

# Make your own feelings a priority

**Dear Annie:** I have been good friends with Wanda for over 20 years. Though our friendship has lasted a long time, it's not been without its trials. This is mostly because Wanda has a tendency to make everything about her.

Recently, my beloved mother passed away after a long illness. When that happened, Wanda called me — to tell me that it reminded her of her own mother's passing several years ago. She said this was very difficult for her, and she asked if I would be there for her during this time. Since then, she has called me twice to reminisce about her mother. She has not asked about me or my mother even once.

I am not unsympathetic to Wanda's feelings. I know she misses her own mom very much. Despite that, I feel like it's incredibly selfish of her to make my mom's passing about her grief. Though she's been selfish

before, this seems like the worst thing she has done. It was my mom who just died, not hers! Am I being unreasonable here? I know there is no timeline for grief, so I'm not expecting Wanda to be "over it." I just might like a little acknowledgment of my own loss. Should I say anything to her? — *My Mom's Death Is Causing My Friend Grief*

**Dear MMDICMFG:** Where to begin. I am so incredibly sorry for your loss. And I'm sorry that you have to deal with your friend's behavior on top of that.

Psychologist and grief specialist Megan Devine writes about the tendency for people to make others' losses about them, in a post titled "But What About MY Grief?" on her website Ref-

uge in Grief.

"As a culture, we don't make space for loss. ... That means that nearly every person is carrying a backlog of unexpressed, unacknowledged pain. Like a dammed up river, unexpressed pain seeks expression. Wherever it can. It's what happens when we hear someone else in pain, and we rush to say, 'Me, too! I lost

(insert person's name) when I was young, so I know just how you feel.' Grief becomes a competition for the scarce resource of love and support."

While that might help explain Wanda's actions, it doesn't mean that you need to offer her that kind of support — quite the opposite. To avoid carrying your own "backlog" of pain, you must make your own feelings a

priority now. Give yourself whatever you need during this time of grieving, including space from Wanda.

You are not obligated to say anything to her to explain your being distant; but if you'd like to, go ahead. What you told me really says it all: You feel for her, but you've just lost your own mom, and you need to focus on that. You've clearly got compassion in spades, so I have no doubt you'll handle it in a caring way.

**Dear Annie:** What is the link to the sleep body scan meditation that was mentioned in one of your recent columns? I have looked all over. — *Scanning*

**Dear Scanning:** You can find that recording, and many others from the UCLA Mindful Awareness Research Center, including Spanish versions, at the following URL: <https://www.uclahealth.org/marc/mindful-meditations>.

## DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

# Moose Lodge holds food drive

The Astorian

The Astoria Moose Lodge, 420 17th St., is holding a Drive By Food Drive from 10 a.m. to 3 p.m. Saturday to benefit the Clatsop Community Action Regional Food

Bank. The outside drop off location is at the Astoria Armory parking on 17th Street, across from the Moose Lodge. Non-perishable food items, diapers and wipes are needed; cash donations are appreciated.

## RELIGION BRIEFS

### Pacific Unitarian Universalist Fellowship

The Pacific Unitarian Universalist Fellowship is holding services every Sunday at 11 a.m. via zoom.us. On Sunday, the visiting minister is Rev. Connie Yost, whose topic is "Hope in a Dark Time." She has served in community ministry for the last 20 years.

Access codes for the Zoom service can be found on the fellowship's website, [pacuuf.org](http://pacuuf.org)

### National Day of Prayer

The annual National Day

of Prayer is today. Community members are encouraged to join others on this 69th observance in praying for the nation's health and safety.

### First Lutheran

First Lutheran Church is holding online services. Videos are available on the church's website, [bit.ly/2VT2btg](http://bit.ly/2VT2btg), and Facebook page, [bit.ly/39Qqxrt](http://bit.ly/39Qqxrt)

Those who do not have access to the internet, and would like a DVD of the worship services, can call the church at 503-325-6252 and leave a message.

## SENIOR NOTES

**Alzheimer's Association Oregon Chapter** — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

**Astoria Alzheimer's & Other Dementia Family Support Group** — Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email [support@clatsopcare.org](mailto:support@clatsopcare.org)

**Clatsop Behavioral Health After Hours Crisis Line** — 503-325-5724.

**Clatsop Community Action** — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

**Columbia Senior Diners** — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior

Center. Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

**Exploring New Concepts of Retirement Education** — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

**Elder Friendship Line** — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

**Food Pantries** — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

**Grief Support Group, Seaside** — For information, call Lower Columbia Hospice at 503-338-6230.

**Lifespan Respite** — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

**National Suicide Prevention Lifeline** — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

**National Alliance on Mental Illness** — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental illness are available.

**Northwest Oregon Housing Authority** — 503-861-0119. Rent assistance based on income.

**NorthWest Senior and Disability Services** — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

**Oregon Aging and Disability Resource Connection** — 855-ORE-ADRC (673-2372), [adrcforegon.org](http://adrcforegon.org). Information and services for older adults, people with disabilities, their caregivers and families.

**Oregon Care Partners** — 800-930-6851, [oregoncarepartners.com](http://oregoncarepartners.com). Funded by the state of Oregon, provides no-cost in-person and online training to family care givers and professionals.

**Oregon Home Care Commission Registry and Referral System** — 877-867-0077, or [hcc.org](http://hcc.org). Provides lists of home care workers available to hire.

**Oregon Law Center** — 877-296-4076. Provides free services in civil cases to low income people. Partners with Clatsop Community Action, Community Action Resource Enterprises Inc., and the Bob Chisholm Community Center to provide in-person clinics in Astoria, Tillamook and Seaside each month.

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