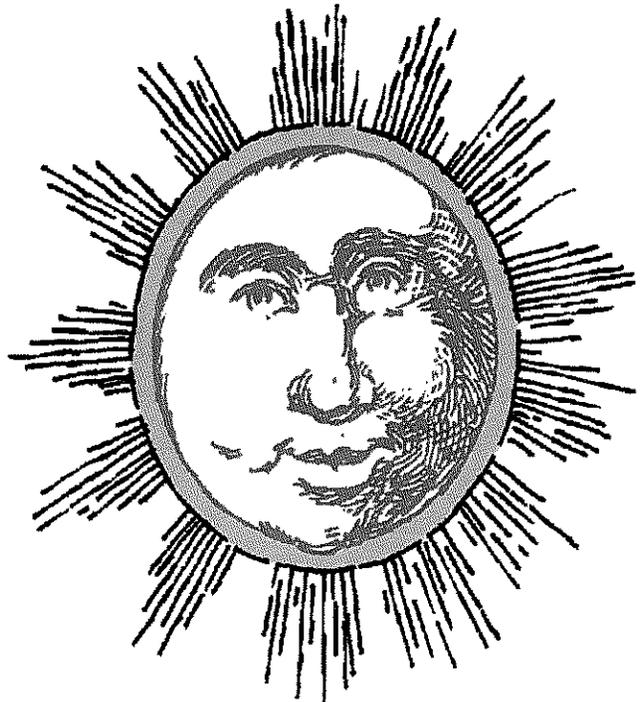
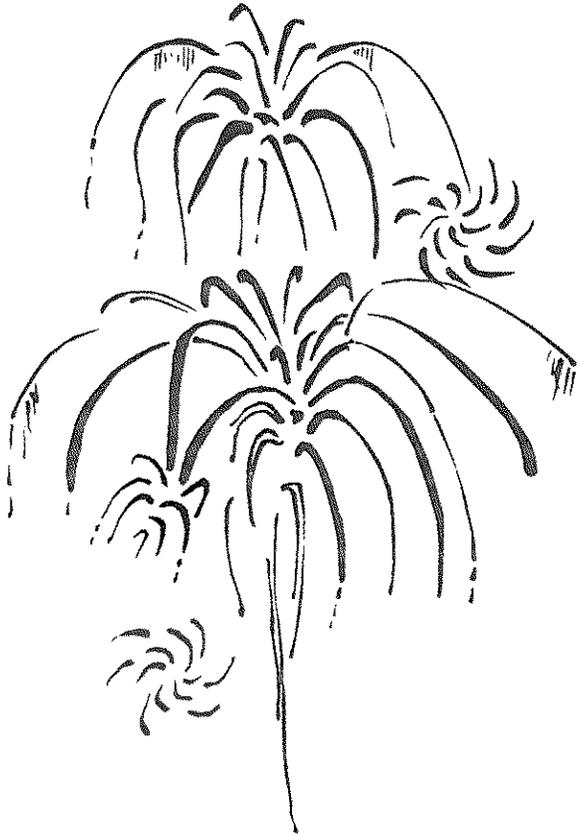




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HC SENIOR & COMMUNITY SERVICES CENTER
P.O. BOX 728
BURNS, OREGON 97720
541-573-6024

July/Aug 2014 (sdw)



FROM THE DESK OF THE DIRECTOR: by Angie Lamborn

It is hard to believe we are welcoming in July already. This year has just flown by and I don't see it stopping anytime soon. The first part of my summer has been very busy indeed. The end of May found me preparing for two graduates and a brand new driver. Both Nick and Andy graduated and Matt is now a licensed driver in the State of Oregon.

June was busy with a wedding. Joe and Kayla made it official on June 14. We are very happy to get to count Kayla as ours. She was a beautiful bride and Joe was a very handsome and proud groom. The kids planned and carried off a very nice service at Grandpa Fred's place at Spring Creek and a fun reception in Crane.

July I have my "girls' weekend" to look forward to. The Byassee Babes, including my mom, my aunts and my female cousins will be in Sisters this year. We add my new daughter-in-law and a friend or two making our weekend fun filled. We usually go to the coast but when we had to wear our coats in July last year we voted to try someplace warmer for a change. I've driven through Sisters on my way to Salem a hundred times and have never stopped to enjoy what it has to offer, this will be our four day opportunity to take in the sites.

