



Senior Moments

with Emma Edwards

Staving off loss of brain function

Many people in the 55-plus age group may fear an Alzheimer's-related ending to their lives. No use sitting around worrying about it or even worrying about getting the COVID-19 virus or a heart attack or a stroke.

Any of these can simply sneak up on us when we're not looking. Is there anything we can do about any of them other than worry?

My answer is yes and no. Let's begin with the brain. In school, we're taught about the two hemispheres of our brain. And those are simply labeled left and right.

Those of us who've had a loved one suffer a stroke quickly become acquainted with functions assigned to each hemisphere of the brain. A common one is learning that the right hemisphere controls the left side of the body and vice versa. We learn that the left hemisphere controls our speech. Depending on the intensity of the stroke, we may find that the right hemisphere compensates for and helps the left with the verbal loss.

Most parts of our brain can be retrained by the other side, in part or in full. It's proven that crossword puzzles help sharpen our brain and may even help prevent Alzheimer's Disease.

In addition to feeding the brain, a crossword puzzle can give you a nostalgia boost along with helping to relieve stress, according to Neuroscientist John Medina.

Others glory over completion of the Sudoku puzzle or similar puzzles of the day

while yet other seniors enjoy doing jigsaw puzzles on line, at home or in a recreation room.

Personally, I have never conquered Sudoku, but I do enjoy games that feed the cognitive part of my being. For a long while, I was involved in the Lumosity brain games, which definitely challenge a variety of our cognitive skills. Their advertisement encourages us to try its program online (for free) for one month, spending as little as 10 minutes a day to realize a difference.

And do remember what the cartoon character Maxine says: "Age doesn't make you forgetful. Having way too many stupid things to remember makes you forgetful!"

By the way, I am learning to lay out my facial covering (mask) when I lay out my clothes for the next day. Not only masks, but face shields have become popular too. Some people, however, still make light of masks.

I may have been one of them in the very beginning, but what sold me on wearing them is knowing it's not necessarily to protect me, but to protect others from me. It's almost scary to realize that we could be a carrier and not even know it.

Sometimes, our world situations, as well as personal situations, cause us to fear. So maybe it's time for us to remind ourselves of 2 Timothy 1:7: "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Graffiti, protests and more hit City Hall

Politically angry graffiti was sprawled on City Hall and on the private property of residents displaying pro-Trump flags and signs early Tuesday.

"We're investigating and looking at video" surveillance, Chief Matt Workman said. "It's unfortunate that someone felt the need to express themselves like that."

In addition, there was fric-

tion in town between some residents and a group raising signatures to recall Gov. Kate Brown and another that had organized a pro-police rally.

Some demanded the police arrest people for harassment or assault.

"A lot of people don't understand Oregon law," Workman said.

Assaults require an injury,

and harassment must include physical contact, abusive words likely to provoke violence or false reports about a death or serious physical injury to another.

Mayor Henry Balensifer said it's unfortunate that people are using the right to gather and to protest as an excuse for lawlessness.



Off the Shelf

by Kelly Knudsen

Check out metal detectors, science kits, more things

Warrenton Community Library reopened June 15 with masks and social distancing.

There is a steady stream of patrons meandering in, most saying they are grateful we are open to browse for books or use the computers.

The drive-through window also is still available for pickups, using our online system. Hours are 10 a.m. to 6 p.m. Mondays, Wednesdays, and Fridays, and 10 a.m. to 2 p.m. Tuesdays and Thursdays.

WCL is also distributing our July Summer Reading Program take-and-make craft bags.

There are different crafts and activities for kids, including straw weaving for young adults, design a button (bring it back to have it made), and God's Eye craft supplies, to name a few. Each participant can also pick out a free book.

Anyone can stop down and pick up the craft bags and books during our open hours. The bags and books are on the picnic tables on the north side of the building.

Did you know that WCL has a Library of Things — a service that offers things for

patrons to check out, from guitars to games to an Instant Pot? The collection supports lifelong learning and creativity by providing the physical tools necessary to explore new areas of interest and learn new skills.

So far, we have two acoustic guitars, a violin, an electric bass guitar with amp, a kalimba or thumb piano, 15-plus board games, three puzzles, and three STEM learning kits for younger children, in addition to the Instant Pot, all available for checkout with your library card.

I first saw this idea at the Hillsboro Library in Washington County, where their collection of things has grown to include hundreds of items, such as a yarn swift and winder kit, a crochet set, a metal detector, video-game

consoles, a croquet set, and a gold-panning kit, to name a few.

We are always looking for donations for our Things collection (and/or books) and could use some more puzzles.

From the WCL survey conducted last year, we learned that tools, recreational equipment, and art supplies are on the top of the list for Warrenton patrons.

The WCL Library of Things supports our mission of "enhancing the quality of life of patrons through literacy and lifelong learning while connecting people to their community and world."

Read on!

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