Serving our
community since 1973

PO Box 728
Burns OR 97720
Phone: 541-573-6024
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E-mail:
angela.lamborn@harneycountyor.gov

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
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https://harneycountyor.gov/harney-hub/

It is the policy of Harney Hub 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

August 29, 2024
Brunch:
Biscuits & Gravy
Eggs
Sausage Patties
Fresh Fruit

INDOOR DINING!!!
Come join us for lunch!!!

Senior Meals
Tuesdays & Thursdays
11:30am-1pm

Salad Specials Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Closed on July 4th, 2024

Tai Chi for Diabetes:
Wednesdays
9:30am

Miracle Ear:
Wednesdays, Call 541-330-5503

Tai Chi:
Tuesdays & Thursdays
9:30am

Food Bank Hours:
Wednesdays:
10am-1pm

Bingo:
Thursdays 2:30pm

Medical Transportation Program for Veterans

For more details, call Harney Hub Transit at 541-573-3030 or HC Veteran Officer 541-573-1342

Veterans Assistance
Call Brian for an appointment at 541-573-1342

Medicare help:
Call for an appointment
Tuesdays & Thursdays
Open Enrollment, Oct. 15-Dec 5th
541-573-6024

Senior Moments

July, August

What is Medicare Hospice Fraud?

Hospice fraud occurs when Medicare Part A is falsely billed for any level of hospice care or service.

What are Examples of Hospice Fraud?

- Falsely certifying and providing services to beneficiaries who are not terminally ill – that is, with a life expectancy of six months or less if the disease runs its normal course
- Enrolling in hospice without the knowledge or permission of the patient or family
- Falsely certifying or failing to obtain physician certification on plans of care
- Paying gifts or incentives to referral sources (such as physicians and nursing homes)
- Billing for a higher level of care than was needed or provided or for services not received
- Targeting assisted living facility and/or nursing home residents whose life expectancy exceeds six months
- Using high-pressure and unsolicited marketing tactics of hospice services
- Providing/offering gifts or incentives, including noncovered benefits such as homemaker, housekeeping, or delivery services to encourage beneficiaries to elect hospice even though they may not be terminally ill
- Embezzling, abusing, or neglecting beneficiaries or medication theft by a hospice worker
- Keeping a beneficiary on hospice care for long periods of time without medical justification
- Providing less care on the weekends and disregarding a beneficiary's care plan

What can you do to stop Hospice Fraud?

- Be sure your doctor has assessed your condition
- Be sure your doctor has certified that you are terminally ill and expected to live sic months or less if the disease runs its normal course
- Never accept gifts (such as money, gift cards, or groceries) in return for hospice services and be wary of "too-good-to-be-true" offers
- Report quality-of-care complaints to your local SMP and the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) (qioprgram.org/file-complaint)

How are Fraudsters Benefiting from Hospice Fraud?

Generally inpatient care and continuous home care pay significantly more than routine home care. Falsely signing someone up for hospice and then proving routine home care at continuous home care rate could be very lucrative for a fraudster.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to:

- **PROTECT** yourself from Medicare fraud, errors, and abuse;
- **DETECT** potential fraud, errors, and abuse; and
- **REPORT** your concerns. SMP's and their trained volunteers

Help educate and empower Medicare beneficiaries in the fight against health care fraud.
Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.
It also can provide information and educational presentations.
Contact your local state Senior Medicare Patrol (SMP):
Visit www.smpresource.org or
call 1-877-808-2468.

SMP Senior Medicare Patrol
Preventing Medicare Fraud

Call our local Adult Protective Services at 541-573-2691 or the Senior Center at 541-573-6024 for information and assistance. We are here to help and can help you determine if calls are legit or a scam.
You should also report scams online to the FTC at ftc.gov or the FBI at ic3.gov or call the Portland Field Office, 503-224-4181. Sharing your experience can help prevent it from happening to another older adult and help stop the scams.
We will be looking in depth at some common scams in the next few issues of our senior newsletter, so stay tuned for additional information.

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Trouble with Touch?

Feeling Your World

Your senses let you experience the world. Sight, hearing, taste, or even smell may be the first sense to spring to mind*. But don't forget touch. Your sense of touch helps keep you safe from physical threats and can strengthen social bonds. It can also be altered by many health conditions. "Your skin is your largest sensory organ by far," says Dr. Alexander Chesler, a touch researcher at NIH. "It encompasses your entire body. And the precision, accuracy, and speed at which it can sense touch is absolutely extraordinary."

Feeling too little or too much sensation from touch can affect your quality of life. Over the last decade, researchers have made major progress in understanding how touch works. They're now using this information to help address pain and other conditions where your sense of touch can turn against you.

From Pleasure to Pain

Nerve cells in your skin are the first to sense when you touch something. They send electrical impulses to your spinal cord, which then passes the signal on to your brain. Each nerve cell can respond with a different level of sensitivity to different types of sensations. Some nerve cells in the skin sense things that hurt, like a pinch or a sharp object. Others pick up sensations like hot, cold, or the burning feel of spicy foods, like a chili pepper. Your skin is also coated in nerve endings that sense different types of force, like pressure or being stretched.

Once sensations from touch leave the nerve cells in the skin, they can be altered in different ways before they reach the brain. Understanding how this happens is just as important as understanding what happens in the skin, Chesler explains. "If we can understand these basic principles about how touch and pain work, we can find new ways to intervene to stop pain," he says. "We also want to know: How is the brain transforming all of this physical information into something that we can interpret?" Adds Dr. Jerry Chen, a neuroscientist at Boston University. His lab is using imaging technologies to track the activity of single nerve cells in living mice. This lets them watch as touch messages are processed and move through the body and up to the brain. His team hopes this will help them understand how sensations like pleasant touch are processed differently than pain. The researchers also recently discovered a type of brain cell that appears to play an important role in our memories of touch. "There are physical aspects of the world that never change, like the fact that glass is smooth or that sandpaper is rough," Chen says. These types of memories help us process other aspects of our environment more quicky. They let our brain focus on the unexpected, like the feel of something sharp on what should be a smooth surface. This, in turn, helps keep us safe.

