

Senior Moments

Harney County Senior & Community Services Center ADRC

Energy Assistance Is Still Available!!

If you are 60+ years old or disabled and have missed out on early sign up, it's not too late to get help with your heating bill. We can help you with your electric, propane, oil, or firewood bills. Call to make an appointment today at 541-573-6024. You don't want to miss out on the available funds that you may qualify for to keep your house warm this winter.

The Oregon Low Income Energy Assistance Program (LIEAP) is a federally funded program through the U.S. Department of Health and Human Services. LIEAP is an assistance program designed

to help low income households with home heating costs. LIEAP helps keep families safe and healthy through initiatives that assist families with energy costs. We provide federally funded assistance in managing costs associated with home energy bills, energy crises or weatherization and energy-related minor home repairs. LIEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems.

Oregon Community Action Partnership (CAP) agencies help

cover the cost for weatherization for customers through LIEAP. This CAP program is designed to help low-income residents save fuel and money, while increasing the comfort of their homes. Its mission is to insulate the dwellings of low-income persons, particularly the elderly, persons with disabilities, families with children, high residential energy users, and households with high energy burden, in order to conserve energy and to aid those persons least able to afford higher utility cost.

<http://liheap.org/states/or/> and <http://www.Benefits.gov/>

January/February
2015

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Special points of interest:

- Cover Oregon open enrollment is open, we can help you with your applications.



Slippers Bring Memories

As the of memorial came to an end and each of us were having our own thoughts, I ventured into my dad's room feeling like a grave robber/vulture and started to look around at the sparse possessions that cluttered the room during his last days. With unsure hands, I opened one of his dresser drawers to find old patched clothing amongst new and unopened packages of clothes.

Closing the drawers, I sat on his bed. My mind flooded with memories of him. They didn't seem to have any rhyme or reason as to time sequence, for they bounced around from early childhood to recent conversation with him.

Next to my feet were a pair of slippers. They were nearly new, having been worn only a couple of times at the most. Then I caught sight of another pair slipped under the edge of the bed. These slippers were a totally different story.

At first glance, they were worthy of the garbage can. I picked them up and realized that they were really the epitome of dad's life. An overwhelming urge to cry took control as I held them in my hands. True to Dad's nature, he would never throw out a well broken-in pair shoes until they were completely in pieces. The heels have been broken down and folded in so as to allow easy entry. The toes were terribly scuffed, with a small hole just above where the right big toe would be. A crease hole had been worn through the inside of the right shoe about where the ball of the foot wore against the surface.

