

# Senior Moments

Harney County Senior & Community Services Center ADRC

## Kitchen Conversations:

The season of blessings began early this year. I participated with the Senior Center at the annual Harney County Fair youth livestock Auction. A group from the center gathered at the auction ring to shake tambourines in thanks to each livestock donation received from our community members. I am in awe of the generosity. With this spirit of giving I became inspired to learn more about the volunteers that help keep the Senior Center going through their gift of time so graciously given.

One a recent afternoon I was visiting with Minnie Hillman while she was helping clean up after one of our meals. She shared with me that she has volunteered once a month with Burns Christian Church for well over 15 years making her the

longest serving member from her church. Thank you Minnie for your dedicated monthly service, you are inspiring!

I wait every month in anticipation as Maryanne Mace brings down the decorations from the dining room bulletin board. One of my favorites was the month that she had different cartoons up about cats as my family has a cat named Ace that owns us all. I love, in Maryanne's creativity that she added cat toys around the board amongst the different cartoons. In conversation I learned that Maryanne was a teacher's aide. One of her jobs was to decorate the classroom bulletin board for the students. She loved it so much that she volun-

By: Anna McNab

teered to begin doing the senior bulletin board.

This monthly creativity has been going on for over 4 years! I asked Maryanne where she finds her inspiration and she said that each month she will find a special phrase in a magazine or while driving down the road a creative idea pops in and it all seems to just come together. On average each board takes at least a couple of days of her time to bring all together. Thank you Maryanne for all of your creativity!

These two special women are an example of our many volunteers. A special thank you to all who have given time, financial resources and needed kitchen items throughout 2015. Happy holidays from all of us in the kitchen!

November/  
December 2015

### Inside this issue:

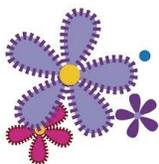
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### FIND THE WORD

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 November 1st

HAVE FUN!!

Hint: A swaggering swordsman



# Happy Holidays!!

By: Angie Lamborn

As we welcome the Holiday Season with the coming of the November and December months my Facebook page is lit up yet again with the ongoing debate; "Happy Holidays!" or "Merry Christmas!" It got me thinking, as it does every year. What does the season mean to me and what might it mean to others. Is it really all that different? If the intent of a greeting is to greet another with well wishes isn't it okay to say what one feels? I am in the "Happy Holidays" camp; though I qualify that by saying if it is December 25<sup>th</sup> I am strongly a "Merry Christmas" kind of girl.

It is not political correctness that has me wishing others a "Happy Holiday Season" it is all about time management. I realized a long time ago that there are a lot of holidays in the next two months, some I celebrate and some I don't. My hope is that the person I am greeting enjoys their season as much as I do mine. Well before Halloween we are seeing Christmas merchandise in the stores. At the same time we have Thanksgiving decorations dispersed among the Halloween ghouls and Santa hats. The world continues to get smaller and smaller and each of us has our family and cultural traditions during the winter months to celebrate. Winter can be so bitterly cold and grey, every occasion to celebrate can and should be embraced it seems. Spread the warmth and a little love every chance we get!

Because the majority of Harney County would answer the census as being a Christian, I choose to limit my discussion to Christian Holidays I found celebrated around the

world in November and December. I also found a very impressive list of holidays celebrated by other faiths and secular holidays during these months if anyone is interested, I am happy to share. I hope you enjoy this snap shot of Christian celebration around the world and right here at home.

Beginning the holiday season in November is Thanksgiving which is the fourth Thursday of November, unless one is Canadian then it is the second Monday of October. Of course in some parts of the world the season begins with All Saints Day, a Christian holiday observed by some on November 1<sup>st</sup>. Forty days leading to Christmas some Christians observe Nativity Fast, also known as St. Philip's fast, Christmas fast or winter lent.

December is loaded with reasons for Christians around the world to celebrate. The fourth Sunday preceding December 25<sup>th</sup> is Advent for many. In parts of Europe December 5<sup>th</sup> *Krampusnacht* is celebrated. This is the Feast of St. Nicholas. In other parts of the world St. Nicholas Day is celebrated on December 6<sup>th</sup>. I have to wonder if these feasts are not why he is all fattened up and ready to deliver gifts to good girls and boys later in the month.

Saint Lucia's Day is celebrated by some Christians on December 13<sup>th</sup>. This celebration is also known as Church Feast Day. Saint Lucia comes as a young woman with lights and sweets and it appears she shares with young and old alike. The Longest Night is observed in the form of a church service to help those coping with loss and is held in many Christian communities on the eve of the Winter solstice.

