

What Do Columbia County Seniors Citizens Need?

Columbia County's Area Agency on Aging (AAA) is developing its county-wide four-year Area Plan. Now is the perfect time to share your ideas, concerns, and observations about the needs of our Seniors who are 60 years old or better and those who care for them. Your opinion counts.

A comprehensive survey will be available beginning April 1st. The survey will ask for feedback about the following topics relating to Seniors:

- Community supports and services
- Health, mental health, and substance abuse services
- Recreation
- Transportation
- Housing
- Preventative health education

A series of Town Hall meetings will be held throughout the county in April and May. Meetings will open up conversations about

the opportunities and challenges Columbia County faces to ensure Senior Citizens have the resources they need. The Columbia County Veterans Services Officer will also be presenting at Town Hall meetings.

You are invited to attend the open meeting that is most convenient for you.

- Rainier: Fri., April 15, 1:00 pm at the Senior Center
- Vernonia: Tues., April 26, 11:00 am at the Library
- Clatskanie: Thurs., May 5, noon at the American Legion
- Scappoose: Mon., May 9, 11:00 am at the Senior Center
- St. Helens: Wed., May 11, 11:00 am at the Senior Center



order for survey feedback to be considered in the development of the 2017-2020 Area Plan, it must be submitted by June 1, 2016.

Community Action Team, Inc. (CAT) is a locally controlled, private, not-for-profit corporation, serving Columbia, Clatsop and Tillamook Counties. Community Action Team's main focus is to mobilize resources and address the needs of the economically disadvantaged. CAT is the designated organization to serve as Columbia County's Area Agency on Aging which has a separate Board of Directors. As a whole, CAT currently serves over 16,000 persons annually.

Beginning the afternoon of April 1st surveys can be picked up at the five area Senior Centers and other locations around Columbia County, or can be filled out online at www.cat-team.org. Look for the link in the green box in the left. In

Bridge Street Bits

By Karen Miller

ST. PATRICK'S DAY is gone for another year. Hope some of you joined in the fun and festivities AND corned beef 'n cabbage and potatoes which I was the first in line for at a local establishment, like, yeah, about 3:00!

Ok, so I passed up noon lunch to indulge early. The plan was to hit up a different place for another corned beef dinner but that idea was nixed by my "I hate corned beef" German descendent hubs. Next year I'll leave him a German hot dog and make the rounds with my Irish lovin' friends! Who's in?!

SENIOR CENTER MEMBERS were treated to an informative presentation by our local fire chief Dean Smith. We appreciate all the fire, rescue, and ambulance do for our town. Any seniors out there, or if any of you have a concern about a senior loved one, contact the VRFDP for questions on your fire safety. They will be glad to answer any and all.

HERE'S A FIRE SAFETY TIP: Use a fire extinguisher instead of a van full of ammunition like a gentleman from Clay County, Missouri did. He drove over his out

of control trash fire to put it out. Too late he remembered, when his tires started burning, along with tank full of gas, what he had in the back of his van... massive fumes and a volley of shots probably didn't get a positive nod from his insurance agent. At any rate, it's easy to get careless. Make sure fire alarms are working as well.

HAVE YOUR HEALTH CARE questions answered on the fourth Thursday of every other month at our local Vernonia Health Clinic. The meetings will be at 10:00 - 11:30 am. Michelle Moore from Columbia Benefits Group will be facilitating and will be presenting new insurance coverage on Retirement Insurances, annuities, Lifetime Benefits, Long Term Care, and much more. Next meeting date: April 28.

SENIORS, don't forget some places offer senior discount days when you shop. I know here in town several restaurants might offer senior plate discounts on their menus, be sure to check. Also, remember our Senior Center Thrift Store, Bargains on Bridge Street, already offers everyday low prices. We thank you for your donations and patronage. Volunteers are

always welcomed.

DONATIONS toward our local Meals on Wheels Program are needed and welcomed. These are donations to QUALIFIED seniors in need of a meal at this time provided by three local restaurants: Subway, Black Iron Grill, and Mariolinos. Stop in and see Wendy on Mondays at the Thrift Shop on Main Street, or mail your donations to Vernonia Senior Center, 939 Bridge Street, Vernonia, OR 97064 Call Wendy as well at (503) 405-0187. Your questions will be gladly answered.

SENIOR SIGN OFF: Remember our Columbia County Commissioners declared the year 2016 to be the "Year of Wellness for Columbia County." We seniors may not make the books like Yuichiro Miura who at one time made history as the oldest climber of Mt. Everest... at the age of 70, and again later at 75, but even just a little movement helps. If you are capable, get on the move with a friend... browse our local shops, stop and chat.

Call me with any senior news... (503) 429-0273.

See ya' around town.

Vernonia Senior Center • 939 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God

Sunday School: 9:45 AM
Morning Worship: 11:00 AM
Sunday Evening Prayer: 6:00 PM
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373

Church of Jesus Christ of Latter Day Saints

Sunday Schedule:
Sacrament Meeting: 10:00 AM
Sunday School & Primary: 11:20 AM
Relief Society, Priesthood and Young Women: 12:10 PM
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

The Crossing

Southern Baptist Church of Vernonia
Wednesday, 7:00 PM
Troy Pound, Pastor
Cabin in Vernonia
901 Park Drive
503-819-8921

Grace Family Fellowship

Sunday School: 9:00 AM
Worship Service: 10:30 AM
Thursday Prayer: 6:00 PM
Greg "Mac" McCallum, Pastor
957 State Avenue
503-429-6790
www.GraceFamilyFellowship.org
Nehalem Valley Bible Church
Sunday School: 9:45 AM
Worship Service: 10:45 AM
Tues. Ladies Bible Study: 9:30 AM

Wednesday Service: 7:00 PM

Sat. Men's Prayer Meeting: 6:30 AM
Gary Taylor, Pastor
Grant & North Streets
503-429-5378

Open Door Gathering Place

Service: Sunday 6:00 PM
Grant Williams, Pastor
375 North Street

St. Mary's Catholic Church

Wednesday Religious Education: 3:15-4:30 PM
Sunday Mass: 12:00 PM
Rev. Luan Tran, Administrator
960 Missouri Avenue
503-429-8841

Vernonia Christian Church

Sunday School: 9:45 AM
Worship Service in Youth &

Family Center: 11:00 AM

www.VernoniaChristianChurch.org
Sam Hough, Pastor
410 North Street
503-429-6522

Vernonia Foursquare Church

Sunday Worship Service: 10:30 AM
Children's Sunday School
Carl Pense, Pastor
850 Madison Avenue
503-429-1103

Vernonia Seventh-day Adventist Church

Sabbath (Saturday) Services
Sabbath School: 9:30 AM
Worship Service: 11:00 AM
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Ave. and Nehalem St.
503-429-8301