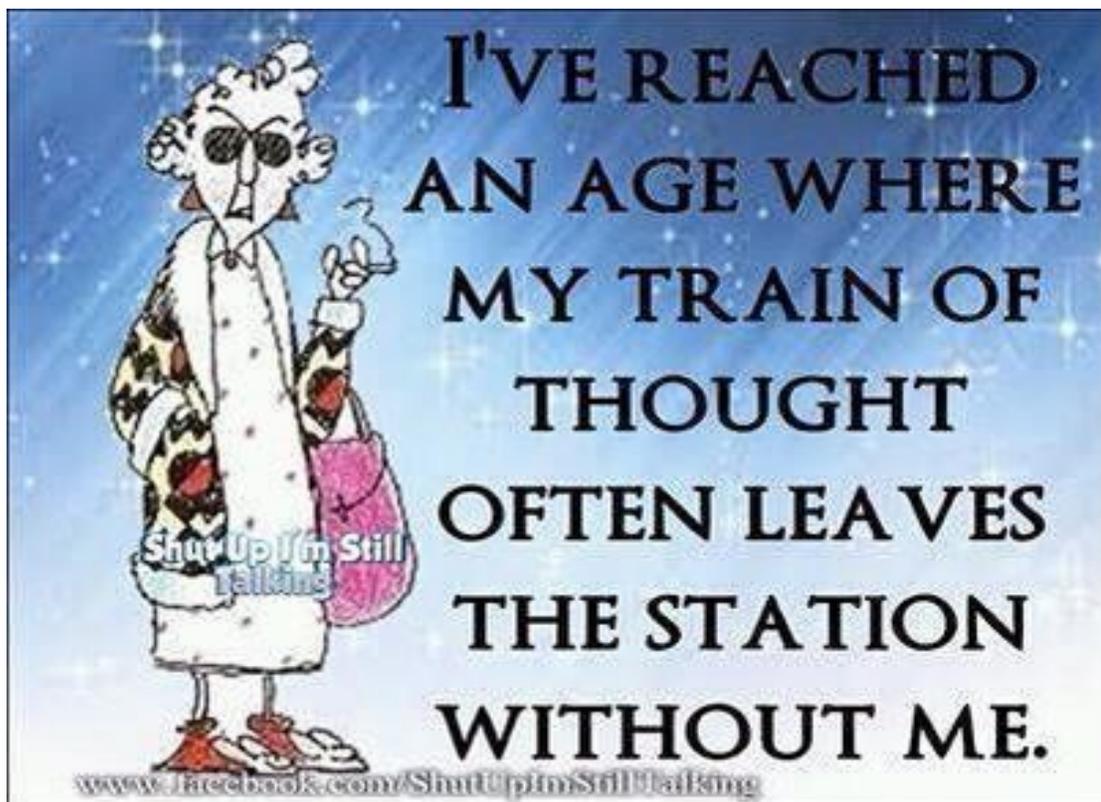
The leather was cracked and creased and some places were devoid of polish where the leather was worn thin. There were several drops of dried paint of various colors splattered on the toes. The soles

had been worn smooth with just a hint of tread design left. Just above the soles were the telltale rings of years of grass stains.

As the tears dropped on the shoes, the years of work, errands, and life that had been witnessed began to vibrate into my psyche. The numbness faded from my mind as the full realization of my Dad's death struck home.

Placing the slippers on the floor, I casually slipped my feet into them. At an instant, I knew that these shoes had given my dad great comfort. They had been his friends. They fit perfect and I knew that they would have a home as long as I lived.

Jim Bosch



Across

- 1. Settle a bet
- 6. Singe
- 10. Collection of horses
- 14. Flounder through the mud
- 15. Bridal shower
- 16. Woman of Paris
- 17. Wrigley Field feature
- 20. ___ Paulo, Brazil
- 21. Piece of music
- 22. Heavenly charioteer of myth
- 23. Pastrami emporium
- 24. Hemingway title word
- 25. It's fit for a pig
- 26. Yankee Stadium feature
- 31. Bonds after splitting?
- 32. Bit of gum
- 33. Delicate deer
- 37. Indian princesses
- 38. Swampy land
- 39. Idealist's need
- 40. What one isn't
- 41. Pseudonymous surname
- 42. Hairstylist's stuff
- 43. Fenway Park feature
- 46. Biz bigwig
- 49. Regulation followers
- 50. Parabolas
- 51. Like some arrivals
- 53. Sharif or Epps
- 54. An unmentionable
- 57. Safeco Field feature
- 60. Square foot measure
- 61. One-time back of Michael Jackson
- 62. Oral Roberts University site
- 63. Forsaken
- 64. Impertinence
- 65. Go onstage

Down

- 1. Trident-shaped symbols

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17					18					19					
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51				52				53					54	55	56
57								58				59			
60						61					62				
63						64					65				

- 2. Thomas ___ Edison
- 3. Something to walk the dog with
- 4. Trojans' home (Abbr.)
- 5. Small sets of speech sounds
- 6. Hardly a Mensa candidate
- 7. Do a personnel job
- 8. Hole-in-one
- 9. Lucille Ball, for one
- 10. Small wild duck
- 11. Island in Upper New York Bay
- 12. Parcel out
- 13. Far from shipshape
- 18. Short-tailed rodents
- 19. Ravages of time
- 23. Befooling
- 24. Extend across
- 26. A ___ formality
- 27. One of several Norwegian kings
- 28. "___ but the brave . . ."
- 29. In the middle of, poetically

