

**Community**

**Senior News**

By Karen Miller



Twenty four seniors took advantage of our Preventive Health Screening

held here at the center on February 3. We thank Community Action Team for their part in getting the grant to provide this service to local seniors. Those of you who didn't know about this event, all the more reason to read this column in *The Independent!*

Community Action Team also is providing monies partnering with Legal Aid to provide help for low income seniors who lack the resources for legal services such as simple wills, landlord/tenant relations, elder abuse/neglect, etc. Call my office for information.

Other helpful resources listed in brochures from Community Action Team: SHIBA (Senior Health Insurance Benefits Assistance); Housing and Weatherization; Ombudsman for Long Term Care; Columbia County Legal Aid Services; Alcohol and Drug Abuse Pro-

grams; Retired Senior Volunteer Program; Senior (Elder) Abuse; Crime Prevention. The brochures are available in my office.

Congratulations to Georgia Enyart, who won our "name the full moon for February contest!" The answer was Snow Moon. Good job and enjoy your free lunch!

Next AARP Safe Driving class – March. Call my office to sign up.

Dumping out your drugs? Here are a few tips: 1. Keep the medication in its original container. Scratch out your name for security purposes. 2. Add a small amount of water to pills or an absorbent material like flour to liquid meds to discourage their use. 3. Put the containers in a paper bag or a yogurt container to conceal them. 4. Bring your used containers – minus the labels – to our center; a local vet would like to use them!

From thrift store manager, Sharon Gibson – For sale: Table and 4 chairs, chest freezer, 1 small filing cabinet, 2 night stands, small 6 drawer dresser, queen bed frame, writing desk, lamps, love seat. Call or come in for information.

AS OF THIS WRITING we have 49 members signed up

for this year 2007. If your name isn't included, it isn't too late. Bring your \$10 dues to Sharon Gibson at the front desk, if you are 55 and over, be a part of the Vernonia Senior Center... go seniors!!! The fastest growing segment of our population! Living longer...living better! So spruce up your life by joining us here on Wednesday with our dancing, music, food and fun!!! See you here!

Remember, footcare twice a month here. Call my office to sign up. Only \$15.

Join us for great breakfasts on Friday mornings, \$3.

Community Action Team's Veterans Rep: Joe Pyle at 503-366-6580.

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 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

**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**

**Love those cookies? Get them**

It's Girl Scout Cookie time! Vernonia Girl Scouts (Brownies, Juniors and Cadettes) will be selling cookies from February 23 to March 11. Look for them in Sentry Market or where you see a life size Samoa cookie.

If you miss them at Sentry and don't know any Girl

Scouts, call Kinnell Steward at 503-429-8133 and she will put you in touch with a young lady near you.

Trefoils, All Abouts, Café Cookies, Samoas, Thin Mints, Do Si Dos, Tagalong and new sugar-free Brownie Bites are available this year. Get enough to freeze some for later.

**Scouts will leave collection bags**

On February 24, the Vernonia scouts, including Boy Scout Troop 201, Cub Scout Pack 201 and Girl Scout Neighborhood 4-2, will be canvassing Vernonia handing out bright blue and orange bags to each house. The bags are to be

used for collection of donated items such as clothing and gently used household items.

On March 3, put the bags on the doorstep for pickup starting at 10:00 a.m. Your donations will be given to the Vernonia Senior Center.

**Bicycle Skills Park moves forward**

By Scott Laird

Students at Vernonia Middle School and Vernonia High School heard presentations February 8 on the proposed Bicycle Skills Park. In the evening, more citizens attended an informational planning meeting at city hall. All three crowds were very supportive for the idea of developing a multi-use bicycle park on the old mill site near Vernonia Lake.

The students were interested and excited throughout the presentation, especially when they learned that the Lions Club has begun discussions to partner with the Skills Park group to build a skateboard park at the same location. About 50 students signed up to either volunteer for the project or to receive emails of the progress. One high school teacher remarked that he had never seen the students so quiet and attentive at a school assembly, "He must have said something that sparked their interest," the teacher said.

Students also had an informal geography lesson, as they

tried to guess project planner Ric Balfour's place of birth, based only on his accent. (He's from New Zealand, now living in Forest Grove.)

Later, about 25 citizens gathered at city hall to hear about the project, ask questions and talk about what they would like to see happen at the skills park. Project planner Balfour stressed that he, foremost, wants to design and build this park based on the wants and needs of the citizens of Vernonia. "This is your park," he said. He will also stress a sustainable approach as he plans the development, using local merchants for supplies and equipment.

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Students sign up to help on the Skills Park Project after a presentation on February 8.

**DONKEY BASKETBALL**

**Friday Feb. 23<sup>rd</sup>**

**At 7 pm Vernonia High School gymnasium**

**Tickets at the door are Adults \$7,  
Children : Grades 7-12 \$6, Grades k-6 \$5**

**Save \$1 on admission by  
pre-purchasing  
your tickets  
at the VHS office.**

**This year's teams** Local Business Owners  
 Vernonia Fire Dept. Volunteers Students

**Zack Rumbolz Memorial Scholarship Fund**

**Benefit Taco Feed!!**

**Don't forget to grab a taco or two, from 5 to 7pm.  
In the Middle School cafeteria.**



**Schann's Basket**

**1st & 3rd Thursdays,  
10am til the  
eggs are gone,  
inside**

**Black Bear Coffee Co.  
831 Bridge St., Vernonia**

**Eggs ~ \$2 dozen**

