

Community

Don't be a victim of construction scam artists this summer or fall

Elderly and retired people are prime targets of construction fraud. Construction scam artists target homes in obvious need of repair or maintenance. They know these homes are often owned by trusting, isolated or lonely homeowners.

Oregon Construction Contractors Board (CCB) Chief Investigator Bruce Buffington says, "factor in the low probability of physical resistance, reduced memory, eyesight, hearing or mobility and it's easy to see how seniors can be creatively separated from their money."

"Typically," says Buffington, "there is a knock on the door. The victim opens it and someone claiming to be repairing roofs, driveways, or fences in the neighborhood has some materials left over."

The victim is offered repair services at a 50-60 percent reduction. If the homeowner shows an interest, the con artist will ask for money up front and promises to begin the job right away. Often the con artist will give the victim a legitimate looking contract, showing the name of the company and alleged state contractor's license number.

"After they get a full or partial payment, scam artists do little or no work, leave and never return," Buffington continues.

Anyone who does repairs, remodeling or new construction must be licensed with the CCB.

The CCB recommends Oregonians do a little investigating before hiring a contractor to do work on their homes or businesses by following these guidelines.

- Before hiring anyone to do construction work, verify the contractor's license by visiting the CCB website at <www.ccb.state.or.us> or by calling 503-378-4621. Licensing does not guarantee quality work, but does provide some financial and legal protection for the consumer.

- Get two or three written bids. The old saying "you get what you pay for" applies here. A higher bid may be worth the price in better materials, workmanship and reliability.

- Pay in installments. Make payments in stages as the work is completed and has passed inspections. Don't pay in cash. Make checks out to the contractor as the contractor's name appears in the contract.