*** Solution on page 9**

- 30. Grammy winner Alison
- 34. Force from office
- 35. In ___ (existing)
- 36. Divination practitioner
- 38. Adversaries
- 39. Fallout shelter material
- 41. Makes out
- 42. Fable feature
- 44. Capital of Italia
- 45. Caribbean dances
- 46. Shade of pink
- 47. Ano Nuevo month
- 48. Playful aquatic mammal
- 52. Neighbor of Turkmenistan
- 53. Oft-felt items?
- 54. Lightning unit
- 55. Starter for hip or oil
- 56. Not at hand
- 58. Actress Carrere
- 59. Barry Bond's homecoming?



January 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Year's Day CLOSED	2 CLOSED	3
4	5 Quilters 9am-3pm Crocheting 1pm-3pm	6	7 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	8 Pinochle 1pm	9 Lunch 12:00 American Hearing 9am-2pm	10
11 Old Time Fiddlers Jam and Potluck 1pm-4pm	12 Quilters 9am-3pm Crocheting 1pm-3pm	13	14 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	15 Pinochle 1pm	16 Birthday Lunch 12:00	17 Quilter 9am-6pm
18	19 Martin Luther King Jr.'s Birthday CLOSED Acupuncture 9am-3pm	20	21 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	22 Pinochle 1pm	23 Lunch 12:00	24
25	26 Quilters 9am-3pm Crocheting 1pm-3pm	27	28 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	29 Pinochle 1pm	30 Lunch 12:00	31



Happy Valentine's Day

February 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Old Time Fiddlers Jam and Potluck 1pm-4pm	2 Groundhog Day Quilters 9am-3pm Crocheting 1pm-3pm Acupuncture 9am-3pm	3 Tai Chi 3pm-4pm	4 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	5 Pinochle 1pm Tai Chi 3pm-4pm	6 Lunch 12:00 Bingo 1pm	7 Valentine's Day
8	9 Quilters 9am-3pm Crocheting 1pm-3pm	10 Tai Chi 3pm-4pm	11 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	12 Pinochle 1pm Tai Chi 3pm-4pm	13 Lunch 12:00 Bingo 1pm	14
15	16 Presidents' Day CLOSED	17 Tai Chi 3pm-4pm	18 Ash Wednesday Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	19 Pinochle 1pm Tai Chi 3pm-4pm	20 Birthday Lunch 12:00 Bingo 1pm	21
22	23 Quilters 9am-3pm Crocheting 1pm-3pm	24 Tai Chi 3pm-4pm	25 Lunch 12:00 Bingo 1pm Miracle Ear 10am-4:30pm	26 Pinochle 1pm Tai Chi 3pm-4pm	27 Lunch 12:00 Bingo 1pm	28

