

Senior Moments

Harney County Senior & Community Services Center ADRC

March/April
2015

The Health Benefits of Tai Chi

Tai Chi is often described as “meditation in motion,” but it might as well be called “medication in motion.” There is growing evidence that this mind-body activity, which originated in China as martial arts, has value in treating or preventing many health problems. You can get started even if you aren’t in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions which are also names for animal actions. For example, “white crane spreads its wings” or martial arts moves, such as “box both ears.” As you move, you breathe deeply and naturally, focusing your attention, as in some kinds of meditation, on your bodily sensations. Tai Chi differs from other types of exercise in several respects. The movements are usually circular and never forced; the muscles are relaxed rather than tensed. The joints are not fully extended but bent, and

connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the fit to people confined to wheelchairs or recovering from surgery.

When combined with standard treatment, tai chi appears to be helpful for several medical conditions. For example:

Arthritis- a 40-person study at Tufts University for 8 weeks showed improved flexibility and slowed the disease process in patients with ankylosing spondylitis, a painful and debilitating inflammatory form of arthritis that affects the spine.

Low bone density- study of 6 clients by Dr. Wayne and other Harvard researchers indicates that tai chi may be a safe and effective way to maintain bone density in postmenopausal women.

Breast cancer- tai chi has shown potential for improving quality of life and functional capacity (the physical ability to carry out normal daily activities, such as work or exercise) in women suffering from breast cancer or side effects

of breast cancer treatment. A 12 week study in 2008 at University of Rochester demonstrated that women who participated in the tai chi study with breast cancer improved the quality of life and functional capacity; while women in a control group declined who received only supportive therapy.

Heart disease- a 53-person study at National Taiwan University found that a year of tai chi significantly boosted exercise capacity, lowered blood pressure, and improved levels of cholesterol.

Even though tai chi is slow and gentle and doesn’t leave you breathless, it addresses the key components of fitness- muscle strength, flexibility, balance. In some studies, it has even been proven to reduce falls. It can reduce both anxiety and depression and even help you sleep at night.

The health benefits of tai chi <http://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

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Special points of interest:

- Changes to Dial A Ride Page.
- Living Well Classes start April 6th @1pm on Mondays for 6 weeks. Sign up at the Senior Center.



Preventing Type 2 Diabetes

By: Amy Starbuck

We probably all know someone who has been diagnosed with pre-diabetes or full blown Type-2 Diabetes, and perhaps we have heard their story. Type-2 Diabetes is a metabolic disease which means your blood glucose, or blood sugar levels are too high. With Type-2 Diabetes your body does not make or utilize insulin well. About 29 million Americans or about 1 in 10 people have diabetes (Diabetes Type-2, 2015).

Some of the factors that put you at higher risk for developing type 2 diabetes include: obesity, age (if you are older), family history of type 2 diabetes and being sedentary. Symptoms of diabetes consist of: extreme thirst, frequent urination, feeling hungry or tired, blurry eyesight, losing weight and having sores that heal slowly (Diabetes Type-2, 2015). Diabetes raises your risk for heart disease, blindness, amputations and other serious issues (Preventing Type 2, 2014). It is important to see your doctor regularly to ensure your glucose levels are within normal range.

Many more folks have the condition known as pre-diabetes. When a person is diagnosed with pre-diabetes, their blood glucose levels are higher than normal, but not high enough to be considered type 2 diabetes. A person may not experience any symptoms with pre-diabetes. It is important to remember that glucose comes from the foods you eat and too much glucose in your blood can damage your body over time. If you have pre-diabetes, you are more likely to develop type 2 diabetes, heart disease, and stroke (Pre-diabetes, 2015).

Insulin is the hormone our body uses to escort glucose into our body's

cells for energy. When insulin levels are insufficient or nonexistent, glucose remains in the blood stream and overtime leads to serious complications including problems with your eyes, heart, kidneys, nerves, teeth and gums (Diabetes Type 2, 2015).

