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P.O. BOX 728
BURNS, OREGON 97720
541-573-6024

Mar/Apr 2014 (sdw)



FROM THE DESK OF THE DIRECTOR:

by Angie Lamborn

Spring is on the way at least that is what the calendar tells us. We have gotten some late winter precipitation which is much needed by our friends and families in the agriculture business. As a committed county partner I am very happy for them, but I do hate snow! I admit to this here because my feelings, pro or con, have nothing whatever to do with how much we get. This allows me to hate the nasty white stuff and the cold that comes with it freely.

I live in a house with avid snowboarders and skiers. They just shake their heads at me on their way out to spend the day on the slopes. Andy is the most enthusiastic of all and recently had what he describes as a great day in Idaho on the slopes with friends. I am glad he had a great time and I shake my head at his crazy ideas of fun while sipping my coffee, and watching the fire burn from under my blanket, kindle in one hand and remote in the other.

Basketball and wrestling seasons are wrapping up. As I write this, basketball district tournament is scheduled for the end of the week. Wrestling districts will be held in Elgin with State in Portland. We are hoping to be present for all events. This year has flown by! Nick and I were discussing who he should choose to walk beside during graduation. I just can't believe he and Andy are graduating in three short months. As for who Nick walks with, well we will have to wait and see.

Joe and Kayla have changed their wedding date from previous report. They will be married June 14, 2014. As if planning a wedding were not enough, they have blessed me with a new little girl grand-dog, a little dachshund to keep their chocolate lab company. It is fun to watch them make all of their life's plans. We are very blessed to add Kayla to our lives.

Matt has really enjoyed his art class with Mrs. Robbins this year. He has always enjoyed drawing and she has really helped him focus his natural ability. I hope he continues to study art throughout his time in school. It would be great if he could turn his gift into a career he loves. However as he finishes up his sophomore year of high school, his immediate concerns of high jump scores and 400m race times have his attention; as they should for now.

Maggie has had a good freshman year. She has done a great job for the yearbook and seems to enjoy being part of the staff. She helped keep stats in wrestling and learned a lot about it. All of her participation will make the rest of her time in high school fly by. I have no doubt it will fly for her dad and I too.

The uncharacteristic snow in Portland gave Woody an interesting experience in February. College had some snow days and Woody got to see Portland quiet and covered in snow. He seems to have enjoyed his sophomore year and having an apartment near campus. He got the experience of interviewing for roommates. He must have great interview skills because when we spoke to him recently his roommate was making dinner for the second night in a row!

I am looking forward to leaving the cold and snow behind and welcoming spring, even spring rain, with a glad heart. This spring and summer we will be turning our attention to our yard and the landscaping. We are already looking at some creative and unique ideas for the out of doors that will rival our indoors. It will be fun to partner with my husband and see what else we can create!

Thank you for allowing myself and my staff here at the Senior Center to serve you. We all look forward to seeing you in the days to come. As always, stop in and say hello and let us know what is on your mind. If you are interested in sharing your story with others I would love to try my hand at writing it. Let me know and we will make an appointment to talk. Until next time, take care and have fun!

Gallstones

What are gallstones? The gallbladder is an internal organ just under your liver. It stores the digestive fluids that are made by the liver. Sometimes these fluids become solid and form stones, called gallstones.

What problems can gallstones cause? Most people who have gallstones never experience any symptoms. They might never even know they have gallstones.

Sometimes, a gallstone can leave your gallbladder and go into the passageway from your gallbladder to your intestine. If a gallstone gets stuck in that passageway and blocks it completely, you will have severe pain in the right upper part of your belly. You may also feel pain in your upper back. The pain usually starts suddenly and lasts for several hours. This is known as a gallbladder attack.

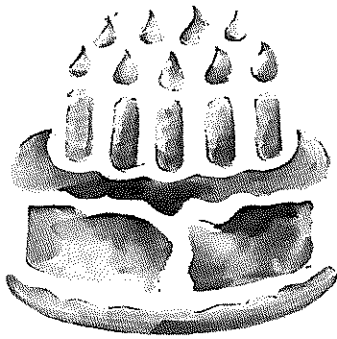
Complete or partial blockage can also cause your gallbladder to get irritated and inflamed. If this happens, you will usually have pain that lasts several hours. You may also develop a fever. Your skin may turn a yellowish color, known as jaundice (say "john-diss"). You may vomit or feel nauseous.

Once you have one gallbladder attack, the chance of having another one is high (about 70%). Many doctors will suggest surgery to remove your gallbladder to prevent a future attack. If your gallbladder is irritated or inflamed, most doctors will want to take it out right away. The surgery is safe and effective. Without surgery, the gallbladder can get infected. It might even burst open, causing further problems.

