

Community

Senior News

By Karen Miller

Have you wondered why the Vernonia Senior Center started accepting old newspapers again? Since 1975, Dr. Fletcher of O.H.S.U. has been involved in cancer research. All money received from the sale of the papers goes to cancer research at O.H.S.U., not for office work or anything out of Oregon. So, bring us your newspapers in paper bags. We can use them to help our loved ones.

Are you looking for something to do? Donate time and help a very needy cause. The Senior Center needs a Book-keeper beginning June 1, 2001. Jacqueline Ramsey has donated her time and talent to this position for four years and is deserving of a much needed break. Come in and talk to Willie Brewer if you are interested.

Remember our Spelling Bee on March 16, 2001. Perhaps you feel you aren't good enough — cat, dog, horse, cow, Aunt, "Unkle" — but if you read, you can spell and never knew it. Join us for the fun, says Jacqueline.

Delores Varner from Forest Grove and Darrell Steinke from Hillsboro have been coming over on Wednesday to play **NAMI Chapter offers support groups**

NAMI of Washington County is a non-profit organization of family members and friends of persons with persistent brain disorders. It is affiliated with the National Alliance for the Mentally II.

Informational/networking meetings are the first Monday of every month at Tuality Health Education Center at 7:00 p.m. Additional support groups for family members meet twice monthly. For more information, call 503-297-3248 or 503-645-8227. For general information, call Betsy at 503-647-5856.

Dance will benefit Women's Center

A Dessert and Dance will benefit the Columbia County Women's Resource Center, March 17 from 7:00 to 11:00 p.m. at the Time & Again Ballroom at 213 S. 1st Street in St. Helens. Cool Changes will be the featured band.

Adding to the fun will be a silent auction. Tickets are \$15 per person and \$25 per couple. For tickets, call 503-397-7110.

Cub Scouts will pick up donations

Goodwill Good Turn bags were distributed throughout Vernonia last weekend and will be picked up by Cub Scouts on March 10. All donations will stay in the community by being taken to the local St. Vincent de Paul.

Donations may be left on your front porch or curb in a visible location for pickup.

with the musical group at the Senior Center. Delores plays harmonica and sings and Darrell plays the drums. His wife, Helen, also comes and joins in with the Seniors. We don't need an earthquake to shake, rattle and roll down here on Wednesdays. If you like music, you'll like this! Come have a

great lunch with great sound! Wednesdays.

Remember, our office hours are from 9:00 a.m. to 4:00 p.m.

INFORMATION NUMBERS

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



You don't have to be a senior citizen to stop in at the Vernonia Senior Center to enjoy coffee and conversation in this cozy corner. Adding to the comfort is the warmth emanating from a real wood fire.

Health Notes

By Audeen Wagner

Chicken Pox seems to be on the way out. Hopefully by now, this highly contagious virus has run its course in Vernonia. It's still a good idea for parents to keep an eye out for those little red bumps on your children, though, and be aware of other symptoms.

Strep Throat and other upper respiratory illnesses are still taking their toll, and parents should not use antibiotics without seeing the doctor first. If you happen to have some leftover medication in the cabinet, DO NOT give it to a child without a doctor's orders. Strep throat is a potentially serious illness, so call the clinic for an appointment to check it out.

Patients at Providence-Vernonia no doubt have noticed that, as time goes by, the clinic is becoming busier and the office is operating under a very full schedule. It is gratifying to see that more and more patients are being cared for in Vernonia on a daily basis, but sometimes this causes inconvenience and frustration for all.

The staff would like to offer some guidelines for improving the flow of healthcare in the clinic:

1. Appointments — Please plan ahead for appointment scheduling. It is seldom possible to be seen the same day you call, so please try to call ahead to schedule time with your caregiver whenever possible. This allows for some flexibility for emergencies, and helps the office keep things running more smoothly.

2. Cancellations — Please be considerate and inform the clinic if you find that you are unable to keep an appointment; call as soon as possible, so that time can be used by another patient. This may seem insignificant, but as the patient load grows, it can mean that another patient with a severe illness can be seen. The clinic policy is 24 hours notice for cancellations.

3. Prescriptions — Vernonia is fortunate to have prescription delivery to our clinic, a service provided free for Providence patients. Remember, however, that if you are seen late in the day, it may be impossible to get the medication delivered the same day. Also, if you are refilling a prescription, please allow plenty of time, 48 hours or more, so as not to run out of your medication. This takes the pressure off the pharmacy as well as the clinic to get your ongoing prescription to you in a timely manner.

4. Emergencies — The clinic staff stresses that a real emergency always takes precedence. So, if you have to wait while a severe wound gets stitched up, or a heart patient is stabilized, please be patient. Remember, if it were you in there getting cared for, how much you would appreciate being seen "out of turn."

The clinic staff appreciates your patience and understanding, and they will continue to work hard to bring a high level of patient care to all. Their first priority is always to focus on caring for patients' needs.

Your comments and questions are welcome.

The next Mammogram visit will be March 28, 2001. Call 503-429-9191 for an appointment.

Seniors invited to spelling bee

The Vernonia Senior Center will hold an informal spelling bee, March 16 at 1:00 p.m. Senior spellers (over age 50) will have an opportunity to match spelling skills in a format similar to one used at the Oregon state spelling bee held each summer in Aurora and the National spelling bee sponsored by an AARP chapter in Cheyenne, Wyoming.

There will be a written test of 100 words. All words used are compiled from books, newspapers, TV and crossword puzzles. The three top spellers will

receive trophies to commemorate their achievement.

Lunch will be served at noon and the spelling bee will follow. Cost for lunch is \$2.50 and there is no fee for the contest.

This is a chance to prove that older people can remain mentally active and also have fun with a bit of competition. For more information and to pre-register, call the Senior Center at 503-429-3912 or Audeen Wagner at 503-429-9700. Here's a chance to show the world that "learning never stops!"

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AS A COMMUNITY SERVICE TO OUR AREA**

Pedestrian Traffic

Drivers need to think about the safety of persons walking beside busy streets. Pedestrians, as well, should use due caution when crossing streets.

The law requires drivers to stop for persons attempting to cross a street at a designated crosswalk. Failure to be attentive while driving could be catastrophic. No one wants to live with the memory of injuring someone with their three, four or 5,000 pound vehicle. Driving slow, especially when downtown, and giving the foot traveler a break is common sense and probably the lawful thing to do.

The flip side of the coin relates to the responsibilities of someone making their way through town on foot. Persons on foot should only use crosswalks at intersections. Darting across the street in mid-block is dangerous. Drivers expect you to cross at the intersection, which makes stepping into the street from between parked cars, an extremely risky business.

If everyone would follow minimal safety rules, Vernonia may never have a serious pedestrian vs. vehicle incident downtown. Both drivers and walkers need to be responsible and courteous.

Jim Walters
Chief of Police
Vernonia Police Department