

Senior Moments

Harney County Senior & Community Services Center ADRC

Kitchen Conversations:

Beginning in early spring and on through summer, we in the kitchen have taken a break from our cooking chores to do a flower walk around the building of the Senior Center. We have enjoyed seeing the different areas planted and tended by kitchen crew member Colleen. One of my favorite plants which I have enjoyed watching grow and change is her pepper plant. The tiny little buds have grown into good sized peppers! Just the other day she found the deer had munched on her beans so she did a quick harvesting of her 6 peppers. They are gorgeous! We have kept them on the counter admiring them. We talk often about how we might cook them, knowing that we want just the right preparation to appreciate their flavor, as well as the time and care that went into growing them. It has been several days now and we still have not come to a conclusion of how we are going to eat them.

This tending and caring of plants reminds me of a reoccurring conversation topic with some of our senior guests. There have been questions asked regarding ideas for diet changes and nurturance of oneself. I would like to address this topic with a book suggestion. One of my favorite books on this very topic is called, "The Daniel Plan" written by Pastor Warren and Dr. Amen. Amazon.com describes the authors is as follows: "Dr. Rick Warren is pastor, author, and theologian. Warren founded Saddleback Church in 1980 with his wife, Kay. Dr. Daniel G. Amen is a physician, double-board certified psychiatrist, teacher and eight-time New York Times bestselling author. Dr. Amen is widely regarded as one of the world's foremost experts on applying brain imaging science to everyday clinical practice."

Pastor Warren wrote the book to help him and members of his church learn and maintain health-

By: Anna McNab

ful eating; which brought weight loss and healthier bodies. He has applied the concept that making healthy life changes long term must include; nutritious food choices, exercise, support from others who are also following the plan, as well as, spiritual support through bible verses.

This book can be found through the library system as well as from amazon.com. If you take the time to read it, stop by the kitchen and let me know what you thought of the authors' research and suggestions. I would love to hear your thoughts!

Before summer is over, I hope you have a chance to do a flower walk around the Senior Center building to see the beauty of Colleens gardening efforts. As fall approaches you will want to hurry before the deer have a full meal!

September/
October 2015

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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 September 1st.

HAVE FUN!!

Hint: **Whodunit**

7 Steps of How to Build a Social Life as a Senior Citizen

When a mature person loses a spouse, a close friend, or even a pet, it can be very easy to lose perspective on life. It is all too easy to slip into sadness and seclusion and stop relating with people who once filled an important part in daily life. Children (if any) have often moved away and are frequently so heavily involved in their lives, with work, children and other obligations that they cannot spend a lot of time with their aging parents. Although experiencing loss and loneliness as a senior citizen is difficult, it is not impossible to develop a new social life. A good attitude is a major factor, as is making most of the opportunities that come your way. Here are some ways that you can begin to build fulfilling social life for yourself that will help you to live meaningfully and with purpose.

1. Determine what activities you used to enjoy. Did a loss cause you to set aside favorite hobbies or pursuits? Pick them up from where you left off. Or try new activities with the help of a local club, group, church or even through organizations your familiar with. Use the local newspaper, or newsletter to keep updated on upcoming events of interest. Learn a new topic that you know nothing about to stretch your imagination and improve your knowledge.
2. Return to keeping fit. While climbing Mt. Everest may no

