

Senior Moments

Harney County Senior & Community Services Center ADRC

Kitchen Conversations: Busy Bee By: Anna McNab

The snow on my lawn has completely melted, a tease that spring is just around the corner. All of us in the kitchen have begun to discuss our gardening goals for this year. I have planted new poppy seeds all around my yard in hopes that I will see them blooming this spring. Colleen has mentioned wanting to plant sweet peppers that grow in multiple colors. Linn too planted poppies too and we hope he has blooms to enjoy as well.

With our conversations focused around the coming spring and plants while busy in the kitchen, I found myself wondering about bee's and where they migrate from to reach us here in Harney County to do their busy work of pollination; as well as my favorite, honey making!!! I also thought this was a good time to answer a kitchen volunteers question about how much time goes into a meal.

This wondering took me to my favorite research area: The internet and here are a few fun facts about Bees from: www.buzzaboutbees.net A typical honey bee colony may have: 1 Queen, 50,000 workers, 300 drones, 9,000 hungry larvae needing food, 20,000 older larvae and pupae in sealed in cells, needing to be kept warm, 6,000 eggs from which new larvae will hatch.

Worker bees do many tasks in the hive for their first 20 days of life. When they reach this age, they leave the hive to begin the task of foraging for

nectar and pollen to bring back to the hive.

In a common colony, the bees will make between 25 and 30 thousand foraging trips to collect enough nectar to make a pound of honey. It takes approximately 12 bees an entire lifetime to make a teaspoon of honey. This fact alone had me in awe of the honey bee.

This information was fun to find. Now, with each cup of tea when I spoon in my teaspoon of honey I thank the 12 bees that worked so hard to make my perfect cup taste so sweet.

And now for the meal question and the time that goes into its preparation. I approach the answer in a way that shows the many steps that have gone into the menu we have made. In trying many different dishes, in trips to Bend to Cash and Carry for food supplies, in the time involved in delivery of FSA Foods, in meal costing, and putting food onto shelves The many dishes washed, and the food preparation. It's like the bee hive with a lot of steps that go unseen, but each is necessary in the process of the 3 lunch meals served here on a weekly basis.

In kitchen staff alone weekly we have at least 118 hours in the efforts of our meal. Volunteer hours range at least 40 hours per week with duties including getting waters, and coffee, and the kitchen help and finally clearing

tables after the meal. The table setting averages approximately 6 hours a week. This does not include the time and efforts volunteered by Amos, who for the past 15 plus years has volunteered his Mondays to prepare and package the Monday home delivered meals (This is approx. 3,120 hours). The hours Angie puts in her grant writing, as well as menu planning with me, Sue's hours managing the fiscal side of my purchase orders and budgets, Kayla's hours with organizing home delivered meals and the volunteers to deliver them, and the hours our hard working Colleen puts in to bring the dining area back into sparkling clean for next the day. It makes me so proud of all of our efforts as a team to make each day a success. We can go even deeper into the time needed for our meal when we think of the time the farmers shared in soil prep, planting and care of the foods we eat; the harvest and shipment of these products to retail sale. All of us giving our time and effort to keep the community nourished. It is an amazing and time consuming process that is truly awe inspiring when you really look at. It reminds me to thank a Farmer, a Rancher, and not to forget the busy bee that spent thousands of trips foraging and being a key pollinator of the foods we eat.

March/April 2016

Inside this issue:

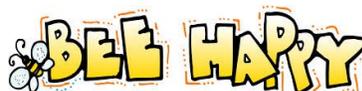
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FIND THE WORD

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 **March 1st**.

HAVE FUN!!

Hint: The more distant part of the sea seen from the shore.