Other treatments are available for people who would have a high risk in surgery because they are elderly or have heart problems or lung disease. However, gallstones usually return when they are not treated with surgery.

Your doctor might be able to use sound wave therapy to break up the stones so they can move into the intestine without problem. However, not everyone can receive this treatment. If you have more than 1 gallstone, if your gallstone is large or if you have other medical conditions, you may not be able to receive sound wave therapy.

You might also take a pill to dissolve the stones. This pill does not work for all people and can be very expensive. Surgery is still the best way to cure gallstones. Talk with your doctor about what is right for you.



Birthday Prize Winners

**Mary Sevey, Stephen Riley, Pat Oden,
Susan Minear, Claudette Pruitt, &
Marvin Hillman.**

Thank you to the following merchants
who donated the prizes through out the
year: Hilander Cafe, El Toreo, Figaro's
Pizza, Broadway Deli, R.J's Restaurant,
Subway, and Thriftway

**I thought I wanted a career, turns out I
just wanted paychecks.**

**What did the ocean say to the beach?
Nothing, it just waved.**

PRESCRIPTION ASSISTANCE

There will be help with Needy Meds (Pre
scription Assist) at the Senior Center every
Tuesday from 1PM - 3:00 PM.

If you are a home owner in the City of Burns,
there are Residential Rehab dollars available to
you. The Residential Rehab program is an
interest free loan, which is payment deferred
until the sale of your property. These funds 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.

Let your loved ones know! Cover Oregon
application deadlines are fast approaching.
Oregonians ages 0-64 have until March 31st to
get their applications in, avoiding penalties.
There are several ways to obtain a paper
application. We have them here at the senior
center or you can print them at any computer
by going to coveroregon.com. We are available
to assist you with your application and are
happy to fax the completed document to Cover
Oregon for you. Give us a call if we can help.

Q: What do you call an alligator in a vest?

A: An Investigator

**Q: "What's the difference between a guitar and
a fish?"**

A: "You can't tuna fish."

Q: Did you hear about the hungry clock?

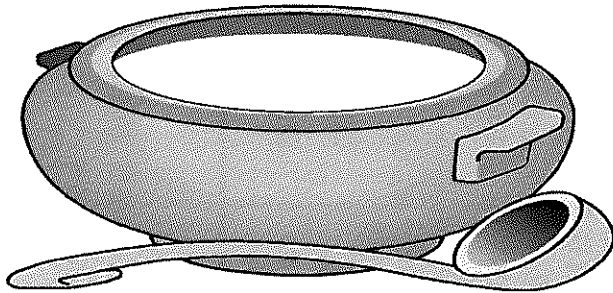
A: It went back four seconds.

Announcements

RECIPE Chicken Corn Chowder

Ingredients:

1 tablespoon butter
6 green onions
2 tablespoons all-purpose flour
2 cups chopped cooked chicken breast
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (10-ounce) packages frozen corn kernels, thawed and divided
1 (14-ounce) can fat-free, less-sodium chicken broth
2 cups fat-free milk
1/2 cup (2 ounces) preshredded cheddar cheese



Preparation

Melt butter in a Dutch oven over medium-high heat. Remove green tops from green onions. Chop green onion tops; set aside. Thinly slice white portion of each onion. Add sliced onions to pan; saute 2 minutes. Add flour; cook 1 minute, stirring constantly with a whisk. Stir in chicken, salt, pepper, 1 package of corn, and broth; bring to a boil. Reduce heat, and simmer 5 minutes.

While mixture simmers, combine the remaining corn and milk in a blender; process until smooth. Add milk mixture to pan; simmer 2 minutes or until thoroughly heated. Ladle 2 cups chowder into each of 4 soup bowls; sprinkle evenly with green onion tops. Top each serving with 2 tablespoons cheese.

No-Bake Cookies



3 tablespoons unsweetened cocoa powder
2 cups white sugar
1/2 cup milk
1/2 cup butter
3 cups quick cooking oats
1/2 cup crunchy peanut butter
1 tablespoon vanilla extract

Heat cocoa, sugar, milk and butter over medium heat. Boil these verrrry slowly (they will turn out better) when they reach the boiling point boil them for no longer than 90-120 seconds.

Stir together oats, peanut butter and vanilla with a big wooden spoon or Kitchen Aid. Pour the hot mix over the oatmeal mix and drop on wax paper.