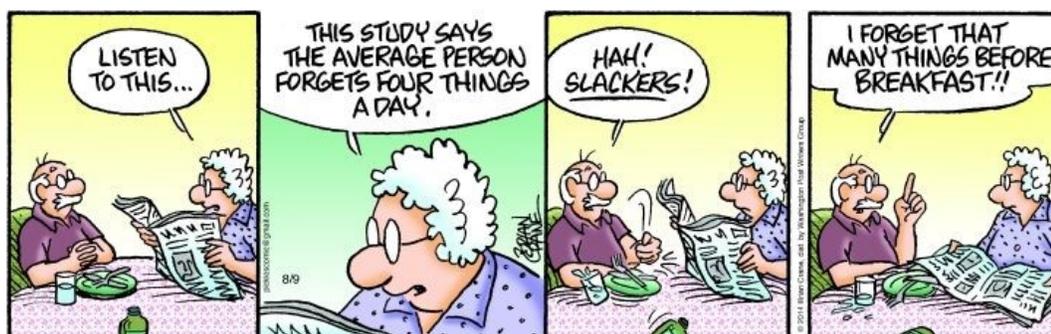
longer be in the cards, there is certainly nothing stopping you from continuing physical activities involving walking, Tai Chi, swimming, gardening or other fitness activities made available especially for seniors. Staying fit is a sure way to build confidence and regain a healthy outlook on life!

3. Find a buddy. If you feel reluctant to go out on your own, there are many volunteer organizations that will help by providing transportation, Invite a friend or neighbor to attend events with you. Get back into the rhythm of meeting new friends. Little by little, you'll become less fearful of going out alone.
4. Be open to new suggestions. This may feel uncomfortable at first, especially if it involves new technology. Consider trying new activities that are possible at your level of health and fitness, and that you find interesting. Try not to react negatively to suggestions from others who try to help. Think things through before rejecting the ideas altogether. You may discover something you wished you'd try earlier.
5. Become a mentor for younger people. Younger people are eager and willing learners when they discover that you have knowledge that you are willing to share. Offer your services at local clubs to give talks, teach a skill or guide people (museums, historical sites, landmark etc.) Elderly people

are respected for their knowledge; capitalize on this by sharing it.

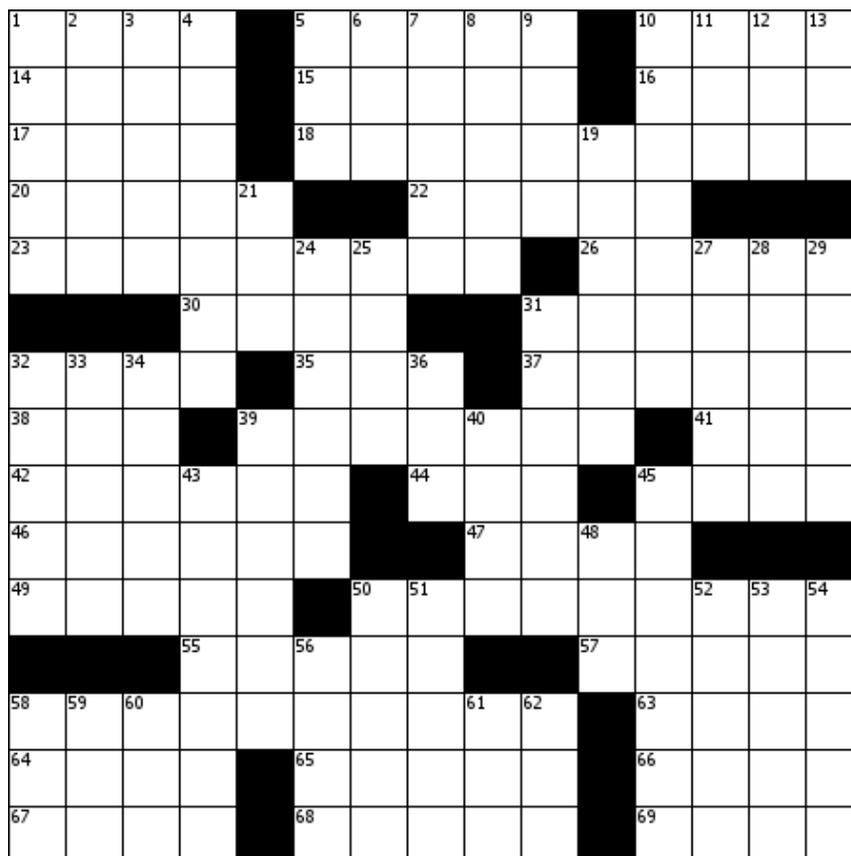
6. Remain Positive. The pain will always be there; that is the nature of loss. You deserve the best after giving so much of yourself to the world. Smile when you're feeling down. Smiling induces positive chemical changes in the brain and brings us back up. Take in a light movie or rent an old classic to watch at home. Listen to comedy on the radio, check out a humorous book and have a good hearty chuckle. Rediscover your sense of humor and your well-being will improve; this is all more important if you have buried yourself under a load of sadness, self-pity and sorrow.
7. Think outside the box. Research stories of challenging activities that senior citizens are doing; (check with physician to make sure you're healthy enough to pursue more challenging activities) traveling across countries, cross country/skiing, writing a first novel, biking or walking/running marathons.