OREGON CARE PARTNERS

Creating a Culture of Quality Care

Oregon Care Partners offering free classes for family caregivers

Are you caring for an aging loved one? Free online classes from Oregon Care Partners can help you learn new ways to handle common caregiving challenges, such as managing anger or medications, or caring for someone with Alzheimer's Disease or another form of dementia. Online classes can be taken at your convenience in the comfort of your own home and are completely free thanks to funding from the state. Many online classes are presented by the Alzheimer's Association, including the Living with Alzheimer's series. In this series, caregivers can learn skills on how to navigate the changes that occur during the early, middle and late stages of Alzheimer's from those directly affected by the disease. Please visit our website at www.OregonCarePartners.com to register and view a full list of online classes.

Oregon Care Partners in-person classes coming to your area:

Living with Alzheimer's for Caregivers: Middle Stage – Presented by the Alzheimer's Association®

May 5, 2016. Harney County Senior Center

10:00am - 4:00pm

Cost: \$0

This class provides helpful strategies to provide safe, effective, and comfortable care in the middle stage of Alzheimer's. For more information, please visit www.OregonCarepartners.com or to register call 1-800-930-6851.

amazonsmile
You shop. Amazon gives.

Please keep purchasing your items through Amazon smile. Amazon donates 0.5% of your purchase price to the Harney County Senior and Community Services Center. Since we started this in 2014 we have received a total of \$109.72. Every little bit helps.

ATTN: VETERANS

You may be eligible for FREE rides to medical, dental and mental health appointments. Please call Dial-A-Ride at [541-573-3030](tel:541-573-3030) or Harney County Veterans Service Officer Guy McKay at [541-573-1342](tel:541-573-1342) for details of this exciting new program.

Across

- 1. Capricious thoughts
- 6. Asia's ___ Sea
- 10. Hang on to
- 14. Place for an eaglet
- 15. Make way to the runway
- 16. Zip
- 17. First poet to read at a presidential inauguration
- 18. Nebraska native
- 19. Role for Julia
- 20. Tablets hold them
- 23. Family card game
- 24. Telegram punctuation
- 25. Competent
- 28. Quirky
- 31. Lake Taneycomo locale
- 35. Be a busybody
- 36. Run-of-the-mill
- 38. Flip over
- 39. Conflict that began in 1337
- 42. "Gunga Din" setting
- 43. Peter or Paul, e.g.
- 44. Understood archaeology?
- 45. Refrains
- 47. Rebellious Turner
- 48. Mega or giga attachment
- 49. Knock it off
- 51. Van Gogh had one later in life
- 53. Group in upstate New York
- 61. Sitar master Shankar
- 62. Word with canal or beer
- 63. Sky color
- 64. Sheltered, at sea
- 65. "Look ____, I'm Sandra Dee"
- 66. McLuhan subject
- 67. Peripheral device attachment point
- 68. Strike one as being
- 69. Lunch time, for some

Down

- 1. Float on the wind

| | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | |
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| 25 | 26 | 27 | | | 28 | 29 | 30 | | 31 | | | 32 | 33 | 34 | |
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| 45 | | | | | 46 | | 47 | | | | 48 | | | | |
| | | | 49 | | | 50 | | | 51 | 52 | | | | | |
| 53 | 54 | 55 | | | | | | 56 | 57 | | | | 58 | 59 | 60 |
| 61 | | | | | 62 | | | | | 63 | | | | | |
| 64 | | | | | 65 | | | | | 66 | | | | | |
| 67 | | | | | 68 | | | | | 69 | | | | | |

* Solution on page 9

- 2. Roll call response
- 3. Heavy metal
- 4. Slip-up
- 5. American saint
- 6. Molecule component
- 7. Pro ___
- 8. Neural transmitters
- 9. Wasn't straight with
- 10. Skateboarder's gear
- 11. Bring in
- 12. Cut, as film
- 13. Gives a thumbs down to
- 21. Riverdale High jock
- 22. "The Magic Flute" composer
- 25. Plant parasite
- 26. Shoe designer Magli
- 27. Longtime "Hollywood Squares" center square
- 29. Apparel
- 30. Six-Day War leader
- 32. Boisterous
- 33. Dog topper
- 34. Suit material
- 36. Neptune's neighbor
- 37. "Star Wars" princess
- 40. Lack of tranquillity
- 41. Feeds the kitty
- 46. Prom queen props
- 48. Audacious
- 50. Certain investment, for short
- 52. Battle site of 1836
- 53. Word with sand or speed
- 54. Heavenly topper
- 55. Redundant partner of "done with"
- 56. Capitol feature
- 57. Newspaper piece
- 58. Hose shade
- 59. Tap trouble
- 60. Clothing line