Folks who are overweight, obese or inactive are more likely to develop type 2 diabetes; however, we can change these risk factors to greatly reduce our risk of type 2 diabetes (Preventing Type 2, 2014). In the 1990s, a study was conducted called the Diabetes Prevention Program which enrolled more than 3,000 overweight and pre-diabetic people. Participants were randomly assigned to different groups. One group met with the researchers to focus on healthy eating and exercise. Their goal was to lose 7% of their body weight and engage in at least 150 minutes of physical activity per week (Preventing Type 2, 2015). This amount of physical activity correlates to about 30 minutes most days of the week. Another group received Metformin, a drug commonly used to treat type 2 diabetes, along with advice on diet and exercise. Finally, a control group received regular advice and an inactive placebo pill, which had no drug effects (Preventing Type 2, 2015).

Approximately 3 years later, the results of the study revealed that diabetes risk dropped by 58% in the group that ate healthy and exercised. Risk for developing type 2 diabetes in the Metformin group dropped by 31% compared to the control group (Preventing Type 2, 2014). In addition, older people who adopted the lifestyle change (healthy eating and physical activity) in the study lowered their diabetes risk by a whopping 71% (Preventing Type 2, 2014).

Weight loss is essential and physical activity is extremely important when working to reduce your risk for diabetes. The Diabetes Prevention Program study showed that diet and exercise can reduce the risk of developing type 2 diabetes. As we all know, losing weight can be challenging, however, experts recommend that people at risk exercise weekly at moderate intensity for 150 minutes, or 30 minutes 5 times per week (Preventing Type 2, 2014). It is important to eat a healthy diet rich in fruits, vegetables and lean proteins, so be sure to discuss dietary concerns and questions with your health care provider or dietician. If for any reason you are concerned that you may have pre-diabetes or type 2 diabetes, your doctor can order an A1C test to measure the glucose level in your blood (Preventing Type 2, 2014). The result of your A1C will demonstrate one of the following results: Normal: less than 5.7%; pre-diabetes: 5.7% to 6.4%; or diabetes: 6.5% or higher (A1C Test, 2014). Work to prevent type 2 diabetes instead of managing it after the fact. It is worthwhile to be proactive rather than reactive.

Resources

A1C Test. (2015, February 6). Retrieved February 10, 2015, from National Institutes of Health website: <http://www.nlm.nih.gov/medlineplus/diabetestype2.html>

Diabetes Type 2. (2015, February 6). Retrieved February 10, 2015, from National Institutes of Health website: <http://www.nlm.nih.gov/medlineplus/diabetestype2.html>

