HARNEY COUNTY SENIOR & COMMUNITY SERVICES CENTER

Enhancing independence, dignity, choice and self-sufficiency in Harney County since 1973.

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

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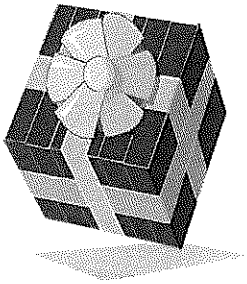
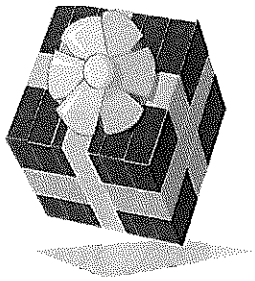
Jan/Feb 2014 sdw





From: ANGIE'S DESK

Executive Director

This January as we say good-bye to 2013 and welcome the promise of 2014 I find myself reflecting on the circle of life and all of the events that touch our lives. I find that time does move faster and faster as the years go by. The sorrows and the joys keep coming and we are reminded that both shape us and those around us.

As I look back at 2013 I think about some dear friends we lost. They will be missed but ever present in our hearts and minds. I celebrate the new little people who have joined us on life's journey. Welcome them and wish them joy filled lives. My family ended 2013 with a request to marry. Joe asked Kayla to be his bride. I look forward to my new daughter-in-law who, with her yes, agrees to join the clan on October 4, 2014.

Woody is settled in Portland and doing well his sophomore year at Portland State. He is enjoying his first apartment and learning all of the lessons that come with it. Every year his DJ business books more and more parties and events. We look forward to him having a busy and prosperous summer.

In May we will have two high school graduates! Andy is making the most of his last wrestling season. We hope to follow him to State and watch him take it all. We have no doubt that he will make the most of the season. Nick is playing his final year of basketball, giving it his all. He has played since kindergarten and watching his final year will be a bittersweet experience. We hope to get to follow the team to Baker City again this year! But plans are already coming together for fall. Andy has been accepted at the University of Oregon. He is looking forward to being a duck! Nick is ready to get out and explore the world a bit and see where he wants to land and let his future unfold a bit. We are so excited for them and all they have to look forward to.

Our days of taxi service will come to an end in 2014. In May Matt will get his driver's license. According to him it is about time, though I am not so sure. Then it happens again in September with Maggie getting hers. They are both so excited for this chapter in their lives to begin. The freedom driving brings has in their opinion, been a long time coming.

Baby Bentley turns two this year. I think that qualifies him as little boy Bentley. We enjoy his visits and watching him grow and explore his world. He reminds us of the promise of our future and the future of the world we live in. He keeps his old papa and grandma limber as we chase him through the house every chance we get.

Here at the Senior Center the only thing that stays the same is change. We will be a fully functioning ADRC (Aging and Disability Resource Center) by the first part of the summer. We will be asking more information from you when you make inquiries so we can better meet your needs. Be patient with us as we grow into our new role and expectations.

I look forward to sharing what the coming year brings with family and friends. I am thinking of a line I have heard and it goes something like this, "Nobody ever promised that life would be easy, but if truly lived, it will be worth it." And with that I wish each and every one of you, another year of worth it!

JUST A LITTLE HUMOR

Who Reads Newspapers?
The Wall Street Journal is read by the people who run the country.

–The New York Times is read by people who think they run the country.

–The Washington Post is read by people who think they ought to run the country.

–USA Today is read by people who think they ought to run the country but don't understand The Washington Post.

–The Los Angeles Times is read by people who wouldn't mind running the country, if they could spare the time.

–The Boston Globe is read by people whose parents used to run the country.

–The New York Daily News is read by people who aren't too sure who's running the country.

–The New York Post is read by people who don't care who's running the country, as long as they do something scandalous.

–The San Francisco Chronicle is read by people who aren't sure there is a country, or that a country is a good idea in the first place.

–The Miami Herald is read by people who are running another country.

–The Chicago Tribune is read by people who live in the Midwest, which readers of the other newspapers don't think is part of the country.

