

Community

Senior News

By Karen Miller



D o you have s o m e available time to give to the Center? Currently, we have a few areas where volunteers are greatly needed. Thanks for considering us in your civic minded agenda!

Are you confused and still have questions about the new prescription drug plan through Medicare or general insurance questions? If so, a SHIBA volunteer is available; SHIBA (Senior Health Insurance Benefits Assistance) is a group of trained volunteers who help seniors with questions about benefits. Call for an appointment.

BREAKFAST BENEFITS: Nutritional experts tell us that breakfast can be the most important meal of the day! 1) Breakfast gives your body nutrients to function and feel alert. 2) People who eat breakfast are more physically and mentally alert. 3) Adults who eat cereal at breakfast consume fewer calories from fat throughout the day. 4) Don't skip breakfast because you are dieting. Studies show that people who skip breakfast actually eat more throughout the day. SO on that bit of breakfast bits, we are making it easier for you to start your day off right. Join us her at the Center every Friday from 7:30 to 9:00 a.m. for one of Connie the Cook's filling early bird plates; only \$2.50, that will make the meal go down easier, we're sure! See you Friday!

CAREGIVERS and interested public: CPR/First Aid Class will be held at the Head Start Building April 21 from 8:30 a.m. to 3:30 p.m. \$25.00. Call 429-9243 to sign up.

"Cool Threads" News Alert: Watch this column for upcoming information on a Fashion Show here at the Center!

Good-bye Agnes Wuest. Thank you for all your volunteer help. We hope you schedule us in your agenda from time to

time!

AARP Driver Safety Program: The nation's first and largest classroom refresher course geared especially to your safety needs. March 27 and 28, 1:00 p.m., here at the Center. Only \$10 and NO TESTS! Call to sign up 429-91112. For Seniors 70 and up: Be reminded that for reduced insurance cost purposes, you need to take the class every TWO years.

Community Action Team has several programs that might fit your caregiving and house-keeping needs. Call my office for an appointment.

Seniors: Be thinking about city clean up day coming April 22. On this day, volunteers will come to our house for some outside cleanup, but to help facilitate this project, you need to call and sign up with Genny Fisher at 429-4019 or let us know here at the Center. Early sign up for yard help is advised. Also, they are looking for volunteers to be a part of the clean up Vernonia Day. If this might work for you, we'll be anxiously awaiting your call. Thanks to all the Vernonia volunteers in this community!! Sponsored by Ver-

nonia Pride, SOLV and the City of Vernonia.

Thank you to Kate Conley of City Hall who came here to tell interested parties about the new Learning Center currently being built in our town. Another community project for our benefit and another reason Vernonia is a great place to live!

Join us for sign language class here on Mondays at 10:00 a.m.

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

Cleanup coming on April 22

Make Vernonia Shine, Vernonia's annual community cleanup day, will be April 22. Assignments are already being filled as participants and projects are being matched up.

To sign up for specific projects, call Genny Fisher at 503-429-4019.

If you have a pickup truck and can drive it to haul debris, call Sally Harrison at 503-429-8425.

Volunteers will enjoy a free lunch and celebration at the Scout Cabin following the cleanup.

Welcome Additions

Josiah David Goulart

Josiah David Goulart was born February 26, 2006, to Stephanie Potter and Joseph Goulart of Clatskanie. He weighed 6 pounds, 10 ounces and was 20 inches long.

Grandparents are Stuart and Kathy Potter and Joe and Tami Goulart, all of Clatskanie.

Great-grandparents are Sarah Potter of Vernonia, E.W. Horne of Clatskanie, Joe and Betty Goulart of Clatskanie, Kathleen Anderson of Hammond, and Rod and Nancy Anderson of Hammond.

Retired or Retiring Soon?

FREE EDUCATIONAL WORKSHOP AT WAUNA FEDERAL CREDIT UNION

Choose a location most convenient for you

Astoria	Clatskanie	St Helens	Vernonia
Monday March 27	Tuesday March 28	Wednesday March 29	Thursday March 30

7:00 to 8:00 PM

Unique Tax and Money Saving Strategies
Answers to Your Most Difficult Retirement Questions!

Seating is limited, so please pre-register at 800-773-3236.

Refreshments and Door Prizes Provided



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Astoria 503-325-1044 Clatskanie 503-728-4321 St Helens 503-336-1334 Vernonia 503-429-8031 Warrenton 503-861-7526

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Meet New Friends



Come join us in all the fun activities
We have to offer you at
The Grove Assisted Living



2112 Oak Street, Forest Grove, OR 97116
503-359-1002