

## Bridge Street Bits

**By Karen Miller**

Remember to stay hydrated as hotter weather is upon us this summer season. Don't wait until you feel thirsty, drink plenty during the day.

CAREGIVERS, here is some news for you from the latest AARP publication: AARP Oregon is hosting events throughout the state this summer to listen to the needs of the unpaid family caregiver who shoulder the stress of caring for adult loved ones at home. Community conversations in 12 cities will help the state office establish policy priorities regarding respite for caregivers. Meetings are scheduled in Albany, Rosebug, Lincoln City, Eugene, Medford, Salem, Bend, Burns, Pendleton, Beaverton-June 21, Portland-June 28, and Astoria-June 29. Go online at [aarp.org/](http://aarp.org/) or for information on times and locations.

AS A MATTER OF INTEREST for you seniors who want to get out and about: The Scappoose

Senior Center has a bus and Director Julie said to send her some day trip suggestions and yes, we can join in. Call me with any ideas you might have or if you are interested in hitching a ride over. Karen at (503) 429-0273. I will put you on my senior travel list.

THANK YOU for your donations to the Vernonia Senior Center to help offset costs for Meals on Wheels and senior meals in the community restaurants. Please come in and see Wendy on Mondays at our office at the Bargains on Bridge Street building if you are interested in learning more about what we offer in our meals programs. Wendy's number is (503) 467-1635

SCAPPOOSE Senior Center is having a Gardenfest and Craftfest August 20<sup>th</sup>... Fresh produce picked from their local gardens—plants—etc. Inside, craft surprises. Maybe a few cars from here could go over.

MARK YOUR CALENDARS for July 20-24 for the Columbia County Fair and Rodeo. Claudia Oblack is Vernonia My Fair Lady court representative. Every year a bus is sent over for a free ride for seniors on Senior Citizen Day. This year it's Wednesday, July 20. A sign up sheet will become available at the Bargains on Bridge Street store.

DIABETES HEALTH GUIDE booklets are available at Heather Johnson's office at the Learning Center. Call her for any seniors needs and concerns. (503) 366-6542. She will be glad to assist you.

COLUMBIA COUNTY LEGAL AID services are just a phone call away at (503) 397-1628. St. Helens.

SENIOR SIGN OFF: Said the salty gentleman on his 100<sup>th</sup> birthday: "If I had known I was going to live this long, I would have taken better care of myself."

Remember, drink your water!  
See ya' around town.

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

## HELP WANTED

### 9-1-1 COMMUNICATIONS SPECIALIST

Columbia 9-1-1 Communications District (C911CD) is conducting a hiring process for full-time Communications Specialists. Log on to [www.columbia911.com](http://www.columbia911.com) and click on 'Careers'. For any questions call 503-366-6976.

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