

VHS Football All-League

Josh Rice	All League Second Team Receiver
	All League Second Team Linebacker
Gavin Everett	All League Second Team Defensive Line
Jake Patton	All League Second Team Defensive Back
James Watson	All League Second Team Offensive Line



Vernonia Senior Meals *continued from page 6*

for seniors who are able to physically access these restaurants. The same three cafés created special menus which meet the senior nutritional guidelines. Any senior may order meals from these menus for \$6 per meal that includes a basic beverage. Menus have breakfast, lunch or dinner options.

If seniors need financial help, VSC created a meal voucher program to assist them. By registering at the VSC office on the first or second Monday of each month, between the hours of 10 am to noon, a limited number of meal voucher certificates are issued. Currently there are ten meal certificates per pack that may be used at a rate of one per day during each month.

Many seniors have very little money, barely meeting their basic living expenses (housing, utilities, groceries etc.). VSC created this voucher program to help meet the nutritional needs for our Vernonia seniors who find themselves with too tight of a budget to eat properly. Although it is a temporary program, it has functioned very well

for about six months in our community.

It is a misconception that senior meals are fully paid through any government agencies. Currently, all sources of reimbursement show \$3.11 per meal. An average meal costs a little more than \$6 per meal, with mileage reimbursement and minor office expenses. Financial records show the VSC organization is carrying a loss of \$3.24 per meal. VSC serves an average of 269 meals per month. That translates to a net loss of \$871 per month or an annual loss over \$10,000. To further add to the problem, the new year is expected to contain a decreased amount of per meal reimbursement.

The VSC Board is asking for help to maintain this vital service for our low income Vernonia senior citizens. Donors are asked to become a part of a new fund raising program--- **SOS (Support Our Seniors)**. Any tax deductible amount will be gladly received but here are some suggestions:

- \$60/month (sponsors one meal certificate packet of ten vouchers, for one

senior citizen for one month) or \$120/month (sponsors two meal packs for two senior citizens)

- \$15/year senior membership (available to those 60 years old and above) supports the VSC organization which administers the program (General Fund support)

The VSC Board earnestly hopes many SOS Champions will come forth to help our senior citizens. On page six of this publication is a cut out form to assist donors if you so desire. Donors will be honored monthly through the Bridge Street Bits column, listing names if permission has been granted, but not amounts. Board member and Chairman of the VSC Nutritional Committee, Sandy Welch, states, "I believe many people are unaware of this valuable program and this service. It's a true need in our community. Ongoing monthly supporters would greatly assist our meal budget but any amount helps! Please become an SOS Champion!"

Bridge Street Bits

By Karen Miller

THANKSGIVING Day, celebrated on the fourth Thursday of the month of November, is a day to give thanks for one's blessings. We, the Senior Center Board would like to express some ways we are thankful for the operation of the Vernonia Senior Center and those making things happen.

WE ARE:

THANKFUL for our current talented board members who faithfully meet once a month to discuss and make decisions for the betterment of the future of the Vernonia Senior Center.

THANKFUL that there IS an end in site for the completion of our new building. We will be updating this information as it becomes available. Come join as a member and be a part of an exciting future.

THANKFUL for our current

members of the Senior Center. We are always looking for new members. Only \$15 for the year. Send your donations to the address below. We do have an end of the month potluck for members the last Wednesday of the month, November 30. Come listen to a special speaker at 11:30 am.

THANKFUL we can use the American Legion Hall for meetings and playing card games every Friday. Come join and play your hand, that group would welcome additional players!

THANKFUL for our Bargains on Bridge Street thrift store that is an important part of our income. They are always looking for new volunteers. Step in and talk to store manager Pam.

THANKFUL for social media where we can post photos of items

for sale. Thank you Ilene Grady for heading that up. Watch for those on our Facebook page and Community Bulletin Board.

THANKFUL for the Meals on Wheels Program that helps to bring needed nutrition to those seniors in need, and thankful for our meals on wheels organizers and drivers.

THANKFUL for three local businesses who take part in supplying the meals: Subway, Mariolino's and Black Iron Grill.

THANKFUL we were able to reestablish foot care for our community seniors. Call the Vernonia Health Center to make your appointment (503) 429-0622.

THANKFUL Community Action Team provides services for seniors here in Vernonia at the Learning Center. For senior concerns call Heather at (503) 366-6542. For

Veterans Services call Russ Clark (503) 366-6580.

THANKFUL for this newspaper, the Voice, that gives us space to share Senior happenings, thank you Scott. Be watching elsewhere in this paper for information on who we are, what we do, and how you can be a part of our programs, especially be an SOS member, Support our Seniors. There is room for you, please join us!

SENIOR SIGN OFF: If you can't be thankful for what you have received, be thankful for what you have escaped.

Next Board Meeting is our ANNUAL MEETING. Friday, December 9 at 10:00 am at the American Legion Hall. ALL are welcomed with your input.

See ya' around town...j

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

Church Directory

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
503-819-892

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

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
503-702-3553

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