

Senior Moments

HARNEY COUNTY SENIOR & COMMUNITY SERVICES CENTER

How to garden safely when you are a senior.

Gardening is a great outdoor activity for people of all ages, especially seniors. Not only does it have lots of benefits for your physical health, it's also [great at improving your mental health](#).

Practicing gardening regularly can maintain flexibility and mobility, stave off conditions like osteoporosis and relieve things like stress and depression, plus it can reward you with some lovely home-grown fruits and vegetables to eat!

Though it may seem like quite an easy job, there's still a fair bit of physical activity involved, which is why it's important for seniors to take a few extra precautions when gardening.

Keeping yourself covered

A good tip for gardeners of all ages is to always cover yourself up. While gardening you risk exposing yourself to all sorts of things that can be harmful to your body.

Wear a hat or use sunscreen to protect yourself against potential skin damage from the sun's UV rays and spray some insect repellent to deter pesky insects.

Gloves are always recommended so your hands don't come into contact with any harmful chemicals or contaminants in the soil, such as bacteria, fungus, pesticides and fungicides.

If you don't wear gloves, even a tiny cut could lead to an infection that can turn nasty very quickly.

It's also a good idea to wear a long-sleeved top and trousers to reduce the risk of anything harming your skin.

Treating yourself right away

Though you can reduce the risk of getting cuts, bruises and insect bites by covering up, should you get any of these, it's strongly recommended that you treat the affected area as soon as possible.

Leave injuries untreated, no matter how small or insignificant they may seem, and as a senior they could become more problematic for you as they could become infected. It's a good idea to have a first aid kit of some sort or some basic medical supplies close by when you're out gardening.

Knowing your limits

It goes without saying that as you get older, it becomes more challenging to partake in some physically activities.

Unfortunately, what you were easily capable of doing in your 20s and 30s, might not be as easy for you in your 60s or 70s.

However, this doesn't have to be a major hindrance when you take proper precautions.

As certain aspects of gardening can be quite strenuous physically, especially if you're doing lots of digging and planting, it's important that you know what your limits are so you don't end up pushing yourself too hard.

It may be disheartening to think that there are things you can't do, but it's always best to focus on the things you can do.

May/June 2018

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If you don't respect your limits, you could end up doing something that could have an adverse effect on your health and/or safety and end your gardening activities long-term.

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The Kitchen

Summer is Coming Soon!!!

Greetings from the kitchen:

We would like to do just a little housekeeping.:

- ◆ Bring your own containers and more to share if you plan on taking food home. You will need to take your empties home with you as we have no room to store them. We cannot afford in our budget to supply foil or plastic wrap for leftovers.
- ◆ Share and share alike at the tables.
- ◆ Do remember we are trying our hardest to serve a great meal. Each meal has a lot of heart and soul that goes into it.
- ◆ The butter pats can be returned and reused as they are wrapped. Butter is very expensive so please leave them on the table for pick up so we can continue to offer this wonder Condiment.

Facts you may not know:

- ◆ We appreciate each and every one of you and your contribution to the meals.
- ◆ If you are a regular guest and we don't see you, we wonder where you are. We care about you all.
- ◆ Not only do we prep the day before meal day but throughout the week we do all of the cooking, dishes and cleaning.
- ◆ We take time to make sure you are getting a great meal. These meals are not prepared in a hap hazard fashion but with hands and hearts that care.
- ◆ Only foods that are exposed to peoples hands are disposed of in the chicken bucket. Rarely does anything go to waste in this kitchen. After service all food is contained and used the following day to prepare our frozen meals.

