



## Senior Moments

with Emma Edwards

### Columbus and that storm

Sometimes I forget about Columbus Day. Those of us who lived in the Pacific Northwest in 1962 attach another significant event to that infamous date, the Columbus Day Storm.

Our beautiful flowering cherry tree was literally eaten up by that savage storm. In August of that year, my husband had entered the Conservative Baptist Theological Seminary in Portland to complete his education.

On to Monday of this week, which is Oct. 11 and the day Columbus Day is observed. Someone asked me what actually happened on that day, so, naturally, I had to check it out.

President Franklin Delano Roosevelt, who was president when I was growing up, proclaimed Columbus Day a holiday in 1937. Years later, President Richard Nixon declared Columbus Day a national holiday to be observed on the second Monday of October each year.

Would you believe I got all that information from a kid's book? Looking further, I learned (or was reminded) that Christopher Columbus was born in 1451 and died in 1506. He was said to be an Italian Spanish navigator who sailed west across the Atlantic Ocean in search of a route to Asia "but achieved fame by making landfall in the Americas instead."

There are so many sites on the internet to go to in glean such information.

As a teenager in high school, my late husband, Bill, and I used to use homework as an excuse to spend time with

each other. He was a history buff, and I was content with grammar and English. (We both struggled in math together).

I was never into history while growing up, but the older I get, the more I seem to enjoy researching history. Maybe the most exciting part is that I'm old enough to have lived through so much of what is now called history.

Recently, I was in a discussion about Thanksgiving. I simply could not believe I was already talking about Thanksgiving.

It's a bit like feeling sadness as we watch a little baby growing out of the baby stage so fast. We are thankful they're healthy, but there's a token wish that they could stay a wee one just a little longer. So goes the years.

My goodness time seems to go so much faster as we get on up in years. We're happy we're here to watch it all happen, but just kind of wishing we could slow it down a bit.

Maybe it's us that are slowing down a bit. It seems everything around us is moving just a little too fast. I've never thought of it like that before.

"Lord, so teach us to number our days that we may apply our hearts unto wisdom," Psalm 90:12.



## Here's to Your Health

by Emily Olson, nurse/midwife

### Know the signs and symptoms of breast cancer

You've probably heard or read the statistic by now: About one in eight females in the U.S. will be diagnosed with breast cancer during their lifetime. Whereas breast cancer in males is rarer and accounts for less than 1 percent of all breast cancers.

Treatments work best when breast cancer is caught early. That's why it's important for females to get screened regularly for the disease starting at age 40.

Transgender women who have received gender-affirming hormones for more than 5 years also should be screened regularly after the age of 50. Transgender men should be screened at a regular interval starting at age 40. Transgender men should start regular screenings at age 50 if they have had chest reduction/reconstruction.

In addition to regular screening, it's equally important to know the signs and symptoms of breast cancer at any age, since even younger people can — and do — get the disease.

Be on the lookout — and speak up.

Any changes to the look or feel of your breasts shouldn't be ignored. Chances are, something other than cancer is the cause. But it's always

best to let your primary or women's healthcare provider know if you're having any of the following signs or symptoms:

- A lump or thickening inside the breast, chest or in the underarm area.
- A change in the size or shape of a breast.
- A dimple or puckering in the skin of a breast.
- A nipple that has turned inward or is sore near the nipple.
- Fluid, other than breast milk, leaking from a nipple, especially if the fluid is bloody or leaks from only one breast.
- Skin irritation or color changes — such as redness or darkening, scaliness or new creases — anywhere on a breast, nipple or areola (the dark area of skin around the nipple).
- Small dimples in a breast that look like the skin of an orange.
- Pain in a breast, especially if the pain doesn't go away or doesn't seem to be related to your menstrual cycle.

Your provider will ask you how long and how often you've been experiencing

these signs and symptoms. They'll also examine your breasts. And, if necessary, they may order tests such as a mammogram or ultrasound. You may need a biopsy if the results of those tests suggest something suspicious.

The thought of having breast cancer can be scary. But try to remember that other conditions can cause changes to your breasts. That's why it's always best to see your provider and get a diagnosis.

Finally, things that are good for your health can also reduce your risk for breast cancer: maintain a healthy weight, add physical activity to your routine, limit alcohol intake, avoid smoking, limit menopausal hormone use, and, if you have children, breastfeed if you can and want to.

Call your CMH clinic or visit [columbiamemorial.org](http://columbiamemorial.org) to request an appointment or learn more information.

*Here's to Your Health is sponsored by Columbia Memorial Hospital. Emily Olson is a certified nurse midwife at the CMH-OHSU Health Women's Center.*

### Pandemic benefits extended

The state of Oregon has expanded the Pandemic EBT program and will provide an additional \$167 million in food assistance to 430,000 children.

Oregon previously was approved for \$424 million. Combined with the summer expansion of the program, Oregon's total will be \$591 million in food assistance be-

tween July and October.

P-EBT provides food benefits to families whose children were eligible for free or reduced-priced meals at school or day care, but who did not have access to the free meals because of COVID-19.

Households currently receiving P-EBT will automatically receive two additional payments of \$389 per child.

#### Special columns in The Columbia Press

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