Welcome to the World of Senior News

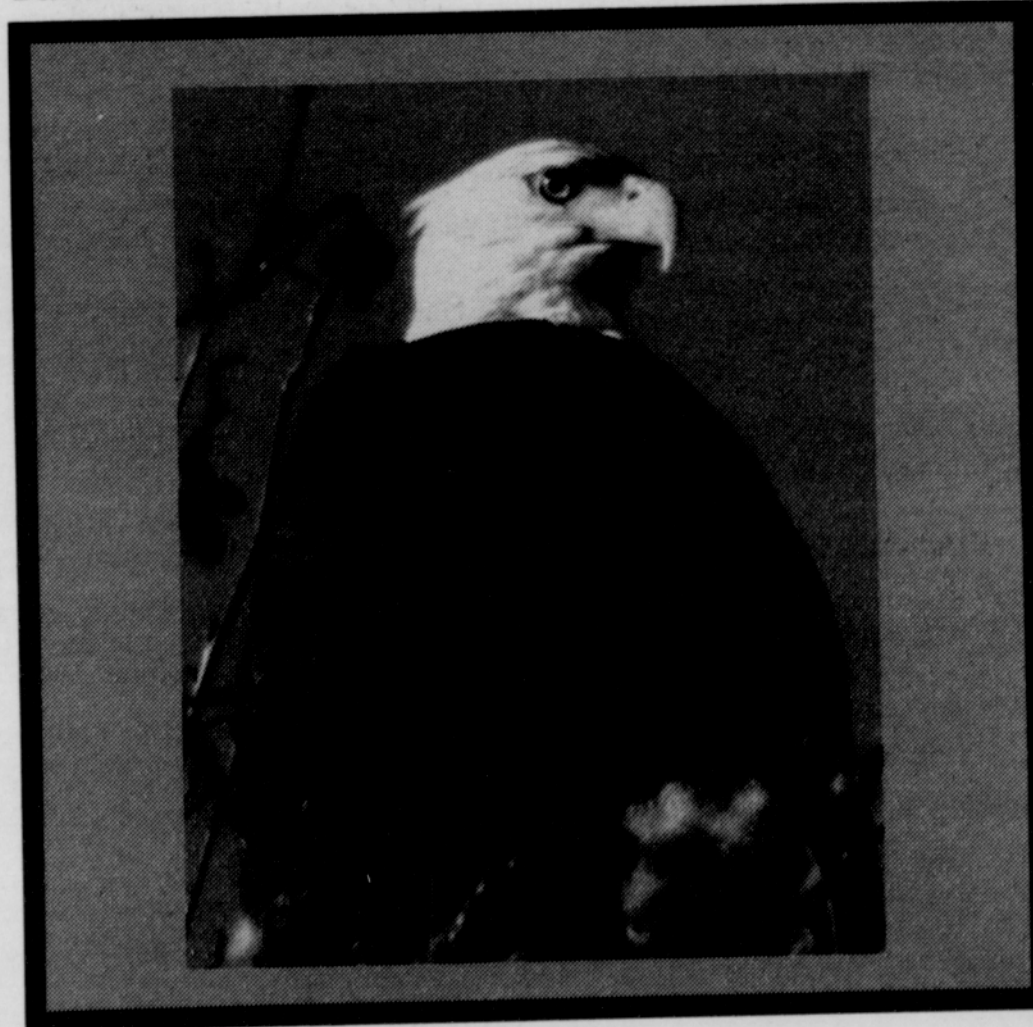
Benjamin Roy Dennis Powell



Benjamin Roy Dennis Powell was born May 27 at Meridian Park Hospital to Penrhynn and Jarod Powell of Tualatin. He weighed 7 pounds, 7 oz. and was 20-1/2 inches long.

Grandparents are Schann and Dennis Nelson of Vernonia, and Kathy and Mike Powell of Stayton.

Great-grandparents are Richard and Marjory Wysong of Vernonia, and Marian and David Andersen.



Senior News

By Karen Miller



Memorial Day may be past, but we want to express our appreciation for all our

senior veterans that have served this great country and have been the foundation of the freedoms we enjoy today. Support our troops past and present; take time to thank a vet any day of the year!

THANK YOU to all who made our plant sale a great success. Romanna Manusos, you did it again; thanks for your fundraising efforts along with your helpers, Linda Tellef, Pat Lloyd, and Sharon Gibson. We appreciated donations from Iwasaki Nursery, Woodstock Nursery, and our own Farmwoman's Nursery here in Vernonia. And, not to forget, thanks to Alan Russell for his donations of plants that didn't stay long!! Thanks to everyone.

We had a great time Wednesday, May 25, with The Grove Assisted Living gals' ice cream sundaes. Congratulations to Eleanor Libel from Mist in winning our "wearing of the most lavender" contest on Wednesday, May 18. Our second and third place winners were Jacqueline Ramsay and

Eleanor Thompson.

Thank you City Administrator Robyn Bassett for your help on preparing our building for painting. Remember everyone, we're not done making Vernonia shine...there's more to come!!!

What a grand time the standing room only crowd had at Faith Reynold's 90th birthday party at the Scout Cabin on May 21. Faith's love for others was returned to her on that special day as her friends and family joined together in a well deserved celebration. We love you, Faith.

Apologies to all of you who were signed up for Wellness Clinic on June 11. Due to circumstances beyond my control, mainly lack of funding, this free clinic cannot continue as of now. July 1 we will revisit what we can do. Thank you to all who participated. Call my office for further information.

Footcare: \$15 per person. Judy does a great job and is well worth every penny! She is here at the center on the second and last Friday of each month. Call for an appointment.

COOL CYBER RESOURCE: Medicare official website <www.medicare.gov>

provides an official program profile, plan details, publications, and contacts.

Top 5 Family Activities:

- 1) Make caramel corn
- 2) Plant a tree
- 3) Run through the sprinkler
- 4) Play Charades
- 5) Make a stained glass decoration.

Have fun!!

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

New Hong Kong Restaurant

New Owners Welcome You
Best Chinese Cuisine
Fast and Friendly Service
Family Style Dinners
Lunch Specials

669 N Mist Dr, Vernonia

503-429-506



Sun-Thu, 11:30 - 9:00
Fri-Sat, 11:30 - 9:30

Vin Sagesse (Maine's Largest Restaurant)

- Large Homey Apartments • Creative Meals
- Laundry • Housekeeping • Transportation

333619th Avenue Forest Grove (503) 59-1129

Marquis Care

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

330019th Avenue Forest Grove (503) 57-7119