Please submit your recipes with a brief History. Don't forget to sign and date them. Take a good look at them as we will need to convert them to 200 servings

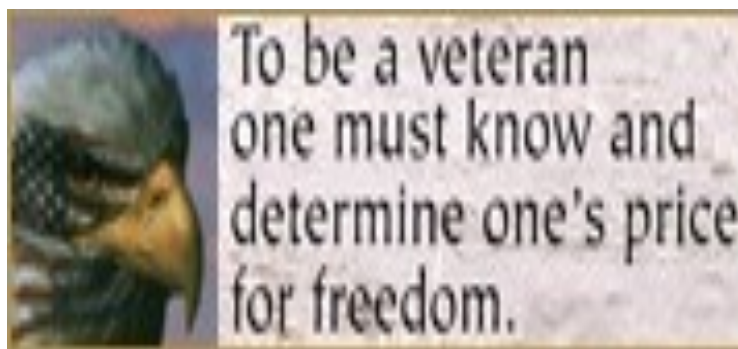
**For the 5th time in a row the State Health Department Awarded us
100%! Way to go team!!!**

May is National Military Appreciation Month, and many of us will remember our lost and fallen on Memorial Day, The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868. In June, we have 'D Day' on the 6th and Flag Day on June 14th.

But what about the rest of the month? I for one never thought about it until the writing of this page, so I did a little online research and came up with 10 ways to support our military and our Veterans.

- 1) Display the American Flag on your home or business.
- 2) Engage media to highlight military and veterans events
- 3) Send a care package thru "SUPPORTOURTROOPS" or "OPERATIONGRATITUDE"
- 4) "Veterans Salute Veterans" If you are one and see one, render the proper salute.
- 5) Encourage elected officials at all levels to recognize our military and veterans
- 6) When offering military discounts, include all who serve and have served.
- 7) If you see someone in a military uniform, shake their hand, and thank them for their service
- 8) May is military history month, encourage schools to add a military history curriculum.
- 9) Hire a veteran....We make great workers, we are confident, trustworthy and honorable.
- 10) Lastly, go to the Harney County Veterans page at www.facebook.com/HarneyCoVeterans/

If you would like to learn more of the history of our military there are many different ways to learn. There is the military channel on cable TV, YouTube is capable of running continuous military documentaries, and internet search engines. I shouldn't forget to mention our public library too.



MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	Miracle Ear Blood Pressure Clinic Lunch 12PM Cards 1PM	Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	Lunch 12PM Cards 1PM	
6	7	8	9	10	11	12
National Nurses Day	Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1:30PM	Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	Mother's Day Lunch 12PM Miracle Ear call them for an appointment. Cards 1PM	Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	Lunch 12PM Cards 1PM	
13	14	15	16	17	18	19
Mother's Day Fiddlers Potluck 1PM Music 2PM-4PM	Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30am-1PM	Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	Miracle Ear call them for an appointment. Lunch 12PM Cards 1PM	Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM		
20	21	22	23	24	25	26
	Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1PM	Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	Miracle Ear Blood Pressure Clinic Lunch 12PM Cards 1PM	Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	Cards 1PM	
27	28	29	30	31	30	31
	Memorial Day CLOSED	Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	Miracle Ear call them for an appointment. Lunch 12PM Cards 1PM	Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	Cards 1PM	

