



Senior Moments

with Emma Edwards

Old hand at the old idioms

I suspect most of us have said many of these “old” idioms at various stages of our lives.

How *old* does one need to be to be called *old* is a question some of us have pondered over the years. Maybe we’re very old, but still sharp as a tack? When does *old* begin?

Some of us may remember this quote attributed to Agatha Christie: “An archaeologist is the best husband a woman can have. The older she gets, the more interested he is in her.”

Recently, someone heard me remark about the age I hope to achieve this year and, right away, came the standard response: “Oh, my. You don’t look that old!”

Oh, yes. We love to hear those words! But are they simply flattery and meaningless?

A few *old* idioms that come to mind are

- Old as Adam
- Old saw
- Old shoe
- Old stomping grounds
- Old wives’ tale
- Chip off the old block
- Comfortable as an old shoe
- No fool like an old fool
- Ripe old age
- Same old story
- Teach an old dog new tricks
- Up to one’s old tricks
- I have a friend who is prone to fall more frequently as she ages.

She says she has to call “the lifters” at the fire department, who are so kind to her when she does fall.

It reminds me of a cute quip I read recently by a woman who said “When I get old, I’m

not going to be sitting around knitting. I’m going to be clicking my Life Alert button to see how many firefighters show up!” Oh, yes, we love our firefighters!

When I was a child, living quarters were designed with a door facing the street, which we called the front door, and a door facing the alley and the garage, which was the back door.

The garbage cans were just inside the gate that led to the alley.

The gate to the alley was an important place where people liked to lean over the fence and talk to the neighbor on the other side, across the alley.

There was always the friendly sheeny man, who would come by to pick up our junk and, occasionally, some pretty good stuff.

Most sheeny men had a one-horse carriage (at least in Detroit, Mich., where I was raised).

OK, when you think about it, *most* people who lived about seven decades ago called the outside door that enters into the living room the front door and some called the door that leads to the kitchen, bedrooms and bath the back door.

Also, sometimes the back door led to the basement stairway.

I guess times have changed. Except in movie mysteries. Or maybe we have changed.

Another thing I wonder about as I age: Why am I getting older and wider instead of older and wiser?

There’s so much to learn and so little time!

ZED by Duane M. Abel

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Here’s to Your Health

by Dr. Adam Bingham, CMH podiatrist



Sprain your ankle? Don’t just limp away

Your ankle bones and joints are held together with tough, stretchy bands called ligaments.

Although they support your ankle as it moves, bends and twists, ligaments do have limits. And when they’re stretched past those limits -- such as when you step awkwardly and twist your ankle -- you may end up with a sprain.

Sprains can range from mild, with a slight amount of tenderness and swelling, to severe, where the ligaments tear completely, and swelling and pain are significant.

PLAY IT SAFE.

The worse the sprain, the longer it will take to heal.

Mild sprains might feel better after just a few days. For severe sprains with torn ligaments, healing could take

months, and surgery could be needed to repair the ligament, though even a complete tear may heal without surgery.

If you suspect you’ve sprained your ankle and it’s very swollen and painful or you can barely put any weight on it, it’s best to have a doctor check it out. These symptoms could also be signs of a broken ankle.

A doctor can determine what is wrong with your ankle and the best way to treat it. He or she will also let you know when it’s OK to return to your usual activities, including playing sports. If you try to do too much too soon, you could reinjure the ankle.

RICE METHOD

For mild or moderate sprains, treatment is pretty much the same. Apply the

tried-and-true RICE method, which helps reduce pain and swelling.

Rest the ankle. Don’t walk on it.

Ice keeps swelling down. Apply ice to the injured ankle for 20 to 30 minutes at a time, three or four times a day for about three days.

Compression bandages or elastic bandages can help immobilize and support the ankle.

Elevate your ankle above heart level as much as possible for the first 48 hours.

Over-the-counter pain relievers, such as naproxen or ibuprofen, can help ease the ache.

Here’s to Your Health is sponsored by Columbia Memorial Hospital. Bingham is a podiatrist at CMH-OHSU Health Foot & Ankle Clinic in Seaside.

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