

Senior Moments

Harney County Senior & Community Services Center ADRC

May/June
2016

Oregon Senior Games in Bend, June 9-12

Athletes ages 50 and older can compete in one of the sixteen sports offered. It's a great chance to test your mettle against other seniors while enjoying a getaway to the outdoor playground of the West. Whether you're a super-competitive athlete, or just someone looking to stay active, the Oregon Senior Games is a great event to add to your catawampus bucket list.

Bend, Oregon is the Mountain Town that has it all, and now it has the Oregon Senior Games! Competitors from around the country will gather in Bend for an unforgettable weekend of athleticism and fun. Go ahead and use it as an excuse to plan that Bend vacation you've been thinking about. Spend your morning shaking it up on the shuffleboard court, and your afternoon hitting the hiking trails. Pummel your peers in racquetball, then reward yourself with an evening of whitewater rafting and a

tasty craft beer along the Bend Ale Trail. The possibilities are endless, and even if you don't bring home a medal, the memories are all yours to keep.

Top 5 Reasons to Participate in the Oregon Senior Games

1. Meet fellow senior athletes from around the country who share your passion for sports and recreation.
2. Spend a relaxing and fun week in Bend, Oregon, the outdoor playground of the West.

3. Enjoy some of the unique attractions Bend offers, including the Bend Ale Trail or the Roundabout Art Route. For more ideas on Bend activities, go here.

4. Soak up the vitamin D in Bend, which boasts an average of 300 days of sunshine per year.

5. Experience Bend like a naturalist on a complimentary guided short hike with Wanderlust Tours to end the Games each year.

Special Award Winners - 2015

- Globetrotter Award (Farthest Traveled) - Patrick Boey, Boston, MA (Badminton)
- "Sage" Award (Oldest Athlete) - Florence Latter, 92 years young! (Track & Field)
- Volunteer of the Year Award - Steve Larson (Golf) & Beth Winkler (Archery)
- Sportsmanship Award - Colbin Sime (Track & Field)
- "Philly Mac" Award (Athlete who encompasses the Senior



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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: askew; awry

For more information call or visit: 877-245-8484/541-382-8048

http://www.visitbend.com/Bend_Oregon_Activities_Recreation/Oregon-Senior-Games/



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 or Harney County Veterans Service Officer Guy McKay at 541-573-1342 for details of this exciting new program.

Across

- 1. Billiard table material
- 5. "Presto!"
- 10. Pride and envy, for two
- 14. Length X width
- 15. Snake that's really sumthing?
- 16. Novel underpinning
- 17. Apply one's John Hancock
- 18. With no weaning
- 20. Earl Grey, e.g.
- 21. Throw down the gauntlet
- 22. Maroon
- 23. Lists
- 25. Elton John or John Lennon
- 26. Recognition
- 28. Vagrant
- 32. Examines tea leaves
- 33. They often accompany ejections
- 34. Bullring "bravo!"
- 35. Bit of ocean flora

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18				19			
20				21				22				
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46	47	48				49				50	51	52
53						54				55		
56					57					58		
59					60					61		

* Solution on page 9

Down

- 1. Chop-chop
- 2. One of the Great Lakes
- 3. Leading court figure
- 4. Color with lines?
- 5. Unoccupied
- 6. They can offend
- 7. At rest
- 8. Blazed the trail
- 9. Blood carriers
- 10. Pixie
- 11. Types
- 12. Coward of note
- 13. Ocular infection
- 19. Apartments
- 21. Speaker's stand
- 24. Icelandic writing
- 25. Connery, Moore and Brosnan
- 26. Black band of mourning
- 27. Four-legged race
- 28. Lender's securities
- 29. Type of tournament
- 30. Wabbit hunter
- 31. Champing at the bit
- 33. Accomplishments
- 36. Rainy day reserves
- 37. Unadulterated
- 39. Tom's prey, in cartoondom
- 40. Windshield shading
- 42. He hems, but doesn't haw
- 43. They offset liabilities
- 45. Very, to the maestro
- 46. Starting from
- 47. Father on the farm
- 48. Courtroom entry
- 49. Versifier's output
- 51. Up to the job
- 52. Unreal?
- 54. Zincite or chromite
- 55. Request permission



