

## Senior Assistance Now Available in Vernonia

Oregon Project Independence (OPI), a state run program to assist senior citizens stay in their homes and helps them with daily needs, now has a local case manager.

Karen Miller, with Community Action Team, is the local case manager for OPI. According to Miller services that are available through the program include; chore services, shop-

ping assistance, meal preparation and respite for caregivers. "Other services may be available based on need," says Miller.

Miller is available to help seniors apply for the program and arrange for services.

You can call Karen Miller at 503-429-0273 for more information or to schedule an in-home assessment.

## The Flamingos Are Coming!

Has the rain got you down? You can put a smile on someone's face by having them wake up and find a flock of flamingos in their yard.

Boy Scout Troop 201 will be doing their annual fundraiser for camp by spreading some color across town.

If you are interested in having a flock of flamingos land somewhere (maybe for a birthday, anniversary, get well or simply just because) please contact Jon Steward at 503-819-2656

with the complete address of where you would like them to be placed (within the city limits). A donation to pass the flamingos along is much appreciated. Any checks can be made payable to Boy Scout Troop 201.

The fundraiser will start on Sunday 4/18/2010 & the last day for flying will be Sunday, 5/23/10.

This is a fun event & we hope that you might get involved. Thank you in advance.

## County Offers HIV, Hepatitis Testing and H1N1 Vaccinations

Columbia County Public Health is offering confidential HIV Counseling, Testing & Referral and Hepatitis A and B vaccinations by appointment at the clinic at 2370 Gable Road in St. Helens.

Appointments can be made by calling 503-397-4651. Bilingual services are available by special request. Fees are on a sliding scale.

Columbia County Public Health will also be giving free H1N1

vaccinations by appointment April 14, April 21 and April 30 at the clinic, 2370 Gable Road in St. Helens.

The Center for Disease Control and Prevention announced recently that people with diabetes, heart disease, cancer or who are pregnant should be vaccinated. Children under age 10 who received only one dose need to have a second dose to be fully protected.

More information or appointments are available at 503-397-4651.

## Property Tax Reduction Scams

Property Owners in Columbia County and throughout the State of Oregon are receiving a letter from a company called Property Tax Adjusters in Granada Hills, California. The letter states that if you complete and mail the coupon with a fee, they will prepare and submit documentation to the Appeals Board

and act as your agent. This is a scam.

In Oregon, a taxpayer can appeal their value for free to the Board of Property Tax Appeals. Petitions can be filed after tax statements are received until December 31. In addition, if you want your property to be reassessed for the following tax year, you should contact your local assessor's office and request a reassessment. To report a suspected scam, call the Oregon Department of Justice Consumer Hotline at 877-877-9392 or go to the department's website, [www.oregonattorneygeneral.gov](http://www.oregonattorneygeneral.gov).



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## Senior Center Activities

**5-Area Luncheon:** April 26th.

**Connie's Fabulous Breakfasts:** Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:00 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

**Week Day Lunches:** The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$3. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

**Maple Bars available locally!** Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at

9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

**Thrift Store:** Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". Buy locally and support your local Senior Center.

*Drop-offs only during store hours, please.*

**Special Days:** On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

**Membership Dues:** Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

**Questions? Call: (503) 429-3912**

## OSU Extension Service Announces Family Finance Workshop Series

Were you one of the millions of Americans who made it their new year's resolution to get your finances in order? Well, April is financial literacy month, and a great time to start evaluating your family's budget. To help you get started, the Columbia County Extension FCH and 4-H Programs are hosting a **Family Finance Workshop Series**. We invite you to attend all four sessions in April.

- **Wed. April 14<sup>th</sup>, 6:30 to 8:30 PM – Understanding and Protecting your Credit**
- **Wed. April 21<sup>st</sup>, 6:30 to 8:30 PM – Saving for Family Goals**
- **Wed. April 28<sup>th</sup>, 6:30 to 8:30 PM – Investing for Retirement**

All sessions will be held at the OSU Extension Service Office in St. Helens. Guest speakers from the financial services industry will join us for some of the sessions. Cost of the series of classes is \$5.00 per class. Call the extension office today to reserve your spot!

For more information and to sign up, please call or visit the OSU Extension Service office at: 505 N. Columbia River Highway, St. Helens, OR 97051, 503-397-3462.

## Local Watershed Council Seeks Board Members

The Upper Nehalem Watershed Council, a fifteen-year-old non-profit located in Vernonia, Oregon, is seeking new board members. If you are interested in the state of the waters and the lands they touch, this is an excellent opportunity. Representation from all fields is needed and citizens at large are encouraged to apply to fill these crucial roles

**Board Member Responsibilities:** Potential board members must demonstrate willingness and ability to contribute their time and talents. Must understand and be in agreement with the mission of our program. Be a person of vision.

**Expectations of Board Members:** It is expected that each board member attend meetings

and other board functions; is a spokesperson and an advocate for our program; uses their professional skills and expertise in the service of our program; serves as a source of advice and support for our program's Executive Director; becomes informed about our program's financial situation and makes responsible decisions on the organization's behalf.

If you would like to become a UNWC board member: Please attend the next board meeting on April 22<sup>nd</sup> at 7:00 P.M. Submit a short letter of interest including a little bit about you to Maggie Peyton at 825 Bridge St, Suite A, Vernonia, OR 97064 before May 10, 2010. You are welcome to also send an email to [maggie@nehalem.org](mailto:maggie@nehalem.org).

## Cedar Mist Studios



Deborah Steffen is a registered yoga instructor and certified hypnotist serving Vernonia for over 5 years.

Located 5 miles from Vernonia at 20960 Scappoose Vernonia Hwy.

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- Tues & Thurs 9-10AM
- Weds 4:30-5:30PM

503-429-2103

[CedarMistStudios.com](http://CedarMistStudios.com)