Senior Moments

Harney County Senior & Community Services Center ADRC

May/June 2015

His Dying Day and Her Dying Day

On *his* dying day he said, "I don't really remember. I guess I kept busy."

On *her* dying day she said, "I had four sons. I always wanted a *girl*."

He said, "It seems there were some matters of principle. Things seemed very important!"

She said, "Won't that life insurance be nice for Ted and Marlene though!"

He said, "I never had to kill a man."

She said, "I can remember strawberry shortcake- I was eight."

He said, "I had a fine face; the Scotch showed through."

She said, "Men loved my body. Who could imagine that now? Ah those old days!"

He said, "I *should've* stuck with the first job. All that moving around- where does it get you?"

She said, "Time went so fast. What happens to it?"

He said, "It goes like a locomotive. You think you get somewhere- but usually you don't."

She said, "I loved it when a man knew what he was doing."

He said, "When you harvest corn the dust from that corn plant mixed with dirt and what-all else w'll go directly to your lungs, sixteen hours at a time. The next day y' feel you're swimming in that same corn dust and dirt. Y'c'd choke on it some days."

She said, "I was *good* but did I ever *like sweets!!*"

He said, "I guess I *tried* to be better than I ever really was."

She said, " I had my first job in The War. I was seventeen at the time. I went as far as tenth grade, was all. At that time they coun't feed me no more without my contributing. An'uh helped m'mom with the garden. We grew squash, tomatuhs, rhubarb, carrots, but the carrots a'ways ended up half failed. We did have some carrots though. And every and all things else, you can remember those days. Everyone was like that. A little o' this and little o' the other, that's what m'mom a'w's said. Do you know what m'mom's favorite flower a'w's was? Sunflowuh."

Written by: ADGilbert-West

Inside this issue:

Poem written by a local author	1
What is Dementia?	2
Crossword puzzle	3
Calendar of events	4,7
Menus	5,6
Healthy Living After Stroke	8
Healthy Recipe Ideas	9
Legal Services for those 60+	10
Birthday Drawing winners	10
Transportation	11

Special points of interest:

- Beginner Tai Chi Class will start June 16th at 5pm to 6pm
- Powerful Tools for caregivers May 20th – June 24th 4:30pm-6pm

What is Dementia?

Dementia is not a specific disease. It is an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is a general term for loss of memory and other abilities aggressive enough to interfere with daily life. Dementia is caused by damage to brain cells. This damage interferes with the ability of the brain cells to communicate with each other. When brain cells cannot communicate normally; thinking, behavior and feeling can be affected. When cells in a particular region of the brain are damaged, that region can't carry out its functions normally.

While symptoms can vary greatly, at least two of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

While most changes in the brain that cause dementia are permanent and worsen over time, thinking and memory problems caused by the following conditions may improve when the condition is treated or recognized:

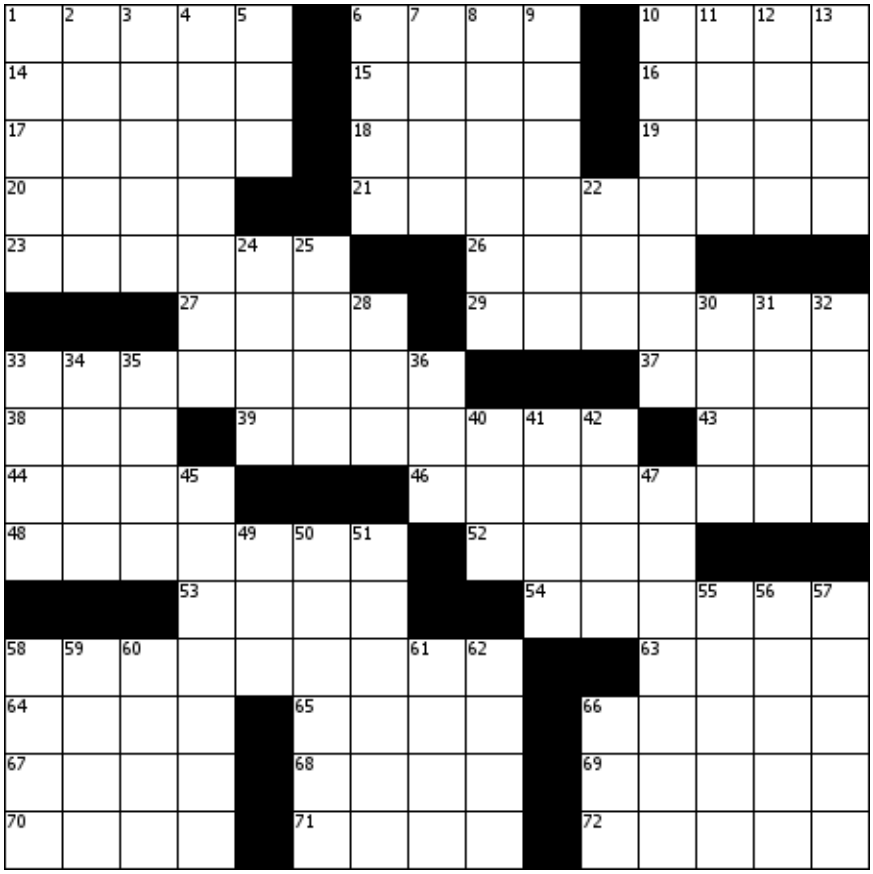
- Depression
- Medication side effects
- Excess use of alcohol
- Thyroid problems
- Vitamin deficiencies