All these things are possible with the right attitude. You are as old as you let yourself be; your dreams are as expansive as you let them be. So, what about all those things you promised yourself you'd do someday? Maybe today is that day!!



Across

- 1. Gym allies
- 5. Plant protection
- 10. Sing the praises of
- 14. Arcade flub
- 15. Microphone inventor Berliner
- 16. CD player ancestor
- 17. Sporting wings
- 18. Picnic fare
- 20. Place for plaster?
- 22. Doppler device
- 23. Lollapalooza
- 26. Bound for the barn
- 30. List reducer
- 31. Period in power
- 32. Steals, ironically
- 35. Part of a moving picture?
- 37. Gridiron quorum
- 38. Fossey focus



* Solution on page 9

- 39. Tired camper's convenience
- 41. Roadside retreat
- 42. Wholesale's antithesis
- 44. Gospel singer Grant
- 45. Scuba diving hazard
- 46. Asian anthropoids
- 47. Linguist Chomsky
- 49. Court show that won 15 Emmys
- 50. Object used in some pranks
- 55. Eye emphasize
- 57. Ease
- 58. Long-haired equestrian
- 63. Cut and paste
- 64. "Diamonds & Rust" singer
- 65. Polio battler
- 66. Place to get the shaft?
- 67. Girl of kiddie literature
- 68. Kind of aircraft
- 69. Stays in the hand

Down

- 1. Penicillin target, sometimes

- 2. Spicy rice dish
- 3. It might be false
- 4. Progress, so to speak
- 5. Sound heard after littering?
- 6. Thurman of Hollywood
- 7. Petrol purchase
- 8. Unlikely to rain
- 9. Thundering group
- 10. In vogue, or words after "all"
- 11. Crude discovery
- 12. It could be created by swamp gas
- 13. Kind of badge or cup
- 19. AT&T, familiarly
- 21. Park it
- 24. Only Adam and Eve lacked them
- 25. Word with hand or rags
- 27. Up in arms
- 28. Improve, as writing
- 29. McLain, baseball's last 30-game winner
- 31. Trust

- 32. Yule tune
- 33. Place to take your glasses
- 34. "She loves me" unit
- 36. Brady Bill opponent
- 39. Top banana
- 40. Potent start?
- 43. Study in depth
- 45. Allegories
- 48. Alias indicator
- 50. Assembly line item
- 51. Crow group
- 52. Song on a 45
- 53. Only state bordered by just one other
- 54. They can be broken into bits
- 56. Jimmy Durante trademark
- 58. "Great Society" pres.
- 59. Battery buy
- 60. Lion's refuge
- 61. Zip
- 62. Vague



