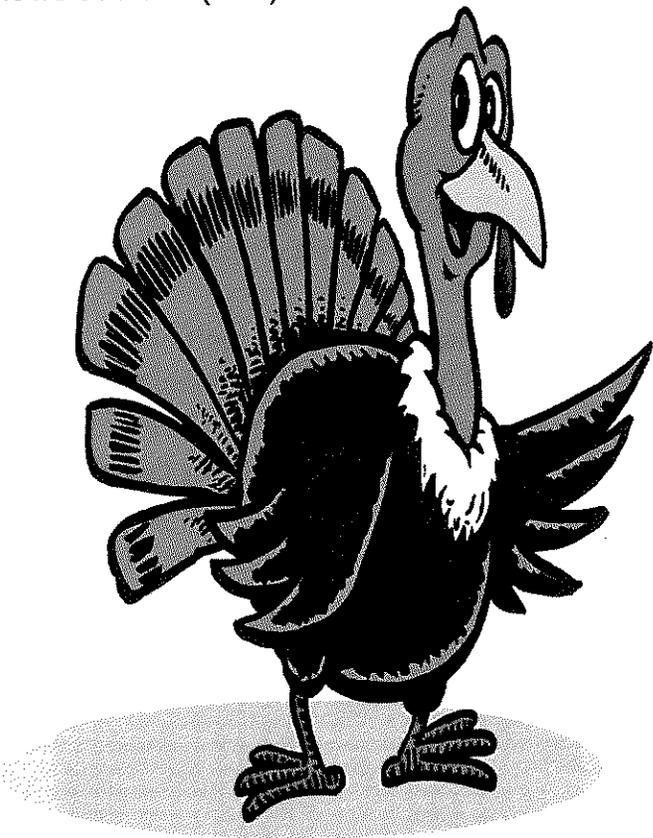


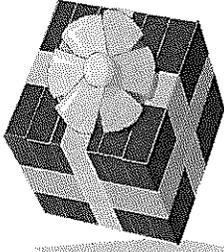


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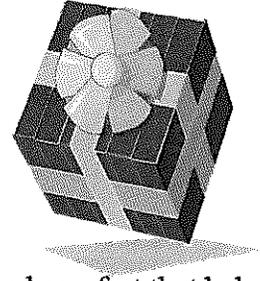
P.O. BOX 728
BURNS, OREGON 97720
541-573-6024

Nov/Dec 2013 (sdw)





From: ANGIE'S DESK
Executive Director



As we move through fall toward winter I find myself looking for the warmth and comfort that helps me through the season. I am very much a creature of habit and the first really cold night I dug out my flannel pajamas to lounge in. They are the ones with pockets big enough to hold my Kleenex when I have a cold. I have had them since Joe was a little boy.

Joe is not a little boy anymore. He is successful at ODOT and is really enjoying his job. He is looking forward to plowing snow this winter. He just purchased his first house. He is over 20 years ahead of his mom in marking that one off of his list. He and Kayla are all moved in and making their first house a wonderful home. I am very happy for them as they prepare for their first Christmas in their new home. Woody is all settled in his apartment in Portland and his sophomore year is in full swing. We won't see him now until Thanksgiving break. Thanksgiving at our house will be great fun this year. It is my turn to throw the party so I get my Mom and Chet for the holiday weekend. Friends will be up from California and we will have all the kids home. It should be a crazy and fun time. It is one we are looking forward to.

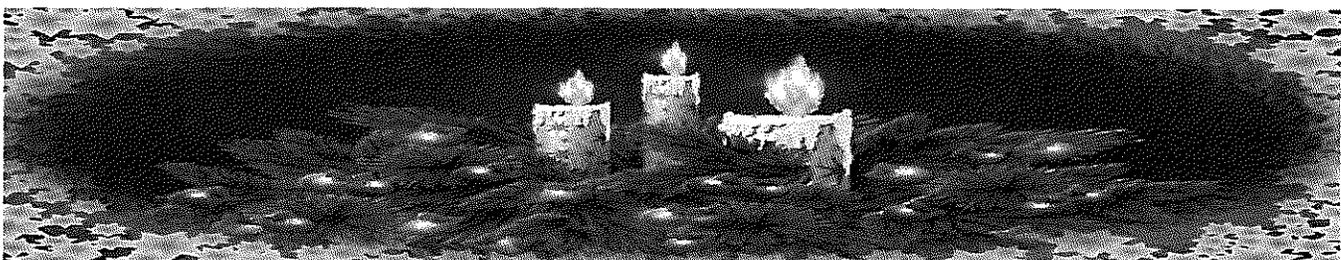
Nick and Andy are moving through their senior year and looking forward to life after graduation. We have gotten the announcements ordered and the senior pictures taken. Soon basketball and wrestling will be starting. It is definitely going to be a bitter sweet season for us. Turns out, time does fly and they do grow fast!

