



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

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BURNS, OREGON
PERMIT #52

May / June 2014 (sdw)



FROM THE DESK OF THE DIRECTOR: by Angie Lamborn

I am glad to introduce Charlene and Dick Kealiher. Charlene and Dick will be married 62 years this Christmas. This spotlight started to form when Charlene came to me and said she would like to introduce herself and Dick and let folks know that it is possible to make a successful life with another person for a lifetime.

Charlene first saw Dick at a church basketball game when she was fourteen (14) years old. When she first saw him she turned to her friend and told her she was going to marry him someday. She said, "She chased him until he finally caught her." They were married the following year on December 24 she was fifteen (15) and Dick was eighteen (18) on the day they were married.

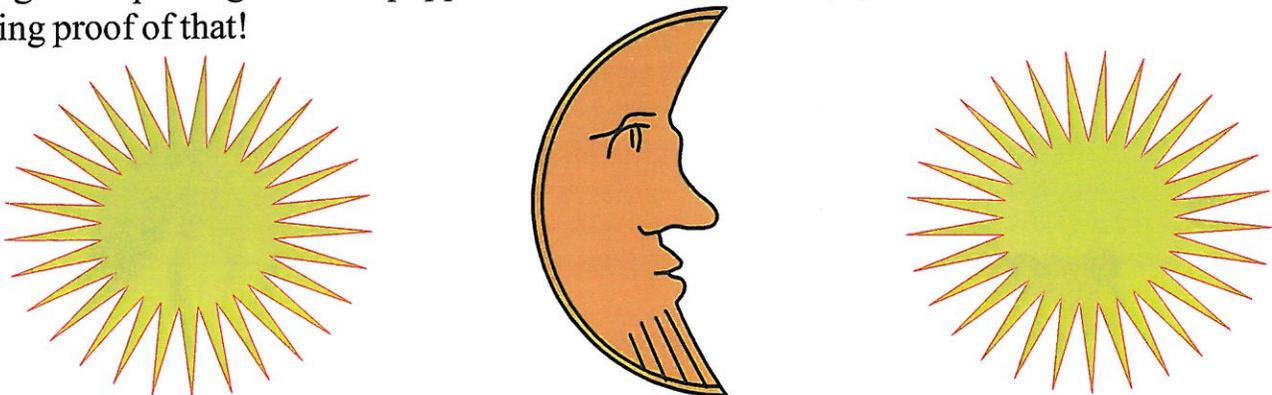
Charlene and Dick were blessed with their oldest son Rick on Thanksgiving of the next year. Their daughter Deenie was born later. After Deenie along came Jeff and next Kelly. The baby of the bunch is Lori. Charlene is proud to say she and Dick have raised five beautiful children together.

There were good times and bad times over the years. Charlene credits Dick with the success of their marriage. She says he was more mature than she was. Dick is mild; Charlene says she is the one with the temper. She says they fought a lot, one being an Englishman and the other Irish, but then whatever was not working blew over and they forgot it. The problem didn't go on and on.

Charlene says that Dick always brought her a red rose for every year they were married on their anniversary. She remembers one year he came home and told her to go to their room. When he called her out there was a vase full of roses and he had a painting done of one of their favorite snapshots. He had lit candles on both sides of it. Charlene remembers feeling like it was the most romantic thing she had ever seen. The painting is one of her most treasured possessions. Charlene says Dick is and has always been a thoughtful man.

Charlene does not recommend getting married young. Fifteen (15) is much too young to be married. If her daughters had come to her at fifteen to tell her they wanted to get married she would have told them "no way!" Charlene sees young people getting married and believing if it doesn't work they will just get a divorce. For she and Dick divorce was simply not an option. Dick is a preacher's son and divorce was not anything they ever considered.

Dick is in poor health and Charlene doesn't know how many more years she will get to have with him. She is blessed to have had so many good ones together. Charlene has "always been good at picking men and puppies." Dick and their many good years together are the shining proof of that!



