

Senior Moments

Harney County Senior & Community Services Center ADRC

Strategic Planning to ensure years of success and growth

After a very busy several months we are proud and excited to report on the great work done by lead staff and the board of directors here at the center.

We obtained a grant from Ford Family Foundation to hire a consultant and work with him to develop our strategic three year plan. The plan will give us a road map to plan for the center for the next three years.

We are working in close partnership with the county court, and both city officials, as well as many partners in the community to explore and develop a housing program that will eventually turn around the lack of rental housing here in Harney County.

The benefit to the center in taking on this big project is that we will eventually have a funding stream coming to us that is not limited to any one program. We will have funds we can use to strengthen our programs and reinvest into the community to continue our mission: As a community partner, we provide services to seniors, disabled, low-income individuals and veterans, to improve the quality of their lives; enhancing their independence and self-sufficiency.

We are exploring creative ways to utilize our commercial kitchen and share our amazing staff and their skills with the community. The nutrition staff is developing a business plan that explores providing "Meals for Moms." These meals would be home made, wholesome meals that could be purchased from us, and with the simple addition of a salad, would be a nutritious home cooked meal a busy working mom could provide to her family when she just doesn't have time to cook herself.

Again the profits from this business endeavor would go right back into the program and stabilize our weekly senior meal program. The more we are able to do with private funding, the more secure and stable we become.

The third big project we are exploring with interested community partners is a business plan for providing county tours and education to our many visitors. Various county tours with education about the area, the attractions and the wonderful history and people who have made it has the potential to be a positive and profitable addition to our portfolio.

We are looking forward to working through these business plans and the opportunities they bring to stabilize funding for the programs and services we are here to provide.

The strategic plan is a living document that the board and lead staff will review and develop and change as we work through the next three years. We are excited to welcome new board members to the team and look forward to their ideas and input to our projects and programs.

As we embrace the opportunities for growth, we are keeping our eye on our mission and all of the services we offer to meet the needs of our community. The food pantry continues to work closely with Safeway and develop the Fresh Alliance program to serve as many homes as possible. Our nutrition staff is working hard to develop creative and cost effective ways to provide nutrition to our seniors and our community. It is shaping up to be a fun filled summer here at the center.

July/August 2017

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Good Day Harney County Seniors and Community! We would like to introduce our Volunteers. There are the, "behind the scenes", in the kitchen folks you may never see or don't know. They are devoted people that donate much of their time, energy and love to make your meals tasty and prepared with dedicated hands. These folks come in good weather and bad, always with a smile ready to prepare your meal.

Let me introduce you to the unsung heroes of the kitchen.

Danica Goodson: Smart, bright, independent thinker and a real team player. She is a young woman who comes to us from the Life Skills program at the high school. Danica has culinary endeavors and is gaining skills and knowledge in the kitchen.

Linda Kaesemeyer: You know that wonderful smile as she is a greeter and delivers meals to homes on Wednesdays. She is here to set tables too.

What you might not know is

that she volunteers her time in the kitchen on Thursdays and she is an invaluable asset to our team. She jumps right in to do anything asked and has peeled and cut more than 500 pounds of potatoes!! Always a team player and a delight to work with.

Irene Madarieta and JC: What a team on Friday! Irene comes on Wednesday but on Friday, JC (Irene's Granddaughter) comes with her and is a young lady who does an awesome job. JC fills in where needed with the little tasks that take time from the overall meal preparation.

We wish Irene well in her recovery from surgery. We sure miss that sense of humor, her attention to detail while preparing home delivered meals and her ability to be a team member. Irene comes on Wednesdays and Fridays helping with prep for home delivered meals, Backdoor Meals and our dining room meals. Another smiling, helpful and ambitious volunteer behind the scenes.

None are required to sign up to be here. They come to give their hands and hearts to service.

And there are those servers you do see. There are too many to name individually but they include churches, civic groups, members of clubs, and schools. Many loving and giving souls. The next time you see these folks or they get you a fresh pitcher of water, remember they are here of their own volition. Take a moment to thank them for their selfless donation of time.

Do you want to join the ranks of the rarely seen or have a group that would like to volunteer? Let us know and we will be glad to set you up or just let us know when you have the time to donate. It may not seem like much but even 2 hours is a blessing to us in the kitchen....