People with dementia may have problem with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

There is no one test to determine if someone has dementia. Doctors will diagnose Alzheimer's and other types of dementia based on a medical history, a physical examination, laboratory tests, and the characteristic changes in thinking, day to day function and behavior associated with each type. Doctors can determine with high certainly, but it's harder to determine the exact type of dementia because the symptoms and brain changes of different dementias can overlap. In some cases, a doctor may diagnose "dementia" and not specify a type. If this occurs it may be a good idea to see a specialist such as a neurologist or a geropsychologist.

If you or a loved one is experiencing memory difficulties or other changes in thinking skills, don't ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition and even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefits from available treatments and provides an opportunity to volunteer for clinical trials or studies. It also provides time to plan for the future.

Source: http://www.alz.org/what-is-dementia.asp



* Solution on page 9

Across

1. Startle
6. Shadowbox
10. Papa's mate
14. Artist's tripod
15. Pen
16. Guinness of "Star Wars"
17. Army subdivisions
18. Pub drinks
19. Earth's center
20. Fly
21. Remodeled
23. Legislative body
26. Unexciting
27. Dubuque's state
29. Entice
33. Wasp weapons
37. She, to Pierre
38. Ventilate
39. Clothes cabinet
43. ____ Diego
44. Finger noise
46. New spouse's boys
48. Ted Kennedy, e.g.
52. Irritated state
53. Not common
54. Pacific and Atlantic
58. Electricity source
63. Wild disorder
64. Toaster ____
65. Roman emperor
66. View
67. Not messy
68. Pleased
69. Bowling lane
70. Messes up
71. House additions
72. Lacks

Down

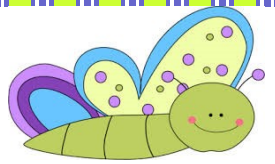
1. Author Dr. ____
2. Narrow boat
3. Korean, e.g.
4. Teach to do a new job
5. Raised railroads
6. Wound remainder
7. Colorless
8. Program
9. Vacation spot
10. Ghastly
11. Many (2 wds.)
12. Nothing more than
13. Passed effortlessly
22. Tub
24. Roman garb
25. Water pitcher
28. Elbow's locale
30. Furthermore
31. Scottish group
32. Hamilton bills
33. Talk back
34. Fork feature
35. Iraq's neighbor
36. Rescue me!
40. ____ a boy!
41. Nevada city
42. Heroic
45. Mom and dad
47. Antiseptic
49. Paving material
50. Juice fruit
51. Relate again
55. Church walkway
56. Famous
57. Remains behind
58. Departed
59. Always
60. Advance upon
61. By mouth
62. Curtain holders
66. Mover's truck

May 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Lunch 12:00 Bingo 1pm Cards 1pm	2 Bountiful Baskets 3-5pm
3 Cards 1pm	4 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	5 Tai Chi 9:30am-10:30 Walking Group 10:30am	6 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	7 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	8 Mothers Day Brunch for Lunch 12:00 Bingo 1pm Cards 1pm	9
10 **MOTHER'S DAYS** Old Time Fiddlers Jam and Potluck 1pm-4pm	11 Acupuncture 9am-3pm Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	12 Tai Chi 9:30am– 10:30 Walking Group 10:30am	13 Miracle Ear 10am-4:30pm Lunch12:00 Bingo 1pm Cards 1pm	14 All American Hearing 9am-2pm Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	15 Blood Pressure Clinic 11am-12am Lunch 12:00 Bingo 1pm Cards 1pm	16 Seneca's Annual Oyster Feed 12pm @ Seneca City Hall Bountiful Baskets 3-5pm
17 Cards 1pm	18 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	19 Tai Chi 9:30am-10:30 Walking Group 10:30am	20 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	21 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	22 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	23
24 Cards 1pm	**25 CENTER CLOSED** Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	26 Tai Chi 9:30am-10:30 Walking Group 10:30am	27 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	28 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	29 Lunch 12:00 Bingo 1pm Cards 1pm	30 Bountiful Baskets 3-5pm
31 Cards 1pm						

