

Community

Senior News

By Karen Miller



Every Wednesday and Saturday beginning at 9:00 a.m. the Senior Center doors open to the public to pick up bread, pastries, vegetables, etc. that are supplied to us by a local food bank. We thank those who donate what they can afford, as this helps us continue this service. We also thank those who give their time to stock our table with these items: Nellie Gregg, Bernice and Donnie Frey, Elsie Frey, Bill Yeo, Gene Winningham, Kelli Martinez, Bill James and all others. Thank you!

We had a fun time March 17, St. Patrick's Day, with prizes and a wearin' of the green contest. St. Patrick would be proud — we had so much fun we celebrated again on March 24 with more prizes, music and wearin' of the green!

We also had an added bonus: Ladies from The Grove Assisted Living in Forest Grove literally topped off our great lunch by bringing all the makings for Sundaes, toppings and all. Great News! They'll be back in April! Read this column for dates. It was a hard act to follow Romanna Manusos' delicious cabbage rolls along with our cook, Jamie Peura's corned beef cabbage. All this we enjoyed under Rosie McCoy's St. Patty's decorations. Thanks for all the great teamwork!

Spelling Bee contestants: See you here at the Center on Friday, April 2, at 1:00 p.m. for our fourth annual senior spelling bee; lots of fun, trophies and refreshments. PLEASE NOTE: Previous first place champions cannot participate as contestants but can be judges; well earned, at that! Congratulations to our past winners: Noni Andersen, Carol Sawyer, and Tobie Finzel.

Ladies and Gents: Wednesday, April 7; Easter bonnet and

hat contest along with Easter noon lunch.

Next foot care day will be April 30. Call our office to sign up, slots fill fast.

For a list of free pharmaceutical drugs, call the Senior Advocate.

We would appreciate more volunteers who could help us out by working in our thrift shop. Please come in and see President Bill James.

A NEW SERVICE: If you have a donation the Center can't normally accept (ex., washer, dryer, building materials, plants), we will put your name on a continually updated donation list with your phone number. People can come in and search for items of interest. Please don't bring these donations to the Center. Call us or come in to be a part of this new service.

Remember, blood pressure checks here at our Center on the first and third Fridays of the month in the mornings.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Monday at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11 a.m.
- Sign language class Monday, 10:30 to 11:30 a.m.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs and concerns, call our office.

INFORMATION NUMBERS

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

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No clear stop sign based on driver stats

As car crashes demonstrate, some elderly drivers pose a serious threat on the road. The skills most needed for safe driving...hearing, vision, flexibility and reflexes... decline dramatically after age 75.

To raise awareness of the "warning signs" that a family member's driving may be dangerous — and to encourage adult children to talk with elderly parents about knowing their limitations and making changes in their driving, the Oregon DMV and Oregon Department of Transportation have provided some statistics:

- In 2002, drivers aged 65 and older constituted 14.05 percent of all Oregon drivers, yet experienced 11.01 percent of total injury and fatal accidents. In contrast, drivers 16 to 19 constituted 5.79 percent of all drivers, yet experienced 12.45 percent of all injury and fatal accidents.

- Nationally, drivers aged 65 and older are increasingly mo-

bile, driving an average of 15.3 miles per day in 2001, up from 12.7 miles per day in 1995.

- The time older Americans spent driving in 2001 increased 28 percent since 1995.

- In 2002, 96 older Oregon drivers were killed in crashes, compared to 91 in 1992. During the same period, overall traffic fatalities decreased from 471 in 1992 to 436 in 2002.

Some information:

- Most mature drivers are able to assess and regulate their driving, continuing to drive safely throughout their lives. However, age-related changes in vision and reaction times

may affect older adults.

- Older drivers are more susceptible to medical complications following motor vehicle crash injuries. In an accident, older people are more likely to die from their injuries.

- Individuals, such as family, friends, physicians and health care providers are in the best position to observe seniors' cognitive and functional skills that are required for safe mobility. Under a new "Medically-At-Risk" law it is their responsibility to refer potentially impaired drivers to appropriate licensing agencies for selective review.



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will have lots of
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