Senior Moments

Harney County Senior & Community Services Center ADRC

July/August 2015

Kitchen Conversations:

By: Anna McNab

There have been several great questions and conversations on nutrition brought up by kitchen staff, volunteers as well as dining guests during the past several months as I have transitioned into the position of Nutrition Manager. Mostly they focus around the changes in the preparation as well as menu. Also questions of who I am, what food means to me, what brought me to meal preparation and my educational back ground.

Angie has done a great complete job at explaining the Nutritional/menu changes so I will mainly focus on the remaining questions…

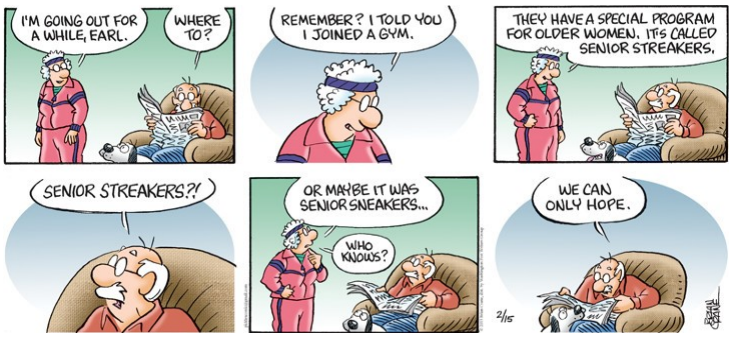
A quick share about me:

I grew up in a farming lifestyle. With the guidance of my Dad, I owned and operated my own breeding swine project from 4-H all the way through FFA. I have lived and raised 2 boys, now grown, on Cattle ranches with my husband. We have owned and raised our own cattle as well.

I have been a massage therapist for 20 years. I began my work with a chiropractor focusing on work related injuries as well as car accident injuries. I then moved into working with families/children with Autism. I have also worked closely through my own office seeing referred patients of psychotherapists as well as Naturopathic Physicians. During this time I attended college taking classes focusing on early childhood/brain development. My main instructor was a specialist working at the UC Davis Mind Institute, California. She was both a wonderful teacher and great resource.

Through these years for myself as well as for clients I have continued to see a patterning of eating habits and nutritional needs to health issues. I began studying complimentary therapies as well as nutrition. As I began to see my health improve through my dietary changes, I decided to attend Le Cordon Bleu Culinary College in Sacramento, California in order to have more knowledge to help my clients expand their nutritional knowledge and cooking skills. After school, I completed an externship at the Woodland, California Senior Nutritional Program which included the Meals on Wheels Program for daily meals for over 300 people.

My family and I missed our friends and community of Harney County so we set out to locate a home and jobs to make our relocation! So, we are full circle here and love being back!



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FIND THE WORD GAME.

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.

HAVE FUN!!

Hint: **Superhero**

Nutrition Program Standards

By: Angela Lamborn

Of the over 30 different programs here at The Center and the 47 different funding streams filtering into those programs one of the most visible is the Congregate Meal Program aka "senior lunches." The Congregate Meal Program receives operating income from six different funding streams. The breakdown of funding is; 33% of funding is the contributions of participants at meal time, 16% is from our local community businesses and individuals generously sponsoring our meals through the Entrée Sponsorship Program, 17% is from Older Americans Act (OAA) funding specifically earmarked for congregate meals, 18% is from OAA funding transferred from other OAA funded programs as allowed by law, 5% is from a federal grant managed by Community in Action and designed to support programs that have significant impact in the community and the final 11% is federal funding that is cash rather than USDA product. Why do we ask our seniors for a **donation** of $3.50 for a meal but feed every senior who joins us rather they are able to pay or not? Because over half of the program is federally subsidized.

We know the difference a nutritious meal and good company makes in the lives of many. Our federal and state governments know too. *The Oregon Congregate and Home-Delivered Nutrition Program Standards* are a 38 page set of instructions provided to every Area Agency on Aging in the State of Oregon. It is the document The State requires us to follow when we use their money, passed from the Federal Government, to pay for our program.