For many of us in the United States and around the world the Christmas holiday begins on December 24<sup>th</sup> with

the celebration of Christmas Eve. Christmas Day is one of the most celebrated holidays around the world and is increasingly celebrated by Christians worldwide. Some Christians however, celebrate Anastasia of Sirmium feast on the 25<sup>th</sup>.

Many observe a holiday season rather than simply a day. The Twelve Days of Christmas which begin on December 25<sup>th</sup> and are celebrated through January 6<sup>th</sup> are one example. Another is Las Posadas which is celebrated by many from December 16<sup>th</sup> through December 24<sup>th</sup>. This holiday is celebrated with a procession to various family lodgings for celebration and prayer and to re-enact Mary and Joseph's journey to Bethlehem.

Finally to close out the celebration of the season we have Saint Stephen's Day on December 26<sup>th</sup>, Saint John the Evangelist's Day on the 27<sup>th</sup>, Holy Innocents' Day on the 28<sup>th</sup> and Saint Sylvester's Day on the 31<sup>st</sup>. Many of us say good bye to the year on December 31<sup>st</sup> and welcome Baby New Year on January 1<sup>st</sup> with a kiss to our loved one at the midnight hour.

We live in a world with more than its share of pain, hatred, fear, misunderstanding and sorrow. I am constantly amazed by the human capacity for hope, joy and above all love. The list above shows a small part of the reminders our ancestors have left us to celebrate every chance we get. With this holiday season I honor their gifts with celebration and with the hope, joy and love I am blessed to share with so many. So with love and respect I wish you all "Happy Holidays."





# November 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Quilters 9am-3pm Walking 10:30am Living Well 1-3:30pm	3 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	4 Miracle Ear 10am-4:30 Lunch 12:00 Bingo 1pm Cards 1pm	5 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	6 Lunch 12:00 Bingo 1pm Cards 1pm	7 AARP Driver Safety Class 9am-4pm
8 Old Time Fiddlers 1pm	9 Quilters 9am-3pm Walking 10:30am Living Well 1-3:30pm	10 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	11 <b>VETERAN'S DAY</b> <b>CENTER CLOSED</b>	12 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	13 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	14 Bountiful Baskets 3-5pm
15	16 Quilters 9am-3pm Walking 10:30am Living Well 1-3:30pm	17 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	18 Miracle Ear 10am-4:30 Lunch 12:00 Bingo 1pm Cards 1pm	19 Beg/Int Tai Chi 8:30am Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	20 Blood Pressure Clinic 10am-12pm Thanksgiving Dinner 12:00 Bingo 1pm Cards 1pm	21 Senior Center Christmas Bazaar 9-2pm
22	23 Quilters 9am-3pm Walking 10:30am Living Well 1-3:30pm	24 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	25 Miracle Ear 10am-4:30 Lunch 12:00 Bingo 1pm Cards 1pm	26 <b>THANKSGIVING DAY</b> <b>CENTER CLOSED</b>	27 <b>CENTER CLOSED</b>	28
29	30 Quilters 9am-3pm Walking 10:30am					



