



## Senior Moments

with Emma Edwards

### It's OK if you feel nostalgic

Nostalgically speaking, it seems we seniors are prone to think positively and that makes us feel good. So is nostalgia a good thing or a bad thing?

I went online and looked at some back issues of *Psychology Today*, a magazine that was a staple in my pastor husband's office for many years.

Several articles I perused seemed to emphasize that nostalgia can be a positive influence on our outlook in life.

An example are the sentimental memories we have of ourselves as children trimming the Christmas tree. The memories could be good or bad, but more often than not we remember the good.

Sentimentality is good. We all hear phrases such as, "I am very sentimental" or "Don't be so sentimental."

Think about it. Nostalgia provides a link between our past and present selves. Another positive feature is that we play a starring role in our nostalgic scenes.

Recently, one of my daughters sent me an article about *Shiny Brite Ornaments* from the magazine *A Primitive Place*, printed in Forman, N.D. When we reminisce about Christmas tree ornaments, it can give us amazingly good feelings of nostalgia. As a child, I remember how careful I and my four siblings were cautioned to be with the breakable ornaments, which had some unique shapes, colors and sizes. If one fell and broke, we might end up in tears.

There were always enough to fill the tree each year. I never knew how much Woolworth Department Store and Germany had to do with those

pretty glass balls and baubles.

In reading the article my daughter sent, I learned that Christmas ornaments have a long history. The tradition of decorating an evergreen tree during the holidays dates to 16th century Germany. Trees were decorated with apples and referred to as paradise trees. Later, ornaments were made of glass and sometimes apple-shaped or round.

Until 1937, most Christmas ornaments were made in Germany and imported. A New York business entrepreneur named Max Echaradt seized on what he realized was a unique opportunity. He partnered with Corning, a company that specialized in making light bulbs. Corning adapted some of its glass ribbon machines and began making ornaments.

Corning could produce 300,000 ornaments a day. The entire country of Germany was producing about 600 ornaments a day.

The Shiny Brite company was born with Woolworth, one of its first customers, thanks to Mr. Echaradt.

Until that time, Woolworth had been one of the biggest buyers of German ornaments.

Eventually, they stocked the Shiny Brite ornaments in all their stores across the United States and sold millions over the next several decades.

Getting back to speaking psychologically, one more thing I learned is that reminiscing is used as a therapeutic technique, often with older adults. Nostalgic feelings (especially for seniors) are said to affect and influence our perception of ourselves, others, and the world around us in positive ways.

### DAR sponsors essay contests

Entries for several contests sponsored by Astoria Chapter Daughters of the American Revolution are due Dec. 1.

The essay contests are open to several age groups. "The Voyage of the Mayflower" is for grades 5 to 8; "A Sailor's Experiences as Part of Christopher Columbus' First Expedition to the Americas" is for grades 9 to 12; and "The 100th Anniversary of the 19th Amendment: American Women Rise and Shine" is for all grade levels and youth groups.

In addition, schools may select a student in grades 5 to 11 who demonstrates the qualities of honor, service, courage, leadership and patriotism to be awarded the Good Citizenship Medal.

For more information, contact Linda Schaeffer at 602-565-1772.

### Training available to prevent suicides

Greater Oregon Behavioral Health and Northwest Senior and Disability Services are sponsoring classes at three different times to teach residents the three steps anyone can learn to help prevent suicide.

The sessions are meant for anyone – parents, friends, teachers, ministers, doctors, nurses, police officers, case workers, firefighters and others in positions to recognize and refer someone who's at risk of committing suicide.

The classes are from 3 to 4 p.m. or from 6 to 7 p.m. on Wednesday, Dec. 4, in the Coho Room at Columbia Memorial Hospital's Columbia Center, 2021 Marine Drive, Astoria; or from 1 to 2 p.m. Wednesday, Dec. 11, at Bob

Chisholm Community Center, 1225 Avenue A, Seaside.

Registration is not necessary and there is no fee.

For more information, contact Suzanne Bjaranson at 503-861-4202.

### Talk of Towns host wins KMUN award

Donna Quinn of Astoria, host of the "Talk of Our Towns" program, heard at 9:30 a.m. Wednesdays, received the Director's Award during Coast Community Radio's annual meeting and breakfast Nov. 2.

More than 120 members of Coast Community Radio celebrated KMUN and each other during the event at the First Presbyterian Fellowship Hall in Astoria.

Quinn has hosted the program, which includes inter-



Quinn

views with the region's movers and shakers, for 15 years. Reid Johnson of Seaside was named Volunteer of the Year. Johnson, who works the front desk, answers phones, greets visitors and creates KMUN's community calendar air spots and website listings.

Ellen Frye of Astoria was named Programmer of the Year for her "World of Bach" feature from 7 to 9 a.m. Sundays.

Kegan Rascoe of Astoria was named Rookie of the Year for his program, "Life Downstream," heard at 9:30 a.m. on the second Wednesday of the month.

### Senior lunch menu

**Monday, Dec. 2:** Thai shrimp, brown rice with peanut sauce, broccoli, tomato soup.

**Thursday, Dec. 5:** Meatloaf, mashed potatoes and gravy, corn, spinach salad.

*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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