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Don't Owe You Anything

The bartender asks the guy sitting at the bar, "What'll you have?" The guy answers, "A scotch, please."

The bartender hands him the drink, and says, "That'll be five dollars," to which the guy replies, "What are you talking about? I don't owe you anything for this."

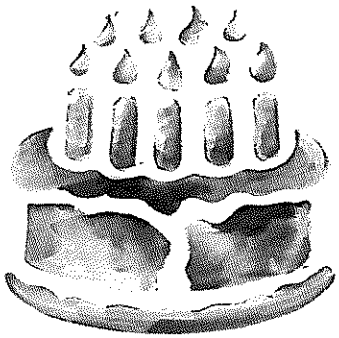
A lawyer, sitting nearby and overhearing the conversation, then says to the bartender, "You know, he's got you there. In the original offer, which constitutes a binding contract upon acceptance, there was no stipulation of remuneration."

The bartender was not impressed, but says to the guy, "Okay, you beat me for a drink. But don't ever let me catch you in here again."

The next day, same guy walks into the bar. Bartender says, "What the heck are you doing in here? I can't believe you've got the audacity to come back!"

The guy says, "What are you talking about? I've never been in this place in my life!" The bartender replies, "I'm very sorry, but this is uncanny. You must have a double."

To which the guy replies, "Thank you. Make it a scotch.".



Birthday Prize Winners

November

Earl Johnston, Lynn Gadsbery, Ralph Snyder, Joanne Helmer, Ann Scisson, Lolly Ipock, Everett Hills, and Mary Ann Greg

December

Ruth Paul, Jessie Madrietta, Mary Forrester, Deloris Gahn, Barb Redding, Barb WIlliamson, and Dale Redding

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** (Pre scription Assist) at the Senior Center every Tuesday from 1PM - 3:00 PM.

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 - 11/2 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.

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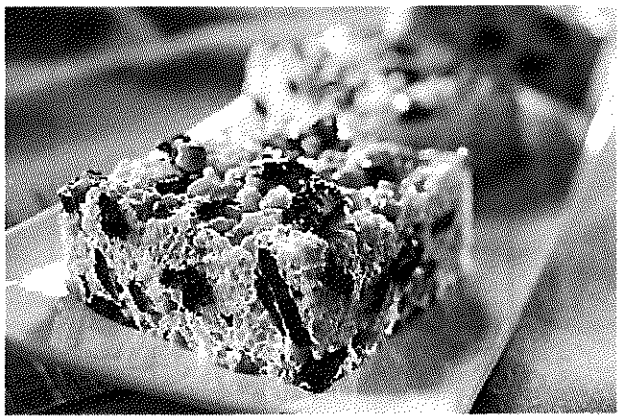
Announcements

RECIPE



Cookies 'n Cream RICE KRISPIES® TREATS

3 Tbsp. butter or margarine
1 pkg. (10 oz.) JET-PUFFED Marshmallows
5 cups KELLOGG'S® RICE KRISPIES® cereal
16 OREO Cookies, coarsely chopped, divided

MICROWAVE butter in large microwaveable bowl on HIGH 45 sec. or until melted. Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.

ADD cereal and 1 cup chopped cookies; mix well.

PRESS onto bottom of 13x9-inch pan sprayed with cooking spray. Sprinkle with remaining chopped cookies; press lightly into cereal mixture to secure. Cool completely before cutting into squares.

