

Community

Senior News

By Karen Miller



We've had seniors asking when our next A A R P Safe Driving Class will be. Call our office to sign up or perhaps I can guide you to another area to join theirs.

Our thrift shop has an abundance of merchandise; come on in and don't forget our end of the month 1/2 price sale. Coming soon: Our BLUE LIGHT SPECIALS. Yep, if you are here when that light goes on — half price!! Bet you can't wait!

Does your house need repairs? Community Action Team, Inc. has a housing rehabilitation program. Call their office toll free 1-800-955-1675 to see if you qualify. Columbia County call 397-1675.

We are always in need of thrift shop volunteers, come in

and see our president, Bill James.

Passing on some information I read on saving money on your prescriptions: Talk to your physician first. Most doctors have a cabinet or sometimes a whole room filled with free samples of medication to give to their patients. Second, call your health insurance provider; every company offers a mail-order program that allows you to fill prescriptions at a lower out-of-pocket cost. If you are not insured or if your co-payments are too high, call the drug manufacturer. Many of them have patient-assistance programs that provide medication at low or no cost to those in need. Also, most states have programs to help with the cost of prescription needs. You can find a summary of such programs at <www.helpingpatients.org>.

COOL CYBER RESOURCE: SHIBA Senior Health Insurance Benefits Assistance, 1-800-722-4134, <www.insurance.oregon.gov> or <www.oregonshiba.org>.

School's out... Summer is here. Have a safe, happy vacation time with friends and loved ones!

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

Vernonia youth go to Portland for confirmation with Archbishop

Six youngsters from St. Mary's Church in Vernonia traveled to the Cathedral of the Immaculate Conception in Portland on May 17 to be confirmed by Archbishop Vlazny. Celia Gendron-Herndon, Yolande Gendron-Herndon, Thomas Hoerauf, Kevin Johnston, Brittney Lindauer, and Christina Sohler

joined approximately 300 teens from various Catholic churches in the area.

Along with Baptism, and Holy Eucharist, Confirmation is the last of the three Sacraments of Initiation that individuals receive as part of an instructional period of their Catechesis as Roman Catholics.

Landers to state 2A-1A softball

Vernonia High School sophomore Joreigh Landers, a pitcher, was named to the first team for 2005 Class 2A-1A Oregon All-State Softball.

Junior infielder Kristin Cota received Honorable Mention for 2005 Class 2A-1A Oregon All-State Softball.

55 Safe Driving classes coming

A 55 Safe Driving class will be held at the Hillsboro Senior Center June 20-21 from 1:00 to 5:00 p.m. Call 503-648-3823 to sign up.

Another 55 Safe Driving class will be held July 11-12 at the Tuality Education Center, call 503-681-1700 to sign up.

For more information, call Sue Stewart at 503-359-8435.



Vernonia Cares seeks volunteers to help out for summer months

Vernonia Cares Food Bank supplies more food during the summer to its clients, but that is also when food bank staff take family vacations or stay home to watch their own children. Be-

cause of this the food bank is asking anyone who has a few extra hours, especially on Tuesday or Thursday, to call Sandy Welch at 503-429-1414.

Attention: Quilters invited to join

Do you enjoy quilting, chatting about quilts, sharing your ideas, tips and works in progress? Then plan to join an enjoyable, no cost evening with others who also find satisfaction in the craft of quilting.

Everyone is welcome, beginners to experts and anyone

else who just wants to check it out to see if they are interested.

The meetings are on the first Wednesday each month (next meeting July 6) from 7-9:00 p.m. at 741 E. Bridge St., Vernonia. Call Jeanette for more information at 503-429-3965.

HONEY DO? WE CAN HELP!!!!

We have a *huge* selection of materials for

- Rock walls • Block walls
- Pathways • Patios
- Flower beds • Gardens
- New lawns • Water feature rock
- Bagged products (for easy storage)
- Barkdust • Cedar chips
- Compost • Column rock
- Crushed rock • Round rock
- Decorative boulders
- Railroad ties & more

We have just what you'll need to enhance any landscape project. Open 7 days a week.

We can deliver or you can pick up.

Hours: Mon - Fri...7AM - 5PM
Saturday...8AM - 5PM
Sunday...10AM - 4PM

SCAPPOOSE SAND & GRAVEL

33605 E Crown Z Road
(corner Hiway 30 & Vernonia Hiway)
503-543-8821

Marquis Care

- Skilled Nursing Care • Rehabilitation
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3300 19th Avenue, Forest Grove (503) 357-7119

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