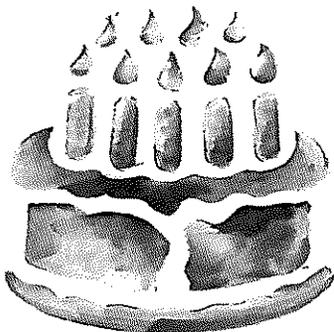
Matt is having a successful year and we will have two more basketball seasons ahead of us after this one. Matt loves to play and is really looking forward to his season this year. He has had a good football season but basketball is his first love. I am keeping my fingers crossed for a state championship this year. Wouldn't that be a great way for Nick to go out and for Matt to have his final year playing with his brother.

Maggie is really enjoying high school. She is working on the yearbook and getting the opportunity to take pictures at school events. She is growing into quite the young woman and it is great to watch. She holds her own with all of the boys in her house and that is a site to behold for sure!

John and I have a few events planned but I will not be traveling as much for work. I don't like to be far from home in the winter months. I think it is the hibernation tendencies I have. Flannel jammies, sharing my fuzzy blanket with John, my Emily dog in my lap and our woodstove warming my toes is my favorite place to be when the weather turns to winter. I try to never get too far from home until spring shows its face again.

I will close for now by wishing each and every one of you, Happy Holidays! Remember, if you would like to share your story come visit with me and I will be happy to introduce you through this article. It is always a great deal of fun getting to know people and telling their story.





Birthday Prize Winners

SEPTEMBER

Jim Heimer, Gwin Lawson, Joe Boren, Chris Stott, John Patton, Helen McCart & Tonia Williams

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

PRESCRIPTION ASSISTANCE

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

CHRISTMAS BAZAAR NOVEMBER 16, 2013

9AM - 2PM

SENIOR CENTER

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 the 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. There 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.

Announcements

November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Bingo 1:00 Lunch 12:00	2
3	4 Quilters 9:00 - 3:00	5 Bend Bus Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	6 Lunch 12:00 Bingo 1:00	7 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Cards 1:00	8  Birthday Dinner 12:00 Bingo 1:00	9
10  O' Time Fiddlers Potluck & Jamboree 1:00-4:00	11 <u>CENTER</u> <u>CLOSED</u>	12 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	13 Lunch 12:00 Bingo 1:00	14 Bend Bus Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Cards 1:00	15 Brunch 9:45-11:45 Bingo 1:00	16  SR. Center Christmas Bazaar
17	18 Quilters 9:00 - 3:00	19 Bend Bus Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	20 Lunch 12:00 Bingo 1:00	21 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Cards 1:00	22  Thanksgiving Day Dinner 12:00 Bingo 1:00	23
24	25 Quilters 9:00 - 3:00 Blood Pressure Clinic 1:00 - 2:00	26 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	27 Lunch 12:00 Bingo 1:00	28 Closed <u>THANKSGIVING</u>	29  <u>CENTER</u> <u>CLOSED</u>	30
	Walking Class will be every Monday, Tuesday and Thursday From 10:30-11:30					

Every Day Counts...In the Life of a Foster Child

How can an ordinary citizen help ensure that children in foster care have safe, permanent homes as quickly as possible? By volunteering with the Citizen Review Board (CRB). The CRB is Oregon's statewide foster care review program. CRB Volunteer Board Members review the case plans of children and families involved with child welfare to determine if placements and services are appropriate. CRB Volunteer Board Members make legal findings and recommendations that are filed with the court. You can learn more about the child welfare and judicial systems by spending just one day a month with the CRB! Join us and make a difference in the lives of children in foster care.

The Citizen Review Board (CRB) in Harney County needs more volunteers. This is a great volunteer opportunity for someone who cares about the welfare of children and wants to volunteer one day per month.

Walkers Update:

As of September 15, 2013

The walking group that has been meeting Mondays, Tuesdays, and Thursdays at 10:30 at the Senior Center, recently had a snack potluck to celebrate the miles they have walked since January or February of this year.