Suggested donation 60+ \$3.50	59yrs & under Must Pay \$4.50
Wednesday: May 2, 2018	Friday May 4, 2018
Servers: American Legion and Auxiliary	Servers: Pioneer Presbyterian Church
Sponsor: Miracle Ear	Sponsor: Les Schwab Tire Center
Sponsor: Great Basin Chiropractic	
Sloppy Joe Fresh Bread Cole Slaw Jell-O w/fruit	Hamburger Steaks Potatoes w/Gravy, WW Rolls Vegetables Fruit Crisps
Wednesday: May 9, 2018	Friday: May 11, 2018
Servers: Faith Baptist	Servers: FFA
Sponsor: Gourmet & Gadgets	Sponsor: Ed's Fast break of Oregon, LLC
Sponsor: Burns Volunteer Fire Department	Sponsor: Opal Filteau
Mother's Day Lunch Turkey (Rolls), Rice w/Gravy WW Rolls, Fruit Salad Strawberry Shortcake	Texas Chilli Corn Bread Salad Brown Bears in the Apple Orchard
Wednesday: May 16, 2018	Friday: May 18, 2018
Servers: Church of Jesus Christ of Latter Day Saints	Servers: Foursquare Church
Sponsor: The Aspens	Sponsor: City of Burns
	Sponsor: Elizabeth's Country Manor
Hamburger & Sausage Meatloaf Baked Potato with Fixings WW Rolls Carrot Raisin Salad Brownies	Birthday Lunch Oven Baked Chicken Mashed Potatoes with Gravy WW Rolls, Veggies Cake & Ice Cream
Wednesday: May 23, 2018	Friday: May 25, 2018
Servers: Catholic Church	Servers: Catholic Church
Sponsor: John & Marjorie Thelen	Sponsor: Harney Pump Irrigation, Inc
Hamburger & Sausage Lasagna WW Rolls Salad Pudding	Turkey Enchilada Casserole Spanish Rice Salad Blonde Brownies
Wednesday: May 30, 2018	
Servers: Harney County Cattlewomen	
Sponsor: Michael & Jennifer Williams	
Hamburger & Sausage Spaghetti Garlic Rolls Cottage Cheese w/Fruit Cookies	

Suggested donation 60+ \$3.50	59 yrs. & under Must Pay \$4.50
	Friday: June 1, 2018
	Servers: Pioneer Presbyterian Church
	Sponsors: Ed's Fast Break of Oregon, LLC
	Hamburgers w/Onions Gravy, WW Rolls Mashed Potatoes, Vegetables Fruit Crisp
Wednesday: June 6, 2018	Friday: June 8, 2018
Servers: Faith Baptist Church	Servers: Harney County 4-H
Sponsor: Peace Lutheran Mission Endowment Fund	Sponsor: GW Wilber
Taco Stuffed Baked Potato With Fixings Salad & Brownie	Beef Stroganoff WW Rolls, Vegetables Brown Bear in the Apple Orchard
Wednesday: June 13, 2018	Friday: June 15, 2018
Servers: Church of Jesus Christ of Latter Day Saints	Servers: Foursquare Church
Sponsor: Umpqua Bank	Sponsor: Sylvia Rebekah Lodge #43 I. O. O. F.
	Sponsor: Ken Thomas Real Estate, LLC
	Sponsor: Harney Hope
Tator Tot Casserole WW Rolls Salad Lemon Bar	Father's Day Lunch Roast Beef, WW Rolls Mashed Potatoes with Gravy Broccoli Salad, Fruit Pie
Wednesday: June 20, 2018	Friday: June 22, 2018
Servers: Catholic Church	Servers: Catholic Church
Sponsor: P. J. Vanasten	Sponsor: Harney Lodge #77 I. O. O. F.
	Sponsor: Elizabeth's Country Manor
Beef & Bean Red Sauce Casserole Salad Pudding	Birthday Lunch Pork Chops, WW Rolls Rice with Gravy, Vegetables Cake & Ice Cream
Wednesday: June 27, 2018	Friday: June 29, 2018
Servers: Burns Kiwanis	Servers: Harney County Church of the Nazarene
Sponsor: The Law Office of John Lamborn	Sponsor: Harney Hope
	Sponsor: Christian Church Thrift Shop
Tuna Casserole WW Rolls Salad Cookie	Brunch 10:30 AM to 12:30 PM Biscuits & Gravy Scrambled Eggs, Bacon Fruit, Juice

JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lunch 12PM Cards 1PM	2
3	4 Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1PM	5 Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	6 D-Day Miracle Ear, call them for an appointment. Lunch 12PM Cards 1PM	7 Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	8 World Oceans Day Lunch 12PM Cards 1PM	9
10	11 Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1PM	12 Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	13 Miracle Ear, call them for an appointment. Lunch 12PM Cards 1PM	14 Flag Day Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	15 Father's Day Lunch 12PM Cards 1PM	16
17 Father's Day	18 Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1PM	19 Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	20 Miracle Ear, call them for an appointment. Lunch 12PM Cards 1PM	21 Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	22 Birthday Lunch 12PM Cards 1PM	23
24	25 Quilting 9AM-3PM Walking 10:30AM Tai Chi 3-4PM Yoga 11:30AM-1PM	26 Tai Chi 9:30AM Walking 10:30AM SHIBA 1-3PM	27 Miracle Ear, call them for an appointment. Blood Pressure Clinic Lunch 12 PM Cards 1PM	28 Tai Chi 9:30-10:30AM Walking 10:30AM Cards 1PM Tai Chi 3-4PM	29 Brunch 10:30AM-12:30PM	30

10 Warm-Weather Activities Seniors and Caregivers Can Enjoy Together

Enjoying a breezy spring day or the [warm summer temperatures](#) doesn't have to be a distant memory for elders and caregivers. Finding an interesting activity that is suitable for a senior's abilities takes some creativity and planning, but it is well worth switching up the routine and getting out of the house.

The Benefits of Getting Outside

A main advantage of heading outdoors, even for a short period of time, is being able to soak up some sunlight. Sun exposure generates vitamin D, which is necessary for a healthy brain, bones and muscles, says Dr. Michael Raab, a geriatrician with Lee Health System in Fort Myers, Florida. Some doctors even prescribe sunlight as a source of vitamin D, which research has shown can improve cognitive function and mood.

In addition to the physical benefits of natural sunlight and fresh air, being outside provides mental and emotional benefits. Getting out enables elders to socialize with new people, and many outdoor activities provide opportunities for interacting with children and animals. Such activities can give people an extra spring in their step and rejuvenate them, says Christina Chartrand, vice president of training and staff development for Senior Helpers, a nationwide in-home care company.

Ideas for Outdoor Activities

When selecting an activity to do with your loved one, focus on hobbies and interests that they used to enjoy and get creative with new options they might find fun and rewarding.

1. Catch a sporting event.
2. Fish for fun.
3. Be a tourist.
4. Take a dip in a pool.
5. Stroll around. Take a walk.
6. Be an animal lover. Watch the birds.
7. Go fly a kite.
8. Go for a picnic outdoors.
9. Attend a community event.
10. Go out for a treat.

Oregon Care Partners Offering Free Classes for Oregon Caregivers

Caring for an aging loved one can feel overwhelming at times. Oregon Care Partners is here to help.

Oregon Care Partners provides free, quality trainings on a wide variety of topics to help you with common caregiving challenges, such as caring for someone living with Alzheimer's or dementia, safe medication management, or managing challenging behaviors. All classes are free and led by caring professionals who understand the needs of family caregivers. For more information and a full class schedule, please visit OregonCarePartners.com or call 1-800-930-6851.

Trainings coming soon to the Southeast Oregon Area:

ONTARIO

[Safe Medication Use in Older Adults](#)

May 7, 2018 – Holiday Inn Express & Suites Ontario, 212 SE 10th Street, Ontario, OR
8:30 a.m. to 12:30 p.m.

[Living with Alzheimer's for Caregivers: Middle Stage](#)

May 23, 2018 - St. Alphonsus Medical Center, 351 SW 9th Street, Ontario, OR 97914
10:00 a.m. – 2:00 p.m.

BURNS

[Legal and Financial Planning for Alzheimer's: Part 1](#)

May 24, 2018 – Harney County Senior Center, 17 S. Alder Ave, Burns, OR 97720
2:00 p.m. – 3:30 p.m.

Oregon Care Partners also provides **60+ online classes** which address many topics concerning the care of older adults. All trainings are self-paced and most take only an hour to complete. Online classes are free and available to anyone who lives or works in Oregon; free CEUs are offered for qualified professionals.

