

Community

Health Notes

By Audeen Wagner



Scabies Update: As we reported before, scabies has attacked the community, and is causing lots of itchy discomfort, especially among children. This highly contagious disease is still on a runaway course through local schools and families. Here's some more information which may be helpful in getting rid of these pesky little mites.

Home Care: It is very important that the whole family gets treated if scabies is diagnosed in one member of the family. The clinic will advise as to the most effective lotion or cream to use. The medicine should be applied over every square inch of the body below the neck. This should be followed in eight hours by a bath to remove the cream or lotion. (For severe rashes, repeat the treatment once, one week later.)

Itching: The itching and rash may last for two to three weeks after treatment. The itch can be helped by frequent cool baths without use of soap, followed by 0.5% hydrocortisone cream, which you can get without a prescription. Children can return to school after one treatment with scabies medicine.

Family contacts: Scabies is highly contagious. The symptoms take 30 days to develop after exposure. Therefore, everyone living in the house should be treated promptly after a family member is diagnosed with scabies.

Cleaning the House: If scabies has presented itself in your household, it is time to do some serious cleaning! Machine wash all of the patient's sheets, pillowcases, underwear, pajamas and recently worn clothing. Give mattresses a thorough vacuuming. Blankets may be stored away for three days - scabies cannot live outside the human body for more than three days.

Providence Family Medicine can certainly help families through this frustrating time. Do not hesitate to call the clinic if you have questions.

Influenza Prevention: Hopefully, this year's "flu season" is coming to a close. In the meantime, the Center for Disease Control and Prevention (CDC) has come out with some new information about use of flu vaccine in the future.

Children: The CDC is now encouraging flu shots for children ages 6 months to 23 months, a group not previously on the recommended list for flu shots. Current guidelines suggest shots for chronically ill and pregnant women, as well as older people and workers who come in contact with the public every day.

Timing: Beginning next flu season, the advisory panel will also encourage people at lower risk for flu to wait until November to get their shots. Higher risk patients should receive their shots in October.

The Clinic encourages all patients, and parents of infants especially, to make note of these changes in flu shot recommendations, and to keep them in mind for the next flu season. The CDC also reported that flu kills up to 20,000 Americans each year, so this may be very important information!

Gump, Tatman win in WGS drawing

Shirley Gump, from Timber, was the winner of a horse raffled off to help support basketball for junior high school girls at Washington Grade School in Vernonia.

The winner of a cord of firewood that was also raffled, was

Marilyn Tatman of Vernonia—who had donated the horse for the drawing!

The drawing was held at the girls' last home basketball game. The girls' efforts were also assisted by the Vernonia Booster Club.

Senior News

By Jacqueline Ramsay



And the rains are still coming, but it is warmer, sometimes.

We've had several sunny, windy days, walking the dogs at the lake. Lots of Moms, Dads, kids and their dogs, too.

If you haven't heard the news, our new Monday, Wednesday and Friday cook is Jamie Peura, who was here before, after Larry Bays (for those who follow our cook saga), but retired after a spell to stay home and raise her young family. They are in their teens now. She's happy to be back, and we're happy to have her.

Carol Davis is cooking for the Tuesday/Thursday club.

Volunteers will "Make Vernonia Shine" on annual clean-up day

Plans are underway for the annual "Make Vernonia Shine" clean-up day. This year's effort is scheduled for Saturday, April 20.

"We know, already, that we are in need of lots of weed eaters and brush cutters to do some clearing of blackberry bushes, etc.," said Donna Webb of Vernonia Pride, which coordinates the event. "We also have painting projects, bark dust spreading, landscape planting/design, and more."

Everyone, especially groups that want to work together, is

Refresher driving class for seniors

A 55 Alive Mature Driving class is scheduled for March 18 and 19 from 9:00 a.m. to 1:00 p.m. at the Natal Grange Hall, 67425 Nehalem Hwy N.

This is a refresher course for older drivers and will cover such things as vision changes, physical changes and problems in reaction time.

Oregon law states that a discount on insurance is available for attending this class.

The cost for the class is \$10.00. To register, call Ruth Bell at 503-429-4949.

Thanks, again, to those who added donations of cash and products in February. Especially to Jim Brunsman for the fresh frozen fish. We are enjoying it very much.

If you aren't eating with us five days a week (Tuesday/Thursday), you are missing some good cookin'. Give it a thought and come in.

Thanks to JoAnne and Lorraine for filling in during a bad time. Also, thank you, Neil Vandehy, for the many repairs in the building (doors, floors, etc.). Notice, we are getting a roof on our back stoop, thanks to Mr. and Mrs. McCoy.

Sorry I didn't see you at the last City Council meeting on February 19 (18 was a holiday). Mark this down: March 18 is when the garbage franchise is going to be discussed at a public meeting and probably finalized - no show, no complaining - huh.

Several other good topics

encouraged to register early. As always, there will be lunch after the event for everyone who helped. The meal is free, but donations will be gladly accepted.

"Because of the people who care about their community and turn out to help, Vernonia Pride anticipates another successful event. For further information, or to sign up early, call Webb at 503-429-5201.

were brought up.

Words from Willie:

2002 dues are due.

Someone left a Chevrolet key and door control in a bag of clothes brought in to the center in February. Contact Willie if they are yours.

A collector Barbie drawing is taking place at the Mother's Day Lunch on May 10. \$1.00 per chance.

Calendar for March:

Business meeting cancelled. Officers out of town.

Dr. Ares - March 8 - 10:00 a.m. to 12:00 p.m.

St. Patrick's Lunch Golden Oldies - March 13.

5 Area Luncheon in Rainier - March 25.

Doll Club - March 26 at 1:00 p.m.

March 27 - Come sign up for Lunch - Hat parade and fashion show of what's new in the Thrift Store. Join in the fun - fix up a hat and be there.

Notice: The Thrift shop will be open on Saturdays from 9:00 a.m. to 1:00 p.m. starting March 9. The last Saturday of each month will be a half price sale.

From the Senior Advocate:

Call my office at 503-429-9112 for any senior needs, questions or concerns. Thank you, Karen Miller.

INFORMATION NUMBERS

COLCO Transportation

..... 429-4304

Senior Advocate.. 429-9112

Senior Center..... 429-3912

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Happy Birthday Joe W.,
Jackie D. and Jamie P.*

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