

The music goes 'round and 'round...



Music by The Golden Oldies helps make an enjoyable day when they entertain at the Vernonia Senior Center. From left are guitarist Al Schaffer, percussionist Eleanor Thompson, harmonica player Bob Wiley, Duke Gortler with the accordion and Pat Wheeler on violin. Schaffer is from Banks, the others are from Vernonia.

Health Notes

By Audeen Wagner

Physical Therapy: The latest addition to Providence-Vernonia service is the addition of a Physical Therapy Department. The program is now up and running, under the direction of Garry Tranby, P.T., manager of St. Vincent's Physical Therapy and Rehab Department. Kristine Samuelson, P.T., will be at the Vernonia clinic two afternoons each week. She is trained to treat orthopedic and musculoskeletal dysfunction, and has special skills and training in obstetrics-physical exercises and therapy to relieve back pain and other problems related to pregnancy; treatment for jaw pain and dysfunction, and for therapy to relieve symptoms of arthritis. Patients must be referred to this service by their physician.

"We want to stress that the Physical Therapy Department will be open to ALL patients, not just ones who are already Providence-Vernonia patients," said Dr. Mark Livingston. Patients of orthopedic specialists or other caregivers outside the community can ask for referral to the Vernonia Clinic for follow-up treatment. This will be a great advantage to many local patients, who will now be able to receive physical therapy in Vernonia, without having to travel out of town for treatment.

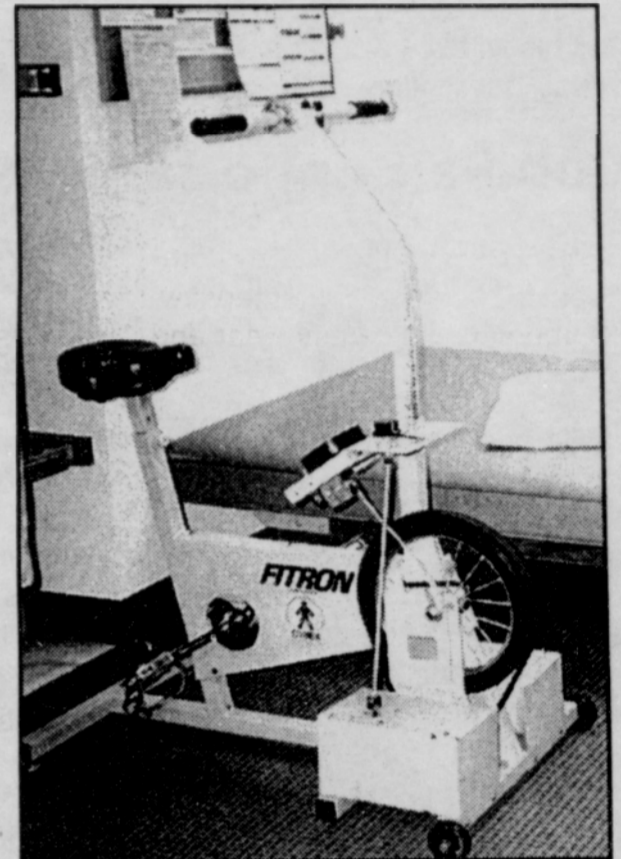
For questions or appointments, please call St. Vincent Hospital's Physical Therapy Department at (503) 216-2004; a special line for Vernonia Physical Therapy has been set up for our use. They can answer questions about insurance, referrals, and will set up an appointment for you.

Care Management Service: This is a service for Providence-Vernonia patients who need help with social, financial, or other situations. Such healthcare issues as domestic violence, alcohol/drug abuse, low income, no medical insurance, transportation, long-term health care, home health and hospice and more, can be alleviated through our clinic's Social Work Care Manager, Sharon Farber, M.S.W. She will be in Vernonia on Thursdays from 10:00 until 4:00. She is also available on other days, Monday through Friday, as needed. To access her services, patients need to get in touch with their care provider.

The idea behind this service is to assist providers in accessing and coordinating help for situations that might "get in the way" of adequate health care. If you have questions or concerns about this new service, please call either Dr. Livingston or Laura Nichols, P.A. at 429-9191 for more information.

Thank-you note from Tana: "I would like to thank our patients for responding to our request regarding prescription pickup at the clinic. Things are a lot less hectic now, and very few prescriptions have to be returned. We appreciate your help in making this drug delivery system work—it has been very nice. Once again, thank you."

