



Becky Shinn, left, helps Carol Boothe with daily tasks in her apartment and running errands around Astoria.

Photos by Edward Stratton/The Daily Astorian

Caregivers provide a lifeline for people at home

Company helps seniors age in place

By EDWARD STRATTON
The Daily Astorian

For nearly 20 years, Carol Boothe has lived with the limitations from past strokes, spinal surgeries, nerve damage, diabetes and other health issues.

She struggles to lift her arms high enough to reach dishes in overhead cupboards. A career cook, she can no longer stand long enough to make many of her favorites, such as holiday cookies.

Boothe has been able to live independently at the Owens-Adair Apartments, in part because of caregivers sent by Caring for the Coast, a private in-home care service that started in Astoria a decade ago and has since expanded around the state.

"I couldn't do it without this girl," Boothe said of Becky Shinn, one of three caregivers who take shifts Wednesdays and Thursdays, helping her with everything from cooking to picking up her medication.

Shinn, one of more than 130 caregivers at Caring for the Coast, was matched with Boothe two years ago after one of her previous helpers married a Coast Guardsman and moved to Alaska.

"She knew my mom from the American Legion — small town, you know," Shinn said of Boothe.

Growing business

Caring for the Coast, previously



Carol Boothe, left, said she is grateful for the support of in-home caregivers like Becky Shinn who help her remain independent.



Mr. Fluff stands watch over owner Carol Boothe, right, and her in-home caregiver Becky Shinn.

located in the Fisher Brothers Building near Buoy Beer Co., recently moved to a more visible location in the Allen Building at the corner of 10th and Commercial streets.

"We've been around a long time, but if you ask around, there's a fair segment of the population that's not aware of us," said Adrian "AJ" Siegmann, owner of Caring for the Coast.

Siegmann had worked in a similar business with his mother in his home state of Indiana. He and his wife grew enamored with the Oregon Coast and moved in 2007, starting Caring for the Coast. It is one of the few local providers of in-home care, along with Clatsop Care Center Health District. Clatsop County's online nursing home is also operated by Clatsop Care Center.

"We want you to have the option of living out your golden years somewhere you're familiar," Siegmann said.

Since opening, Caring for the Coast has grown to cover Clatsop and Tillamook counties and has 138 clients. Several years ago, the company was awarded a contract with the state to provide in-home care services to

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Storm headed toward coast

High winds, large surf and potential flooding

By JACK HEFFERNAN
The Daily Astorian

A powerful storm could bring high winds and surf, heavy rain and potential flooding to the North Coast, weather officials warned.

"The strongest storm so far this season appears likely to impact southwest Washington and northwest Oregon late Monday into Tuesday, bringing heavy rain and gusty winds to the region," the National Weather Service said in a statement.

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Oregon may allow expanded DNA tests on evidence

Another chance to challenge convictions

By AUBREY WIEBER
Oregon Capital Bureau

SALEM — After 18 years in prison, Gerard Richardson walked free in 2013. He had been found wrongfully convicted in New Jersey of murder.

Experts say if an Oregon court found him guilty, he would still be imprisoned.

That's because Richardson's freedom followed testing of DNA evidence after his conviction.

Richardson shared his case with Oregon legislators Friday, joining an effort to modify Oregon's restrictive law governing such testing.

While getting a judge to approve the testing in New Jersey was a long process, in Oregon it would have been next to impossible, according to Michelle Feldman, legislative specialist for the Innocence Project.

Oregon law states if a person convicted of a crime wants subsequent DNA testing of evidence, they must show "that DNA testing of the evidence would, assuming exculpatory results, lead to a finding that the person is actually innocent of the offense for which the person was convicted."

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A Dave of all trades

Fondren takes on odd jobs to support his true passion

By EDWARD STRATTON
The Daily Astorian

Dave Fondren is a man of many trades.

One of the region's younger artisan blacksmiths through his company, Lonely Crow Forge, Fondren, 30, recently started a moving service and is setting up a pressure-washing company to help support himself, his son, Oberon,

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people

and his passion.

Originally from Olympia, Washington, Fondren grew up an Army brat moving around the U.S., from New York and Texas to New Mexico and Alaska. Since his teenage years, he has mostly lived along the lower Columbia River.

Fondren isn't shy about the struggles he and his fam-

ily have gone through with drugs. At 13, he was introduced to methamphetamine by his parents and didn't kick the habit until several years later, after his niece was born, he said. While his father instilled a hardworking spirit, he was never allowed to do anything and often put down by his parents. He said he was buoyed by friends.

"By the time I had the opportunity, I wanted to learn all the things," he said.

Fondren has held several odd jobs since he was

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Edward Stratton/The Daily Astorian

Dave Fondren is a local artisan blacksmith through his company, Lonely Crow Forge.

