

September 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CENTER CLOSED	3 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	4 Lunch 12:00 Bingo 1:00	5 Bend Bus Tai Chi 9:30 Cards 1:00	6 Lunch 12:00 Bingo 1:00	7 
8	9 Quilters 9:00 - 3:00	10 Bend Bus Tai Chi 9:30 Rx Assistance 1:00 - 3:00	11 Lunch 12:00 Bingo 1:00	12 Tai Chi 9:30 Cards 1:00	13 Brunch 9:45-11:45 Bingo 1:00	14
15	16 Quilters 9:00 - 3:00	17 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	18 Lunch 12:00 Bingo 1:00	19 Tai Chi 9:30 Cards 1:00	20  Birthday Dinner 12:00 Bingo 1:00	21
22	23 Quilters 9:00 - 3:00 Blood Pressure Clinic 1:00 - 2:00	24 Bend Bus Tai Chi 9:30 Rx Assistance 1:00 - 3:00	25 Lunch 12:00 Bingo 1:00	26 Tai Chi 9:30 Cards 1:00	27 Lunch 12:00 Bingo 1:00	28
29	30 Quilters 9:00 - 3:00	31 Tai Chi 9:30 Rx Assistance 1:00 - 3:00				
Walking Class will be every Monday, Tuesday and Thursday From 10:30-11:30						

Fountain of Youth:

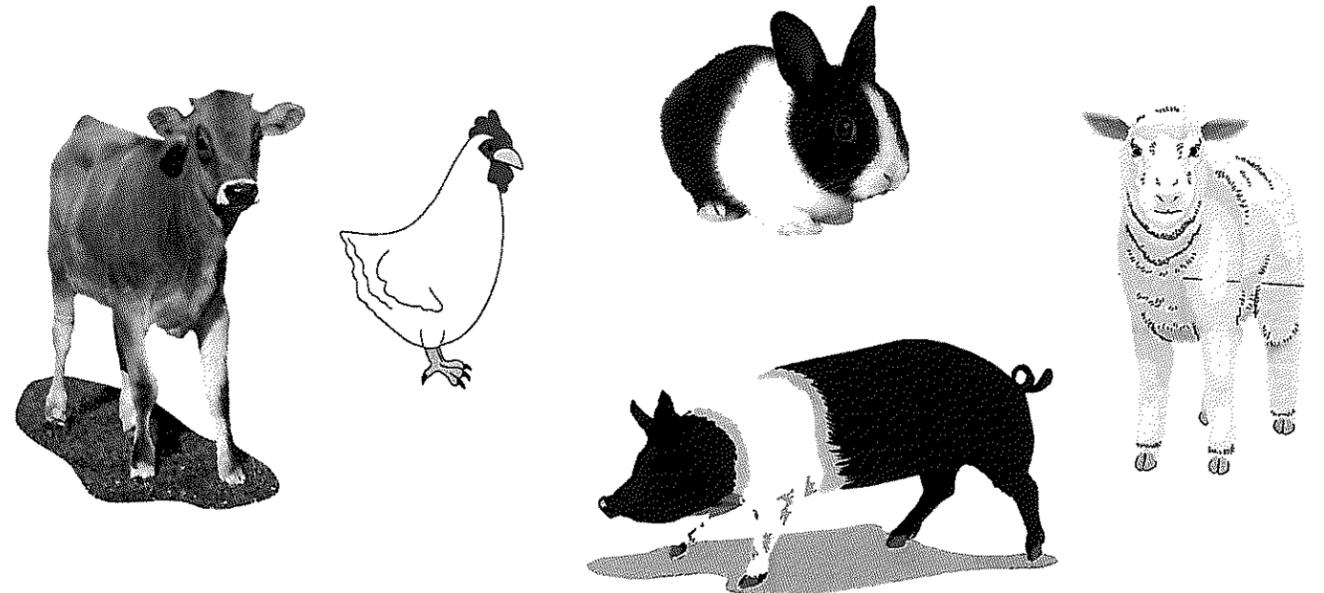
There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and seniors need some of each:

- Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system
- Strengthening exercises which build muscle tissue and reduce age-related muscle loss
- Stretching exercises to keep the body limber and flexible
- Balance exercises to reduce the chances of a

NIH: National Institute on Aging

4-H Animal Fund Raiser:



4-H animal fund raising time again! We had great success last fair time raising funds to purchase one beef, one swine and one lamb from our local 4-H kids. It was a great way to support the youth of our community and feed our seniors locally grown protein. A real win win for everyone!

