

Community

Senior News

By Jacqueline Ramsay



The rains still come, but we did have snow Tuesday the 24th, on my way out of town at Top Hill. There was still a roadside trace of it when I came home mid-afternoon, but it was snow.

Christmas dinner #1 Salmon, was well attended. The salmon was baked to a turn. Thank you, Sir, for the gift. It was the first taste of salmon of the year 2002 for many of us.

Just before dinner, while munching the vegetable trays, there was a Building Fund Auction, pictures, mirrors, doilies, potholders, afghans, laprobes,

even a quillo. Thank you to all the eager bidders and hopeful shoppers. It gave the day a joyous lot of laughter.

The last business meeting of 2002 was held after the dinner. Suggested changes in the By-Laws will be voted on at the January 2003 meeting, on the 17th at 1:00 p.m., when the new officers will be seated. Re-elected were President Ruth Bell, Secretary Bernice Frey, and Treasurer George Gans, and newly elected Vice-President Dave McCoy.

Remember to renew or join the Senior Center. \$10.00 a year. Each member in good standing (dues paid) has a vote (voice) in the business of the center. The center needs your ideas, help and input to keep us an active, acceptable entity in the community.

We still have 2003 calendars

for sale. Monies go into the Building fund. There are two choices: Patriots or North American Wildlife. \$3.00 each.

Christmas Dinner #2, Turkey and all the trimmings was noon the 24th. I was out, but the Tuesday/Thursday girls are good cooks. Sorry I got the date wrong in the paper. The date was changed and I wasn't advised until after news deadline.

If you have been in the center since Thanksgiving, you may have noticed we have been forced into the 21st century, by putting up observation mirrors in the craft and thrift areas.

It's a sad day when a business of our ilk has to admit that merchandise is just walking out the door, but you don't see it go. We honestly prefer to trust our patrons, but times are

changing.

Yes, the items we sell are given (donated) to us by those who no longer need or can use them. We, in turn, sell them at a minimal cost to pay expenses to keep our doors open for you. We've the same expenses as any other business, lights, phone, gas, heat, garbage and insurance and license fees and food expenses. Even helping your neighbor isn't a free ride. Just a word to the wise.

Next year, I will be having more yarns, materials and jewelry plus hit the spot gift items for sale, but I, like everyone else, got inundated with too many irons in the fire and had to choose what was important to me, so the craft area had to take a back seat. I am seriously looking for someone with a knowledge of knitting, crocheting and sewing skills (who can answer questions, show or suggest alternative ideas to patrons in search for help) to work in the craft area a couple of days a week. Contact Ruth, please. It is work, yes, but you meet nice folks with your interests in keeping hand made crafts alive.

I drove around town the evening of the 23rd to see the Christmas spirit and was saddened to see that not many this year had outdoor displays, but

those that did were well appreciated. Thank you for sharing the Spirit of Christmas, some were very ornate, some a simple, heartfelt statement.

I'll see you around the lake or at City Council meeting January 6, 6:30 p.m., Vernonia Cares meeting, January 14, 4:30 p.m., Vernonia Pioneer Museum, January 8, 7:00 p.m. They all need your input and support in 2003.

Look for our Big Yardage Sale at the end of January and if you know anybody who sews, be sure to tell them about it.

I won't see you in the funnies.

Happy New Year.

From Senior Advocate,
Karen Miller:

As of the beginning of November, pharmacy providers across Oregon have been invited to participate in Oregon's new Senior Prescription Drug Assistance Program. Qualifying seniors 65 and older can purchase prescription drugs from participating pharmacies at the state Medicaid rate. Stop by or call our office for more information. 503-429-9112.

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

Area women eligible for health screening to aid early detection of breast, cervical cancers

Ten Columbia County residents lost their lives to breast or cervical cancer in 2001. These new statistics were just received by Columbia County Public Health. This is an increase of five deaths from the year 2000, but a closer look at the statistics, show an increase in the survival rate for 2001.

"It is true we had ten deaths, but we had 110 invasive breast or cervical cancers diagnosed," said Marcia Williamson, program coordinator for the Columbia County Breast and Cervical Cancer Screening Program (BCCP). "In 2000, we had 87 invasive cancers diagnosed with five deaths. That is an increase in the survival rate by over four percent. To me, that illustrates the annual screenings do work," said Williamson.

Williamson urges people to schedule annual screening exams with their health care provider. "The best defense is early detection," she said. "Detecting breast or cervical cancer early offers the highest chance for successful treatment."

A woman's health check, including self-breast exam instruction, clinical breast exam, pelvic exam, pap test and mammogram is still the best way to detect cancer at its earliest stages. Women who have no health insurance may qual-

ty for a free woman's health check by calling Columbia County Public Health at 503-397-4651 or 1-800-244-4870, for information.

The program has three levels of service to women who are uninsured, low income or have high insurance deductibles that keep them from getting annual screening. The first level prioritizes women 50 years of age and older, because the incidence of breast cancer increases with age. The second level serves women 40 to 50 years. Women in this age group are eligible to begin annual clinical breast exams and get a mammogram baseline. Women 40 years and younger are served when family history or individual symptoms indicate a need for more screening.

Some people, unaware that early detection saves lives, believe that cancer is always fatal. Others may understand the benefits of early detection, but lack access to screening due to financial or geographic barriers. That is where the Columbia County Breast and Cervical Cancer Screening Program comes in. "We want all women in Columbia County to know about our program," said Williamson. Since the program has been available, no Vernonia women have used it.

Williamson has the help of the Women's Health Awareness Coalition of Columbia County to promote education and remove barriers that prevent women from accessing health screening services. Koni Comfort and Cindy Pruett are co-chairs of the coalition. "The group was formed in March of 1997 to provide information so women can make good choices about their health screening and tests," said Comfort.

The Coalition has done special one-time events in the past, and is now working to obtain non-profit status. "We hope this will help us do more for the women of Columbia County," Comfort adds.

Anyone interested in joining the Coalition may call Williamson at Columbia County Public Health at 503-397-4651.

Vernonia Photo

- Weddings
- Family Portraits
- Senior Portraits
- Special Events
- Passport Photos

503-429-9273
859 Bridge St., Vernonia



**If you're a woman
over age 50 who
has no insurance...**

**Make it your
New Year's Resolution
to get a Women's Health Check**

Which can include:

- **Blood Pressure Check**
- **Breast Exam**
- **Breast Self-Exam**
- **Pelvic Exam**
- **Pap Test**
- **Mammogram**

Call Columbia County Public Health
Breast & Cervical Screening Cancer Program
503-397-4651 or 1-800-244-4870