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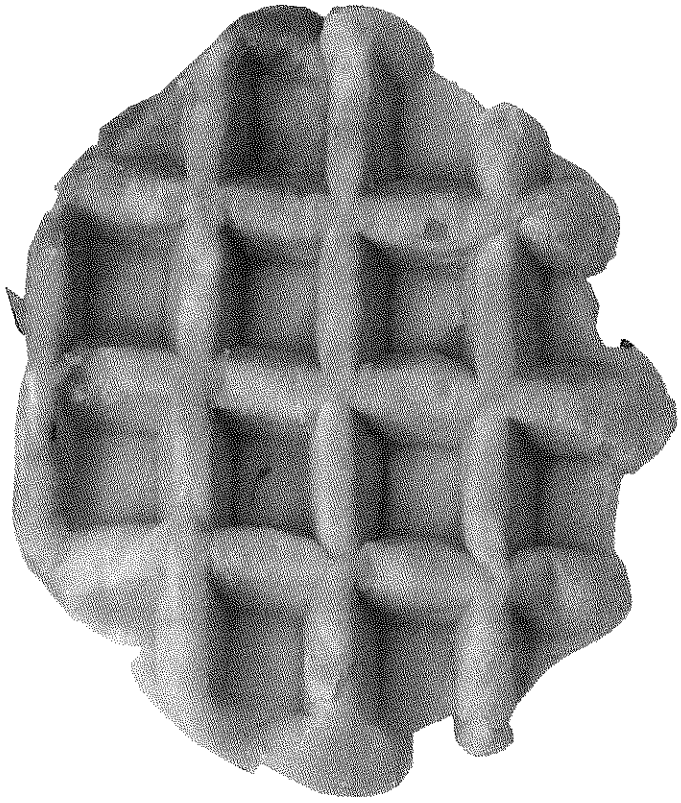

Chocolate Waffles

1 1/4 c Cake flour; sifted
1 1/2 ts Baking powder
1 tb Brown sugar
2 ts Cocoa
pn Salt 1 Egg
1 1/2 ts Vanilla
1/2 ts Rum
1 c Skimmed milk
1 tb Butter; melted
Follow directions in preceding recipe for Waffles, but add the cocoa to the sifted ingredients and add the rum to beaten liquid ingredients.

January 2014

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

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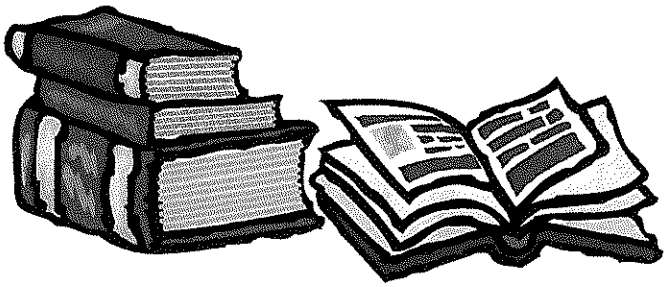
LEGAL SERVICES:

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.



An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

CROCHET CLASSES

Learn to crochet or improve your skills and offer support for others at the senior center. Beginning January 6, 2014 we are offering a beginner crochet class from 1:00-2:00 every Monday. Beginners will need to bring yarn and a crochet hook of any size to practice with. Our volunteer will have some supplies to share if you are not sure what you will need. Space is limited to 10 participants so if you are interested please call or stop in to reserve a spot.
Beginning on January 9, 2014 from 1:00-2:00 every Thursday we will offer an intermediate crochet class. If you have the ability to read a pattern and want to get creative or sharpen your skills this is the class for you. Bring your current projects, ones you hope to begin or come prepared to look at new ideas. Again, the space is limited to 10 participants so give us a call or stop in to reserve a place.
We are very excited about our new volunteer and the opportunity to spread some more creative energy. Give us a call at 541-573-6024 to save a spot for yourself.

February 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Quilters **9:00 - 3:00**	4 Tai Chi 9:30 **Rx Assistance 1:00 - 3:00**	5 Bingo 1:00	6 **Bend Bus** Tai Chi 9:30 Cards 1:00	7 Lunch 12:00 Bingo 1:00	8
9 Ol' Time Fiddlers Potluck & Jamboree 1:00-4:00	10 Quilters **9:00 - 3:00**	11 **Bend Bus** Tai Chi 9:30 **Rx Assistance 1:00 - 3:00**	12 Lunch 12:00 Bingo 1:00	13 Tai Chi 9:30 Cards 1:00	14 **BRUNCH** 9:45-11:45 Bingo 12:00	15
16	17 Quilters **9:00 - 3:00**	18 Tai Chi 9:30 **Center Closed at 12:00**	19 Lunch 12:00 Bingo 1:00	20 **Bend Bus** Tai Chi 9:30 Cards 1:00	21 **Birthday Dinner 12:00** Bingo 1:00	22
23	24 Quilters **9:00 - 3:00** Blood Pressure Clinic 1:00 - 2:00	25 **Bend Bus** Tai Chi 9:30 **Rx Assistance 1:00 - 3:00**	26 Lunch 12:00 Bingo 1:00	27 Tai Chai 9:30 Cards 1:00	28 Lunch 12:00 Bingo 1:00	
	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!!!