It opens by telling us, "the program is part of the continuum of care designed to support independent living of older Oregonians under the Title III and Title VI of the Older Americans Act" and goes on to quote the Older Americans Act. *"The objectives of the OAA nutrition programs are to provide an opportunity for older individuals to live their years in dignity by providing healthy, appealing meals; promoting health and preventing disease; reducing malnutrition risk and improving nutritional status."*

We are then instructed, as service providers, that we are to comply with the current *Dietary Guidelines for Americans* and provide a minimum of 33 1/3% of the current daily Dietary Reference Intakes as established by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. It states specifically that, *"The congregate program is designed to help increase the nutrient intake and to prevent health deterioration of participants by providing balanced nutrient dense meals. The nutrition program is more than just a meal—its purpose is to nourish the whole person by providing a balanced meal and the social contact together providing a positive motivation for self-care for many seniors who often eat poorly on their own and can become lonely and depressed in isolation."*

The standards address menus and menu planning specifically. Oregon State Unit on Aging encourages us to, *"Include key nutrients that influence chronic disease and the health of older Oregonians when developing menus for the program."* It goes on to tell us, *"The menu standards are developed to sustain and improve client's health through the provision of safe and nutritious meals using* ***Dietary Guidelines for Americans*** *developed by the USDA and the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. We are to include a variety of foods, especially fruits, vegetables and whole grains. Avoiding too much total fat, saturated fat, Trans fat and cholesterol and encourage mono and poly unsaturated fats. We are to include foods with adequate complex carbohydrates and fiber while avoiding too much refined carbohydrates and added sugars, focusing on nutrient dense foods and providing an appropriate number of calories to help maintain ideal body weight."*

Our Nutrition Program Manager, Anna McNab, and I work very closely together and in consultation with Amy Dobson, Nutritionist for the hospital, when developing and discussing the menu. Meals are planned with the program standards at hand. We discuss ways to add the required fruits, vegetables and complex carbohydrates. Our program participants are seeing more fruits, nuts and raw vegetables as options for their meals. They are seeing meats cooked in different ways and vegetables roasted rather than boiled thereby keeping more of the nutritional value. When we serve mashed potatoes we are using fresh potatoes and leaving the skins to add nutrition. We don't serve mashed potatoes as the "go to" carbohydrate as often as some would like; we can't and be compliant with the program. The program is important to too many folks to lose because we are not following the requirements.

The subject of sodium gets a lot of attention. We are told to, "*Avoid too much sodium by using salt free herbs and spices, cooking from scratch and utilizing less processed and manufactured foods.*" The program standards provide us with a chart giving us four years to do our part in decreasing sodium intake. *In 2013 <1500 mg of sodium is the compliance value for a week. 2014 the compliance value goes down to <1350 and in 2015 to <1200 with 2016 targeted at <1050 mg a week.* Program participants are experiencing new and different herbal flavors. We are keeping a list of what is well received and what is not. We simply must move away from simple salt and pepper to be compliant. Participants are seeing a lot more from scratch cooking. Processed and manufactured foods being used are greatly reduced over the most recent six months. We are doing all we can to move away from them and to bring back wholesome, from scratch meals. This is a big shift from what many of us have ourselves trained to eat. I know I miss the gravy too. There is simply no way we can regularly serve gravy and comply with the ever

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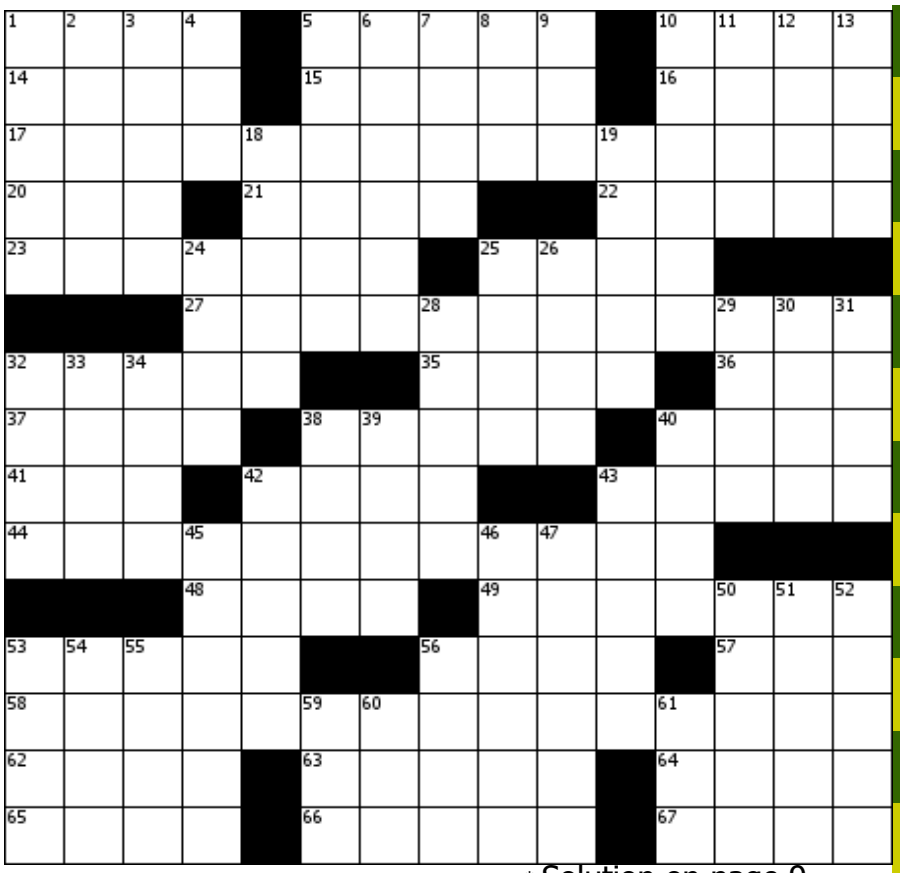