March 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Quilters 9:00 - 3:00	4 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	5 Lunch 12:00 Bingo 1:00	6 Bend Bus Tai Chi 9:30 Cards 1:00	7 Lunch 12:00 Bingo 1:00	8
9  Ol' Time Fiddlers Potluck & Jamboree 1:00-4:00	10 Quilters 9:00 - 3:00	11 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00 Bend Bus	12 Lunch 12:00 Bingo 1:00	13 Tai Chi 9:30 Cards 1:00	14 Lunch 12:00 Bingo 1:00	15
16	17 Quilters 9:00 - 3:00	18 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00	19 Lunch 12:00 Bingo 1:00	20 Bend Bus Tai Chi 9:30 Cards 1:00	21  Birthday Dinner 12:00 Bingo 1:00	22
23	24 Quilters 9:00 - 3:00 Blood Pressure Clinic 1:00 - 2:00	25 Tai Chi 9:30 Medicare Part D 1:00 - 4:00 Rx Assistance 1:00 - 3:00 Bend Bus	26 Lunch 12:00 Bingo 1:00	27 Tai Chi 9:30 Cards 1:00	28 Brunch 9:45-11:45 Bingo 1:00	29
30	31 Quilters 9:00 - 3:00	Walking Class will be every Monday, Tuesday and Thursday From 10:30-11:30				

LEGAL SERVICES:

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.

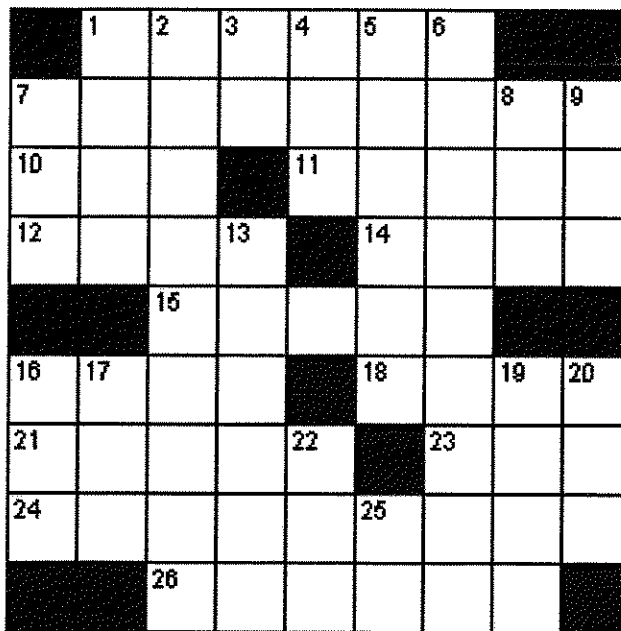
Hospital rules state that patients checking out must have a wheelchair. One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed, sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go. When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot. But the assistant told him rules were rules, so he relented and let her wheel him out.

In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off of her hospital gown and getting dressed."

ACROSS:

- 1. Complex in design
- 7. Vaporization of a solid
- 10. Actress Lupino
- 11. Recurring theme
- 12. Confined
- 14. A musical pause
- 15. Gloomy, in poetry
- 16. Dwarf buffalo
- 18. Magma
- 21. 1000 kilograms
- 23. Cover
- 24. Verticality
- 26. Decipher




DOWN:

- 2. Guy
- 3. Forfeited
- 4. L
- 5. Not brilliant
- 6. Ethically indifferent
- 8. Passed sideways
- 9. Take in slowly

- 8. "___ the season to be jolly"
- 9. Eastern newt
- 13. Hypnotic state
- 16. Consumed food
- 17. Neither ___
- 19. Workbench attachment
- 20. Commercials
- 22. And so
- 25. Negative


