

## Community

### Senior News

By Karen Miller

Putting paranoid feelings aside, I went ahead and joined the gang to Senior Safari Day at the Oregon Zoo, September 19. It reminded me of the rudeness of the local residents of the San Diego Zoo many years ago. Why, some old goat had the audacity to come right up to me and snatch a chunk of fringe off the bottom of my girlfriend's new leather coat! The rest of the story is that I happened to be wearing the coat; we were standing in the petting zoo and it was a REAL goat. We all had a wonderful day - Faith Reynolds, Cookie Polos, Mercedes Prohl, Geraldine Baker, Florence Akers, Pat Orlando, Bob Wiley and Necia Dewitt, who happened to be celebrating her birthday. We enjoyed free train rides and a nice buffet lunch. We went everywhere, except (you guessed it) the petting zoo. For those of you who missed out, come

along next year!

The Senior Center would like to give a big thank you to Vernonia Sentry, the Country Kitchen and Bridge St. Mini Mart for contributions that helped make our picnic at Anderson Park a big success. We appreciate your kindness and support.

There is a fall clean-up being planned for local seniors. We are currently asking for volunteers capable of raking leaves, cleaning gutters, weed-whacking, etc. Please call 503-429-9112 with your name and number and a Saturday you can help. If you are a senior needing this free service, please call the same number and leave your name and number.

We are trying to get wood to those seniors who need it for heat this winter. If you would like to donate wood for seniors, or if you are a senior needing wood, please call 429-9112 and leave your name and number.

### Arts & Crafts group elect officers

Irene Christensen will serve as president of the Vernonia Society of Arts and Crafts for the coming year. Along with Christensen, the new slate of officers includes Doreen Buchan as vice-president and April Kinney as secretary-treasurer.

Planning is underway for demonstrations and programs to be presented during the fall, winter and spring months. The first of these, to be offered in October, will be candle embossing on paper. This will be presented by Cara Dailey at the Vernonia Public Library on October 18 from 1:00 - 3:00

p.m. The public is invited to attend.

Programs for the following months have yet to be set, but it is expected that Tony Hyde will present an "ink wash" demonstration sometime in the spring. Ideas and suggestions for our programs are enthusiastically received. Call Irene at 503-429-7605; Doreen at 503-429-2055; or April at 503-429-3861.

Vernonia Society of Arts and Crafts meets on the second Thursday of each month at the Vernonia Public Library at 2:00 p.m. Meetings are open to the public.

### All age musicians, singers needed

Musicians of any age, who play violin, viola, cello or bass and have minimum experience of about one year, are invited to join in preparation for a community holiday concert. Singers of any age, with or without experience, are welcome to join the choir. There is no charge to participate in this community

effort.

Call Madeleine Gendron, at 503-429-9402 for information on location and other details. Rehearsals will start Saturday, October 7 at 12:30 p.m. and continue on subsequent Saturdays until December 9. Concert dates will be announced at a later date.

### Clatskanie will host water picnic

Water quality is the theme of the upcoming community picnic in Clatskanie City Park on Saturday, October 14 from Noon to 5:00 p.m. A salmon barbecue and old-time music will round out a day of family fun and watershed education.

Hosting the event are the Lower Columbia River Watershed Council and the Columbia Soil and Water Conservation District. A potluck dessert is your ticket to this free event. Call 503-397-4555, ext. 3 or 503-728-9015 to reserve a place.

### Health Notes

By Audeen Wagner

**Staff Addition:** A new position has been added to the Vernonia Clinic and the job is filled by Sue East. Her official title is Patient Relations Representative. She handles front desk duties, making appointments, distributing prescriptions, handling phone calls and "guiding patients in the right direction". She works part time and is trained to fill in for Tana at the front desk.

Other than working with the public in her former profession as a hairdresser, Sue says that she has had no experience or previous training to ease her into her present job. She especially enjoys working with all the staff at the clinic and feels that they have been extremely helpful in building her confidence in her position.

Sue has lived in Vernonia for about 17 years. Her hobbies are centered around her family: husband Barry and Austin, a sixth grader and Adrienne, in the third grade ("parenting is a 24/7 job", she says). Sue is an avid horsewoman, loves to ride and owns several horses. The whole family participates in trail rides and she never tires of Oregon's beautiful trails.

"I'm really enjoying working for Providence. The people I work with at the clinic are great," Sue says.

**Christmas Seals:** Too early to think about Christmas?? My Annual Christmas Seal Campaign letter came today and it serves as a reminder for us to help fight lung disease. This program dates back to 1907, when the biggest need was to fight tuberculosis. Now the fund is used for research and treatment of many lung-related illnesses. Ninety percent of the month raised through donations stays at the local Lung Association and helps fund the work of thousands who contribute to the mission of preventing, curing and controlling all types of lung disease.

**Swimming, anyone?** The Aquatic Center at Forest Grove offers a wide variety of water activities, such as competitive swimming, scuba diving and an arthritis aquatic program. These programs offer a very good way to get some great exercise. If you are looking for some low-impact aerobic exercise, call 503-992-3238 (remember to dial 503 first, even though it is not a long-distance call!) and get more information.

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A note from the cook: Beginning in October, the first Friday of each month will be our potluck lunch. For those joining in, please bring at least one dish.

The tables were filled at our Five Area luncheon, held at the Vernonia Center last Monday, September 25. Five Area means all senior centers take turns hosting lunch once a month - Rainier, Clatskanie, St. Helens, Scappoose and Vernonia. They all must be finding out what a great cook we have.

The center is, once again, accepting newspapers. Please note that they must be in paper bags. The proceeds go to cancer research.

Senior Lorraine Parce is now offering two sign language classes: Wednesdays 9:30 - 10:30 a.m. and 3:30 - 4:30 p.m. It is a fun and informative time. Anyone is welcome to join!

Well, now that you know what fun COLCO trips are, on a first come, first served basis, come sign up for our Chinese Gardens trip on October 6. Cost is \$10. 12 seats available. We promise, no coat-eating dragons.

### T.O.P.S. group meets at M-B Main Fire Hall

Take Off Pounds Sensibly (T.O.P.S. meets Sunday evenings at the Mist-Birkenfeld Main Fire Hall on Hwy. 202.

Weigh-in is at 6:30 p.m. and the meeting starts at 7:00 p.m.

Anyone interested is invited to drop in on a Sunday night for an introduction, or call chapter leader Claudia Oblack at 429-7503 for more information on the Mist T.O.P.S. Chapter.

## You or someone you love may qualify for a free Women's Health Check

which can include



Blood Pressure Check  
Breast Exam  
Breast Self-exam  
Pelvic Exam  
Pap Test  
Mammogram

### Eligibility Guidelines:

Do you have insurance available?

You're eligible if you have no insurance, Medicaid, Medicare, private insurance with limited coverage or private insurance with deductible not met.

Are you age 40 or older?

Is your family income within the limit?

Family size 1, \$1,717 limit; Family size 2, \$2,304 limit; Family size 3, \$2,892; Family size 4, \$3,479; Family size 5, \$4,07.

THIS PROGRAM IS FUNDED BY A GRANT FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC). THE PROGRAM IS ADMINISTERED BY THE OREGON HEALTH DIVISION (OHD).

In St. Helens:

Columbia County Public Health  
503-397-4651 or  
1-800-244-4870

Carolyn McCarton  
503-397-0480

In Scappoose:

OHSU Clinic  
503-543-3181

In Clatskanie:

Clatskanie Clinic  
503-728-4905



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