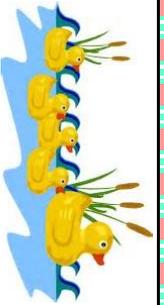
March 2016



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|--|---|
| | | 1 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm Beg/Int Chi Tai 3pm | 2 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm | 3 Tai Chi 9:30 Walking 10:30 Cards 1pm Beg/Int Chi Tai 3pm | 4 Lunch 12:00 Bingo 1pm Cards 1pm | 5 Swan Day 10:30-4 pm |
| 6 | 7 Quilting 9-3 Walking 10:30 | 8 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm | 9 Miracle Ear 10-4pm Blood Pressure Clinic 10-12 Lunch 12:00 Bingo 1pm Cards 1pm | 10 Tai Chi 9:30 Walking 10:30 Cards 1pm | 11 Birthday Lunch 12:00 Bingo 1pm Cards 1pm | 12 |
| 13 Daylight Saving Time Begins Old Time Fiddlers 1pm | 14 Acupuncture 9am-3pm Quilting 9-3 Walking 10:30 | 15 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm | 16 Miracle Ear 10-4pm St. Patrick's Day Dinner 12:00 Bingo 1pm Cards 1pm | 17 St. Patrick's Day Tai Chi 9:30 Walking 10:30 Cards 1pm | | 18 Lunch 12:00 Bingo 1pm Bingo 1pm |
| 20 | 21 Quilters 9am-3pm | 22 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm | 23 Miracle Ear 10-4pm Easter Dinner 12:00 Bingo 1pm Cards 1pm | 24 Tai Chi 9:30 Walking 10:30 Cards 1pm | 25 Easter Dinner 12:00 Bingo 1pm Cards 1pm | 26 |
| 27 Easter Sunday | 28 Quilting 9-3 Walking 10:30 | 29 Tai Chi 9:30 Walking 10:30 SHIBA 1-3pm | 30 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm | 31 Tai Chi 9:30 Walking 10:30 Cards 1pm | | |

| | |
|---|---|
| Suggested donation 60+ \$3.50 | -60 Must Pay \$4.50 |
| WEDNESDAY: MARCH 2, 2016 | FRIDAY: MARCH 4, 2016 |
| Servers: Silvies Charter School | Servers: Presbyterian Church/Crane Fellowship |
| Sponsor: Carole Alley Insurance | Sponsor: Jett Blackburn Real Estate |
| Sponsor: The Aspens | Sponsor: |
| <p style="text-align: center;">Spaghetti Garlic Rolls Garden Vegetables Salad Greens Pudding</p> | <p style="text-align: center;">Egg Salad Sandwich Raisin Carrot Salad Cottage Cheese w/Fruit Ice Cream</p> |
| WEDNESDAY: MARCH 9, 2016 | FRIDAY: MARCH 11, 2016 |
| Servers: Faith Baptist | Servers: Burns FFA Chapter |
| Sponsor: Helen McCart | Sponsor: Concrete Visions Div. Rise & Run Construction Co. |
| Sponsor: The Fields Stations | Sponsor: |
| <p style="text-align: center;">Taco Stuffed Baked Potatoes w/Fixings Garden Salad Brownies</p> | <p style="text-align: center;">BIRTHDAY LUNCH Nana's Chicken Rice Pilaf Garden Vegetables Dinner Rolls Cupcakes w/Ice Cream</p> |
| WEDNESDAY: MARCH 16, 2016 | FRIDAY: MARCH 18, 2016 |
| Servers: Church of Jesus Christ of Latter Day Sts. | Servers: Christian Church |
| Sponsor: Anderson Valley Supply | Sponsor: Jo McLean |
| Sponsor: Opal Filteau | Sponsor: |
| <p style="text-align: center;">ST. PATRICK CELEBRATION Corned Beef w/Cabbage Carrots & Potatoes Dinner Salad Dinner Rolls Apple Crisp</p> | <p style="text-align: center;">Tuna Casserole Garden Salad Yogurt w/Fruit Dinner Rolls Lemon Bars</p> |
| WEDNESDAY: MARCH 23, 2016 | FRIDAY: MARCH 25, 2016 |
| Servers: Catholic Church | Servers: Catholic Church |
| Sponsor: Burns/Hines Lion Club | Sponsor: Meyer Memorial Trust |
| <p style="text-align: center;">Beef Stew Biscuit w/Honey Butter Garden Salad Cookie</p> | <p style="text-align: center;">EASTER DINNER Ham Scallop Potatoes Green Beans w/Bacon Dinner Rolls Spice Cupcakes</p> |
| WEDNESDAY: MARCH 30, 2016 | |
| Servers: Peace Lutheran/St. Andrews | |
| Sponsor: Pioneer Presbyterian Church | |
| <p style="text-align: center;">Sloppy Joes w/Homemade Rolls Cole Slaw Roasted Vegetables Jello w/Fruit</p> | |

