

# Senior Moments

Harney County Senior & Community Services Center ADRC

## Kitchen Conversations:

Sense of peace over comes me as I move the fresh fallen snow.

Not a worry in my thoughts as my frozen breath rises then disappears into the nothingness.

One new angel shape is made.

With contentment in my heart for this moment of childhood pleasure I rise up from the snow and continue on.

Snowflakes are one of those amazing God creations. When I look out the window from my house at the fresh fallen snow I often wonder how many snowflakes danced down from the

clouds to create the new snow cover. Recently I was reading online at weatherfacts.com that like our fingerprints, it is thought that no two snowflakes are alike. I had heard this before so I spent some time researching more articles available online on the science behind this topic. Did you know that the form and shape of a snowflake depends on the temperature and moisture content of the cloud? There are six main types of snowflakes, plate (flat), column, stars, dendrite (lacy), needle, and capped column. When it is extremely cold the snow is very fine and

By: Anna McNab

powdery and snowflakes become quite simple in design, usually needle or rod shaped. When the temperature is near freezing point, snowflakes become much larger and a lot more complex in design, for example, a star. (source weatherfacts.com)

As the year comes to a close I have been spending time reflecting on 2015. Each day like snowflakes held their own uniqueness. I look forward into the New Year in anticipation, curious to see what the days hold.

All of us in the kitchen would like to wish you a beautiful 2016. We look forward to seeing you and sharing time in your day.

January/  
February 2016

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### FIND THE WORD

In every newsletter there will be a hidden word, the word can be found anywhere in the issue. First contestant to find the hidden word will need to CALL Kayla at the Center and will win 10 meal tickets, 541-573-6024. Calls will not be taken until after **January 1st.**

HAVE FUN!!

Hint: Splendid; Magnificent; Fine.



# Keep Your Mouth Healthy: Oral Care for Older Adults

Oral health is important for people of all ages. But the simple routine you learned as a kid—brush your teeth twice a day and floss regularly—can become more of a challenge as you get older. Among adults ages 75 and up, about 1 in 4 has lost all natural teeth, largely because of gum disease and tooth decay.

You can take steps to keep your mouth healthy throughout your lifetime. And if you're a caregiver for an older adult, you can help ensure that he or she gets proper oral care. Tooth decay and gum disease don't have to be a part of getting older.

"We have to worry about the same conditions throughout life, although some conditions are more prevalent at certain ages," says Dr. Dena Fischer, a dental health expert at NIH. The 2 most common oral health problems are tooth decay (cavities) and gum disease. "Gum disease is more common when you're older," Fischer explains. "But cavities can happen at any age, as long as you have natural teeth." Both are largely preventable with proper care.

Cavities develop as plaque builds up on your teeth and under chipped fillings, producing acids

that can eventually eat away at the tooth's hard outer surface.

Gum disease is an infection of the gums and surrounding tissues that hold your teeth in place. Gum problems arise as plaque builds up along and under your gum line. In severe cases, the bone and tissue that hold teeth in place can break down, and teeth may eventually become loose and have to be removed.

Reduce your risk of developing tooth decay and gum disease by brushing daily with fluoride toothpaste and flossing. Also visit the dentist regularly for a cleaning and checkup.

Another common problem for older adults is dry mouth. Dry mouth occurs when you don't have enough saliva, or spit, to keep your mouth wet. "Saliva is very important," Fischer says. "The protective factors in saliva prevent cavities, gum disease, and fungal infections."

Dry mouth can be caused by medications; alcohol or tobacco; or medical

conditions, such as poorly controlled diabetes. Dry mouth is usually treatable, so talk with your doctor or dentist if you're having problems.

Older adults are also at increased risk for oral cancer. Symptoms include a sore, irritation, or lump in the mouth or throat that lasts more than two weeks; it may be painful or may cause numbness. It's important to catch oral cancer early, because treatment works best before the disease has spread. Be on the lookout for any changes in your mouth, especially if you smoke or drink.