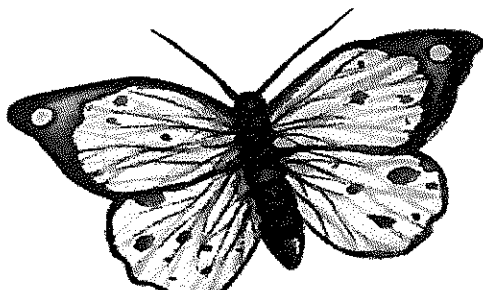
April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Medicare Part D 1:00 - 3:00	2 Lunch 12:00 Bingo 1:00	3 Bend Bus Tai Chi 9:30 Cards 1:00	4 Lunch 12:00 Bingo 1:00	5
6	7 Quilters 9:00 - 3:00	8 Bend Bus Medicare Part D 1:00 - 4:00 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	9 Lunch 12:00 Bingo 1:00	10 Tai Chi 9:30 Cards 1:00	11 Birthday Dinner 12:00 Bingo 1:00	12
13  O' Time Fiddlers Potluck & Jamboree 1:00-4:00	14 Quilters 9:00 - 3:00	15 Medicare Part D 1:00 - 4:00 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	16 Lunch 12:00 Bingo 1:00	17 Bend Bus Tai Chi 9:30 Cards 1:00	18 BRUNCH 9:45-11:45 Bingo 12:00	19
20	21 Quilters 9:00 - 3:00	22 Medicare Part D 1:00 - 4:00 Tai Chi 9:30 Rx Assistance 1:00 - 3:00 Bend Bus	23 Lunch 12:00 Bingo 1:00	24 Tai Chi 9:30 Cards 1:00	25 Lunch 12:00 Bingo 1:00	26
27	28 Quilters 9:00 - 3:00 Blood Pressure Clinic 1:00 - 2:00	29 Medicare Part D 1:00 - 4:00 Tai Chi 9:30 Rx Assistance 1:00 - 3:00	30 Lunch 12:00 Bingo 1:00			
Walking Class will be every Monday, Tuesday and Thursday From 10:30-11:30						

Please note: When you come for lunch, you must sign in at the table in the front. This does not mean you are required to pay, it is a suggested donation. The money we receive from the federal government for our meal program is based on the number of people served. When you neglect to sign in, we do not receive reimbursement for the meal you ate.

Please, help your center and yourself by signing in! Thanks for your help!!!


March 2014

Wednesday - March 5	Friday - March 7
Servers: Bible Baptist Church Sponsors: Swarthout Shell / Bill & Ulaberl Allen	Servers: Pioneer Presbyterian Church Sponsors: Peace Lutheran Mission Endowment Fund The Aspens
Lamb Chops Mashed Potatoes & Gravy Broccoli Green Salad Applesauce & Cookies	Salsbury Steak Mashed Potatoes & Gravy Beets Spinach Salad Whole Wheat Rolls Spiced Pear Upside Down Cake
Wednesday - March 12	Friday - March 14
Servers: Faith Baptist Church Sponsors: Opal Filteau	Servers: Jesus Christ of Latter Day Saints Sponsors: Mary Ann Greig Mary Jo Eshelby Property Mgmt
Beef Roast Mashed Potatoes & Gravy Corn Coleslaw Whole Wheat Rolls Cherry Crisp	ST. PATRICK DINNER Corned Beef & Cabbage Cheese Rolls Red Potatoes Lime Jello Salad Pistachio Sour Cream Cake
Wednesday - March 19	Friday - March 21
Servers: Church of Jesus Christ of Latter Day Sts. Sponsors: Silvies Valley Ranch Carole Alley	Servers: Sylvia Rebekah Sponsors: Burns/Hines Lions Club
Opals Spaghetti & Meat Balls Green Salad French Rolls Peaches & Cookies	BIRTHDAY DINNER  Pork Roast Mashed Potatoes & Gravy Mixed Vegetables Whole Wheat Rolls Cake & Ice Cream
Wednesday - March 26	Friday - March 28
Servers: Holy Family Catholic Church Sponsor: Dale White	Servers: Holy Family Catholic Church Sponsors: Sandra Weld
Meat Loaf Baked Potatoes Carrots Green Salad Chocolate Pie	BRUNCH Breakfast Casserole Biscuits & Gravy Sausage Orange Juice
	Don't forget to give us your opinion on the new idea of a cafe for the center.

Please note: When you come for lunch, you must sign in at the table in the front. This does not mean you are required to pay, it is a suggested donation. The money we receive from the federal government for our meal program is based on the number of people served. When you neglect to sign in, we do not receive reimbursement for the meal you ate.

Please, help your center and yourself by signing in! Thanks for your help!!!

