

## In Memory of...

**Tina L. McClure-Hardee**



Tina L. McClure-Hardee, 49, a resident of the Vernonia community, died Tuesday evening, June 7, 2016 at her home.

A Potluck Celebration of Life Service will be held on Saturday, July 16, 2016 at 2:00 pm at the home of Tia Leutwyler and Brandon Lokken, 60621 Flack Road in Vernonia. Private Cremation Rites will be held at the Hoyt Crematory in Forest Grove

Tina Lee McClure-

Hardee was born on June 2, 1967 in Hillsboro, Oregon the daughter of Larry Melvin McClure and Pamela Jean (Bloom) Caswell. She was raised and received her education in the Hillsboro community.

She was united in marriage to Troy Hardee in Craig, Colorado. Following their marriage, they made their home in the community of Vernonia where she has resided since. They later divorced. Tina worked as a stick puller for Pacific Fibre.

Among her special interests Tina enjoyed spending time with her beloved horse, her sister, her two dogs Rudy and Roxy, but what Tina cherished most in this world was her granddaughter Mia Lee.

She was a loving mother, daughter, sister, grandmother and friend.

Survivors include her children and their spouses, Tia

Leutwyler and Brandon Lokken of Vernonia, and Kodiack Stone of Vernonia; her brother and sister-in-law, James and Kelly Mevey of Cornelius, Oregon; her brother, Shad McClure of Hillsboro, Oregon; her mother and step-father, Pamela and Leslie Caswell of Vernonia, and her father and step-mother, Larry and Patricia McClure of Nehalem, Oregon.

Also surviving are her two grandchildren, Mia Lee Potter and Jagger Larry Lokken; her grandparents, Ruby and Harry Mearthy of Newberg, Oregon; her step-brother and sister, Danny Crawford and Lisa Crawford, and many nieces and nephews.

To sign the online guestbook or to send the family condolences visit [www.fuitenrosehoyt.com](http://www.fuitenrosehoyt.com). Fuiten, Rose & Hoyt Funeral Home in Vernonia is in charge of the arrangements. 503-429-6611

## Columbia Pacific CCO

*continued from front page*

- A panel coordinator program, to help ensure that medical clinics are providing patients with the services they need to be healthy.
- Free SafeLink cellular phones and phone service for OHP members, allowing them to access their health care providers easily and get text messages designed to encourage healthy behaviors.

In 2016, the CCO will focus increased efforts on improving drug and alcohol

screening and treatment. It also will focus on improving blood pressure and diabetic blood sugar control. And, the CCO will increase awareness of preventive services, and encourage members to seek care from health care and dental providers to help OHP members be as healthy as possible.

For more information about Columbia Pacific CCO, contact Jeanie Lunsford, [lunsfordj@careoregon.org](mailto:lunsfordj@careoregon.org) or (503) 416-3626.

## HELP WANTED

Cedar Ridge is currently hiring kitchen staff for evenings and weekends. We are looking for self-motivated cooks who have a current food handlers card and preferably one year of food service experience. Candidates must show strong organizational skills, a positive attitude, ability to multitask, attention to detail and solid work ethic. Must be able to work cleanly, efficiently, and with careful attention to preparation. If interested, visit [www.visitedarridge.com](http://www.visitedarridge.com) or email [ryan@visitedarridge.com](mailto:ryan@visitedarridge.com).

## Bridge Street Bits

By Karen Miller

I THINK IT'S FAIR TO SAY, mark your calendars for the Columbia County Fair July 20<sup>th</sup> to 24<sup>th</sup> at the St. Helens Fairgrounds. CC Rider will once again be sending out a bus for free rides to the fair for Senior Day on Wednesday, July 20. There will be a sign-up sheet at our Bargains on Bridge Street Thrift Store. Please leave your name AND phone number. The bus will pick up seniors at the Food Bank Building/Legion Hall over by Anderson Park. You may drive and park your car in the parking lot there and hop on the bus. 10:00 am departure time. Call me for any information (503) 429-0273.

COME OUT AND SUPPORT our Vernonia My Fair Lady Princess representative Claudia Oblack at the Columbia County Fair on Wednesday, July 20, which is Senior Day. It's always lots of fun. Bring your lunch or buy on site.

AARP SAFE DRIVING CLASSES ARE OFFERED at the Scappoose Senior Center. Call Julie and ask her when the next available class is being

held. (503) 543-2047

FOR MEDICARE QUESTIONS call Michelle Moore, with Columbia City Benefits Group LLC. Office phone is (503) 987-1809. She has a new office for easy access right on Hwy 30 in St. Helens, 58527 Firway Lane. Stop in to see her. I have had Michelle come to our former senior center many times in the past. She will be delighted to help you with your health care concerns.

GIVE OF YOURSELF! VOLUNTEERS NEEDED and wanted at our thrift store on Bridge Street Vernonia. Come in and talk to Manager Pam if interested.

FIVE TIPS FOR TIMING YOUR MEALS FOR BETTER HEALTH: 1) For more energy, have a protein-packed breakfast. 2) To refuel after a workout try a carb-protein combo. 3) For weight loss, load up at lunchtime. 4) For an afternoon brain boost, load up on nuts. 5) For better sleep, fill up on fiber.

HEALTHY BRAIN, HAPPY LIFE. Your happiness

may be linked to your brain health says a new AARP survey. Brain-healthy behaviors also seem to boost happiness. Those who said they manage stress, seek a purpose in life, and volunteer were most likely to have a life-satisfaction score that was above average.

SENIOR PICNIC AT ANDERSON PARK coming up August 19<sup>th</sup>. Mark your calendars for that date. Bring desserts, salads, and side dishes. It's always a fun day of catching up. Hope you plan to attend!

MORE FOOD INFO: Summer lunch program is now on at the Grace Family Fellowship Church on State Avenue. Free meals for kids, but did you know for a modest few dollars you seniors can also join in.

SENIOR SIGN OFF: Hey, did you hear about the new diet that includes tranquilizers? You don't lose much weight, but you really don't care. Sign me up.

See ya' around town.

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



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To sign the online guest book or to send a condolence to the family go to [www.fuitenrosehoyt.com](http://www.fuitenrosehoyt.com)