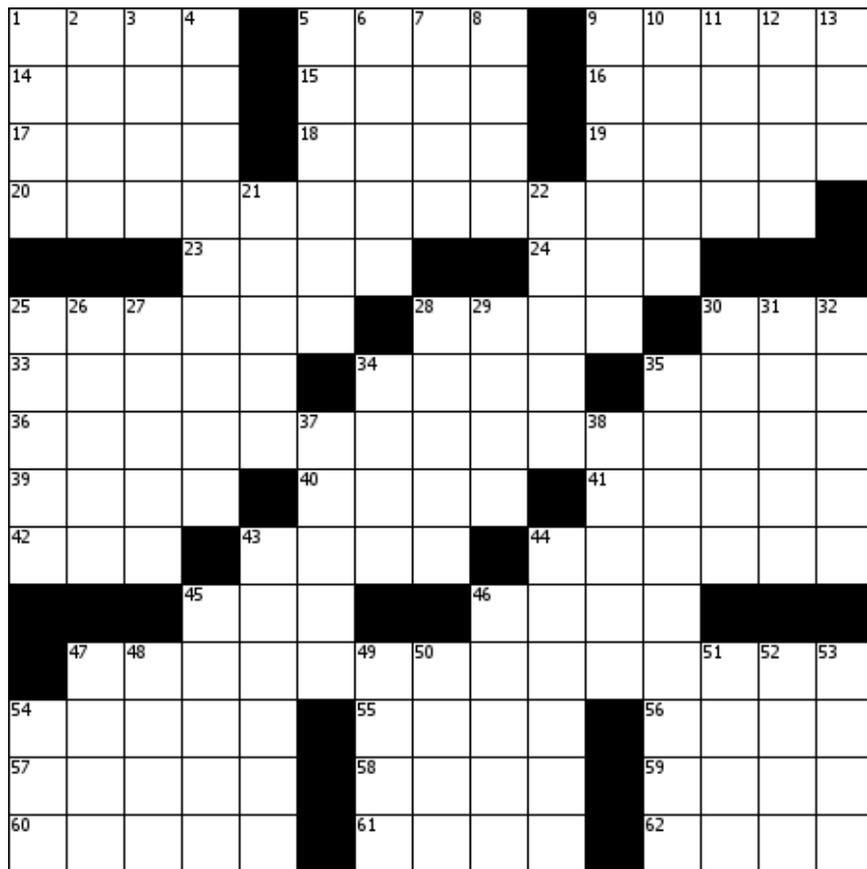
Pre-diabetes. (2015, February 6). Retrieved February 10, 2015, from National Institutes of Health Website: <http://www.nlm.nih.gov/medlineplus/diabetestype2.html>

Preventing Type 2 Diabetes. (2014, November). News in Health: National Institutes of Health, Retrieved from www.newsinhealth.nih.gov

Across

1. Conde Nast women's magazine
5. Fall flat
9. Salad green
14. "I Got Life" musical
15. Double-reed instrument
16. "Bad, Bad" Brown of song
17. Canadian gas brand
18. Soap actress Sofer
19. Chinese, e.g.
20. Oscar-nominated director~1964, 1968, 1971 and 1975~who didn't win
23. Socials
24. '50s-'60s pop singer Barry
25. Miniseries, e.g.
28. Three-handed card game
30. Dine
33. Solving aids
34. Prominent Leno feature
35. Cicero's year

36. Oscar-nominated director~1940, 1944, 1945, 1954 and 1960~who didn't win
39. Sports officials
40. Discuss thoroughly, with "out"
41. Where to get an éducation
42. Printing widths
43. Swearing in court
44. Devonshire county seat
45. Planet
46. Bellicose god
47. Oscar-nominated director~1980, 1988, 1990, 2002 and 2004~who didn't win
54. Kind of knife
55. Credit card name
56. Inspiration
57. In company (with)
58. Actor Guinness
59. Small bills
60. Frequent Wyeth model
61. "The Four Seasons" director
62. Back of the neck



* Solution on page 9

Down

1. Ladies
2. Far __
3. Homer's daughter
4. Boundaries
5. Like the Northern Lights
6. Does as told
7. Frock wearer
8. Bridges in Hollywood
9. Bordeaux wine
10. Epoxy, for one
11. Old-time newsman Severeid
12. Immerse
13. Thesaurus entry: Abbr.
21. Rental contract
22. Sauvignon __
25. Startle
26. First name in TV talk
27. Folded collars
28. __ kebab

29. Kin kin
30. Highbrow
31. "I give up!"
32. Amarillo Slim's game
34. Online talk
35. Agreement
37. Abu __
38. Good speller?
43. Spanish essayist __ y Gasset
44. Beethoven's Third
45. Hoop-shaped gasket
46. Behaved
47. Spy spying on spies
48. Illegally off base
49. Univ. sports gp.
50. Window part
51. Chaplin leading lady __ Purviance
52. Ooze
53. Alleviate
54. "Curses!"



