

The Senior Scoop

Astoria Senior Center

Empowering seniors to live their best lives

1111 Exchange St., Astoria

503-325-3231 info@astoriaseniorcenter.org



April 2026

Hours: 8 a.m. to 4 p.m. Mon.-Fri.; 11 a.m. - 3 p.m. Sat.



Kim Combs of Northwest Senior and Disability Services leads a talk on scams targeting seniors at the March membership meeting.

Scams: How *not* to be a statistic

By Cindy Yingst

Imagine losing everything that matters: your retirement savings, your home, your independence, your dignity.

It happens every day in America. We lost \$10 billion to scams in 2023, according to the federal government.

With the advent of artificial intelligence, the problem grows worse every day, according to Kim Combs, community programs supervisor for Northwest Senior and Disability Services. She spoke during the March membership meeting.

"One way we can combat scams is to increase awareness," she said. The agency's Marion County office has spearheaded a community education initiative, Scam-Free Starts With Me, to help seniors spot scams and keep from becoming victims.

"A scam is defined as a deliberate and deceptive scheme," Combs said.



Kim Combs

"The goal is to manipulate victims into acting quickly without verifying facts."

The latest scam is to use AI to duplicate the voice of a loved one. The voice of your grandchild, sister, or son asking for help at the other end of the phone could be a convincing reproduction. Even a FaceTime or WhatsApp call that allows

you to see the other person's face can be artificially generated.

Some of the most common schemes, according to the Scam-Free literature:

- ° Impersonation Scams. Scammers pretend to be IRS agents, Medicare reps, police officers, or computer tech support. They attempt to intimidate you into sending money, providing sensitive information, or giving them access to your computer.

- ° Romance Scams. Fraudsters form fake emotional connections to gain trust and, eventually, to ask for money.

Continued on Page 9

Chosen families can be a lifeline for seniors

By Daymon Edwards

It has taken me a lifetime to create my chosen family. They are the best family one could wish for, and my chosen family is scattered around the world with many members never having met the others. They share many commonalities: kindness, love, thoughtfulness and empathy with a lot of forgiveness. I am humbled to be a part of this chosen family.

As I have aged, I have seen where chosen families have become increasingly important for senior citizens, serving as vital sources of emotional support, companionship, and care beyond traditional biological or legal family ties. For many older adults, especially those who are estranged from their biological relatives or who never had children, chosen families create meaningful networks that enhance well-being and help combat social isolation.

Unlike conventional families, which are defined by blood relations or marriage, chosen families are formed through bonds of mutual affection, trust, and shared life experiences. These relationships often develop among friends, neighbors, or community members, who take on roles typically associated with family, such as caregiving, decision-making, and providing social connection.

Chosen families can be a lifeline

Continued on Page 2

Co-Executive Directors

Dean Deonier & Mark Acuna

503-325-3231

director@astoriaseniorcenter.org**Board Members****President** Julie Weber

503-325-5339

julweb2@aol.com**Vice President** Missy Johnson

503-298-9862

kip.missy.johnson@gmail.com**Secretary** Eve Stover

310-245-9616

eve2255@hotmail.com**Treasurer** Marlene Gore

307-321-0991

legore@tribcsp.com**Sgt-at-Arms** Butch McConnell

805-746-7859

ojaibutch1@gmail.com**At large,** Mary Frances Gunn

503-741-7182

mfgunn20@gmail.com**At large,** Brenda Hoxsey

503-861-7309

brendahox@gmail.com**At large,** Daymon Edwards

971-601-0393

daymonconsult@yahoo.com**At large,** Rochelle Stramiello

503-325-4565

rockysride@hotmail.com**Newsletter Staff****Chair,** Brenda Hoxsey**Editor,** Cindy Yingst

503-791-3972

asc@dblcynet**Writer,** Daymon Edwards**Writer,** Anita Lambert

773-844-3195

anitarn@gmail.com**Chosen families ...** *Continued from Page 1*

for seniors, particularly when ties to biological family members are absent, distant, or strained.

Several factors contribute to the growing prominence of chosen families among older adults. One major factor is the increasing diversity of family structures in society.

LGBTQ+ elders, for example, have historically faced rejection from their biological families and often rely heavily on chosen families for emotional and practical support.

Additionally, geographic mobility and evolving social norms mean many seniors live far from their biological relatives, making chosen families essential for daily assistance and emotional closeness.

Chosen families also play a critical role in addressing challenges commonly faced by seniors, such as loneliness and health care needs.

Research has shown that social isolation among older adults can lead to serious health consequences, including depression, cognitive decline, and increased mortality risk.

By providing regular social interaction, advocacy in medical settings, and practical help with

everyday tasks, chosen families help mitigate these risks.

They often act as informal caregivers, supporting seniors in maintaining independence and a higher quality of life.

Despite their importance, legal recognition of chosen families remains limited, complicating matters like medical decision-making, inheritance, and access to benefits. Many seniors use legal tools such as powers of attorney, living wills, and cohabitation agreements to formalize these relationships.

Advocacy efforts continue to push for broader legal protections that recognize chosen families as legitimate units deserving of rights and resources.

Chosen families are a vital and growing source of support for senior citizens. They provide emotional connection, caregiving, and social inclusion that traditional family structures may not offer.

Recognizing and supporting these relationships is essential to improving the quality of life and health outcomes for older adults, ensuring they age with dignity and a true sense of belonging.

My chosen town, Astoria

A poem to the town I love the most:

By Anonymous

In the heart of the Northwest
Where the Columbia meets the sea,
Lies a town called Astoria,
A treasure wild and free.
With the echoes of the past
In the whispers of the pines,
Every street tells a story,
Every wave, a sign.