Looking at our most active walkers, we have Sherrill walking 188 miles, Anne 184 miles, Fran 180 miles, Mary and Dee tied at 174 miles each, and Linda at 146 miles. What do you get when you do 100 miles? A gold star and a healthy mind and body. This 45-60 minute of walking is a total-body walking program that gives you serious fat burning, muscle conditioning, and stretching in one powerful, energizing workout.

We realize that this program isn't for everyone. When we started we had more attendees (Jan/Feb miles totaled almost 200 miles when we were doing 1 mile and 2 mile s per session). We do 3-4 miles per session now but encourage everyone to do a pace and time that is right and healthy for their individual needs. For those who are looking for a good healthy workout in a safe environment this is the place to be and we invite you to join us.



December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Quilters 9:00 - 3:00	3 Bend Bus Tai Chi 9:30 Rx Assistance 1:00 - 3:00 Medicare Assist 1:00 - 3:00	4 Lunch 12:00 Bingo 1:00	5 Tai Chai 9:30 Medicare Part D 1:00 - 4:00 Cards 1:00	6 Lunch 12:00 Bingo 1:00	7
8  Ol' Time Fiddlers Pottuck & Jamboree 1:00-4:00	9 Quilters 9:00 - 3:00	10 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	11 Lunch 12:00 Bingo 1:00	12 Bend Bus Tai Chi 9:30 Cards 1:00	13  Birthday Dinner 12:00 Bingo 1:00	14
15	16 Quilters 9:00 - 3:00	17 Bend Bus 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  Christmas Dinner 12:00 Bingo 12:00	21
22	23 Quilters 9:00 - 3:00 Blood Pressure Clinic 1:00 - 2:00	24 Tai Chi 9:30 Center Closed at 12:00	25 <u>CENTER</u> <u>CLOSED</u> <u>CHRISTMAS</u>	26 Bend Bus Tai Chi 9:30 Cards 1:00	27 BRUNCH 9:45-11:45 Bingo 1:00	28
29	30 Quilters 9:00 - 3:00	31 Bend Bus Tai Chi 9:30 Rx Assistance 1:00 - 3:00				

Walking Class will be every Monday, Tuesday and Thursday
From 10:30-11:30

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!!!

November 2013

<p>Meals served at 12:00 noon, with the exception of brunches which are served 9:45 to 11:45. Reservations are not necessary.</p> <p>Seniors 60 and over \$3.50 Suggested donation</p> <p>60-12 yrs 4.50 Must Pay 12-6 yrs 3.00 Must Pay under 6 2.00 Must Pay</p>	<p>Friday - Nov 1</p> <p>Servers: Pioneer Presbyterian Church Sponsors: Anonymous</p> <p>Lamb Roast Mashed Potatoes & Gravy Whole Wheat Rolls Green Salad Apple Crisp Carrots</p>
<p>Wednesday - Nov 6</p> <p>Servers: Faith Baptist Church Sponsors: Ebar Oil</p>	<p>Friday - Nov 8</p> <p>Servers: Jesus Christ of Latter Day Saints Sponsors: Pioneer Presbyterian Church Burns Lions Club</p>
<p>Taco Casserole Fruit Salad Green Beans Pudding</p>	<p>BIRTHDAY DINNER </p> <p>Baked Chicken Baked Potatoes Mixed Vegetables Whole Wheat Rolls Cake & Ice Cream</p>
<p>Wednesday - Nov 13</p> <p>Servers: Church of Jesus Christ of Latter Day Sts. Sponsors: City of Hines Opal Filteau</p>	<p>Friday - Nov 15</p> <p>Servers: Sylvia Rebekah Sponsors: Pat & Joyce Wheeler Helen McCart</p>
<p>Chicken Fried Steak Mashed Potatoes & Gravy Spinach Green Salad Cherry Cheesecake</p>	<p>BRUNCH</p> <p>Southwest Eggs Bacon Biscuits & Gravy Orange Juice Fresh Fruit</p>
<p>Wednesday - Nov 20</p> <p>Servers: Holy Family Catholic Church Sponsor: Cawfield Medical Silvies Valley Ranch</p>	<p>Friday - Nov 22</p> <p>Servers: Holy Family Catholic Church Sponsors: Richard & Cherry Day Burns/Hines Lions Club</p>
<p>Beef Stroganoff Whole Wheat Rolls Carrot & Rasin Salad Beets Pineapple Upside Down Cake</p>	<p>Thanksgiving Dinner </p> <p>Turkey Dressing Mashed Potatoes & Gravy Relish Tray Green Beans Whole Wheat Rolls Pumpkin Bars</p>
<p>Wednesday - Nov 27</p> <p>Servers: Peace Lutheran & St. Andrews Church Sponsor: Christian Church Thrift Shop</p>	<p>Friday - Nov 29</p> <p>CLOSED FOR THANKSGIVING</p>
<p>Spaghetti French Rolls Cottage Cheese & Fruit Green Salad Brownies</p>	

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!!!