We have raised over \$1,500 since last year for this project through our bi-weekly 50/50 raffle at lunch time. We have a ways to go as we spent over \$6000 last year for the purchase of the animals. We received several generous donations from folks who were happy to support the kids and the senior meal program too. Some of our donors told us they used to purchase an animal from their children or grandchildren but that they were all grown now. They were happy to help with the new crop of kids in this way. The bonus for the donor is that all donations are tax deductible too. So if you would like to donate to this worthy project, please don't hesitate to ask for a receipt for your taxes. We are always happy to provide one.

We are collecting donations through fair week, but hope to have an idea of our budget before the auction starts on Saturday night. Please come support your youth and your seniors. We have \$4,500 to go to meet our goal. Help us support the youth of Harney County and donate today. Any amount helps!



Birthday Prize Winners

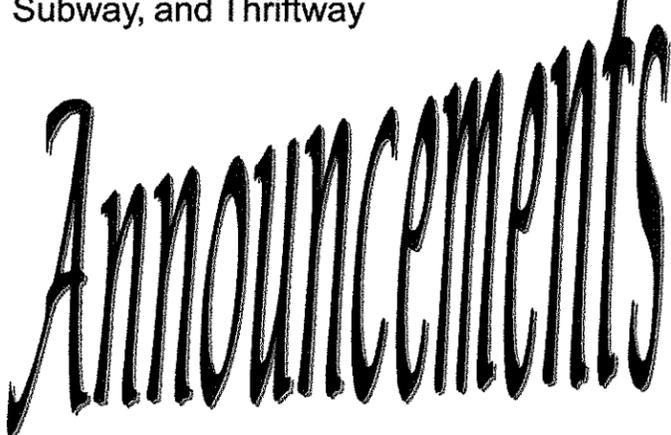
JUNE

Steve Ruzicka, Randy Gibson, Vernita Smith, Debbie Bennett, Shirley Torrey, Jill Cassetta, Janice Litteral, and Cheryl Smith

JULY

Don McDermond, Pam Litscher, Janice Lawson, Dick Deming, Betty Pratt, O'dell Lawson, Mildred Jones, Ken Wood

Thank you to the following merchants who donated the prizes through out the year: Hilander Cafe, El Toreo, Figaro's Pizza, Broadway Deli, R.J's Restaurant, Subway, and Thriftway



VOLUNTEERS NEEDED: There is no age requirement

The Senior Center is in need of volunteers for the following programs:

Meals on Wheels: The Senior Center supplies a van to deliver meals on Monday, Wednesday, and Friday. Each day we need someone to drive the van and someone to deliver the meals to the door of the client. If you are interested in this type of volunteering, please call the senior center and talk to either, Angie or Selena.

Table Setters: The Senior Center has a meal on most Wednesday & Fridays, so we are in need of people to come in and set tables. The table setters start setting tables at 8:00 AM and are normally finished in about 1 - 1 1/2 hrs. Everything is set out by the Kitchen crew and the table setters would have to wash and dry the tables and then place everything on them.

Hostess: During the meals that are served on Wednesday & Fridays, we have hostesses that greet the public. Their job is to make sure that everyone has the change that they need when paying the suggested price for meals. They are also to greet everyone and make sure that everyone is written down in the meal count book. The hostess come in around 10:00 AM and are finished when the meal starts at 12:00 noon.

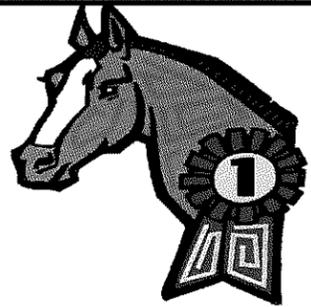
PRESCRIPTION ASSISTANCE

There will be help with **Needy Meds** (Pre scription Assist) at the Senior Center every Tuesday from 1PM - 3:00 PM.

