

## Providence gives to Vernonia Cares



Providence Medical Group played Santa Claus just before Christmas, with a \$2000 donation to Vernonia Cares. Enjoying the presentation are, left to right, staff members with Providence Medical Group Dr. Phyllis Gilmore, Cathy Rozinek and Patricia Martin, plus Sandy Welch from Vernonia Cares and Marla Rethwill with Providence.

### Welcome Additions

#### Torey Kay Tolonen

Torey Kay Tolonen was born December 21, 2004, to Craig and Tonya Tolonen of Vernonia. She weighed 8 pounds, 4 ounces and was 20 inches long.

She joins her brother, Chase, and sister, Whitley, at

the family home.

Grandparents are Buck and Pam Ferguson of Klamath Falls and Arnie and Mary Tolonen of Vernonia.

Great-grandparents are Evelyn Williams of Astoria and Lola Ferguson of California.

#### Comet viewing party on January 9

A comet viewing party will be held, weather permitting, Sunday, January 9, at 6:00 p.m. on the grounds of Lincoln Grade School.

During January, the Machholz Comet will be visible near the Pleiades constellation, after the moon wanes. Bring a telescope if you have one and join

others in viewing this newly discovered comet. Machholz Comet was discovered by amateur astronomer Don Machholz in California on August 27, 2004.

For more information about the viewing party, contact Robb Wilson at 503-429-7731.

## Senior News

By Karen Miller



### FOOT CARE FOOT CARE

Happy feet means a happy new year!

Seniors 60 and up, call my office to sign up for foot care, now available twice a month, on the second and last Fridays of the month. We still have limited funding through Community Action Team for this service. Slots fill fast - Call Today!

There will be a 55 Alive class at the Center in February. This driving refresher course for seniors will cost \$10 per person. Call the Center if you are interested in signing up.

We've had a super great lunch crowd these past few weeks, especially on Wednesdays for our nutritious lunches and music by the Golden Oldies Band. The ladies from The Grove Assisted Living in Forest Grove came December 29 and fried up delicious elephant ears. Ingredients and time all donated by them. Thanks Jane and crew. Next up: January 26, all you can eat sundaes (diabetics catered to).

We always appreciate volunteers who want to help out. Come in and see President Bill James.

Resources to share from Community Action Team, St. Helen:

Families; for individuals with developmental disabilities, their families and caregivers at Quiet Waters Outreach at <www.quietwatersoutreach.org>.

Seniors; listing of support groups for spouses and partners of the chronically ill and/or disabled at Well Spouse Foundation, <www.wellspouse.org>.

#### LEGAL AID SERVICES:

Community Action Team has limited funding for seniors 60 years old and older residing in Columbia County. Call my office at 429-9112 to see if this service can meet a need for you.

Call my office for information on a program called Senior Assist - helping people find free prescriptions.

#### 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.

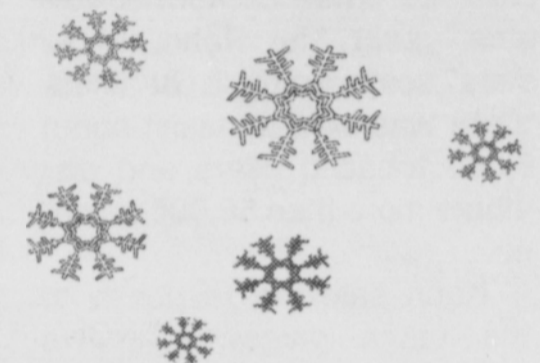
- Sign language class on Mondays, 10:30 to 11:30 a.m.

- 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



## Marquis Care

- Skilled Nursing Care • Rehabilitation
- Long Term Care • Adult Day Care

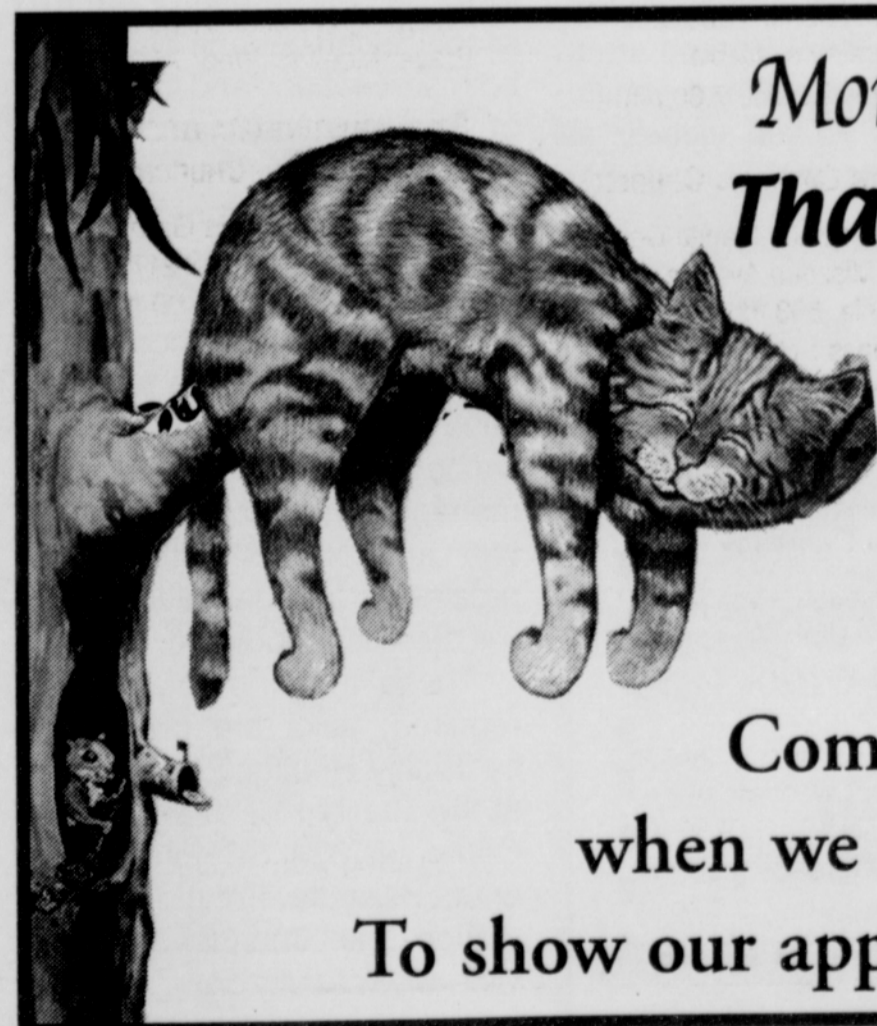
3300 19th Avenue, Forest Grove (503) 357-7119

## Vintage Suites

(Marquis Assisted Living Community)

- Large Homey Apartments • Creative Meals
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