

Ways to Stay Connected

Listen to the Gardening Spot on KOHI (1600 am) radio: Every Saturday, 8:05 to 8:15 am.

Columbia County Beekeepers Virtual Meeting November 5 at 6 pm, via Zoom video conference. Interactive discussion on what was learned this year, a presentation on winterizing hives and spring preparations, and board officer election. Email for login info: LindaZahl2@gmail.com

Small Farm School Has Gone Online Small Farm School 2020 will deliver sessions as online webinars offered twice weekly. Register: <http://blogs.oregonstate.edu/small-farmschool/registration/>

Lower Nehalem Watershed Council presents "Connecting Oregon

Lampreys with Oregonians" by ODFW Statewide Lamprey Coordinator, Benjamin Clemens, November 12 at 7 pm, via Zoom video conference. This event is FREE and open to the public. Join the meeting online at <https://us02web.zoom.us/j/87548589146>. Clemens says, "Lamprey are a fascinating group of jawless, boneless, fishes that have endured for at least 400 million years! Ten species of lamprey, about 25% of all lamprey species, live in Oregon! Pacific Lamprey were harvested and used by Native Americans for culture, ceremony, medicine, and food." Because there are so many species of lamprey in Oregon waters, they have diverse impacts on and needs in freshwater or marine habitats.

Senior Center Receives Donation, Continues Foot Care

The Vernonia Health Center (VHC) Board, owners of the building on Cougar Street that is occupied by the Vernonia Clinic, recently gave the Vernonia Senior Center a generous donation in the amount of \$1,550 – the exact sum of the rents paid to VHC for the use of an examination room once a month for the past five years for senior foot care. Joyce Jossi, RN, is a specialist in elder and diabetic footcare who serves many senior living centers primarily in Hillsboro and Forest Grove.

Without a home of its own, the Vernonia Senior Center wanted to provide a space for her to perform this valuable service. Erika Paleck, past president of the VHC, worked with the Clinic to set aside an exam room for a nominal monthly fee. Jossi is now offering her services by appointment only at the new Vernonia Senior Center on second and fourth Thursdays. Older persons needing this care may call her at (503) 753-7745.

The Vernonia Seniors are very grateful for this unexpected donation received shortly after its grand opening celebration in September.

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The Mist-Birkenfeld RFPD Board of Directors will meet by teleconference for their regular board meeting Tuesday, November 17, 2020 at 7:00 pm
Public access is available by phone
Call In: U.S. (Toll Free): 1-866-899-4679
Access Code: 644-332-861



AA Meetings
Open Meetings
Mondays & Thursdays 6:30-7:30 pm
Vernonia Christian Church
410 North Street
Or find a meeting at: <https://www.oregonaadistrict18.org/>

Local COVID Case Counts

As Oregon sees a spike in COVID-19 cases we are publishing case numbers provided by Oregon Health Authority for our local communities and counties. Please do your part to stop the spread: physical distancing, wearing a mask, and frequently washing hands.

Zip Code, City	Cases Oct. 7 /per 10,000	Oct. 14 /per 10,000	Oct. 21 /per 10,000	Oct. 28 /per 10,000
97064 Vernonia	12 / 364.2	12 / 346.4	12 / 346.4	12 / 346.4
97016 Clatskanie	32 / 526.1	37 / 608.3	37 / 608.3	37 / 608.3
97048 Rainier	39 / 582.9	49 / 732.3	53 / 792.1	57 / 851.9
97051 St. Helens	68 / 432.4	72 / 451.2	77 / 482.5	82 / 513.9
97056 Scappoose	40 / 347.9	44 / 382.7	51 / 443.6	57 / 495.8
97106 Banks	33 / 725.3	33 / 725.3	33 / 725.3	35 / 769.2
97116 Forest Grove	314 / 1,302.7	335 / 1,389.8	360 / 1,493.5	395 / 1,638.7
County	10/13/20		10/23/20	10/28/20
Columbia	232 / 439.8		253 / 479.6	270 / 511.9
Washington	5,146 / 838.9		5,612 / 914.9	5,885 / 959.4

OHA Releases '21 Capitation Rates

The Oregon Health Authority has finalized the 2021 capitation rates for Coordinated Care Organizations (CCOs). These rates are the per-member-per-month amounts the state pays CCOs to coordinate health care for Oregonians who are members of the Oregon Health Plan (OHP). The rate increase represents a 3.4% rate of growth for 2021.

