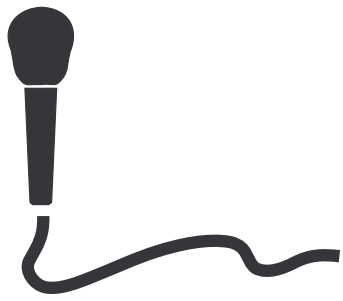


Community

Grange to hold Open Mike Night



The Vernonia Community Grange and Vernonia Hands-on Art are holding a second "Open Mike Night" at the Grange on Friday, August 3, from 8:00 to 10:00 p.m. The first "Open Mike" held in May was well-received by performers and audience alike.

The August 3rd Open Mike Night is offered as a continuation of August First Friday and as part of Jamboree Weekend and the 100th anniversary of the Grange Hall. Anyone with a desire to perform before an appreciative audience is welcome. Performers should come to the Grange by 7:30 p.m. to register. All types of music are welcome as long as the lyrics are family-friendly. Each performer will have from 10 to 20 minutes of stage time depending on the number of performers registering.

Everyone else is encouraged to come and enjoy the show. Admission is \$1. If you have questions, send an email to VernoniaArt@aol.com or call 503-705-2173.

Senior News

By Karen Miller



A young grandson called to wish his grandmother a Happy Birthday.

He asked her how old she was and was told "72." After a little bit of silence, he came back with the thoughtful reply, "Did you start at 1?" Aren't grandkids precious?! Here in the Vernonia community, there are many of these precious kids that could use some "grandparenting" and if this sounds like a "position" you would like to fill, read on:

"The Foster Grandparent/Senior Companion Program wants you to help your community.

Volunteer and get rich by helping others! Foster Grandparent volunteers help kids with reading, and become their friend. Senior Companion volunteers bring joy and comfort to lonely and isolated seniors through companionship, respite, and personal care.

Benefits: Earn a stipend of \$2.65/hour **completely non-taxable**. Receive up to \$425 monthly.

Mileage reimbursement of \$.35 per mile if you use your own vehicle for visits. Also reimbursement for other forms of

transport (taxi, bus) Training. Fun times and good friends. You can work up to 40 hours per week.

Eligibility – Volunteers must:

Be at least 60 years of age. Be in good health/no criminal background.

Meet income guidelines: \$1064 or less per month for household of one; \$1426 or less per month for household of two; \$1789 or less per month for household of three

Income amounts can be reduced for high medical, dental, drug or health insurance costs.

If these programs are of interest to you, please call my office at 429-9112.

Community Action Team has several programs developed to better enable seniors a higher quality of life and to stay in their homes: 1) Respite care and 2) OPI Respite care is designed to bring someone in the home to relieve the unpaid family caregiver. OPI is designed to help with housework and personal care for qualifying seniors. Call my office for further information.

Here at the Vernonia Senior Center we have a footcare nurse who comes twice a month for footcare needs. The cost is only \$15. Call for your appointment today!

TAKE NOTE: that bread availability times **will change** on the following two Saturdays:

July 28 and Aug 4, bread will be available at **5 p.m.** due to dining hall activities.

Have you marked your calendar for the Senior Picnic, August 17, at Anderson Park. The Band will begin around 10 a.m.; lunch at noon; bring salads, desserts; drinks and hamburgers and hotdogs provided. Come join the fun!

Hunting and fishing raffle coming in September! Read this column for future info.

OK, some personal thoughts from me!

FACT: The new state park off Hwy 47 will be enjoyed by many.

FACT: The opening of this new park will bring more traffic and congestion on Hwy 47.

FACT: More traffic will increase the chances of crashes on the road, especially involving alcohol.

FACT: Page 91 of the Oregon Driver Manual, states that **ANY** level of alcohol in your

blood impairs your ability to drive in some degree.

If you drive, don't drink
If you drink, don't drive

Next up: AARP Safe Driving class August, Scappoose Senior Center. Call my office for sign ups.

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.
- 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

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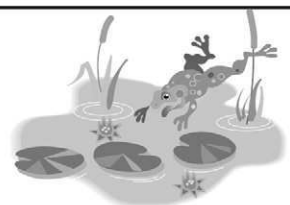
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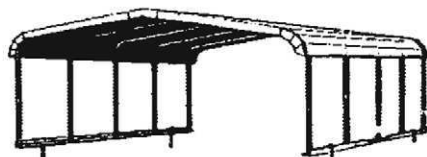
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