

Help with food costs for seniors

Many seniors in Washington County may be eligible for help to purchase their food, according to Michael Bellish, Program Manager for Washington County Disability, Aging and Veteran Services (DAVS). Bellish is determined to find them and offer some help.

In Oregon state-wide, eight percent of seniors are poor, have less than \$1515 monthly income, or \$2111 for two. Locally, in Beaverton and Hillsboro, it's seven percent. The highest rate in an incorporated town is Forest Grove at 11 percent.

Statewide, a third of seniors live with an income below \$1588 a month, 15 percent below \$897 a month.

Help is provided through a program run by the federal Food and Drug Administration. "People start thinking 'welfare' as soon as I say 'food stamps'," says Bellish, "Not so! We're here to give people a helping hand, not to undermine their independence."

That help can run far deeper than assistance with buying food. Qualifying for the food stamp service may make seniors eligible for other kinds of help, as well.

Low-income seniors can get up to \$300 a year to help with energy bills through the Low Income Energy Assistance Pro-

gram (LIEAP). They may be eligible for this help if they are also eligible for the food stamp program.

Other benefits that come with qualifying for food stamps include assistance with telephone bills and food vouchers that can be used at farmer's markets to purchase Oregon-grown fruit, vegetables and herbs.

Grandparents who are raising their grandchildren may also receive additional help to feed their grandchildren through the Women, Infants and Children nutrition program.

Eligibility for food stamps is a bit complex, according to Bellish. "Individuals with income at or below \$1515 a month (\$2111 for couples) may be eligible. Additional considerations, such as prescription costs and housing and utility costs may influence your benefit amount. But the screening process is free and can be started over the phone," he adds.

After approval, program participants receive a card that works like a debit card.

To find out if you qualify, call the nearest DAVS office. The Hillsboro office can be reached at 503-640-3489, Beaverton at 503-627-0362 and Tigard at 503-968-2312.

Between the Bookends

By Sarah Vandehey, Library Assistant
Banks Public Library



There is no Preschool Story Time in August, but please join us Wednesday, September 5th at 10:15 a.m., when Story Time resumes. This event is geared at 3-6 year olds, but younger siblings are welcome. "Let's Get Going" will be Miss Kathy's theme as the fall activity begins.

Join us for Craft Night on Wednesday, September 5th, from 5:00 to 9:00 p.m. Bring the craft you're working on, and enjoy light refreshments, conversation and air conditioning in the library's Community Room. This activity will be held on the first Wednesday of every month.

It's time for those who signed up for the Summer Reading Program to turn in their reading records! If you want to attend the Summer Reading celebration at Oaks Amusement Park on August 15th, be sure to turn in your reading records by this date! Each child who meets his or her summer reading goal will receive a coupon good for an all day ride bracelet for only \$3.50 (one skate session is also included) at Oaks Park. Also, each of those who meet their reading goal will receive a prize book, and a chance to win in our grand prize drawings.

Cheer on the Friends of the Banks Public Library at the Banks' parade on Sunday, August 19th. To find out what the Friends of the Banks Library are up to, come to their meeting on Tuesday, August 7th, at 7:00 p.m. in the library's Community Room. They would love to have more volunteers to help out with the bi-monthly recycling drive at Swatco!

Some of our newest works of fiction include:

Natural Born Charmer by Susan Elizabeth Phillips. The *New York Times* bestselling author returns with a book for those who have ever considered leaving their old life behind. In this love story, the lives of an acclaimed professional foot-

ball player, whose luster is fading, and a traveling portrait artist, out to murder her ex, intersect along the expanse of a Colorado

highway. Both characters are fighting themselves and each other to win in this game called love.

Blind Willow, Sleeping Woman by Haruki Murakami. In this collection of 24 stories, the author of *Kafka on the Shore* introduces an original cast of animal and human characters. These dream-like tales cover the range of human emotion—from grief to gaiety—in an entertaining and instructive way.

A Rather Lovely Inheritance by C.A. Belmond. While doing historical research in the South of France, Penny Nicholas receives a pressing phone call that changes her life. Her aunt has passed on and Penny is named her heir. She discovers secret family histories that she strives to unearth, and long-lost relatives looking to nose-in on her inheritance.

The Children of Húrin by J.R.R. Tolkien. In this work, Tolkien's son, Christopher, edits his father's work about the early days of Middle-earth. Fans of the *Lord of the Rings* will revel in the further stories and details unearthed in this book. Set in the time of Morgoth—the first dark lord—in the lands where Treebeard once roamed, this tale follows the children of Húrin (the man who defied Morgoth to his face).

New non-fiction books include:

For the Love of a Dog by Patricia B. McConnell. As a zoologist and behaviorist, McConnell has learned that dogs, like humans, have emotions. In this book, she teaches dog owners how to read your canine's body language. Even the long-time dog owner will be surprised by some of the author's revelations about dog's emotional lives.

Shrubs & Climbers. This pocket-sized DK Garden Guide contains photographs of many shrubs along with tips for successful growing and care.

Banks Public Library: 111 Market Street.

Hours: Mon., Fri. and Sat. 11 - 5:00 p.m.

Tues., Wed., Thurs., 11- 7:00 p.m.;

Preschool Story Time: Wednesdays, 10:15

a.m. when school is in session

Phone: (503) 324-1382 for information

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