BACK PAIN NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

If you've ever groaned, "Oh, my aching back!", you are not alone. Back pain is one of the most common medical problems, affecting 8 out of 10 people at some point during their lives. Back pain can range from a dull, constant ache to a sudden, sharp pain. Acute back pain comes on suddenly and usually lasts from a few days to a few weeks. Back pain is called chronic if it lasts for more than three months.

Most back pain goes away on its own, though it may take awhile. Taking over-the-counter pain relievers and resting can help. However, staying in bed for more than 1 or 2 days can make it worse.

If your back pain is severe or doesn't improve after three days, you should call your health care provider. You should also get medical attention if you have back pain following an injury.

Treatment for back pain depends on what kind of pain you have, and what is causing it. It may include hot or cold packs, exercise, medicines, injections, complementary and alternative treatments, and sometimes surgery.

Community in Action Offers Zero Interest Loan Program for Home Improvements

Homeowners in the City of Burns may receive a deferred loan, with no interest and no monthly payment. The full amount of the loan is not due until the homeowner is no longer a resident of the home, refinances or sells the home, or 30 years, whichever comes first.

These loans are available to low to moderate-income households to be used to finance projects to make homes safe and livable. Accessibility improvements, exterior painting, electrical, plumbing, structural problems, siding, windows, doors, insulation and sidewalks are just some of the examples of eligible repairs.

Notice of interest forms may be picked up at the Harney County Senior and Community Services Building or you may call Community in Action at 541-889-9555 ext. 102 for more information.



Birthday & Prize Winners

FEBRUARY

Charles Williams, Bruce Farster, Judy Smyth, Don Sevey, Wayne Johnson, Mildred Knight and Dick Ingraham

MARCH

Berniece McGee, Mary Heimer, Ellis, Bill Allen, Donna Gunkel, Jane Abbott, Opal Filteau, Karin Stenius

APRIL

Elmer Graves, Arlie Williams, Jim Watts, Anna Tedder, Patty Boren, Colleen Watts & Sam Carter

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, Thriftway, and MoonRise Books

PRESCRIPTION ASSISTANCE

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

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.

Man – Hey! Can I talk to you?

Women – Me?

Man – Yeah...Just for a minute. It's the only way to get my wife to stop shopping. Strike up a conversation with a pretty lady.

There was a fisherman named Fisher who fished for some fish in a fissure. Till a fish with a grin, pulled the fisherman in. Now they're fishing the fissure for Fisher.

Announcements

Making HALF a Recipe ☆

When the recipe calls

for:

1/4 cup

1/3 cup

1/2 cup

2/3 cup

3/4 cup

1 tablespoon

1 teaspoon

1/2 teaspoon

Use:

2 tablespoons

2 tablespoons and 2
teaspoons

1/4 cup

1/3 cup

6 tablespoons

1 1/2 teaspoons

1/2 teaspoon

1/4 teaspoon

Making One-third of a Recipe

1/4 cup

1/3 cup

1/2 cup

1 tablespoon + 1 teaspoon

1 tablespoon + 2 1/3
teaspoons

2 tablespoons + 2
teaspoons

Marinated Three-Bean Salad

1 can lima beans (8.5 ounce)

1 can cut green beans (8 ounce)

1 can red kidney beans (8 ounce)

1 onion (medium, thinly sliced and separated into
two rings)

1/2 cup bell pepper (chopped sweet green)

8 ounces Italian salad dressing (fat-free)

Drain the canned beans.

Peel and slice the onion and separate into rings

In a large bowl, combine the lima beans, green
beans, kidney beans, onion rings, and green bell
pepper.

Pour the Italian dressing over the vegetables and
toss lightly.

Cover the bowl and marinate in the refrigerator for
at least one hour. The salad can be left in the refrig-
erator overnight.

Drain before serving.