The fog rolls in softly,
Like a blanket of dreams,
As the column stands watch,
As boats glide through streams.

The clatter of the trolley
On the old steel tracks,
Brings the rhythm of history
Never looking back.

The river flows gently,
reflecting the skies,
With the spirit of the pioneers,
their hopes never die.
From the port's hustle to the artists' delight,
Every corner is painted with the colors of light.

I toast to the memories,
the laughter and tears,
To the friends that we cherish
through the passing years.

With a song in our hearts
and the stars shining bright,
We'll gather together in the soft moonlight.

Oh, Astoria, where the sunsets glow,
With the salty breeze and the tales of old.
From the hills to the harbor, Where the fishermen roam,
Astoria, sweet Astoria,
you're forever my home.

In the embrace of the mountains,
Where the rivers flow free,
Astoria, dear Astoria,
You'll always be with me.

A room by any other name would still have coffee

By Daymon Edwards

Community Room, Coffee Room, Board Room... What's in a name?

Astoria Senior Center has a busy multi-use room known by many names and serving many functions.

It is a board room once a month and a daily community room where members can read newspapers and magazines while sipping coffee or tea, accompanied by a small buffet of snacks for nosing.

Politics, religion and hot-button topics are forbidden so that a pleasant atmosphere is maintained for all.

Two refrigerators are stocked with chilled food bank items available to take home, and the bread table always offers a delightful selection of bread.

An ongoing jigsaw puzzle waits patiently to be completed, while complimentary haircuts are available on Fridays.

Right: A group enjoys chatting and perusing the periodicals in the Community Room.

Below: Bulletin boards, a TV, refrigerators, and a coffee bar line the west wall.

Photos by Daymon Edwards



Volunteer of the month

Filing tax returns is fun for Astoria Senior Center member

By Daymon Edwards

The tax man cometh, but Earle Cottingham, at 75, is here to help you file your taxes.

Earle is an ASC member who donates his time to the Volunteer Income Tax Assistance program (VITA).

Earle was born in Niles, Calif., and eventually arrived in Vancouver, Wash., where he and his wife, Christine Eagon, lived for 45 years. As Vancouver expanded, Earle and Christine decided to move to a smaller, quieter locale, settling in at Rockaway Beach.

Finding Rockaway too small and remote after 2 years, they looked for the perfect Goldilocks city -- not too small, not too big, just right. Christine, an accomplished artist, came to Astoria to exhibit some of her works and the couple fell in love with the city, its great views, and a thriving arts community. They relocated here in 2020.

Decades before arriving in Astoria, Earle was a computer programmer for CenturyTel, working in the payroll department. For fun, he filed his own tax returns. Finding this endeavor rewarding, he started filing his family's tax returns. When he ran out of family members, he started filing for friends. When he ran out of family and friends, he joined VITA and became IRS-certified. He was as happy as could be with stacks of tax returns to file.

One fortuitous Sunday, Earle was at Astoria's Sunday Market when he decided to walk over to Blue Scorcher Bakery & Cafe and just happened to walk by Consejo Hispano -- Hispanic Council - and noticed a small sign in the window: VITA Volunteers Needed.



Earle Cottingham

VITA

What: An IRS-certified program offering help completing and filing tax returns.

Cost: Free

Where: Consejo Hispano, 565 12th St., 503-325-4547.

Appointments: Call or visit the hostess desk, 503-325-3231.

He volunteered on the spot.

Now Earle is a VITA assistant with Alejandro Maravilla and Janet Miltenberger at Consejo Hispano's new building at 12th and Exchange streets.

If you'd like Earle to do your taxes, or need more information on this free service, make an appointment through the hostesses at ASC.

Earle's hobbies are simple. He likes keeping his house neat and tidy, programming home automations, washing dishes at ASC three days a week, and his VITA work. He also helps with PC Tech issues.

What he likes best about ASC: the free table, food bank, fresh produce, lectures, the camaraderie, meeting new people, and being able to help members with their tax filings.

ASC is blessed to have Earle as a member and volunteer.

Bits & Pieces

A job well done

Congratulations to ASC member Betty Binion, who celebrated her 90th birthday at the end of February.

She chose her birthday as the occasion to mark her official retirement from her volunteer work in the gift shop at Columbia Memorial Hospital.

The hospital celebrated her, provided cookies for the occasion, and honored her with a post and pictures on Facebook.



CMH photo
Betty Binion with Erik Thorsen, CMH chief executive officer, and Nicole Williams, chief operating officer.

Can you hear me now?

ASC board member Rochelle Stramiello spoke recently with her neighbor, who had attended a Silver Screen event. The monthly movies at Liberty Theatre are free for ASC members.

"She told me that she was disappointed that she could not hear the movie, even with hearing aids," Rochelle said. "I asked if she had asked for the listening devices that are available, and she was unaware there were such things."

The listening devices are loaned to those who need them at no charge, said Joe Ficken, front-of-house manager for Liberty Theatre.

The theater has been very generous to the senior center, Rochelle said.

Framed and fancy

ASC is updating its signage and is seeking donations of 8-by-10 and 5-by-7 frames, any style or design, but they should be in good condition.

Our printer-generated signs will be transformed into hand-written calligraphy by two of our members.

Frames from baroque to modern are all welcome.

Drop the frames off at the ASC hostess desk.

Displaying some change

The lobby's display cases soon will get a revamp.

Some of the items in the cases have been there for years and, in some cases, since the Exchange Street center opened. There are a few items on display whose owners are unknown.

One of the members has proposed clearing out the display cases so members' artwork can be displayed on a rotating basis. Board members liked the idea.