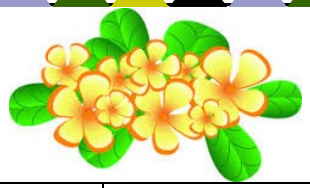
* Solution on page 9

Across

1. Hooting hunters
5. Smothers brother
10. Distort
14. Freighter or frigate
15. High-pitched woodwinds
16. Dashboard device
17. With 27 Across, teacher's question
20. Tankard filler
21. Work
22. Happening
23. Changes the title of
25. Young 2 Down
27. See 17 Across
32. Juvenile
35. Mesozoic and Paleozoic
36. Sculler's gear
37. Austen novel
38. Do-nothing
40. Slumber lightly
41. Server's reward
42. "Amscray!"
43. __ Island, NY
44. With 58 Across, student's reply
48. Puny puppy
49. Anthropologist's interest
53. Toon chipmunk
56. Spanish surrealist
57. Ad __
58. See 44 Across
62. Lo-cal
63. Patriotic pamphleteer
64. "In" thing
65. Back talk
66. Remove a jar lid
67. Pt. of ABA

Down

1. Grumpy Muppet
2. Monstro or Willy
3. Sheets and such
4. Secret stealer
5. Store-bought hair
6. Incapable of insight
7. "Simpsons" tavern
8. Danny's "Lethal Weapon" costar
9. Fashionable monogram
10. Graf of tennis
11. Clouseau's valet
12. Canyon phenomenon
13. Sharpen
18. Get-up-and-go
19. Teen hangouts
24. Whodunit terrier
25. Center
26. Toward the horizon
28. Triangular letter
29. Thug
30. Visibility reducer
31. Deuce topper
32. Himalayan legend
33. Drop
34. Diamond judges
38. Sacred image
39. Loopy
40. Inadvisable activity
42. Seem to be
43. Chapter and verse divider
45. Three-wheelers
46. Descendants
47. Castle tower
50. Elbow-to-wrist bones
51. Loser to King in 1973
52. Barnaby Jones portrayer
53. Beltmakers' tools
54. Anakin's daughter
55. Dachshund docs
56. When Super Bowl XXXVI was played
59. Likely
60. Deviate, at sea
61. Sr.'s nest egg



July 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	2	3 **CLOSED**	4
5 Cards 1pm	6 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	7 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-3pm Beginners Tai Chi 5pm	8 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	9 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Beginners Tai Chi 5pm	10 Lunch 12:00 Bingo 1pm Cards 1pm	11 Bountiful Baskets 3-5pm
12 Cards 1pm	13 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	14 Tai Chi 9:30am– 10:30 Walking Group 10:30am SHIBA 1-3pm Beginner Tai Chi 5pm	15 Miracle Ear 10am-4:30pm Lunch12:00 Bingo 1pm Cards 1pm	16 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Beginners Tai Chi 5pm	17 Blood Pressure Clinic 11am-12am Birthday Lunch 12:00 Bingo 1pm Cards 1pm	18
19 Cards 1pm	20 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	21 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-3pm	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 Lunch 12:00 Bingo 1pm Cards 1pm	25 Bountiful Baskets 3-5pm
26 Cards 1pm	**27** Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	28 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-3pm Beginner Tai Chi 5pm	29	30	31	

