

In Loving Memory

Charles Ray Johnson

Sunrise: Feb. 22, 1943

Sunset: Oct. 31, 2012

Final Resting Place: Tahoma National Cemetery, Kent, Wash.

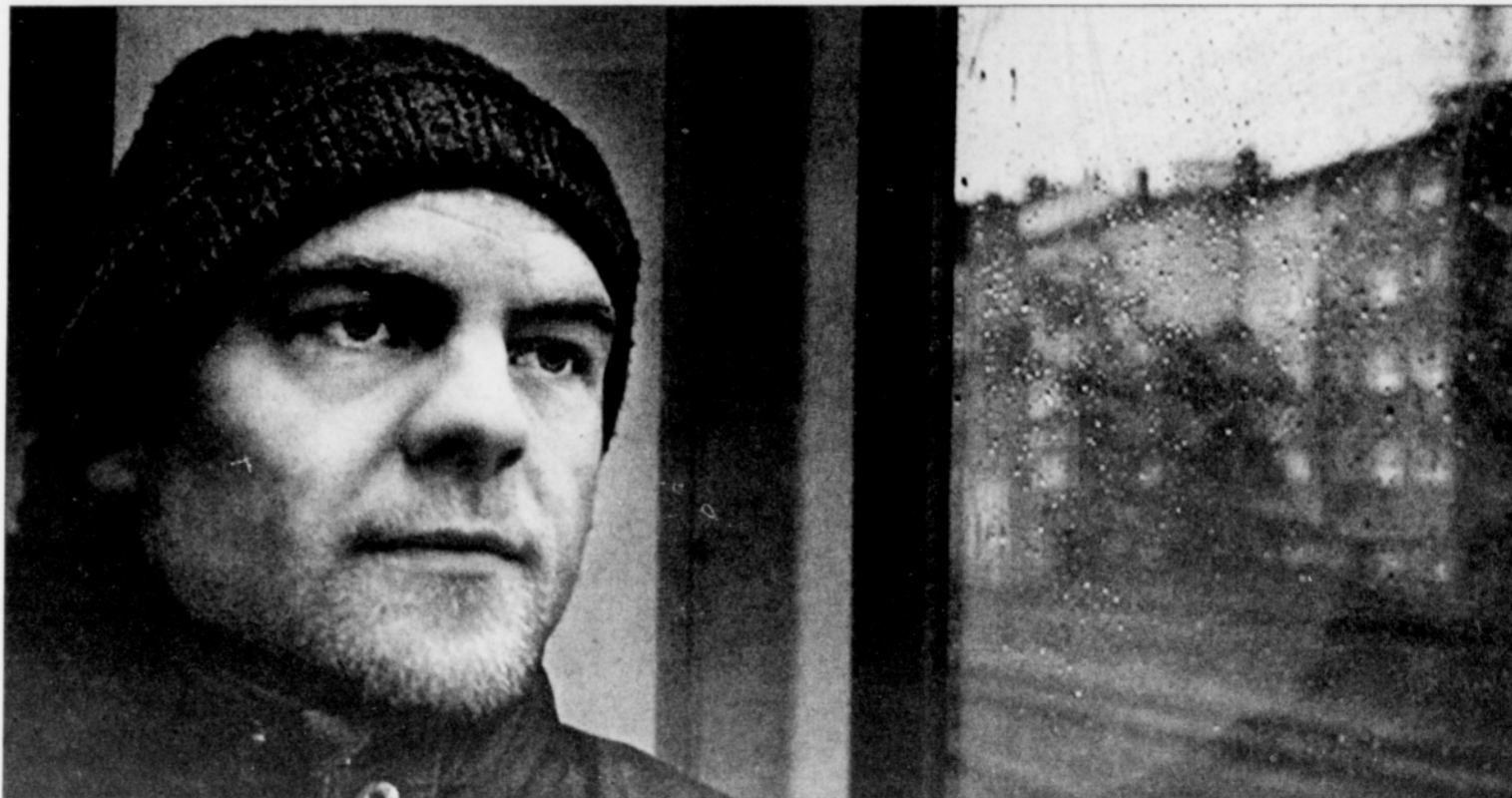
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HEALTH



Get rid of holiday stress and winter blues by following some tips to healthy aging.

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Kicking the Blues

Some practical changes to feel less stressed

The holiday and winter season can be a time of warmth, celebration and joy. But, it can also be a bit wistful for many of us Portlanders. As the days grow shorter and darker and cold weather forces people indoors, some may find themselves feeling empty, lonely and low-energized.

Neuroscience researcher, Mark

Underwood, contributor to TheGoodNewsAboutAging.com, healthy aging blog, says unrealistic perceptions and expectations are common this time of year, but you can make practical changes that allow you to feel less stressed and more relaxed.

Kick the holiday blues and join in the season's festivities with these seven tips.

1. Take care of yourself by eating right. People tend to skip meals, eat on the run, and eat more sugar during the holidays. Manage stress by managing your health.
2. Give yourself permission to feel a mix of emotions during the holidays. Most people feel an ebb and flow of emotions throughout the year but often more so during holidays because it is a season that evokes memories of the past.
3. It is okay to spend time taking care of yourself. When you do, you'll

be more apt to relax and enjoy the season. People have different levels of needs so pay attention to your own unique circumstances.

4. Give yourself permission to have more control in your life. You don't have to say "yes" to every holiday invitation or request.

5. Time management is very important for reducing stress. For example, let some of your children or grandchildren prepare holiday meals, bake cookies or help decorate the house.

6. Share responsibilities. Ask for help. Delegate holiday tasks so you're not overstressed with deadlines.

7. Don't have unrealistic expectations about what you can and can't do during the holidays. Give yourself credit for what you can do and recognize you're not super human. When you do, you'll have a more enjoyable holiday season.

As French author and philosopher Albert Camus once put it, "In the depth of winter I finally learned that there was in me an invincible summer."

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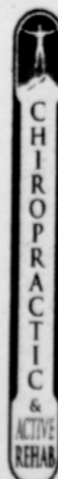
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Red Cross Youth Classes

Winter is great time for kids to learn basic "home alone" skills, and the responsibility of taking care of others.

The Red Cross offers youth classes such as When I'm in Charge and Babysitter Training.

Geared to 8-to-11 year olds, the When I'm in Charge class prepares children to respond safely to a variety of home-alone situations. The babysitter training provides youth with the knowledge and skills necessary to safely and responsibly

give care for children and infants.

Both classes help participants to build leadership skills.

With the winter break, teacher-in-service days and the Martin Luther King holiday on the calendar, this is a good times to take advantage of class offerings, says Troy Jenkins, Red Cross training specialist. "Classes provide a day-long activity for kids and then prepare them to take care of themselves."

For more information and to register, visit redcross.org/takeaclass.

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