

Vernonia Cares receives donation

Vernonia Cares Food Bank received a \$250 donation from Lumbermen's (corporate) employees and their families. The accompanying letter stated, "Our employees have selected several charities in Washington, Oregon, Idaho, Arizona and California as beneficiaries of their care for and commitment to the people in each of the communities we serve. Lumbermen's makes this donation in honor of our employees and their families. We are thankful that organizations such as yours are in place so that we can lend a helping hand," from Kerry Severtson, Corporate Executive Secretary.

"This comes at an opportune time," said Vernonia Cares Director Sandy Welch. "Often in January and February donations are low. This will [help us continue] to serve people who need groceries."

EFSP gives emergency dollars

Emergency food and shelter programs in Columbia County will receive \$38,636 in funds from the national Emergency Food and Shelter Program (EFSP). Local agencies had submitted funding requests for \$56,906 to the local EFSP board. Overall, there was a 16.5 percent less in funds available for last year's award.

The amount available for the programs was even less than had been originally announced because of a one percent (1%) across-the-board cut in discretionary spending that was

In 2005, Vernonia Cares served an average of 249 people in 87 households with emergency groceries each month. "Donations like this from the Lumbermen's employees enable us to help hungry people," Welch added.

Vernonia Cares Food Bank is located at 627 Adams Avenue and is open Tuesdays and Thursdays from 10:00 a.m. to 2:00 p.m. Commercially packaged food and new personal care items (like soaps, shampoo, and diapers) can be dropped off to restock Cares' shelves during their regular business hours or by calling 503-429-1414 for other arrangements. Monetary donations can be sent to Vernonia Cares at P.O. Box 126, Vernonia, OR 97064. Gifts are tax deductible and a receipt will be issued upon request.

passed by Congress and signed into law.

"The decrease in funding has made a difficult job even more difficult," the local EFSP Board said. "We know that the requests from our community for emergency services continue to increase. We want to thank everyone for the hard work and hope everyone understands that the decisions we made were extremely difficult. Thank you for all you do to improve the lives of those in need in our county."

The volunteer board made

Senior News

By Karen Miller



Cota, her husband, Ray, and children, Brandon and Shandee, for all their hard work in moving counters and rearranging; lots of hard work but it looks great! We appreciate ALL our volunteers who help make this center a place of fun, food and activities.

VALENTINE CARDS are here at the center. Gladys Gans does a great job recycling your old cards that get brought in; come in and browse our continually changing selection of cards for only 75 cents. What a deal!!

Speaking of activities, I'll see you at my next AARP Safe Driving Class geared especially for those 50 and up, here at the center, scheduled for the last week in March. Call my office to sign up. Only \$10 and NO TESTS!! Check with your insurance company for lower rates for class graduates!!

MEDICARE PART D help is

the following distribution of available funds totaling \$38,636.

• Women's Resource Center: \$6,000 – To help defray the cost of shelter for homeless

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available by calling my office.

PEER COUNSELING: If you know of a senior who might be in need of some confidential mentoring by one of our trained volunteers, call our office. This is a new program from Community Action Team designed to give this support. If you are interested in becoming a peer counseling volunteer, call Community Action Team at 503-366-6543 or 800-404-3511, ext. 276.

RESPITE CARE: If you know of anyone needing some caregiving relief, call my office. We have a great program from Community Action Team for this service.

FOOTCARE: Judy, our foot-care nurse, is now coming twice a month as needed. Slots fill fast. \$15.

ACTIVITY: On February 4, here at the center from 2-3 p.m., there will be a class on Making Valentine Cards by a woman who is a children's book publisher. A donation of \$3-\$5 is requested to cover materials.

Don't get scammed!! What can you do to stop this from happening to you? Never give out your Social Security number, credit card numbers or other personal confidential information when you receive a

telephone call or email. It doesn't matter why they are calling...all the reasons are just different variations of the same scam.

WOW!! We had 80 people here for lunch on January 25. It must be the water, no...it must be the food, music, fun and, of course, the ice cream ladies that come from The Grove Assisted Living the last Wednesday of each month. We thank you ladies and company.

Cool Cyber Resource: www.senioreverything.com.

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

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