

Community

Senior News

By Karen Miller
Senior Advocate



DON'T FORGET this weekend, November 17 and 18, is the Senior Center

Christmas Bazaar here at 446 Bridge Street, Vernonia. The Bazaar opens at 9:00 a.m.

I am passing this information on to you that just came across my desk:

When you are making out your Christmas cards this year, an extra one would make the season extra special to: A Recovering American Soldier, c/o Walter Reed Army Medical Center, 6900 Georgia Avenue NW, Washington, D.C. 20307-5001.

What a great time we had on November 3 at the Grange's "Farewell to the '50s" sock-hop, put on by Robb Wilson, Tobie Finzel and others, celebrating Tobie's ushering in her 60s decade. Birthdays are good for us, you know. The more we have, the longer we live! We're looking forward to the next record hop, right, Shirlee Daughtry?

Available brochures of interest in my office:

SHIBA: Where you can get FREE help with Medicare and other Health Insurance.

COLUMBIA COUNTY RESOURCE CENTER: Information on where to receive help through this organization that provides services and support to victims and survivors of Domestic Violence and other types of assault.

OREGON'S LEGAL GUIDE for Grandparents and other relatives raising children.

IDENTITY Theft Resource

Brochure. **REVERSE MORTGAGES** resources.

RESOURCES of some non-profit organizations that offer information about exercise and exercise programs for older adults. Also call Penny at Jazzercise, 429-0196.

SUPPORT Group Resources.

VETERAN'S SERVICES assistance for Columbia County.

HOME HEALTH Services.

CRISIS LINES: Adult Protective services. Elder Abuse Hotline. Elder Safe Hotline, and Mental Health Crisis.

ALZHEIMER'S Association 24-Hour Helpline.

ELDER MEDIATION when Important Decisions Need to be Made.

Senior Moment: I'LL NEVER FORGET WHAT'S HER NAME: When President Martin Van Buren wrote his autobiography in 1854, after he left office, he somehow forgot to mention his wife, the mother of his four sons, to whom he had been happily married for 12 years until her death in 1819.

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

Donations are needed to fill food boxes



Vernonia Cares volunteers Betty McCoy, Lei Williamson, Barb Ervin and Betty Miner, along with Director Sandy Welch, with a sample of the food items that will go into the Christmas food boxes this year.

Vernonia Cares Food Bank plans are well underway to offer Christmas food boxes to low income households within the Vernonia community. Registration opened November 1 and the deadline is December 6. The boxes will be disbursed during the week before Christmas as registered households pick them up from Vernonia Cares Food Bank.

The holiday food box will contain the basic groceries for a Christmas meal. "Our target group is the households who fall within the food bank income guidelines," said Vernonia Cares Director Sandy Welch. "That is \$1574 gross income per month for single person households, plus \$537 per month for each additional per-

son in the household. However, we really want to reach out to anyone without the funds to purchase groceries for a Christmas Holiday meal. After all, what's Christmas without at least a special meal?" asked Welch.

Applications may be obtained and submitted at the food bank, which is open Tuesday and Thursday from 10:00 a.m. to 2:00 p.m. It is located in the American Legion Hall at 627 Adams Avenue. Forms may also be requested by calling 503-429-1414. Please leave clear information with names and addresses. All applications must be received at Vernonia Cares by December 6. The December 6 deadline allows time to fill the boxes with

the appropriate amount of food for the household size. Only pre-registered households can be served.

Vernonia Sentry has offered to help in the collection and storage of turkeys purchased at the check stand. Sentry will also accept monetary donations by citizens who wish to sponsor a Christmas food box for a family at the cost of \$30.

Vernonia Cares is able to purchase food items at 14 cents per pound from Columbia Pacific Food Bank, which is a

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bunny.girt.b71g@statefarm.com