Suggested donation 60+ $3.50	**-60 Must Pay $4.50**
	FRIDAY: MAY 1. 2015
	Servers: Pioneer Presbyterian Church/Crane Fellowship
	Sponsor: Walking Group
Happy Mother's Day!!!! **Happy Father's Day!!!!**	**Baked Beef and Pasta Casserole** **Garden Vegetable Garden Salad** **Dinner Rolls** **Pudding**
WEDNESDAY: MAY 6, 2015	**FRIDAY: MAY 8, 2015**
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Jackie Witzel	Sponsor: Ron McGowan IMO Marjorie McGowan
Sponsor: John Lamborn Attorney & James Campbell	Sponsor: Peace Lutheran Mission Endowment Fund
Lamb Chops w/ Garlic Mashed Potatoes **Roasted Cauliflower** **Garden Salad** **Dinner Rolls** **Ice Cream**	**MOTHER'S DAY BRUNCH FOR LUNCH** **Garden Vegetable Frittata** **Fresh Seasonal Fruit** **Potato Casserole** **Mini Cinnamon Rolls**
WEDNESDAY: MAY 13, 2015	**FRIDAY: MAY 15, 2015**
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Oregon Trail Electric	Sponsor: GW Wilbur CPA'S PC
Sponsor: Harney County Veterinary Clinic	
BBQ Beef Sandwiches on Fresh Baked Rolls **Coleslaw** **Baked Beans** **Brownies**	**Beef Stuffed Baked Potato** **Cottage Cheese w/Fruit** **Garden Salad** **Cookie**
WEDNESDAY: MAY 20, 2015	**FRIDAY: MAY 22, 2015**
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Opal Filteau	Sponsor: HC Home Health/Hospice
Sausage Lasagna **Garlic Rolls** **Broccoli Salad** **Jello w/Fruit**	**BIRTHDAY LUNCH** **Pork Roast Mashed Potatoes w/Gravy** **Garden Vegetables** **Birthday Cake w/Ice Cream**
WEDNESDAY: MAY 27, 2015	**FRIDAY: MAY 29, 2015**
Servers: Peace Lutheran/St. Andrews	Servers: Christian Church
Sponsor: Steens Mtn. Running Camp	Sponsor: City of Hines
	Sponsor: Jim & Ruth Schultz IMO Elmer & Azalea Graves
Ranch Meatloaf **Baked Potato w/Fixings** **Carrots Garden Salad** **Peach Crisp**	**Egg Salad in Lettuce Bowl** **Fresh Baked Sandwich Rolls** **Garden Salad Yogurt** **Banana Cake**

Suggested donation 60+ $3.50	**-60 Must Pay $4.50**
WEDNESDAY: JUNE 3, 2015	**FRIDAY: JUNE 5, 2015**
Servers: Bible Baptist	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: American Legion #63	Sponsor: Harney Rock & Paving Company
	Sponsor: Peace Lutheran Mission Endowment Fund
Beef and Bowtie Pasta Casserole **Garden Vegetable** **Garden Salad** **Garlic Rolls Cookies**	**Tuna Salad Pita Pockets** **Potato Salad** **Carrot and Celery Sticks** **Pudding**
WEDNESDAY: JUNE 10, 2015	**FRIDAY: JUNE 12, 2015**
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Dr. Sharon King	Sponsor: David Terreo Foundation/John Lamborn Trustee
Shepherds Pie **Dinner Rolls** **Garden Salad** **Cupcakes**	**BIRTHDAY LUNCH** **BBQ Chicken Pasta Salad** **Garden Vegetables** **Birthday Cake & Ice Cream**
WEDNESDAY: JUNE 17, 2015	**FRIDAY: JUNE 19, 2015**
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Sylvia Rebekah Lodge #43	Sponsor: LY Ranch
Ham Casserole **Green Beans** **Apple Sauce** **Dinner Rolls** **Zucchini Bread**	**FATHER'S DAY LUNCH** **New York Steak French Dip** **Garden Salad** **Sweet Potato Fries Watermelon Wedges** **Brownies**
WEDNESDAY: JUNE 24, 2015	**FRIDAY: JUNE 26, 2015**
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Harney County Fly Fishers	Sponsor: Walking Group
	Sponsor: Subway of Burns
Chicken Casserole **Garden Vegetable** **Dinner Rolls** **Lemon Bars**	**Spaghetti w/Meat Sauce** **Garlic Sticks** **Garden Salad** **Apple Cake**