MEATBALLS AND BBQ SAUCE

BBQ SAUCE:

1 med. onion, diced and fried until
golden brown

2 c. catsup

1 1/3 c. sugar

1/4 c. Worcestershire sauce

1/2 c. vinegar

Mix all in saucepan. Bring to boil
then simmer five minutes. Use this
BBQ sauce for grilling meat or heat
and serve on table.

MEATBALLS:

1 1/2 lbs. ground chuck

1 stack Ritz crackers, crushed very
fine

1/2 can cream of celery soup

1 egg

1 med. onion, diced and fried in but-
ter until tender and golden

1 tbsp. Worcestershire sauce

1/4 tsp. garlic powder

Salt and pepper

Mix all and shape into balls or place
in pan for meatloaf. Bake at 350 de-
grees about 1 hour for meatloaf, 30
to 45 minutes for meatballs. Turn
meatballs once during baking. Pour
cooked meatballs in fry pan and add
BBQ sauce and heat through. Serve.

May 2014

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

When relating to a person with Alzheimer's, there are many guidelines to follow. Written by: Marie Marley

Don't Tell Them They're Wrong About Something: To let the person save face, it's best not to contradict or correct them if they say something wrong. There's no good reason to do that. If they're alert enough, they'll realize they made a mistake and feel bad about it. Even if they don't understand their error, correcting them may embarrass or be otherwise unpleasant for them.

Don't Argue With the Person: It's never a good idea to argue with a person who has dementia. First of all, you can't win. And second, it will probably upset them or even make them angry. I learned a long time ago, when caring for my beloved Romanian soul mate, Ed, the best thing to do is simply change the subject -- preferably to something pleasant that will immediately catch their attention. That way, they'll likely forget all about the disagreement.

Don't Ask if They Remember Something: When talking with a person who has Alzheimer's, it's so tempting to ask them if they remember some person or event. "What did you have for lunch?" "What did you do this morning?" "Do you remember that we had candy bars when I visited last week?" "This is David. Do you remember him?" Of course they don't remember. Otherwise, they wouldn't have a diagnosis of dementia. It could embarrass or frustrate them if they don't remember. It's better to say, "I remember that we had candy the last time I was here. It was delicious."

Don't Remind the Person that a Loved One Is Dead: It's not uncommon for people with dementia to believe their deceased spouse, parent or other loved one is still alive. They may be confused or feel hurt that the person doesn't come to visit. If you inform them that the person is dead, they might not believe it and become angry with you. If they do believe you they'll probably be very upset by the news. What's more, they're likely to soon forget what you said and go back to believing their loved one is still alive. An exception to this guideline is if they ask you if the person is gone. Then it's wise to give them an honest answer, even if they will soon forget it, and then go on to some other topic.

Don't Bring up Other Topics That May Upset Them: There's no reason to bring up topics you know may upset your loved one. If you don't see eye-to-eye on politics, for example, don't even bring it up. It may just kindle an argument, which goes against the second guideline above. You won't prevail and it's just likely to cause them anger and/or frustration.

and Joy. T

June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Quilters 9:00 - 3:00	3 Tai Chi 9:30 Rx Assistance 1:00 - 3:00 Medicare Part D 1:00 - 3:00	4 Lunch 12:00 Bingo 1:00	5 Bend Bus Tai Chai 9:30 Cards 1:00	6 Lunch 12:00 Bingo 1:00	7
8	9 Quilters 9:00 - 3:00	10 Bend Bus Medicare Part D 1:00 - 4:00 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	11 Lunch 12:00 Bingo 1:00	12 Tai Chi 9:30 Cards 1:00	13 Fathers Day Dinner 12:00 Bingo 1:00	14
15  Or Time Fiddlers Pottuck & Jamboree 1:00-4:00	16 Quilters 9:00 - 3:00	17 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	18 Lunch 12:00 Bingo 1:00	19 Bend Bus Tai Chi 9:30 Cards 1:00	20 BRUNCH 9:45-11:45 Bingo 12:00	21
22	23 Quilters 9:00 - 3:00 Blood Pressure Clinic	24 Tai Chi 9:30 Rx Assistance 1:00 - 3:00 Medicare Part D Bend Bus	25 Lunch 12:00 Bingo 1:00	26 Tai Chi 9:30 Cards 1:00	27 Birthday Dinner 12:00 Bingo 1:00	28
29	30 Quilters 9:00 - 3:00					

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!!!

