

Bridge Street Bits

Seniors received an update at its September board meeting from Josette Mitchell, City Administrator, on the ROSE AVENUE PROJECT, the new building that will house the Senior Center and Vernonia Cares thanks to a federal Community Development Block Grant (CDBG). The environmental study required by the federal CDBG rules had just been completed and was in the mandatory two-week public review phase. Presuming no objections are raised, requests for contractor bids should be going out soon. We appreciated a visit from Congresswoman Suzanne Bonamici who asked for an update on the project and how she could help. See the September 7 Voice article on that meeting.

BARGAINS ON BRIDGE STREET store hours continue on the new schedule, Tuesday – Saturday, 10-3, closed Sundays and Mondays. **VOLUNTEERS** are always needed to keep this vital program going; please let Pam, our Thrift Store Manager, know if you are willing to help out occasionally – or regularly! **DONATIONS** are also welcome; we have an informational flyer on acceptable items or call if you have questions, (503) 429-3912. Please bring donations inside during regular business hours. The thrift store welcomes you as a

shopper, too. All donations and purchases support senior services in Vernonia. Be sure to watch for special SALE signs in front of the store.

A good time was had by all at the SENIOR CENTER ANNUAL PICNIC on August 18th. Members of the former “Golden Oldies” band entertained the crowd with lively music from days gone by. Stars of the show were our centenarian drummer, Eleanor Thompson, and yodeler, Necia DeWitt.

FOOT CARE: For the next few months, please make your FOOT CARE appointments directly with our provider, Joyce Jossi, RN. Her telephone number is (503) 753-7745. Please leave a detailed message as she is often with other clients and unable to answer immediately. The next foot care dates continue on the last Wednesdays of the month, September 27 and October 25, unless otherwise notified by the provider.

SENIOR MEAL CERTIFICATE PROGRAM CONTINUES: In cooperation with three Vernonia restaurants - Black Iron Grill, Mariolino’s and Vernonia Subway - the Senior Center is providing daily home-delivered

meals and issues donation-based certificates for in-house dining from specially designed senior menus for residents 60 and older. You may obtain the certificates first and second Mondays from 10 am to noon from the Senior Center office at 939 Bridge Street. Daily home-delivered meals are available to qualifying persons; contact Community Action Team office on Mondays at (503) 366-6584 for more information or to register.

THE VERNONIA SENIOR CENTER OPERATES IN TWO LOCATIONS: The Senior Center Office and the Thrift Store, “Bargains on Bridge Street,” reside in the former VCLC building at 939 Bridge Street. Board meetings and social activities such as the Friday afternoon card games are held in the American Legion Hall at 627 Adams Avenue.

NEXT SENIOR CENTER BOARD MEETING: is Friday, October 13, 10 am at the American Legion Hall/Cares. All members are invited to attend.

VERNONIA SENIOR CITIZENS, INC.
939 Bridge Street, Vernonia OR 97064
Phone: 503-429-3912
Non-Profit Tax ID #23-7422295

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

Back to School is the Time to Schedule a Flu Vaccine for Your Child

Health officials advise parents to get kids vaccinated, teach them flu prevention, and recognize danger signs

Health officials advise parents in Columbia County to get the flu vaccine for their kids. “Getting your kids vaccinated early in the school year will help protect them throughout the school year no matter when the flu strikes your school,” said Sherrie Ford, Public Health Director. Health officials recommend the flu vaccine for anyone over six months of age. Kids and school staff should stay home if they are sick.

Parents can also help keep their kids healthy this flu season by teaching kids to: wash their hands often or use alcohol rubs when soap isn’t available; stay away from people who are sick; cover their nose and mouth with a tissue or their elbow when they cough or sneeze; and avoid touching their eyes, nose and mouth. Parents and teachers should disinfect surfaces that may have flu germs.

Signs of the flu typically include: fever or feeling feverish, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and feeling very tired. Some people may also

throw up or have diarrhea. This is more common for kids than for adults. Most people can get over the flu in about two weeks, but for some it can be serious – even deadly. It can also lead to other infections, like pneumonia. People most at risk for serious complications include children, pregnant women, and adults over 65, and people with chronic medical conditions or weak immune systems.

Even though most kids get over the flu, parents should be aware of when to seek medical care if their kid does get the flu. Parents should seek medical care right away if their child experiences: fast or difficult breathing, bluish colored skin, or fever with rash. Parents should also seek medical care if their child is irritable and does not want to be held, is not drinking fluids, will not wake up or interact or seems to get better but then has signs of illness return with a fever and worse cough.

Flu can spread anytime. In Oregon, cases usually start increasing in the fall and often peak somewhere between January and March. Parents can find out where to have their child vaccinated by calling their health care provider, calling 211 toll free, or using the Flu Vaccine Finder: <http://flushot.healthmap.org/>.

Grants Applications for Artistic and Cultural Projects Now Available

The Columbia County Cultural Coalition (CCCC) is pleased to announce that grant funding for 2018 is available for projects that advance the culture, art, and heritage of Columbia County. Application forms and guidelines are on the CCCC website www.columbiacultural.org/forms. Applications should be submitted to Kannikar Petersen at kpetersen@akaandesign.com by Saturday, November 18, 2017. Grant awards range from \$500 to \$2,000. Eligible applicants are either 501(c)(3) non-profits, government agencies, or individuals/groups who act through a 501(c)(3) fiscal agent. They are accepting applications now.

The CCCC is made up of volunteers from Clatskanie, Rainier, Scappoose, Vernonia and St. Helens. Their mission is to fund projects and activities in the arts, local heritage and the humanities. The priorities of the Cultural Plan include protecting existing cultural assets, helping people experience a variety of venues, and increasing access to and participation in cultural events.

The coalition has awarded approximately \$115,000 since 2005 with

funds allocated by the Oregon Cultural Trust (OCT). Established in 2001, the OCT is a public/private partnership that makes annual grants to county and tribal groups. The OCT website, www.cultural-trust.org, contains information about its programs and the matching gift tax credit available to donors.

The CCCC has supported public art and performances, historical restoration, community events, and other projects across Columbia County. 2017 grant projects include the Vernonia Chamber

of Commerce’s “Great American Bash,” painting the exterior of St. Helens Train Depot, purchasing a computer and display case for the Rainier Historical Museum, teaching “Get Rhythm” children’s musical workshops at the Vernonia Public Library and at Vernonia Schools, and puppeteering at the Columbia City Community Library.

Help with finding a non-profit fiscal agent and/or completing the application is available. For any questions, please contact Darrel Whipple at dwhipple@opusnet.com.

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