If you serve as a caregiver to an older adult, you can help that person overcome oral health challenges. Encourage him or her to use an electric or large-handled toothbrush, so it's easier to grip. You might place your hand over his/hers to help guide the toothbrush. Dentures should soak in water overnight and once a week with a denture cleaner. Dentures should also be rinsed after each meal and brushed daily.

A healthy mouth can help you eat well, avoid pain, and feel good about yourself. Take steps to keep your mouth healthy, whatever your age.

Source:

<https://newsinhealth.nih.gov/issue/oct2015/feature2>



**Across**

- 1. Family heads?
- 6. Sizable sandwich
- 10. Not a conservative party?
- 14. Place to fight
- 15. Thames academy
- 16. Chorus member
- 17. Where some deals are made?
- 20. Foxhole digger
- 21. Steel supports
- 22. Barber's sharpeners
- 25. One of two in many a car
- 30. Adapter type
- 34. Wind instruments
- 35. \_\_\_-Magnon
- 36. Potential test answer
- 37. Where some deals are made?
- 41. Crunch's title
- 42. Some radios
- 43. Royal band

- 44. Summers abroad
- 45. Summer suit material
- 48. Confesses (to)
- 49. Big name in trunks
- 53. Idling gear
- 59. Where some deals are made?
- 62. Yellow sub in a tub
- 63. Like The Who's Tommy
- 64. Flummoxed
- 65. European capital
- 66. Kind of help
- 67. Fewest

**Down**

- 1. They have their own stands
- 2. Folksinger Guthrie
- 3. Sound, as bells
- 4. Where old LP content may now be found
- 5. Alias for H.H. Munro

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17					18					19					
20									21						
					22		23	24							
25	26	27	28	29							30	31	32	33	
34							35				36				
37						38	39				40				
41						42					43				
44						45			46	47					
					48										
49	50	51	52						53		54	55	56	57	58
59							60	61							
62						63					64				
65						66					67				

\* Solution on page 9

- 6. Game similar to Black Lady
- 7. End-of-sentence abbr.
- 8. Korean soldier
- 9. One way to walk
- 10. Ms. Didrikson
- 11. \_\_\_ breve
- 12. Thorn site
- 13. Cartwright son
- 18. Bit of humor
- 19. Bodybuilder's pride
- 23. Steps aside, judicially
- 24. Dinghy pair
- 25. Lawn game
- 26. Lusitania undoer
- 27. Two-door conveyance
- 28. Joanna of "Growing Pains"
- 29. D.C. winter hrs.
- 30. Story that tops all others?
- 31. Old floor noise
- 32. Barbizon painter Jules

- 33. Labor leader Chavez
- 38. Argues
- 39. Broken mirror, to some
- 40. Alphabet run
- 46. Chase away
- 47. Gush out
- 48. \_\_\_ Mae (Whoopi's "Ghost" role)
- 49. Supercilious sort
- 50. Three-time World Cup star
- 51. Ornamental vessel
- 52. Supply-and-demand subj.
- 54. Continental divide
- 55. Big bag
- 56. Montgomery's Parks
- 57. Infamous Aldrich
- 58. Hurdle for a future litigator (Abbr.)
- 60. "Get it?"
- 61. Shakespearean prince



# January 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day CLOSED	2
3	4 Quilting 9-3 Walking 10:30	5 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm	6 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm	7 Tai Chi 9:30 Walking 10:30 Cards 1pm	8 Lunch 12:00 Bingo 1pm Cards 1pm	9 Bountiful Baskets 3-5pm,
10	11 Quilting 9-3 Walking 10:30	12 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Tai Chi 3pm	13 Miracle Ear 10-4pm Blood Pressure Clinic 10-12 Lunch 12:00 Bingo 1pm Cards 1pm	14 Tai Chi 9:30 Walking 10:30 Cards 1pm Beg/Int Tai Chi 3pm	15 Lunch 12:00 Bingo 1pm Bingo 1pm	16
17	18 Martin Luther King Day CLOSED Quilters 9am-3pm	19 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Tai Chi 3pm	20 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm	21 Tai Chi 9:30 Walking 10:30 Cards 1pm Beg/Int Tai Chi 3pm	22 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	23 Bountiful Baskets 3-5pm
24	25 Quilting 9-3 Walking 10:30	26 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Tai Chi 3pm	27 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm	28 Tai Chi 9:30 Walking 10:30 Cards 1pm Beg/Int Tai Chi 1-3	29 Lunch 12:00 Bingo 1pm Cards 1pm	30
31						

