

COMMUNITY NOTES

SATURDAY

AAUW Holiday Party — Seaside Branch, American Association of University Women, 10 a.m. to noon, Mary Blake Playhouse, 1215 Avenue A, Seaside. The public is welcome. For information, contact Cindy Gould at 503-830-1979.

Christmas Bazaar — 10 a.m. to 4 p.m., Seaside American Legion, 1315 Broadway.

Detachment 1228 Marine Corps League — noon, Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. For information, contact Lou Neubecker at 503-717-0153.

Columbia Northwestern Model Railroad Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

SUNDAY

Christmas Bazaar — 10 a.m. to 2 p.m., Seaside American Legion, 1315 Broadway.

Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested \$5 tip to the instructor.

MONDAY

Scandinavian Workshop — 10 a.m., First Lutheran Church, 725 33rd St. Needlework, hardanger, knitting, crocheting, embroidery and quilting. All are welcome. For information, call 503-325-1364 or 503-325-7960.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. Cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Warrenton Senior Lunch Program — noon, Warrenton Community Center, 170 S.W. Third

St. Suggested donation of \$5 for seniors and \$7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to www.AstoriaRotary.org

Knockers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all ages are welcome.

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call 503-894-0187.

Line Dancing for Seniors — 6 to 7:30 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

Depression and Bipolar Support Alliance — 7 to 9 p.m., Room A, Columbia Memorial Hospital, 2111 Exchange St. Open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Patricia Fessler at 503-325-8930.

TUESDAY

Tobacco Free Coalition of Clatsop County — 9 to 10:30 a.m., Clatsop County Health and Human Services, 820 Exchange St. Anyone interested in tobacco use prevention and education welcome. For information, call Steven Blakesley at 503-325-8500 or Alissa Dorman at 503-325-4321, ext. 5758.

Do Nothing Club — 10 a.m. to noon, 24002 U St., Ocean Park, Wash. Men's group. For information, call Jack McBride at 360-665-2721.

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Astoria Lions Club — noon, Astoria Elks Lodge, 453 11th St. Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

Warrenton Kiwanis Club — noon, Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

Line Dancing for Seniors — 1:30 to 2:30 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

Warrenton Alzheimer's Support Group — 2 to 3:30 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support and information about Alzheimer's disease. For information, call Grace Bruseth 503-738-6412.

A Course in Miracles — The Astoria ACIM study group meets weekly from 3 to 4 p.m. For information and location, call Nelle Moffett at 916-307-9790 or email moffett@cglFellowship.org

Spinning Circle — 3 to 5 p.m., Astoria Fiber Arts Academy, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to <http://astoriafiberarts.com>

Seaside Rebounders Stroke Support Group — 4:30 to 6 p.m., Providence Seaside Hospital Education Center, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

North Coast Chapter, Oregon Equestrian Trails — 5:30 p.m., El Compadre Restaurant, 119 S. Main Ave., Warrenton. Business meeting starts at 7 p.m. All are welcome. For information, call Linda Brim at 503-325-1562 days.

WEDNESDAY

Warrenton Sunrise Rotary Club — 7 a.m., Doogers Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

Help Ending Abusive Relationship Tendencies — 10 to 11:30 a.m., The Harbor, 1361 Duane St. HEART covers subjects related to the effects of domestic violence on children, parents and other family members, dynamics of power and control, and how to recognize red flags. For anyone in an abusive relationship, or who knows someone who is. Call Juli Hol to reserve a spot at 503-325-3426, ext. 103.

Open Sewing Gathering — 10:30 a.m. to 4:30 p.m., Homespun Quilts, 108 10th St. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200.

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Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria

Yacht Club. For information, call 503-325-3231.

Ukulele Players — 1:30 p.m., Warrenton Masonic Lodge, 66 S.W. Fourth St., Warrenton. All are welcome, including beginners. Loaner ukuleles available. For information, call Roger Williams at 503-717-5645.

Warrenton Business Association — 5:30 p.m., commission chambers, Warrenton City Hall, 225 S. Main Ave. For information, call Kristin Talamantez at 503-861-9750.

Fat Quarter Quilters — 5:30 to 8 p.m., Homespun Quilts, 108 10th St. Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

Seaport Masonic Lodge No. 7 — 6:30 p.m. dinner, 7:30 p.m. meeting, 1572 Franklin Ave. All Masons and their guests are welcome.

THURSDAY

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200.

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Clatsop County Genealogical Society — noon to 2 p.m., Lewis and Clark Fire Department, 34571 U.S. Highway 101 Business. All are welcome. For questions, call Carol Wamsher at 503-298-8917 or Sali Diamond at 503-325-1963.