| | |
|---|---|
| Suggested donation 60+ \$3.50 | -60 Must Pay \$4.50 |
| | FRIDAY: APRIL 1, 2016 |
| | Servers: Pioneer Presbyterian Church/Crane Fellowship |
| | Sponsor: Walkettes |
| | Sponsor: Desert Dream Store |
| | Pork Chops Rice Pilaf Roasted Vegetable Apple Sauce Cookies |
| WEDNESDAY: APRIL 6, 2016 | FRIDAY: APRIL 8, 2016 |
| Servers: Faith Baptist | Servers: Burns FFA Chapter |
| Sponsor: Alice Sherpard & Desert Dream Store | Sponsor: Ron McGowan IMO Buck & Bess Clemens |
| Sponsor: Rose Garden Apartments | Sponsor: Desert Dream Store |
| Sausage Lasagna Corn Garden Salad Dinner Rolls Pudding | Beef Shank Pasta Bake Garden Salad Yogurt w/Fruit Dinner Rolls Apple Crisp |
| WEDNESDAY: APRIL 13, 2016 | FRIDAY: APRIL 15, 2016 |
| Servers: Church of Jesus Christ of Latter Day Sts. | Servers: Christian Church |
| Sponsor: Broken Circle Company | Sponsor: Doris Patton |
| Sponsor: | Sponsor: |
| Beef Burrito w/Red Sauce Garden Salad Roasted Vegetables Pumpkin Muffin | Pork Roast Mashed Potatoes w/Gravy Apple Sauce Green Beans Dinner Roll Jello w/Fruit |
| WEDNESDAY: APRIL 20, 2016 | FRIDAY: APRIL 22, 2016 |
| Servers: Catholic Church | Servers: Catholic Church |
| Sponsor: Burns Electric | Sponsor: Family Eyecare |
| Turkey Tetrzzini Garden Vegetable Dinner Rolls Brownie | BIRTHDAY LUNCH BBQ Chicken Roasted Vegetable Raisin Carrot Salad Biscuit w/Honey Butter Cupcake w/Ice Cream |
| WEDNESDAY: APRIL 27, 2016 | FRIDAY: APRIL 29, 2016 |
| Servers: Peace Lutheran/ St. Andrews | Servers: Christian Church |
| Sponsor: Harney Rock & Paving Company | Sponsor: The Aspens |
| Hamburgers w/Onions & Gravy Garden Vegetable Garlic Masked Potatoes Dinner Rolls Pudding | Lamp Chop Herb Rice Roasted Vegetable Dinner Rolls Lemon Bars |