To browse our entire catalog or to register for a class, please visit OregonCarePartners.com.

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.



Fundraising update

50/50 for the 4-H animals: \$1600

Monopoly game : \$350 in free tickets for the food bank.

Bottles and Cans collected: \$2500

Game night is becoming more and more popular. We added pizza to the menu for sale at \$2 per slice. Our next game night will not be scheduled until the end of September, in order to let everyone enjoy all the summer activities. Lots more prizes and fun to be added.

Gardening safely Continued:

Making your garden accessible

It's recommended that seniors make adjustments to their garden and yard environment so that it's [more accessible and safer](#) for them.

Keeping everything at a higher level, such as using raised beds, is a good way of doing this.

Instead of having gardening beds down on the floor, use [raised beds](#) or vertical planting so you don't have to do as much bending and stooping down.

It's also worth thinking about the plants that you have in your garden.

Some might need watering more frequently than others and this could be a problem if watering plants is something you struggle doing – it's always best to have a garden full of plants that you're physically capable of maintaining.

Clearing away hazards

Make sure both your garden and any walkways leading to it are free from hazards or any obstacles that you might trip up on.

Have a slow walk around your garden, looking for things like plant roots, rocks, bits of uneven ground, loose steps etc., or anything you might easily miss and end up tripping over when focused on your garden activities.

Also, take extra care when walking around your garden if it's been raining and the ground is wet.

It might be a good idea to invest in cheap [non-slip grips](#) for your shoes so you can wander around without the risk of slipping.

If you need help spotting and clearing away hazards, ask a friend or family member to walk around your garden with you; they might be able to spot things you miss.

Staying hydrated

We've talked before about keeping yourself covered when it's sunny to avoid skin damage from the sun's UV rays.

Additionally, when the weather's nice, it's also important that you drink plenty of fluids and keep yourself well hydrated.

If you don't get enough fluids, especially if you're spending a lot of time outdoors in warm weather, it can have serious side effects, such as dizziness, fever, low blood pressure, lethargy and can even lead to seizures.

Seniors are particularly susceptible to dehydration, so it's very important indeed for older gardeners to stay hydrated at all times, especially when gardening in warm weather.

DIAL-A-RIDE

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

May

Tuesday May 1st
 Thursday May 10th
 Tuesday May 15th
 Thursday May 24th
 Tuesday May 29th

June

Thursday June 7th
 Tuesday June 12th
 Thursday June 21st
 Tuesday June 26th

July

Thursday July 5th
 Tuesday July 10th
 Thursday July 19th
 Tuesday July 24th

Days may be changed due to scheduling conflicts, staff shortag-

es, 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.

VETERANS if you need a medical ride out of the community please schedule as far in advance as possible so we are able to accommodate your 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.

GOHBI Transportation Network:

1-877-875-4657

1-541-288-9163

(Burns and Hines Area Rides)

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



Serving our community since
1973

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

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

E-mail:
angela.lamborn@co.harney.or.us

[http://www.co.harney.or.us/
index.php/features/
community-business-services/
senior-community-services-
center](http://www.co.harney.or.us/index.php/features/community-business-services/senior-community-services-center)

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

Monday 3:00 pm
Thursday 3:00 pm

Yoga:

Mondays 11:30 am -1:00 pm

Quilting:

Mondays 9:00am-3:00pm

Medicare help:

Tuesdays 1-3pm

Phase 10

First Tuesday 1-4pm

Bunco

Second Monday 5-8pm Third
Monday 7-9:30pm Fourth
Monday 6:30-9:00pm

Birthday Lunch:

May 18th
June 22nd

Brunch:

June 29th

Mothers Day Lunch

May 9th

Fathers Day Lunch

June 15th

Senior Center will be closed

May 28th in observance of

Memorial Day.

Food Bank Hours:

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

Christian Church Food Bank Hours:

Monday & Wednesday
10am-1pm

Medical Transportation Pro- gram for Veterans

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