Seaside Rotary Club — noon, Shilo Inn, 20 N. Prom, Seaside. For information, go to <http://seasiderotary.com>

FRIDAY

AAUW Walking Group — 9:30 a.m. Seaside Branch of AAUW weekly low-impact group walk, followed by coffee and fellowship. For information, call 503-738-7751.

Lighthouse for Kids Project — 10 a.m. to 2 p.m., Homespun Quilts, 108 10th St. Making quilts for children going through sexual abuse assessment. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

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Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to www.astoriaarmory.com

OTHER

Gloves and Mittens Needed — The Astoria Warming Center needs a substantial number of large size (so they will fit everyone) men's crocheted or knitted warm gloves and mittens for the coming winter. Some hats are also needed. For information, call Sandy Rea at 503-738-3103.

Elks hold service to remember, honor past members

The Daily Astorian

SEASIDE — Friends, families and members of the community are invited to the Seaside Elks Memorial Service at 4 p.m. Sunday at the lodge, 324 Avenue A. The annual service remembers and honors Elk members who have died. Music is by Richard T. Duo, who will play at 4:30 p.m. Light snacks will be served.

The Seaside Elks Lodge, supporting Holiday Helpers, collected, packaged and delivered 72 food boxes to local families for Thanksgiving. Each box contained food for a full turkey dinner, canned

goods, boxed food, chips, candy and miscellaneous household products.

"We thank all those who donated food, funds or assisted us in this annual project," Jan Jackson, public relations chairwoman for the lodge, said.

The lodge is also collecting new, unwrapped toys in support of the South Jetty annual toy drive. Toys may be dropped off after 9:30 a.m. on Monday, Wednesday or Friday, or any day after 4 p.m.

For information, call 503-738-6651 or email seasideelks@yahoo.com, or stop by for a tour of the lodge.

CareOregon, Columbia Pacific CCO promotes free phone program for members

The Daily Astorian

Free mobile phones are being offered to income-eligible Oregonians on the Oregon Health Plan to help them stay better connected to their medical care providers and community. The phones are being made available as part of a federal program in partnership with SafeLink Wireless and CareOregon and its partner health plans.

Eligible members of CareOregon Advantage, CareOregon, Jackson Care Connect and Columbia Pacific Coordinate Care Organization will be sent an application and letter in the next few weeks.

Having a good, reliable means to communicate with health plans and health care providers helps overcome a significant barrier to health, says Martin Taylor, CareOregon director of public policy and community relations.

A reliable phone connection with patients also pays dividends from the clinician's perspective. "If members choose to share their number with their health providers, it's a lot easier for the clinic to reach people with appointment and care reminders," Dr. Safina Koreishi, medical director for Columbia Pacific CCO, said. "That will improve access and help achieve better care."

The health plans can also use voice and text messages for preventive care and chronic care management outreach, such as the Text4Baby program, which is up and running in Oregon and across the country. Pregnant women and mothers of infants sign up to receive text messages with health care tips and reminders timed to their baby's due date or birthday.

The mobile phones will include 350 minutes of

airtime a month (500 free minutes for each of the first four months). Calls from the SafeLink phone to a special telephone line for the health plan's customer service will not count toward this airtime, nor will text messages or calls to 911 or 411. Menu options on the special phone line include the Oregon Health Plan and 211 info, at no loss of minutes.

There is no direct cost to the health plan for this service. A telecommunications fee levied by the federal government funds the program, which is intended to provide communications links to people who qualify through special federal programs. People who qualify for these programs or for Med-

icaid also meet the income requirements for SafeLink.

There is a limit of one phone per household. Some health plan members already participate through the Oregon Lifeline telephone assistance program and will not receive an invitation from SafeLink. However, they may choose to switch if they prefer this program.

Those members who apply and receive the service must qualify every year. If at that time a member no longer qualifies because their household income has increased, they can keep the phone and buy TracFone Airtime to use it. For information, contact Jeanie Lunsford at 503-416-3626 or lunsfordj@careoregon.org

Providence Seaside offers pain education

The Daily Astorian

SEASIDE — A pain education class, "Understanding pain: With Knowledge Comes Power," is being offered from 5:30 to 7:30 p.m. Thursday in Education Center A (lower level) at Providence Seaside Hospital, 725 S. Wahanna Road.

The class is designed to help

understand how pain works in the body and brain. Those attending will learn about what pain really is, and how much one's own actions and thoughts can improve pain.

There is no charge for the class, but registration is required. To register, go to www.providence.org/classes or call the Resource Line at 800-562-8964.

VOLUNTEER
PICK OF THE WEEK



Rocco

2 year old Husky Blend
-- Cheerful, buoyant spirit,
Crystal blue eyes,
Highly walkable and responsive.
See video
at www.dogsncats.org

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