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
Friday: January 2, 2015	Wednesday: January 7, 2015
	Servers: Bible Baptist
	Sponsors: Opal Filteau
WE ARE CLOSED FOR THE HOLIDAY WEEKEND HAPPY NEW YEAR'S!!!	Ranch Meatloaf Butter Baked Potatoes w/Fixings Garden Salad Cottage Cheese w/Fruit Cookies
Friday: January 9, 2015	Wednesday: January 14, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Faith Baptist
Sponsors: IMO Tom and Ima Choate	Sponsors: Peace Lutheran Mission Endowment Fund
Chili Beans Corn Bread Carrot & Raisin Salad Mixed Greens Salad Ice Cream w/Oatmeal Crumble Topping	Ravioli Casserole Garlic French Bread Peas Apple w/Peanut Butter Brownies
Friday: January 16, 2015	Wednesday: January 21, 2015
Servers: Christian Church	Servers: Church of Jesus Christ Of Latter Day Sts.
Sponsors: Oard's Gallery	Sponsors: Robin Gerstenfeld
Sponsors: Burns Fire Department	Sponsors: Umpqua Bank
Lamb Stew w/Veggies Whole Wheat Dinner Rolls Green Beans w/Bacon Garden Salad Apple Crisp	BBQ Beef On Toasted Rolls Spinach Salad w/Apples & Nuts Crisp Baked Tater Tots Cookies
Friday: January 23, 2015	Wednesday: January 28, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsors: John Lamborn Attorney	Sponsors: Christian Church Thrift Shop
Pork Roast w/Gravy Red Cabbage w/Apples & Cloves Mixed Roasted Veggies Salad Greens Dinner Rolls Apple Sauce Cupcakes	BRUNCH Egg Casserole Bacon Fruit w/ Yogurt Pumpkin Bread Cinnamon scones
Friday: January 30, 2015	
Servers: Christian Church	
Susan Sugai IMO Frank Bessie Sugai	
Birthday Lunch Nana's Baked Chicken Mac & 2 Cheese Biscuits Steamed Spinach w/ Sliced Almonds Garden Greens Birthday Cake w/ Ice Cream	

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
Wednesday: February 4, 2015	Friday: February 6, 2015
Servers: Bible Baptist	Servers: Pioneer Presbyterian
Sponsors: Don and Lucille Barnes	Sponsors: Family Eyecare
<p style="text-align: center;">Italian Braised Pork</p> <p style="text-align: center;">Herb Couscous Roasted Broccoli</p> <p style="text-align: center;">Whole Wheat Dinner Rolls</p> <p style="text-align: center;">Cottage Cheese w/Fruit</p> <p style="text-align: center;">Garden Greens Banana Cake</p>	<p style="text-align: center;">Burritos w/Red Sauce</p> <p style="text-align: center;">Refried beans</p> <p style="text-align: center;">Corn w/Green Chilies</p> <p style="text-align: center;">Mixed Green Salad</p> <p style="text-align: center;">Cookies</p>
Wednesday: February 11, 2015	Friday: February 13, 2015
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsors: Umpqua Bank	Sponsors: Bank of Eastern Oregon
<p style="text-align: center;">Homemade Chicken Soup Corn Bread</p> <p style="text-align: center;">Fruit w/Cinnamon Yogurt</p> <p style="text-align: center;">Broccoli Spears w/Cheese</p> <p style="text-align: center;">Spinach Salad w/Apple Pieces</p> <p style="text-align: center;">Spice Cupcakes</p>	<p style="text-align: center;">Spaghetti</p> <p style="text-align: center;">Garlic Bread Sticks</p> <p style="text-align: center;">Green Beans</p> <p style="text-align: center;">Garden Salad</p> <p style="text-align: center;">Pumpkin Bars</p>
Wednesday: February 18, 2015	Friday: February 20, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsors: David Terreo Foundation/ John Lamborn Trustee	Sponsors: Peace Lutheran Mission Endowment Fund
<p style="text-align: center;">Hamburger Oven Baked Fries</p> <p style="text-align: center;">Cottage Cheese w/Fruit</p> <p style="text-align: center;">Oven Roasted Mixed Veggies</p> <p style="text-align: center;">Salad Greens</p> <p style="text-align: center;">Brownies</p>	<p style="text-align: center;">FUN IN THE SUN BRUNCH:</p> <p style="text-align: center;">WEAR YOUR FAVORITE HAWAIIAN SHIRT/OUTFIT</p> <p style="text-align: center;">Egg Frittata Ham</p> <p style="text-align: center;">Biscuits w/Honey Butter</p> <p style="text-align: center;">Pineapple & Yogurt</p> <p style="text-align: center;">Coffee Cake</p>
Wednesday: February 25, 2015	Friday: February 27, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsors: Pat and Joyce Wheeler	Sponsors: Susan Sugai IMO Frank and Bessi Sugai
<p style="text-align: center;">Beef Stroganoff w/Noodles</p> <p style="text-align: center;">Sautéed Carrots Peaches w/Cottage Cheese</p> <p style="text-align: center;">Garden Salad</p> <p style="text-align: center;">Whole Wheat Dinner Rolls</p> <p style="text-align: center;">Cookies</p>	<p style="text-align: center;">Birthday Lunch</p> <p style="text-align: center;">BBQ Chicken Oven Fries</p> <p style="text-align: center;">3 Bean Salad Apple Sauce</p> <p style="text-align: center;">Salad Greens</p> <p style="text-align: center;">Birthday Cake w/Ice Cream</p>