Kitchen Notes:

Sink Cleaning. Sanitize with Bleach. Studies have found that the kitchen sink is crawling with even more bacteria than the garbage bin(the drain alone can harbor 18,000 bacteria per square inch. Clean these areas frequently with a solution of 1 Tablespoon bleach per 1 quart of water. (Cooks Illustrated)

Hello everybody, my name is Guy McKay and you probably know me as the Veteran Service Officer for Harney County. It's a pleasure to have an opportunity to reach out and let people know about Veterans Benefits.

According to the United States Census taken in 2010, there are 7200 people living in Harney County. The State of Oregon says 910 of us are veterans. That means 1 out of every 12 people in this County have served in the United States Military. Army, Navy, Air Force, Marines, and the Coast Guard, we should be proud of how many of us out here in rural Oregon have decided to write our name on that line to join the military.

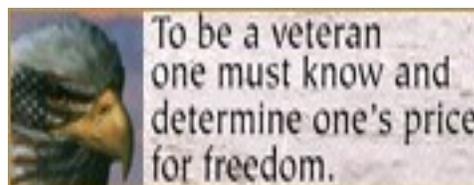


Many of us veterans don't know what benefits are available to us just for having served in the military. Please don't get it wrong, this is not an entitlement, this is a BENEFIT for having served. These services and programs aren't for everybody; they are for Veterans, their Spouses, and their Dependents.

Some of the programs are for those that served during a 'TIME OF WAR'. Usually, it doesn't matter if you served in combat overseas, off shore, or here at home. For those that served in combat and were physically harmed, there are programs compensating you for your wounds, even wounds that are on the inside. I'll talk more of the different programs available as time goes on.

I look forward to communicating with you during the upcoming years and greatly appreciate the opportunity I've had over the last 9 years to help many of you as your Service Officer. I plan to continue to help Veterans in Harney County in the years to come.

My office hours for appointments are Monday 11am to 3pm, Tuesday 9am to 3pm, Wednesday 9am to 3pm, and for those who don't like to make appointments, or would rather just walk-in, I have a special time slot of 9am till noon on Thursdays, first come, and first served. Fridays are reserved for "OUTREACH" to the wide open spaces in our County of over 10,000 square miles.



JULY 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|--|--|--|--------------------------------|--------------------------------|
| | | | | | | 1 Canada Day |
| 2 | 3 Quilting 9am-3pm Walking 10:30am Tai Chi for Arthritis 2:30-4pm | 4 CLOSED FOR 4TH OF JULY HOLIDAY | 5 Miracle Ear Call them for an appoint. Lunch 12pm Cards 1pm | 6 Tai Chi 9:30am Walking 10:30am Cards 1pm | 7 Lunch 12pm Cards 1pm | 8 |
| 9 | 10 Tai Chi 2:30-4:00 Walking 10:30am Quilting 9-3 | 11 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 12 Miracle Ear call them for an Appoint. Lunch 12pm Cards 1pm | 13 Tai Chi 9:30am Walking 10:30am Cards 1pm | 14 Lunch 12pm Cards 1pm | 15 |
| 16 | 17 Quilting 9-3 Walking 10:30am Tai Chi for Arthritis 2:30-4pm | 18 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 19 Miracle Ear Call them for an Appoint Lunch 12pm Cards 1pm | 20 Tai Chi 9:30am Walking 10:30am Cards 1pm | 21 Lunch 12pm Cards 1pm | 22 |
| 23 | 24 Quilting 9-3 Walking 10:30am Tai Chi for Arthritis 2:30-4pm | 25 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 26 Miracle Ear Call them for an app. Lunch 12pm Cards 1pm | 27 Tai Chi 9:30am Walking 10:30am Cards 1pm | 28 Lunch 12pm Cards 1pm | 29 National Lasagna Day |
| 30 | 31 Quilting 9-3 Walking 10:30am Tai Chi for Arthritis 2:30-4pm | | | | | |