March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Quilters 9am-3pm Acupuncture 9am-3pm Walking Group 10:30am Crocheting 1pm-3pm	3 Tai Chi 9:30am-10:30 Walking Group 10:30am Tai Chi 3pm-4pm	4 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	5 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Tai Chi 3pm-4pm	6 Walking Group 10:30am Lunch 12:00 Bingo 1pm	7 Bountiful Baskets 3pm-5pm 4-H Fundraising Dinner @ Burns Elks Lodge 5:30pm-7:30pm
8 Old Time Fiddlers Jam and Potluck 1pm-4pm	9 Quilters 9am-3pm Walking Group 10:30am Crocheting 1pm-3pm	10 Tai Chi 9:30am-10:30 Walking Group 10:30am Tai Chi 3pm-4pm	11 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	12 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Tai Chi 3pm-4pm	13 All American Hearing 9am-2pm Walking Group 10:30am Lunch 12:00 Bingo 1pm	14
15	16 Quilters 9am-3pm Walking Group 10:30am Crocheting 1pm-3pm	17 St. Patrick's Day Tai Chi 9:30am- 10:30 Walking Group 10:30am Tai Chi 3pm-4pm	18 Miracle Ear 10am-4:30pm St. Patrick's Dinner 12:00 Bingo 1pm	19 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Tai Chi 3pm-4pm	20 Walking Group 10:30am Birthday Lunch 12:00 Bingo 1pm	21 Quilter 9am- 6pm Bountiful Baskets 3pm-5pm
22	23 Quilters 9am-3pm Walking Group 10:30am Crocheting 1pm-3pm	24 Tai Chi 9:30am-10:30 Walking Group 10:30am Tai Chi 3pm-4pm	25 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	26 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Tai Chi 3pm-4pm	27 Walking Group 10:30am Lunch 12:00 Bingo 1pm	28 Swan Day 10:30am-4pm @ Senior Center
29	30 Quilters 9am-3pm Walking Group 10:30am Crocheting 1pm-3pm	31 Tai Chi 9:30am-10:30 Walking Group 10:30am	<p style="text-align: center;">AARP Foundation Tax-Aide February 3rd- April 14th every Tuesday and Thursday from 9am-3pm. Located at the Old Lincoln JR High building on 550 N. Court</p>			

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
WEDNESDAY: MARCH 4, 2015	FRIDAY: MARCH 6, 2015
Servers: Bible Baptist	Servers: Pioneer Presbyterian Church
Sponsor: Opal Filteau	Sponsor: Doris Patton
	Sponsor: Verna PettyJohn
Roast Turkey w/Mushroom Gravy Mashed Potatoes Roasted Carrots Dinner Rolls Cookies	Swiss Steaks Baked Potatoes w/Fixing Garden Greens Ice Cream w/Strawberry Sauce
WEDNESDAY: MARCH 11, 2015	FRIDAY: MARCH 13, 2015
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Rose Garden Apt.	Sponsor: Peace Lutheran Mission Endowment Fund
	Sponsor: Zelley
Beef Meatballs Egg Noodles w/Sauce Oven Roasted Carrots Spinach & Pecan Salad Pudding	Lamb Korma Brown Rice Cauliflower Garden Salad Dinner Rolls Brownies
WEDNESDAY: MARCH 18, 2015	FRIDAY: MARCH 20, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Umpqua Bank	Sponsor: David Terreo Foundation/ John Lamborn Trustee
St. Patrick's Day Dinner Corned Beef w/Cabbage Potatoes Carrots Dinner Rolls Cottage Cheese w/Fruit Cookies	Birthday Dinner Pork Chops Apple Sauce Mac N Cheese Green Salad Dinner Rolls Birthday Cake & Ice Cream
WEDNESDAY: MARCH 25, 2015	FRIDAY: MARCH 27, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsor: EBAR Oil Company	Sponsor: Burns/Hines Lions Club
Stuffed Taco Baked Potato Garden Salad Cottage Cheese w/Fruit Cupcakes	Tuna Braid Carrots w/White Bean Dip Garden Salad Yogurt Brownies



Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
WEDNESDAY: APRIL 1, 2015	FRIDAY: APRIL 3, 2015
Servers: Bible Baptist	Servers: Pioneer Presbyterian Church
Sponsor: Christian Thrift Shop	Sponsor: Burns Electric
Hamburger Patties Sautéed Onions & Gravy Mashed Potatoes Green Beans w/ Bacon Garden Biscuits Pistachio Cupcakes	Easter Dinner Ham Boulangere Potatoes Dinner Rolls Homemade Applesauce Green Bean Casserole Carrot Cake
WEDNESDAY: APRIL 8, 2015	FRIDAY: APRIL 10, 2015
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Umpqua Bank	Sponsor: City of Burns
Sponsor: Harney Rock & Paving Company	
Hot Open Range Sandwiches Apples w/Peanut Butter Corn Garden Salad Pumpkin Muffins	Volunteer Thank You Lunch Chicken Tetrizzini w/Pasta Sautéed Zucchini Salad Garlic Bread Apple Crisp w/Ice Cream
WEDNESDAY: APRIL 15, 2015	FRIDAY: APRIL 17, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Broken Circle Company	Sponsor: John Lamborn Attorney
	Sponsor: James Campbell
Soft Taco w/Fixings Black Beans Tortilla Chips w/Salsa Roasted Mixed Vegetable Coffee Cake	Lamb Chops w/Garlic Mashed Potatoes Roasted Cauliflower Garden Salad Dinner Rolls Cookies
WEDNESDAY: APRIL 22, 2015	FRIDAY: APRIL 24, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Anonymous	Sponsor: Harney District Hospital Team
Sponsor: Alice Shepard	
Beef & Bacon Chowder Biscuits w/Honey Butter Salad Greens Cottage Cheese w/Fruit Bread Pudding	Birthday Dinner Javanese Chicken Fried Rice Almond Cabbage Noodle Salad Birthday Cake & Ice Cream
WEDNESDAY: APRIL 29, 2015	
Servers: Peace Lutheran/St. Andrews	
Sponsor: Miler Ranch IMO Chas and Norma Miler	
Cheese Ravioli w/Tomato Meat Sauce Garlic Bread Broccoli Salad Corn Brownies	During Lent we have a MEAT FREE meal. Please call prior to that Friday to request a meal. 541-573-6024



April 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AARP Foundation Tax-Aide February 3rd- April 14th every Tuesday and Thursday from 9am-3pm. Located at the Old Lincoln JR High building on 550 N. Court						
Easter Sunday Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	Tai Chi 9:30am-10:30 Walking Group 10:30am	1 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	2 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	3 Easter Dinner 12:00 Bingo 1pm	4 Bountiful Baskets 3pm-5pm
12 Old Time Fiddlers Jam and Potluck 1pm-4pm	13 Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	14 Tai Chi 9:30am-10:30 Walking Group 10:30am	15 Ash Wednesday Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	16 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	17 Lunch 12:00 Bingo 1pm	18 Bountiful Baskets 3pm-5pm
19 20 Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	20 Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	21 Tai Chi 9:30am-10:30 Walking Group 10:30am	22 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	23 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	24 Birthday Lunch 12:00 Bingo 1pm	25
26 Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	27 Walking Group 10:30am Quilters 9am-3pm Crocheting 1pm-3pm	28 Tai Chi 9:30am-10:30 Walking Group 10:30am	29 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm	30 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm		

Osteoporosis in Aging

Bones feel solid; however the inside of the bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuilt all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside.

As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger and the solid outer layer becomes thinner. In other words, our bones get less dense. If this loss of bone density goes too far, it's called osteoporosis. Over 10 million people nationwide are estimated to have osteoporosis.

It's normal for bones to break if we experience a bad accident, but when you fall and land on a fragile bone, it reaches its breaking point where the structures aren't adequate to support the weight you are putting on them.

