

# 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).

**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.

**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** — 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, informa-

tion 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), adrcforegon.org. Information and services for older adults, people with disabilities, their caregivers and families.

**Oregon Care Partners** — 800-930-6851, oregoncarepartners.com. Funded by the state. Provides no-cost in person and online training to family care givers and professionals.

**Oregon Home Care Commission Registry and Referral System** — 877-867-0077, or-hcc.org. Provides lists of home care workers available to hire.

**Oregon Law Center** — For information, call the Hillsboro Regional Office: General Intake Line, 503-640-4115 or 877-296-4076; Family Law Hotline, 503-676-5400, 10 a.m. to noon Monday and Wednesday; Tenant Hotline, 503-755-1300, 10 a.m.

to noon Monday and Wednesday and 4 to 6 p.m. Thursday; and Public Benefits Hotline, 800-520-5292, hours vary, Monday through Thursday.

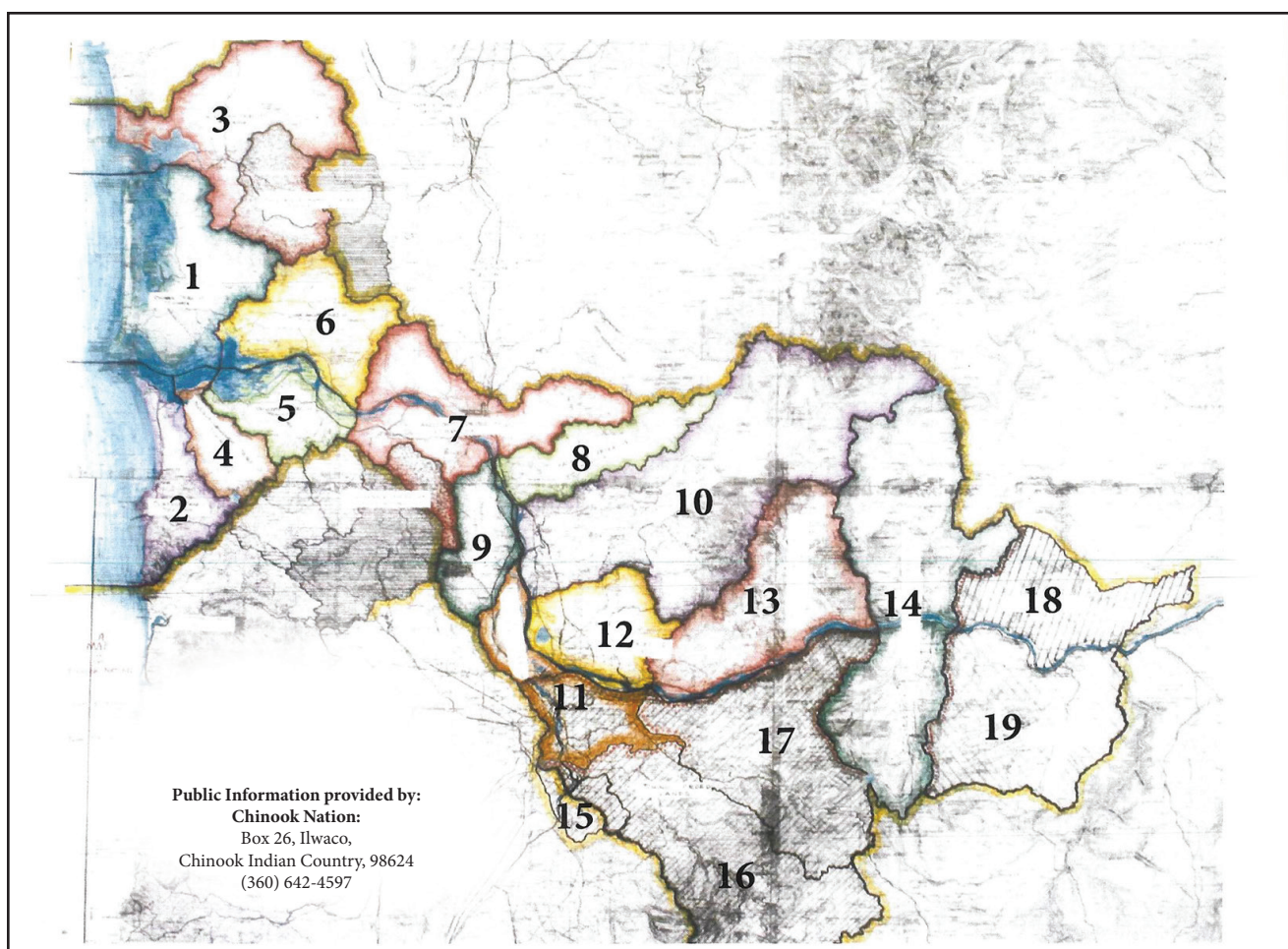
**Partners for Seniors** — 503-717-7174. Serves south Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