Suggested donation 60+ $3.50	-60 Must Pay $4.50
WEDNESDAY: JULY 1, 2015	**FRIDAY: JULY 3. 2015**
Servers: Bible Baptist	
Sponsor: Verna Pettyjohn	
Sponsor: Gourmet & Gadgets	
Sausage Casserole **Biscuits w/Honey Butter** **Cottage Cheese w/Fruit** **Spiced Cupcakes**	**CLOSED** **FOR THE** **HOLIDAY WEEKEND** **HAPPY 4TH OF JULY!!!**
WEDNESDAY: JULY 8, 2015	**FRIDAY: JULY 10, 2015**
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: David & Lynette Vickstrom	Sponsor: Christian Church Thrift Shop
Chili Cornbread Bake **Garden Salad** **Roasted Cauliflower** **Cookie Bars**	**BBQ Pork** **Fresh Baked Sandwich Rolls** **Coleslaw** **Sweet Potato Fries** **Pudding**
WEDNESDAY: JULY 15, 2015	**FRIDAY: JULY 17, 2015**
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: William Burstow	Sponsor: ESA Sorority
Chicken w/Sweet Peppers **Rice** **Garden Vegetable** **Jello w/Fruit**	**Birthday Dinner** **Ranch Meatloaf Garden Salad** **Baked Potato w/Fixings** **Cupcakes & Ice Cream**
WEDNESDAY: JULY 22, 2015	**FRIDAY: JULY 24, 2015**
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Riley Store & Archery	Sponsor: Opal Filteau
	Sponsor: Holy Cow Ranch
Pork Chops Mac 'n' Cheese **Apple Sauce** **Green Salad** **Brownies**	**Ravioli** **Green Salad** **Garden Vegetables Garlic Rolls** **Pumpkin Muffins**
WEDNESDAY: JULY 29, 2015	**FRIDAY: JULY 31, 2015**
Servers: Peace Lutheran/St. Andrews	Servers: Christian Church
Sponsor: Helen McCart	Sponsor: Steens Mtn. Running Camp
Sponsor: Peace Lutheran Mission Endowment Fund	
Stuffed Baked Potatoes **Garden Salad** **Yogurt** **Banana Bun**	**Dad's Favorite Tuna Casserole** **Garden Salad** **French Bread** **Pudding**

Suggested donation 60+ $3.50	-60 Must Pay $4.50
WEDNESDAY: AUGUST 5, 2015	**FRIDAY: AUGUST 7, 2015**
Servers: Bible Baptist	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Ron McGowan IMO Maurine McGowan Steinauer	Sponsor: Robert & Marjorie Thelen
Burrito w/Red Sauce **Garden Greens** **Carrot Salad** **Jello w/Fruit**	**Hot Ham & Cheese on Rolls** **Sweet Potato Fries Garden Salad** **Cottage Cheese w/Fruit** **Cookies**
WEDNESDAY: AUGUST 12, 2015	**FRIDAY: AUGUST 14, 2015**
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Harney Rock & Paving Company	Sponsor: Peace Lutheran Mission Endowment Fund
Tuna Braid **Garden Salad** **Yogurt** **Peach Crisp**	**Spaghetti** **Garlic Bread** **Garden Salad** **Ice Cream**
WEDNESDAY: AUGUST 19, 2015	**FRIDAY: AUGUST 21, 2015**
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Steens Mtn. Running Camp	Sponsor: Jim & Ruth Schultz IMO Elmer & Azalea Graves
Pork Chops **Rice** **Salad Greens** **Garden Vegetable** **Brownies**	**Birthday Dinner** **Nana's Baked Chicken** **Roasted Cauliflower** **Pasta Salad** **Cupcakes & Ice Cream**
WEDNESDAY: AUGUST 26, 2015	**FRIDAY: AUGUST 28, 2015**
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Ed's FastBreak	Sponsor: Verna Pettyjohn
Pork Roast **Mashed Potatoes w/Gravy** **Salad Greens Garden Vegetables** **White Chocolate Brownies**	**Soft Beef Tacos** **Beans** **Garden Salad** **Pudding**

August 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Cards 1pm	3 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	4 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-3pm Beginners Tai Chi 5-6pm	5 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	6 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm Beginners Tai Chi 5-6pm	7 Lunch 12:00 Bingo 1pm Cards 1pm	8 Bountiful Baskets 3-5pm
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30 Cards 1pm	31 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm					

REALLY!!! SHOULD I PAY THAT BILL?

