

## Senior News

By Karen Miller



Happy Holiday Season to one and all! Take note of the Center's holiday

hours:

Dec. 24 – CLOSED

Dec. 25, 26 – CLOSED

Monday, Dec. 27 – OPEN

Watch this column for information on Red Cross Caregiving classes here at the Center beginning in January. Topics include Assisting with Personal Care, Positioning and Helping Your Loved One Move, General Caregiving Skills, Home Safety, Healthy Eating, Caring for a Loved One with Alzheimer's Disease or Dementia, Caring for a Loved One with HIV/AIDS, Legal and Financial Issues, and Caring for the Caregiver.

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

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.

Funds are available to provide this service and we are always looking for both care-

givers and families needing this service. Please call our office for further information.

Does your house need repairs? Call Community Action Team at 503-397-1675 or toll-free 1-800-955-1675 to see if you qualify for assistance.

**NEWS FLASH:** We also run a "lost and found" department here. Someone's phone has been ringing for a week down the men's commode – the plumber fished it out.

Bill Yeo says, "Please come in and get our leftover bread to feed the ducks at the lake – they're so hungry these cold days. They're chasing the cars!"

### 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

# Grant puts over \$1,700 into Columbia Co.

United Way of Columbia County announced it has received a community grant totaling \$1774.94 from The Fred Meyer Foundation to purchase school supplies for needy Columbia County students from kindergarten through 12th grade. This year's grant will be used to purchase large ticket items, back packs, scientific calculators and socks for distribution to organizations in Columbia County, which distribute the supplies to students. No supplies will be given out directly to students by United Way. Supplies that are not used prior to the start of school will be distributed later in the school year.

Kathye Beck, Executive Director of United Way of Columbia County said. "United Way continues to work with its community partners to improve lives in Columbia County. Thank you, to Deb Giberson, our Fred Meyer Foundation Ambassador, the Fred Meyer Foundation, Rick Bigelow Scappoose store director, and everyone who helps support us in our work. We are so thankful

for this grant, it will mean so much to so many people."

"The Fred Meyer Foundation was particularly impressed by the successful track record of United Way of Columbia County and its programs," said Mary Loftin, executive director of the Fred Meyer Foundation. "We hope this community grant will help United Way continue the important work it is doing to enrich the health of the community. We are proud to be part of the Scappoose Community and are committed to helping where we can. Social responsibility and community involvement are company priorities established by our founder, Fred G. Meyer. Mr. Meyer said, 'to be a good neighbor, you must strive to be a good neighbor in all ways.' Financial support of nonprofit organizations is just one of the ways Fred Meyer upholds this tradition."

"These grants are the result

of true community efforts involving both our employees through our annual Employee Giving Campaigns and our customers through the contributions they make in our stores using the Make Change Count coin boxes and scan cards at the check stands. The dollars collected through these employees and store efforts are combined and then allocated by the Advisory Committees as community grants," Loftin said.

The Fred Meyer Foundation assists non-profit organizations dedicated to helping children and reducing hunger in communities served by 128 Fred Meyer Stores in Alaska, Idaho, Oregon, and Washington. Fred Meyer is a division of The Kroger Co. The Fred Meyer Foundation has awarded grants totaling over \$3.8 million since it began in December 1998. For more information call 1-800-858-9202, ext. 5605.

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