



## Senior Moments

with Emma Edwards

# Watch out for the 5-second rule and other germ adages

Yellow is said to be the color of “sunshine, hope and happiness.” I feel more bouncy, happy and even more creative in the summer, when there’s more sunshine.

So it should be all good, right? Maybe not all good, but it can be better if we follow a few guidelines, especially regarding the heat.

There’s a pamphlet for seniors put out by the U.S. government a few years ago, “Eight Simple Steps for Older Adults to Beat the Heat.”

I encourage others to pick up a copy in case we’re somewhere with “excessive heat events” or “heat waves” this year.

The pamphlet points out “elderly people do not adjust as well as young people to sudden changes in temperature.”

Maybe we have some warmer weather coming around the corner in our area.

If so, be careful. But at the same time, try to soak up a little of it. Fifteen minutes a day is good for us, but not several hours.

One suggestion many of us already take advantage of: “Visit air-conditioned buildings in your community if your home is not air-conditioned.”

I know several seniors who do their daily walking in one of our air-conditioned big-box stores.

Another step is to “drink plenty of water.”

Track water intake using refillable water bottles or keep a daily log.

The daily water consumption needs of the elderly are no different than that of the

young. One baseline recommendation is one cup of water for every 20 pounds of body weight (six to eight glasses per day).

Another science fact is that seniors are very much at risk of infection, more than at any other time of our lives.

Most of us have heard the five-second rule; if food drops on the floor, pick it up quickly before it’s contaminated.

Instead, an article in the July 2010 National Geographic says we should apply the “zero-second rule” because bacteria (including salmonella) can stay alive up to four weeks and immediately transfers to food upon contact.

Another study concluded that the rim of a single cup can contain as many as 10,000 bacteria.

Cup sharing is totally discouraged!

Also, bad news for chip dippers; double-dipping can spread more germs.

This is critical news since the older we get, the more fragile our digestive systems become.

I have to share a little story I read recently.

A local television reporter visited the nursing home to interview a wise old man celebrating his 100th birthday. “Are you able to get out and walk much?” the reporter asked. “Well, I certainly walk better today than I could 100 years ago.”

Remember, when the sun is shining we can do anything. “No mountain is too high, no trouble too difficult to overcome.”

## Children’s meal program continues this summer

Summer food programs for children are being offered throughout Clatsop County.

“When school is out during summer, some students may not get the nutrition or learning opportunities they need, causing a ‘summer gap’ that is difficult to make up once school starts again in the fall,” said Jessica Visinsky, outreach coordinator for Oregon Department of Education.

More than 300,000 children in the state are eligible for free or reduced-price

lunches during the school year, only 38,908 participate in the summer programs, according to ODE.

Free meals are available weekdays through Aug. 23 at the following locations:

- Warrenton Grade School, 820 S.W. Cedar Ave., 11:45 a.m. to 12:15 p.m. (503-440-1859).

- Warrenton Community Library, 160 S. Main Ave., 11:45 a.m. to 12:15 p.m. (503-861-2281).

- Hammond park near former library, 861 Pacific Drive, 11:45 a.m. to 12:15

p.m. (503-861-2281).

- Astoria High School, 1001 W. Marine Drive, 11:30 a.m. to noon (503-325-4177).

- Astoria Parks and Recreation Day Camp, 1555 W. Marine Drive, 11:30-11:55 a.m. (503-325-4177).

- Peter Pan Park, Sixth and Niagara streets, noon to 12:20 p.m.

- Emerald Heights, 2-12 McCain Road, 11:30 a.m. to noon.

Other sites are in Seaside, Jewell, Ilwaco and Long Beach.

## Citizens needed for planning commission

Two seats are open on the Clatsop County Planning Commission.

The panel makes land-use decisions on variances, conditional uses and subdivisions and deals with zoning, transportation, economic development, housing, farm and forest issues. It also makes recommendations to the Board of County Commissioners on amendments to the comprehensive plan and its implementing ordinances.

The Planning Commission meets at 10 a.m. on the second Tuesday of each month in Astoria.

The open positions are for vacant terms ending June 30, 2023. The open seats currently represent the Clatsop Plains and Northeast plan-

ning areas, however residents from Elsie-Jewell and the Seaside unincorporated area are urged to apply.

The county also seeks a local representative for the Northwest Oregon Area Commission on Transportation. The board advises the Oregon Transportation Commission.

The deadline to apply is 4

p.m. Aug. 9. For more information, contact Gail Henriksen at 503-325-8611.

The Board of Commissioners will consider the appointments at its Aug. 28 meeting.

Applications for either position are available from the County Manager’s Office, 800 Exchange St., Suite 410, Astoria, or online at [www.co.clatsop.or.us](http://www.co.clatsop.or.us).

## County Fair: Opens Tuesday

*Continued from Page 1*

and the talent show at 6:30 p.m. Saturday.

All-day carnival passes are \$20 (if purchased early at Ag-Bag Forage Solutions or the fair office) or \$30 at the gate.

Tickets to the Midland con-

cert are \$40 reserved or \$35 general and are available at Lewis and Clark Bank, MN Workwear, Teevin Bros and Lum’s Auto.

Tickets also are available online at [brownpapertickets.com](http://brownpapertickets.com).

### Boat for sale

2012 18-foot Hewescraft Sportsman 180 fishing boat, \$24,000. One owner, completely serviced in June, 438 hours on motor/very few on kicker. Only non-ethanol gas used. Call Gary at 503-861-9673.

### Senior lunch menu

**Monday, July 22:** Chicken and apples, brown rice, green beans, three-bean salad, bread pudding.

**Thursday, July 25:** Shrimp in garlic butter, spaghetti with basil pesto, broccoli, romaine salad, 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.*