By: Verna Pettyjohn

It is our first instinct to pay a bill as soon as possible after receiving it. Due to the Medicare billing system being so complex it sometimes can take up to three months or more for the bill to be completely paid by your insurance (Medicare, supplement, advantage or other insurance). In the meantime you may get several bills from your doctor, hospital or other providers. DO NOT PAY A BILL until you are absolutely sure it is your responsibility.

If you pay a bill that is not your responsibility it can take months to get it straightened out and then you may not recover the total amount paid in error. Some of the more common errors we encounter in the SHIBA (Senior Health Insurance Benefits Assistance Program) are:

- A doctor or hospital billing the wrong account (person)
- The wrong coding was used to bill for a service rendered
- Medicare did not receive the bill; the individual paying paid twice as much as they should have because Medicare had not discounted the charges. After five months we are still trying to get the erroneous amount paid refunded.
- A co-pay being billed by more than one provider. The provider records were incorrect and Medicare refused to pay the bill.
- An insurance policy discontinued for various reason.
- Your doctor did not accept Medicare assignment and did not give you an Advanced Beneficiary Notice (ABN) to sign stating that you would be responsible for the entire bill.

The list goes on and on. DO NOT PAY A BILL until you know beyond a shadow of a doubt it is your responsibility.

KEEP A HEALTH JOURNAL OF YOUR APPOINTMENTS WITH DOCTORS, HOSPITAL STAYS, AND OTHER PROVIDERS SUCH AS DURABLE EQUIPMENT. HELP FIGHT FRAUD, ERRORS AND ABUSE BY READING OR HAVING SOMEONE READ YOUR MEDICARE SUMMARY STATEMENT OR ADVANTAGE INSURANCE.

If you have any questions first call your doctor or hospital (provider) and if you are still uncertain call a SHIBA volunteer at 541-573-6024 or come in to the Center Tuesdays 1:00pm to 3:00pm.

Fall Proofing Your Home

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 or older falls each year. In fact, six out of every ten falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes in your living areas, as well as personal and lifestyle changes.

Take steps to "fall proof" your home, both inside and outdoors. To make your home safer, you can remove or avoid safety hazards such as clutter on the floor, electrical cords, rugs or small furniture. Try arranging furniture to give you more room to walk freely. If you have carpet, make sure there are no rips in carpet; secure to floor with staples for an easy fix or have it repaired. Remove throw rugs, apply double-sided sticky tape or use non-slip rugs. Put non-slip strips or a rubber mat in your bathtub or shower floor as well as on the bathroom floor. During winter, when surfaces are icy and covered in snow, be careful when walking outdoors alone. Ask neighbor or a friend to spread salt or sand and shovel snow.

Improve lighting by using the highest wattage recommended for fixtures. Have light switches at both top and bottom of stair ways. Place lamps within an easy reach. Add night lights to hallways, bathroom and kitchen. Also keep a flashlight by your bedside so if the power goes out, it will be there for you if you need to get up.

Install grab bars in the bathtub or shower as well as next to the toilet. Have handrails installed on both sides of stairs and walkways, inside and outside. If you must carry something while walking up or down stairs, hold the item in one hand and use the handrail with the other, make sure you can watch your feet as you are stepping.

Rearrange items that are used most often to make them more accessible. Store food boxes, cans, dishes, clothing and other everyday items lower toward the ground so you don't have to use a stool or reach as high. Place items on a lower shelf or on counter for an easier reach.

Our feet have nerves that help us judge the position of our bodies. It's important to select footwear carefully to help prevent falls. Wearing only socks or floppy backless slippers or shoes without a back can be unsafe. Choose shoes that have a non-slip and low heel that fit well and support your feet.

Exercise to improve you balance and strengthen your muscles which helps to prevent falls such as Tai Chi or walking. Don't wear bifocal or multifocal glasses when walking, especially on stairs. Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls and your doctor or other health care providers can help you decide what changes will help.

