



Senior Moments

with Emma Edwards

Volunteering is good for one's health

"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others." — Audrey Hepburn.

The Warrenton Senior Citizens Inc. meal site on Mondays and Thursdays is an amazing place to help others, if you're interested.

Lorna Anderson, cook and meal site manager, says she is always happy and thankful when people apply to be a volunteer. Volunteers help in the kitchen, serve in the Meals on Wheels program, serve in the dining room and tidy up afterward.

The program couldn't exist without volunteers, Anderson says.

Volunteering keeps the brain active, which positively contributes to a person's cognitive health, studies have shown. The National Institute on Aging reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors. It also helps prevent senior isolation and depression, according to the study.

Another study, this one by the Corporation for National and Community Service found that volunteering has a positive impact on psychological health.

Individuals who engaged in volunteer activities experienced a shorter course of depression than those who didn't volunteer, according to a study.

I talked to one group of volunteers, the Catholic Daughters from St. Mary Star of the Sea, who served recently at the center.

One of the volunteers was



ShawnAnn Hope

the delightful ShawnAnn Hope. She was wearing a sweater she wore 50 years ago when she was a cheerleader at Star of the Sea High School in Astoria. She brought the sweater out of mothballs in preparation for her class's 50th reunion next year.

This bubbly lady is a clear example of how volunteering affects one's mood and, as it does for ShawnAnn, provides a sense of purpose and accomplishment.

I was given a good Christmas definition of what is referred to as The Four Stages of Life: 1. You believe in Santa Claus; 2. You don't believe in Santa Claus; 3. You are Santa Claus; and 4. You look like Santa Claus. (Anonymous from Country Living Magazine via one of our seniors, Judy Robison)

Another pertinent thought that's so true: What is the best vitamin for a volunteer? Answer: B1.

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." — Helen Keller.

Are you ready to B1? Call Lorna at 503-861-3502.

And with that fun thought, I wish each and every one of you a very Merry Christmas as we celebrate his birth this Christmas time. I urge you to let God be your guiding light in the year ahead.

While on the subject of giving, we need to remember that one of God's gifts to us in sending his Son, Jesus, is that we can freely "Give all our worries and cares to God, for he cares about us" (a paraphrase of 1 Peter 5:7).

Business and development tidbits

FIBRE FEDERAL BRANCH

The Warrenton branch of TLC credit union, a division of Longview-based Fibre Federal, is expected to open in January, the company's marketing manager said.

There have been a few technical issues, Heather Snyder said. The initial opening had been targeted for fall.

The 3,250-square foot branch at 1771 Ensign Lane, adjacent to Walmart, was built of cross-laminated timber, the first such construction of its kind the area. The construction method makes the walls stronger than steel, the city's planning director has said. The branch also will have a full coffee house inside run by Red Leaf Organic Coffee, a Spotify station playing tunes picked by employees and free wi-fi.

Other TLC branches are in Astoria, Seaside, Tillamook, Lincoln City and Newport.

APPLAUSE PLEASE

Roby's Furniture & Appliance received a Community Applause Award from the Oregon Bankers Association and



A gray whale breaches off the Oregon Coast. More than 25,000 are expected to pass by in the next week.

Courtesy ODFW

Whales: Best time to view is now

Continued from Page 1

annual migration south to the warm calving lagoons of Baja, Mexico. The last week of December is considered peak time to view the migration, with roughly 30 whales passing by per hour.

If you don't want to go to a

viewing spot, a live stream of whale activity from the whale watch center in Depoe Bay can be viewed on the Oregon State Parks YouTube channel during the week. To find it, search for YouTube Oregon State Parks Winter Whale Watch 2019.

Oregon Business magazine.

The family-owned company, with headquarters in Tillamook, has locations in Astoria, Lincoln City, Newport, Florence and McMinnville.

The award acknowledges the company's contributions to the community and was presented to Roby's during a banking industry luncheon Dec. 5 in Seattle.

Founded in 1996, the Community Applause Award is a competition in which banks doing business in Oregon nominate a business customer that gives back to their community in significant ways.

On Serve Day, Roby's closes its stores and pays their employees their regular salaries

to help an organization in the community. In addition to manpower, Roby's covers the costs of supplies, furniture and appliances. The company has helped countless organizations through direct donations or by donating items for fundraisers.

HAZARDOUS WASTE FACILITY

A ribbon-cutting ceremony is scheduled for 4 p.m. Jan. 10 at the county's new Household Hazardous Waste Facility. The public can begin taking their items (tires, paint, appliances) the following day.

The new facility is adjacent to Recology's Astoria Transfer Station, 1790 Williamsport Road.

Senior lunch menu

Monday, Dec. 23: Roasted turkey, cornbread dressing with gravy, green bean casserole, coleslaw, pumpkin pie.

Thursday, Dec. 26: Chicken with mushroom sauce, brown rice, mixed vegetables, potato corn chowder, 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.