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
	<b>FRIDAY: JANUARY 1, 2016</b>
	<b>CLOSED FOR NEW YEAR'S DAYS</b>
<b>WEDNESDAY: JANUARY 6, 2016</b>	<b>FRIDAY: JANUARY 8, 2016</b>
Servers: Faith Baptist	Servers: Burns FFA Chapter
Sponsor: LaFollette's Chapel	Sponsor: Round Barn Visitor Center
Sponsor: Susan Sugai IMO Frank & Bessi Sugai	
<b>Beef Stuffed Baked Potato</b> <b>Garden Salad</b> <b>Cottage Cheese w/Fruit</b> <b>Spiced Cupcakes</b>	<b>Pork Roast</b> <b>Mashed Potato w/ Gravy</b> <b>Garden Vegetable</b> <b>Dinner Roll</b> <b>Pudding</b>
<b>WEDNESDAY: JANUARY 13, 2016</b>	<b>FRIDAY: JANUARY 15, 2016</b>
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Mary Jo Eshelby	Sponsor: C&B Sanitary Service
Sponsor: Ebar Oil	
<b>Sausage Lasagna</b> <b>Garlic Dinner Roll</b> <b>Garden Vegetable</b> <b>Cookies</b>	<b>Lamb Stew</b> <b>Garden Greens</b> <b>Dinner Roll</b> <b>Lemon Bars</b>
<b>WEDNESDAY: JANUARY 20, 2016</b>	<b>FRIDAY: JANUARY 22, 2016</b>
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Nancy Oster Courtney	Sponsor: Saginaw Village
Sponsor: Harney District Hospital Team	Sponsor: Opal Filteau
<b>Tuna Braid</b> <b>Corn</b> <b>Vanilla Yogurt</b> <b>Garden Greens</b> <b>Banana Muffin</b>	<b>BIRTHDAY LUNCH</b> <b>BBQ Chicken    Biscuit w/ honey butter</b> <b>Raisin Carrot Salad</b> <b>Roasted Vegetable</b> <b>Cupcakes &amp; Ice Cream</b>
<b>WEDNESDAY: JANUARY 27, 2016</b>	<b>FRIDAY: JANUARY 29, 2016</b>
Servers: Peace Lutheran/St. Andrews	Servers: Christian Church
Sponsor: Frenchglen Hotel	Sponsor: Palmer Excavation
Sponsor: The Aspens	
<b>Shepherds Pie (Beef)</b> <b>Dinner Roll</b> <b>Garden Salad</b> <b>Jello w/Fruit</b>	<b>Goat Chili    Corn Bread</b> <b>Cottage Cheese w/Fruit</b> <b>Garden Salad</b> <b>Brownies</b>