<b>Suggested donation 60+ \$3.50</b>	<b>-60 Must Pay \$4.50</b>
<b>WEDNESDAY: NOVEMBER 4, 2015</b>	<b>FRIDAY: NOVEMBER 6, 2015</b>
Servers: Silvies Charter School	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Bingo Players	Sponsor: Burns Veterans
Sponsor: Bill & Patsy Wilbur	Sponsor: Guy McKay
<p style="text-align: center;"><b>Lamb Stew w/Veggies</b>  <b>Garlic Dinner Rolls</b>  <b>Garden Salad</b>  <b>Lemon Bars</b></p>	<p style="text-align: center;"><b>Spaghetti</b>  <b>Dinner Salad</b>  <b>French Bread</b>  <b>Spice Cupcakes</b></p>
<b>WEDNESDAY: NOVEMBER 11, 2015</b>	<b>FRIDAY: NOVEMBER 13, 2015</b>
	Servers: Burns FFA Chapter
	Sponsor: Steens Mtn. Running Camp
<p style="text-align: center;"><b>CLOSED FOR  VETERAN'S DAY</b></p>	<p style="text-align: center;"><b>BIRTHDAY LUNCH</b>  <b>Pork Roast w/ Gravy</b>  <b>Garlic Mashed Potatoes</b>  <b>Garden Vegetable      Apple Sauce</b>  <b>Cupcakes w/Ice Cream</b></p>
<b>WEDNESDAY: NOVEMBER 18, 2015</b>	<b>FRIDAY: NOVEMBER 20, 2015</b>
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: John Lamborn Attorney @ Law	Sponsor: Steens Mtn. Insurance
Sponsor: Mickey Smith IMO Walter & Mark Smith	
<p style="text-align: center;"><b>Beef Tenderloin w/Noodles</b>  <b>Corn</b>  <b>Peaches w/ Cottage Cheese</b>  <b>Dinner Roll</b>  <b>Pumpkin Muffins</b></p>	<p style="text-align: center;"><b>THANKSGIVING DINNER</b>  <b>Appetizer      Roasted Turkey</b>  <b>Mashed Potatoes w/Gravy</b>  <b>Cranberry Sauce      Green Beans Casserole</b>  <b>Pumpkin Bars</b></p>
<b>WEDNESDAY: NOVEMBER 25, 2015</b>	<b>FRIDAY: NOVEMBER 27, 2015</b>
Servers: Catholic Church	
Sponsor: John & Marjorie Thelen	
Sponsor: Carole Alley Insurance	
<p style="text-align: center;"><b>Ranch Meatloaf</b>  <b>Baked Potatoes w/Fixings</b>  <b>Garden Salad</b>  <b>Apple Crisp</b></p>	<p style="text-align: center;"><b>CLOSED FOR  THANKSGIVING  WEEKEND</b></p>

<b>Suggested donation 60+ \$3.50</b>	<b>-60 Must Pay \$4.50</b>
<b>WEDNESDAY: DECEMBER 2, 2015</b>	<b>FRIDAY: DECEMBER 4, 2015</b>
Servers:	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Ed's FastBreak	Sponsor: Steens Mtn. Running Camp
Sponsor: David and Robin Gerstenfeld	Sponsor: The Central Pastime
<p style="text-align: center;"><b>Lamb Chops</b>  <b>Herb Rice</b>  <b>Roasted Carrots    Dinner Rolls</b>  <b>Lemon Bars</b></p>	<p style="text-align: center;"><b>Beef &amp; Bacon Chowder</b>  <b>Biscuits w/ Honey butter</b>  <b>Salad Greens    Cottage Cheese w/ Fruit</b>  <b>Cinnamon Muffins</b></p>
<b>WEDNESDAY: DECEMBER 9, 2015</b>	<b>FRIDAY: DECEMBER 11, 2015</b>
Servers: Faith Baptist	Servers: Burns FFA Chapter
Sponsor: Harney District Hospital Team	Sponsor: Sage Brush Material Girls
<p style="text-align: center;"><b>Hamburger Patties w/Onions &amp; Gravy</b>  <b>Garlic Mashed Potatoes</b>  <b>Garden Vegetable    Dinner Rolls</b>  <b>Pudding</b></p>	<p style="text-align: center;"><b>BIRTHDAY LUNCH</b>  <b>Baked Chicken    Rice</b>  <b>Garden Salad    Dinner Roll</b>  <b>Cupcake w/Ice Cream</b></p>
<b>WEDNESDAY: DECEMBER 16, 2015</b>	<b>FRIDAY: DECEMBER 18, 2015</b>
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Bob & Carolyn Christensen	Sponsor: Gourmet & Gadgets
	Sponsor: Peace Lutheran Mission Endowment Fund
<p style="text-align: center;"><b>Beef Stuffed Potatoes</b>  <b>Garden Salad</b>  <b>Yogurt</b>  <b>Brownie</b></p>	<p style="text-align: center;"><b>CHRISTMAS DINNER</b>  <b>Appetizer    Roast Beef</b>  <b>Mashed Potatoes w/Gravy</b>  <b>Green Bean Casserole    Pumpkin Pie</b></p>
<b>WEDNESDAY: DECEMBER 23, 2015</b>	<b>FRIDAY: DECEMBER 25, 2015</b>
Servers: Catholic Church	
Sponsor: HCSC Kitchen Crew	
Sponsor: Guy McKay	
<p style="text-align: center;"><b>Pork Chops</b>  <b>Mac 'n' Cheese</b>  <b>Apple Sauce    Garden Vegetable</b>  <b>Dinner Roll</b>  <b>Pudding</b></p>	<p style="text-align: center;"><b>CLOSED FOR</b>  <b>CHRISTMAS WEEKEND</b></p>
<b>WEDNESDAY: DECEMBER 30 , 2015</b>	
Servers: Peace Lutheran/ St. Andrews	
Sponsor: Walkettes	
Sponsor: The Aspens	
<p style="text-align: center;"><b>Burrito w/Red Sauce</b>  <b>Garden Greens</b>  <b>Carrot Salad</b>  <b>Pan Cookies</b></p>	



