

SENIOR SPOTLIGHT



MELODY MICKELSON and HANNA LIONBERGER, 7

‘Gramma’ Melody helps Evergreen students overcome reading gaps

Helping students learn to read is highly pleasing for Melody Mickelsen -- known as “Gramma” Melody at Evergreen Elementary School in Cave Junction.

She turned 87 in September, but has no plans to slow her efforts with second- and third-graders under the Foster Grandparent program. It pays her a small amount, but she doesn’t work for the money.

“It’s very rewarding to help these children,” said “Gramma” Melody. “They do need help, and it would be good if we could get more people into the program to help more children.”

She’s been in the program helping youngsters with their reading nearly four years; the first three in Merlin.

She recalled one boy who told her that he could neither read nor write. “I told him in both cases that he could,” said “Gramma” Mel-

ody. “And he could; he just needed encouragement and support.”

She said that it’s gratifying to assist children that way. And she noted that the boy’s teacher told her that she had done more for his education and advancement than anyone else.

“That is a wonderful feeling,” said “Gramma.”

At Evergreen she works Mondays through Thursdays from 8 a.m. to 2 p.m. She’s well-known on campus, with students often running to her; calling her “Gramma” Melody; and, often as not, giving her a big hug.

She spends most of her time with second-graders, although some third-graders also are involved. She sits with the students individually, spending anywhere from five to 30 minutes with each one, depending on the schedule from teachers, who select those to be aided.

“We can see a big difference in the children who receive this extra help,” said “Gramma.” “It’s so nice.”

“Gramma” Melody said that years ago, when she retired, she would have gone insane if she had followed the recommendation to stop working.

She retired as a credit union loan officer at UCLA; then spent nearly 25 years after “retirement” in credit and collection work.

Originally from Idaho, her family moved to Salt Lake City in 1925, and she moved to Gardena, Calif. 20 years later. She also lived in Torrance, Redondo Beach and Lawndale, coming to Oregon in 1998.

She said that her own three children also received her help with reading when they were growing up.

Regarding her efforts at Evergreen, “Gramma” Melody said, “I love the work.”

Guides aid nursing home decision

Choosing a nursing home can be difficult, but here are some suggestions.

☑Visit a facility on different days at various times.

☑Observe nursing staff levels.

☑Ask staff members about their experience.

☑Quiz administrators about staff-to-resident ratios.

☑Review the most recent state survey for deficiency citations.

☑Ask if care plans are made for each resident and how often they are revised.

For a free copy of AARP’s “Solving Nursing Home Problems: A Guide for Families: (D17065), send a request to AARP Fulfillment, EE01522, 601 E. St. NW, Washington, DC 20049. Include the publication title, stock number and your mailing address.

To locate the phone number of a state or local long-term care ombudsman program, use the U.S. Administration on Aging online Eldercare Locator or phone (800) 677-1116. The National Citizens’ Coalition for Nursing Home Reform has infor-

mation on advocacy groups.

Also, two publications can be ordered on its Website: “Nursing Homes: Getting Good Care There” and

“Where Do I Go From Here?

A Guide for Nursing Home Residents, Families & Friends on Consulting an Attorney.”

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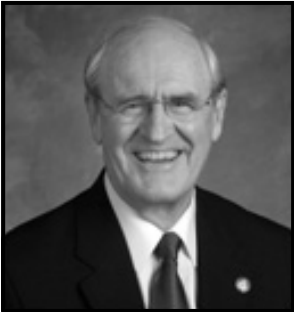
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Maturity is a high price to pay for growing up.

- Tom Stoppard -

Anderson to host Medicare town hall



Gordon Anderson

A special town hall gathering to help people learn more about the new Medicare prescription program will be held Wednesday, Nov. 9 by District 3 State Rep. Gordon Anderson (R-Grants Pass).

The meeting will be held at Rogue Valley Retirement,

1001 N.E. A St. in Grants Pass from 6:30 to 7:30 p.m.

For more information on the town hall meeting, phone (503) 986-1403.

For the latest information on the Medicare prescription plan, phone (800) 633-4227.

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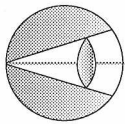
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FRIDAY, OCT. 21
ROAST BEEF W/GRAVY
Whipped Sweet Potatoes
Oregon Bean Medley
Whole Wheat Bread
Tapioca Pudding

MONDAY, OCT. 24
CHICKEN CHOP SUEY
W/ RICE
Capri Blend Veggies
Golden Fruit Cup
Potato Wheat Roll
Almond Cookie

WEDNESDAY, OCT. 26
SPAGHETTI W/
MEAT SAUCE
Green Beans
Romaine Iceberg Salad
Garlic Roll
Pistachio Pudding



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