So, if you own any of the items in the cases, claim them by April 30. That's when they'll be removed from the shelves. Who knows what will become of them after that!

Ombudsman on duty

Clarke Powers was unanimously appointed ombudsman for the senior center during the March 19 board of directors meeting.

Powers, 81, is a member of the board's Bylaws Committee. He spent 26 years in the U.S. Air Force in logistics, supply, contracts, finance, and flight-line maintenance. He worked as a resource manager prior to retiring.

While in the military, he served as a mitigator for chambers of commerce in Albuquerque and Fort Worth.

As the center's ombudsman, he would be an intermediary/arbitrator for disputes that might arise between center members or board members.

New food policy

Those who work with food at Astoria Senior Center are being required to get a state of Oregon certified food handler card.

The requirement extends to those who prepare meals, cut and serve birthday cakes, bring in goodies to share, and wash and handle the center's dishware.

The state requires every person involved in public food handling and preparation to be certified.

Certification involves taking a 30-minute online course on food safety,

answering at least 75 percent of the test questions correctly, and paying a \$10 fee. Certificates are valid for three years.

The center has agreed to cover the cost for those volunteers who are required to be certified. A record of certificates will be kept at the center.

Email woes

If you're not receiving email from Astoria Senior Center, let somebody know.

Co-Director Dean Deonier is a whiz at solving those kinds of problems on a case-by-case basis.

You can reach him by calling 503-325-3231 or stop by the hostess desk in the lobby.

Membership has its advantages

Have you forgotten – or neglected – to pay your dues?

All members who haven't paid their dues have been dropped from the membership rolls. That means being excluded from trips, activities, the computer room, even the card and board games.

Participation in classes and activities requires membership, President Julie Weber told those attending the March membership meeting.

Dues are just \$20. Stop by the hostess desk to pay. If you're unsure about your status, call 503-325-3231.

Got a scoop?

Have you got a good idea for a story? How about writing it up for the newsletter? The Scoop is always looking for good writers.

Want to write but have no idea what to write about? Newsletter Editor Cindy Yingst will be happy to assign something to you. Contact her, or Daymon, or Brenda if you'd like to participate – their contact information can be found on page 2.

What lies beneath

The ASC Board of Directors has appointed Daymon Edwards to serve as chair of the Basement Exploratory Committee.

The committee will look into the feasibility of expanding the center into the basement.

A dinner, a dance, and a chance to masquerade

Senior Center member Clydene Paul is an energetic woman who is almost single-handedly developing a dinner/dance program at Astoria Moose Lodge.

About once a month, Clydene organizes a dinner at the Moose -- an affectionate term used by locals.

The cost is usually \$12 to \$16 per person. The menus vary from month to month, but her eye for detail never falters.

Clydene purchases the decorations, spends an afternoon decorating not just the table for her guests, but the whole dining room. Invitations are taken and confirmed.

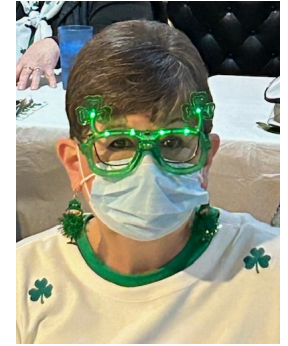
The County Lounge Lizards provide the music, playing for tips only, for attendees' listening and dancing enjoyment.

The next dinner is planned for 5 p.m. April 11. Easter is the theme.



Left: Attendees at the March dinner dance show their spirit.

Below: Clydene Paul in her St. Patrick's Day-inspired attire.



If you go

Who: Women of the Moose Chapter 442

What: Dinner dances

Where: Astoria Moose Lodge 408, 402 17th St.

Info: 503-325-4263

American Bandstand appearance a life's memory for member

By Daymon Edwards

ABC's American Bandstand was a TV institution from 1952 to 2002, attracting America's youth to the TV studios in Philadelphia and Los Angeles, as well as to their TV screens after school.

Teenyboppers would stand in line outside WFIL-TV's studios, waiting to be picked to watch and dance to Billboard's Top 40 music.

During its run, a wide range of musical acts appeared on the show, generally lip-syncing to one of their latest singles.

Artists performed for a studio audience while the original recordings played for viewers at home.

One spring day in 1963, just before American Bandstand moved to Los Angeles, four 16-year-old girls — in plaid skirts, cardigan sweaters, bobbysocks, and black-and-white saddle shoes — decided this would be the day to try to get on the show.

Bobbi Stapleton, now 81, and three of her girlfriends ran to The Elevated after school and took the long trip from Northeast Philly to the end of the line in South Philly. They left The Elevated and rushed to the WFIL-TV studio, only to be stunned, shocked, and mostly disappointed to see a long line snaking down the sidewalk.

They were ready to give up when the show's director started walking down the line. The girls along the line shrieked, and the boys posed. He walked to the end of the line and picked Bobbi and her three friends. Those not chosen shot them envious glances as they walked the line to the studio door.

Once inside, the girls were shown to the back bleachers and saw Bob & Justin, Kenny & Arleen, and Pat Molatari --



Bobbi Stapleton today and as a young nurse

the regular dancers — seated up front.

The girls were a-twitter with excitement to see the star dancers just feet away.

Soon, all the "guest dancers" were seated, and it was time for host Dick Clark to appear. Bobbi and the girls were dumbfounded when they saw his face covered in pumpkin-colored pancake makeup! The program was filmed in black and white, and Dick Clark's clownish skin came across as a natural tone on TV.

