

Community

Senior News

By Karen Miller

Last week, I had the opportunity to converse with an 82 year-old employee of a store I was shopping in. Of course, I had to ask her to what she contributed her agility and wellness. "Get out and do something!" was her emphatic reply as she tore into cardboard boxes on the floor. A reply, I might add, that still haunts me every time I kick back in my easy chair!

Here at the Senior Center, we have lots of room for volunteer work; not only here, but around town. Jacqueline Ramsey, one of our faithful volunteers, also reads stories every week to a group of schoolkids who can't wait for her next chapter! There is also a program called Volunteerworks at 503-413-7787, if you are looking for a place to serve.

Please plan to attend our November 3 business meeting as Jim Tierney will be updating the information on our proposed Senior Center. We need your input.

Also, please plan to attend the 1:00 p.m. meeting on November 15, when we will be

meeting with Harold Scudder and the folks from Elder Care. They are studying the feasibility of an Assisted Living Center in this area.

It is your city. It's in the interest of you and your families to help us plan for the future.

As of January 1, 2001, our dues will be \$10 per person per year. All dues will be due January 1. If the payments overlap, we will adjust them to 2001.

From the kitchen: Again, we would like to remind you; Thanksgiving is just around the corner. Here at the center we will be holding Thanksgiving lunch, which this year will be Friday, November 17. There will be a sign up sheet at the Senior Center for anyone willing to help serve in the kitchen or bake a pie. The kitchen staff would like to express a big thank you to our area churches and seniors who volunteer to help serve and clean up each week. And if you think that spoons are just for eating, you should have heard Bill Yeo, our dispatcher for Colco, play his spoons to a honky-tonk mountain fiddlin' tune at our recent Banks Fiddle playing night!

Lots of action around here; come on down!

INFORMATION NUMBERS

COLCO Transportation
..... 429-4304
Senior Advocate.. 429-9112
Senior Center..... 429-3912

"Families" council seeking members

If programs and activities affecting children and families are important to you, you may be the person the Columbia County Board of Commissioners is looking for.

Volunteers are needed to serve on the Columbia County Commission on Children and Families. This 20-member advisory committee makes recommendations to the Board of Commissioners regarding the expenditure of state and federal funds for programs and services for children and their families in Columbia County. Lay representatives are needed from the Vernonia, Clatskanie and Rainier areas.

For further information, call the Commission on Children and Families at 503-397-7211.

Qualified child care providers needed

Many Columbia County families are desperately searching for quality care for their children because quality child care is a vital link to achieve self-sufficiency and maintain employment that benefits the families, their employers and their communities.

There is also a critical shortage of qualified childcare providers in the county. Exempt providers may not have the basic skills and training needed to provide quality care for children.

Caring Options, a program of Community Action Team, Inc., supports individuals and groups in their endeavors to operate child care businesses that provide professional, quality childcare. For information on operating a child care business, call 1-800-404-3511 or 503-397-3511.

For information on available child care in the Vernonia area, call Caring Options Child Care Resource & Referral at the same number.

Health Notes

By Audeen Wagner

Flu Shot Information: As reported in the last *Independent*, the influenza vaccine supply is late and may be limited; however, now the Center for Disease Control (CDC) says they are "optimistic" that anyone who wants a flu shot will be able to have one this fall or winter.

Michele Treece, a P.A. student at Pacific University, has been researching the flue shot issue for the Vernonia Clinic, and she tells us that the Clinic will adhere to their policy of providing the shots for the "risk" groups first, but are hopeful that everyone will be able to get their shots if they want them.

Those "risk" patients include:

- Persons aged 65 or older;
- Residents of nursing homes and other chronic-care facilities that house people of any age who have chronic medical conditions;
- Adults and children who have chronic pulmonary or cardiovascular problems, including asthma, and those with chronic diseases like diabetes, kidney problems and blood disorders;
- Children and teenagers who are receiving long-term aspirin therapy;
- Women who will be in the second or third trimester of pregnancy during the influenza season.