At a certain age you just don't care what people think any more

Cold, Flu, or Allergy?

You're feeling pretty lousy. You've got sniffles, sneezing, and a sore throat. Is it a cold, flu, or allergies? It can be hard to tell them apart because they share so many symptoms. But understanding the differences will help you choose the treatment.

Cold, flu, and allergy all affect your respiratory system, which can make it hard to breathe. Each condition has key symptoms that set them apart.

Colds and flu are caused by different viruses. Both illnesses can lead to runny, stuffy nose; congestion, coughs, and sore throat. But the flu can also cause high fever that lasts for 3-4 days, along with a headache, fatigue and general aches and pain. These symptoms are less common when you have a cold.

If you have allergies and breathe in things like pollen or pet dander, the immune cells in your nose and air-

ways may overreact to these harmless substances. Your delicate respiratory tissues may then swell, and your nose may become stuffed up or runny.

Allergy symptoms usually last as long as you're exposed to allergen, which may be about 6 weeks during pollen seasons in the spring, summer, or fall. Cold and flu rarely last beyond 2 weeks.

To treat colds or flu, get plenty of rest and drink lots of fluid. If you have the flu, pain relievers such as aspirin, acetaminophen, or ibuprofen can reduce fever or aches. Allergies can be treated with antihistamines or decongestants.

Be careful to avoid "drug

overlap" when taking medicines that list 2 or more active ingredients on the label. For example, if you take 2 different drugs that contain acetaminophen one for a stuffy nose and the other for headache—you may be getting too much acetaminophen.

"Read medicine labels carefully—the warnings, side effects, dosages. If you have questions talk to your doctor or pharmacist, especially if you have children who are sick," NIH's Dr. Teresa Hauguel says. "You don't want to overmedicate, and you don't want to risk taking a medication that may interact with another."

Source: <http://newsinhealth.nih.gov/issue/Oct2014/Feature2>

Sponsoring an Entrée Meal

Is there someone that you don't want people to forget who has passed away? Or perhaps you or your organization would like to sponsor an entrée meal. As an entrée sponsor for Harney County Senior and Community Services Center ADRC (HCSCSC), you provide our community with an opportunity to enjoy a nutritious meal that is delicious as well as an atmosphere which encourages social

interaction.

A great way to keep the ones we love in memory is to sponsor an entrée in their memory. By sponsoring an entrée meal your name, organization or loved one will be recognized in our newsletter menu, announced and written on our board in the dining room during meal day. Entrée sponsor options include \$150 for an entrée meal or \$75

for side dish. To sponsor an entrée meal, contact the senior center at 541-573-6024. Remember your donations are tax deductible!

Wild Rice Chicken Soup

Serving : 5

Ingredients:

- 1/4 cup each chopped carrot, celery, green pepper and onion
- 1/4 cup chopped peeled parsnip
- 2 teaspoons canola oil
- 2 cans (14-1/2 ounces each) chicken broth
- 3/4 pound bone-in chicken thighs, skin removed
- 1/2 teaspoon dried savory
- 1 garlic clove, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup cooked long grain and wild rice



Puzzle Solution © OnlineCrosswords.net

Directions

In a large saucepan, saute the carrot, celery, green pepper, onion

and parsnip in oil for 3 minutes or until crisp-tender. Add the

broth, chicken, savory, garlic, salt and pepper. Bring to a boil.

