during a disaster, how you will communicate with each other, and if you have to evacuate, how you will leave and where you will go.

When making your plan, consider the following: 1) How your limitations affect your response to an emergency; 2) What transportation you need to leave your home; 3) How to take care of your pets; 4) Your arrangements with your caregivers; 5) Who is your out-of-state contact person to call or text because it is often easier to make an out-of-state call than a local call from

a disaster area. A simple text message such as IMOK works well.

Make a Kit

Your kit should include the necessary items to survive without electricity and water for at least three days, and preferably two weeks. You can find an extensive list of items for your emergency kit on the "For Seniors by Seniors" website which I mentioned earlier. Besides an extra supply of medications, often overlooked is cash. If the power goes out, it will be hard, if not impossible, to use your credit card.

Review your kit every six months to keep it up to date. You may need to replace the food, water, batteries and refresh your medications.

Be informed

Register with your local Citizens Alert program so you'll be notified of local emergencies. Talk with your utility company about

emergency procedures and how and when to turn off your water, gas, and electricity. And know what hazards are most likely to happen. In my 40 years-plus living in the Gorge, there have been floods, winter storms, train derailments, and wildfires.

In many emergencies, you may only have 20 minutes or less to decide what you need. (When I have little time to think, my brain usually shuts down and tells me as it goes out the door, "Sorry, you're on your own!") So be prepared. Have a plan — and practice it, have your emergency kit ready, and stay informed. As the famous novelist and emergency preparedness planner Franz Kafka once said, "Better to have, and not need, than to need, and not have."

Many of us have been embarrassed by auto-correct but I learned from Mark Fortin that "dinosaur" was not an auto-correct mistake, but a nickname for Dinah Shore. Does anyone else

remember this?

The song many of us sang to relieve the boredom was "99 bottles of beer on the wall, 99 bottles of beer, take one down and pass it around, 98 bottles of beer on the wall." I received correct answers from Bob Sallee, Jeannie Pesicka, Barbara Cadwell, Susan Ellis, Steven Woolpert, Chuck Rice, Margo Dameier, Lana Tepfer, Richard Shaw, Patty Burnet, Alan Winans, and Keith Clymer, the winner of a six-pack of Olympia and a quilt raffle ticket.

This American singer and ukulele player is best remembered for his hit "Tiptoe Through the Tulips," which he sang in a falsetto voice. For this week's "Remember When" question, who was this singer? E-mail your answer to mcseniorencenter@gmail.com, call 541-296-4788 or send it with the name of the woman he married on The Tonight Show Starring Johnny Carson on Dec. 17, 1969.

Well, it's been another week enjoying the change of season. Until we meet again, find the energy you need to do what you love.

"The greatest problem about old age is the fear that it may go on too long."

Nutritious home-delivered meals and pick-ups are available for anyone over sixty. For more information, you can call the meal site in your area.

Hood River Valley Adult Center at 541-386-2060 — now open for in-person dining; Sherman County Senior and Community Center at 541-565-3191 — now open for in-person dining; The Dalles Meals-on-Wheels at 541-298-8333; Klickitat County Senior Services — Goldendale at 509-773-3757 or the White Salmon at 509-493-3068; Skamania County Senior Services at 509-427-3990.

LYLE NEWS

Downtown walk-a-thon scheduled Sept. 25

By Mildred E. Lykens

You can also stretch your legs again while having lots of fun at the Lyle Walk-a-thon Saturday, Sept. 25. So shake the kinks out of those legs, don your spandex and headbands and head for a day long walk (from 9 a.m. to 3 p.m.) in beautiful downtown Lyle. A parade of young children will start it all off and who doesn't like to see the smiling faces of the wee ones showing off their participation in a grand parade

to Grandma and Grandpa and dear Aunt Matilda?

The Lyle Community Council is hosting this event as a fundraiser to help them finance other activities during the year. So, come one, come all, to this extraordinary event that will provide both physical activity and health-wise education for



Mildred E. Lykens

that curvaceous body of yours. For more information, contact Cindy Bluemel at bluemel1@mac.com.

Lyle Good Food Pantry could not open last week, and that could happen again in the future. There seems to be a lack of employees and/or volunteers to get the job done.

If anyone is looking for a part time job, WAGAP is wishing to fill this position with someone from our community. Contact 509-281-0884 or email

lylefood-bank@wagap.org so we won't lose the needed organization entirely.

I don't know for how long, but signage on Highway 14 states that there will be 45 minute closures at mile marker 68 between Lyle and Bingen. So if you're headed that way, allow for the time delays. Try to be patient and think of the initial outcome of better roads, a better bridge — just think, hopefully we won't have that thump, thump, thump as we drive over each and every bridge

expansion which will give us a better travel experience.

I certainly wouldn't want to go back to the old days of the Lyle Ferry Crossing — the wait for it to cross the river, unload, reload, re-cross, unload the cars it brought from the Oregon side, then drive my car on to it and feel the dip and sway as it rocks back and forth on the river surface.

If you're first in line, you have to pull up as close as you can to the chain stretched across the bow,

the only thing holding your car from toppling over and into the river. Each car after that had to snuggle up close to the others while those behind only hope there's room enough for them ... or they will have to wait all over again.

