

Community

Seniors to hold annual elections

Vernonia Senior Citizens will hold their annual elections December 9 at 1:00 p.m. in the Senior Center dining room at 446 Bridge Street. A new slate of officers and three board members will be elected. Any person fifty years or older is eligible to join the Vernonia senior citizen organization. You are encouraged to show your support of this valuable asset in

our community by becoming a member.

Annual dues are \$10.00 per year and help support many activities. Dues paid in December 2005 will be pro-rated for 2006. To join see Bill James, current president, at the Center between 10:00 a.m. and 3:00 p.m. Only paid members may participate in the election.

Vernonia tree lighting December 3

Mark your calendars for Friday, December 3, at 6:00 p.m. Vernonia Pride, Hands on Art and the Vernonia Chamber of Commerce are partnering to present a downtown Christmas tree lighting with Santa Claus, plus music by Hands on Art, the Vernonia High School choir

and band and more. Tree lighting will be at City Hall to kick off the festivities.

Many downtown businesses will stay open late for the festivities and there will be a lighted truck parade and hot dogs for sale in the downtown pocket park next to Black Bear Coffee.

Long term care advocates sought

Volunteer advocates and investigators are needed to serve as ombudsmen for residents of nursing homes, residential care facilities, assisted living facilities and adult foster care homes. The Office of the Long Term Care Ombudsman will train volunteers on the aging process, communication skills, problem-solving skills, investigation and other ombudsman skills. The certification training will begin on Thursday, January 5, in Portland.

men cover a broad range, and often include resident care; residents' rights, such as privacy, respect and dignity; and quality of life concerns such as appropriate activities and meals.

"The volunteers make a tremendous difference in the lives of the residents," said Kathy Walter, Program Administrator. "They are well-prepared and effective."

For information about the program or to learn how to get involved, contact Kathy Walter at 1-800-522-2602.

As Certified Ombudsmen, volunteers work to improve the quality of residents' lives, by identifying and investigating complaints and concerns on behalf of the residents, then working with the facilities to make changes. Typical concerns addressed by ombuds-

Commission on Families seeks applicants

Applications from county citizens are being solicited by the Columbia County Board of Commissioners for persons willing to serve on the Columbia County Commission on Children & Families.

Interested persons should call the Board of Commissioners office at 503-397-422 for more details. Applications must be received by November 30.

Senior News

By Karen Miller



The other day a magazine came in my mail advertising a great land

deal: For only \$19.95 you can be the proud owner of one acre of land! Sounds good. Only the land happens to be at the bottom of the ocean. Now I don't know what all you can do with an acre of land under the sea, but read this deal: for only \$10.00 you can get a year's membership to the Vernonia Senior Center. With that \$10 you help support your Center, you get one vote on the change of officers, and, oh yes, you can get your name in our Wednesday lunch day "name in the hat" drawing for a free lunch!! Now THAT'S a deal!

FLU SHOTS: Flu Shots available at the Headstart Building December 9. Call 429-9243. Also, call the Hi-School Pharmacy in Scappoose; the local clinic gives shots if you are a patient.

LEGAL AID help for seniors is no longer available at this time.

If you are in need of guidance through the maze of new information coming out now on Medicare Part D, please call my office, 429-9112.

BREAD will be available only on Wednesdays until further notice.

PARKINSON'S SUPPORT GROUP will now be available at the Scappoose Senior Center. Call this office for details.

I am still looking for a volunteer that would like to be a part of our new Senior Peer Counseling Program. If you are looking for a place to serve seniors, this might just be the place for you! Please come in to see me.

AARP Safe Driving Class: Call my office to sign up. Lower insurance rates. Only \$10 and NO TESTS!!!!

Willoughby Hearing comes here to the center the second Friday of each month around 11:00 a.m. to accommodate your hearing needs.

If you are a caregiver to a senior and need some relief help, please see me to see if you qualify to be enrolled in our Respite Care Program at no cost to you.

Here's a Back Fence type of story that we'd like to share: Back in September when our Queen, Necia DeWitt, rode the bus to the fairgrounds and back here to the center, her sister from Elgin left her purse on the bus. The bus was from Scappoose Center, and in the meantime the bus picked up a bunch of people from the Lewis and Clark train in Linnton; the purse still traveling along. From there, the bus went to a hotel in Portland, where the bus driver

thought someone from that bunch left the purse, so he dropped it off at the hotel. A hotel attendant meanwhile got her purse and called clear to Elgin, Oregon, trying to locate the owner. After I don't know how many phone calls later, Necia's sister finally got her purse back to the Scappoose Senior Center, where, when I volunteered to go pick it up, *I walked in and was greeted with, "what purse?" End of story: they finally found the purse. Thanks to that hotel man from Necia DeWitt.*

Have a blessed Thanksgiving with friends and family! Don't forget our Christmas Bazaar here at the Center on December 3 and 4.

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.

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

INFORMATION NUMBERS

- Senior Advocate...429-9112
- Senior Center.....429-3912
- Transportation.....429-4304

*Serenity Gardens
Herbals*

Natural Aromatherapy Made with Love

Join Us for a Unique Holiday Shopping Experience
Fridays & Saturdays Featuring:
"Enchanted Evenings in the Garden"
Complimentary Refreshments, Romantic Lit Gardens,
Bonfire & Marshmallows (weather permitting)

Our Herbal Gift Shop
Nurturing Body, Mind & Spirit
Celebrating Wise Woman Ways

Wed. Thurs. Sun. 11 am to 6 pm • Fri. & Sat. 11 AM to 9 pm
Personal hours by Appointment

812 E. Bridge St., Vernonia OR 503-429-4102
Cash or Check Purchases Only!!! Sorry... No VISA

Large Homey Apartments *Housekeeping And Laundry*

Creative Meals *Transportation*

MARQUIS VINTAGE SUITES

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

For your adult residential needs.

MARQUIS CARE

3300 19th Avenue,
Forest Grove

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

Call 503-357-7119 for information