

Community

Don't miss this year's Cantata

"He's Alive!", A Celebration of the Living Lord, written by Claire Cloninger and Gary Rhoades will be featured by the Vernonia Community Choir at this year's Easter Cantata.

Narrated by Carl Pense and Kellie Murray, soloists will include Carl Pense, Marc Farmer, Brittany Murray, Ruth Grimrud, Cheryl McNeill and Sandy Welch.

Admission is free to all three

cantata performances — Friday, April 14, at 7:30 p.m., and Saturday, April 15, at 3:00 and 7:30 p.m., in the Washington Grade School gymnasium.



Library Book Sale – April 8

Author April Henry will be speaking and signing books at the Vernonia Public Library on Saturday, April 8, at 2:00 p.m.

Also on April 8, the Friends of the Library Spring Book Sale will be held at the Library from 10:00 a.m. to 4:00 p.m. This is always a great way to increase your home library at pennies on the dollar.

Senior News

By Karen Miller



April 10, Monday, an attorney will be here at the Center to help you with processing a will; if you need that assistance, please call my office for sign up times and reasonable fee.

Community Action Team's Preventive Health grant for swimming will be starting again on Tuesdays. we have room for eight people on our Columbia Rider bus. Swimming will be at the Forest Grove Aquatic Center from 11:00 to 12:50. Call my office to sign up.

Willoughby Hearing is here every second Friday of the month for your hearing aid needs.

If our Senior Center sign is out late on a week night or Saturdays, we are open!

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.

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.

Community Action Team has

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

Now taking sign ups for the next AARP Safe Driving class.

Seniors: Be thinking about city clean up day coming April 22. On this day, volunteers will come to your 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 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 Vernonia Pride, SOLV and the City of Vernonia.

We have a tax preparation volunteer that is available to help you with your tax needs. Call for an appointment.

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.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$2.50.

INFORMATION NUMBERS

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

Phone scam targets Medicare beneficiaries

Seniors and people with disabilities are being warned of a telephone scheme that asks Medicare beneficiaries for money and checking account information to help them enroll in a Medicare prescription drug plan.

According to the Centers for Medicare & Medicaid Services (CMS), this scheme is called the "\$299 Ring" for the amount of money Medicare beneficiaries are talked into withdrawing from their checking accounts to pay for a nonexistent prescription drug plan. These cases can be reported to local law enforcement agencies or by calling toll free 1-877-772-3379 (1-877-7SAFERX).

Complaints have been made against a number of different companies, but authorities believe that the companies are the same and are mostly based outside the United States. As soon as CMS receives the complaints, they are investigated and referred to federal law enforcement authorities.

No Medicare drug plan can ask a person with Medicare for bank account or other personal information over the telephone. No beneficiary should ever provide that kind of information to a caller. Beneficiaries should contact their local police department if they believe someone is trying to take money or information from them illegally.

People with Medicare should also remember to watch for anyone trying to take advantage of them and take steps to protect themselves by remembering:

- No one can come into your home uninvited.
- No one can ask you for personal information during

their marketing activities.

• Always keep all personal information, such as your Medicare number, safe, just as you would a credit card or a bank account number.

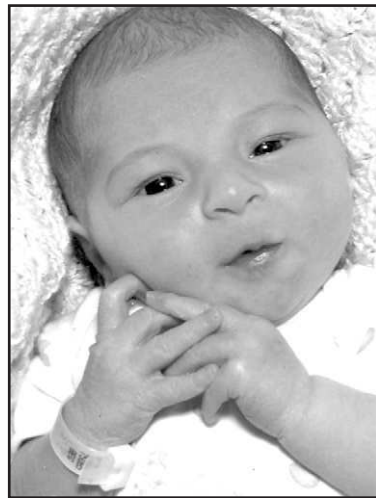
It is important to remember that legitimate Medicare drug plans will not ask for payment over the telephone or the Internet. They must bill the beneficiary for the monthly premium. Typically, that amount is set up

as an automatic withdrawal from the beneficiary's monthly Social Security check. Beneficiaries may also opt to pay the monthly premiums in other ways such as writing a check or setting up automatic payments from their checking accounts.

Whenever you have a question or concern about any activity regarding Medicare, call toll free 1-800-633-4227 (1-800-MEDICARE).

Welcome Additions

Kaden Elijah Christopher Hendrix



Kaden Elijah Christopher Hendrix was born January 28, 2006, to Crystal and Kelly Hendrix of Vernonia. He weighed 8

pounds, 1 ounce and was 19 inches long.

Grandparents are Fran and Bob Hendrix of Vernonia, and Donna and Jim Wright of Pa-coima, California.

Great-grandparent is Hazel Hendrix of Coffeyville, Kansas.

Cole Aden McCants-Enos

Cole Aden McCants-Enos was born March 10, 2006, to Sarah McCants and James Enos of Tigard. He weighed 6 pounds, 10 ounces and was 20 inches long.

Grandparents are Diane McCants of Tigard, Cynthia Watts and Dale Pearson of Birkenfeld, and Ken Kelley of Arizona.

Great-grandparents are Mr. and Mrs. Kelley of Oklahoma.



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