

Workshop next week will tackle 'Identity Theft in the Workplace'

The Daily Astorian

The Lower Columbia Human Resources Management Association presents "Identity Theft in the Workplace and its Impact on HR," from 11:30 a.m. to 1 p.m. Wednesday in the Lovell Room at the Fort George Brewery, 1483 Duane St.

Rose Barker, a certified risk management consultant, is an expert on identity theft.

During the workshop, she will discuss how this growing crime is affecting businesses and their employees.

Lunch begins at 11:30 a.m. and the program runs from noon to 1 p.m. Anyone with an interest in the topic is welcome to attend. The cost, including lunch, is \$20 for LCHRMA members, \$25 for nonmembers, and \$15 for students. To attend, register online at www.lchrma.org

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Al-Anon (Clatskanie) — 8 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information, Oregon Area Al-Anon website. oregonal-anon.org

Alcoholics Anonymous — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30

to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWOANA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

Overeaters Anonymous Women's Meeting — noon to 1 p.m. Thursday, 1218 Avenue A., Seaside.

TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

TOPS (Warrenton) — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

SENIOR NOTES

Alzheimer's Association Oregon Chapter — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org

Clatsop Behavioral Health After Hours Crisis Line — 503-325-5724.

Clatsop Community Action — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

Columbia Senior Diners — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior Center. Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

Grief Support Group, Seaside — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

National Alliance on Mental Illness — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental illness are available.

Northwest Oregon Housing Authority — 503-861-0119. Rent assistance based on income.

NorthWest Senior and Disability Services — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), www.adrcoregon.org. Information and services for older adults, people with disabilities, their caregivers and families.

Oregon Home Care Commission Registry and Referral System — 877-867-0077, <https://www.or-hcc.org>. Provides lists of home care workers available to hire.

Oregon Law Center — 877-296-4076. Provides free services in civil cases to low income people. Partners with Clatsop Community Action (CCA), Community Action Resource Enterprises Inc. (CARE), and the Bob Chisholm Community Center to provide in-person clinics in Astoria, Tillamook and Seaside each month.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

Senior Center, Astoria — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

Senior Center, Seaside — Bob Chisholm Community and Senior Center, 1225 Avenue A, Seaside, 503-738-7393.

Senior Center, Warrenton — Warrenton Community and Senior Center, 170 S.W. Third St, Warrenton, 503-861-3502 Mondays and Thursdays.

Veteran Benefits — 800-827-1000.

COMMUNITY NOTES

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Mahjong for Experienced Players — 1:15 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Beginner Line Dancing for Seniors — 1:30 to 3 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Seaside Dementia Support Group — 2 to 3:30 p.m., Necanicum Village, 2500 S. Roosevelt Drive, Seaside. For families and/or caregivers of dementia patients. All are welcome. To attend, RSVP at 503-738-0900.

Warrenton Gateway Masonic Lodge No. 175 — 6:30 p.m. dinner, 7:30 p.m. meeting, at 66 S.W. Fourth St., Warrenton.

Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

THURSDAY
Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

North Coast Republican Women — 11:30 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton. For information, call 503-738-8695 or go to <http://tinyurl.com/CCRepublican>

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.

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

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$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., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital, Suite 113 (lower level), 725 S. Wahanna Road. Offered in conjunction with the American Lung Association. Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. No cost, but registration encouraged by calling 800-562-8964.

Angora Hiking Club — 2 p.m. Christmas Party Potluck, 2495 Mill

Pond Lane. For information, call Melanie and John Ryan at 503-791-4123.

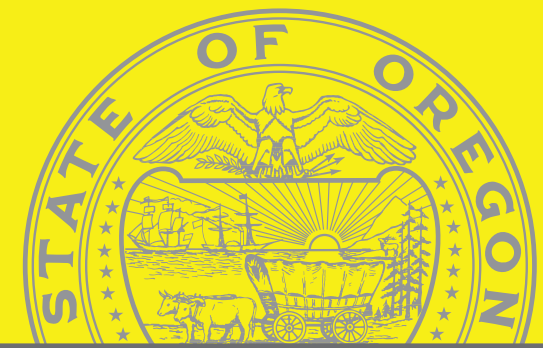
Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to www.astoriaarmory.com

OTHER
Make a Wish Donations — Sears Hometown Store, 1152 Marine Drive, is accepting donations for Make a Wish through Dec. 31. No purchase required; 100 percent of the donations go to Make a Wish.

Quilting Project Needs Fabric — Our Saviour's Lutheran Church in Seaside needs polyester/cotton fabric, 1/2 yard or larger, for a quilting project. A group meets weekly on Thursdays to complete quilts to send within the U.S. and around the world to provide warmth, and often shelter, to those in need. To donate, call Claudia Kulland at 503-738-5895.

Need help getting health insurance by the Dec. 15 deadline?

GET FREE LOCAL HELP!



OREGON HEALTH INSURANCE MARKETPLACE

www.OregonHealthCare.gov | 1-855-268-3767

Linda Dugan
INSURANCE

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