Pneumonia Shots are available for \$22 and Flu shots are \$15.

GetAFluShot Program: In the meantime, Sentry Markets (and other grocery stores around the area) are having Flu Vaccination Clinics in their stores. Vernonia Sentry will hold a clinic on Saturday, November 4, from 12:00 to 7:00 pm. Their guidelines:

- All immunizations administered by registered nurses.
- Minimum age: 12 years (parental consent required for minors).

Cost: \$12.00 per Flu Shot. Medicare part B accepted (you must have your Medicare Card with you). Randy Parrow reports that there is limited insurance coverage through Providence Health Plan, First Choice 65 and Secure Horizons. If you belong to one of these HMO's, you may have insurance coverage for your shot.

Pneumonia and Tetanus vaccinations are also being offered for \$25 and \$20, respectively.

While the Sentry program stresses the importance of those "at risk" patients getting their shots, patients will not be screened, so it's basically first-come, first-served.

For questions, visit www.GetAFluShot.com or email: Nurse@GetAFluShot.com, or call 503-299-4945 or 888-536-6900 to talk to a real person.

Meet Michele Treece: As a student in the Physician's Assistant Master's Program at Pacific University, Michele has been working at Providence Family Medicine, Vernonia, for about five weeks as an Intern. It is, she says, a "very intensive program" to become a Physicians' Assistant; she will graduate in the summer of 2001. She is at the Vernonia Clinic working under close supervision of Laura Nichols, P.A. and Mark Livingston, M.D. At this stage in her training, she is qualified and experienced in most office procedures, such as suturing, complete examinations, assessments and treatments. She has undertaken a special project in Vernonia working in the school athletic department giving a class on concussions and head injuries to coaches and PE teachers.

Michele has an interesting background for her work: She earned a B.A. from Occidental College in Los Angeles in Kinesiology. During that time, she worked as a student athletic trainer and has logged over 1000 hours in this field.

After graduation, she was in the Army for five years. Part of her training and experience was in the field of emergency response, similar to EMT training. "We were trained to stop the bleeding and assess injuries," she says.

Her present goals lean toward Surgical or Orthopedic work. "But right now, I'm keeping my options open," Michele said. The clinic rotation part of her training will help her decide her future, as she will work in many different clinic settings, such as Family Medicine, Pediatrics, Obstetrics, etc. Michele has been married for five year, with no children. On the rare occasions when she has spare time, it is likely to be spent at outdoor activities.

Laura Nichols says, "Michele is a highly qualified student and we at the clinic appreciate the community response and cooperation with the P.A. Intern Program. These are our care providers of the future!"

On-line food distribution network

Senator Ron Wyden announced that he has secured \$167,000 in the Fiscal Year 2001 Agriculture Appropriations Conference Report to fund "Food Effectively and Electronically Distributed" (FEED), the first online food distribution network in the nation.

"We have a situation where crops are rotting in the field while Oregonians are going hungry, and something's got to be done," Wyden said. "By linking food producers with distributors and food banks, FEED will get more food to more people. When it comes to feeding the hungry, we have nowhere to go but up, and it's time to get started."

Wyden devised the idea for FEED, his initiative to combat hunger in Oregon, as a new way to improve transportation of donated food and crops to people in need. In its most recent report on the state of food security in the United States, the U.S. Department of Agriculture (USDA) found that Oregon had the highest percentage of hungry people in the entire na-

tion.

FEED will serve as an electronic clearinghouse of information for anyone interested in increasing food access by linking food producers, transportation and distribution services and food banks. The FEED Web site, which will be funded through Oregon State University's Extension Service, will be administered by the Oregon Food Bank. The Food Bank will develop FEED in partnership with the Oregon Truckers Association, Dial-A-Truck (DAT) transportation services, the Oregon Extension Service and the Oregon Farm Bureau.

The FY 2001 Agriculture Appropriations Conference Report now goes to the President for his signature.

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