| | |
|---|---|
| Suggested donation 60+ \$3.50 | 59yrs & under Must Pay \$4.50 |
| Wednesday: July 5, 2017 | Friday: July 7, 2017 |
| Servers: Faith Baptist | Servers: Pioneer Presbyterian |
| Sponsor: David Gerstenfeld & Pioneer Presbyterian Women | Sponsor: Steens Mountain Insurance |
| Spaghetti Bread Sticks Salad Cookie | Oven fried Chicken Mashed Potatoes w/Gravy Whole Wheat Rolls Green Beans & Apple Crisp |
| Wednesday: July 12, 2017 | Friday: July 14, 2017 |
| Servers: Church of Jesus Christ Latter Day Saints | Servers: Christian Church |
| Sponsors: OTEC & Opal Filteau | Sponsor: Anonymous Sponsor |
| Chili Beef Stuffed Baked Potato Salsa & Fixings Salad, Cottage Cheese & Fruit Brownies | Sausage Lasagna Whole Wheat Rolls Salad Jell-O w/Fruit |
| Wednesday: July 19, 2017 | Friday: July 21, 2017 |
| Servers: Catholic Church | Servers: Catholic Church |
| Sponsors: C & B Sanitary & Holy Cow Ranch | Sponsor: John & Marjorie Thelen |
| Birthday Lunch Beef Roast Rice w/gravy, Veggies Whole Wheat Rolls Ice Cream & Cake | Biscuit Topped Turkey Pot Pie Fruit Salad Blonde Brownie |
| Wednesday: July 26, 2017 | Friday: July 28, 2017 |
| Servers: Peace Lutheran Saint Andrews | Servers: Christian Church |
| Sponsor: Dick & Cherry Day | Sponsor: Round Barn Visitors Center |
| Tater Tot Casserole Whole Wheat Rolls Salad Cherry Cobbler | Meat Loaf Mashed Potatoes w/Mushroom Gravy Whole Wheat Rolls Beets & Pudding |
| | |
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|---|--|
| Suggested donation 60+ \$3.50 | 59 yrs. & under Must Pay \$4.50 |
| Wednesday: August 2, 2017 | Friday: August 4, 2017 |
| Servers: American Legion & Auxiliary | Servers: Pioneer Presbyterian Church/Crane Fellow- |
| Sponsor: IMO Dale & JoAnna White | Sponsor: Ken Thomas Real Estate LLC |
| Sponsor: Jim & Ruth Schultz: IMO Pam Litscher | |
| Beef Stroganoff Vegetables, Whole Wheat Rolls Brown Bears in Apple Orchard | BBQ Chicken Rice, Vegetables Whole Wheat Rolls Lemon Bars |
| Wednesday: August 9, 2017 | Friday: August 11, 2017 |
| Servers: Faith Baptist | Servers: Harney Herdsmen 4-H Club |
| Sponsor: Peace Lutheran Mission Endowment Fund | Sponsor: Carolyn & Robert Christensen |
| | |
| Hot Pulled Beef Sandwiches Handmade Bread, Broccoli Salad Fruit Salad Pineapple Upside down Cake | Roast Beef, Whole Wheat Rolls Potatoes with gravy Carrot Raisin Salad Cream Puffs |
| Wednesday: August 16, 2017 | Friday: August 18, 2017 |
| Servers: Church of Jesus Christ of Latter Day Saints | Servers: Christian Church |
| Sponsor: Christian Church Thrift Store | Sponsor: Umpqua Bank |
| Birthday Lunch | |
| Pork Roast, Whole Wheat Rolls Rice W/gravy, Vegetables Apple Sauce Cake & Ice Cream | Turkey Enchiladas Casserole Spanish Rice Salad Pudding |
| Wednesday: August 23, 2017 | Friday: August 25, 2017 |
| Servers: Catholic Church | Servers: Catholic Church |
| Sponsor: Crazy Adventurous Pals Society (CAPS) | Sponsor: Harney County Home Health & Hospice |
| Taco Baked Potato Salad Cookies | Brunch Biscuits w/gravy Wheat Pancakes Fruit, Yogurt Ham |
| Wednesday: August 30, 2017 | |
| Servers: Peace Lutheran | |
| Sponsor: Verna Pettyjohn | |
| Sponsor: Gordon & Marianne Andrews | |
| Sloppy Joes Fresh Bread Cole Slaw Jell-O W/fruit | |

