

Hands on Art new board ready to go

After a year that "nearly killed" them, Vernonia Hands on Art is back in the saddle. Elections have just been held for the new board, with Josette Mitchell taking over as president, Carol Sawyer is vice-president, Kate Conley will handle the secretarial duties, and Tobie Finzel is treasurer.

The executive group is supplemented with an advisory council composed of prior board members along with supporters and practitioners of

the various arts. Until further notice, meetings will continue to be on the first and third Thursdays at 4:00 p.m., but now at City Hall, rather than at the Head Start building.

Projects still on the books for this year are a teen poetry workshop, hip-hop dance classes, and Art in the Park in August. Community input on art-related projects is welcome. Please contact any of the officers.

Evening Chat to focus on memory

Family and Caregiver Conversations: An Important Discussion About Memory Loss and Its Impact on Loved Ones will be the topic of an Evening Chat on Wednesday, May 25, 6-7:30 p.m. at the Tuality Health Education Center, 334 SE Eighth Ave., Hillsboro.

A trained nurse practitioner will engage attendees in a review of memory loss and aging, a description of Alzheimer's disease, diagnosis and treatment options, caregiver chal-

lenges, and a review of available resources to assist family and caregivers with the management of the disease. Attendees will gain more awareness of the initial indications of memory loss and Alzheimer's disease, and improve perceptions about the condition and its associated memory loss.

Refreshments will be served at this discussion sponsored by Janssen Pharmaceutica Products.

Alzheimer's expert in St. Helens

Dr. Patrick Gillette, a nationally known expert on Alzheimer's disease will speak Thursday, May 26, at 7:00 p.m. at Grace Baptist Church in St. Helens, 125 N. 17th Street. This is a free presentation.

Dr. Gillette will cover topics that include:

- A discussion of Alzheimer's disease, its symptoms and causes;
- Behavioral issues associated with Alzheimer's;
- Final stages of Alzheimer's;
- Issues for caregivers;
- Treatment, care and prevention options.

Dr. Gillette is a member of the Board of Directors of the Alzheimer's Association, Oregon Chapter, a member of the American Geriatric Society and Medical Director of the Mood and Memory Clinic of Southern Oregon. He also is a member of an advisory board at Johns Hopkins University, serves as staff physician of the Clinical Research Institute of Southern Oregon and is Chair of the Providence - Medford Medical Center Ethics Committee.

The Alzheimer's Association, Oregon Chapter, sponsors this presentation in partnership

with Community Action Team in St. Helens.

For additional information, please contact The Community Action Team at 503-366-6543 or the Alzheimer's Association at 503-413-7158.

In 2004, the Alzheimer's Association Oregon Chapter served more than 10,000 families in Oregon and S.W. Washington. With offices in Portland, Eugene, Redmond and Medford, the Association reaches out by providing information, helplines, support groups, educational programs and other services to help families and

Senior News

By Karen Miller



Food is more than just nutrients for the body. It is strongly connected with social rituals and has a special meaning in every culture. Take, for example, the age-old custom of sharing a meal with others. It has been shown that there are many benefits of eating with others and sharing food. So, with that in mind, come on in and share a meal with fun company.

Looking for a gift a senior, or anyone for that matter, would appreciate? Come in and purchase a gift certificate for Connie's great lunches.

Who says the Senior Center is dull and boring?! I bet we won't hear that comment for a while!

We would like to express our appreciation in working with Vernonia Pride's Genny Fisher, Vernonia Mayor Sally Harrison and family for power washing the building in preparation for painting by Bud and Sharon Gibson and Neil Vandehey. The New Year season may be over, but "Out with the old; in with the new." And if anyone couldn't find us before, well... we settled that, too.

I have in my office an excellent resource book on legal aid issues; you are welcome to

come in and thumb through it. Also, we still have a senior program in which qualified seniors can receive legal aid help under a grant. Call my office for information.

We still are doing our Jazzercise classes for seniors here on Tuesdays at 2:00 p.m. There's room for you! No charge, 60 and up.

May is American Stroke Month. Know the signs:

1) Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

2) Sudden confusion, trouble speaking or understanding.

3) Sudden trouble seeing in one or both eyes.

4) Sudden trouble walking, dizziness, loss of balance or coordination.

5) Sudden, severe headache with no known cause.

PLANT SALE begins here at the center on Wednesday, May 25, with proceeds going toward future 55 Alive classes to help compensate the teacher for travel time. If you have any plants you would like to donate, we will gladly accept them from now on, call for information. The sale will begin at 9:00 a.m.

We owe a big thank you to Jim Grimes and Phyllis Cox for their donation of yardwork that we have been auctioning off here on Wednesdays at our fun lunchtime social. Come on down and get in on the action.

For right now, here at the center on Mondays at 2:00 p.m., if any one of you would like to join in on a support

group for those suffering a loss of any kind, you are welcome.

Take Note: Wellness Clinic will return on Saturday, June 11, here at the center. This clinic is free of charge for those 60 and up. Fasting is required for several of the tests. Call my office for information and to get your name on the list.

COOL CYBER RESOURCE: If you are unsure of how caregiving may be affecting your health, log onto the American Medical Association and click onto Questionnaire for Caregivers for your stress management level. Can't find it? Call me.

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.
- Sign language class at 9:00 a.m. on Mondays.

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

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caregivers cope with the challenges of Alzheimer's. For more information visit <www.alzheimers-oregon.org>.

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