



## Senior Moments

with Emma Edwards

### Caregivers deserve applause

Rosalyn Carter was once quoted as saying “There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers. And those who will need a caregiver.”

Let’s give our caregivers a salute this week!

Most often, caregivers are a wife or husband and many are caring for a parent or a child. “I’m so calm, happy and well-rested,” said no caregiver ever.

Caring for someone with a serious illness can be rewarding, but it can also be difficult, overwhelming and, at times, isolating. Most of us recognize the tremendous amount of work and commitment caregiving requires.

Some have heard of Hamid Reza Sagha, a medical doctor who has conducted extensive research into brain function, memory impairment, and neurodegenerative disease. He refers to the “circle of life,” noting that it’s a cold, hard reality.

“Our mothers, fathers, or other loved ones raised us,” he said. “From the minute we came into this world, they fed us, protected us, bathed us, and dressed us. They taught us to walk and talk. They taught us to love and feel compassion. They taught us to treat others as we want them to treat us. They loved us unconditionally and without any restraint.”

Dr. Sagha goes on to remind us that “Eventually, the tables turn. Our parents and loved ones need us. For some of us, our parents need us to

remind them to take their medication, to eat, dress, and bathe. Some of us become responsible for our loved one’s safety. As a caregiver, you often have to put your loved one’s needs above your own.”

It’s a task for which we were never trained. However, there is help out there.

A Savvy Caregiver Workshop is a free seven-week class that provides strategies, skills and group support for those caring for a family member or friend with any dementia-causing disease such as Alzheimer’s. The course is open to all family caregivers, but you need to register. The next workshop starts soon and space is limited.

The group meets online via Zoom from 10 a.m. to noon on Thursdays, July 1 through Aug. 12. To register, call Suzanne Bjaranson at 503-861-4202 or email [suzanne.bjaranson@nwsds.org](mailto:suzanne.bjaranson@nwsds.org).

“When you care for your loved ones with Alzheimer’s, you are taking care of two people — the parent (or spouse) who still lives in your memory and the one whom they are becoming,” Sagha said. “Increasingly, you mourn the person who loved and cared for you, but at the same time, you must care for a person who doesn’t know you and may even resent you. You are helpless in the face of this horrible disease. Worst of all, you have no hope (aside from Heaven) that things will ever get better (on this planet), only worse.”

By the way, let your smile change the world, but don’t let the world change your smile.

## City reroutes money from marketing to marinas

*The Columbia Press*

The city of Warrenton has chosen to withdraw from the Lower Columbia Tourism Council.

The council was formed three decades ago to combine the efforts of both Astoria and Warrenton in applying money obtained from campsite and hotel room taxes toward marketing.

But during budget meetings in May, the city’s finance committee decided to take funding for LCTC out of the budget, using the share of tax money that would have gone there for its own tourism projects, such as improvements to Hammond Marina.

On Tuesday night, city commissioners held a public hearing on Warrenton’s proposed \$37 million budget for 2021-22, which did not include funding for LCTC. It was approved unanimously.

Visitors who stay in the city pay a 12 percent transient room tax on the amount charged by the hotel or campground. About 20 percent of money collected in Warrenton was then funneled to LCTC.

## Cruise ship to dock 2 1/2 months in Astoria

A nonpassenger cruise ship is scheduled to dock at the Port of Astoria on Thursday, July 1, where it will remain for 2 1/2 months.

“This decision to accommodate the vessel was not taken lightly,” port officials wrote in a press release. “Public safety is our top priority. The port has received confirmation from the cruise line that no suspected or confirmed cases of COVID-19 have been reported on board the vessel.”

In addition, Norwegian Cruise Line has provided a copy of the vessel’s Maritime



Cindy Yingst/The Columbia Press

Anglers make use of the trophy board and gutting station at Hammond Marina.

“When you have an income stream like that, you do need to do some marketing to make sure it will grow,” said David Reid, executive director of the Astoria-Warrenton Area Chamber of Commerce.

The chamber takes 3.5 percent of Warrenton’s payment to LCTC and uses it for overhead such as copying, bookkeeping, tax filing and more, Reid said.

“Warrenton will lose that ability to control the message, to drive tourism where you want it,” Reid said. “You have a very efficient marketing firm in LCTC.”

But to some Warrenton leaders, it felt like money leaving town to fund projects in Astoria.

“You don’t have a tool in your toolbox to measure how good your efforts are,” Commissioner Rick Newton said earlier this month. “We don’t have any way to measure if it’s working or not.”

The city wants to renegotiate terms of its arrangements with the chamber and LCTC, Mayor Henry Balensifer said.

“Some of the contracts are very old,” he said. “I think we can come out of it bigger and better or at least better.”

Health Declaration and response plan, which includes the protocol for all crew movements to be done in accordance with the Centers for Disease Control’s guidance for cruise ship crews.

CDC is allowing crew members to disembark from all cruise ships in U.S. waters with certain precautions.

Cruise lines with complete and accurate response plans will be able to disembark crew members if ships meet certain criteria, according to the port. One of the criteria is no known cases of COVID-19

in the last 28 days.

“The port understands that community members remain concerned about the transmission of the disease,” according to the press release. “Therefore, we will continue to work jointly with the city, county, U.S. Coast Guard and Norwegian Cruise Line to take the necessary measures to keep our community safe.”

Detailed information about the COVID-19 protocol and safety measures can be found on the port’s website, [portofastoria.com](http://portofastoria.com).