

Family caregiving training offered

Two seven-week Family Caregiver Training sessions, for family members and friends who care for an elderly person or someone with a disability in their own home, will be presented by Washington County's Disability, Aging and Veterans' Services (DAVS). The program includes a three hour component on Alzheimer's disease and dementia.

The next trainings will be held in Hillsboro and Forest Grove.

The Forest Grove program, beginning February 24 and ending April 7, will be held at Camelot Care Center, 3900 Pacific Avenue, 1-4:00 p.m.

Evergreen Hillsboro Health & Rehabilitation will host the Hillsboro program, March 1 through April 12 at 1778 NE Cornell Road, also from 1:00 p.m. to 4:00 p.m.

"Most families don't think of caring for an elder adult or person with a disability at home as 'rendering a professional service,' just a family responsibility," said Jill Getz, of DAVS, "but nursing home and other adult care professionals have a lot of clever ways to help. We're gearing up to share these with

families who are caring for a parent, grandparent, or other adult in their home. People don't think of getting specialized training, but this is a special and important role and there are a lot of simple techniques that professionals use that could make life much easier for family caregivers."

This will be the seventh series sponsored by DAVS. Co-sponsors are the host facilities. Staff from the facilities will address practical issues like transfers and movement assistance through physical therapy and occupational therapy issues, nutrition, and end of life issues.

"We will also provide respite resources for the caregivers, so that they don't have to worry about leaving their loved one alone while they take the training," Getz said.

The trainings are funded through the National Family Caregiver Program of the Older Americans Act. An additional series will be offered in Tigard from April 6 through May 18th.

For more information or to register, contact Getz at 503-615-4672.

Vernonia Pioneer Museum to hold two open houses on February 24

Two open house/orientation gatherings will be held at Vernonia Pioneer Museum on Thursday, February 24, at 1:00 p.m. and 7:00 p.m. Refreshments will be served.

This will be an excellent opportunity to get acquainted with the activities at the museum and see if you are interested in joining the other volunteers in preserving and exhibiting local history.

V. Cares schedules 2005 Fun Run

Vernonia Cares has announced they will hold a Fun Run in August. Stay tuned for future details.

Clean, small containers with tight fitting lids for use in repackaging non food items are still welcome donation items. Plastic or paper shopping bags

ONE MAN'S LABOR

**No Job too large
or too small!**

**Cut, Split & Stack Firewood,
Clean-up, Hauling, Etc.**

**Need Reliable Help?
Call Don**

503-429-0456

Senior News

By Karen Miller



We want to welcome our new senior hostess, Sharon Gibson. Sharon has been

a long-time, faithful and very capable, thrift store volunteer. Welcome, Sharon!

From spelling champ Audeen Wagner: The Oregon State Senior Spelling Bee will be April 9 in Aurora. There should be about six people going. Audeen won the National Senior title in 2000 - Carol Sawyer won the same title in 2003 - Tobie Finzel placed third twice! All three have won the Oregon State Senior title. Tentatively scheduled for September is the Vernonia Senior Spelling Bee here at the Center.

THANK YOU, once again, to all our bread volunteers who faithfully help twice a week in bringing in and setting up the bread.

Master Gardener meeting Feb. 24 is open to public

The Master Gardener Chapter meeting will be February 24, starting at 6:30 p.m. at the Extension office, 505 N. Columbia River Hwy, St. Helens.

The public is invited to this free meeting. The speaker will be Darlene Pope of Shadowhawk Nursery and the program will be on Container Gardening.

MEMBERSHIP DRIVE: Thank you if you are one of our 54 paid members so far for the Jan. through Dec, 2005 year. Lucky lunch winner - Elaine James.

55 ALIVE CLASS: March 10 and 11 from 1 to 5:00 p.m. The cost is \$10. Call our office to sign up.

TAKE NOTE: The ice cream ladies from The Grove Assisted Living in Forest Grove come every LAST Wednesday of each month! They bring all the ice cream and toppings and you can't top that!!!

CURRENT COMMUNITY ACTION TEAM PREVENTATIVE HEALTH SERVICES AVAILABLE AT NO CHARGE FOR SENIORS 60 AND OVER:

1. **FOOT CARE:** Our foot care nurse is now available twice a month. Call my office to sign up, 503-429-9112.

2. **Jazzercise "lite" class** for seniors coming soon. Call for details on times and dates.

3. **30 Minute Women's Heart Check** including cholesterol test, EKG, blood pressure, body fat analysis, blood sugar and a personalized women's

heart risk profile. Transportation included for a \$10 fee. **APRIL 30.** Call for your reservation as space is limited.

Michelle Moore of Health Net Options Plus will be at the Vernonia Library on March 2 at 10:30 a.m. to talk about Medicare's Preferred Provider Plan.

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.
- Jazzercise class at 2:00 p.m. on Tuesdays.

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

Now everyone in Columbia and Clatsop Counties can join!



When it comes to time... more is better!

Expanded Hours Now at All Wauna Federal Branches

Good news for folks with a hectic schedule. Wauna Federal now offers new expanded office hours serving you 6 days a week at all four of our branches in Astoria, Clatskanie, Vernonia, and Warrenton.

Step up to better service... and better hours, too. Join Wauna Federal today.

New Expanded Office Hours at All Branches

9:00 am - 5:30 pm Mon, Tue, & Thur
10:00 am - 5:30 pm Wednesday
9:00 am - 6:00 pm Friday
9:00 am - 1:00 pm Saturday
Drive-Thru Opening Times:
8:30 am Mon thru Fri & 9:00 am on Sat



WAUNA FEDERAL
Credit Union

Your hometown financial solution

800-773-3236 • WWW.WAUNAFEDCREDIT.ORG

Astoria • Warrenton • Clatskanie • Vernonia
(503) 325-1044 (503) 861-7526 (503) 728-4321 (503) 429-8031



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
- Laundry • Housekeeping • Transportation

3336 19th Avenue, Forest Grove (503) 359-1129