**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.

**Senior Peer Mentor Program** — Free assistance to seniors, age 60 and older, who are struggling with mild to moderate depression and anxiety in Clatsop and Tillamook counties. For information, call 503-861-4210.



## TCHINOOK NATION

<b>FREE TRIBES:</b>	
CHINOOK TRIBE	1
CLATSOP TRIBE	2
WILLOPAH TRIBE	3
NUCQUECLUHWENUCK TRIBE	4
KATHLAMETTE TRIBE	5
WAHIAKUM TRIBE	6
SKILLOOT TRIBE	7
KALAMAH TRIBE	8
WAKAMASS TRIBE	9
KATHLAPOUTHL TRIBE	10
MULTNOMAH TRIBE	11
SHOTO TRIBE	12
SHAHALA CASCADE TRIBE	13
CHILLUCKITTEQUAW TRIBE	14

These contiguously connected tribes of the aboriginal Tchinook Nation still hold the original ultimate fee in title to their national estate of aboriginal tribal homelands un-ceded, unsold, and un-forfeited as the spoils of a just war.

<b>TREATY TRIBES:</b>	
CLOWWELLA TRIBE	15
CLACKAMAS TRIBE	16
WAHLALA TRIBE	17
WISHAM TRIBE	18
WASCO TRIBE	19

These tribes have ceded their tribal homelands to the United States and no Tchinook tribal sovereignty has been allowed to continue.

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6-23 CRYPTOQUIP

A J W M Z I X Z S C Y B Y A B W O K  
A E B N Z D E D N J A I D W J  
O D W T C D T Z , I X Z S C Q T Z X D Q I B  
M Y K " C Y Q C J W I X Z M B C Y I ! "

**Yesterday's Cryptoquip:** IF PEOPLE MAKE CHITCHAT ON THE TOPIC OF MOORLAND SHRUBS, I'D SAY THEY TALK ABOUT THE HEATHER.  
Today's Cryptoquip Clue: S equals J

6-24 CRYPTOQUIP

Q P V J O E P J U T O R I K B T K R I A U  
V X O O J , E R I A - V Z U D O W J E O U J  
J Z U J J H E I V H D Q R V V R I A : U  
X Z B - W B I H J .

**Yesterday's Cryptoquip:** SINCE THE JURORS ONLY SPOKE A PAKISTANI LANGUAGE, THE JUDGE HAD TO CRY "URDU IN THE COURT!"  
Today's Cryptoquip Clue: Q equals M

**107 Public Notices**

**SOLICITATION FOR BIDS**  
The City of Astoria's Parks and Recreation Department is seeking bids for electrical work to add lighting along the Astoria Riverwalk. Information and bid packets can be obtained by emailing Jonah Dart-McLean at jdart@astoria.or.us

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**107 Public Notices**

**Oregon Judicial Department Citizen Review Board**  
Oregon's Foster Care Review Board  
**Every Day Counts... in the life of a child in foster care.**  
You can help children and families in your community by volunteering to serve on the CRB.  
For information on becoming a volunteer contact:  
Volunteer Resource Coordinator  
Citizen Review Board  
Ph: (503) 986-5901  
E-mail: crb.volunteer.resources@ojd.state.or.us  
<https://www.courts.oregon.gov/programs/crb/volunteer/Pages/default.aspx>

**651 Help Wanted**

**Bartenders and servers** wanted for AM shifts at **Billy Mac's Seaside Bar & Grill**. Apply today, 220 Avenue U in Seaside.

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