Then came the roll call, when Dick Clark asked each of the

dancers their name, age, and hometown, sometimes with a few extra questions. Clark noticed Bobbi's unique necklace and asked her about it. The 16-year-old stumbled but explained it was fraternity keys on a chain that her brother's girlfriend had given her.

Just when the girls thought the day couldn't get any better, the guest singer was Bobby Darin, performing "If A Man Answers." More screaming and almost swooning erupted as Darin sang his No. 32 hit on the Billboard Top 100.

The quartet of friends danced in the background, too shy to be in front of the cameras. Bobbi, at 5'10", was a standout. One of her friends asked one of the best regular dancers to dance with her. Then, as now, it was socially acceptable for girls to dance together.

After two hours, the show ended, and it was time to go home. The four girls floated to The Elevated and were in such high spirits that they hardly remembered the long trip back to Northeast Philly.

Their notoriety at school lasted about two weeks, but to the four girls, it lingers in their memory to this day.

Bobbi went on to nursing school, graduated, became a nurse, and eventually moved to Astoria in 1978.

Trip reservations: 503-325-3231

Trips



Mill End Store, Milwaukee

9 a.m. April 2, \$10

A 108-year-old family-owned store, Mill End has one-of-a-kind fabrics and sewing notions in its 50,000-square-foot showroom. There are fabrics and trims from around the world. The trip includes a stop at In-N-Out Burger.

MARCH 20-APRIL 18, 2026



Coaster Theater, Cannon Beach

1 p.m. April 12, \$37 for tickets and bus fee

We'll attend a matinee of "Drinking Habits," a play by Clatsop County residents Tom Smith and Mick Alderman. It's a farce about nuns who make wine and involves mistaken identities, accusations and romance. Our seats are in the center front of the theater. There's also a chance to check out the Cannon Beach shops before the play.

Meet ASC's new board secretary

Eve Stover is Astoria Senior Center's new board secretary.

She was appointed by a unanimous vote of the board in early March after the elected secretary, Lisa Lee Iacuzzi, resigned.

Eve, 70, moved from Southern California to Astoria in 2021. She joined the senior center because "I realized I needed to get involved in something up here to survive," she said. She started by playing Mahjong, then moved on to the center's book library, which she keeps organized.

"I worked in a library while putting myself through nursing school," she explained.

Eve spent 21 years as an ER nurse and worked for Providence health systems in California before retiring. She's licensed in both California and Oregon.

"For a brief moment, I thought about

going back to work at the hospital in Seaside," she said. "I loved that job."

Eve has experience serving as secretary for another board – the River Point Homeowners Association.

What's something few people know about her? She's a member of the Gillis Beach Bodysurfing Association in Manhattan Beach, Calif., the oldest bodysurfing club in the United States. The group puts on an international surf festival every year.



Eve Stover

Christmas Village up for grabs



It is never too soon to plan your Christmas decorations and ASC is raffling off a Christmas village.

Raffle tickets are 25 cents per ticket or five for a \$1 and can be purchased from one of the hostesses, correct change please.

The raffle runs from April 1 to April 15. Money raised will go toward ASC's free Christmas Luncheon.

April birthdays

"To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living." ~ Herman Melville

Monthly birthday party

Join us at noon Friday, April 30, to celebrate the birthdays of members born this month. There's cake involved! Did we miss your birthday or spell your name wrong? Please let us know at asc@dblcly.net or 503-791-3972. Or call the center director at 503-325-3231.

Sharon Albers
Fred Alfonso
Rebecca Bakker
Cindy Bennett
Gene Bennett
Nancy Bensen
Eleanor Bowers-Weber
Donna Calahan
Tom Chamlee
Sue Cody
Kim Combs
Earle Cottingham
Carol Epling
Jan Faber

Mark Fick
Roxanne Fick
Sean Fitzpatrick
Matthew Galaher
Melanie Gladics
Bruce Hansen
Elizabeth Hayes
Henry Hoffman
Judith Honl
Jean Hooge
Teresa Jefferson
Joy Johnson
Wayne Keippela
Maria Lambert
Cyndy Lee

Bonnie Lively
Jane Lowe
Ray Lowe
Fred Lundin
Dick Magathan
Betty Malakowsky
James Matzen
Lynn McConnell
Megan McFeely
Wong
Rodney Merrill
Sara Meyer
Stig Meyer
Julie Michel
Lori Nyte

Jen Oderkirk
Ted Osborn
Susan Rector
Brian Scott
Peggy Slette
Doug Smith
Tom Spaan
Celia Tippet
Julie Weber
Carol Webster
David White
Debra White
Ethel White
Jean Williams

This month in history

1803, April 30 – The Louisiana Purchase is signed, with the nation receiving a huge swath of land from France. President Thomas Jefferson calls for a Corps of Discovery to explore the new land. His personal secretary, Meriwether Lewis, is chosen to lead. Lewis selects William Clark as co-leader. The mission is to establish trade with and sovereignty over the native Indians, lay claim to the Northwest, and find a travel route to the Pacific Ocean.

1811, April 14 – The Tonquin, dispatched by fur-trade tycoon John Jacob Astor, arrives at the mouth of the Columbia River. The group sets up a trading post at what is now the northwest corner of 15th and Exchange streets, becoming the oldest permanent North American settlement west of the Rocky Mountains and giving the future city its name.



1849 – President James Polk commissions Col. John Adair to build the first U.S. customs house west of the Rockies. When no

land was available downtown, he built it off Marine Drive, below present-day Astor School. The customs house burned to the ground in 1852 and was quickly reconstructed. The historic structure was last used in 1873 when the operation moved to the new U.S. Post Office at Seventh and Commercial streets. The existing building is a 1991 reconstruction of the 1852 customs house.

