

Potential of Senior Citizens Noted By Family Life Specialist at OSU

May is National Senior Citizens month. It's also a good time to point out that life can begin again at 65, according to Roberta Frasier, Oregon State university extension family life specialist.

Retirement can either mark an end to useful living, or it can mean the beginning of a rewarding period of education, creative activity or worthwhile public service, says Mrs. Frasier.

The extension educator says that many older people make the mistake of thinking they don't have enough time left to do anything worthwhile. This idea is usually based on average life expectancy, which for men in the United States is about 67 years, while for women it is 74.

"Bonus" Years Ahead for Aged

However, retirement planning should not be based on average life expectancy, which represents life expectancy from birth. Most people who have lived to retirement age actually have some "bonus" years ahead. The man who has reached 65 usually has 12 more years to plan for, while the 65-year-old woman has an average life expectancy of 16 more years.

Most people do not retire to a rocking chair or sick bed at age 65, according to national statistics quoted by Mrs. Frasier.

Only about one percent of persons over 65 are bedridden, while only two percent of the people between 65 and 74 experience any kind of paralysis. Nearly a million Americans age 65 and older are enrolled in formal education programs, while many more are engaged in some type of informal education.

One-Fourth of Senators Over 65

Some 35 percent of the men over 65 and 12 percent of the women are still employed. About one-fourth of the members of our United States Senate are over 65, it was noted.

Planning for retirement should take into consideration four stages, says Mrs. Frasier. First, the retired person will continue to be active. As he becomes older, he will probably slow down until he is only moderately active, then less active and finally inactive.

Financial and other requirements will vary from stage to stage.

Successful retirement planning involves a careful assessment of your own interests. During the working years, work provides for most people a feeling of satisfaction and accomplishment. Some form of substitute activity should be developed after retirement to provide this type of satisfaction, Mrs. Frasier said. This may be a part-time job, some type of creative activity or community or public service.

Public Service Projects Open

The experience and mature judgment of the older person can make him a valuable source of counsel as well as guidance for public service or political projects, she added.

Mrs. Frasier points out that much of the Cooperative Extension Service home demonstration and educational unit program is aimed at helping people adjust to changing circumstances as they move through the entire life cycle.

The extension service also has completed a pilot program, "Planning for Retirement." This pilot program will serve as the model for a series of study and discussion groups throughout Oregon, which will help people approaching retirement age develop a more realistic knowledge of health and life expectancy in the later years and assist them to assess their own attitudes toward aging and retirement.

Owyhee News

By Connie Price

Recent weekend guests in the home of Mr. and Mrs. Howard Day of Lake Owyhee were Mr. and Mrs. Earl Wilson and Marcela Kay of Eugene.

Mr. and Mrs. Fort Sumpter and David visited May 9 in Payette with Mr. and Mrs. Ray Sumpter and family, Mr. and Mrs. Delmer Shuster and family, Mrs. Dollie Evans and family. Mrs. Mabel Houston was a dinner guest on Mother's Day in the Fort Sumpter home.

Mr. and Mrs. Elmer Hill of Lake Owyhee visited May 9 with Mr. and Mrs. Robert Taylor of Nyssa.

Visitors From Salem

Mr. and Mrs. Arthur Davis of Salem are visiting in the home of Mr. and Mrs. C. Share. Mr. and Mrs. Share visited May 6-8 with Mr. and Mrs. Dude Parker at Walla Walla.

May 8 afternoon callers in the home of Mr. and Mrs. John Price were Mrs. Esther Stephen and Mrs. Roxy Ritchie. Dinner guests May 10 in the Price home were Jerry and Jay Winkle of Nampa and Dale Poe of Ontario. Evening guests in the Price home were Mr. and Mrs. Mert Winkle, Jerry and Jay of Nampa.

VISITORS FROM BOISE

Mr. and Mrs. Elwyn Haroldsen and Kristen of Boise were weekend guests of his parents, Mr. and Mrs. Reuben Haroldsen, and Kristen remained for a week's visit with her grandparents.

95-Year-Old Mother Of Nyssan Succumbs

Funeral rites for the Rev. Mrs. Mary Taylor, 95, were conducted Wednesday, May 6, 1964, at Hillcrest Church of the Nazarene in Vancouver, Wash.

She was the mother of Mrs. E. J. (Sarah) Hobson of route 1, Nyssa.

Mrs. Taylor, an ordained elder in the Nazarene church, succumbed May 2 in a convalescent home at Vancouver after suffering two recent strokes.

In addition to Mrs. Hobson, the Rev. Mrs. Taylor is survived by two sons, Fletcher Owen of Beaverton, Ore., and J. L. Owen of Miami, Fla.; two other daughters, Mrs. Jane Wilde of Portland and Mrs. Alice Bonnarens of Van Buren, Mo.

Other survivors include 27 grandchildren, 88 great-grandchildren and four great-great-grandchildren.

Among Nyssa relatives attend-

MEMORIAL MEETING SET TONIGHT BY OT GRANGE

Memorial services will be conducted this evening during the regular meeting of Oregon Trail Grange. The altar will be decorated with flowers in memory of Lewis Debord, Mr. and Mrs. E. L. Jamison, A. P. Goodell, Mr. and Mrs. George Cleaver, Mrs. Nettie Bennett, W. J. Gardiner, Grover Cooper, George Adams, Mr. and Mrs. F. G. Holmes and Mrs. Lorena Gressley.

All grange members are urged to attend this meeting.

SUNDAY DINNER GUESTS

Mr. and Mrs. Tom Eldredge were Sunday dinner guests of Mrs. Oliver Bingham at Fruitland.

ing the services were Mr. and Mrs. E. J. Hobson, Mrs. James Langley, Mrs. Homer Brewer and Joe Hobson. Rex Langley, who attends dental college in Portland, was also present for the rites.

Adrian FFA Chapter Wins Skills Trophy

Adrian high school FFA chapter was first place trophy winner in the district skills contest held April 30 in Ontario. Eddie Lowtrip of the Adrian group placed third as master mechanic.

Members receiving lower division ratings were Bill Martin, Rex Smith, Jack Steiner and Norm Nelson.

Those placing in advanced skills included Dennis Martin, Terry Tallman, Ron Cartwright, Vernon Search, Kal Farr, Kats Hori, Boyd Newgen and Robert Callahan.

POUNDS VISIT AT EOC

Mr. and Mrs. C. M. Pounds attended parents' weekend activities held recently on the campus at Eastern Oregon college. Their daughter, Edith, is a student at the college and is also serving as part-time student teacher in La Grande.



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