

Community

Senior News

By Karen Miller



Snow is nearly gone, electricity on, pipes thawed. Life is good! Hope

things are well with you as well!! Don't know when the heat will begin but here is something HOT off the press from the Community Action Team office: Community Action Team has just signed a Legal Aid Contract. This is a service for low income seniors who have no other resources or income to cover these services privately. Also the requested service must be within the scope offered under this contract: including landlord/tenant, simple wills, elder abuse/neglect, etc. Call my office for information.

Also in my office I have a Community Action Team brochure with a menu of services offered by the Area Agency on Aging for seniors in Columbia County. I will be glad to assist you. My office is located in the Vernonia Senior Center, 446 Bridge Street.

SPELLING BEE winners:
First place – Andy Nebergall;
second place – Jim Buxton;
and third place – George Gans.

Speaking of spelling, some of us senior Red Hatters got together here at the center to party this week, and I managed to sit at the scrabble table. Which means I have learned I will never sit in competition with Audeen Wagner, and most likely a few others around. Of course, Audeen, I would be most happy to PARTNER with you at our next scrabble gathering, which is being set up at this time. Any scrabble players out there, call me for our next date!!

As of this writing we have 40 seniors who have paid their \$10 membership dues for the year 2007. We appreciate those of you who have and if you haven't but intend to, now is the time! Members are ALWAYS welcome to attend Board meetings, held once a month, and you may address your concerns, ideas and input

to any Board member at any time! Although there has to be organized leadership, certainly member involvement is crucial for a center run with success and proficiency.

TURN YOUR CELL PHONE into a life saver by programming two ICE (In Case of Emergency) contacts into the phone's address book. For example, ICE husband or ICE sister. Pick people who know your current meds, allergies, and your doctor's phone numbers.

For more driving tips, join us for our next AARP Safe Driving Class to be held here at the Vernonia Senior Center end of March. Call my office to sign up. Only \$10 and NO tests!!

Cool Cyber Resource: To figure out your symptoms, go to www.mayoclinic.com and use the Symptom Checker. Choose your primary symptom, then select from various secondary symptoms to determine a possible diagnosis. But of course, this is not meant to pre-empt your doctor's care!

Columbia County Veterans: Call Community Action Team's representative, Joseph Pyle, at 503-366-6580. Leave a message and he will return your call.

First one to get to me in person or via phone with the name of the full moon for February...gets a free lunch. Spring is just around the corner!

If you know of a senior who would like a visit from the Se-

nior Advocate or has any senior needs and concerns, call our office.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden

Oldies on Wednesdays.

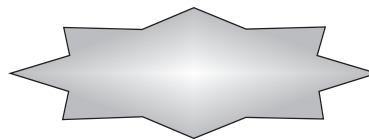
- Games on Thursdays.
- Willoughby Hearing every first Friday at 11:00 a.m.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$3.00.

INFORMATION NUMBERS

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



The trophy winners in the 5th Senior Spelling Bee, held at the Vernonia Senior Center on January 13, were (left to right) George Gans in third place, Andy Nebergall in first place and Jim Buxton in second place. Only 14 competitors were able to test their spelling skills due to the cold, snow and ice keeping the attendance low.



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