August will be filled with house guests, and preparing for the coming school year. Woody plans to stay in Portland through the summer but we will be moving both Andy and Nick to their new adventures. Maggie will be preparing for her sophomore year and Matt his junior year of high school.

Every spare minute at home is spent in our yard. We have begun the sometimes overwhelming project of landscaping. We have added trees and shrubs and are planting grass in sections we can keep watered. This is an ever changing project that will keep us busy for some time to come. It is always fun to see what can be accomplished with digging in a little dirt.

Here at the center we continue to plan and develop some great things for our community. We have welcomed two new faces into our ranks. Peggy Yarbtor is back on board with Community in Action and is manning the housing programs. Amy Starbuck has joined us as case manager and outreach coordinator. We are looking forward to some great ideas and lots of positive energy from both of them. Stop by and welcome these ladies!

In partnership with The Harney County Band of Brothers we are planning a fundraising event for October 18, 2014. We are just beginning, but plan to have a dinner at the Elks with a raffle of several items leading to the grand prize raffle of a new shot gun donated to us. Proceeds from this event will go to the Harney County Food Bank and the Meals on Wheels program. If you are interested in donating a raffle item or your time for the event please give us a call or stop by. We can use all the help and donations we can get for this exciting fund raising event.

As the heat rises, stop in and play a game of pool, some cards or just relax in an easy chair and enjoy the air conditioned comfort of our building. Time moves fast and it is so important to keep our loved ones near us. We look forward to seeing you here!

THE STING OF SHINGLES:

Vaccine, Treatments Reduce Risks

If you've ever had chickenpox, you may be at risk for a painful disease called shingles as you grow older. Shingles is a sometimes-agonizing skin rash and nerve disease that's caused by a virus. Fortunately, you can take steps to prevent shingles or ease its serious effects.

Shingles usually affects adults after age 50, although it can strike at any age. "In the U.S., the incidence of shingles is actually increasing," says Dr. Jeffrey Cohen, an infectious disease researcher at NIH. "If you live to be 85 years old, you have a 50% chance of getting shingles."

Shingles is caused by the varicella-zoster virus—the same virus that causes chickenpox. Once you've had chickenpox, the virus stays with you for life, hidden and inactive in your nerve cells. Your immune system helps keep chickenpox from returning. But later in life, the virus can re-emerge and cause shingles (also known as herpes zoster).

You can't "catch" shingles from someone else. But it is possible for a person with a blistering shingles rash to pass on the varicella-zoster virus to someone who's never had chickenpox or a chickenpox vaccine. If that happens, the other person would get chickenpox, not shingles. Shingles may cause skin sensitivity ranging from mild itching to severe pain along with burning, tingling, or numbness. A rash with fluid-filled blisters nearly always appears on just one side of the body or face. The rash usually lasts for 7 to 10 days. Other symptoms may include chills, fever, upset stomach, and headache.

Shingles can lead to some serious problems. If it appears on your face, it can affect your hearing and vision. It may cause lasting eye damage or blindness. After the rash fades, the pain may linger for months or years, especially in older people. This lasting pain, called post-herpetic neuralgia, affects nearly 1 out of every 3 older people with shingles. The pain can be so severe that even the gentlest touch or breeze can feel excruciating.

To help prevent these problems, see your doctor at the first sign of shingles. Early treatment can shorten the length of infection and reduce the risk of serious complications.

To treat shingles, your doctor may prescribe antiviral drugs to help fight the varicella-zoster virus. Steroids can lessen pain and shorten the time you're sick. Other types of medicines can also relieve pain.

Fortunately, a vaccine called Zostavax can help prevent shingles or decrease its severity. It's been approved by the U.S. Food and Drug Administration (FDA) for people ages 50 and older. "The vaccine can prevent shingles and reduce the risk of post-herpetic neuralgia, which can be very debilitating," Cohen says.

The shingles vaccine is available by prescription. Unfortunately, the vaccine is expensive, and the costs aren't always covered by health insurance. If you're considering the shingles vaccine, be sure to discuss the pros and cons of the vaccine with your doctor, and check with your insurance provider about coverage.