<b>Suggested donation 60+ \$3.50</b>	<b>-60 Must Pay \$4.50</b>
<b>WEDNESDAY: FEBRUARY 3, 2016</b>	<b>FRIDAY: FEBRUARY 5, 2016</b>
Servers: Burns Lions & Kiwanis Club	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: John Lamborn Attorney @ Law	Sponsor: Richard & Cherry Day
Sponsor: Susan Sugai IMO Frank & Bessie Sugai	
<b>Beef Enchilada Casserole</b> <b>Black Beans</b> <b>Garden Salad</b> <b>Ice Cream w/ Fruit</b>	<b>Ranch Meatloaf</b> <b>Baked Potato w/Fixings</b> <b>Garden Vegetables</b> <b>Pudding</b>
<b>WEDNESDAY: FEBRUARY 10, 2016</b>	<b>FRIDAY: FEBRUARY 12, 2016</b>
Servers: Faith Baptist	Servers: Burns FFA Chapter
Sponsor: Les Schwab	Sponsor: Burns Kiwanis Club
Sponsor: Oster's Professional Group	Sponsor: The Aspens
<b>Beef Stew</b> <b>Dinner Roll</b> <b>Garden Greens</b> <b>Jello w/Fruit</b>	<b>VALENTINE LUNCH</b> <b>Chicken w/Sweet Peppers</b> <b>Herb Rice Dinner Rolls</b> <b>Garden Salad      Cookies</b>
<b>WEDNESDAY: FEBRUARY 17, 2016</b>	<b>FRIDAY: FEBRUARY 19, 2016</b>
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Harney County Home Health & Hospice	Sponsor: Ed Staub & Sons
	Sponsor: Christian Church Thrift Shop
<b>Braised Lamb</b> <b>Rice Pilaf</b> <b>Roasted Veggies</b> <b>Dinner Roll</b> <b>Brownies</b>	<b>BIRTHDAY LUNCH</b> <b>Roast beef      Mashed Potato w/Gravy</b> <b>Dinner Rolls</b> <b>Garden Vegetables</b> <b>Apple Sauce      Cupcake w/Ice Cream</b>
<b>WEDNESDAY: FEBRUARY 24, 2016</b>	<b>FRIDAY: FEBRUARY 26, 2016</b>
Servers: Catholic Church	Servers: Catholic Church
Sponsor: AmeriTitle	Sponsor: Steens Mtn. Insurance
	Sponsor: Ebar Oil
<b>Homemade Turkey Soup</b> <b>Corn Bread</b> <b>Salad Greens</b> <b>Cottage Cheese w/Fruit</b> <b>Lemon Bars</b>	<b>BBQ Pork on Homemade Roll</b> <b>Garden Vegetables</b> <b>Cottage Cheese w/Fruit</b> <b>Apple Crisp</b>



# February 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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7	8 Quilting 9-3 Walking 10:30	9 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Tai Chi 3pm	10 Miracle Ear 10-4pm Blood Pressure Clinic 10-12 Lunch 12:00 Bingo 1pm Cards 1pm	11 All American Hearing 9-3 Tai Chi 9:30 Walking 10:30 Beg/Int Tai Chi 3pm	12 Lunch 12:00 Bingo 1pm Cards 1pm	13
14 <b>Valentine's Day</b> Old Time Fiddlers 1pm	15 <b>Presidents' Day</b> <b>CLOSED</b> Quilters 9am-3pm	16 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Tai Chi 3pm	17 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm	18 Tai Chi 9:30 Walking 10:30 Beg/Int Tai Chi 3pm	19 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	20 Bountiful Baskets 3-5pm
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28	29 Quilting 9-3 Walking 10:30					



## Positive Emotions and Your Health: Developing a Brighter Outlook

Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. NIH-funded scientists are working to better understand the links between your attitude and your body. They're finding some evidence that emotional wellness can be improved by developing certain skills.

Having a positive outlook doesn't mean you never feel negative emotions, such as sadness or anger, says Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill. "All emotions—whether positive or negative—are adaptive in the right circumstances. The key seems to be finding a balance between the two," she says.

"Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival," Fredrickson explains. "But people need negative emotions to move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they're based on too much rumination about the past or excessive worry about the future, and they're not really related to what's happening in the here and now."

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life—and focusing on what's important to you—also contributes to emotional wellness.

Research has found a link between an upbeat mental state and improved

health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. But many studies can't determine whether positive emotions lead to better health, if being healthy causes positive emotions, or if other factors are involved.

"While earlier research suggests an association between positive emotions and health, it doesn't reveal the underlying mechanisms," says Dr. Richard J. Davidson, a neuroscientist at the University of Wisconsin-Madison. "To understand the mechanisms, I think it will be crucial to understand the underlying brain circuits."