April 2016



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|--|
| | | | | | 1 Lunch 12:00 Bingo 1pm Cards 1pm | 2 |
| 3 | 4 Quilting 9am-3pm Walking 10:30am | 5 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 6 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm | 7 Tai Chi 9:30am Walking 10:30am Cards 1pm | 8 Lunch 12:00 Bingo 1pm Cards 1pm | 9 Harney County Migratory Bird Festival |
| 10 Harney County Migratory Bird Festival Old Time Fiddlers 1pm | 11 Acupuncture 9am-3pm Quilters 9am-3pm Walking 10:30am | 12 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 13 Miracle Ear 10-4pm Blood Pressure Clinic 10-12 Lunch 12:00 Bingo 1pm Cards 1pm | 14 Tai Chi 9:30am Walking 10:30am Cards 1pm | 15 Lunch 12:00 Bingo 1pm Cards 1pm | 16 XI Delta Gamma Sorority Prime Rib & Crab Dinner 6pm @ Elks Lodge |
| 17 | 18 Quilting 9am-3pm Walking 10:30am | 19 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 20 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm | 21 Tai Chi 9:30am Walking 10:30am Cards 1pm | 22 Birthday Lunch 12:00 Bingo 1pm Cards 1pm | 23 |
| 24 | 25 Quilting 9am-3pm Walking 10:30am | 26 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 27 Miracle Ear 10-4pm Lunch 12:00 Bingo 1pm Cards 1pm | 28 Tai Chi 9:30am Walking 10:30 am Cards 1pm | 29 Lunch 12:00 Bingo 1pm Cards 1pm | 30 |



Blood Pressure Matters: Keep Hypertension in Check

About 1 in 3 adults in the U.S. has high blood pressure, but many don't realize it. High blood pressure is sometimes called a "silent killer," because it usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that high blood pressure, or hypertension, can often be prevented or treated. Early diagnosis and simple, healthy changes can keep high blood pressure from seriously damaging your health.

Normal blood flow delivers nutrients and oxygen to all parts of your body, including important organs like your heart, brain, and kidneys. Your beating heart helps to push blood through your vast network of blood vessels, both large and small. Your blood vessels, in turn, constantly adjust. They become narrower or wider to maintain your blood pressure and keep blood flowing at a healthy rate.

It's normal for your blood pressure to go up and down throughout each day. Blood pressure is affected by time of day, exercise, the foods you eat, stress, and other factors. Problems can arise, though, if your blood pressure stays too high for too long.

High blood pressure can make your heart work too hard and lose strength. The high force of blood flow can damage your blood vessels, making them weak, stiff, or narrower. Over time, hypertension can harm several important organs, including your heart, kidneys, brain, and eyes.

"Hypertension is a leading risk factor for death and disability worldwide," says Dr. Paul Whelton, an expert in hypertension and kidney disease at Tulane University. "High blood pressure raises the risk of having a heart attack, heart failure, stroke, or kidney disease."

Anyone, even children, can develop high blood pressure. But the risk for hypertension rises with age. "Once people are

in their 60s, about two-thirds of the population is affected by hypertension," Whelton says.

Excess weight or having a family history of high blood pressure also raises your risk for hypertension.

African Americans are especially likely to get hypertension. Compared to Caucasian or Hispanic American adults, African Americans tend to develop hypertension at a younger age and to have a higher blood pressure on average.

Because it usually has no symptoms, the only way to know for sure that you have hypertension is to have a blood pressure test. This easy, painless test involves placing an inflated cuff with a pressure gauge around your upper arm to squeeze the blood vessels. A health care provider may then use a stethoscope to listen to your pulse as air is released from the cuff, or an automatic device may measure the pressure.

Blood pressure is given as 2 numbers. The first number represents the pressure in your blood vessels as the heart beats (called systolic pressure). The second is the pressure as your heart relaxes and fills with blood (diastolic pressure). Experts generally agree that the safest blood pressure—or "normal" blood pressure—is 120/80 or lower, meaning systolic blood pressure is 120 or less and diastolic pressure is 80 or less.