1886 – The Flavel Mansion is constructed at 714 Exchange St. by Capt. George Flavel, a



Columbia River bar pilot and real estate mogul and one of Astoria's first millionaires. The 11,600-square-foot Queen Anne-style house was built as

his retirement home. The octagon-shaped tower gave the captain a view of Astoria and the river. It was donated by Flavel's heirs to the county in 1936 and placed on National Register of Historic Places in 1951.

1890, April 16 – Astoria gets street lights – 23 of them – and tonight they're lit for the first time.

1929, April 10 -- School authorities are taking measures to prevent smallpox from becoming an epidemic in the city and, to that end, have halted inter-school activities until the danger is over. All of the cases had been confined to the west end of the city. Now 12 or 15 pupils at Capt. Robert Gray School have developed smallpox as has one at Astor School

1956, April – Fort Stevens State Park opens. The 3,800-acre camping park, acquired largely from Clatsop County, includes the Battery Russell fort, Coffenburg Lake and the Iredale shipwreck.

Community Activities

Knit/crochet group making blankets for patients, 4 p.m. Wednesdays, CMH-OHSU Cancer Center Classroom, 1905 Exchange St.

Adult Carving Club, 9-noon Thursdays, Barbey Maritime Center's woodworking shop, 2042 Marine Dr. Bring your own tools and materials.

No registration required, but workstations limited to 12 and open on a first-come first-served basis. Free.

Veterans Breakfast with the county's Veterans Services officer, 8 a.m. April 2, Lum's Auto Center, 1605 S.E. Ensign Lane, Oregon. Free.

Interfaith Prayer Walk, organized by Peace First Lutheran, 3:30 p.m. April 3, corner of 12th and Duane streets.

Frequent stops to pray for the city and community. Info: 503-325-6252.

Cinderella, presented by Encore Dance Studio, 6:30 p.m. April 3, Liberty Theater. Free, but donations encouraged at the door.

Seaside Jazz & Blues, 7:30-9:30 p.m. April 3 and noon-9:30 p.m. April 4, Seaside Convention Center. Tickets \$25-\$55. Info: 503-997-4902.

Astoria Library Friends Association bookshop grand opening and used book sale, 10:30 a.m. to 2:30 p.m. April 4, Astoria Public Library.

Sam Johnson Woodworking Shop open house, 1:30-3:30 p.m. April 4 and 11, Barbey Maritime Center, 2042 Marine Drive. Free, museum admission not required.

Silver Screen (and Hair!) Film Series featuring "Citizen Kane," 2 p.m. April 7, Liberty Theatre. Free to ASC members who reserve a seat by calling 325-3231, otherwise \$5 at the door.

Feel the Fur Trade lecture as part of America's 250th birthday, 11 a.m. April 7, Ford Room at Columbia River Maritime Museum. Free with museum admission.

"The Columbia Coast" local episode screening, 7 p.m. April 7, Columbian Theater, 1102 Marine Dr. \$3.

North Coast Comedy Night, featuring four Australian stand-up comedians, 8

p.m. April 11, Liberty Theatre. May contain strong language and adult themes. Tickets \$10 at door.

And the Award Goes To ..., music from the movies presented by the North Coast Symphonic Band, 1:30 p.m. April 12, Liberty Theatre. \$15 in advance at libertyastoria.showare.com.

Regatta History Talk, a historical look at one of the region's oldest festivals, 7 p.m. April 16, Lovell Showroom at Fort George Brewery, 1483 Duane St. Free.

Alice in Wonderland, presented by Astoria Conservatory, 6:30 p.m. April 16 and 17, Liberty Theatre, \$10 at the door.

Razor Clam & Shellfish Festival, 10 a.m.-4 p.m. April 17 and 18, Veteran's Field, 111 Third St., Long Beach, Wash. Free.

Saltwater Seminar with expert speakers, raffles and fishing talk and gear, 8:30 a.m.-3 p.m. April 18, Englund Marine, 95 Hamburg Ave. Free.

Liberty Theatre's 101st Birthday Bash featuring the 1920s-style Ne Plus Jass Orchestra, 7 p.m. April 18 in the theater's McTavish Room. \$40 online at libertyastoria.showare.com.

Dental Van Services for those without insurance, 8 a.m. to 4:30 p.m. April 20, Clatsop Community Action, 364 Ninth St. Walk-in only. Free.

Astoria Warrenton Crab, Seafood & Wine Festival, various hours April 24-26, Clatsop County Fairgrounds. Tickets \$15 Sunday, \$25 Friday or Saturday.

Chehalem Valley Vaudeville, with juggling, magic, music and comedy, 7 p.m. April 25, Center for the Performing Arts, 588 16th St. Tickets \$10. Info: 503-338-9132.

"The Bump," a comic adventure concert by Columbia River Symphony, 3 p.m. April 26, Liberty Theatre. Free.

Lightship Columbia's 75th anniversary celebration and lecture, noon April 28, Ford Room of Columbia River Maritime Museum. Lecture included with paid admission.

Religion, politics, and peace for all

Anyone with a diverse range of relatives knows you don't bring up politics or religion at the Thanksgiving celebration -- not if you want to end the day as one big happy family.

Well, the senior center is that kind of place, too.

Discussion of either topic is pretty much off limits. It's even in the center's bylaws.

Some members have questioned whether volunteers should be allowed to wear name badges that include the name of a religious group. What about members wearing political hats or shirts?

"As long as they don't discuss their religion or views, they can wear them," President Julie Weber said at the March 19 membership meeting.

Why are classes in Buddhist philosophy allowed? The classes are run by ENCORE, are educational, and members have a choice to attend or not, she added.