September 2015



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

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
WEDNESDAY: SEPTEMBER 2, 2015	FRIDAY: SEPTEMBER 4, 2015
Servers:	Servers: Pioneer Presbyterian Church
Sponsor: Burns/Hines Lions Clubs	Sponsor: American Legion Auxiliary
Sponsor: Holy Cow Ranch	
Chicken w/Sweet Peppers & Onions Rice Garden Vegetables Dinner Rolls Lemon Bars	Ham w/Beans Garlic Rolls Garden Salad Cottage Cheese w/Fruit Zucchini Bread
WEDNESDAY: SEPTEMBER 9, 2015	FRIDAY: SEPTEMBER 11, 2015
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Peace Lutheran Mission Endowment Fund	Sponsor: Steens Mtn. Running Camp
Sponsor:	Sponsor:
Beef Tenderloin w/Noodles Garden Salad Corn Dinner Rolls Brownies	Ranch Meatloaf Baked Potato w/Fixings Salad Greens Jello w/Fruit
WEDNESDAY: SEPTEMBER 16, 2015	FRIDAY: SEPTEMBER 18, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Great Basin Chiropractic Clinic	Sponsor: Buermann's Ranch Meats
Beef Burrito w/Red Sauce Burrito Fixings Garden Greens Ice Cream	Birthday Lunch Beef Roast Mashed Potato w/Gravy Garden Vegetable Green Salad Cupcake w/Ice Cream
WEDNESDAY: SEPTEMBER 23, 2015	FRIDAY: SEPTEMBER 25, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Pioneer Presbyterian Church Women's Assoc	Sponsor: Walketts
Sponsor: Guy McKay	Sponsor: John Lamborn Attorney @ Law
Pork Chops Carrot Salad Garden Vegetables Dinner Rolls Cookies	Lasagna Salad Greens Garlic Rolls Banana Cupcakes
WEDNESDAY: SEPTEMBER 30, 2015	
Servers: Peace Lutheran/St. Andrews	
Sponsor: Opal Filteau	
Sponsor:	
Tuna Casserole Garden Salad Dinner Rolls Pudding	

Suggested donation 60+ \$3.50	-60 Must Pay \$4.50
	FRIDAY: OCTOBER 2, 2015
	Servers: Pioneer Presbyterian Church
	Sponsor: Kimball Flat Ranch
	<p style="text-align: center;">Chili Dinner Rolls Garden Salad Roasted Cauliflower Lemon Bars</p>
WEDNESDAY: OCTOBER 7, 2015	FRIDAY: OCTOBER 9, 2015
Servers: Faith Baptist	Servers: Church of Jesus Christ of Latter Day Sts.
Sponsor: Steens Mtn. Running Camp	Sponsor: Ed's Fastbreak
<p style="text-align: center;">Baked Chicken Rice Dinner Rolls Garden Vegetable Pudding</p>	<p style="text-align: center;">Pork Roast Mashed Potatoes Green Beans Dinner Rolls Ice Cream</p>
WEDNESDAY: OCTOBER 14, 2015	FRIDAY: OCTOBER 16, 2015
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Miler Ranch IMO Chas & Norma Miler	Sponsor: Opal Filteau
<p style="text-align: center;">Spaghetti Garlic Rolls Garden Greens Jello w/Fruit</p>	<p style="text-align: center;">Stuffed Baked Potato Garden Salad Yogurt Brownies</p>
WEDNESDAY: OCTOBER 21, 2015	FRIDAY: OCTOBER 23, 2015
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Walketts	Sponsor: Steens Mtn. Insurance
Sponsor: Balloon Express	
<p style="text-align: center;">Pork Chop Scallop Potatoes Apple Sauce Garden Vegetable Pumpkin Muffin</p>	<p style="text-align: center;">Birthday Lunch Meatloaf Baked Potato w/Fixings Garden Greens Garden Vegetable Cupcake w/Ice Cream</p>
WEDNESDAY: OCTOBER 28 , 2015	FRIDAY: OCTOBER 30, 2015
Servers: Peace Lutheran/ St. Andrews	Servers: Christian Church
Sponsor: Burns Christian Church Thrift Shop	Sponsor: Peace Lutheran Mission Endowment Fund
<p style="text-align: center;">Tuna Braid Garden Salad Cottage Cheese w/Fruit Cookies</p>	<p style="text-align: center;">Bigfoot Hearts & Dragon Livers w/Onions (beef) Skeleton Garlic Fingers Witches Warts (cauliflower) Frog Eye Dessert (fruit)</p>



