

Community

Senior News

By Karen Miller



I don't know about you, but when I watched the American flag go by escorted by young men and women on September 11, here in town during the silent parade of our local police and fire department to honor those victims of that horrific attack on our country, or the Boy Scouts down at the recent Brooks truck show who proudly raised the flag and lowered it to half mast in honor of the young Oregon men who are dying in defense of what this country stands for, my heart bursts in pride and gratefulness that I am living in a land of the free, because of the brave. If these are your sentiments...then thank a vet today.

IF YOU ARE A VET here in Columbia County in need of veteran's assistance, I had the pleasure of meeting Community Action Team's new Veterans Services representative, Joseph Pyle. A veteran himself, Joseph is available to assist you with any veteran's concerns you may have. Call Joseph direct at 503-366-6580.

WE ARE looking forward to seeing new and familiar faces at our Hunters' Dinner Friday night, Sept 22! Right here at 6:00 p.m. Only \$6.00 per person for Hunters' Stew, biscuits and dessert, and let the fun continue at 7:00 with the drawings for a Remington 17HMR rifle and a Remington 7MM magnum, plus more great hunting items! Tickets are only \$1.00 each and available at Vernonia Hardware, Sporty's in Clatskanie, Randy's Saw Shop here in Vernonia and the Vernonia Senior Center. Contact Bill James at 503-429-2072.

CONNIE's FABULOUS BREAKFASTS brought in 31 people once again; come join the good fun and food, 7:30 to 9:00 Fridays, all for only \$2.50.

We have a limited supply of medical supplies to lend out, here at our center: Bathtub benches, walkers, canes, etc., Come in or call.

Wednesday Music Day: Due to the absence of our band we put on a little karaoke: Vernonia Slim put on his first appearance singing with Jacqueline Ramsay, and up and coming entertainer, 4 yr-old, Haven Shaw took the mike and is anxious to take the stage again. Wednesdays: The fun's here.

From Community Action Team's Vernonia Senior Advocate's Office: KAREN MILLER

Call my office for information on:

- 1) Are you a family caregiver in need of some relief? Do you know of a senior in need of housekeeping help? Or are you a grandparent in need of relief watching grandkids in your home?
- 2) Swim passes available through my office
- 3) Footcare available here twice a month
- 4) Veteran's Services Assistance
- 5) Questions on health insurance
- 6) Any senior concerns/questions

Cool cyber resource: www.govbenefits.gov. Government Benefits Partnership – Find benefits you might not have known about.

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

Action Ads

INEXPENSIVE – EFFECTIVE

503-429-9410

Watershed meeting will give updates

The Upper Nehalem Watershed Council will meet on Thursday, September 28, from 7-9:00 p.m. at the Mist/Birkenfeld Firehall. The meeting is open to the public, and will include updates on salmon recovery efforts and watershed health.

Interested persons who would like a tour of local Nehalem watershed salmon recovery projects can call the watershed office Monday through Friday from 8:00 a.m. to 4:30 p.m. to schedule a personal tour.

For more information, call

Maggie Peyton at 503-429-2401, or email her at info@nehalem.org.

Come learn Ham – radio, that is

QST for all Vernonia area Hams – Join us at 7:30 p.m., Thursday evenings on the W7VFD repeater for the weekly VERA (Vernonia Emergency Radio Association) and CERT (Community Emergency Response Team) Round Table Net. Thanks to the efforts of Norm Roberts, KB7CD, and Kevin Robertson, KR7KAR, we are able to enjoy the recently installed Amateur Radio repeater located atop Corey Hill 24/7. It has an output at 145.250 MHz, a standard – 600 KHz offset and uses a PL tone of 114.8 Hz.

sounds like gobble-de-gook gibberish to you but you've always wanted to do something about being prepared to assist when the next "Big One" takes out all regular communications, become a member of VERA and/or CERT and get all the help you'll need to obtain your FCC license. There will be a local class for area residents next Spring after completion of the Yearly CERT Indoctrination Course. Contact Bob Paleck by email at kk7ye@arrl.net for information.

If you're not a Ham and this

Vets coffee break

Veterans interested in getting together for a Veterans of Vernonia Coffee Break should call Lee Yow at 503-429-5840. This will be an opportunity for veterans to meet and visit with other Vernonia veterans.

Camelot Care Center

Medicare / Medicaid Certified
 VA , HMO and
 Insurance Contracts

Sub-Acute Skilled Nursing
 & Rehabilitative Therapies

Respite & Hospice Care
 Long Term Intermediate Care

Dedicated & Caring Staff

**3900 Pacific Ave.,
 Forest Grove
 (503) 359-0449**

Join us for

Prime Rib Dinner

**Leonetti's Sept. 30th
 Pizza & Grill**

721 Madison Ave., Vernonia • 503-429-5018

WHEN A NURSING HOME ISN'T THE ANSWER

Wouldn't it be great to have assisted living in the privacy and comfort of your own home?

We'll come to you! We are a local organization of professional caregivers ready to serve. We are available for as little as a few hours – or as many as 24 hours a day.

Fully licensed, bonded and insured, we provide homecare, facility care and transportation you can trust and afford.

Call today for a free assessment and list of services
503.366.1806 ~ companyandcare.com

Company & Care, PO Box 599, St. Helens, OR 97051



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