Please note: When you come for lunch, you must sign in at the table in the front. This does not mean you are required to pay, it is a suggested donation. The money we receive from the federal government for our meal program is based on the number of people served. When you neglect to sign in, we do not receive reimbursement for the meal you ate.

Please, help your center and yourself by signing in! Thanks for your help!!!

Sept 2013

Wednesday- Sept 4		Friday - Sept 6	
Servers: Bible Baptist Church Sponsors: Bill & Ulaberl Allen		Servers: Pioneer Presbyterian Church Sponsors: Eastern Oregon Equipment Sales Tree Top Ranches	
Roast Beef Green Salad Rolls	Mashed Potatoes & Gravy Corn Peach Dump Cake	Spaghetti Cole Slaw Black Forest Cake	Garlic Whole Wheat Rolls Spinach
Wednesday - Sept 11		Friday - Sept 13	
Servers: Faith Baptist Church Sponsors: Les Schwab Tire Center Silvies Valley Ranch		Servers: Sylvia Rebekah Sponsors: Burns Dental Group Sylvia Rebekah Lodge #43	
Pork Roast Mixed Veggies Pudding w/Vanilla Wafers	Mashed Potatoes & Gravy Rolls Apple Sauce	BRUNCH	
		Breakfast Casserole Biscuits & Gravy Fresh Fruit	
Wednesday - Sept 18		Friday- Sept 20	
Servers: Jesus Christ of Latter Day Saints Sponsors: Susan Sugai IMO Frank & Bessie Sugai Opal Filteau		Servers: Christian Church Sponsors: Holy Cow Ranch Swarthout Shell & Pearl Perry	
Meat Loaf Brown Mushroom Gravy Tossed Salad	Brown Rice Beets Chocolate Cream Pie	Birthday Dinner	
		BBQ Chicken Rolls Carrot/Raisin Salad	
		Baked Potatoes Green Beans Cake & Ice Cream	
Wednesday - Sept 25		Friday - Sept 27	
Servers: Holy Family Catholic Church Sponsors: Doris Patton & Kyle & Norma Osborne		Servers: Holy Family Catholic Church Sponsors: Wayne & Patty Bowers Peace Lutheran Mission Endowment Fund	
Hamburger Mixed Veggies French Rolls	Stroganoff over Noodles Pea Salad Brownies	Tater tot Casserole Broccoli Salad Pudding & Cookies	Baked Beans Mixed Veggies
		Meals served at 12:00 noon, with the exception of brunches which are served 9:45 to 11:45. Reservations are not necessary. Seniors 60 and over \$3.50 Suggested donation 60-12 yrs 4.50 Must Pay 12-6 yrs 3.00 Must Pay under 6 2.00 Must Pay	

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October 2013

Wednesday - Oct 2		Friday - Oct 4	
Servers: Bible Baptist Church Sponsors: Carole Alley/ Gary & Valerie Bennison		Servers: Pioneer Presbyterian Church Sponsors: Harney Co. Veterinary Clinic	
Pulled Pork Sandwich Lays Chips Berry Cobbler	Mixed Veggies Pea Salad	Chicken Divan Green Salad Ice Cream & Fruit	Carrots Rolls
Wednesday - Oct 9		Friday - Oct 11	
Servers: Faith Baptist Church Sponsors: Dale White Matthew & Sandra Obradovich		Servers: Church of Jesus Christ of Latter Day Sts. Sponsors: Oster Professional Group CPSs Peace Lutheran Mission Endowment	
Lamb Chops Mashed Potatoes/Gravy Rolls	Green Beans Green Salad Applesauce Cake	Goulash Cole Slaw Chocolate Cream Pies	French Rolls Peas
Wednesday - Oct 16		Friday - Oct 18	
Servers: Church of Jesus Christ of Latter Day Saints Sponsors: Christian Church Thrift Shop		Servers: Christian Church of Burns Sponsor: The Aspens Silvies Valley Ranch	
Navy Beans & Ham Hocks Fried Potatoes Fruit & Cookies	Corn Bread Green Salad	BRUNCH	
		Corned Beef Hash Biscuits & Sausage Gravy Fruit	Eggs Sausage Links
Wednesday - Oct 23		Friday - Oct 25	
Servers: Holy Family Catholic Church Sponsor: Lois Stoddart IMO Jack Stoddart John Lamborn Attorney		Servers: Holy Family Catholic Church Sponsors: HDH Physical & Sports Therapy	
Chicken & Dumplings Mixed Veggies Cherry Dump Cake	Broccoli Salad Rolls	BIRTHDAY DINNER 	
		Roast Beef Green Beans Fruit Salad	Mashed Potatoes/Gravy Rolls Ice Cream Sundaes
Wednesday - Oct 30			
Servers: Peace Lutheran & St. Andrews Church Sponsors: Steens Mountain Insurance		Meals served at 12:00 noon, with the exception of brunches which are served 9:45 to 11:45. Reservations are not necessary.	
Witches Bean Wiggle Salad Apple Pie	Finger Sticks	Seniors 60 and over \$3.50 Suggested donation	
		60-12 yrs 4.50 MustPay	12-6 yrs 3.00 MustPay
		under 6 2.00 MustPay	