"Hypertension is defined as having an average blood pressure of above 140/90," says NIH's Dr. Lawrence Fine, who oversees research on the treatment and prevention of hypertension. Since blood pressure can vary widely from day to day, a diagnosis of hypertension is usually based on an average of 2 or more readings taken on 2 or more occasions.

If your blood pressure falls between "normal" and "hypertension," it's sometimes called prehypertension. People with prehypertension are more likely to end up

with high blood pressure if they don't take steps to prevent it.

"We know we can prevent high blood pressure through diet, weight loss, and physical activity," Whelton says. "We can also treat it, and we can treat it effectively."

If you're diagnosed with high blood pressure, your doctor will prescribe a treatment plan. You'll likely be advised to make healthy lifestyle changes (see the Wise Choices box). You may also need to take medications. The goal of treatment is to reduce your blood pressure enough to avoid more serious problems.

How low should you aim when reducing your blood pressure? The answer depends on many factors, which is why it's important to work with your doctor on blood pressure goals. Most current guidelines recommend aiming for a systolic pressure below 140. These medical guidelines are sometimes adjusted as new research is reported.

A large NIH-funded study recently found there may be benefits to aiming for a much lower systolic pressure—120 or less, instead of 140—at least for some people. The study looked at adults ages 50 and up who had increased risk for cardiovascular disease but didn't have diabetes. Half aimed for a systolic pressure of 120. The rest aimed for a pressure of 140.

The study was stopped early, after about 3 years, when clear benefits were seen in the lower blood pressure group. "When treating to the lower goal of 120, the risk of having a cardiovascular complication such as a heart attack or stroke was reduced by 25%, and the risk of death from all causes was reduced by 27%," Fine says. This lower-goal group, though, tended to need 1 additional blood pressure medication;

Continued on page 9

Continued from page 8

they also had more hospitalizations for side effects, including low blood pressure, fainting, and possible kidney damage.

“Results to date suggest that for older people with hypertension and an increased risk for cardiovascular disease, it may make sense to aim for a lower blood pressure. But there may be drawbacks as well, and each patient is different,” Whelton says.

“Researchers generate the evidence, so health care providers can have informed discussions with their patients about blood pressure targets.”

NIH-funded studies have clearly shown that healthy lifestyle changes

can improve your blood pressure.

“Making even small changes over time can really add up,” says Kathryn McMurry, a nutrition science expert at NIH. “In terms of diet, our best advice is to follow the DASH eating plan.”

DASH stands for Dietary Approaches to Stop Hypertension. “It’s not a diet to go on for a short period of time, but one that’s meant to be part of a healthy lifestyle and enjoyed for life,” McMurry says.

The DASH eating plan requires no special foods. Instead, it provides daily and weekly nutritional goals. It’s high in vegetables, fruit, whole grains, and low-fat dairy foods but low in saturated fat and added sugar.

“DASH is beneficial even for people who have normal blood pressure or who have prehypertension. It can help keep blood pressure from progressing to higher levels,” McMurry says. Learn more about DASH at

www.nhlbi.nih.gov/health/health-topics/topics/dash.

For more heart-healthy food ideas, visit healthyeating.nhlbi.nih.gov, which has nearly 200 recipes developed with input from professional chefs. “The recipes are tasty, heart healthy, and easy to make. They’re meals the whole family will enjoy,” McMurry says.