October 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	2 Lunch 12:00 Bingo 1pm Cards 1pm	3 Bountiful Baskets 3-5pm
4 Cards 1pm	5 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	6 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-4pm	7 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	8 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm	9 Lunch 12:00 Bingo 1pm Cards 1pm Flu Shots 9am-12:30	10
11 Cards 1pm Old Time Fiddlers 1pm	12 CLOSED COLUMBUS DAY Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	13 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-3pm	14 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm Flu Shots 12:30pm-4	15 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm SHIBA 1-4pm	16 Blood Pressure Clinic 10am-12am Lunch 12:00 Bingo 1pm Cards 1pm	17 Bountiful Baskets 3-5pm
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25 Cards 1pm	26 Quilters 9am-3pm Walking Group 10:30am Crocheting 2pm-3pm	27 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am SHIBA 1-4pm	28 Miracle Ear 10am-4:30pm Lunch 12:00 Bingo 1pm Cards 1pm	29 Beg/Int Tai Chi 8:30 Tai Chi 9:30am-10:30 Walking Group 10:30am Cards 1pm SHIBA 1-4pm	30 Lunch 12:00 Bingo 1pm Cards 1pm	31 Halloween Bountiful Baskets 3-5pm

BUT, NO ONE TOLD ME!!!

By: Verna Pettyjohn

Medicare Open Enrollment Begins October 15th and Ends Dec. 7, 2015

No one told me I should have my drug plan checked every year, possibly saving hundreds of dollars in drug cost and premiums. During "Open Enrollment" you can:

1. Change your Medicare Drug plan and/or Medicare Advantage plan for 2016 enrollment.
2. Talk with someone to see if you qualify for "Extra Help" to pay my Medicare premium and help pay for my medications.

3. For 2016 change from Original Medicare and a MedicaP to an Advantage Health plan with or without drug coverage, enroll in an Advantage plan if you do not have insurance because of health issues or missed your enrollment period.

There will be trained volunteers to help you with a Medicare drug plan checkup, drug plan and Medicare Advantage enrollment.

Your SHIBA volunteers will be at the Harney County Senior & Communi-

ty Services Center on 17 S. Alder, every Tuesday and Thursday from 1:00-4:00PM except the week of Thanksgiving.

Please call the Center to make an appointment @ 541-573-6024



Medicare

Shingles

Shingles are very common, about fifty percent of Americans will have had shingles by the time they are 80. It's most common in ages 60-80, while shingles can occur in people of all ages.

Shingles is a painful skin disease caused by a reactivation of the chickenpox virus. It affects only one side of the body. The early signs of shingles usually occur in three stages: severe pain or tingling, itchy rashes and blisters that look like chickenpox. The virus that causes shingles is a herpes virus, once you are

infected with this kind of virus, it remains in your body for life.

If you have had the chickenpox, shingles is not contagious. Nothing will happen to you if you are exposed to someone that has the shingles virus. If you have never had chickenpox, avoid contact with anyone who has shingles. The shingles virus is not transmitted by someone breathing or coughing on you like how chickenpox is transmitted. The fluid from the blister is what makes it contagious, you will not get shingles, but you could get chickenpox, if exposed. Once the blister

scabs over the contagious period is over.

If you have never had the chickenpox and have come in contact with someone who has shingles, ask your healthcare provider if you should get a chickenpox vaccination.

Shingles is not permanent, if you are moderately healthy shingles usually goes away without complications. You are not likely to ever get it again.