By using brain imaging, Davidson and others have found that positive emotions can trigger "reward" pathways located deep within the brain, including in an area known as the ventral striatum.

"Individuals who are able to savor positive emotions have lasting activation in the ventral striatum," Davidson says. "The longer the activation lasts, the greater his or her feelings of well-being." Continued activation of this part of the brain has been linked to healthful changes in the body, including lower levels of a stress hormone.

Negative emotions, in contrast, can activate a brain region known as the amygdala, which plays a role in fear and anxiety. "We've shown that there are big differences among people in how rapidly or slowly the amygdala recovers following a threat," Davidson says. "Those who recover more slowly may be more at risk for a variety of health conditions compared to those who recover more quickly."

Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of meditation. In fact, growing evidence suggests that several techniques—including meditation, cognitive

therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important)—can help people develop the skills needed to make positive, healthful changes.

"Research points to the importance of certain kinds of training that can alter brain circuits in a way that will promote positive responses," Davidson says. "It's led us to conclude that well-being can be considered as a life skill. If you practice, you can actually get better at it."

In one study, Davidson and his colleagues found changes in reward-related brain circuits after people had 2 weeks of training in a simple form of meditation that focuses on compassion and kindness. These changes, in turn, were linked to an increase in positive social behaviors, such as increased generosity.

Fredrickson and her colleagues are also studying meditation. They found that after 6 weeks of training in compassion and kindness meditation, people reported increased positive emotions and social connectedness compared to an untrained group. The meditation group also had improved functioning in a nerve that helps to control heart rate. "The results suggest that taking time to learn the skills to self-generate positive emotions can help us become healthier, more social, more resilient versions of ourselves," Fredrickson says.

Dr. Emily Falk, a neuroscientist at the University of Pennsylvania, is taking a different approach. Falk is exploring how self-affirmation—that is, thinking about what's most important to you—can affect your brain and lead to positive, healthful behaviors. Her team found that when people are asked to think about things that they find meaningful, a brain region that recognizes

Continued from page 8

personally relevant information becomes activated. This brain activity can change how people respond to health advice.

“In general, if you tell people that they sit too much and they need to change their behavior, they can become defensive. They’ll come up with reasons why the message doesn’t apply to them,” Falk says. But if people reflect on the things they value before the health message, the brain’s reward pathways are activated.

This type of self-affirmation, Falk’s research shows, can help physically

inactive “couch potatoes” get more active. In a recent study, inactive adults received typical health advice about the importance of moving more and sitting less. But before the advice, about half of the participants were asked to think about things that they value most.

The “self-affirmation” group became more physically active during the month-long study period that followed compared to the group that hadn’t engaged in self-affirmation. “The study shows one way that we can open the brain to positive change and help people achieve

their goals,” Falk says.

Being open to positive change is a key to emotional wellness. “Sometimes people think that emotions just happen, kind of like the weather,” Fredrickson says. “But research suggests that we can have some control over which emotions we experience.” As mounting research suggests, having a positive mindset might help to improve your physical health as well.