April 2014

Wednesday - April 2		Friday - April 4	
Servers: Bible Baptist Church Sponsors: Sterling Bank		Servers: Pioneer Presbyterian Church Sponsors: Diamond 4-H Club (Leather Busters) 4-H Leaders Association (Diamond Wranglers)	
Chicken Fried Steak Potatoes & Gravy Rolls	Peas/Carrots green Salad Brownies	Goulash Corn Pudding w/Wafers	Coleslaw Rolls
Wednesday - April 9		Friday - April 11	
Servers: Faith Baptist Church Sponsors Peace Lutheran Mission Endowment Fund		Servers: Jesus Christ of Latter Day Saints Sponsors: Ashley Maor	
Hamburger Pot Pie Whole Wheat Rolls Cherry Crisp	Spinach Salad	Baked Chicken Mixed Vegetables Ice Cream & Cake	Birthday Dinner Potatoes & Gravy Whole Wheat Rolls 
Wednesday - April 16		Friday - April 18	
Servers: Jesus Christ of Latter Day Saints Sponsors: John Lamborn, Attorney Alice Shepard		Servers: Christian Church Sponsors: Harney Lodge No. 77 I.O.O.F.	
EASTER DINNER		BRUNCH	
Ham Fruit Salad Whole Wheat Rolls Cheesecake/Cherry Topping	Scalloped Potatoes Green Beans	Cornbeef Hash Bacon Fruit	Biscuits & Gravy
Wednesday - April 23		Friday - April 25	
Servers: Holy Family Catholic Church Sponsors: Ron McGowan IMO/Archie McGowan		Servers: Holy Family Catholic Church Sponsors: Silvies Valley Ranch	
Pork Roast Beets Chocolate Cream Pie	Potatoes & Gravy Whole Wheat Rolls	Lee's Hamburger Helper Green Salad Spinach	Lasagna French Rolls Peaches
Wednesday April 30		Meals served at 12:00 noon, with the exception of brunches which are served 9:45 to 11:45. Reservations are not necessary. Seniors 60 and over \$3.50 Suggested donation	
Servers: Peace Lutheran/ St Andrews Sponsors: Harney District Hospital Employees The Aspens			
<u>VOLUNTEER APPRECIATION DINNER</u>			
Hamburgers, Lettuce, Tomatoe, Onion & Pickle Macaroni Salad	Baked Beans	60-12 yrs 4.50 Must Pay 12-6 yrs 3.00 Must Pay under 6 2.00 Must Pay	



EXERCISE

Exercise and physical activity are good for just about everyone, including older adults. There are four main types and each type is different. Doing them all will give you more benefits.

- * Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming, and biking are examples.**
- * Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength.**
- * Balance exercises help prevent falls**
- * Flexibility exercises stretch your muscles and can help your body stay limber.**

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet, studies show that “taking it easy” is risky. For the most part, when older people lose their ability to do things on their own, it doesn’t happen just because they’ve aged. It’s usually because they’re not active.

Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

**HARNEY COUNTY
DIAL-A-RIDE
17 SOUTH ALDER
BURNS, OREGON
541-573-3030**

**BEND
TRANSPORTATION SCHEDULE**

March

Thursday - March 6

Tuesday - March 11

Thursday - March 20

Tuesday - March 25

April

Thursday - April 3

Tuesday - April 8

Thursday - April 17

Tuesday - April 22

May

Thursday - May 1

Tuesday - May 6

Thursday - May 15

Tuesday - May 20

Thursday May 29

Days may be changed due to scheduling conflicts, staff shortage, holidays, etc.

Appointments in Bend must be scheduled no earlier than 10:00 a.m. and no later than 3:00 p.m.

You **must** come to the Senior Center to catch the bus, unless you have made prior arrangements with the dispatcher.

The Bend/Redmond fare is:

\$35 Round trip

\$18 One Way

Fare is payable when you make your reservation. You are responsible for all costs such as meals, etc. Departure depends on time of 1st appointment.

The bus will return to Burns when the last appointment is finished.

This service is available for medical appointments, catching the plane at the Redmond airport, etc. Shopping activities will be available if time allows. The number of stops will be at the discretion of the driver.

If you are a client of Seniors and People with Disabilities, they may pay for your transportation. **It is your responsibility to contact your case manager and make arrangements prior to riding the bus.**



**NOTICE
MEDICAID RIDE
SCHEDULING**

Effective January 16, 2006:

Due to new regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Cascades East Ride Center (CERC) is the agency contracted to operate this transportation program for 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 CERC.

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 new program, please contact your case manager or caregiver. Pamphlets provided by CERC are also available in our office. To book rides call CERC at:

1-866-385-8680

This applies to medical rides only.

If you have any questions or would like to schedule a ride,

please call:

**HARNEY COUNTY
DIAL-A-RIDE
573-3030**

**LOCAL
TRANSPORTATION
SCHEDULE**

Transportation is available within a 10 mile radius of Burns and Hines for coming to the meal site, going to work, visiting friends, medical appointments, shopping, etc.

Monday - Friday

7:30 a.m. - 5:30 p.m.

Last pick-up is at 5:15 p.m.

Saturday

8:00 a.m. - 5:00 p.m.

Last pick-up is 4:45 p.m.

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 you will need.

Our drivers are not able to shop for you, due to time constraints.

The transportation fee per person is \$1.00 per person per stop. A ticket of 20 rides can be purchased for \$20.00 from the drivers or in the transportation office at the Senior Center.