Now that people have been receiving the shingles vaccine for several years, researchers are evaluating whether booster shots might be appropriate. Scientists are also studying post-herpetic neuralgia to find better ways to treat this complication from shingles.

Weed-Be-Gone

- 1 Gallon Vinegar
- 2 C. Epsom Salt
- ¼ C Dawn Dish Soap (the blue original)

It will kill anything you spray it on. Just mix and spray in the morning, after the dew has evaporated. Walk away. Go back after dinner and the weeds are all gone! Cheaper than anything you can buy anywhere! Never buy Round-up again!

If you are a home owner in the City of Burns, there are Residential Rehab dollars available to you. The Residential Rehab program is an interest free loan, which is payment deferred until the sale of your property. These funds 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.

PRESCRIPTION ASSISTANCE

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

Birthday Prize Winners

May



Madelyn Henderson, Tim Slate, Bob Connall, Leonard Knight, Laura Bob, Fern Fleming, Jim Fleming and Dick Reed.

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.

Announcements

RECIPE

Mini Pineapple Upside Down Cakes

Cake Ingredients:

2 eggs
2/3 cup white sugar
4 Tbsp pineapple juice
2/3 cup all purpose flour
1 tsp baking powder
1/4 tsp salt

Topping:

1/4 cup butter (1/2 stick or 4 Tbsp)
2/3 cup brown sugar (packed)
1-can pineapple rings
6-maraschino cherries



Preheat oven to 350 degrees. Spray your muffin tins with non-stick cooking spray.

In a mixing bowl, add eggs, white sugar, and pineapple juice. Beat for 2 minutes. In a separate bowl, sift together the flour, baking powder, and salt. Add to the wet ingredients and turn mixer back on for 2 minutes.

In a small sauce pan, melt the butter and add the brown sugar. Stir on low heat for one minute.

Spoon a layer of the warm brown sugar mixture into the bottom of each muffin tin, then place a pineapple ring on top. Add a cherry in the middle of each pineapple. Pour cake mixture over to fill muffin tin 3/4 of the way full. If you are using regular muffin tins, you will need to cut down the rings to fit or just use pineapple tidbits.

Bake jumbo cakes for 25 minutes. Bake regular cakes for 20 minutes. If you choose to make a large cake, bake for 22-25 minutes in a 10 inch cast iron skillet. The cake is done with a toothpick inserted in the middle comes out clean.

Remove from the oven. Let cool in pan for 3 minutes. Run a knife around the edge of each cake to help loosen in case it sticks a little. Place a wire cooling rack on top, and quickly flip over on top of sheet tray to catch extra drippings. Place wire rack of cakes on sheet tray to cool.

July 2014

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

ACROSS

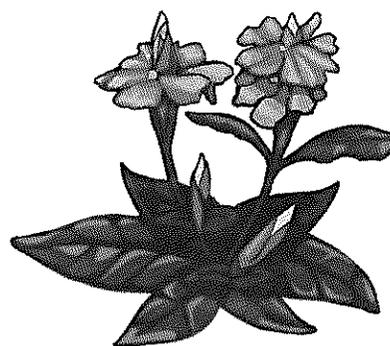
- 1) Whip
- 5) Recede to the sea
- 8) Garments for Batman and Robin
- 13) Corn Belt state
- 14) Tennessee's state flower
- 16) Title fit for a king
- 17) Ladder unit
- 18) Apollo gp.
- 19) Apple piercer of legend
- 20) Means a lot
- 23) TV's Danson
- 24) Discordant, musically
- 25) A bit of china
- 28) Fork in the road
- 29) Absorbed, as a cast
- 31) Mudbath locale
- 32) "Varmose!"
- 35) Agendum, e.g.
- 38) Curbside sight
- 40) One way to reveal secrets
- 43) From days of yore
- 44) Change
- 45) Comments further
- 46) "Losing My Religion" rock band
- 47) Postal motto conjunction
- 49) It's not free of charge
- 51) Monetary unit of Burma
- 53) Snoop is one
- 56) Male buddy
- 59) Seeking divine help
- 62) "Socratic" composer
- 64) South American monkey
- 65) Expected, as payment
- 66) Kind of football
- 67) Food, as hogs
- 68) Basilica area
- 69) Capital of Western Australia
- 70) Before, poetically
- 71) Lecherous one, at times