Once there were four business men. They were sitting on a bench in a hospital waiting room because their wives were having babies.

A nurse comes over and says to the first businessman, "Congratulations! Your wife had 1 baby."

The man says, "What a coincidence! I'm the president of the company And!!"

The nurse goes away.

Then the nurse comes back and says to the second businessman, "Congratulations! Your wife had twins!"

The man says, "What a coincidence! I'm the owner of the Minnesota Twins!"

The nurse goes away.

The nurse comes back and says to the third businessman, "Congratulations! Your wife had triplets!"

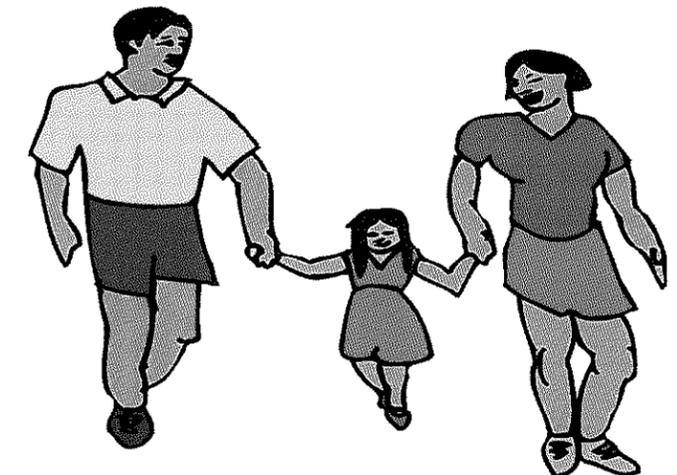
The man says, "What a coincidence! I work for Triple Crown!"

The nurse goes away.

The nurse comes back and sees the fourth businessman alone on the bench crying.

She asks, "Why are you crying?"

The man replies, "I work for Seven Up"!!



Walking Class will be every Monday, Tuesday and Thursday from 10:30-11:30 a.m. One mile to four mile walks. You decide how far you want to walk.

ARTISTS:

There will be an art exhibit set up at the Senior Center on October 29th in the afternoon and October 30th most of the day. Come in and see the artwork and join us for lunch.

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JUST A LITTLE HUMOR

A tiger was walking through the jungle one day and saw two men relaxing under a tree. One was reading a newspaper, and the other was working feverishly on a manual typewriter.

The tiger leapt on the man with the newspaper, and ate him up. The tiger did not bother the other man at all. That's because any predator knows that readers *digest* but writers *cramp*.

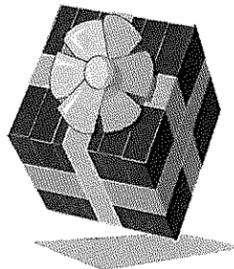
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LEGAL SERVICES:

Legal services are available to seniors in need. Harney County Senior & Community Services Center and Attorney John Lamborn are working together to provide services related to the following legal issues:

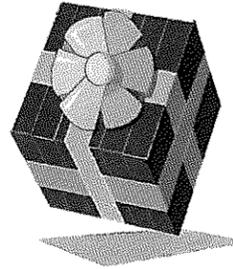
- * Income and Public Benefits
- * Housing
- * Guardianship Actions
- * Long-term Care
- * Health Care
- * Protection from Abuse or Neglect
- * Utilities
- * Age Discrimination

Harney County Senior & Community Services Center will provide financial assistance, for those who qualify, for services provided under our contract with Mr. Lamborn. If you think you would benefit from this service or have further questions, please contact the center at (541)573-6024. All appointments with Mr. Lamborn will be made through the Senior Center and will occur at his office. Funds are limited.