To reiterate the center's policy: What you wear is your business, but no proselytizing allowed.

Earth Week BottleDrop opportunity

BottleDrop, Oregon's bottle and can recycling program, celebrates Earth Day/Week by hosting its sixth annual Earth Week Give campaign.

The company will provide a 20% match for all deposited bottles and cans.

Now is the time to start collecting bottles and cans. Bring them to ASC, where Dave will store them and deliver them to the BottleDrop April 15-26.

Ask businesses, friends and neighbors for refundable bottles/cans for this great opportunity. Our bottle/can money supports our free-to-ASC-members Christmas Luncheon.

Last year, we collected more than \$4,000; let's see what we can do this year!



April 4

Back to the Future

(1985), 1:56

*Clock strikes, time unwinds,
Teen lost in his parents' past,
Future's fate in hands.*



April 11

Now You See Me

(2013), 1:15

*Magicians unite,
Heist hidden in grand illusions,
Truth vanishes fast.*

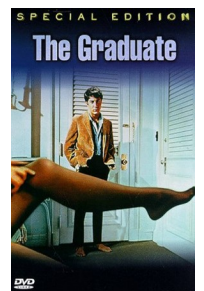


April 18

The Graduate

(1967), 1:45

*Young man lost, unsure,
Future veiled in doubt and
dreams
Affair ignites flame
With older woman's bold charm.
Choices bind his restless heart.*



April 25

The Martian

(2015) 2:31

*Stranded on red soil,
A botanist fights to survive.
Hope blooms in harsh dust.*



~Synopses by Daymon Edwards



Chowder time

Reserve the date!

Noon Monday, May 4

Mo's Seafood and Chowder, Astoria,
will host a FREE Clam Chowder Luncheon.

Mo's Astoria provides two sponsored luncheons per year,
spring and fall, at no cost to the senior center.

**Reservations are a must,
with only 60 seats available in the Sorenson Room.**

Make your reservations with ASC hostesses, first come, first served.

The menu:

A bowl of Mo's Clam Chowder
Mo's fresh-baked bread with butter
ASC's coleslaw and desserts

If you would like to volunteer, contact Daymon
at daymonconsult@yahoo.com for further information.
Mo's Astoria is also a sponsor of our monthly meeting raffle.

Your good deeds can contribute to your good health

By Anita Lambert

Each month, we explore new ways to live longer, healthier, and happier. This time, I want to spotlight something that boosts every part of your well-being, from your body to your mind, and even your spirit. Best of all, it helps others too. You can even do it right here at the senior center!

Yep, we're talking about *volunteering*, the ultimate feel-good habit. It's basically a three-for-one deal: it's great for your health, your happiness, and your community. When people come together to lend a hand, something magical happens. There is connection, laughter, and a shared sense of purpose.

Humans are social creatures; we are wired to connect. Yet loneliness is at epidemic levels right now and it takes a real toll on both mind and body.

Volunteering helps us fight back by building real friendships and solid support systems that keep us healthier and happier for the long haul. Connectedness is an important factor that contributes to longevity and continued independent living.

And that's just the start. Studies show that volunteers, especially folks over 65, experience less anxiety and depression, along with higher self-esteem and a stronger sense of pride and empowerment. Working together with others doing something that is important to you lifts everyone up!

Even your heart gets in on the action. According to the Mayo Clinic, volunteering helps release dopamine, that "feel good" brain chemical that induces a sense of relaxation and reduced stress. Less stress lowers your risk of heart disease, stroke, depression and general illness, which is no small thing. There are also physical and mental perks.

Some volunteer gigs increase your physical activity. Whether it's cleaning a room, sorting donations, or planting trees and flowers, you're moving! Other activities keep your mind active, such as writing for the newsletter, teaching a class, or helping with office tasks.

Staying engaged physically *and* mentally helps maintain vitality, independence, and even helps protect

against dementia as we age.

Wondering how much time you need to get the benefits? Research says as little as two hours a week can make a measurable difference. That's it! No need to overhaul your whole schedule, just sprinkle in a couple of hours doing something that matters to you and enjoy the benefits.

Don't be surprised if you get the "volunteer bug" though. It really does feel fantastic to give something of yourself to something you care about.

Not sure where to start? Ask right here at Astoria Senior Center to see what opportunities are available.

Outside the senior center, you can check out local nonprofits, schools, or places of worship. You can knit hats for newborns or spend time with animals stuck at a shelter. Pick something close to your heart and jump in.

A few hours of your time not only benefits the community and helps brighten someone else's day, but those hours will add to your overall well-being.

Anita Lambert is a registered nurse.

Scams: Protecting oneself keeps getting tougher

Continued from Page 1

° Tech Support Scams. You're told: there's a virus on your device and offered expensive or harmful "solutions."

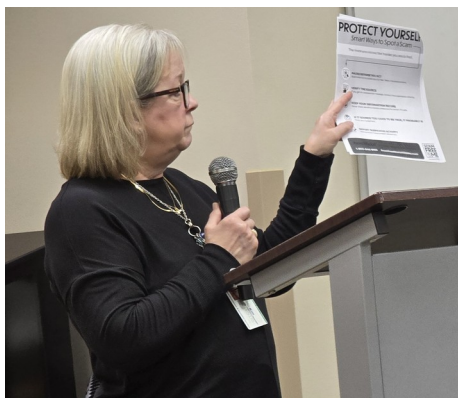
° Bank and Financial Scams. Scammers impersonate bank employees to gain access to your personal financial data.

° Text Message Scams. "Wrong number" texts or fake package delivery messages often include malicious links. Don't trust any contact you didn't initiate.