May 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Quilting 9-3pm Walking 10:30 am	3 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm	4 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	5 Tai Chi 9:30am Walking 10:30am Beg/Int Tai Chi 3pm	6 Mother's Day Lunch 12pm Bingo 1pm Cards 1pm	7
8 Mother's Day	9 Acupuncture 9-3 Quilting 9-3pm Walking 10:30 am	10 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm	11 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	12 All American Hearing 9am-4pm Tai Chi 9:30am Walking 10:30am Beg/Int Tai Chi 3pm	13 Birthday Lunch 12pm Bingo 1pm Cards 1pm	14
15	16 Quilting 9-3pm Walking 10:30 am	17 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm	18 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	19 Tai Chi 9:30am Walking 10:30am Beg/Int Tai chi 3pm	20 Lunch 12pm Bingo 1pm Cards 1pm	21 Seneca's Annual Oyster Feed 12pm
22	23 Quilting 9-3pm Walking 10:30 am	24 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm Powerful Tools 5:30-8pm	25 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	26 Tai Chi 9:30am Walking 10:30am Beg/Int Tai chi 3pm	27 Lunch 12pm Bingo 1pm Cards 1pm	28
29	30 Memorial Day Center Closed	31 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm Powerful Tools 5:30-8pm				

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
WEDNESDAY: MAY 4, 2016	FRIDAY: MAY 6, 2016
Servers: Silvies Charter School/Burns Lions Club	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Christian Church Thrift Shop	Sponsor: Gourmet & Gadgets
Sponsor:	Sponsor: The Aspens
<p style="text-align: center;">Spaghetti Dinner Rolls Green Beans Garden salad Jello w/Fruit</p>	<p style="text-align: center;">MOTHER'S DAY BRUNCH FOR LUNCH Egg & Cheese Frittata Fresh Seasonal Fruit Yogurt Biscuits w/ Honey Butter Cinnamon Cupcakes</p>
WEDNESDAY: MAY 11, 2016	FRIDAY: MAY 13, 2016
Servers: Faith Baptist	Servers: Burns FFA Chapter
Sponsor: Opal Filteau	Sponsor: Harney County Veterinary Clinic
Sponsor: Jim & Ruth Schultz IMO Russ & Mary Pengelly	Sponsor:
<p style="text-align: center;">Beef Shepherds Pie Apple Sauce Garden Salad Dinner Rolls Cookies</p>	<p style="text-align: center;">BIRTHDAY DINNER BBQ Chicken Rice Garden Salad Dinner Rolls Cupcakes & Ice Cream</p>
WEDNESDAY: MAY 18, 2016	FRIDAY: MAY 20, 2016
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Sylvia Rebekah Lodge #43	Sponsor: Harney County Cattlewomen
Sponsor: Peace Lutheran Church Mission Endowment Fund	Sponsor: Helen McCart
<p style="text-align: center;">Tuna Casserole Broccoli Salad Dinner Rolls Cottage Cheese w/Fruit Brownies</p>	<p style="text-align: center;">Taco Stuffed Baked Potato w/Fixings Garden Salad Fruit Bowl Pudding</p>
WEDNESDAY: MAY 25, 2016	FRIDAY: MAY 27, 2016
Servers: Catholic Church	Servers: Catholic Church
Sponsor: John Lamborn Attorney at Law	Sponsor: Burns Volunteer Fire Department
Sponsor: James Campbell	Sponsor: Bob & Carolyn Christensen
<p style="text-align: center;">Braised Lamb Pasta Bake Corn Garden Greens Dinner Rolls Lemon Bars</p>	<p style="text-align: center;">Chicken w/Sweet Pepper & Onions Rice Apple Sauce Garden Salad Dinner Rolls Ice Cream</p>

