

## Yard work raffle tickets on sale

Need help with your yard work? Help is on the way. The Ford Family Foundation Class II is now selling yard work raffle tickets to raise money for their project; to create and finish the courtyard garden at the Vernonia Community Learning Center.

Four winners will be drawn May 30 and notified by telephone. The winners will win

one hour of yard work by a four person crew to mow lawn, rake, plant, weed and/or prune whatever you choose on Saturday, June 2.

Tickets are \$3.00 or two for \$5.00. Purchase tickets by calling Orissa Burghard at 503-429-6022. All ticket holders/purchases must live within the 97064 zip code.

## Mexican dinner for VCC mission

A Mexican dinner will be held May 12, to benefit the Mexico Mission of Vernonia Community Church.

The Mexico Mission will be traveling to Maneadero, Mexico, June 29 to July 8. While there, they will replace leaky roofs and teach a Vacation Bible School.

The May 12 dinner will include enchiladas, tacos, rice, beans, chips, salsa and sherbet. Tickets are \$5.00 per person and are available at the church (957 State Ave.) or at

The Independent (725 Bridge Street). Tickets can also be purchased at the door. Dinner will be served from 5:00 to 7:00 p.m.

For more information, call Pastor Grant at 503-429-6790 or 503-702-3553.



## Alzheimer's and Internet Safety programs

Tuality Health Education Center will present two free Evening Chat sessions in May.

Speaking Alzheimer's is the topic of a 90-minute session to be held on Tuesday, May 15, starting at 6:00 p.m.

Join this free session to learn how Alzheimer's disease affects everyday activities and

to learn how to create a positive environment between the caregiver and the person dealing with the memory impairment.

On Wednesday, May 16, the session will be on Internet Safety, starting at 6:00 p.m. An expert from the Hillsboro Police Department will cover the ba-

sics of what to do and what to watch for, to help ensure safe Internet use by children.

These free, no registration required sessions will be held at the Tuality Health Education Center at 334 SE Eighth Ave., Hillsboro.

## Free conference for caregiver families

A free conference for family members who care for an older or disabled person will be held Saturday, May 19, from 8:30 a.m. to 12:30 p.m. at Intel's Jones Farm Conference Center in Hillsboro. The event is meant to raise awareness of eldercare resources in the community because many people are trying to balance caregiving responsibilities while working full time.

Called Wellness and Aging: The Wave of the Future, this fourth annual gerontology conference is co-sponsored by the Family Caregiver Support Programs of Washington County Disability, Aging and Veteran Services (DAVS), Multnomah County Aging and Disability

Services, Oregon State Extension's Family and Community Development program and Intel.

"How can we help older Americans hold on to the quality of life?" asks Jeanne Brandt, faculty for Oregon State University Extension's Family and Community Development. "Families so much want to help maintain the quality of life for their loved ones. The object of the conference is to provide information and support to families to strengthen their relationships around care-giving issues. This program will offer help, hope and encouragement."

Three keynote speakers are experts in their fields. Dr. Susan Rose, of Legacy Health System, will present "Getting Older is Not for Sissies." Intel's Shauna Pettit-Brown will speak on "Using Technology to Help Monitor Health and Well-being." Robin Costic, of Legacy Community Programs, will speak on "Staying Active and

Involved As We Age." Breakout sessions will include:

- Diabetes Update
- Fit for Caregiving: how to help without getting hurt
- Coping with Vision Changes in Later Life
- Arthritis and Joint Care
- Complementary and Alternative Medicines
- Fall Prevention
- Tai Chi Introduction

The program is free and open to all community members. The Intel Jones Farm Conference Center, 2111 NE 25th Avenue in Hillsboro (on 25th between Cornell Rd. and Evergreen Parkway), is accessible to all. Parking is free.

The program for the conference and pre-registration are available on the Web at <<http://extension.oregonstate.edu/washington/>>.

For further information, or to pre-register call Oregon State University Extension at 503-725-2101.

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