The OHP is Oregon's Medicaid program. It provides health coverage for low-income Oregonians that include working families, children, pregnant women, single adults, seniors, and more. The Oregon Health Authority (OHA) has contracted with a variety of health entities, known as CCOs, to manage and deliver health care for most of these people eligible for Medicaid. OHA pays CCOs to cover these individuals with capitation rates. Capitation rates are a pre-determined payment that depends on the individual's OHP eligibility status and is paid to CCOs on a monthly basis dependent on enrollment.

"As this public health emergency wears on, we are working to ensure we have the necessary funding to provide quality care

to more than 1.2 million Oregonians," said David Baden, OHA chief financial officer. "Improving care while controlling costs is as important as ever, as more of our neighbors need access to health coverage through the Oregon Health Plan."

The average net payment in 2021 is \$467, which is approximately 3.4% more than the comparable average per-member-per-month payment in 2020.

Due to the passage of HB 2267 in the Legislature's 2019 session, 2020 rates were recalculated this summer and were applied retroactively to January 2020. The recalculation accounts for changes to CCO member enrollment during the transition from 2019 to 2020 contracts, as well as the unexpected increase in the OHP population due to the public health emergency and the limits the federal government put on Medicaid disenrollment.

There are 12 rate categories for CCOs, which take into account the average cost for members in these specific categories. For example, the state pays CCOs more for members who have disabilities than it does for children because members with disabilities generally have higher health care costs. The rates are also based on average provider rate costs in each region.

HOW TO SEND LETTERS TO THE EDITOR

Vernonia's Voice welcomes and requests your thoughts, opinions and ideas. Please include your name, address and phone number, limit your letters to 300 words or less. Vernonia's Voice reserves the right to edit, omit, respond or ask for a response to letters submitted. We will print letters space permitting. Deadline is the first and third Monday of each month. Email: scott@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.

Columbia Humane Society



Purr-fect Pals

Hope is ready to find her new forever home. This little lady is still in the process of getting acclimated to a dog. She is a rough player so she won't do well in a home with young kids. Her adoption fee is \$125 which includes her vaccinations, spay, microchip, and flea and worm treatment. If you are interested in meeting Hope please kindly send an email to animalwelfare@columbiahumane.org and we will be happy to provide you with an application.

All adoptions are done by appointment only and you must have an approved application on file prior to an appointment being scheduled. Please allow 24-72 hours for a reply back once you have submitted an application. We have a very small staff, and they are working their hardest to care for all the animals, and get them adopted. We appreciate your patience.

Featured Dog



Axel

our days to the needs of the animals that are in our care. If you have any questions please email them to animalwelfare@columbiahumane.org and we will get back to you as soon as possible. Axel's adoption fee is a non-negotiable \$250 which includes his neuter, all his vaccines, treatment for fleas and worms, and his microchip.

Axel is about 4 years old and around 70 lbs. He is very sweet and can be a little shy when meeting new people. We were told that he has previously lived with other dogs and does not do well with cats. Due to his size he isn't going to do well with kids under 15 years old. Axel's new home needs to have a fenced yard. If there is going to be another dog in the home she will need to be around the same age or even a little older, a pretty laid back, easy going female that will show him the ropes. Axel can be slow to trust, so a busy home with a lot of people coming and going will not be a great fit. He has a lot of love to give and will be a great addition to the family he chooses. If you are interested in meeting Axel we ask that you please email animalwelfare@columbiahumane.org to obtain an application. Once you have an approved application on file we will then schedule a time for you to come in and meet him. Our kennels are closed to public walk through. We do not offer same day appointments as our staffing is limited and we devote the majority of