

Community

Senior News

By Karen Miller



SENIORS:
Call my office for help with;

1) SENIORS and care-

givers for seniors. Community Action Team has several programs that might be of help to you; respite care and OPI, one dealing with caregiving relief for an unpaid family caregiver, the other dealing with house-keeping help for seniors at home. Please call my office if you or someone you know might benefit from these programs.

2) MEDICARE PART D.

3) TAX preparation. Tax help will be available March 15. Call for appointment.

4) Information on emergency dental care through Northwest Medical Team at the Scappoose Senior Center.

5) To sign up for AARP's next Safe Driving class March 27 and 28. Lower insurance rates for seniors. Only \$10 and NO TESTS!!

6) Footcare here at the center, \$15.

THANK YOU to Ms. Campbell's fourth grade class at Washington Grade School for their beautiful valentine place-mats for our Valentine Party on February 15. Congratulations to our valentine limerick rhyme contest. First Place: Andy Nebergall; Second Place: Margaret Oliver; Third Place: Phil Court. And to our judges, thank you, Sally Harrison, Robyn Bassett, and David Jenkins. We had some great entries!!!

Don't forget to come in for the blue light specials in our thrift store, plus check out Gladys Gan's handmade cards; all proceeds go to the Center.

Our thrift store manager, Sharon Gibson, would like the public to know that if our sign is out late on a week night or on Saturdays we are open, so come on in! Thank you to all for your donations and for your patronage!

Seniors: Be thinking about a city clean up day coming on April 22; sponsored by Vernonia

ia Pride, SOLV, and the City of Vernonia. Anyone interested in having someone come to their house to help with outdoor cleanup, or who is interested in helping with this event, please call our office here at 429-3912, or Genny Fisher at 429-4019. Early sign-up for yard help is advised.

See you on Fridays for breakfast!!! 7:30 to 9:00 a.m., \$2.50. What a deal!!

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 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



During a February 17 Open House at Vernonia US Bank, a donation check was presented to Vernonia Cares. Pictured above left to right; Teller Maranda Barton, Teller Juli Allen, Teller Sharon Pitts, Vernonia Cares Director Sandy Welch accepting the check, Branch Manager Lisa McAllister presenting the check, Customer Service Manager Sarah Norbury, Financial Consultant Blain West, and SW Washington District Manager Ryan Kramer.

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Vernonia Head Start Building

500 California Ave., Vernonia

Saturday March, 18th, 9 a.m. to 5 p.m

Along with an open heart and mind, participants (17 and up) should bring a notebook and pen or pencil, a bag lunch, and, if possible a piece of cardboard —like the side of a box.

Call (503)429-4748 for more information or to pre-register

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