DOWN

- 1) Blue-ribbon position
- 2) Gem viewer
- 3) Possessed
- 4) Madly in love
- 5) A genius, relatively speaking
- 6) Curtain call cry
- 7) Buffalo, e.g.
- 8) Chowder favorite
- 9) Publicized
- 10) Didn't give in
- 11) Inflatable item
- 12) Work as a tailor
- 15) Made an obeisant bow
- 21) Mary ___ cosmetics
- 22) Final, for short
- 26) Runaway-bus movie
- 27) Heavenly instruments?
- 28) Answered the alarm
- 30) Had ___, Germany
- 32) Baby bringer
- 33) "Roots" writer
- 34) Rembrandt, for one
- 36) Heavy downpours
- 37) 67.5 degrees, in terms of direction
- 39) Joie de vivre
- 41) "... no room for them in the ___"
- 42) Sewer, in London
- 48) Kobe cummerbund
- 50) "... the ramparts ..."
- 52) Make impure
- 54) Fast on one's feet
- 55) Florida collegian
- 56) Secluded road
- 57) Superman portrayer Christopher
- 58) "Law & ___"
- 60) "... , right"
- 61) Hang-up
- 62) Syrup, before processing
- 63) "... Women ___ From Venus"

100% By Paul Dismore

1	2	3	4	5	6	7	8	9	10	11	12
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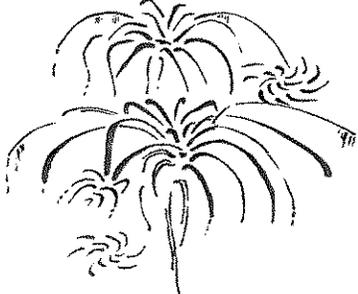
August 2014

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31	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!!!

July 2014

Wednesday - July 2	Friday - July 4
Servers: Bible Baptist Church Sponsors: McDonalds Harney County Veterans Group	CENTER CLOSED
Beef Tip & Noodles Green Beans Rolls Ice Cream & Cookies	
Wednesday - July 9	Friday - July 11
Servers: Faith Baptist Church Sponsors: Peace Lutheran Mission Endowment	Servers: Sylvia Rebekah Sponsors: Les Schwab & Ed Staub & Sons
Lamb Roast Carrots Potatoes & Gravy Green Salad Peaches	Taco Casserole Corn Green Salad Apple Crisp
Wednesday - July 16	Friday - July 18
Servers: Church of Jesus Christ of Latter Day Sts. Sponsors: Silvies Valley Ranch Holy Cow Ranch	Servers: Christian Church Sponsors: Burns/Hines Kiwanis John Lamborn Attorney
Goulash French Bread Coleslaw Mixed Vegetables Pudding	BIRTHDAY DINNER 
	Pork Roast Rolls Potatoes & Gravy Broccoli Salad Chocolate Sundaes
Wednesday - July 23	Friday - July 25
Servers: Holy Family Catholic Church Sponsor: C&B Sanitary & Opal Filteau	Servers: Holy Family Catholic Church Sponsors: Joe & Sally Hendry
Chili Corn Bread Green Salad Cherry Dumpcake	BRUNCH Pancakes Eggs Sausage Yogart Tomato Juice
Wednesday - July 30	
Servers: Peace Lutheran & St. Andrews Church Sponsors: Bank of Eastern Oregon	
Lamb Chops Beets Potatoes & Gravy Cottage Cheese Lemon Bars	

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.

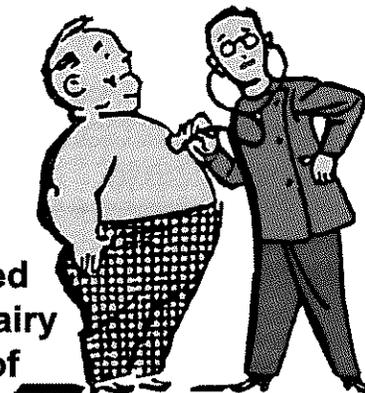
Please, help your center and yourself by signing in! Thanks for your help!!!

