

How to Show Mom that You Love and Appreciate Her

Chicken Soup for the Soul gives you 101 ways to thank your mother, stepmother, and grandmother and support the Boys & Girls Clubs of America at the same time

Mothers achieve the impossible, finding the time to raise their children, run their households, work, volunteer, and care for spouses, pets and elderly parents. You don't really understand how hard it is until you become a mother yourself. And what do moms need? Not much, other than a little appreciation and some reassurance that all their hard work is making a difference.

Chicken Soup for the Soul: For Mom, with Love will have mothers, stepmothers, grandmothers, and mothers-in-law laughing, crying, and nodding their heads in recognition as they read these 101 stories of love and appreciation. Chicken Soup for the Soul's editors selected their favorite stories for moms from the company's classic books for inclusion in this special collection.

This new edition in the "Chicken

Soup" series includes a previously published poem by Vernonia resident Kala Cota. Cota's poem "Rewind" closes this edition of the book.

"It's wonderful to be included in a book about moms and for moms!" said Cota. "My mom has been such an inspiration in my life and the lives of others."

What could be better? 101 entertaining stories and the book sales support a great cause, too! Chicken Soup for the Soul is donating the royalties from the book to the Boys & Girls Clubs of America (www.bgca.org).

"It is especially gratifying that the funds raised from the purchase of this book will benefit the Boys and Girls Clubs of America," said Cota. "My mom would love that, as do I!"


Boys & Girls Clubs are an integral part of many communities, providing a safe place for kids to learn and grow during critical out-of-school time, and to have ongoing relationships with caring, adult professionals. Great futures start at the Clubs where kids learn skills like how to succeed academically,

how to prepare for college or careers, how to live a healthier lifestyle and how to become good citizens in their community. There are over 4,000 Clubs in communities across the nation and on military bases worldwide.

Our moms love us unconditionally and we love them back, in all 101 stories in this inspiring collection. You can't go wrong with this new bestseller from Chicken Soup for the Soul.

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Bridge Street Bits

By Karen Miller

HERE WE ARE already into the month of May, the fifth month of the year and one of seven months with the length of 31 days. Late May typically marks the start of the summer vacation season in the United States and Canada, and ends on Labor Day, first Monday of September. You May senior birthdays are blessed with the beautiful green emerald which symbolizes love and success. A few May observances of interest: Better Hearing and Speech Month, National Bike Month, National Brain Tumor Awareness Month, National Burger Month, Cystic Fibrosis Awareness Month, National Electrical Safety Month, Hepatitis Awareness Month, Mental Health Awareness Month, National Military Appreciation Month, National Mobility Awareness Month, and Older Americans Month.

THE OLDER AMERICANS ACT, (OAA) originally enacted in 1965, supports a range of home and community based services, such as Meals-On-Wheels and other nutrition programs, in-home services, transportation, legal services,

elder abuse prevention, and caregivers support. These programs help seniors stay as independent as possible in their homes and communities. In addition, OAA services help seniors avoid hospitalization and nursing home care, and as a result, save federal and state funds that otherwise would be spent on such care.

Although older individuals may receive services under many other federal programs, today the OAA is considered to be the major vehicle for the organization and delivery of social and nutrition services to this group AND their caregivers. Last year saw the 50th celebration of the Older Americans Act. Also 2015 was important and symbolic for aging programs and services, as the nation celebrated the 80th anniversary of Social Security, and the 50th anniversaries of Medicare and Medicaid.

PLEASE CALL Community Action Team's HEATHER JOHNSON who is in her Vernonia Office several times each month at the Learning Center, for any senior concerns for yourself or loved ones. (503) 366-6542.

SOME OF US are meeting at the lake for fun, low impact exercises on Tuesdays and Thursdays. Here are a few reasons to join the group: Exercise improves eating habits, increases longevity, strengthens your bones, strengthens your heart, and improves cholesterol levels, along with improving balance and coordination!

THANKS for your patronage and donations to Bargains on Bridge Street Thrift Store. Come in and see Manager Pam for any upcoming special sales.

CALL ME for any senior tips: (503) 429-0273.

SENIOR SIGN OFF:
 On aging: As we age, some of us are beginning to notice things finally clicking into place: Our knees, our elbows, our necks. We know we are getting past our prime, when after visiting a fair, we realize we are in agony and all we rode was the massage chair. Come on down Tuesdays and Thursdays at the Mill Pond, 9:00 am. Let's limber up together! 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