"Stop and think before you act," Combs said.

Don't be pressured into taking immediate action. A police or court officer who calls and asks for your credit card to pay a fine is almost assuredly a thief. The bank employee who calls to ask about a suspicious charge on your account could be seeking access to financial information.

Independently verify suspicious claims. Don't call the number they've given you. Don't click a computer link they've provided. Look up the phone number yourself and call back the bank, the police station, or the company from which the person claims they're calling.



Combs shows materials on scams that are available from NWSDS.

Banks all have fraud departments these days, Combs said, so feel free to visit your bank in person to get more information.

Some additional tips from Combs and Scam-Free:

° If it sounds too good to be true, it probably is.

° "If you don't recognize the phone number, don't answer," she said. "If it's important enough, they'll leave a

To learn more
ScamFreeStartsWithMe.com

To report a scam
Call 800-846-9165

message."

° Unexpected package deliveries may come with a card urging you to scan a QR code or click a link to find out who sent it. Don't do it.

° Don't click any links in emails, texts, or Facebook posts that you weren't expecting, especially if from a person you don't know.

° Be cautious if asked for your Medicare or Social Security number for "free" services and look for services you didn't receive on your Medicare Summary Notice (MSN) or provider bills. Watch for double billing or services not ordered by your doctor.

° Alert your bank immediately if you've shared financial information in a suspected scam. The bank can secure your accounts.

ENCORE classes focus on tribes, travel, and disasters

ENCORE has several new classes that have just begun or are about to begin at the senior center.

ENCORE -- Exploring New Concepts of Retirement Education -- is a member-run organization for those 50 and older. Senior center members are welcome to show up to any of the classes without registering. Each person can attend two classes as a guest before becoming an ENCORE member.

Memberships are \$50 for unlimited classes throughout the year. For more information or to sign up, call 503-338-2566 or visit encorelearn.net.

Here are the current classes:

History of Native Tribes and European Settlers, 11 a.m. Mondays March 30-June 8. The 11-week course is led by



Erhardt Gross and chronicles the major encounters Indigenous people had with settlers and Europeans and how their locations, customs and freedoms were impacted.

Travel Snapshots, Noon Mondays March 30-June 1. Snapshots is a 10-week class run by ENCORE members who will share their travel experiences through discussions, photos and PowerPoint presentations. Places featured: Japan, Guatemala, South Dakota's mammoth dinosaur site, Mayan temples, and Antarctica.

Earthquakes and Tsunamis, 2-4 p.m. Mondays March 30-May 4. Instructor Karen Elder leads this seven-week class in survival and preparation designed to teach students what to do before, during and after a major disaster. Communication availability, such as amateur radio operations, is included.

Writing Exchange (short course), 9:45-11:45 a.m., various dates April 1 through June 9. The 11-week class is held online via Zoom. It is designed to awaken the writer within. Participants can share their memoirs, short stories, poems, or a chapter from a novel. Feedback is designed to be constructive and kind. To join the group, contact instructor Eric Anderson at ericcander@aol.com or 503-325-3131.

Arc of Chinese Philosophy (Part III), 10 a.m. to noon April 3-June 5. Instructor Seth Tichenor will help you delve into medieval Chinese philosophy and beyond during the 11-week class. Topics include political, cultural, and philosophical issues, including reflections on how Chinese philosophy engages with the rest of the world.

Local health and support groups

Better Breathers Club for those coping with COPD, asthma and other respiratory issues, 1:30 p.m. on the second Thursday of the month, Providence Seaside Hospital. Register at 800-562-8964.

Brain Tumor Support Group offered by Providence Seaside Hospital via Zoom 10 a.m. Tuesdays. For details or to register, contact neurooncsg@providence.org.

Caregiver Support Group, 1:30-3 p.m. on the third Tuesday of each month, Northwest Senior and Disability Services, 2002 S.E. Chokeberry Ave., Warrenton. A second group is offered online via Zoom at 1 p.m. on the first Wednesday of the month. For information or to register, call 866-206-4799.

Chronic Illness Support Group, 3 p.m. April 2, CMH-OHSU Cancer Collaborative Classroom, 1905 Exchange St. Info: Charlotte at 503-338-4087.

Dementia Support Group, 6-7 p.m. April 23, Trustwell Living at Astor Place, 999 Klaskanine Ave. Info: 503-

325-6970. A second group is held from 1-2 p.m. on the third Wednesday of the month via Zoom. The register, call 866-206-4799.

Grief Support Group, 2:30-4 p.m. April 16, Park Medical Building Suite 203 (enter at west end). Details: Jeanette Johnson, 503-338-6230.

Living Well with Chronic Conditions, a six-week program for those with debilitating conditions, held weekly via zoom in English or Spanish. Call the Oregon Wellness Network for more information, 833-673-9355.

Parkinson's Support Group, 1 p.m. April 13, Peace First Lutheran Church, 725 33rd St. Info and registration at 503-440-1985. A second group is held online from 10-11:30 a.m. on the second Tuesday of each month. Registration and details: theresa.harczo@providence.org.

Women Heart Disease Support Group, 6:30 p.m. April 15, 2nd floor Coho Conference Room, Duncan Law Center, 2121 Marine Drive. Info: 503-338-8435.

Other classes of interest

AARP Safe Driving course, 9 a.m.-4 p.m. April 7, Columbia Hall Room 219, Clatsop Community College. Cost is \$20 for AARP members, \$25 for nonmembers. Pay at first class. Bring a sack lunch. Register or get more info at 503-338-2550.

Total Joint Replacement Class, 11 a.m. April 1 and 17, Conference Room A, CMH. Register at 503-338-4075.