June 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	2 Tai Chi 9:30am-10:30 Walking Group 10:30am	3 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	4 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	5 Lunch 12:00 Bingo 1pm Cards 1pm	6 Loins Fly-In Breakfast 7am-11:30am @ Burns Airport
7 Cards 1pm	8 Acupuncture 9am-3pm Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	9 Tai Chi 9:30am-10:30 Walking Group 10:30am	10 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	11 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	12 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	13 Pioneer Days 9am-2pm Bountiful Baskets 3-5pm
14 Cards 1pm	15 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	16 Tai Chi 9:30am-10:30 Walking Group 10:30am Beginner Tai Chi 5pm-6pm	17 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	18 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Beginner Tai Chi 5pm-6pm	19 Blood Pressure Clinic 11am-12am Fathers Day Lunch 12:00 Bingo 1pm Cards 1pm	20
21 **FATHER'S DAY** Cards 1pm	22 Acupuncture 9am-3pm Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	23 Tai Chi 9:30am-10:30 Walking Group 10:30am Beginner Tai Chi 5pm-6pm	24 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	25 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Beginner Tai Chi 5pm-6pm	26 Lunch 12:00 Bingo 1pm Cards 1pm	27 Bountiful Baskets 3-5pm
28 Cards 1pm	29 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	30 Tai Chi 9:30am-10:30 Walking Group 10:30am Beginner Tai Chi 5pm-6pm				

Healthy Living After Stroke

Recovery from stroke involves making changes in the physical, healthy eating, social and emotional aspects of your life. With good care and rehabilitation, there is life after stroke.

Healthy eating habits can reduce three risk factors for stoke, poor cholesterol levels, high blood pressure and excess weight. A diet with five or more servings of fruits and vegetables a day may reduce the risk of stroke.

A healthy diet reduces your risk for stroke by lowering the cholesterol that can lead to plaque build-up in your arteries. Nutritious foods can also lower the plaque's ability to form clots that can break off and cause blockages.

Recommendations for a healthy diet:

- Eat a diet rich in vegetables and fruits.
- Choose whole-grains and high fiber foods.
- Choose lean meats and poultry.
- Limit your intake of saturated fat and trans fat.
- Cut back on drinks and food with added sugars.
- Prepare healthy meals at home.

Another way to reduce risk factors is to engage in physical activity which improves heart function and lipid profile. Physical activity lowers total cholesterol and it also lowers blood pressure and resting heart rate. Being active reduces the risk and severity of diabetes by increasing insulin sensitivity. Along with improving strength, balance, endurance and long –term brain health. These benefits can mean the difference between dependence and independence. In addition to those physical benefits, exercise can enhance self – confidence, independence and reduce depression and anxiety. A recent study showed that people who exercise five or more times per week have a reduced stroke risk.

- **Moderate Activity**-150 minutes of moderate-intensity activity per week such as brisk walking, water aerobics, or bicycling.
- **Vigorous Activity**- or 75 minutes of vigorous-intensity activity per week such as jogging, running, or swimming laps.

Break it up, if you can't fit a 30-minute activity in one time, break it up into 10-minute segments. Remember that all physical activity counts. Make physical activity fun. Walk or bike with a friend, take a dance class, and try different times of the day.

Strokes are the fifth leading cause of death in the U.S., and approximately 80 percent of strokes are preventable. The earlier you start developing healthy eating habits and physical activities, the sooner it becomes easier to stick with it. So have fun and get moving!

Source:

http://www.strokeassociation.org
http://www.stroke.org

St. Patrick's Day Door Decoration Challenge

The kitchen staff decided to challenge the staff of the Senior Center to their door decorating contest. Each staff member decorated their office door and the seniors were the judges. The winner won one type of cookie of their choice.

The winner of the St. Patrick's Day Door Decoration Challenge was the Front Office. Listed are the number of votes each office door/reader board received:

Front Office– 21

Dial-A-Ride—15

Sue Taylor– 7

Veteran's Office– 5

Food Bank– 3

Reader Board—3

Peggy Yarbor– 2

Angie Lamborn– 2

SHIBA– 1

Thank you everyone who took the time to vote and participating in this fun activity. We hope you enjoyed the decorations as much as we did decorating our office doors.