Source: http://nihseniorhealth.gov/falls/aboutfalls/01.html

Continues from Page 2

tightening sodium reduction requirements of the federal and state governments.

There are several pages devoted to serving size. Portion control and admonishments about obesity are peppered throughout all 38 pages of the Program Standards. We are supposed to serve, "*2-3 ounces of meat or one egg*" per egg salad sandwich. We serve our meals family style and have had a monitoring "finding" from The State of Oregon on this issue. The finding from them currently reads, "*While serving meals family style is appealing it can also be difficult to monitor portion sizes which can affect the nutritional standards and also increase meal costs significantly over time. I would recommend evaluating this practice.*" We are scheduled to undergo another monitoring in early 2016 and I expect we will receive a much sterner finding at that time regarding this issue.

I know that there are several of our program participants who are frustrated by the changes they are seeing. Some have said, "I am XX years old and I have eaten meat and potatoes and gravy my whole life and it is what I want!" I understand that, and Anna understands that too. We offer an option for discussion; if there were enough folks interested we could offer an unsubsidized meal option complete with all of the traditional ranch style foods we all love. The catch would be that full meal cost would be required from the participant. A suggested donation of $3.50 would become a required bill of $10-$15 a person. If there is interest in making that kind of option a reality come see me, as it will take some planning on everyone's part. Until then, as one person recently put it, "We are feeding you healthy foods to eat whether you want them or not." By meeting program standards and doing just that, we hope those who choose to eat with us will not only get to experience new flavors and different ways of preparing foods but also truly see the prevention of deteriorating health and an increase in nutrient intake allowing them to live independently longer.

Oatmeal-Rhubarb Porridge Serving Size: 2

Ingredients:

- **1 1/2 cups nonfat milk or non-dairy milk, such as soymilk or almond milk**
- **1/2 cup orange juice**
- **1 cup old-fashioned rolled oats**
- **1 cup 1/2-inch pieces rhubarb, fresh or frozen**
- **1/2 teaspoon ground cinnamon**
- **Pinch of salt**
- **2-3 tablespoons brown sugar, pure maple syrup or agave syrup**
- **2 tablespoons chopped pecans or other nuts, toasted (see Tip) if desired**

Directions:

- Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan. Bring to a boil over medium-high heat.
- Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes.
- Remove from the heat and let stand, covered, for 5 minutes.
- Stir in sweetener to taste. Top with nuts.
- Tip: To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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

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

APRIL WINNERS

Patty Boren- $5 Certificate @ El Toreo
Jeannie Smyth- 6in. Meal @ Subway
Linda Larsen- $5 Certificate @ Highlander Restaurant
Myrtle Baldwin– One Large Pizza @ Figaro's Pizza
Norma Curtis- $10 Certificate @ Thriftway
Anna Tedder- $10 Certificate @ Eddies Truck Stop
JD Taylor– Balloons & Candy

MAY WINNERS

Ruby Tiller- $5 Certificate @ El Toreo
Lilly Lawson– 6in. Meal @ Subway
Gordon Kent- $5 Meal @ Highlander Restaurant
Jean Taylor– One Large Pizza @ Figaro's Pizza
Madelyn Henderson- $10 Certificate @ R.J.'s
Mary Wolfe- $10 Certificate @ MoonRise Books
Steve Coleman—Balloons & Batman Candy

Scheduled Trips to Bend

July

Thursday— July 9

Tuesday— July 14

Thursday— July 23

Tuesday— July 28

August

Thursday— August 6

Tuesday— August 11

Thursday— August 20

Tuesday— August 25

September

Thursday— September 3

Tuesday— September 8

Thursday— September 17

Tuesday— September 22

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.

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

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PERMIT #52

OR CURRENT RESIDENTS

Highlights at a Glance

Miracle Ear:
Most Wednesdays

All American Hearing:
Friday July 10th

SHIBA: Tuesday 1pm-3pm

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

Crocheting:
Mondays 2pm-3pm

Birthday Lunch:
July 17th at 12:00
August 21st at 12:00

CLOSED: JULY 3rd for Independence Day

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

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

Burns High School Class of 1970 45th Reunion-
July 17th Big Bear Lodge at 7pm, July 18th Hines Park Pavilion at 11am, July 18th The Elks Lodge at 6pm

Magnifier for Macular Degeneration FOR USE. PLEASE CALL 541-573-6284