June 2014

Wednesday - June 4	Friday - June 6												
Servers: Bible Baptist Church Sponsors: McDonalds John & Doris Patton	Servers: Pioneer Presbyterian Church Sponsors: Sterling Bank												
Beans & Ham Hocks Fruit Salad Apple Pie	Corn Bread Carrots												
Salisbury Steak Peas Rolls	Potatoes & Gravy Cottage Cheese & Fruit Pudding & Waffers												
Wednesday - June 11	Friday - June 13												
Servers: Faith Baptist Church Sponsors: Peace Lutheran Mission Endowment	Servers: Jesus Christ of Latter Day Saints Sponsors: Guy McKay & Burns Dental Group												
Chicken Divan Green Beans Fruit & Cookies	Jello Salad Rolls												
FATHER'S DAY DINNER													
Pork Roast Mixed Vegetables Chocolate Pie	Potatoes & Gravy Rolls												
Wednesday - June 18	Friday - June 20												
Servers: Jesus Christ of Latter Day Saints Sponsors: Silvie's Valley Ranch	Servers: Christian Church Sponsors: Burns Times Herald The Aspens												
Spaghetti Green Salad Strawberry Sundaes	Rolls												
BRUNCH													
Biscuits & Gravy Bacon Yogart	Scrambled Eggs Fruit												
Wednesday - June 25	Friday - June 27												
Servers: Holy Family Catholic Church Sponsors: Ron McGowan IMO Burns McGowan	Servers: Holy Family Catholic Church Sponsors: Mary Jo Eshelby Peoperty Management												
Sloppy Joes Cole Slaw Lemon Bars	Oven Fries Mixed Vegetables												
Birthday Dinner													
Chicken Beets Rolls	Potatoes & Gravy Green Salad Cake & Ice Cream												
													
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													
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12-6 yrs	3.00	Must Pay											
under 6	2.00	Must Pay											
													

GOUT : NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Gout is a common, painful form of arthritis. It causes swollen, red, hot and stiff joints.

Gout happens when uric acid builds up in your body. Uric acid comes from the breakdown of substances called purines. Purines are in your body's tissues and in foods, such as liver, dried beans and peas, and anchovies. Normally, uric acid dissolves in the blood. It passes through the kidneys and out of the body in urine. But sometimes uric acid can build up and form needle-like crystals. When they form in your joints, it is very painful. The crystals can also cause kidney stones.

Often, gout first attacks your big toe. It can also attack ankles, heels, knees, wrists, fingers, and elbows. At first, gout attacks usually get better in days. Eventually, attacks last longer and happen more often.

You are more likely to get gout if you

Are a man

Have family member with gout

Are overweight

Drink alcohol

Eat too many foods rich in purines

Gout can be hard to diagnose. Your doctor may take a sample of fluid from an inflamed joint to look for crystals. You can treat gout with medicines.

Pseudogout has similar symptoms and is sometimes confused with gout. However, it is caused by calcium phosphate, not uric acid.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases



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

BEND

TRANSPORTATION SCHEDULE

May

Thursday - May 1

Tuesday - May 6

Thursday - May 25

Tuesday - May 20

Thursday May 29

June

Tuesday - June 3

Thursday - June 12

Tuesday - June 17

Thursday - June 26

July

Tuesday - July 1

Thursday - July 10

Tuesday - July 15

Thursday - July 24

Tuesday - July 29

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.