



## Senior Moments

with Emma Edwards

### Surviving talk with 'the kids'

I have a book titled "What's So Funny About Getting Old?" Another book in my collection is "Old Age Ain't No Place for Sissies."

I even have a potholder with an old lady drinking coffee and eating a donut sitting with her dog in front of a computer that says, "I keep hitting escape, but I'm still here!"

All the books and colorful cartoons seem to feature a lady with white hair and an interesting choice of glasses (like me). In all fairness, I should add that when a man is in the picture he has no hair but sensible glasses. How's that for profiling?

You and I know that growing old isn't funny for many. Often, with age comes many challenges.

What should "the kids" do with their aging parents and grandparents when the time comes?

That's the lead-in to talking about what happened to me last month.

My "kids" are a close bunch and had put their heads together (I suspect) to decide it was time to have "the talk" with Grams (me). My oldest suggested we take a tour of some senior facilities so I'll know what's out there "just in case."

Admittedly, that was a fun excursion. We have some amazing places in this area.

I learned so much these past few months about my station in life and the options out there. "Options" was just a word until I learned of an interesting program offered by Northwest Senior and Disabilities Services (located next door to the animal shelter). Holly Jensen, Aging and

Disability Resource Connection of Oregon, is available there to discuss and educate us with our Aging Options as are five other counselors.

Long story short, we're told to call the NWSDS Salem office at 503-304-3420 and they can discuss our options and do an intake over the phone. The reason we need to call Salem is because that office serves all of Clatsop, Tillamook, Marion, Polk and Yamhill counties and so makes for a smoother operation.

A 54-page ADRC booklet, which has a gigantic amount of information about options, was an amazing resource to me in the realm of options. The booklet, "Planning for your Future," is a toolkit for long-term services and support.

You could run over to the NWSDS and get one for free or call 503-861-4200 and they will mail you one. At least that would be a start. I'm convinced a key to comfortable survival for seniors is our local NWSDS facility.

Maybe too serious a subject? OK, I began with lightness so will end with a cute quip sent to me recently: "What do you call a fairy who won't take baths? A stinkerbelle!"

Have a fun week and enjoy April Fool's Day! Mark Twain liked to say, "Wrinkles should merely indicate where smiles have been."

Smile and laugh a lot on Monday when you figure out an unbeatable April Fool's prank! I like punching a few pin holes in a paper cup (not for hot drinks), changing the clocks ahead or putting salt in the sugar container.

I am giggling already! Brings back memories, doesn't it?

## Get the 'real' story of Lewis and Clark Expedition

The Real Story of Lewis and Clark (or How the Finns Discovered Astoria) opens tonight, March 29, for 10 performances.

The play, a musical melodrama, tells the "lost" story of how Meriwether Lewis, William Clark and their Corps of Discovery really got to the end of the trail. The revised history version tells how they were rescued by the true heroes of the Northwest, two boys from Minnesota.

The play was written by Judith Niland, with music by Stanley Azen, Joyce Niland and Philip Morrill.

Performances are at 7 p.m. Fridays and Saturdays through April 20, with 2 p.m. Sunday matinees on April 7 and 14.

Tickets are \$20 for front-row seats, \$15 for all others.

## High school students set to distribute nonprofit funds

BY BRUCE DUSTIN  
The Columbia Press

Five local nonprofit groups could receive grants partially raised by Warrenton High School students.

The school's CommuniCare Club sets a goal each year to do a service project.

This year, they raised money from the community through bake sales, a movie night, an online guitar raffle, a winter waltz, and through partnership organizations.

The organizations that contributed to this year's fund were Coastal Screenings, Sea-



Submitted photo

The cast of The Real Story of Lewis and Clark.

Children 12 and younger are \$10. The troupe also offers \$10 Fridays, where all seats are \$10.

Tickets can be purchased online at asocplay.com or at the box office, which opens

an hour before show time.

The playhouse is at 129 W. Bond St., Astoria. Free parking is available at Wauna Federal Credit Union and Astoria-Warrenton Chamber of Commerce.

side Pet Clinic, Pups and Suds Grooming, Kids Love Bounce House, Columbia Memorial Hospital, Fibre Federal Credit Union, Lum's Auto Center, Warrenton Mini Mart, and Hampton Lumber.

The goal was \$1,500, but the students raised so much more.

The Harold and Arlene Schnitzer CARE Foundation agreed to match the amount raised by 10, which would mean an additional \$15,000 grant if they'd raised \$1,500.

But students in the Honor Society, a group led by Maria Heyen, Pamela Taloncón, Mara Dowaliby and Kaisa Liljenwall and advised by Jason Edwards,

raised \$3,600, which calculated into an \$18,600 grant.

The nonprofit organizations that are potential recipients of this year's grant are Warrenton Hammond Healthy Kids, The Healing Circle, Riverfolk, Clatsop Community Action, and Astoria Warming Center.

Interviews will be conducted to determine the distribution of funds.

Warrenton's Honor Society would like to thank the organizations in the community for their generous gifts, as well as the Harold and Arlene Schnitzer Foundation.

### Board opening

Warrenton Senior Citizens Inc. has an opening on its Board of Directors and seeks applications from interested residents.

Applications can be picked up from 9 a.m. to 1 p.m. weekdays at Warrenton Community Center, 170 S.W. Third St. Applications due Friday, April 19.

### Senior lunch menu

**Monday, April 1:** Chicken and apples, brown rice, carrots, black bean soup, bread pudding.

**Thursday, April 4:** Meatloaf, mashed potatoes and gravy, green beans, coleslaw, chocolate cake.

*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 \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.*