The hip is a common site for osteoporosis, and hip fractures can lead to downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

The hormone estrogen helps to

make and rebuild bones. Women's estrogen levels drop after menopause, and bone loss speeds up. That's why women are more prone to getting osteoporosis, but men can get osteoporosis as well.

There is a lot you can do to lower your risk of osteoporosis. Getting plenty of calcium, vitamin D, and exercise is a good start.

Calcium is a mineral that helps bone stay strong. You can get your daily calcium intake by eating foods including milk products, dark green leafy vegetables like kale and collard greens or from dietary supplements. Women over age 50 need 1,200 mg of calcium a day, Men need 1,000mg a day from age 51 to 70 and 1,200 mg a day after that.

Vitamin D helps your body absorb calcium. Your body needs more vitamin D, which is made by your skin when you're in the sun. You can also get vitamin D from dietary supplement and from certain foods, such as milk, eggs, and fatty fish. Talk to your health care provider to make sure you're getting a healthy amount of vitamin D. If you are getting too little or too

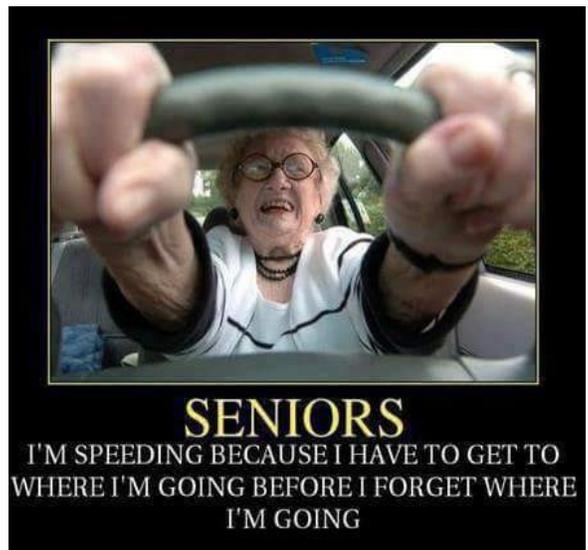
much vitamin D problems can arise.

Exercise, especially weight-bearing exercise, helps bones, too. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

The good news is, even if you already have osteoporosis, it's not too late to start taking care of your bones. Since your bones are rebuilding themselves all the time, you can help push the balance toward more bone growth by giving them exercise, calcium, and vitamin D.

Osteoporosis in Aging (2015, January). *National Institutes of Health*, Retrieved from

<http://newsinhealth.nih.gov/issue/jan2015/feature>.



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!

Chicken and Artichokes Pasta Serving Size:4

- 4oz. uncooked pasta
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 3 skinless, boneless chicken breasts halves— cut into strips
- 1/4 cup chicken broth
- 1/4 cup fresh chopped broccoli
- 1/4 cup chopped tomatoes
- 1/4 (14 oz.) can artichoke hearts, drained and sliced
- 1/4 cup fresh sliced mushrooms
- 1/4 cup chopped red bell pepper
- Salt and pepper to taste
- 4 tablespoons grated Parmesan cheese
- 1 tablespoons chopped fresh parsley

Directions

- Bring a large pot of water to boil. Cook pasta in boiling water until done. Drain, and set aside.
- In a large sauté pan, heat olive oil over medium high heat; brown the chicken and garlic in oil (about 5 minutes). Remove from the pan, and set aside.
- Pour the chicken broth into the pan; then add the broccoli and tomato, and cook for about 5 minutes, Stir in the artichoke hearts, mushrooms, red bell pepper, cooked chicken and pasta; cook for 3 to 5 more minutes, or until hot, season to taste with salt and pepper.
- Transfer to a serving bowl, and top with Parmesan cheese and parsley. Then serve hot.



