

Community

Senior News

By Karen Miller



County Fair Princess for 2003!

Is your family always telling you to slow down? Is lake walking part of your life (or would you like it to be)? Are those expensive walking shoes still sitting, useless, in your closet? Contact The National Institute on Aging for an exercise packet containing articles and other helpful information on how exercise can help you live a longer, healthier life. So, put on your walking shoes, head to the nearest phone and call 1-800-222-2225.

Senior prescription program starts

Low income seniors in 15 Oregon counties may now apply to participate in a self-supporting state program to help save an estimated 10 to 20 percent on prescription drugs.

Statewide, up to 100,000 seniors may be eligible for the program, which will enable them to fill prescriptions at the state's reduced Medicaid price.

"Even with only a 10 percent discount, a senior who spends \$300 a month on prescription drugs would save \$310 annually after paying the \$50 program fee," said Lynn Read, acting state Medicaid director in the Oregon Department of Human Services. "This should reduce the frequency of seniors leaving prescriptions unfilled, reducing dosages and cutting back on food or heat to pay drug bills."

Seniors in Baker, Clatsop, Columbia, Douglas, Gilliam, Hood River, Klamath, Lake, Sherman, Tillamook, Union, Wallowa, Wasco, Washington and Wheeler counties may request an application by calling 1-800-359-9517 (TTY: 1-800-325-0778) between 8:00 a.m. and 5:00 p.m.

Callers will be sent a one page application to complete and return and will be asked for the \$50 annual fee, only after they are determined eligible.

Coming Events:

Feb. 24 - Five Area Luncheon at Rainier Senior Center. Come join us. Call us for your reservation.

Feb. 25 - Doll Club here at the center.

Don't forget Bingo every Monday at lunchtime. Now, we know most people don't need another knick-knack, so how about a jar of jam, fruit or a free lunch? Come on in; there's a winner every time.

Seamstresses take note: We have rescheduled our week long yardage sale (We have LOTS of material.) for the week of February 24 through 28. We're open from 9:00 a.m. to 3:00 p.m., Monday through Friday and 9:00 a.m. to 1:00 p.m. on Saturday.

Rosie McCoy is overseeing our newly opened collectible section. Come in to see our selection of constantly changing merchandise.

They will then receive an enrollment card to use at participating pharmacies.

To be eligible, seniors must be 65 years or older, have an income below 185 percent of the federal poverty level (\$16,391 annually for an individual), have less than \$2,000 in liquid assets (not including primary residence and car), and not have been covered by a public or private drug benefit program in the prior six months.

Preliminary estimates suggest that the self-supporting program should pay for itself (revenues equaling program expenses) by summer.

Seniors in the state's 21 other counties may apply beginning on these dates:

- March 3: Crook, Deschutes, Grant, Harney, Jefferson, Malheur, Morrow, Multnomah and Umatilla.
- April 1: Coos, Curry, Lane, Marion, Polk and Yamhill.
- May 1: Benton, Clackamas, Jackson, Josephine, Lincoln and Linn.

Approximately 30 percent of the state's 750 plus pharmacies, including several chains and a mail-order pharmacy, have signed up to participate in the program.

For more information, visit <www.omap.hr.state.or.us/seniorrx.html>

From Jacqueline Ramsay



Me, I'm feeling good. The lake is lookin' good and, by the way, the others are back. They are cute. Remember, the City Council meetings. They are getting ready to interview for a new Chief of Police. Also, remember the museum. Yes, I'm almost ready to get back in high gear. Rosie McCoy has taken over the craft and jewelry area for me as I have to drop some of my jobs and start taking care of me. So Doc says.

From the Senior Advocate:

Call the Senior Advocate office for any senior concerns or questions, or the Senior Center.

INFORMATION NUMBERS

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

AM Northwest hosts donate art works to auction for Clatskanie Food Bank

Paul Linnman and Cathy Marshall, the hosts of KATU Channel 2 morning program AM Northwest, have donated two quick-sketch artworks they did while on the air, to help raise funds for Turning Point, the Clatskanie food bank. The two framed poster-sized artworks will be auctioned, in a monthlong silent auction, at Hump's Restaurant in Clatskanie.

The auction is the brain-child of George Throop, owner of Shooting Star Lavender Farm in Clatskanie, who was watching the morning program.

"That morning the hosts were doing this quick sketch as part of a segment on their program; I immediately called the station and inquired about the artworks. I then met with the gracious hosts of the program, Paul Linnman and Cathy Marshall, who signed and donated the artworks to the fund raiser," Throop said.

Those interested in viewing and bidding on the artwork can sign the public bid sheet placed near the cash register at

Hump's. The artwork will be on display until Sunday, March 2, when the person who signed up for the highest bid will be awarded the two works.

For further information, call Throop at Shooting Star Lavender Farm, 503-728-4236.

Natal Grange hosts Senior driving class

A refresher driving course for senior citizens, 55 Alive, will be presented at Natal Grange March 4 and 5 from 9:00 a.m. to 1:00 p.m. Ten or more people are needed for the class to be held. The cost of the class is \$10, and checks may be made out to AARP.

Natal Grange is located 12 miles north of Vernonia and 4 miles south of Mist on Hwy 47.

For more information, call Trish at 503-755-0710 or Jeanette at 503-429-8970.

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THE INDEPENDENT
725 Bridge Street, Vernonia

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Timing is everything

"I came to Jennings McCall almost 2 years ago. It was natural because I had so many friends here. I love the sense of not being surrounded by anything but sky and clouds when I look out my window, and I love all the oak trees. Time goes fast here. There is always something to do or a good book I need to read. I enjoy the people, the activities and the lively conversations. I still volunteer at Valley Art and play bridge with the same group I've played with for years. We all know everyone else's kids. And, I'm still active with my church's women's fellowship. I'm sure living at Jennings McCall was the right choice and that it was the right time in my life to make that choice."

- Virginia Wilcox

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