Elder Abuse by the Oregon Older Adult Behavioral Health Initiative. Free training session, 11:45 a.m. to 1:15 p.m. April 8 via Zoom. Register at <https://zoom.us/join/zoom/register/xK9Vo16tQUmJyl7qkC8nDg#/registration>.

Older Adults and Alcohol by the Oregon Older Adult Behavioral Health Initiative, noon to 1 p.m. April 6 via Zoom. Free. Register at <https://zoom.us/join/zoom/register/zlbvnb5qse0fipn35fsvw#/registration>.



Top left: Co-Executive Director Dean Deonier with Mary Gale as "Miss Gabby."

Top right: River Dragon Mahjong players celebrate at their annual luncheon.

Left: Joann Wiltrakis, the River Dragon's statistics manager, was honored at the group's luncheon.

Right: Rebecca Kraft cuts Peter Ferrero's hair in the Community Room. She gives free haircuts to ASC members on Fridays by appointment.

Bottom left: Missy Johnson lets members know what's for dinner ... or lunch.

Bottom right: Judy Osterholme receives a certificate of appreciation from Co-Executive Director Mark Acuna at the membership meeting. Every Monday for years she has brought a freshly baked treat to the center to share. Judy is always willing to lend a hand and has a warm welcoming smile for everyone.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8 am Genealogy PR 9 Exercise CR 9:45 Yoga CR 11 Men's Mtg CR 11:30 Hot Lunch 1 Mahjong SR 1 Beg Line Dance 2:30 Adv Line Dance CR	2 9 am Tai Chi CR 9 am Trip to Mill End 9:30 Live Tai Chi CR 11:15 Bridge Club CR 11 Line Dance SR 1:15 Card Games SR 6-8 Jam Session	3 9 Exercise CR 10 ENCORE philosophy class CR 11:30 Hot Lunch 12:30 Adv Line Dance CR 1 pm Bingo	4 11:30 Movie Noon-3 Board games
6 9 am Exercise CR 9:45 Yoga CR 11 ENCORE Native Tribes class CR 11:30 Hot Lunch Noon ENCORE Snapshots class CR 1 Mahjong 2 ENCORE disaster prep class CR	7 9 am Tai Chi CR 9:30 Live Tai Chi CR 10 Women's Mtg 11 Bridge Club CR 11 Line Dance SR 1:30 Bunco SR	8 8 am Genealogy PR 9 Exercise CR 9:45 Yoga CR 11 Senior Tech CR 11:30 Hot Lunch 1 Mahjong SR 1 Beg Line Dance 2:30 Adv Line Dance CR	9 9 am Tai Chi CR 9:30 Live Tai Chi CR 11:15 Bridge Club CR 11 Line Dance SR 1:15 Card Games SR 6-8 Jam Session	10 9 Exercise CR 9 Card-making SR 10 ENCORE philosophy class CR 11:30 Hot Lunch 12:30 Adv Line Dance CR 1 pm Bingo SR 2 ENCORE AI for All class SR	11 11:30 Movie Noon-3 Board games
13 9 am Exercise CR 9:45 Yoga CR 11 ENCORE Native Tribes class CR 11:30 Hot Lunch Noon ENCORE Snapshots class CR 1 Mahjong 2 ENCORE disaster prep class CR	14 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Line Dance SR 1:30 Bunco SR	15 8 am Genealogy PR 9 Exercise CR 9:45 Yoga CR 11:30 Hot Lunch 1 Mahjong SR 1 Beg Line Dance 2:30 Adv Line Dance CR	16 8:30 Board Mtg 10 Membership Mtg 11:15 Bridge Club CR 11 Line Dance SR 1:15 Card Games SR 6-8 Jam Session	17 9 Exercise CR 10 ENCORE philosophy class CR 11:30 Hot Lunch 12:30 Adv Line Dance CR 1 pm Bingo SR 2 ENCORE AI for All class SR	18 11:30 Movie Noon-3 Board games
20 9 am Exercise CR 9:45 Yoga CR 11 ENCORE Native Tribes class CR 11:30 Hot Lunch Noon ENCORE Snapshots class CR 1 Mahjong 2 ENCORE disaster prep class CR	21 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Line Dance SR 1:30 Bunco SR	22 8 am Genealogy PR 9 Exercise CR 9:45 Yoga CR 11:30 Hot Lunch 1 Mahjong SR 1 Beg Line Dance 2:30 Adv Line Dance CR	23 9 am Tai Chi CR 9:30 Live Tai Chi CR 11:15 Bridge Club CR 11 Line Dance SR 1:15 Card Games SR 6-8 Jam Session	24 9 Exercise CR 9 Card-making SR 10 ENCORE philosophy class CR 11:30 Hot Lunch 12:30 Adv Line Dance CR 1 pm Bingo SR 2 pm Senior Tech Class CR	25 11:30 Movie Noon-3 Board games
27 9 am Exercise CR 9:45 Yoga CR 11 ENCORE Native Tribes class CR 11:30 Hot Lunch Noon ENCORE Snapshots class CR 1 Mahjong	28 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Line Dance SR 1:30 Bunco SR	29 8 am Genealogy PR 9 Exercise CR 9:45 Yoga CR 11:30 Hot Lunch 1 Mahjong SR 1 Beg Line Dance 2:30 Adv Line Dance CR	30 9 am Tai Chi CR 9:30 Live Tai Chi CR 11:15 Bridge Club CR 11 Line Dance SR 1:15 Card Games SR 6-8 Jam Session		FL – Front Lobby SR – Sorenson Room CR – Classroom PR – Pool Room