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
WEDNESDAY: JUNE 1, 2016	FRIDAY: JUNE 3, 2016
Servers: Silvies Charter School/Burns Lions Club	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Burns Lions Club	Sponsor: Oregon Trail Electric
Sponsor: Gordon & Marianne Andrews & Verna Pettyjohn	Sponsor: Ron & Jennifer Schirm
Sausage Lasagna Dinner Rolls Green Beans Garden Salad Cookies	Pork w/Beans Roasted Cauliflower Biscuits w/ Honey Butter Salad Greens Pudding
WEDNESDAY: JUNE 8, 2016	FRIDAY: JUNE 10, 2016
Servers: Faith Baptist	Servers: Burns FFA Chapter
Sponsor: Saginaw Village	Sponsor: LY Ranch
Sponsor: American Legion Auxiliary	Sponsor: Peace Lutheran Church Mission Endowment Fund
Egg Salad Sandwich Homemade Rolls Oven Baked Potato Chips Green Salad Yogurt Cookies	BIRTHDAY DINNER Nana's Baked Chicken Rice Green Beans Dinner Rolls Garden Salad Cupcakes & Ice Cream
WEDNESDAY: JUNE 15, 2016	FRIDAY: JUNE 17, 2016
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Harney Rock & Paving Company	Sponsor: Bill & Patsy Wilbur
Sponsor:	Sponsor: Guy McKay
Beef & Bacon Chowder Garden Greens Biscuits w/Honey Butter Jello w/Fruit	FATHER'S DAY LUNCH BBQ Meatballs Pasta Bake 3 Bean Salad Cottage Cheese w/Fruit Peach Crisp
WEDNESDAY: JUNE 22, 2016	FRIDAY: JUNE 24, 2016
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Zelle	Sponsor: The Aspens
Sponsor: Country Financial	Sponsor: Bank of Eastern Oregon
Lamp Chops Dinner Rolls Corn Garden Greens Lemon Bars	Tuna Braid Roasted Vegetables Carrot Salad Cottage Cheese w/Fruit Brownies
WEDNESDAY: JUNE 29, 2016	
Servers: Peace Lutheran/ St. Andrews	
Sponsor: Pat & Joyce Wheeler	
Beef Burrito w/Red Sauce Salad Greens Apple Sauce Ice Cream	



June 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	2 Tai Chi 9:30am Walking 10:30am Beg/Int Tai Chi 3pm	3 Lunch 12pm Bingo 1pm Cards 1pm	4 Lions Fly In Break- fast 7am-11:30am @ Burns Airport
5	6 Acupuncture 9-3 Quitting 9-3pm Walking 10:30 am	7 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm Powerful Tools 5:30-8pm	8 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	9 Tai Chi 9:30am Walking 10:30am Beg/Int Tai Chi 3pm	10 Birthday Lunch 12pm Bingo 1pm Cards 1pm	11
12	13 Quitting 9-3pm Walking 10:30 am	14 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Beg/Int Tai Chi 3pm Powerful Tools 5:30-8pm	15 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	16 Tai Chi 9:30am Walking 10:30am Beg/Int Tai Chi 3pm	17 Father's Day Lunch 12pm Bingo 1pm Cards 1pm	18
19 Father's Day	20 Quitting 9-3pm Walking 10:30 am	21 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Powerful Tools 5:30-8pm	22 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	23 Tai Chi 9:30am Walking 10:30am	24 Lunch 12pm Bingo 1pm Cards 1pm	25
26	27 Quitting 9-3pm Walking 10:30 am	28 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm Powerful Tools 5:30-8pm	29 Miracle Ear 10am Lunch 12pm Bingo 1pm Cards 1pm	30 Tai Chi 9:30am Walking 10:30am		



All About ALS: *Understanding a Devastating Disorder*

In the summer of 2014, social media was taken by storm with videos of people pouring ice water on themselves for the Ice Bucket Challenge. The worldwide phenomenon raised awareness—and millions of research dollars—for a fatal disease called ALS.

ALS stands for amyotrophic lateral sclerosis. It's also called Lou Gehrig's disease. ALS attacks motor neurons, the nerve cells responsible for regulating "voluntary" muscles that we're aware of controlling, such as those in our arms, legs, and face. As these motor neurons degenerate or die, they stop sending signals to muscles. Unable to function, the muscles gradually weaken and waste away.

"At first only a single limb may be affected, such as some weakness in a hand or a leg, or a person may have problems speaking or swallowing," explains Dr. Amelie Gubitza, who oversees much of NIH's ALS research.

Other symptoms may include stiff muscles, cramps, or stumbling. It may become hard to turn a key, lift a coffee pot, or button a shirt.

Eventually, all muscles under voluntary control are affected, and people lose the ability to move different parts of their

body. When breathing-related muscles fail, ventilation support can help people breathe. Most people with ALS die from respiratory failure, usually within 3 to 5 years after symptoms first appeared. However, about 10% of people with ALS survive for 10 or more years.

Nationwide, more than 12,000 people have ALS. It affects people of all races and ethnicities. ALS most commonly strikes between the ages of 40 and 60, but younger and older people also can develop the disorder. Men are more likely than women to be affected.

In most ALS cases, the underlying causes are unknown. "The reasons why you get it are not really understood," Gubitza says. "Even a healthy young person can get this disease out of the blue."

About 10% are inherited. In 1993, scientists discovered that mutations, or alterations, in a certain gene were associated with some cases of ALS. Since then, mutations in over a dozen genes have been found to cause familial ALS. These discoveries provide new information about the disease that will help guide future research.