January 2014

Wednesday - Jan 1	Friday - Jan 3
CLOSED FOR NEW YEARS DAY	Servers: Pioneer Presbyterian Church Sponsors: Ebar Oil Chili Corn Bread Green Salad Applesauce Cake
Wednesday - Jan 8	**Friday - Jan 10**
Servers: Faith Baptist Church Sponsors: Rose Garden Apartments Sweet-n-Sour Lamb Rice Green Beans Coleslaw Rolls Cherry Dump Cake	Servers: Jesus Christ of Latter Day Saints Sponsors: Western Bus Tatertot Casserole Beets Jello Salad w/Fruit Rolls Pudding
Wednesday - Jan 15	**Friday - Jan 17**
Servers: Church of Jesus Christ of Latter Day Sts. Sponsors: Silvies Valley Ranch Robin & David Gerstenfeld Pork Chops Baked Potatoes Carrots Broccoli Salad Rolls Apple Crisp	Servers: Sylvia Rebekah Sponsors: Peace Lutheran Mission Endowement Fund BIRTHDAY DINNER Oven Fried Chicken Green Salad Potatoes/Gravy Mixed Vegetables Rolls Ice cream & Strawberries
Wednesday - Jan 22	**Friday - Jan 24**
Servers: Holy Family Catholic Church Sponsor: Donald and Thresa Geisler Hot Beef Sandwich Potatoes/Gravy Green Beans 7 Layer Salad Coconut Cream Pie	Servers: Holy Family Catholic Church Sponsors: Annonymous, Opal Filteau William Bristow Hamburger Stroganoff over noodles Peas Green Salad Rolls Fruit Cocktail
Wednesday - Jan 29	**Friday - Jan 31**
Servers: Peace Lutheran & St. Andrews Church Sponsor: McDonalds & John Lamborn Attorney Pork Roast Potatoes/Gravy Corn Cottage Cheese Peach Cobbler	Servers: Christian Church Sponsors: Steven & Jan Cupernall BRUNCH Country Muffins Scrambled Eggs Bacon Biscuits/Gravy Fruit

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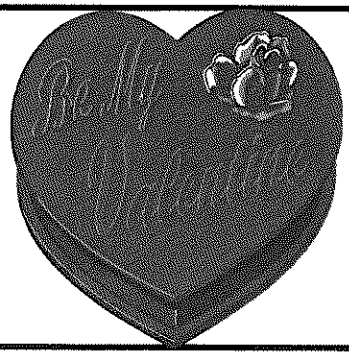
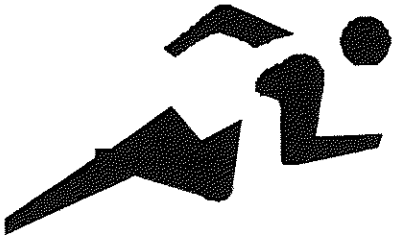
February 2014