NIH Senior Health: Shingles-About ShinglesSource: <http://nihseniorhealth.gov/shingles/aboutshingles/01.html>

Aging and Your Eyes

Are you holding the newspaper farther away or closer to your eyes than normal? Age can bring changes that affect your eyesight. Some changes are more serious than others, but there are things you can do to protect your vision. It is important to have regular eye exams so you can catch problems early, also to keep eye glass prescription up to date.

People over 65 years of age should have yearly dilated eye exams. This exam widens the pupils so that the eye care professional can look at the back of each eye. This is the only way to find some common eye diseases that have

no early signs or symptoms. Diabetes and high blood pressure can cause eye problems if not controlled or treated, that's why it's also important to get checkups regularly by your doctor.

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See flashes of lights
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

There are ways you can protect your eye vision by doing some of these healthy habits such as, not smoking, making smart food choices, and maintaining a healthy weight. Also wearing sunglasses and a hat with a wide brim can protect your eyes from ultraviolet (UV) radiation.

Source: Aging and Your Eyes | National Institute on Aging

<http://www.nia.nih.gov/health/publication/aging-and-your-eyes>

Tuscan Chicken and Potatoes

Serving Size: 2

Ingredients:

- No-Stick Cooking Spray
- 3/4 cup (1/2 of 14.5-oz can) undrained Roasted Diced Tomatoes with Garlic
- 1/4 teaspoon dried rosemary
- Dash crushed red pepper flakes

- 2 small red-skinned potatoes, each cut into 8 pieces
- 2 boneless skinless chicken thighs
- 1-1/2 teaspoons butter
- Dash coarse ground black pepper



Directions:

- Preheat oven to 425°F. Spray small baking dish or 1-quart casserole with cooking spray. Combine undrained tomatoes, rosemary, pepper flakes and potatoes in baking dish; set aside.
- Coat top side of chicken thighs with butter; place on tomato mixture. Sprinkle pepper over chicken. **Detective Story.** Bake uncovered 45 minutes or until chicken is no longer pink (180°F) and potatoes are tender.

S	P	A	S		M	U	L	C	H		T	O	U	T
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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



BIRTHDAY WINNERS

June Winners

Cece Sexton- \$5 Cert. @ El Toreo
Charlene Kealiher- \$10 Cert. @ Thriftway
John Thelen- 6in meal @ Subway
Sharon Voegtly- \$10 Cert. MoonRise Books
Richard Yates- \$10 Cert. R.J.'s Restaurant
Shirley Torrey- Balloons & Candy

July Winners

Sandra Kenyon- \$10 Cert. @ Thriftway
Sandra Teeman- \$5 Cert. @ El Toreo
Pam Litscher- 6in meal @ Subway
Virginia Hatfield- \$10 Cert. @ MoonRise Books
Mary Finney- \$10 Cert. @ R.J.'s Restaurant
Florence Kruger- \$5 Cert. @ The Highlander
Janice Lawson- Balloons & Candy

Scheduled Trips to Bend

September

Thursday— September 3
 Tuesday— September 8
 Thursday— September 17
 Tuesday— September 22

October

Thursday— October 1
 Tuesday— October 6
 Thursday— October 15
 Tuesday— October 20
 Thursday— October 29

November

Tuesday— November 3

Thursday— November 12

Tuesday— November 17

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.



Phone: 541-573-6024

Fax: 541-573-6025

E-mail:

angela.lamborn@co.harney.or.us

NON-PROFIT ORG.

U.S. POSTAGE PAID

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PERMIT #52

Serving our community since
1973

OR CURRENT RESIDENTS

[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:

October 29, 9am-4pm

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:

September 18th at 12pm

October 23rd at 12 pm

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 September 7th-
Labor Day

October 12th- Columbus
Day

Beginners Tai Chi—

Starting September 29th at
8:30am to 9:30am for 8
weeks. Open enrollment
ends **October 6th**

Flu Shot:

Friday, October 9th, 9am-
12:30pm

Wednesday, October 14th,
12:30pm-4pm

SHIBA: Tuesday 1pm-3pm

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