

Community

Senior News

By Karen Miller



VOLUNTEERS take note: Mark your calendar for Wednesday, May 19

— we will be honoring volunteers who faithfully help out the local Senior Center with their time and energy.

DON'T FORGET to come in and check out our list of free items people donate for needy persons. It has proven to be a well received service. Remember the 1/2 OFF sale in our thrift shop on the last Friday of every month.

WE NEED volunteers who can be on call to help in our thrift area. Call or come in to see our President, Bill James.

TO ONE AND ALL: Regardless of age, everyone is welcome here. You don't have to be a senior to get a good deal here at lunchtime or in our thrift store. Our affordable lunches are open to all. \$2.50 for those under 60 is quite a deal!

Hey, all you singers! We had

a blast on Wednesday, April 21. Watch this column and join us for our next Karaoke Day. Come hear Bill Yeo on the spoons.

Do you know a senior 60 and over in need of respite care or housekeeping, or needing to have Meals-on-Wheels delivered? Call our office to see about qualifying for services.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11:00 a.m.
- Sign language class on Mondays, 10:30 to 11:30 a.m.
- Free blood pressure checks the first and third Fridays in the mornings.

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

Annual Silver Tea scheduled for May 12 at Vernonia Public Library

The 2004 Silver Tea, an annual benefit for the Vernonia Public Library, hosted by the Vernonia Study Club, will be held Wednesday, May 12, from 2:30 to 4:30 p.m. in the Thiele-Petti Room at the library.

At about 3:30 p.m., musical entertainment will be provided by Madeleine Gendron and friends. For visual enjoyment, there will also be a display of cups and saucers located about the room. Punch, coffee, tea, and cookies will be served.

Feel free to drop by to converse with old and new friends, look over the facilities and enjoy the entertainment.

Members of the local Study Club actively support the Vernonia Public Library with gifts purchased from monies earned through a variety of projects, such as coffees, bazaars, and

in recent years, the Silver Tea.

Among items supplied to the library through proceeds from the Tea, have been a speaker system, a book cart, and, most recently, a video shelving system.

Vote for Yard of the Month now

Voting has now opened for the yard of the month. The yard must be within Vernonia city limits and cannot include past winners.

Let Vernonia Pride know what yard you think deserves this honor by calling Donna Webb at 503-429-5201, or by dropping your suggestion in the box at City Hall. Submissions are due by May 27.

Volunteers sought for Elder Safe program with Sheriff's Office

Elder abuse has made the headlines recently, from an elderly Marine Colonel swindled out of money from his bookkeeper, to the older woman sexually assaulted at a nursing home.

The Sheriff's Office Elder Safe Program is seeking volunteers to work with the elderly and people with disabilities after they have filed a police report. The program is a partnership with Disabilities, Aging and Veterans Services and the District Attorney's Office.

"This is a unique opportunity to help individuals — often at the most difficult point in their lives," said program coordinator Joyce DeMonnin. "In addition to receiving excellent training by Washington County officials, volunteers have the satisfaction of knowing the work they do is important to seniors and the community."

Volunteers with an understanding of banking and finance are always in particular demand. Because financial exploitation is the number one crime committed against seniors, Elder Safe has a financial specialist team that works with seniors and banks in elder crime prevention.

"For this group, loss due to scams, frauds and identity theft can be devastating, because the elder probably won't be able to continue earning more money. Once the funds are gone, they're gone," she said.

Elder Safe volunteers must complete an intensive statement of personal history and undergo a complete criminal background check. They must also be available for the training program.

To apply for Elder Safe summer training, call Maxine Leageld, (503) 846-6048.

Food Drive by letter carriers will be May 8

Letter carriers throughout Columbia County will join with letter carriers across America to do much more than deliver mail when they walk and drive along their postal routes on Saturday, May 8.

They will also collect generous donations of nonperishable food from their postal customers to Stamp Out Hunger during the annual National Association of Letter Carriers Food Drive — the largest one-day food drive in Oregon and in the nation.

"Letter carriers know the people along our routes and in our communities," St. Helens Postmaster Willie Thayer noted. "We know that the need for food donations continues to increase. We are proud to celebrate the 10 year anniversary of participating in this event and hope for full participation from those who are able. We are proud to help fight hunger in our community."

The process is simple. Here's how all citizens can help letter carriers Stamp Out Hunger:

1) During the first week of May, letter carriers will deliver cards announcing the food drive. There will be a second delivery of specially marked plastic bags donated by Fred Meyer.

2) Fill the bags with nutritious, nonperishable food such as tuna fish, peanut butter, soups, stews and boxed meals.

3) Place the filled bags by your mailbox on the morning of Saturday, May 8.

4) On Saturday, May 8, letter carriers will collect the donations along their routes and take them to their local station. Trucks will pick up the food and deliver it to the Columbia Pacific Food Bank.

Last year's NALC Food Drive generated more than 1.4 million pounds of food throughout the state.

"The number of people in need of emergency food in Columbia County is on the rise. We have one of the highest un-

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Annual plant trade will take place during May 15 Country Market

By Schann Nelson

Twenty-odd years ago, when I first lived in Vernonia, there was an established spring tradition, sometime in April or May, when a group of gardening women would gather to share plants and stories. I was thrilled to get an invitation! Over the years, the event expanded and contracted as folks came and left, but the tradition continues.

Last year, Vernonia lost one of the area's great gardeners and long-time plant trader, Jennie Siedelman. This year, her sister, Irene, will be honored for her achievements. She helped many young families overcome gardening problems that seemed insurmountable to us, but were just pesky, almost trivial, to her. Her solutions are practical and don't allow for any nonsense. Irene Siedelman is the only person I know who could get ripe cantaloupes and eggplant! Come and share your memories.

Since so many of the old group have moved on, and there are many new families in town, this year's plant trade will be part of the Vernonia Country Market on May 15th. There will be a prize for the best dressed pioneer woman and plants will be traded within the "trade area," or given away, because we often bring stuff that we have way too much of, and don't want to take home. Neither can we bear to throw it out! Look for the full color invitation at various locations around town — everyone is invited.

Bring your gardening questions for discussion, your treasures and trials to share, as we celebrate the return of spring and honor the pioneering women who made the roses bloom in the Nehalem Valley. Plants, seeds, bulbs, trees, books, manure, tools, stories and recipes are all welcome. Coming empty-handed means you can take more stuff home with you, so don't be shy!