August 2014

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	Friday - August 1
	Servers: Pioneer Presbyterian Church Sponsors: Sterling Bank LaFolletteChapel Beef Stew Rolls Jello Salad Sherburt
Wednesday - August 6	Friday - August 8
Servers: Faith Baptist Church Sponsors: Les Schwab Tire Center Hoffmans Yes We Do Cleaning	Servers: Jesus Christ of Latter Day Saints Sponsors: Ron McGowan IMO George McGowan The Aspens and Hoffmans Yes We do Cleaning
BBQ Pulled Pork Sandwich Corn Green Salad Pudding and Cookies	Hamburger Stroganoff with Noodles Carrots & Peas Bread & Butter Cherry Dump Cake
Wednesday - August 13	Friday- August 15
Servers: Jesus Christ of Latter Day Saints Sponsors: Jim & Ruth Schultz	Servers: Christian Church Sponsors: John & Doris Patton Burns Electric
Lamb Roast Potatoes & Gravy Rolls Broccoli Salad Apple Crisp	Birthday Dinner  Baked Chicken Potatoes & Gravy Beets Cole Slaw Ice Cream & Strawberries
Wednesday - August 20	Friday - August 22
Servers: Holy Family Catholic Church Sponsors: Dale White & Annonymous	Servers: Holy Family Catholic Church Sponsors: Silvies Valley Ranch
Pork Chops Peas Potatoes & Gravy Rolls Peaches	Spaghetti Rolls Cottage Cheese w/Pears Mixed Vegetables Cheese Cake
Wednesday August 27	Friday - August 29
Servers: Peace Lutheran/ St Andrews Sponsors: <i>Peace Lutheran mission Endow</i>	Servers: Christian Church Sponsors: <i>Round Barn/John & Marjorie</i>
Roast Beef <i>HC Cattle Women</i> Potatoes & Gravy Green Beans Rolls Green Salad Brownies	BRUNCH <i>Thelen</i> Biscuits & Gravy Eggs Bacon Fruit Juice

THE FACTS ABOUT CHOLESTEROL:

Although you've probably heard the word "cholesterol" used many times, you've probably wondered, "what is cholesterol?" Cholesterol is a fatty substance, also called a lipid, that's produced by the liver and found in your bloodstream. It's also found in foods high in saturated fat, like fatty meats, egg yolks, shellfish, and whole-milk dairy products. It's a vital part of the structure and functioning of our cells.



Cholesterol can be harmful to your health when there's too much of it in your blood. Whether you have high cholesterol may depend on your lifestyle. If you're wondering what causes high cholesterol, it's important to understand that eating a lot of fats and not getting enough exercise can cause cholesterol levels to rise. Cholesterol is also, in part, a result of your genetic makeup.

There are three main components doctors evaluate when you have a blood test to check your cholesterol levels. They look at bad (LDL) cholesterol, good (HDL) cholesterol, and another substance called triglycerides. Having the right levels of each is healthy.

Good cholesterol vs Bad cholesterol:

There are two main measures of cholesterol: low-density lipoprotein (LDL), which is considered the "bad" cholesterol and high-density lipoprotein (HDL), which is considered the "good" kind of cholesterol. Triglycerides are another fat produced by the liver and also found in food. Like high cholesterol, high triglycerides can be dangerous to your health.

One reason doctors are concerned with lowering high cholesterol is that if left untreated, high levels of bad (LDL) cholesterol can contribute to plaque buildup that can narrow arteries over time, causing the progressive disease, atherosclerosis.

Plaque buildup is made up of fatty deposits and other cells that can build up in the walls of your arteries over time. As plaque continues to build, it can actually narrow arteries. This slow plaque buildup in arteries over time is a progressive disease called atherosclerosis, which often starts in early adulthood.

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

**BEND
TRANSPORTATION SCHEDULE**

July

Tuesday - July 1

Thursday - July 10

Tuesday - July 15

Thursday - July 24

Tuesday - July 29

August

Thursday - August 7

Tuesday - August 12

Thursday - August 21

Tuesday - August 26

September

Thursday - September 4

Tuesday - September 9

Thursday - September 18

Tuesday - September 23

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.