Source:  
<https://newsinhealth.nih.gov/issue/aug2015/feature1>

## Breakfast Blueberry-Oatmeal Cakes Serving Size: 6

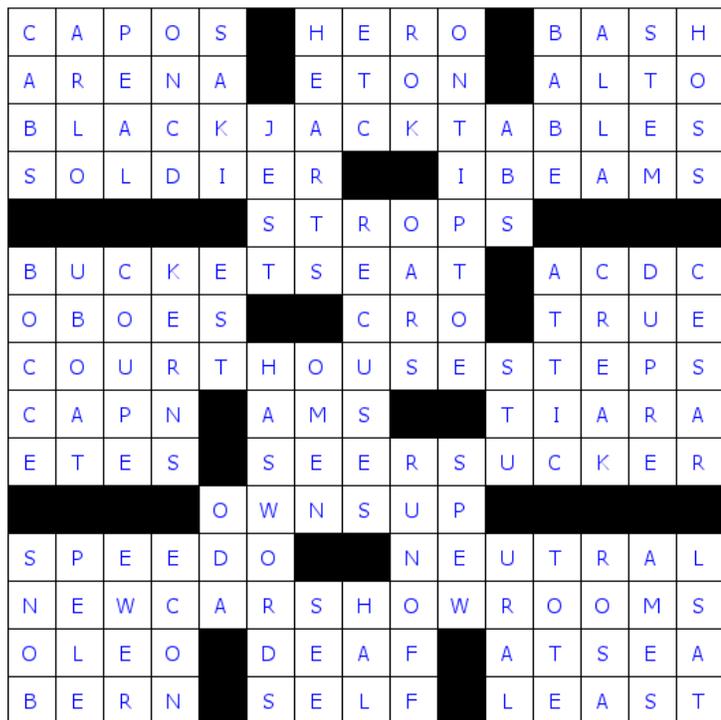
### Ingredients:

- 2 1/2 cup old-fashioned rolled oats
- 1 1/2 cups low-fat milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup
- 2 tbsp. canola oil
- 1 tea vanilla extract
- 1 tea ground cinnamon
- 1 tea baking powder
- 1 tea baking powder
- 1/4 salt
- 3/4 cup blueberries, fresh or frozen



### Directions:

- Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until the liquid is absorbed, at least 8 hours and up to 12 hours.
- Preheat oven to 375° F. Coat a 12-cup nonstick muffin tin with cooking spray.
- Stir egg, maple syrup. Oil. Vanilla. Cinnamon. Baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffing cups (about 1/4 cup each). Top each with 1 tablespoon blueberries.
- Bake the oatmeal cakes until they spring back when touches, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with paring knife. Serve warm.



## 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 limits 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](mailto:kathy@communityinaction.info)**



## **BIRTHDAY WINNERS**

### **October Winners**

Paul Hyland- 6in Meal @ Subway  
Bill Leonard- One Large Pizza @ Figaro's Pizza  
Bob McDonald-\$10 Cert. @ Thriftway  
Larry Asmussen- \$10 Cert. @ RHOJO'S  
Betty Pittman- \$5 Cert. @ ElToreo  
Karen Henderson- Balloon & Candy

### **November Winners**

Karen VanNoy- \$ 10 cert. @ MoonRise Books  
Frank Idoeta- 6in Meal @ Subway  
Ralph Snyder- \$10 Cert @ Crane Store  
Lynn Gadbury- Balloons & Candy



# Scheduled Trips to Bend

## January

Thursday— January 7

Tuesday— January 12

Thursday— January 21

Tuesday— January 26

## February

Thursday— February 4

Tuesday— February 9

Thursday— February 18

Tuesday— February 23

## March

Thursday— March 3

Tuesday— March 8

Thursday— March 17

Tuesday— March 22

Thursday— March 31

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.

## RETURN SERVICE REQUESTED

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](mailto: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)

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## Highlights at a Glance

### Miracle Ear:

Most Wednesdays

### All American Hearing:

February 11, 9am-4pm

May 12, 9am-4pm

### Walking with friends:

Monday, Tuesday and

Thursday 10:30-11:30am

### Tai Chi Class:

Tuesday and Thursday

9:30am-10:30

### Quilting:

Mondays 9:00am-3:00pm

### Birthday Lunch:

January 22nd at 12:00pm

February 19th at 12:00pm

### Food Bank Hours:

Monday & Friday

8:30am-11am & 1pm-3pm

Thursday 1pm-3pm

### Christian Church Food

### Bank Hours:

Tuesday, Wednesday & Sat-

urday 10am-1pm

### CLOSED

January 1st for New Year's

Day

January 18th for Martin Lu-

ther King Day

February 15th for President's

Day

**SHIBA:** Tuesday 1pm-3pm

### Inter/Beg Tai Chi: Moving

for Better Balance starting

January 12th at 3pm-4pm

open- enrollment ends

January 19th

Don't miss out on Energy

Assistance. If you haven't

made an appointment call

today 541-573-6024.