

## Senior News

By Karen Miller



Get ready for our Senior Moments Bazaar 2004, to be held here at the Center on Saturday, Dec. 4 from 11:00 a.m. to 6:00 p.m. and Sunday, Dec. 5 from 11:00 a.m. to 5:00 p.m. Limited number of tables are available for \$10 each. You may sell gift items, antiques, or homemade items. There will be a drawing every hour. Also quilt tickets for sale for \$1 each. The beautiful quilt that our ladies have spent many loving hours working to put together will be raffled off on Sunday, Dec. 5 at 4:00 p.m. Call Louise Hamnett at 503-429-7401 to sign up for a table.

Can it be? The Holiday Season is upon us!

Please call our office to sign up for the 55 Alive Driving Class here at the center this month! A well spent \$10 – your insurance company might like it too! Sponsored by AARP – Driver Safety Program.

Call the Senior Advocate office for information on Community Action Team's Energy Assistance Program. This program's waiting list has begun now.

A new Senior Assist Program for free prescription drugs is now available for low income and qualifying seniors. Call the Senior Advocate's office for information.

**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

## Long term care 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 the volunteers on the aging process, communication skills, problem-solving skills, investigation and other ombudsman skills. The certification training will begin on Thursday, November 18, in Portland.

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 concerns 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.

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

**Holiday Craft Fair**  
*Verboort Parish Center*  
**50 Tables of Handmade items**  
 Sat. Nov. 27, 2004  
 9:00 a.m. to 4:00 p.m.

# Get help on Medicare Rx card questions

Free help is available for Oregon Medicare beneficiaries who have questions about the new drug discount cards being mailed out this month.

Beneficiaries who receive state help to pay Medicare premiums are receiving discount cards from the federal Centers for Medicare & Medicaid Services. The state Senior Health Insurance Benefits Assistance (SHIBA) program has staff and volunteers available to help Oregon beneficiaries determine if the discount card they receive meets their needs or if

another card would be better.

Approximately 70,000 low-income Oregon beneficiaries may be eligible for \$1,200 each to help pay for their prescription drugs over the next 14 months. The can begin using the discount card immediately to get savings on prescription drugs. Along with the card, they also will receive instructions on how to activate the \$1,200 benefit if they qualify.

The cards were randomly assigned from several drug card sponsors. Beneficiaries

have the option of accepting the card they receive or choosing a different sponsor's card that may better match their prescription usage.

SHIBA, which is part of the Oregon Insurance Division, is strongly encouraging seniors to determine if the card they receive is the best card for them before activating it. Consumers who need assistance can call toll-free 1-800-722-4134 to receive help from trained volunteers with their Medicare and health insurance decisions.

## Remember Veteran's Day on November 11

## Elder abuse to be forum topic

An Elder Abuse Forum will be held November 9 at 10:30 a.m. at the St. Helens Senior Center. Columbia County District Attorney Steve Atchison and Donna Jo Stetzel, from Adult Protective Services at the Department of Human Services, will be presenting information at the forum.

The information presented will be relevant to families, social service workers, and community volunteers. Discover how to support elderly friends, neighbors and loved ones and help prevent abuse, identity theft and fraud. The forum is free and includes a complimentary lunch.

This forum is sponsored by Community Action Team. Pre-registration is required. Call Sherri Meyer at 503-366-6584 to register.



Mist/Birkenfeld Helping Circle's Fall Festival was a great success, October 23, with silent and oral auction, great pies, music by Ford Swearingen on guitar, plus Cindy and Marvin Bloomer, and the kids from Mist Grade School. Above Dave Crawford auctions off items with helpers.

## Country Kitchen & Pizza

**November 3-17**

### BREAKFAST SPECIAL

**2** Pancakes, Sausages and Eggs, w/Coffee **\$4<sup>50</sup>**

**FREE: 1 Additional Topping**  
**On Any Size Pizza**

WINTER HOURS  
 THU-MON – 7 AM-8 PM  
 TUE- WED – 7 AM -3 PM

342 Bridge St., Vernonia  
 Across from High School  
 Phone: 503-429-6523



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