

Senior Moments

with Emma Edwards

It's time to swap negative thoughts with positive actions

How often do we hear the expression “at our stage of life” ending with things such as “it is more difficult to lose weight” or “it is difficult to engage in an exercise program.”

Or, “at our stage of life it is natural to be forgetful.” And on and on. I'm sure you have heard or said such statements.

Statements such as these are all negative. They are negative assertions about the privilege of “getting old.”

I think we desperately need to embrace what is referred to as “old age.” I did not feel old at age 50, but was offered a “senior” discount.

I think sometimes age just doesn't matter. We set ourselves up negatively right from the get go.

One of the secrets of embracing old age is a positive outlook on life. We don't need to brag about our age, but maybe we need to realize it is just a number.

A good remedy for too many negative thoughts is to go to a local senior meal site. Astoria and Seaside have one every day of the week.

In Warrenton, we have one on Mondays and Thursdays at the Community Center. Ages run from about 55 to 95 and you can hear lots of laughing and reaching out to one another.

I needed that “senior” discount when I was a young mother with half a dozen children.

To find out why senior discounts came to be, I learned that one needs to go back to an era when most elderly Americans were less well off

than their fellow citizens. It made sense then.

However, common sense, which some of us seniors still possess, tells us to take advantage of those discounts offered to us.

The group I have no problem receiving discounts is our military personnel (as a way of showing them respect for their service to our country).

A positive aspect of being a senior is the privilege of sharing what we've learned in life over the years.

And if we feel guilt or compassion for the younger group, we have the privilege of sharing our bounty with them. From experience, if you feel an urge to share, then by all means do!

A verse in the Bible that says it all is James 4:17: “Therefore, to him who knows to do good and does not do it, to him it is sin.”

Maybe it's time we try to enjoy doing acts of kindness. It's the perfect way to do what we like to call “aging gracefully.”

It's guaranteed to make you feel happy.

And finally, my Halloween joke for the week: What does a witch use to do her hair? Scare spray!

Senior lunch menu

Monday, Oct. 21: Chicken and apples, rice, mixed vegetables, black bean soup, berry cobbler.

Thursday, Oct. 24: Ham, scalloped potatoes, carrots, coleslaw, key lime 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 \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.

DON ABRAHAMS

Astoria

Astoria native Donald Dee Abrahams died Monday, Sept. 30, in Astoria. He was 90.

He was born in Astoria on March 27, 1929, to Albert and Adriana Abrahams. He grew up at Big Creek Camp 3, attended elementary school in Knappa and graduated from Astoria High School.

He married Evelyn Hendriksen in 1959 and together they had three children. They later divorced.

Abrahams joined the National Guard after high school and also attended a trade school for mechanics. He later owned and operated two logs trucks, spending the



JOE MARTINEZ

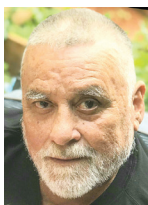
Gresham

Joe Martinez, a former Astoria resident and decorated war veteran, died Oct. 9 in Texas, while visiting family there.

Martinez was born June 19, 1948, in Deming, N.M., to Joe and Felisa Martinez. The family moved to California when he was young.

At age 15, he was mentored by a friend who taught him to plumb and do construction.

He served in the Army in Vietnam and received eight medals, including a Bronze Star for taking out a Vietcong trap that



majority of his career in Astoria. He worked for Bumble Bee Seafoods, Crown Zellerbach, and Dant & Russell.

Abrahams was working for Claterbos as a master diesel mechanic in 1980 when Mount St. Helens blew.

He later traveled to work for Cochran Electric and then Selsey Corporation in Ketchikan, Alaska, where he retired in 1989.

In 1997, Abrahams renewed his acquaintance with Patricia Van Cleave, whom he'd originally met when he was 13 and his father was logging in Scio. The couple married in 2001 in Long Beach, Wash., and lived in their Svensen home until her death in 2016.

Abrahams enjoyed anything mechanical and loved to work

on his boat, to fish, camp, travel and spend time with his grandchildren.

He is survived by his son, Mike of Astoria; daughters Judy Anderson of Astoria and Susie Green of Seaside; a brother, Thomas of Kennewick, Wash.; five grandchildren; and four great-grandchildren.

A celebration of life will be held from 1 to 4 p.m. Sunday, Oct. 20, at Astoria Elks Lodge, 453 11th St., Astoria.

In lieu of flowers, the family suggests memorial contributions in Abraham's name to Sons of Norway Nidaros Lodge 16, P.O. Box 1042, Astoria, OR 97103; or Camp 18 Loggers Memorial, P.O. Box 515, Rockaway Beach, OR 97136.

had been set for his company to walk into. He was decorated on the battlefield for his bravery.

Martinez taught combat training and rifle marksmanship to new soldiers. He was honorably discharged as a sergeant after just two years.

Joe met Deborah Schultz in Astoria in 1994 while working for Astoria Plumbing. Together they moved to Gresham.

They married April 26, 1997, and made their home in Gresham for the next 24 1/2 years.

He worked for Peninsula Plumbing in Portland and served as foreman on many job sites, including the Center for Advanced Learning in Gresham, where his granddaughter Mikayla, studied nursing years later.

He enjoyed fishing, his dogs, spending time with his family, and gardening. He loved the Bible and professed his faith and love for God to anyone who would listen

“Joe spent a lot of time talking and teaching his stepkids to be better,” his wife said. “When the grandkids came, he tried to teach them the same thing — to strive to be what they want to

be, work hard and study lots.”

Martinez is survived by his wife, Deborah Kay; daughters Deborah Helker of Amarillo, Texas, Rebekah Pitcher of Amarillo, Sera Martinez-Willetts of Wilmington, N.C., Rachel Besterfeldt of Wilmington, N.C., Ashlynn Yokoyama of Portland, Lyn Schultz of Gresham, Cathy Malkemus of Warrenton, and Michelle Parker of Ilwaco, Wash.; and son Sam Martinez of Virginia Beach, Va.; brothers Danny, David, and Art, all of California; and sister Teresa Martinez of California; many grandchildren and five great-grandchildren.

He was preceded in death by his parents; his mother- and father-in-law, Les and Monita Newton of Warrenton; his sister, Connie; sons Joe Jr. and Danny; and daughter, Donna Schultz.

A visitation is planned for Oct. 18 in Amarillo as well as a gathering there for family and friends at the home of Bob and Deborah Helker.

A memorial will be held at a later date in Astoria, following the ashes being put into the Columbia River.