

## Community

### Senior News

By Karen Miller



**New Legal Aid Service for Seniors. Community Action Team and Columbia County Legal Aid wish to make legal services available to seniors, 60 years and older, residing in Columbia County. Areas of representation to include guardianship, power of attorney, landlord/tenant disputes, consumer protection, elder abuse, and discrimination. This service period will end June 30, 2004. Call our office for appointment details.**

Move over, Laurence Welk! All we're missing are the bubbles, and that may change! Come in on Wednesdays, listen and/or two-step to the Golden Oldies (and company). Can't dance? No excuse! Our own Russ Taylor says he can teach anybody, so join the fun. The furnitures moved out, we have even more room!

Thank you to one of our senior ladies, Gladys Gans, who turns your recycled cards into beautiful resalable ones here at the Center – A card for only 75¢? What a deal! So come card shop and support your local center. When you come, bring your old cards and drop them off for recycling.

Help us celebrate Older American Month this month of May by joining us each Monday for a Vernonia Lake walk! We meet in the parking lot at 9:00 a.m. Get your parking stickers at City Hall. Times and days may change in June depending on the wishes of the participants. Older Americans... aging well. See you Mondays.

Health Insurance Advisor Michelle Moore will be with us again June 23. Call our office for more info.

Our sympathy to the friends and family on the passing of longtime Vernonia resident Irene Siedelman, at the age of 92. She will be missed.

Metro West Transportation and the Center will be setting up a "movie & dinner" trip. Call our office or come in to sign up.

Don't miss out on your chance to win our quilt ladies' lovingly hand-made quilt hanging here at our Center. Raffle tickets are only \$1.00 each. Thank you Faith, Susan, Louise and others who quilt here

every Tuesday.

If you know any senior shut-in, age 60 and over who may need a meal delivered, please call our office.

Metro West Dispatcher and Vernonia Lake Caretaker Bill Yeo says come to the lake to see the newly hatched baby ducks. The lake now has doggy bag dispensers to pick up after your dogs.

#### 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

### American Legion to hold open house on May 29



All veterans, active duty service persons and families are invited to an Open House at the Vernonia American Legion Hall, May 29 from 2:00 to 5:00 p.m.

The open house is in recognition of the dedication of the new World War II Memorial taking place in Washington, D.C.

The Legion Hall is located at 627 Adams Ave. in Vernonia.

### Welcome Additions

#### Ryan Dean Potter

Ryan Dean Potter was born April 7, 2004, to Jim Potter and Paula Love of Vernonia. He weighed 4 pounds, 2 ounces and was 16-3/4 inches long.

He joins his siblings, Rebekah and Tyler Young and Brandon and Natia Potter, at the family home.

Grandparents are Ray and Pat Potter of Vernonia, Mel and Patti Love of SummerLake and Joyce and Le Speaker of Tidewater.



## LANDSCAPING? WE'VE GOT IT!



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Sat 8 to 4:30 • Sun 10 to 4

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503-543-8821**



SP Dennis Peters, shown above with children in Mosul, Iraq, has sent thanks to Vernonians for their support, and especially for the donations of the greatly appreciated eye drops. Peters, a 2000 Vernonia High School graduate, is the son of Tricia Coates of Vernonia.