From: ANGIE'S DESK

Executive Director



The summer holiday is over and the kids are back in school. It flew by so fast this year. It seems like the summer just started and here we are at fair time. Fair is always the beginning of fall in my mind. Football has started and I have one on the team for Crane. We are planning a few trips across the mountain to see how the Ducks do this season. It will be a fun and busy season for sure.

I am noticing a change in the school system that I really like. As the kids engage in extracurricular activities and start developing their scholarship applications, one of the things listed as a must is volunteering. The Honor Society asks students to list volunteer hours and with what organizations. Part of the point system when judging scholarship applications is volunteer activities each student has engaged in and the hours they have spent giving to their communities. It is never too early to start giving back to our community and I am thrilled schools are encouraging their students to do just that.

It is never too late either. We are in need of several volunteers and would love to have anyone interested come down and visit with us. We desperately need Meals on Wheels volunteer drivers and meal delivery persons. We are required by program regulation to run back ground checks for volunteers and drivers must have a valid driver's license. It is a great way to make a difference in the life of home bound seniors. We need hostesses and table setters for meal days. Mondays and Wednesdays table setters come set tables from 8:30- 9:15 and hostesses' greet guests from 10:30-12:00, checking folks in and providing change and direction. These small donations of time make a huge difference in our programs. If you are interest please come by and visit with us.

Remember as fall comes into full swing and the nip of winter begins to be felt on those early mornings that we have several activities through the week and all are welcome to join us. Quilters are here every Monday morning beginning at 9:00. Walking class starts at 10:30 on Monday, Tuesday and Thursday and Tai Chi starts at 9:30 on Tuesday and Thursday. Join for the fun and the health benefits these classes have to offer.

It has been really amazing to watch the face of the desert change throughout the year from the big windows of our house. All of the fog in the world looked like it came from the hot springs during the cold of the winter. Spring brought the greening of the fields. Summer saw humming birds find our feeders. Watching them fight for a spot at the perch was so much fun! As fall comes on I am noticing the subtle shift in the world again. Fields are being cut and hay stacks are popping up. The light in the window is changing and the sun is not waking me as the days get shorter. Another year is coming full circle and the first full one in our home. It is a wonderful space to watch the world go by.

Just a reminder, if you would like to share your story with others, give me a call or stop in so we can make an appointment to talk. I would love to write about you and your experiences. It is a lot of fun getting to know someone. As always, my door is open. Stop by for a chat, a quick hello or just a piece of candy.

Pressure Sores

Pressure sores are areas of damaged skin caused by staying in one position for too long. They commonly form where your bones are close to your skin, such as your ankles, back, elbows, heels and hips. You are at risk if you are bedridden, use a wheelchair, or are unable to change your position. Pressure sores can cause serious infections, some of which are life-threatening. They can be a problem for people in nursing homes.

You can prevent the sores by

- Keeping skin clean and dry
- Changing position every two hours
- Using pillows and products that relieve pressure

Pressure sores have a variety of treatments. Advanced sores are slow to heal, so early treatment is best.

Acupuncture Community Clinic

Paul Robbins, LAc.



* Medicare & Low Income discounts

Time: 9:00 AM-3:00PM

**Crystal Crane
Hot Springs**

Dates:

Sept 8, 2013
Sept 22, 2013
Oct 6, 2013
Oct 20, 2013
Nov 3, 2013
Nov 17, 2013
Dec 1, 2013
Dec 15, 2013
Jan 12, 2013
Jan 26, 2013

**Senior Center
Burns**

Dates:

Sept 9, 2013
Sept 23, 2013
Oct 7, 2013
Oct 21, 2013
Nov 4, 2013
Nov 18, 2013
Dec 2, 2013
Dec 16, 2013
Jan 13, 2013
Jan 27, 2013

Relief for:

Sciatica
Neck, Shoulder Pain
Hip and Knee Pain
Lower back Pain
Tendonitis
Headaches
Insomnia
Allergies
Smoking and more ...