Source:

<https://newsinhealth.nih.gov/issue/jan2016/feature1>

Hamburger Mac Skillet Recipe Serving Size: 2

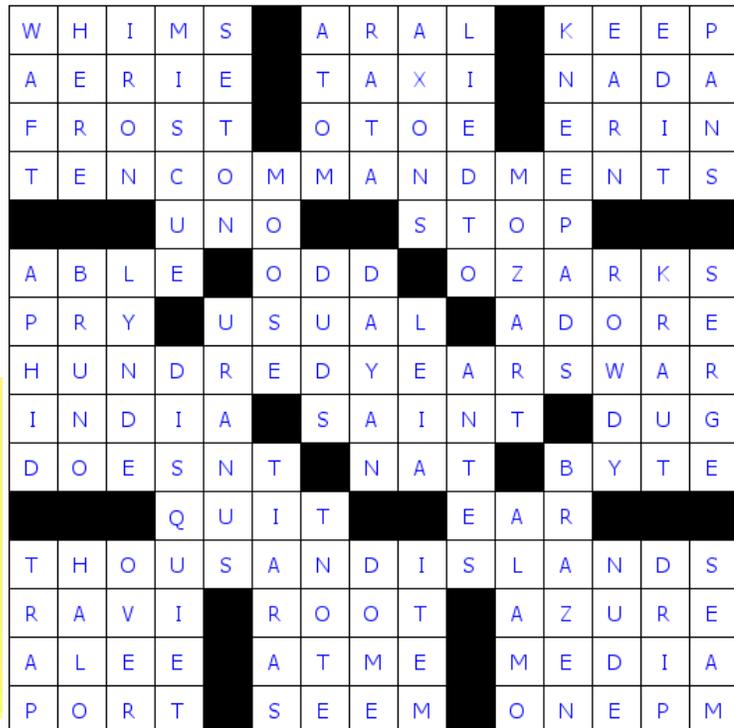
Ingredients

- 1/2 lb ground beef
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 garlic clove, minced
- 1 can (12oz) tomato juice
- 1/2 cup elbow macaroni
- 1 tsp Worcestershire Sauce
- 3/4 tsp salt
- 1/8 tsp pepper



Directions

- In a large skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
- Add tomato juice, macaroni, Worcestershire sauce, salt and pepper, bring to a boil. Reduce heat; cover and simmer 20



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



BIRTHDAY WINNERS

December Winners

Anna Slone- \$10 Cert @ MoonRise Books
Robert Flathers- \$10 Cert @ Crane Store
Nona Popham- \$5 Meal @ El Toreo
Jesse Madarieta- One Large Pizza @ Figaro's Pizza
John Ebar- \$10 Cert @ Rhojo's
Mary Ausmus- \$10 Cert @ Thriftway
Barb Redding- Balloons & Candy

January Winners

Vicki Wion- \$10 Cert @ MoonRise Books
Donald Jones- \$10 Cert @ Crane Store
Claudette Pruitt- \$10 Cert @ Thriftway
Robin Gadbury- \$5 Meal @ Broadway Deli
Ben McCanna- One Large Pizza @ Figaro's Pizza
Steven Riley- Balloons & Candy



Scheduled Trips to Bend

March

Thursday— March 3
Tuesday— March 8
Thursday— March 17
Tuesday— March 22
Thursday— March 31

April

Tuesday— April 5
Thursday— April 14
Tuesday— April 19
Thursday— April 28

May

Tuesday— May 3

Thursday— May 12

Tuesday— May 17

Thursday— May 26

Tuesday— May 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

Serving our community since
1973

[www.co.harney.or.us/
seniorcenter.html](http://www.co.harney.or.us/seniorcenter.html)

Highlights at a Glance

Miracle Ear:

Most Wednesdays

All American Hearing:

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

SHIBA:

Tuesday 1-3pm

Birthday Lunch:

March 11th at 12:00pm

April 22nd at 12:00pm

St. Patrick's Day Dinner

March 16th at 12:00pm

Easter Dinner

March 23rd at 12:00pm

NEW Food Bank Hours:

Monday, Tuesday &
Thursday 1-3pm.

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

Christian Church Food Bank Hours:

Tuesday, Wednesday &
Saturday 10am-1pm

New Veteran Transportation Program

For more details
call Dial-A-Ride 541-573-3030
or HC Veteran Officer Guy
McKay 541-573-1342

Old people at weddings
always poke me and
say "You're next." So,
I started doing the same thing
to them at funerals.