Senior Moments
with Emma Edwards

Slowing the effects of time

"I wake up every morning at nine and grab for the morning paper. Then I look at the obituary page. If my name is not on it, I get up."

This quote, attributed to Benjamin Franklin, has been written and rewritten in a lot of poetry and other forms.

As seniors, we've been quoting something like it for years now.

My favorite version is contained in a poem, "My Get-Up-and-Go Has Got Up and Went," by Pete Seeger, who subsequently turned it into a song.

Part of it went like this: *"My get-up-and-go has got up and went. But, in spite of it all, I'm able to grin. And think of the places my getup has been. I get up each morning and dust off my wits, open the paper and read the obits. If I'm not there, I know I'm not dead, so I eat a good breakfast and go back to bed."*

As we are ushered into another brand new year, I am here to tell you that Mr. Franklin was smarter than Mr. Seeger.

Have you guessed where I'm going with this? Okay, nothing wrong with reading the obits (I am an obit reader myself) but it caused one man to "get up and stay up" and the other to "eat breakfast and go back to bed."

The one who went back to bed was *not* the smarter one. I always thought exercise was for our physical well being or lack of it. However, in recent experience as well as reading I have learned that exercise is more important psychologically than physically.

Yes, we sometimes find ourselves in the desert like Caleb in the Old Testament surrounded by death and discouragement. However, Caleb had a vision and a passion for the future not allowing his surroundings to dictate his reactions. He moved on! We need to be determined not to go back to bed but to move on!

Exercise and Aging: Can you walk away from Father Time? While aging is inevitable, exercise such as walking can help you age with grace and vigor, according to Harvard Health Publications.

I found the following report quite interesting so decided to share it with you verbatim:

"Some of the changes of aging start as early as the third decade of life. After age 25-30, for example, the average man's maximum attainable heart rate declines by about one beat per minute, per year, and his heart's peak capacity to pump blood drifts down by 5 to 10 percent per decade.

"That's why a healthy 25-year-old heart can pump 2½ quarts of blood a minute, but a 65-year-old heart can't get above 1½ quarts, and an 80-year-old heart can pump only about a quart, even if it's disease-free. In everyday terms, this diminished aerobic capacity can produce fatigue and breathlessness with modest daily activities."

Forgive me for being hypocritical in urging you to set sensible goals for the year ahead.

Maybe we could ponder it on our "after breakfast" exercise and/or walk?

Remember that no man or woman can stop the clock, but all of us can slow its tick.

Friday Musical Club gets official sponsor

The Liberty Theater announced it has become the official fiscal sponsor for Friday Musical Club, an organization that has been developing musical talent in Clatsop County's young people for more than a century.

"The Liberty Theater's mission of education and outreach fits nicely with serving as the fiscal sponsor for a local club that provides much-needed funding for music lessons for young people," said Jennifer Crockett, the theater's executive director and a lifelong musician. "The Liberty is proud to be a part of this effort."

Through its scholarship fund, Friday Musical Club provides scholarships for individual music lessons for local youth each year, as well as funding string workshops for teens and adults taught by acclaimed violinist Kevin Lefohn.

Photo courtesy Liberty Theater

Recent scholarship recipients pose with their instruments.

Donations made to the Liberty Theatre and designated for the Friday Musical Club's scholarship fund will be tax-deductible.

For more information, contact Crockett at theaterdirector@liberty.org. For information about the Friday Musical Club and its scholarship program, contact Charlene Larsen at crl.larsen@charter.net.

Overdose: Anti-opioid kits now in every police car

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guidelines to allow trained law enforcement officers to administer Naloxone without clinical oversight, Warrenton Police Department has chosen to remain under the oversight of Clatsop County Medical Office Dr. Thomas Duncan, Chief Workman said.

The primary medical oversight, as well as permission to obtain it, is through a signed agreement with Regina Mysliwiec, an emergency doctor at Columbia Memorial Hospital.

There are many good reasons to have Naloxone available, Workman said.

In addition to overdoses by drug abusers, the opioid antagonist can be used in cases of accidental overdose by people with opioid prescriptions, children who get access to the medications by mistake and even officers or evidence technicians who accidentally become exposed to the drugs.

Warrenton even purchased a veterinarian Naloxone kit for its drug-detection dog, Gabe.

The department's first 10 kits were donated by Columbia Memorial Hospital's pharmacy.

A grant from the Oregon Coalition for the Responsible Use of Meds helped the department equip the rest of its vehicles.

Senior lunch menu

Monday, Jan. 8: Meatloaf, mashed potatoes and gravy, broccoli, navy bean soup, bread pudding.

Thursday, Jan. 11: Pulled pork, macaroni and cheese, green beans, tomato soup, pecan pie.

The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is $5 for ages 55 and older; $7 for those younger. For more information, call 503-861-3502.

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