

Community

Senior News

By Jacqueline Ramsay



Aaahhh.. the 2002 Vernonia Jamboree is in the book.

The pancakes, bacon, sausage and eggs served by the Sweet Adelines was filling and delicious. The parade was very good. Many beautiful horses and good looking cars, trucks and floats. I heard from visiting folk that our parade was better than their home towns and that our fishing derby for the kids was the best. Over 100 entries this year. Lots of fun for young and old.

The car show was a sight to see - wow! Brought back memories and made you dream.

Sunday, the only music I got to attend was the Community Church service. If you missed it, you were the loser. The message in song, some contemporary and several up-beat praise songs for young and old alike. Wendy Olson has a beautiful voice and should go as far as she wants with her career in the gospel field.

I did not get to the logging show this year. I was busy making banana bread for seniors

and self, but the town was still rocking after 4 p.m. as I was creeping through town. Speaking of rocking, I didn't know you could boogie on a skate board on the edge of the curb on the Rock Creek Bridge, but a young fellow tried it in front of me, arms and legs flailing in the air, on the street, on the curb, all at the same time trying to stay on the skateboard. I hope he scared himself as much as he scared me when I hit my brakes. Yes, I missed him or he missed me.

By now, the triple A meeting with Betsy Johnson is over. I missed that too, working elsewhere with seniors. Understand it was well attended and informative. Also, she presented, as a gift to the center, one dressed, packaged and ready to use porker. Thank you, Betsy. It is very much appreciated and will be put to many a good meal.

The RSVP picnic at Trojan Park is over, also.

Still to come:

Aug. 17 - Anderson Park - Vernonia Cares Fun Run. Starts at 8:00 a.m. (registration). All over by about 11:00 a.m. Come watch, enjoy the day.

Aug. 18 - Old Timers Picnic. Remember, your County Museum is open 1:00 to 4:00 p.m. each Friday, Saturday and

Sunday.

A couple of hellos from Mar-que Cares in Forest Grove - Jack Hacksma is back to his cane. His wheel chair sits in the corner. If you recall "Images in Wood", Don Whitchurch sends his hellos to you. He has many of his handiworks in his room, neat to look at and remember when.

What's coming in the future:

Before you blink, school will be back in session. Labor Day will be over and fall will be here. Daylight savings time will end and Halloween will be here. Elections are coming, Thanksgiving will be upon us and the Christmas bazaar will be here. We will have ours at home again this year (at the center).

Sunny days, chilly nights. Makes for a good time to curl up with a good book. Check your local library.

I forgot. Grandparents day is Sept. 8. Remember yours.

From Senior Advocate Karen Miller:

Wednesday, August 21 at 2:00 p.m., a legal and financial seminar for families with Alzheimers will be held at the Columbia Technology Center, 315 South 18th Street in St. Helens.

Call 1-800-733-0402 to register.

Health Notes

By Audeen Wagner



Extended hours at clinic

Providence Family Medicine-Vernonia has announced an extended schedule for patients, starting immediately:

Mondays - Dr. Livingston will see patients from 8:20 a.m. until 7:00 p.m.

Thursdays - Laura Nichols, P.A.-C. Will see patients from 7:20 a.m. until 7:00 p.m.

Tuesday, Wednesday and Friday will remain the same for now; appointments start at 8:20 a.m., and the clinic will close at 5:00.

"Offering more hours, early and late in the day, will provide services for many local residents who have been unable to see local caregivers because of their schedules," said Michael Moore, office manager for the clinic.

This is an effort to bring reliable, quality care, with the clinic fully staffed during the early and late hours, to members of the community who otherwise could not get medical care in Vernonia. "Based on response to this new schedule, plans are in place to extend hours even more," Moore added.

Providence Family Medicine will continue to explore ways to bring new and innovative healthcare options to Vernonia.

More good news

Starting in September, Providence-Vernonia will have a new caregiver, Judith Hargis, P.A.-C. She comes with an impressive resumé of experience and expertise and, by September 16, will be ready to start seeing patients. This will add greatly to the clinic's ability to cover more of the community's health care needs, and may lead to additional extension of hours.

More on cholesterol

In the last issue, we mentioned some ways that can help reduce cholesterol levels: Reducing fat in the diet, diet considerations, and exercising regularly. Here's another tip:

Seafood: Especially deep-sea fish such as salmon, can reduce your risk of heart disease by lowering LDL cholesterol and triglyceride levels. Laura Nichols, P.A.C., recommends at least two servings of fish per week (preferably salmon), to promote healthy arteries (local markets are offering some tasty fresh salmon filets and steaks these days). Other types of fish recommended are tuna and mackerel. They are rich in omega-3 fatty acids, which are proven to lower cholesterol levels.

OK, if you just can't stand the taste of any kind of fish or seafood, you could take cod liver capsules as a dietary supplement. See your caregiver for information about what to take, or about any of your cholesterol concerns.

Mammovan: The next visit of the mammovan is August 21. Call the clinic (429-9191) to schedule.



Bricks around the Shay engine were engraved in place during Jamboree, inspiring many more people to add names to the walkway. For information, call Donna Webb, 503-429-5201.

THE SPAR TREE

BREAKFAST - LUNCH - DINNER

Prime Rib Dinner..... **\$10⁹⁵**

EVERY SATURDAY

Breakfast Served All Day

GREAT PLACE FOR PARTIES OR MEETINGS, CALL FOR DETAILS

HOURS: TU-THU 6AM-7PM • FR-SAT 6AM-8PM • SUN. 7AM - 5PM

62467 Nehalem Hwy. N. (Hwy. 47), Vernonia

Orders to Go: 503-429-0191