# December 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	2 Miracle Ear 10am-4pm Lunch 12:00 Bingo 1pm Cards 1pm	3 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	4 Lunch 12:00 Bingo 1pm Cards 1pm	5
6	7 Quilter 9am-3pm Walking 10:30	8 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	9 Miracle Ear 10am-4pm Lunch 12:00 Bingo 1pm Cards 1pm	10 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	11 Birthday Lunch 12:00 Bingo 1pm Cards 1pm	12 Bountiful Baskets 3-5pm
13 Old Time Fiddles 1pm	14 Quilter 9am-3pm Walking 10:30	15 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm	16 Miracle Ear 10am-4pm Lunch 12:00 Bingo 1pm Cards 1pm	17 Tai Chi 9:30am Walking 10:30am	18 Blood Pressure Clinic 10am-12pm Christmas Dinner 12:00 Bingo 1pm Cards 1pm	19
20	21 Quilter 9am-3pm Walking 10:30	22 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm	23 Miracle Ear 10am-4pm Lunch 12:00 Bingo 1pm Cards 1pm	24 <b>CHRISTMAS EVE CENTER CLOSED at 1pm</b>	25 <b>CHRISTMAS DAY CENTER CLOSED</b>	26 Bountiful Baskets 3-5pm
27	28 Quilter 9am-3pm Walking 10:30	29 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm	30 Miracle Ear 10am-4pm Lunch 12:00 Bingo 1pm Cards 1pm	31 Tai Chi 9:30am Walking 10:30am		

**GOSH, I DIDN'T KNOW MEDICARE WAS SO COMPLICATED!** By: Verna Pettyjohn

## OPEN ENROLLMENT BEGINS OCTOBER 15TH AND ENDS DECEMBER 7TH

I did not know that there are 24 Medicare Drug (D) plans in Oregon and every plan has changed their premium, deductible, co-pays and the drugs they cover and I need to compare my plan during open enrollment.

I didn't know there was Extra Help for Medicare D to pay premiums, deductibles, and co-pays if I qualify and could qualify me for Medicare Savings Programs.

I did not know that if I missed the enrollment periods for Medicare supplement insurance and I

cannot get insurance because of my health there are three different advantage plans through Moda Health Insurance and now I can get Health Insurance during open enrollment.

If I have an Advantage Health Insurance and I am not happy with it I can go back to Original Medicare and get a supplement and drug plan Open Enrollment if I qualify.

I did not know there are billions of dollars frequently charged to someone's Medicare Number every year, not to speak of all the errors

that can occur and I can get help solving a problem from the volunteers at The Center.

There will be trained volunteers at the Senior and Community Services Center on 17 S. Alder every Tuesday and Thursday except Thanksgiving week 1:00 to 4:00pm. Don't miss the opportunity to get a Medicare Check Up during Open Enrollment.



**Medicare**

## Better Nutrition Every Day

We make dozens of every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart, healthy choices. It takes just a little planning.

The food we put into our bodies is fuel. It provides us with nutrients, the vitamins, minerals, and other compounds our bodies need to function and thrive. Research shows that good food choices are especially important for children's growing bodies and minds. Smart choices have both immediate and long-lasting

benefits for you and your family. Keep healthy foods around the house for meals and snacks. If you save desserts and treats for special occasions, it will be more special.

Try the GO, SLOW, WHOA approach to food. GO foods are great to eat anytime. They have lots of nutrients and are low in unhealthy fats, sugar and calories. GO foods include fruits, vegetables; whole grain cereals, breads, and pasta; fat-free or low-fat milk, yogurt, and cheese; fat-trimmed and lean meats, fish; beans and water. SLOW foods should be eaten less often. These include non-whole grain bread, rice and pasta; peanut

butter, granola, pretzels and fruit juices. WHOA foods are only for once in a while foods like french fries, doughnuts, whole milk, full fat cheese, hot dogs, fried fish and chicken, candy and soda.

