

Pilot project will allow clients to choose own home-care services

A new state program is putting seniors and people with disabilities in charge of choosing the in-home services that allow them to live independently.

"The idea is simple," said

Chris Pascual, who is managing the effort for the Oregon Department of Human Services. "We think people who receive Medicaid are just as capable managing resources to meet their care needs — such

as cooking, cleaning, shopping and personal care — as those who pay privately."

Pascual is implementing Independent Choices, a federally approved project that began in three Oregon counties on No-

vember 1, with support from the Robert Wood Johnson Foundation. The five-year program will serve 300 people in Clackamas, Coos and Curry counties starting in November and in Jackson and Josephine counties starting in February.

The goal is to put Medicaid consumers in charge of their own care. Consumers in the new project will decide what in-home services they need, whom to hire and how much to pay. They will receive the money, arrange and pay for services themselves and manage all payroll and bookkeeping. Enrollees will receive training in payroll management, budgeting and recruitment.

Under the current system, Medicaid clients must use a state-approved provider who delivers a fixed set of services and is paid by the government. Some 18,268 Oregonians now participate in this program, started in 1981 and one of the first of its kind in the country.

"Our decision 20 years ago to use Medicaid money to pay for in-home services has allowed thousands of Oregonians to live independently and saved millions in long-term care costs," said Lydia Lissman, DHS assistant director for seniors and people with disabilities. "But we can do more."

Although five other states are taking part in this demonstration project, which required a federal waiver, only one other is allowing clients to fully act as the employer. The others are offering the kinds of client-employed provider services Oregon pioneered 20 years ago.

County Parks panel sets meeting

The Columbia County Parks Advisory Commission will meet Thursday, November 29, at 4:00 p.m. in Room 308 of the Columbia County Courthouse. The meeting is open to the public.

Regional law-enforcement effort on domestic violence

October is Domestic Violence Awareness month and forty-eight law enforcement agencies in the Portland metro area worked together October 24 to arrest people with outstanding family violence warrants ranging from harassment to murder. Agencies served warrants in their respective jurisdictions throughout the day.

Among the participating agencies in this area were the Columbia County Sheriff's Office, Banks Police Department, Columbia Community Corrections, Oregon State Police and Scappoose Police Department.

Working as a team in Columbia County, the Sheriff's Office, OSP and Scappoose PD

made 24 attempts to apprehend people wanted on warrants, and made seven arrests. Five of the arrests were of people who had outstanding warrants pertaining to Domestic Violence-related charges such as harassment or assault. Two people were arrested during the project for incidents that occurred while the team was at work. One person was arrested for violating a restraining order and another person was arrested for felony assault during a domestic disturbance; team members responded to that incident while attempting to serve warrants.

According to the 1999 Oregon Governor's Report on Do-

mestic Violence, one out of every eight women in Oregon was physically/sexually assaulted by her intimate partner. Domestic Violence can be fatal and, on average, at least three women are murdered by their husbands or boyfriends every day in the United States of America. Law enforcement agencies want victims to realize that help is available by calling them. In Columbia County, law enforcement works in a collaborative partnership with the Domestic Violence Council, the Women's Resource Center and various counseling organizations with the goal of stopping violence in the home.

Save on energy this winter while staying warm and comfortable

Oregonians face a challenge this winter to save energy and money. Utility rates increased for most residents on October

Following are some tips from the Oregon Office of Energy to help make this winter more comfortable.

Heating

Set your heating thermostat to 55 degrees at night and 68 degrees during the daytime when you are home.

Install a programmable thermostat to automatically maintain temperatures.

Insulate your attic, floors and walls.

Replace your windows with energy-efficient windows.

Plug an unused chimney flue with a flue "pillow."

Water Heating

Turn down your water heater to 125 to 130 degrees.

Wrap your water heater with a water heater blanket if it is in an unheated space. An insulation blanket costs only about \$10 and quickly pays for itself. Follow manufacturer's instructions.

Replace your water heater with a solar water heating system.

Install water-saving showerheads. New models deliver a full spray using less than two-and-a-half gallons a minute.

They cost between \$5 to \$15 and are easy to install.

Install faucet aerators.

Fix leaky fixtures. Thirty drips a minute of hot water wastes 50 gallons of water a month.

Take a shower instead of a bath. The average bath uses twice as much hot water as a five-minute shower.

Set a timer when you shower to remind you when five minutes is up. Showers make up about 2/3 of your water heating costs.

Don't allow hot water to run down the drain. Turn off the faucets immediately after use.

Insulate hot water pipes.

Waterbeds — Pull the covers up to insulate the top; insulate the bottom and sides with poly-

styrene foam insulation and lower the waterbed thermostat, if adjustable.

Drain and clean hot tubs if not in use. Use an insulated cover.

Use the cold water setting on clothes washers.

Wash only full loads in clothes washers and dishwashers.

Lighting

Turn off lights whenever possible. Use task lighting, rather than lighting the whole room.

Replace indoor standard incandescent light bulbs with compact fluorescent bulbs. The new compact fluorescent bulbs use approximately 70 percent less energy than standard light bulbs. While more expensive initially, they last much longer.

Replace outdoor lighting

with motion-sensor floodlights or compact fluorescents.

Refrigeration

Don't keep your refrigerator or freezer too cold. Recommended temperatures are 37 to 40 degrees F. for the refrigerator and 0 degrees F. for the freezer. Check the temperature.

Replace your 10-year-old or older refrigerator with an energy-efficient model.

Disconnect a second, seldom-used refrigerator.

Cooking

Cook several meals at the same time to save energy.

Use a microwave or toaster oven when possible for small quantities of food.

When heating water for tea or other drinks, heat only as much as you need.

For more information, call the Oregon Office of Energy, toll free at 1-800-221-8035, or check the web site at <www.energy.state.or.us>

Time may be a great healer, but it's a lousy beautician.

Country Kitchen & Pizza

BREAKFAST • LUNCH • DINNER

Soup & Salad Bar • Pies & Pastries

"SOFT SERVE" CONES & SHAKES

Home of the Paul Bunyan Burger

Across from High School
OPEN 7 AM - 8 PM

Orders To Go

503-429-6523

DELIVERY AVAILABLE



VERNONIA INN

Enjoy a quiet weekend with us.

FULL SIZE, IN ROOM

\$55⁰⁰ HOT TUBS \$80⁰⁰
REG. ROOM \$45⁰⁰

Queen Beds • Private Bath • Separate Entrance
Cable TV • Phones • Handicapped Access

CONTINENTAL BREAKFAST

FOR RESERVATIONS CALL

1-800-354-9494 / 503-429-4006

GIFT CERTIFICATES AVAILABLE

900 MADISON AVE., VERNONIA, OR 97064

Just one block off scenic Nehalem River Hwy. (Oregon 47)