

**Community**

**Fred Meyer grant to Senior Center**



Left to right) Bill James, Vice President of Vernonia Senior Center, Deb Giverson of Fred Meyer Foundation and Carl Holsey, President of Vernonia Senior Center.

The Vernonia Senior Center has received a community grant totaling \$2,045.41 from the Fred Meyer Foundation to update its kitchen.

The grant will be used to purchase industrial-type cooking equipment and utensils. "The Fred Meyer Foundation and its Advisory Committee Members were particularly impressed by the successful track record of the Center and its programs," Glynda Brockhoff, Philanthropy Coordinator for Fred Meyer and the Fred Meyer Foundation, said, "We hope this community grant will help the Center continue the important work it is doing to enhance the welfare of the community. We are proud to be part of the Vernonia community and are committed to helping where we can."

The Foundation's community grant program is driven by 29

local Advisory Committees made up of local Fred Meyer associates who research non-profit organizations in their communities and then award community grants.

"These grants are the result of true community efforts involving both our associates through our annual Employee Giving Campaign and our customers through the contributions they make in our stores using the Make Change Count coin boxes and scan cards at the check stands. The dollars collected through these associate and store efforts are combined and then allocated by the Advisory Committee as community grants in the four west-

**Senior News**

By Karen Miller



No w for those of you w h o think that all we do here at the Center is sit around

and reminisce about days gone by – yes, there is some of that – but we also stay up with the times so, with that, I will conclude with these two words: CONGRATULATIONS BEAVERS!!!!!!!

From our President: We are still looking for some dependable volunteers; people in the thrift store, some man help with odd jobs around. We thank all of you who help now and in the past. Teamwork and community effort is what helps keep your Senior Center running!

THANK YOU to Fred Meyer for the generous grant to the Vernonia Senior Center. We will be gratefully using these monies towards needed kitchen repairs.

DON'T forget Connie's great breakfasts here at the center on Friday mornings for only

ern states where we have stores," Brockhoff said.

The Fred Meyer Foundation assists nonprofit organizations dedicated to helping children and reducing hunger in communities served by 129 Fred Meyer stores in Alaska, Idaho, Oregon and Washington. Fred Meyer is a division of the Kroger Co., one of the nation's largest food retailers. The Fred Meyer Foundation has award-

\$2.50. Time: 7:30 to 9:00 a.m. ANYONE is welcome to come!! SENIORS: Bring your hot dish, salad and/or dessert to our Anderson Park yearly Senior Picnic with the Golden Oldies set for August 25, at 10:00; eat at noon. Come join the fun. Barbecued hot dogs and burgers and drinks provided. See you there!

From the Community Action Team's Senior Advocate Office:

1) AARP Safe Driving Class will be held here at the center July 13 and 14, at 1:00 p.m. Only \$10 and NO TESTS. Call my office to sign up at 429-9112.

2) Call my office to sign up for swimming at the Forest Grove pool. Take advantage of our Preventative Health grant and join up with a fun time!

3) Please call me if you know of any senior who may need some in-home care. There is a service provided through Community Action Team, depending on certain qualifications.

4) Respite Care: This is a program designed for caregiver relief in the home. If you or someone you know may want to consider this service, call my

office.

5) Don't forget our footcare nurse comes here once a month. Only \$15 for a feet pampering.

Cool Cyber Resource: www.benefitscheckup.org. National Council on Aging – locates specialized benefits programs for the older person.

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 first 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

ed grants totaling over \$5.5 million since it began in December

1998. For more information call 1-800-858-9202, ext. 5605.

**Human Origami  
Unfolding the Whole Person**

For those at a turning point, an opportunity to explore hopes and dreams, to uncover and actualize hidden potential, and to consciously engineer the next stage of life.

**Vernonia Head Start Building**

500 California Ave., Vernonia

Friday July 14th, 7 p.m. to 9 p.m

Saturday July 15th, 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

*Our Care Givers provide so much more than great care.....*



*They Provide Love!*

at

*The Gardens Enhanced Care*

Cozy, home-like neighborhoods for people with Alzheimer's and other dementia related disorders.

Located at:

3334 22nd Avenue, Forest Grove, OR 97116

503-357-9780

Locally Grown

**FRESH FLOWERS**  
CUT TO ORDER

Julie Prohaska  
Behind Vernonia Inn

503-429-7055