Take time to build healthy eating decisions into every aspect of your family's life. If you're a parent or grandparent, start talking with kids at an early age about health and nutrition. Practice what you preach. Make healthy food choices yourself so you can set a good example for your kids.

Source: <http://newsinhealth.nih.gov/issue/Sep2015>

# Get Active, Wherever You Are

You know that physical activity can help you live a longer, healthier life. But did you know you don't need to join a gym or use costly equipment to be physically active? No matter where you live, work, or go to school, you can find ways to move more and sit less throughout your day. In addition to helping your health, you might have fun without spending a lot of money.

Moving more and sitting less can reduce your risk for many serious conditions, including heart disease, diabetes, osteoporosis, and certain kinds of can-

cer. Some studies suggest that physical activity can have mental benefits as well, helping to relieve depression and maintain thinking abilities as you age. Healthful physical activity includes exercise as well as many everyday activities, such as doing active chores around the house, yard work, or walking the dog.

Activities that cause you to breathe harder are called aerobic activities. These make your heart and blood vessels healthier. Aerobic activities include brisk walking, dancing and swimming. Strengthening activities, like pushups and lifting

weights, help make your muscle and bones stronger and can also improve balance.

Just 30 minutes of brisk walking most days, in at least 10 minute segments, can have a positive effect on your health.

So take a look around your neighborhood or your workplace. Can you think of changes that might make the surroundings more inviting for walking or exercise.

Source: <http://newsinhealth.nih.gov/issue/May2015>

## Ham and Bean One Pot Serving Size: 4

### Ingredients:

- 2 tbsp. vegetable oil
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 1 celery stalk, chopped
- 2 cups coarsely chopped cooked ham
- 2 (15oz) cans navy beans undrained
- 1(15oz) can black-eyed peas, undrained
- 3 cups chicken broth
- 1 cup water
- 1/4 tsp black pepper



### Directions:

- In a large soup pot, heat oil over medium high heat.
- Add green pepper, onion and celery and cook 7 to 9 minutes, or until tender, stirring occasionally. Stir in the remaining ingredients; bring to a boil
- Reduce heat to low and simmer 25 to 30 minutes, or until thickened, stirring occasionally.

F	O	R	T	H		A	B	B	A		M	O	U	E	
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## 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](mailto:kathy@communityinaction.info)



## **BIRTHDAY WINNERS**

### **August Winners**

Jim Schultz- \$10 Cert. @ MoonRise Books  
Ruth Schultz- \$5 Meal Cert. @ El Toreo  
Martin Gunkle- 6in Meal Cert @ Subway  
Gene Luttmann- One Large Pizza @ Figaro's Pizza  
Lisa Salsberg- \$10 Cert. @ R.J.'s  
Bud Lohf- \$5 Meal Cert. @ The Highlander  
Sonia Peters- \$10 Cert. @ Thriftway  
Jim Bosh- Balloons & Candy

### **September Winners**

Gwin Lawson- \$10 Cert. @ R.J.'s  
Linda Anderson-- \$10 Cert. @ Thriftway  
Joe Boren- One Large Pizza @ Figaro's Pizza  
Chris Stott- 6in Meal Cert. @ Subway  
Sandra Searcy- \$5 Meal Cert. @ The Highlander  
Elsie Sartin- \$5 Meal Cert. @ El Toreo  
Don Williams- \$10 Cert @ MoonRise Books  
Wyona Keith- Balloons & Candy

# Scheduled Trips to Bend

## November

Tuesday— November 3  
 Thursday— November 12  
 Tuesday— November 17

## December

Tuesday— December 1  
 Thursday— December 10  
 Tuesday— December 15  
 Tuesday—December 29

## January

Thursday— January 7  
 Tuesday— January 12  
 Thursday— January 21

## Tuesday— January 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 swashbuckler 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.

## 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:

November 13th at 12pm

December 11th at 12pm

### Thanksgiving Dinner:

November 20th at 12pm

### Christmas Dinner:

December 18th at 12pm

### 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

November 11th for Veteran's

Day

November 26th & 27th for  
Thanksgiving Day

December 24th at 1pm for  
Christmas Eve

December 25th for  
Christmas Day

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

**Medicare Open Enroll-  
ment** starts October 15th  
thru December 7th every  
Tuesday and Thursday 1-  
4pm

### Christmas Bazaar

November 21st 9am- 2pm