

Community

Health News

By Audeen Wagner

Back to School

In the last issue, we emphasized the importance of getting the necessary school physicals and immunizations done before school starts. As a follow-up, here is more information for parents and students:

1. Sports physicals – The clinic offers sports physicals for \$25.00, the same as in past years. The clinic requires that this charge be paid at the time of the physical (if you have insurance coverage, you can send a claim directly to the insurance company). Of course, if medical problems are found, these will need to be addressed at another appointment. All athletes **MUST** have a physical before participating in sports.

2. Immunizations – The following information will help families determine what, if any, immunizations are due now. (Keep this handy reference for your preschoolers, as well.)

AGE	IMMUNIZATION
2 months	DTaP, Hib, Polio, Hep B, Pneumococcal Conjugate
4 months	DTaP, Hib, Polio, Pneumococcal Conjugate
6 months	DTaP, Hib, Pneumococcal Conjugate
12 months	MMR, Varicella
15 months	Hib, Hep B, Pneumococcal Conjugate
18 months	DTaP, Polio
4-6 years	DTaP, Polio, MMR
11-16 years	Tetanus booster

Your doctor may recommend a slightly different schedule than this one, but you can generally expect immunizations to be given at the ages indicated. Also, Jeanette Doherty, M.A., states that an MMR booster is strongly recommended (and required by some school districts) for children age 11 or 12.

If you have questions about what the school district requires, please feel free to call the District Office at 503-429-5891.

Provider Schedule: Darcy Bell, Office Manager at Providence Family Medicine-Vernonia, has announced the following care provider schedule is now in effect:

Mondays:	Mark Livingston, M.D. and Christopher Polich, F.N.P.
Tuesdays:	Christopher Polich, F.N.P.
Wednesdays:	Laura Nichols, P.A. and Christopher Polich, F.N.P.
Thursdays:	Laura Nichols, P.A. and Christopher Polich, F.N.P.
Fridays:	Laura Nichols, P.A.

This schedule is subject to change with seasonal demands, such as patient illnesses or vacations.

Mammovan: Next mammovan visit to Vernonia is on September 19.

Easy ways to keep your home cool

Keeping your home cool can be a challenge during hot August days. Following are some tips from the Oregon Office of Energy.

Cooling – Open windows at night so cool night air can replace the warm air inside. Close windows in the morning and draw the drapes and shades during the day.

Window shading – Install exterior window awnings or plant trees and shrubs to keep direct sun off windows and walls.

Lighting – Turn off lights whenever possible. Replace standard incandescent light bulbs with compact fluorescent bulbs to help reduce heat inside. Because the new compact fluorescent bulbs use approximately 70 percent less energy than standard light bulbs, they put out less heat. While more expensive initially, they last much longer.

Ventilation fan – Install an attic ventilation fan to remove heat and help the building cool

off.

Air conditioning – Rather than turning on the central air conditioner, use a fan to circulate the air. Service or tune-up air conditioning equipment annually. Have the system serviced and adjusted by a professional maintenance technician. Clean or replace filters monthly, sooner if you cannot see light through the filter. Clean filters make it easier for the system to work, keeping its performance level high.

If you have central air conditioning over 10 years old or window air conditioners over eight years old, consider replacing with a newer, more energy efficient system.

The Oregon Office of Energy provides tax credits, loans, grants, technical assistance and energy information for homes, businesses, manufacturing, farms, ranches, schools and government. For more information, call toll-free 1-800-221-8035 or check the web site at www.energy.state.or.us.

Senior News

By Karen Miller

Well, another Jamboree has come and gone. Did everybody survive? I looked – seems all the gray heads are accounted for. Would it be prideful if I said the important people made it, considering I can now be counted among those with gray hair? Actually, it's been a couple of years since 'those' hairs started popping out, as some 'gentleman' was eager to point out. Thanks, Virgil, I might not have noticed otherwise. After

ColCo Transportation institutes rate increases for all services

Due to increases in gas prices, insurance, upkeep on vehicles and drivers' wages, plus decreased funding by county, state, federal and city governments, it has become necessary for ColCo Transportation to raise its fares.

Effective September 1, 2001, fares will be as follows:

All school children \$2.00 per ride. Student passes are available at weekly or bi-weekly or monthly rates.

Seniors/Disabled with 24-hour notice, \$3.00 per round trip in city limits, plus \$.25 each

Family History Center open

The Vernonia Oregon Family History Center will hold an Open House on Saturday, August 25, from 10:00 a.m. to 2:00 p.m. at 1350 Knott Street in Vernonia. This new research facility is open to anyone age 12 or older who wants to search for his or her ancestors.

Three computers run Family Search, including Ancestral File, International Genealogical Index, U.S. Social Security Death Index and Family History Library Catalog. Two microfilm readers, one microfiche reader, research outlines, family group sheets, pedigree charts and the complete 1880 federal census on CDs are available. Only through Family History Centers (or a visit to Salt Lake) can this vast collection of records be accessed.

The Vernonia Oregon Family History Center hours are Monday, 10:00 a.m. to 2:00 p.m.; Thursday, 10:00 a.m. to 2:00 p.m. and 2nd and 4th Saturday, 10:00 a.m. to 2:00 p.m.

Call 503-429-7151 before visiting the center. If staff is unavailable, it will be closed.

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all, I did start wearing reading glasses recently...

Speaking of fun times...I want to plug some of the activities at the Senior Center. Tuesday is quilting; anyone who quilts or would like to, is welcome. We are working on an unusual colonial lady pattern now.

Wednesday is old-time music all day. The band is quite good, and the music is good enough to get toes tapping and feet dancing. But, don't tell the drummer I said he was good –

mile outside city limits.

Local trips within city limits, \$2.00 each way. Local trips outside city limits, \$2.00 each way plus \$.25 per mile outside of city limits.

Five Area Lunches, \$5.00 round trip.

Recreation trips, \$10.50 per hour, plus \$.75 per mile. Based on full load only.

Trips from Vernonia to surrounding areas will be as follows (all are one-way fares):

Clatskanie, Rainier, \$10.00
Scappoose, St. Helens, \$13.00
Beaverton, Portland, \$15.00
Clackamas, \$18.00
PDX, \$25.00

Senior and disabled fares will be at 1/3 discount for round trip rides.

he has a reputation to maintain.

On Thursday, you can play a game of pinochle or canasta or Mexican train (dominoes).

Say, to change the subject, there's been a set of house keys here for some time, waiting for its owner. Several house keys and a car key on a ring with a "Hagen" tag on it. This is the last call, they will be thrown away soon.

Two more bits of info – foot-care has been moved to Saturday (this month it was the 11th). The next Five-Area Luncheon (where a senior center from Clatskanie, Rainier, Scappoose, St. Helens or Vernonia hosts lunch) will be held on the 27th at St. Helens. Anyone can go, contact ColCo for information.

Remember when you were a kid or teen and talked in slang that your parents didn't understand? What phrase comes to mind? We'd like to hear it here. I remember 'Keep on Truckin' (hang in there, keep going). I can see the 'little dude walking on big feet' bumper sticker.

INFORMATION NUMBERS

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

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