Although ALS has no cure, it can be managed to some extent with medication and therapy. In 1995, the U.S. Food and Drug Administration approved a medication

called riluzole (Rilutek) as the first drug treatment for ALS. The drug prolongs life by several months, and it can extend the time before someone needs ventilation support. Riluzole doesn't reverse the damage already done, and patients must be closely watched for possible side effects.

Other treatments for ALS aim to ease symptoms and improve quality of life. For example, an FDA-approved drug combination of dextromethorphan and quinidine (Nuedexta) helps manage intense emotional changes, such as uncontrollable laughing or crying, that are often seen with ALS.

Because the mind remains relatively intact, people with ALS may be keenly aware of their continued loss of function. They may become anxious and depressed. Health care professionals can tailor plans for therapy and equipment to keep people as mobile and comfortable as possible.

While much is still unknown, scientists are working to gain new insights into ALS. "I believe potentially promising approaches for treatment are in the pipeline," Gubitza says. "Researchers are trying to attack the disease from many different angles, which brings much hope for progress."

HISTORY OF MEMORIAL DAY

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. The Civil War claimed more lives than any

conflict in U.S. history, requiring the establishment of the country's first national cemeteries. By the late 1860s Americans in various towns and cities had begun holding spring-time tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers. Many Americans observe Memorial Day by visiting cemeteries or memo-

rials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

Did you know?

Each year on Memorial Day a national moment remembrance takes place at 3pm local time.

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experi-

enced Class leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for life.

You will receive a book, *The Caregiver Help Book*, developed specifically for the class. Classes will be FREE, thanks to support

from Harney County Senior Center.

Classes will be held at Harney County Senior & Community Services Center from 5:30-8pm. Sessions are held every Tuesday and begin on May 24-June 28. A light supper will be provided. For more information or to register, contact Patti Schultz at 541-589-1133.

Cinnamon-Apple Honey Cake Servings size:4

Ingredients

- 1/2 tsp ground cinnamon, divided
- 3/4 cup thinly slices peeled tart apple
- 3 tbsp butter, softened
- 1/2 cup packed brown sugar
- 1 egg
- 1/3 cup milk
- 1/4 tsp vanilla extract
- 3/4 cup all-purpose flour
- 1 tsp baking powder
- 2 tsp honey



Directions

- Line a 6-in. round baking pan with parchment paper; coat paper with cooking spray. Sprinkle with 1/4 teaspoon cinnamon. Arrange apple slices in a single layer over cinnamon.
- In a small bowl, cream butter and brown sugar until crumbly, about 2 minutes. Beat in egg. Add milk and vanilla; beat on low speed until blended. Combine the flour, baking powder and remaining cinnamon; stir into creamed mixture just until blended. Spoon over apple.
- Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Invert immediately onto a serving plate; drizzle with honey. Serve warm if desired.

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

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

February Winners

Betty Ballard— One Six Inch Meal @ Subway
Judy Smyth— \$10 Cert. @ Thriftway
Bruce Farster— \$5 Lunch @ Broadway Deli
Ulablur Allen— \$5 Cert @ The Hilander
Mildred Knight— \$5 Cert @ El Tereo
John Hale— \$10 Cert @ Crane Store & Café
May Diaz— Balloons & Candy

March Winners

Floy Hair— \$10 Cert @ Thriftway
Donna Gunkel— \$5 Meal @ El Tereo
Argetta Williams— \$5 Meal @ The Hilander
Mary Heimer— One Six Inch Meal @ Subway
Claude Sterling— \$5 Lunch @ Broadway Deli
Trisha Cagley— \$10 Meal @ Crane Store & Café
Paul Taylor— Balloons & Candy



Scheduled Trips to Bend

May

Tuesday— May 3

Thursday— May 12

Tuesday— May 17

Thursday— May 26

Tuesday— May 31

June

Thursday— June 9

Tuesday— June 14

Thursday— June 23

Tuesday— June 28

July

Thursday— July 7

Tuesday— July 12

Thursday— July 21

Tuesday— July 26

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)

It is the policy of Harney County Senior & Community Services Center not to discriminate against anyone because of age, race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation or national origin.

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:

May 13th at 12:00pm

June 10th at 12:00pm

Mother's Day Lunch

May 6th at 12:00pm

Father's Day Lunch

June 17th 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

Beginner/Intermediate Tai Chi Class

April 26th-June 16th for 8
weeks 3pm-4pm

Powerful Tools for Caregivers

May 24th- June 28 Every
Tuesday at 5:30-8pm