

Water shortage potential exists

While the sunny, pleasant weather throughout February and most of March was enjoyable, it resulted in a very dry winter and spring. Recent rains will not remedy the overall situation. Dry weather during this time of year is not common in our little valley, so it is a good opportunity to remind residents that some important changes may be needed.

First, dry weather means high fire danger. The grass and vegetation are green now, but will become dry and hazardous. City of Vernonia ordinances require weeds and grass to be kept no longer than 12 inches high (except for an agricultural crop). This ordinance will be aggressively enforced.

This provides an opportunity to help one another. If an elderly or absent neighbor's yard needs a trim, or if your friend's lawnmower is in the shop, you have a chance to do a random act of kindness...providing you have consent from the recipient of your generosity.

Second, water is a limited commodity. Citizens pay for their water to be high quality, safe and clean. Because the primary source of water for Vernonia is Rock Creek, the city passed ordinances in 2003 that require water conservation when the creek level drops to a specified flow. That stage has not yet been reached, but bulletins will be issued when water conservation measures go into effect.

The sunny, late winter weather was a rare and mixed blessing. Though normal spring rains have begun, caution is still needed regarding fire hazards and water usage.

Amateur radio exam scheduled

An Amateur Radio Examination will be conducted Sunday, May 15, at the Vernonia Fire Hall, 555 E. Bridge St., for those who are upgrading their licenses. Exams will also be available for those at the entry level and for Morse Code. License manuals should be studied prior to the exams.

For more information, contact Norm Roberts, at KB7CD, 503-429-2405 or < kb7cd.nor@juno.com >.

Senior News

By Karen Miller



I'll tell you what! The young crowd doesn't have it over the seniors

in Branson, Missouri's amusement park, Silver Dollar City!! My husband and I just returned from a week's vacation there with our daughter and family from Oklahoma, and grandparents were running around there like nobody's business. Well, my son-in-law got me to ride the Upside Down seven times, Wildfire Ride... once.

At any rate, we'd like to let everyone know that we would like to encourage the younger crowd to join us here; and get the word out that lunch is for everyone; we have a great time on Wednesdays particularly, with music every Wednesday and free ice cream sundaes on the last Wednesday of each month. Ya'll come on in!!

What you don't know won't hurt you? Not always!! Circle your calendar for Thursday and Friday, April 7 and 8, at 1:00 p.m. here at the Center and join us for a Diabetic Workshop taught by Gloria VanDeHey,

R.N., C.D.E.

There will be healthy snacks and door prizes. Questions? Call 503-429-3912.

Even if you miss the one on Thursday, you can still come Friday.

Sentry Saver Shields: Connie, our cook, says she would gladly welcome any loose saver shields to fill the \$10 books that she could use to purchase roasts, etc., from Sentry Market. Thank you for thinking of us for your saver shield donations!

We had a great lunch crowd March 30. Over 50 people enjoyed the music and ice cream.

Last week's lunch membership winner - Russ Taylor!

CAREGIVING respite relief help is available provided through Community Action Team (CAT) funded by the Older Americans Act. If you are:

- 1) A senior 60 or over caring for someone under the age of 18 or caring for someone 21 or over with special needs, and/or
- 2) You are someone caring for a person 60 or over.

Call my office to see if you qualify for someone to come in to relieve you up to 12 hours per month.

Swimming classes in Forest Grove are currently being

formed for those seniors 60 and over at no charge under CAT's Preventative Health Grant. Call for information.

Footcare: April 15 and 29, both Fridays. Also under this CAT grant; donations gladly accepted to the Senior Center. Slots fill fast, call our office to sign up. Judy, our footcare nurse, does a great job.

Need a place to rent for your function? Our dining hall is available on Monday, Tuesday, and Thursday evenings or Saturdays on a donation basis. Call our President Bill James.

Come in to see our selection of wedding/prom gowns for sale from \$35 to \$75.

Some of you may remember a former senior here in the Vernonia Community by the name of Leola Ruff. We were honored by her presence here last Wednesday from North Plains where she now resides. Leola lovingly handmade a beautiful double bed-sized quilt which she and one of our members here, Faith Reynolds, donated to the Center. Faith wishes to express her thanks to Leola who, when Faith was a young 79, encouraged her to quilt. Now Faith is one of our faithful quilters here every Tuesday helping to quilt some of our

past spreads. These quilts have brought in much needed funds for the Center. This beautiful quilt will be auctioned off this next Christmas season. It will be on display here; come on in. (Hmmmmm, sounds like young folks don't have much over seniors around here either, Faith's life story is quite impressive, read this column for a profile in the future!)

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

55 Alive classes offered in April

55 Safe Driving Classes will be offered in April in Washington County at the following times and locations:

April 11-12, from 8:30 a.m. to 12:30 p.m. at Tuality Hospital. Call 503-681-1700 to sign up.

April 18-19, 1:00 to 5:00 p.m. at the Hillsboro Senior Center. Call 503-648-3823 to sign up.

The class is a refresher course to sharpen driving skills. The cost is \$10. An insurance discount applies to qualified persons who complete the course.

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



Camelot Care Center

Congratulations

to the Employees of Camelot Care Center on Their annual DEFICIENCY FREE SURVEY!

It is such a privilege to work with a Team dedicated to providing excellent care and services to our residents. THANK YOU for all you do to make CAMELOT CARE CENTER an outstanding place to work.

Heather Miyake, Administrator

For information about Camelot Care Center,
call 503-359-0449