Staying Active in the Summer

Staying active in the summer can be difficult. Even light activities can be very beneficial to your overall health. Here are a few suggestions to help you stay active in those hot summer days.

- Take walks in the morning when it's the coolest or join an indoor walking group.
- Join a golf club. Light activity keeps you moving and helps you stay active mentally.
- Go for a swim at your community pool or perhaps join an indoor swim class.
- Gardening can be another way to stay active. If you don't have flower beds or a garden help out at your local community garden.
- Volunteering your time is a great way to give back to your community and to get out and meet new people Volunteering may even help you discover new activities that interest you.

Always remember to stay hydrated, use sunscreen and wear a hat, if you are outside for a long period of time.

Grilled Chicken Caesar Salad Wrap Serving Size:4

Ingredients:

- **3 tablespoons lemon juice**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons low-fat mayonnaise**
- **1 clove garlic, minced**
- **1/2 teaspoon freshly ground pepper**
- **2 boneless, skinless chicken breasts (about 1 pound total), trimmed**
- **1/8 teaspoon salt**
- **2 small romaine hearts**
- **1/3 cup finely shredded Parmesan cheese**
- **4 8to9-inch spinach wraps, warmed**

Directions:

- Preheat grill to medium-high.
- Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
- Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until pink runs clear about 4-6 minutes on each side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.
- Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1 1/2 cups of the salad and roll closed.

Puzzle Solution © OnlineCrosswords.net

S	C	A	R	E		S	P	A	R		M	A	M	A
E	A	S	E	L		C	A	G	E		A	L	E	C
U	N	I	T	S		A	L	E	S		C	O	R	E
S	O	A	R			R	E	N	O	V	A	T	E	D
S	E	N	A	T	E			D	R	A	B			
			I	O	W	A		A	T	T	R	A	C	T
S	T	I	N	G	E	R	S				E	L	L	E
A	I	R		A	R	M	O	I	R	E		S	A	N
S	N	A	P				S	T	E	P	S	O	N	S
S	E	N	A	T	O	R		S	N	I	T			
			R	A	R	E			O	C	E	A	N	S
G	E	N	E	R	A	T	O	R			R	I	O	T
O	V	E	N		N	E	R	O		V	I	S	T	A
N	E	A	T		G	L	A	D		A	L	L	E	Y
E	R	R	S		E	L	L	S		N	E	E	D	S

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 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.

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

February 2015

May Diaz- $10 Certificate @ Rhojo's
Ulaberl Allen- $20 Girft Card @ Apple Peddler
Judy Smyth- $10 Certificate @ MoonRise Books
Bruce Farster- $10 Certificate @ Eddie's Truckstop
Robert Hughes– Balloons & Candy

March 2015

Ellis Hawks- $5 Certificate @ El Toreo
Opal Filteau- 6 in. Meal @ Subway
Floy Hair- One Large Pizza @ Figaro's Pizza
Bill Allen- $10 Certificate @ Thriftway
Trisha Cagley- $10 Certificate @ Rhojo's
Minnie Hillman- $10 Certificate @ Eddie's Truckstop
Berniece McGee- Balloons & Candy

Scheduled Trips to Bend

May

Tuesday— May 5th

Thursday— May 14th

Tuesday— May 19th

Thursday— May 28th

June

Tuesday— June 2

Thursday— June 11

Tuesday— June 16

Thursday— June 25

Tuesday— June 30

July

Thursday— July 9

Tuesday— July 14

Thursday— July 23

Tuesday— July 28

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 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.

Harney County Dial-A-Ride

17 South Alder Burns

541-573-3030

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.

RETURN SERVICE REQUESTED

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

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

Highlights at a Glance

Miracle Ear:
Most Wednesdays

All American Hearing:
May 14th

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

Advanced Tai Chi Class:
Tuesday and Thursday 9:30am-10:30

Quilting:
Mondays 9:00am-3:00pm

Crocheting:
Mondays 2pm-3pm

Birthday Lunch:
May 22nd and June 12th

Mother's Day Brunch for Lunch: May 8th at noon

Father's Day Lunch:
June 19th at noon

CLOSED Memorial Day May 25th

Beginners Tai Chi Class:
June 16th 5pm to 6pm. Open enrollment will end on June 23rd

Pioneer Days:
June 13th 9am-2pm

Food Bank Hours:
Monday & Friday
8:30am-11am & 1pm-3pm
Thursday 1pm-3pm

Christian Church Food Bank Hours:
Tuesday, Wednesday & Saturday 10am-1pm

On **May 28th** the **Food Bank** will be **closed**. Our staff and volunteers are going to Ontario for a training on shopping style in the Food Bank.