AUGUST 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|-----------|
| | | 1 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 2 Miracle Ear Call them for an appoint. Lunch 12pm Cards 1pm | 3 Tai Chi 9:30am Walking 10:30am Cards 1pm | 4 Lunch 12pm Cards 1pm | 5 |
| 6 | 7 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 8 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 9 Miracle Ear Call them for an appoint. Lunch 12pm Cards 1pm | 10 Tai Chi 9:30am Walking 10:30am Cards 1pm | 11 Lunch 12pm Cards 1pm | 12 |
| 13 | 14 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 15 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 16 Miracle Ear Call them for an Appoint. Lunch 12pm Cards 1pm | 17 Tai Chi 9:30am Walking 10:30am Cards 1pm | 18 Lunch 12pm Cards 1pm | 19 |
| 20 Fund Raising event Taco Bar 6-7 pm and game Carni- val 3-6 and 7-9 JOIN US | 21 CLOSED FOR ECLIPSE DAY! Stock up and Stay home. | 22 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 23 Miracle Ear Call them for an app. Lunch 12pm Cards 1pm | 24 Tai Chi 9:30am Walking 10:30am Cards 1pm | 25 Brunch 10:30- 12:30 Cards 1pm | 26 |
| 27 | 28 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 29 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm | 30 Miracle Ear Call them for an app. Lunch 12pm Cards 1pm | 31 Tai Chi 9:30am Walking 10:30am Cards 1pm | | |

Solar Eclipse Weekend, August 19-21

Several activities are being planned around the Solar Eclipse Event. Please join us for one or more activities.

Raffle

We are raffling three items. The drawing will be held during the Taco Bar on Sunday, August 20. Tickets are \$1 each or 6 for \$5 and are available at the Center.

- A Lunt Solar Systems 8x32 white light SUNocular binocular which allows safe solar viewing
- A Vortex Crossfire 10x42 Roof Prism Binocular suitable for wildlife viewing and birdwatching.
- A red, white, and blue star quilt donated by the Sagebrush Material Girls.

Food

Sunday we will sponsor an all-you-can eat **Taco Bar** from 6-7 p.m. This event is open to the public and reservations are not needed. Cost is \$8 for adults, and \$6 for children 2-12

Breakfast-to-Go: We will prepare sausage or bacon breakfast burritos and serve with a choice of apple or orange and beverage (milk, coffee, juice). This will be pre-order only through our website. We will package the breakfasts and have them available for pick-up outside the center on Monday morning, August 21, from 6-8 a.m. Cost is \$7.50

Game Carnival

Sunday, August 20, from 3-6 and 7-9 p.m. we will offer games such as BINGO, bean bag toss, prize walk, billiards, cards, etc. Tickets to play can be purchased at 4/\$1. Prizes will be awarded and popcorn and fountain drinks may be purchased.

Lodging

We will be offering two types of lodging for Saturday and Sunday nights. This can be reserved through our website.

The parking lot will be marked off and used as reserved RV parking. We will be able to provide space for 14 large RVs.

For those just wanting a simple place to sleep, out of the weather and away from bugs, we are offering space on the floor in the new addition room. Thirty five spaces are available here for indoor camping. People will need to provide their own bedding.

Volunteers are needed to help with these events. If you are interested in helping, please contact Harney County Senior and Community Services Center.



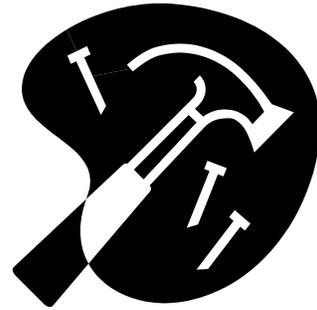
Need a little work done? We are available!

Many of you don't know that the center is licensed and bonded as contractors. Howard and Brad both have over 30 years of experience as contractors and are able to provide bids and estimates for home remodel and repair jobs. We specialize in weatherizing homes, cutting the heating and cooling costs for many in the community through the years.

We are also licensed to test and deal with the presence of lead, which can be found in many of our older housing stock. We are happy to provide this service as well.