December 2013

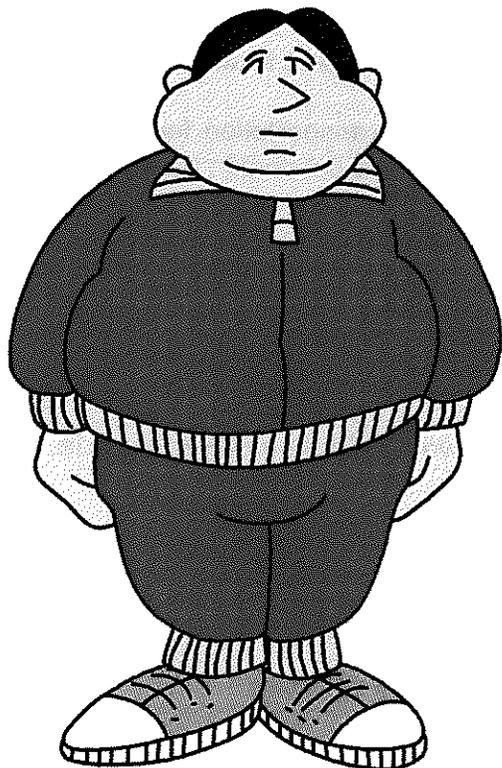
Wednesday - Dec 4	Friday - Dec 6
Servers: Bible Baptist Church Sponsors: America's Best Inn	Servers: Pioneer Presbyterian Church Sponsors: Bill & Ulaberl Allen Peace Lutheran Mission Endowment Fund
Beef tip & Noodles Corn Whole Wheat Rolls Carrot/Raisin Salad Berry Cobbler	Chicken Divan Green Beans Tossed Salad Whole Wheat Rolls Applesauce & Cookies
Wednesday - Dec 11	Friday - Dec 13
Servers: Faith Baptist Church Sponsors: Anderson Valley Supply Swarthout Shell	Servers: Jesus Christ of Latter Day Saints Sponsors: The Aspens Amerititle
Meat Loaf Baked Potatoes Broccoli Salad Beets Whole Wheat Rolls Peach Dump Cake	Birthday Dinner  Pork Roast Potatoes & Gravy Mixed Vegetables Whole Wheat Rolls Cake & Ice Cream
Wednesday - Dec 18	Friday - Dec 20
Servers: Jesus Christ of Latter Day Saints Sponsors: Lois Stoddart IMO Doris White	Servers: Christian Church Sponsors: Gourmet & Gadgets Santa Beare
Hamburger Steak Coleslaw Carrots Whole Wheat Rolls Brownies Potatoes & Gravy	CHRISTMAS DINNER Prime Rib Baked Potatoes Mixed Vegetables Fruit Salad Rolls Deviled Eggs Pumpkin Pie
Wednesday - Dec 25	Friday - Dec 27
CLOSED FOR CHRISTMAS 	Servers: Holy Family Catholic Church Sponsors: Kiwanis Club of Burns/Hines Silvies Valley Ranch
	BRUNCH French Toast Scrambled Eggs Sausage Patties Fresh Fruit Yogart
	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

Exercise is the key to healthy aging

If you have an injury, disability, weight problem, or diabetes . . .

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised before, you may not know where to begin. Or perhaps you think you're too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too. No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health.



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

Definition of Osteomalacia

By: Mayo Clinic Staff

Osteomalacia refers to a softening of your bones, often caused by a vitamin D deficiency. In children, this condition is called rickets. Soft bones are more likely to bow and fracture than are harder, healthy bones. Osteomalacia is not the same as osteoporosis, another bone disorder that can also lead to bone fractures. Osteomalacia results from a defect in the bone-building process, while osteoporosis develops due to a weakening of previously constructed bone. Muscle weakness and achy bone pain are the major sign and symptom of osteomalacia. Treatment for osteomalacia involves replenishing low levels of vitamin D and calcium, and treating any underlying disorders that may be causing the deficiency

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

**BEND
TRANSPORTATION SCHEDULE**



**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.

**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.

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.

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.**

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

please call:

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