Wednesday - Feb 5	Friday - Feb 7
Servers: Bible Baptist Church Sponsors: Dr. Sharon King	Servers: Pioneer Presbyterian Church Sponsors: David & Nancy Courtney
BBQ Spare Ribs — Oven Fries Mixed Vegetables — Rolls Carrot/Raisin Salad — Pudding	Hamburger & Rice Casserole — Rolls Broccoli Salad — Carrots Apple Crisp
Wednesday - Feb 12	**Friday - Feb 14**
Servers: Faith Baptist Church Sponsors: Sterling Bank American Legion Auxilary	Servers: Jesus Christ of Latter Day Saints Sponsors: Harney District Hospital - TEAM
Spaghetti — Bread Sticks Green Salad — Green Beans Lemon Bars	BRUNCH Pancakes — Bacon Scrambled Eggs — Biscuits & Gravy V-8 Juice
Wednesday - Feb 19	**Friday- Feb 21**
Servers: Jesus Christ of Latter Day Saints Sponsors: Peace Lutheran Mission Endowement Fund	Servers: Christian Church Sponsors: Silvies Valley Ranch
Pork Chops — Potatoes/Gravy Peas — Green Salad Rolls Berry Cobbler	Birthday Dinner Roast Beef — Mashed Potatoes/Gravy Corn — Rolls Apple Pie & Ice Cream
Wednesday - Feb 26	**Friday - Feb 28**
Servers: Holy Family Catholic Church Sponsors: Harney Lodge No. 77 I.O.O.F	Servers: Holy Family Catholic Church Sponsors: Ron McGowan IMO Geroge McGowan
Sirloin Tip w/Noodles — French Rolls Green Beans — Coleslaw Strawberry Shortcake	Beans & Ham Hocks — Corn Bread Jello Salad — Carrots Cherry Dump Cake
	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



Artiritis Doesn't Have to Run You

xercise and senior arthritis go hand and hand. /hether you've never exercised or have all of ɔur life, approaching the risk for, or already ‹isting arthritis condition means that it has ever been more important to stay fit and ealthy. Having arthritis can make some people el that the last thing they want to do is ‹ercise, even with a low intensity daily orkout, but it's crucial. While living with rthritis can be painful, exercising in the right ay can help to loosen and strengthen your ints, improve flexibility and sleep more ɔundly during the night.

trength Training Improves Flexibility

trength training should be part of any enior's workout plan, regardless of whether ıey have arthritis or not. But how do you now how much to lift or whether or not eight lifting is too much for your body in the irst place? Before beginning any exercise rogram, it's important to talk to your doctor nd get approval. Then, start off with light eights (preferably bicep curls with two ound weights) and work your way up in ndurance and strength. Elastic belts can be a reat alternative as well, and when pulled in ront of the body or used to wrap around the eet twice a week with two sets of eight epetitions each, an arthritis patient can ecome more flexible and begin to feel the

Swimming Helps

Arthritis can affect people of all walks of life and stages of life, although most commonly it occurs in those ages 65 and older. The pain and stiffness that arthritis patients feel often gets worse over time, but one exercise that is always relieving on the joints in swimming. Don't be concerned about the intensity of the exercise, but instead maintaining some sort of movement for 30 minutes a day, two to three times a week. Water therapy can be done easily by a number of arthritis patients. Start off easy and slow, by moving one arm at a time in small, controlled circles. Hold onto the rail or side of the pool to help with balance, and exercise each arm 8-10 times with two repetitions each. After your arms are done, do the same with your legs, lifting them up while holding on for balance. While some other forms of exercise such as walking or strength training shares the risk of injury, swimming is a popular option for patients since it bears very little opportunity to injure the joints and feels great throughout each workout.

Reduce Pain by Riding a Bike

Depending on the severity of the pain and with the approval of your doctor, bicycle riding can be a wonderful way to reduce your overall arthritis related discomfort. A good option for people of all ages, it can be a great strength training and joint loosening exercise for arthritis patients. For anyone who suffers from chronic joint pain, riding a stationary bike for 20 minutes a day, three times a week (in addition to or replacing swimming exercises) can help to reduce overall pain, combat stress and improve interrupting sleeping patterns.

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

BEND
TRANSPORTATION SCHEDULE

January
Thursday - Jan 9
Tuesday - Jan 14
Thursday - Jan 23
Tuesday - Jan 28

February
Thursday - Feb 6
Tuesday - Feb 11
Thrusday - Feb 20
Tuesday - Feb 25

March
Thursday - March 6
Tuesday - March 11
Thursday - March 20

Days may be changed due to scheduling conficts, 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.

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.

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

please call:

HARNEY COUNTY DIAL-A-RIDE 573-3030