As we expand our services we would like to continue to offer our contractor service to the community. Howard is available to give you an

estimate for your job upon request. He can be reached at the center at 541-573-6024. You will need to leave him a message and he will get back to you to arrange a time to meet and discuss your project.



HOME DELIVERED MEALS VOLUNTEERS NEEDED

Can you give a day a month? A day a week? Maybe even two? We are seeking volunteers to help us with our home delivered meals program.

Volunteers provide about two hours of their time on Mondays, Wednesdays and Fridays to deliver

meals to the most vulnerable of our community members. Volunteers are a friendly smile and a hot meal for folks who may not see anyone else.

If you are interested in more detail and helping others give us a call.

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.

Allow Us To Introduce You To Our Transportation Program

Our transportation team is responsible for making our program one of the best programs in Frontier Oregon. We currently have twelve (12) employees in the transportation program. The three women and nine men range in age from 25 to 68. They have worked at the center anywhere from 30 years to only a few days.

In order to provide you with transportation services seven days a week; Monday–Friday from 7:00-7:00, Saturday from 8:00-5:00 and Sunday 8:00-3:00 staff work varying shifts. Drivers and dispatchers have staggered lunch hours and BOLI breaks so we can meet our riders needs throughout the day.

In the month of April we completed 4128 rides, of those 1286 were for consumers age 60+ and 127 of them were for

consumers utilizing wheel chairs. We understand it can be frustrating when you call and a ride is not available when you need it. To help us meet your needs, we ask that you call to schedule your rides 24 to 48 hours in advance. We simply can't guarantee last minute rides.

Part of our service products are weekly trips to Bend. The schedule is listed on page 11. In partnership with ODVA we are able to transport Veterans to medical, dental and mental health appointments in or out of the community at no cost to the qualifying veteran. Out of town trips would need to be scheduled in advance. We are happy to answer any questions regarding these and other transportation services, so give us a call.

We serve everyone in the com-



munity regardless of age or income. Everyone 0-150 are welcome. The cost of a ride is \$1.00 per stop within a 10 mile radius of Burns. We are happy to provide transportation outside of that range on a sliding cost scale. Again the more notice you can give for these kinds of trips the better we will be able to meet your needs.

All of our vehicles are ADA accessible with either lifts or ramps and our staff are trained to assist riders safely onto the vehicle no matter the mobility limitation or disability.

WHAT DOES IT COST?

Seven days a week:
0-10 mi. \$1.00 per stop is required.

11-20 mi. \$5.00 one way upon availability

21-35 mi. \$10.00 one way upon availability

36+ mi. \$20.00 plus \$.505 per each addition-

al mile one way upon availability

SCHEDULED BEND TRIP:

\$35.00 round-trip to Bend \$18.00 one way and \$8.00 errand in Bend

SPECIAL TRIP up-

on Availability:

John Day \$55.36 Round Trip

Bend or Ontario \$115.96 Round Trip

Extra Rider on Brokered Trip:

John Day \$25

Bend or Ontario \$35

Scheduled Trips to Bend

July

Thursday~ July 6th

Tuesday~ July 11th

Thursday~ July 20th

Tuesday~ July 25th

August

Thursday- August 3rd

Tuesday- August 8th

Thursday August 17th

Tuesday August 22

Thursday August 31st

September

Tuesday September 5th

Thursday September 14th

Tuesday September 19th

Thursday September 28th

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 airport 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 card of 20 rides can be purchased for \$20 from drivers or dispatch.

RETURN SERVICE REQUESTED



PO Box 728
Burns OR 97720
Phone: 541-573-6024
Fax: 541-573-6025
E-mail:

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

Serving our community since
1973

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

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

Medicare help:

Tuesdays 1-3pm

Phase 10

First Tuesday 1-4pm
Every Month

Bunco

Second Monday 5-8pm
Third Monday 7-9:30pm
Every Month

Birthday Lunch:

July 19th
August 16th

Brunch:

August 25th

Closed

July 4th in Observation
of Independence Day

August 21st

Eclipse Safety

Stock up and stay home!

Food Bank Hours:

Monday, Tuesday &
Thursday 1-3pm.
Friday 8:30-11am & 1-3pm

Christian Church Food

Bank Hours:

Monday & Wednesday
10am-1pm

Veteran

Transportation Program

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