So, the small time we have to wait now does not compare to the time back then.

Send news to Mildred E. Lykens, 509-365-2273 or lykensme41@gmail.com.

Agencies to hold second roundtable on Affordable Housing issues

Virtual meeting set for Oct. 6

By Tamara Kaufman
Washington Gorge Action Programs

BINGEN — The second in a series of virtual discussions focused on building awareness of affordable housing and sharing strategies to address this growing challenge throughout the Gorge will be held from noon to 1:30 p.m. on Wednesday, Oct. 6. The bi-state event will be hosted by Mid-Columbia Community Action Council (MCCAC), Washington Gorge Action Programs (WAGAP), and Mid-Columbia Housing Authority (MCHA).

"We want to continue the conversation started with our first roundtable held in July," said Leslie Naramore, WAGAP's executive director. "The feedback we received prompted us to continue

the discussion with a similar format as we work to include more communities in the discussion."

The group will be keeping these discussions targeted on how lack of affordable housing affects low-income residents, so the focus will remain on those that earn 80 percent or less of the Average Median Income (AMI). Encouraging underrepresented communities in the region to express their voice is also a continuing priority.

The Oct. 6 event will start with an overview from Margaret Salazar, executive director of Oregon Housing and Community Services. Debra Whitefoot, the executive director with Nch'i Wana Housing, will share more impacts on Native families. Representing Comunidades, Ubaldo Hernández, senior organizer with Columbia Riverkeeper, will share more impacts on Latino families.

Panel interviews will include conversations

with David Sauter, Klickitat County Commissioner, and Kathy Schwartz, Wasco County Commissioner.

The previous roundtable, held July 14, included presentations from Adria

Buchanan, executive director of the Fair Housing Center for Washington, and interviews with Mayor Marla Keethler of the City of White Salmon, and council member Megan Saunders

of the City of Hood River. A link to the recording of the first roundtable is available online at www.wagap.org/newsfeed/roundtable-recording.

The roundtable will be

presented via Zoom. To participate, go to the RSVP meeting link online at forms.gle/mvWUnzjJUTApY-1ZQ9. For any questions, contact Kenny LaPoint at 541-848-1667.

SUDOKU

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HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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NEA Crossword Puzzle

ACROSS

1 Bratty kid

4 Primate

7 Sweater letter

11 Estuary

12 Bear constellation

14 Horace's poetry

15 Harvest moon mo.

16 Lounge around

17 Kind of job

18 Popular cruise stop

20 Swoons

22 Kept out of sight

23 Santa — winds

24 Not working

27 Funny TV show

30 Mountain range near China

31 Marshy ground

32 Marino or Aykroyd

34 "Of course!"

35 Many, many years

36 Send a telegram

37 Preparing apples

39 Bean or horse

40 Tax shelter

41 Raised railways

42 Pungent spice

45 Shove off

49 Salt Lake state

50 "Wool" on clay sheep

52 Debtor's letters

53 Thrilled

54 Flimsy shelters

55 Press for payment

56 Med. plans

57 Wind dir.

58 Had fries

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7 Sky chart

8 Shangri-la

9 Exam

10 Inquires

13 Brief romances

19 Feng —

21 Before

24 Jay successor

25 Baldwin or Guinness

26 El —, Texas

27 Tell all

28 Norse god

29 Trading center

31 Ruler

33 Recent (pref.)

35 Ireland

36 Trace of smoke

38 Corrects

39 Satisfy

41 Revises text

42 Spurt forth

43 List detail

44 Metric prefix

46 Verdi princess

47 Easy win

48 Ballad

51 Shade

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NEA Crossword Puzzle

ACROSS

1 Sour-dough's strike

4 Carry

8 The Force was with him

12 Russell or Olin

13 "Now!"

14 Blown away

15 Light beam

16 Wonder Woman, for one

18 "Wella-way!"

20 Help wanted abbr.

21 Belief

23 Over-charge

26 Classify

29 Landed

32 Outlaw

34 Do as told

35 Oversaw

36 Caustic solution

37 Edge

38 MS

39 Stunt

40 Kiki or Joey

41 Shrink's reply (2 wds.)

42 Clumsy vessels

43 Thick, flat piece

45 QB objectives

47 Stretch the truth

49 Additional

53 Must

58 Jackie's second

59 Microbiology gel

60 Opossum's gripper

61 Fortune 500 abbr.

62 Harbor

63 Actress — Hathaway

64 Grassy field

401-K Plans

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Sept. is 401-K month.

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9 Be billed

10 German

11 Hubbub

17 Sack out

19 Population center

22 Breeding horses

24 More skillful

25 Type of canoe

26 Marketed

27 Stage awards

28 Drive back

30 Take on cargo

31 Atlas closeup

33 Beauty salon items

39 Swift

41 Sacred bird of the Nile

44 Watchful

46 Sherlock creator

48 "Como — usted?"

50 Flag down

51 Flying piscivore

52 Costa —

53 Fabric surface

54 Swelled head

55 Lemon or clunker

56 Fleming of spydom

57 Shiny metal

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