Reduce heat; cover and simmer for 15 minutes or until chicken is no

longer pink.

Remove chicken from broth. When cool enough to handle, remove meat

from bones and cut into bite-size pieces. Discard bones. Add chicken

and rice to soup; heat through.

P	A	Y	U	P		C	H	A	R		T	E	A	M
S	L	O	S	H		R	I	C	E		E	L	L	E
I	V	Y	C	O	V	E	R	E	D	W	A	L	L	S
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Legal Assistance for Seniors 60+

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 pro-



vided 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.

Residential Rehab Loans Available in Burns

If you are a low to moderate income home owner in the City of Burns, there are Residential Rehab dollars available to you. The Residential Rehab program is a zero interest, deferred payment loan aimed at improving quality of life through improved living conditions. It can be used to make much needed repairs and improvements to your home. If you are interested in

learning more about this program call Community in Action at 541-889-9555 and speak to a program manager.

Stop by the center for a brochure.

Call Kathy Markee at 541-889-1060 Ext. 102 or email her: kathy@communityinaction.info



BIRTHDAY WINNERS

November Winners

Anne Scissons- \$10 gift card at R.J.'s

Lolli Ipock- 6in. meal at Subway

Frank Idaho- \$5 at El Toreo

Earl Johnson- large pizza at Figaro's Pizza

Ralph Synder- \$10 gift card at Thriftway

Lynn Gadsburg- \$20 gift card to The Apple Peddler

Barbara Cannaday- Balloons



Scheduled Trips to Bend

January

Thursday— January 8th
Tuesday— January 13th
Thursday— January 22nd
Tuesday— January 27th

February

Thursday— February 5th
Tuesday— February 10th
Thursday— February 19th
Tuesday— February 24th

March

Thursday— March 5th
Tuesday— March 10th

Thursday— March 19th

Tuesday— March 24th

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

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

Bend/Redmond Fare: \$35 Round trip
\$18 One Way

Fare is payable upon reservation. You are responsible for all other costs. The bus will return when the last appointment concludes. This service is available for medical appointments and airport service. Shopping available if time



allows. Stops are at the discretion of

the driver.

If you are a client of APD, they may pay for your ride. **It is your responsibility to contact your case manager and**

MEDICAID RIDE SCHEDULING

Due to regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Mid Columbia Council of Governments Transportation Network is the agency contracted to operate this transportation program in 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 the brokerage.

This applies to medical rides only, you

Harney County Dial-A-Ride
17 South Alder Burns
541-573-3030

may still schedule other rides through our center yourself. If you have any questions or concerns regarding this program, please contact your case manager or caregiver.

Mid Columbia Council of Governments Transportation Network:

1-877-875-4657

This applies to medical rides only.

Public Transportation in Harney County

Dial-A-Ride is a countywide service which prioritizes demand responsive trips within a 10 mile radius of Burns/Hines and provides occasional charter serve to events and activities in Harney County.

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 and number of riders

\$1.00 per stop

A ticket of 20 rides can be purchased for \$20 from drivers or dispatch.



NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

Phone: 541-573-6024

Fax: 541-573-6025

E-mail:

angela.lamborn@co.harney.or.us

Serving our community since
1973

[www.co.harney.or.us/
seniorcenter.html](http://www.co.harney.or.us/seniorcenter.html)

High Lights at a Glance

Every Wednesday: **Miracle Ear**

January 9th : **American Hearing**

Walking with friends Mon-

day, Tuesday and Thursday
10:30-11:30am

Quilting Mondays 9:00am-
3:00pm

Crocheting Mondays 1pm-
3pm

Birthday Lunch January
30th and February 27th

Brunch January 28th and
February 20th

Center will be Closed Janu-
ary 1st, 2nd and 19th.
Happy New Year.

Tai Chi February every
Tuesdays and Thursdays
3pm-4pm. Enrollment closes
second week of class in
February.

