



## Senior Moments

with Emma Edwards

### Tips for solving sleeplessness, plus making the most of naps

One of the most common complaints among my senior friends is having problems sleeping.

Fun things have to be cancelled due to a lack of sleep. As is my custom, I did a lot of study on this conundrum.

Many solutions came through my efforts, but one that made the most sense to me is what's called "The Military Method."

Not having such a problem myself (perhaps the opposite), I couldn't try it, but it might help others, so I've decided to share it. Please let me know if it works for you.

- Relax your entire face, including the muscles inside your mouth.

- Drop your shoulders to release the tension and let your hands drop to the side of your body.

- Exhale, relaxing your chest.

- Relax your legs, thighs, and calves.

- Clear your mind for 10 seconds by imagining a relaxing scene.

If this doesn't work, try saying the words "don't think" over and over for 10 seconds. Within 10 seconds, you should fall asleep. I learned that we seniors need a good night's sleep, preferably eight hours, to function.

Then there is the nap issue. To nap or not to nap?

Those who know me better than others know I schedule a nap in every afternoon. And truth be told, if I do have a restless night, it's usually one in which I missed my nap that day.

Admittedly, however, there is much said about the pros and cons of seniors taking a nap. While still in the work-a-

day world, some have called it a power nap. I won't address that, because I never had a 40-hour a week job that allowed naps. And yes, I know, things are different now. Isn't there a song about that?

Oh, yes! That was a song we used to sing in church over the years. Some of you may still sing it. The first few lines: *"Things are different now. Something happened to me. When I gave my heart to Jesus. Things are different now."* Catchy little song. And, by the way, so true too!

It's been said that hourlong naps may boost mental ability for older adults. One study suggested that a one-hour "siesta" may improve memory and cognitive function in older adults.

Recently, a family member who's pushing 70 referred to an older man as an "old codger." I got a chuckle out of that. Then I looked up equivalent names for older women. Yikes. The only one I liked was "granny."

I realize one has to thoroughly research the etymology of such labels. Sorry, no time here!

In the meantime, an old Irish proverb tells us that a good laugh and a long sleep are the two best cures for anything.

## Bergin: Chivalrous sheriff a master at mediation

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kids and their grandkids, he pointed out.

"There's nothing I haven't seen or done in this job. I can honestly say I've given it my all."

He's twice been poked with syringes, been spit on, had a finger bitten to the bone, and had knives and guns pulled on him.

In 1995, a disgruntled lawbreaker brought 21 grenades to his house, preparing to kill the young officer and his family.

"I don't regret one single moment," Bergin said. "Then you have nights where you go home and lose a neighbor and friend."

Seaside Police Sgt. Jason Goodding was shot and killed while serving a warrant in 2016.

"We were supposed to fix a gate the next morning."

Bergin gave a memorable and moving tribute to his neighbor and friend during Goodding's memorial service at Seaside Convention Center.

The slaying was, perhaps, the lowest point in a career with many highs.

He convinced voters to approve a new county jail last year after three failed attempts. After the 2007 storm when downed trees cut the county off from the rest of the world, he spent three years working with lawmakers Betsy Johnson and Deborah Boone to convince the



Sheriff Tom Bergin, left, and Lt. Matt Phillips talk to Warrenton leaders about the jail bond, which later was approved by voters. Bergin recommends the county appoint Phillips as his interim replacement.

Cindy Yingst  
The Columbia Press

state to change its policy on removing trees adjacent to major highways.

Bergin was named Oregon State Sheriff of the Year in 2010 by the Oregon State Sheriff's Association and Sheriff of the Year for the 15 western states in 2015. He supervised the Clatsop County Inter-Agency Narcotics Team, which was named team of the year in 2001 by the Sacramento-based Western States Information Network. He received an FBI commendation for how he handled a child-abduction case.

Bergin's specialty is hostage negotiations.

"Building relationships and rapport and managing a very bad scene successfully is extremely draining, but also extremely rewarding," he said. A good day is "When you've sat with a guy in the bathroom, shotgun in his mouth, and you talk him into a more rational action with a better outcome and they come back weeks later and say 'thanks'."

Those skills have been helpful in other arenas.

The city of Warrenton asked

Bergin to moderate a contentious meeting on the Eighth Street Dam with directors of the Skipanon Water Control District.

He helped clear the air, too, when former Port of Astoria Commissioner Steve Fulton accused a fellow candidate of wrongdoing over a friend's "man cave" built on leased airport property.

"I feel like Dr. Phil a lot," Bergin said. "I don't mind because that's what I raised my right hand and swore to be sheriff of this county for."

While pondering a setback and feeling the first inklings of job exhaustion, former Clatsop County District Attorney Josh Marquis provided Bergin with the perfect catchphrase: "sic transit gloria mundi," all glory is fleeting.

Bergin may hang up his holster, but he'll keep the cowboy hat handy.

"I will, hopefully, sit on a tractor someplace and just work with big machines," he said. "I'm very grateful and honored to have served this county, but it's been a crazy ride."

### Senior lunch menu

**Monday, Aug. 26:** Salmon, brown rice pilaf, peas, spinach salad, ice cream.

**Thursday, Aug. 29:** Pulled pork, pasta salad, tomatoes, coleslaw, berry trifle.

*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.*

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