



Senior Moments

with Emma Edwards

Dealing with smiles and sorrows

Many of us have fun and happy smiles on our faces as we kind of follow each other around.

With the loosening of mask requirements, we can now see when someone is smiling.

Recently, I read that someone had debunked the saying that it takes fewer muscles to smile than to frown.

Evidently, smiles require 10 muscles and frowns only six muscles. That's really OK with me, as using muscles requires more calories.

I smile a lot, so I burn more calories and should lose more weight, right?

However, I find myself weeping more, too, these days, as I can't seem to stay away from my television depicting in real life and real color what is going on in the Ukraine.

Even little children are fighting and running for their lives.

It takes me back to the frightful days when doom and gloom cast its shadow upon my childhood.

I remember that day – Dec. 8, 1941 -- as my father drove my mother and us five kids over to Uncle Al and Aunt Thelma's home.

My siblings and cousins and I all sat in the parlor with the adults in chairs and the 10 kids on the floor with somber faces listening to President Roosevelt on the radio.

I remember how loud they had it turned up finding out that the United States had declared war on Japan that day (after the bombing of Pearl Harbor the day before). Then Germany declared

war on the United States and, on Dec. 11, 1941, we declared war on Germany. Those were days many of us will never forget.

Many of us "older" seniors have keen, clear memories of the following years and their impact on our lives.

I had just turned 9 years old the September before that infamous Sunday, Dec. 7, 1941, when Pearl Harbor was attacked.

We were urged to pray and seek God's guidance as never before.

"Never, never give up" is a quote contained in a transcript of a speech given by Winston Churchill toward the end of October 1941. We heard the words "never, never give up" many times in the unforgettable years that followed.

Winston Churchill was prime minister of the United Kingdom during most of the second World War. Our president was Franklin D. Roosevelt and we children were taught early on to call him Mr. President or President Roosevelt.

It's sad to say, but somehow respect for the leader of our country has gone down the drain in recent years.

As we watch what is going on overseas, our hearts do ache for the victims of such carnage and suffering.

We are living out a phrase that Winston Churchill coined back in World War II, "Success is not final; failure is not fatal. It is the courage to continue that counts."

And we must never, never give up!

Here's to Your Health

by Dr. Elizabeth Erikson



Focusing on preventive health care

It's time to catch up on preventive care.

Many people put off in-person doctor visits early in the COVID-19 pandemic in order to help slow the spread of the coronavirus.

But now it's time to catch up on any preventive health services you missed.

GOOD WAY TO STAY HEALTHY

Preventive care includes screening tests, vaccines and wellness checkups that help you stay healthy.

It includes things like:

- Mammograms and pap tests for women.
- Screenings for heart disease and cancer.
- Childhood vaccines and well-child visits.
- Flu and pneumonia shots.
- Routine checkups where you can get advice about diet, exercise and safety.

Most health plans cover preventive care services like these. It's safe to visit your doctor again — and doing so helps keep you and your family healthy.

Your primary care provider is trained — and ready — to help you with behavioral health issues.

For instance, if you have diabetes, your primary care provider will do far more than check your blood sugar and watch for complications.

Your primary care provider can also help you cope with the emotional challenges of living with diabetes: watching your diet, making time to exercise, managing medicine and more.

Likewise, if you're a smoker with a lung disease such

as chronic obstructive pulmonary disease, your primary care provider can help you overcome the emotional and physical challenges of quitting.

These are just two examples of how primary care providers can care for all of you.

REACH OUT

Because your emotions can affect your health — and how you take care of yourself — your primary care provider is also a crucial source of support if you are struggling with things like:

- The loss of a loved one.
- Changes in your health

or the health of a loved one, your financial security, or a relationship.

• A sensitive personal issue. Remember, your primary care provider can't help you if they don't know what's happening in your life.

And, while it may be hard to be open about your feelings, especially about something sensitive, your primary care provider is concerned with one thing only: supporting you.

Here's to Your Health is sponsored by Columbia Memorial Hospital. Erikson is a family practice physician at the Warrenton Clinic.

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Week 2: Financial Focus with Adam Miller

Week 3: Spotlight on the City

Week 4: Here's to Your Health from CMH

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF CLATSOP
In the Matter of the Estate of JEFFREY ADAIR TRENARY, Deceased
Case No.: 22PB02290

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that Lucy Beth Wild has been appointed Personal Representative. All persons having claims against the estate are required to present them, with vouchers attached, to the Personal Representative c/o Seaside Attorneys, 842 Broadway, Seaside, Oregon 97138, within four months after the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or the lawyer for the Personal Representative, Jeremy Rust.

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Jeremy Rust, OSB #094927

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