

## Senior News

By Karen Miller



**Don't Forget** to dig out grandma's clam chowder recipe and join us on

September 10 for our CLAM CHOWDER contest:

1. Clams are the only seafood allowed.
2. Bring your list of ingredients.
3. Judging begins at 11:00 a.m.
4. Anyone can enter, only one entry per person.
5. First, second, and third prizes. Prizes to all participants.
6. Menu for lunch Sept. 10: Clam Chowder!!

From the Thrift Store: Come do your back-to-school shopping; backpacks, jeans, and more!

Thanks again for our volunteer help, especially Bud and Sharon Gibson who arranged our "new look"!

Here's some great news, thanks to the Older Americans Act, for anyone needing caregiving respite relief.

The Older Americans Act provides funding for 10 hours a month of caregiving if you are:

- 1) A senior 60 and over caring for someone under the age of 18, or caring for someone 21 or up with special needs,
- 2) Caring for someone over 60 and up.

Funds are available to provide this service and we are always looking for both caregivers and families needing this service. Please call our office for further information.

Food Handlers class here at the Center, Sept. 13 at 3:00 p.m.

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. Services include:

1. Guardianship
2. Power of attorney
3. Wills & trusts
4. Landlord/tenants
5. Consumer protection
6. Elder abuse
7. Discrimination.

Next Foot Care: Sept. 24. Call 429-9112 to sign up. Pamper your tootsies for only \$15.

**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 Tuesdays, 10:45 to 11:45 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

## St. Mary's Quilt Fair, Sept. 16-19

St. Mary's 34th Annual Quilt Fair will be held Thursday through Sunday, September 16 - 19, from 10:00 a.m. to 4:00 p.m. at 960 Missouri Ave., Vernonia.

There will be many hand quilted and machine crafted quilts, wall hangings and unique craft items for sale and display. The annual Star of Bethlehem raffle quilt will be on display and will be raffled off on Sunday, September 19, at 4:00 p.m. (need not be present to win). There will be door prizes, "Bed Turning" storytelling, a Craft Bazaar and more.

Also, don't miss the famous lunch of specialty soups, rolls, pies, and cinnamon rolls that are served daily from 11:00 a.m. to 2:00 p.m.! Door admission/donation is \$1.00.

## Register now for CERT training

Nehalem Valley residents will not easily forget the flood in February of 1996. It was devastating, but it was also a lesson about the value of preparation.

If disaster strikes again, are you prepared? Do you want to learn some hands-on disaster preparedness skills?

The pilot CERT (Community Emergency Response Team) course will begin on Wednesday,

September 15, and there is room for a few more participants.

The eight-week course will be held on Wednesdays from 6:00 to 9:00 p.m. at the Vernonia Fire Hall and will run through November 3.

For more information or to register, contact Terri Nelson at 503-429-9113, or via email at <tnelson6@hotmail.com> (write CERT in the subject line).

## Mist-Birkenfeld RFPD holds picnic

The Mist-Birkenfeld Rural Fire Protection District Board of Directors and staff have invited the community to help the district celebrate 25 years of operation at a pot luck picnic on September 11, at noon, at the Main Station, 12525 Hwy 202.

The fire department will serve hamburgers and hot dogs and provide punch, coffee and table service. Those attending are asked to bring a salad or dessert. There will be children's games, door prizes, raffles and more.

## Nelson, Powell plan wedding for Oct.

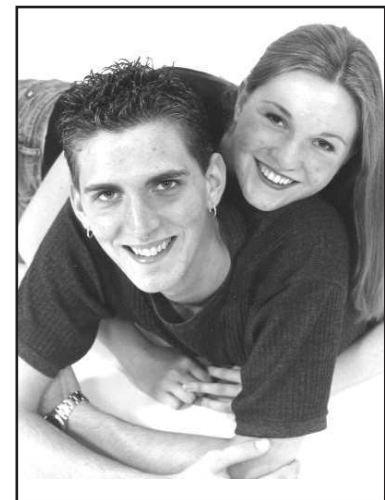
Penrhynn Nelson and Jarod Powell, both of Tualatin, have announced their engagement and set the wedding date for October 9.

The bride-to-be is the daughter of Dennis and Schann Nelson of Vernonia. She graduated from Pioneer Pacific College and is currently employed at Legacy Family Practice in Tualatin.

The groom-elect is the son of Mike and Kathleen Powell in Stayton. He is currently a student at Pioneer Pacific College.

The couple plan to make

their home in Tualatin.



## Nursing home advocates sought

Volunteer advocates and investigators are needed to serve as ombudsmen for residents of nursing homes, residential care facilities, assisted living facilities and adult foster care homes. The Office of the Long Term Care Ombudsman will train volunteers on the aging process, communication skills, problem-solving skills, investigation and other ombudsman skills. The certification training will begin on Wednesday, September 15, in Beaverton.

As Certified Ombudsmen, volunteers work to improve the quality of residents' lives, by identifying and investigating complaints and concerns on behalf of the residents, then

working with the facilities to make changes. The typical problems ombudsmen address cover a broad range, and often include resident care; residents' rights, such as privacy, respect and dignity; and quality of life concerns such as appropriate activities and meals.

"The volunteers have a real impact on the lives of residents, successfully resolving the majority of the complaints," said Program Administrator Kathy Walter. "Ombudsmen find a great deal of personal accomplishment in their work."

For information about the program or to learn how to get involved, contact Kathy Walter at 1-800-522-2602.

## Happy Birthday 70 years young Mom/Grandma



*Buckleberry  
Cottage*

*a treasure awaits you...*

Hours  
Tues. - Sat 10-5

**Twice Yearly Sale!!!!**

**3 Days only! Sept 9, 10, & 11**

*We will be closed Sept. 4-8 to prepare  
Many vintage & new items 20% to 70% off!*

**842 Madison Ave, Vernonia  
503-429-0706**