



Senior Moments

with Emma Edwards

Learning to love exercise perks for physical and mental health

Food for thought: If thieves wear sneakers and artists wear Sketchers, do linguists wear Converse?

I don't remember who gave that to me, but I promised to share it.

Sneakers relate to our subject this week: exercise.

I won't speak as an expert on this subject. In fact, I am a bit of a "dropout," as I suspect many of my senior compatriots are.

Just remember that using the handle on your recliner does not qualify as exercise. Neither does using your fingers on the keyboard.

I like to read about exercise. I like to watch videos on exercise, even videos about the value of exercise. I even don't mind going to physical therapy if needed, except for the part when the therapist asks me if I've been doing the suggested regimens at home. You know, we do get homework and the therapist does anticipate us doing the home part of our treatment.

I don't like to lie, so I usually do a few rounds the day before so I can give her/him a weak yes.

Reminds me of homework when I was a child in school. I never liked it. Even today, as I observe the amount some of my offspring get, it seems almost cruel. But you know who the winners are? Those who do their homework!

Maybe try to get it over with early in the day. One person told me I need to exercise early in the morning before my brain figures out what I am doing!

Some time ago, I was privileged to enter the at-home Otago program, whereby a

therapist came to my home and put me through exercises to help repair the results of a few broken bones. She gave me a calendar and exercises to do in between therapy days. It included strength training, balance retraining and walking.

I became acquainted with this amazing program through NW Senior and Disability Services in Warrenton. Those who are interested can call Suzanne at 503-861-4200. There may be a waiting list, but it's worth waiting for and, yes, they will get the approval of your doctor.

Over the years, I've worked closely with seniors who have problems with depression.

Thirty minutes of exercise three times a week may help treat depression in the elderly (that's us!) better than standard prescriptions, according to a team from Duke University Medical Center.

Experts aren't sure why exercise has such mental health benefits for seniors but it has long been a preferred method of treatment. Just remember to start gradually and work up to a desired or recommended program.

In the meantime, when something takes away your peace, depresses you or just bothers you ... take a walk!

Senior lunch menu

Monday, Aug. 19: Meatloaf, mashed potatoes and gravy, carrots, romaine salad, key lime pie.

Thursday, Aug. 22: Chicken a la king, buttermilk biscuits, zucchini, potato cucumber soup, pumpkin 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.

State of City: Mayor outlines Warrenton-first ideal

Continued from Page 1

He'd like to see more community-based events. "There was a time in history where Warrentonians gathered to compete in dance halls, cookoffs and other friendly events," he said.

EMPHASIS ON IMPROVEMENT

The city will continue to work in close collaboration with groups that are separate from the city, such as the newly renamed "Spruce Up Warrenton."

He supports their plans to shift focus from Warrenton's downtown to Pacific Drive, Hammond's downtown.

"We want to encourage citizens to take pride and ownership in their city," Balensifer said. "If we are truly going to embrace better things for ourselves, we all must be part of the change we seek."

Warrenton needs to learn from past mistakes, he said. No more "poorly built housing developments" with narrow roads, missing street lights, poor storm drainage or inferior sidewalks.

"While the city has been chipping away at this for two years, this fiscal year is where we begin in earnest to draw the line," he said. "Regardless of who, how or why these developments were allowed, they are here now. The issues of yesterday are problems the current commission must own."

LOUSY LEASES

The city has several long-term leases at marinas and city parks that are so low they could be considered a subsi-

dy, Balensifer said. Taxpayers foot the bill for maintaining the facilities.

The commission has asked city staff to get all properties appraised and renegotiate the submarket leases where it can.

"We must ensure we can maintain public assets or divest of those we cannot reasonably expect to sustain."

PARTNERSHIPS

Oregon Department of Transportation owns Highway 101, Alternate Highway 101, Highway 101 Business, South Main Avenue, North-

west Warrenton Drive, Pacific Drive and Harbor Drive. The state controls maintenance as well as access to those roads. It can create problems for the city on things like congestion created by Wendy's Restaurant, he said.

"Despite the regional ODOT office being unwilling to entertain the commission's suggestions for improving traffic, the city will better engage our state legislators to ensure our concerns ... are heard and to find ways to fund improvements to the aforementioned roads and the vital bridges that connect them."



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