Puzzle Solution © OnlineCrosswords.net

S	E	L	F		B	O	M	B		C	R	E	S	S
H	A	I	R		O	B	O	E		L	E	R	O	Y
E	S	S	O		R	E	N	A		A	S	I	A	N
S	T	A	N	L	E	Y	K	U	B	R	I	C	K	
				T	E	A	S			L	E	N		
S	E	R	I	A	L		S	K	A	T		S	U	P
C	L	U	E	S		C	H	I	N		A	N	N	O
A	L	F	R	E	D	H	I	T	C	H	C	O	C	K
R	E	F	S		H	A	S	H		E	C	O	L	E
E	N	S		O	A	T	H		E	X	E	T	E	R
				O	R	B			A	R	E	S		
	M	A	R	T	I	N	S	C	O	R	S	E	S	E
B	O	W	I	E		C	I	T	I		I	D	E	A
A	L	O	N	G		A	L	E	C		O	N	E	S
H	E	L	G	A		A	L	D	A		N	A	P	E

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

December 2014

Nona Popham- \$10 certificate @ R.J.'s
Jesse Madariela- \$5 certificate @ The Highlander
Barb Redding- 6in Meal @ Subway
Mary Forester- \$5 certificate @ El Toreo
Roy Hair- Large Pizza @ Figaro's Pizza
Darla Harvey- \$10 certificate @ Thriftway
Dale Redding- Balloons & Candy

January 2015

Claudette Pruitt- \$5 certificate @ El Toreo
Mavrin Hillman- 6in meal @ Subway
Mary Sevey- Large Pizza @ Figaro's Pizza
Pat Oden- \$10 certificate @ Thriftway
Robin Gadbury- \$10 certificate @ R.J.'s
Steve Riley- Balloons & Candy

Scheduled Trips to Bend

March

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

April

Thursday— April 2nd
Tuesday— April 7th
Thursday— April 16th
Tuesday— April 21st
Thursday— April 30th

May

Tuesday— May 5th

Thursday— May 14th

Tuesday— May 19th

Thursday— May 28th

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

**Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later 3:00p.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 airports 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 make arrangements prior to the trip.**

To access alternative telecommunication call Oregon telecommunication relay service: #711

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 service to events and activities in Harney County.

Monday—Friday

7:00 a.m.—7:00 p.m.

Last pick-up is at 6:45 p.m.

Saturday

8:00 a.m.—5:00 p.m.

Last pick-up is 4:45

Sunday

8:00am-3:00pm

Last pickup is 2:45

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)

Highlights at a Glance

Every Wednesday: **Miracle Ear**

March 13th: **All American Hearing**

Walking with friends Monday, Tuesday and Thursday 10:30-11:30am

Tai Chi– Tuesday and Thursday 9:30am-10:30

Quilting Mondays 9:00am-3:00pm

Crocheting Mondays 1pm-3pm

Birthday Lunch March 20th and April 24th

Tai Chi starting February 3rd every Tuesdays and Thursdays 3pm-4pm for 8 weeks. Open Enrollment closes on Feb. 10th.

AARP Foundation Tax-Aide Feb. 3, 2015 to April 14, 2014. 9:00am-3:00pm held at the Old Lincoln JR High School, 550 N. Court.

Living Well classes start April 6th @ 1pm on Mondays for 6 weeks. Contact the Senior Center to Sign up.

During Lent we have a MEAT FREE meal. Please call prior to Friday to request one 541-573-6024

An Alzheimer's Poem

Do not ask me to remember.
 Don't try to make me understand.
 Let me rest and know you're with me.
 Kiss my cheek and hold my hand.
 I'm confused beyond your concept.
 I am sad and sick and lost.
 All I know is that I need you to be
 With me at all cost.
 Do not lose your patience with me.
 Do not scold or curse or cry.
 I can't help the way I'm acting,
 Can't be different though I try.
 Just remember that I need you,
 That the best of me is gone.
 Please don't fail to stand beside me,
 Love me 'til my life is done.

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