For Appointment call:

541-677-9899

541-417-1765

Cash or check only

BACK PAIN:



If you've ever groaned, "Oh, my aching back!", you are not alone. Back pain is one of the most common medical problems, affecting 8 out of 10 people at some point during their lives. Back pain can range from a dull, constant ache to a sudden, sharp pain. Acute back pain comes on suddenly and usually lasts from a few days to a few weeks. Back pain is called chronic if it lasts for more than three months.

Most back pain goes away on its own, though it may take awhile. Taking over-the-counter pain relievers and resting can help. However, staying in bed for more than 1 or 2 days can make it worse.

If your back pain is severe or doesn't improve after three days, you should call your health care provider. You should also get medical attention if you have back pain following an injury.

Treatment for back pain depends on what kind of pain you have, and what is causing it. It may include hot or cold packs, exercise, medicines, injections, complementary and alternative treatments, and sometimes surgery.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

**HARNEY COUNTY
DIAL-A-RIDE
17 SOUTH ALDER
BURNS, OREGON
541-573-3030**



**BEND
TRANSPORTATION SCHEDULE**

September

Thursday - Sept 5

Tuesday - Sept 10

Thursday - Cancel

Tuesday - Sept 24

October

Thursday - Oct 3

Tuesday - Oct 8

Thursday - Oct 17

Tuesday - Oct 22

Thursday - Oct 31

November

Tuesday - Nov 5

Thursday - Nov 14

Tuesday - Nov 19

Days may be changed due to scheduling conflicts, staff shortage, holidays, etc.

Appointments in Bend must be scheduled no earlier than 10:00 a.m. and no later than 3:00 p.m.

You **must** come to the Senior Center to catch the bus, unless you have made prior arrangements with the dispatcher.

The Bend/Redmond fare is:

\$35 Round trip

\$18 One Way

Fare is payable when you make your reservation. You are responsible for all costs such as meals, etc. Departure depends on time of 1st appointment.

The bus will return to Burns when the last appointment is finished.

This service is available for medical appointments, catching the plane at the Redmond airport, etc. Shopping activities will be available if time allows. The number of stops will be at the discretion of the driver.

If you are a client of Seniors and People with Disabilities, they may pay for your transportation. **It is your responsibility to contact your case manager and make arrangements prior to riding the bus.**

**NOTICE
MEDICAID RIDE
SCHEDULING**

Effective January 16, 2006:

Due to new regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Cascades East Ride Center (CERC) is the agency contracted to operate this transportation program for our area.

Our Dial-A-Ride dispatcher receives notice daily for rides to be scheduled. Any medical ride requiring same day service will be called in to our dispatch center by CERC.

This applies to medical rides only, you may still schedule other rides through our center yourself. If you have any questions or concerns regarding this new program, please contact your case manager or caregiver. Pamphlets provided by CERC are also available in our office. To book rides call CERC at:

1-866-385-8680

This applies to medical rides only.

If you have any questions or would like to schedule a ride,

please call:

**HARNEY COUNTY
DIAL-A-RIDE
573-3030**

**LOCAL
TRANSPORTATION
SCHEDULE**

Transportation is available within a 10 mile radius of Burns and Hines for coming to the meal site, going to work, visiting friends, medical appointments, shopping, etc.

Monday - Friday

7:30 a.m. - 5:30 p.m.

Last pick-up is at 5:15 p.m.

Saturday

8:00 a.m. - 5:00 p.m.

Last pick-up is 4:45 p.m.

To facilitate scheduling please call as soon as you know you will need a ride. A week or more in advance is not too soon to schedule your ride.

When scheduling your rides, please tell the dispatcher the **exact number** of stops you will need.

Our drivers are not able to shop for you, due to time constraints.

The transportation fee per person is \$1.00 per person per stop. A ticket of 20 rides can be purchased for \$20.00 from the drivers or in the transportation office at the Senior Center.



P.O. BOX 728
BURNS, OREGON 97720
541-573-6024

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U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

Sept/Oct 2013 (sdw)