Next Mammogram visit is April 12. Call Tana at 429-9191 for an appointment.



This exercise cycle is one of the new pieces of equipment in the Vernonia Physical Therapy department.

In the Service

Tyrell C. Arthur

Air Force Airman Tyrell C. Arthur has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received training in human relations.

Airmen who complete basic training also earn credits toward an associate degree through the Community College of the Air Force.

Arthur is the son of Karen L.

Mack of Sheridan and William H. Arthur of Banks. He is a 1999 graduate of Perrydale High School.

Great annual sale at St. Mary's Church

March 30, 31 and April 1 are the dates set for St. Mary's Annual Garage Sale. Large donations of clean good quality items are being received so the public can plan to once again enjoy the huge variety of items, at exceptionally reasonable prices, that St. Mary's is becoming known for.

Love
one
another.

Assembly of God
662 Jefferson Avenue
Vernonia, Oregon
429-7058
Mike Jackson - Pastor

Church Directory

<p>VERNONIA COMMUNITY CHURCH Grant Williams, Pastor 957 State Avenue Vernonia, 429-6790</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Children's Church w/Nursery Evening Fellowship 6:00 p.m. Nursery Care Prayer Meeting, Wed. 7:00 p.m. Bible Studies, Wed. 7:00 p.m.</p> <p>GRACE REFORMED BAPTIST CHURCH D.J. Dickey, Pastor Grant & North Streets Vernonia, 429-1919 or 429-8720</p> <p>Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Afternoon Worship 2:00 p.m.</p> <p>Tuesday Service: All Family Bible Study, 7:30 p.m.</p> <p>Every Second Sunday, the 2:00 p.m. Worship is replaced by a Fellowship Meal following the 11 a.m. service.</p> <p>FIRST CHRISTIAN CHURCH Joel Stith, Pastor 410 North St., Vernonia, 429-6522</p> <p>Sunday School 9:30 a.m. Morning Worship 11:00 a.m. Evening Service 6:30 p.m.</p> <p>Every Wednesday: Ladies' Bible Study, 9:15 a.m. Children's Choir 3:00 p.m. Family Bible Study, 6:30 p.m. Women's Fellowship, 2nd & 4th Wednesdays, 1:30 p.m.</p>	<p>FIRST BAPTIST CHURCH John Cahill, Pastor 359 "A" Street Vernonia, 429-1161</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m.</p> <p>Evening Worship Saturday, 6:00 p.m.</p> <p>ST. MARY'S CATHOLIC CHURCH Fr. Tim Mockaitis, Priest-Moderator Pastoral Administrator Lani Vandehey 960 Missouri Avenue Vernonia, 429-8841</p> <p>Mass Sundays 10:00 a.m. Reconciliation 9:30-9:45 a.m. or by appointment</p> <p>SEVENTH DAY ADVENTIST Roger Kruger, Pastor, 397-6883 2nd Ave. and Nehalem St. Vernonia, 429-1941</p> <p>Sabbath School 9:15 a.m. Morning Worship, 11:00 a.m. Tuesday Prayer, 7:00 p.m.</p> <p>ASSEMBLY OF GOD Michael Jackson, Pastor 662 Jefferson Vernonia, 429-7058</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Service 6:00 p.m.</p> <p>Women's Bible Study, 1st & 3rd Mon. 7:00 p.m. Women's Ministry, Alternate Wed. 7:00 p.m.</p>	<p>ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH The Rev. Robert Grafe, Vicar 960 Missouri Vernonia 429-3700</p> <p>Sunday Services, 9:30 a.m.</p> <p>NEHALEM VALLEY BIBLE CHURCH Jerry James, Pastor 500 California Ave Vernonia, 429-5378</p> <p>Sunday School 10:00 a.m. Morning Worship 11:00 a.m. Nursery available Wednesday Service 7:00 p.m.</p> <p>VERNONIA FOURSQUARE CHURCH Pastor Paul Pastor 850 Madison Avenue Vernonia, 429-1103</p> <p>Sunday Worship Service: 10:30 a.m. Children's Sunday School Wednesdays 7:00 p.m. Evening Service Youth Ministry Children's Ministry Nursery Available</p> <p>Men's Ministry 7:45 a.m. 3rd Saturday, each month</p> <p>CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS Lee Knowlton, Branch President 1350 E. Knott Street Vernonia, 429-7151</p> <p>Sacrament Meeting, Sunday 10 a.m. Sunday School & Primary 11:20 a.m. Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.</p>
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