Solving Touch Problems

Certain physical and mental health conditions can affect a person's sense of touch. "A lot of neurologic disorders, like stroke or autism, can affect the way we process sensory information," Chen explains. After a stroke, some people may become less able to process touch. A person with autism, on the other hand, may feel overwhelmed by touch. "If we can pinpoint certain nodes in the touch network that are involved in these experiences, then we have an access point to change how touch is processed," Chen says. A better understanding of touch—from the skin to the brain—will hopefully lead to new treatment approaches. It may also lead to artificial limbs that feel more realistic. For example, a field called haptics examines the connections between humans and machines. Haptics researchers are trying to develop ways to provide feedback from electronics to our touch nerve cells and vice versa. This could lead to artificial limbs that work and sense touch like real body parts, Chesler says.

Researchers also are exploring how our emotions affect our sense of touch. "The context in which touch happens is really important," Chesler says. "Having a friend rub your shoulders feels great. But what if it's a stranger on the subway? That's not so great. Understanding how touch and emotion work together may lead to a better understanding of conditions like chronic pain, Chesler explains. If you're having pain or other trouble with touch, talk with your health care provider. They can help you find ways to make feeling your world more comfortable.

**Editor's note: This statement contained an error and was updated following publication.*

Which Organs Sense Touch?

Organs inside your body sense different types of force, similar to the ways that skin senses touch. Scientists are only starting to understand why. Some examples include:

- The gut: senses when the stomach is full and sends signals to the brain to stop eating.
- The lungs: signal when it's time to stop inhaling and start exhaling, and vice versa.
- The bladder: senses when it's full and sends the urge to urinate to the brain.
- Blood cells: know when to change shape to pass through small blood vessels.
- Blood vessels: help regulate blood pressure.
- The bones: trigger bone formation and maintenance in response to activity.

The joints: make sure tendons stretch, but not too much.

Fixed Route for Bend/Redmond

July 2024
Tuesday, 2nd
Thursday, 11th
Tuesday, 16th
Thursday, 25th
Tuesday, 30th

August 2024
Thursday, 8th
Tuesday, 13th
Thursday, 22nd
Tuesday, 27th

September 2024
Tuesday, 5th
Thursday, 10th
Tuesday, 19th
Thursday, 24th

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

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 Harney Hub Transit 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.

Harney Hub Transit currently has a fixed route to Bend/Redmond free of charge. Rides must still be scheduled with the office in advance of your trip.

Departure from the Senior Center is 6:30am.

Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later than 2:00p.m. Departure from Bend at 3pm.

Call for additional details, 541-573-3030.

*Times may vary due to weather conditions!

HARNEY HUB TRANSIT 541.573.3030

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

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.

GOHBI Transportation Network:

1-877-875-4657

(Burns and Hines Area Rides)

This applies to medical rides only.

Harney Hub Transit
17 South Alder Burns
541-573-3030

Public Transportation in Harney County

Harney Hub Transit 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.

Deviated fixed route only after 5:00 P.M.

Saturday

8:00 a.m.—5:00 p.m.

Deviated fixed route only. Closed 12:00-1:00 P.M.

Sunday

8:00am-3:00P.M.

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 25 rides can be purchased for $20 from drivers or dispatch.

WEST BOUND ROUTE

	HSC 17 S Alder Ave	Washington Park NW Birch Ave	Triangle Park East	Fulton Upper	Fulton Lower	Maryhurst Apts (Adult Only) Arrive + 5th (North Side)	Safeway Madison & Bond (South Side)	Community Corr. Division + Adams	Health Dept. Washington + Harrison	Hiram Bricker Harrison + Jackson	Bayside NW Oregon Ave	BMV/Post (180 Oregon Ave	Apple Peddler (350 Hwy 20	Barnhouse (400 N Hwy 20	Hines Park (NW Circle Drive
A	7:00	7:02	7:05	----	----	7:07	7:10	7:12	7:13	7:16	7:18	7:20	7:22	7:24	7:26
A&S	8:00	8:02	8:05	----	----	8:07	8:10	8:12	8:13	8:16	8:18	8:20	8:22	8:24	8:26
A&S	9:00	9:02	9:05	----	----	9:07	9:10	9:12	9:13	9:16	9:18	9:20	9:22	9:24	9:26
A&S	10:10	10:12	10:15	----	----	10:17	10:20	10:22	10:23	10:26	10:28	10:30	10:32	10:34	10:36
A&S	11:05	11:07	11:09	----	----	11:10	11:12	11:14	11:16	11:18	11:19	11:20	11:22	11:24	11:26
A	12:00	12:02	12:05	----	----	12:07	12:10	12:12	12:13	12:16	12:18	12:20	12:22	12:24	12:26
A&S	13:00	13:02	13:05	----	----	13:07	13:10	13:12	13:13	13:16	13:18	13:20	13:22	13:24	13:26
A&S	14:00	14:02	14:05	----	----	14:07	14:10	14:12	14:13	14:16	14:18	14:20	14:22	14:24	14:26
S	15:00	15:02	15:05	----	----	15:07	15:10	15:12	15:13	15:16	15:18	15:20	15:24	15:26	15:28
S	16:10	16:12	16:14	----	----	16:17	16:19	16:21	16:23	16:25	16:27	16:29	16:31	16:33	16:35
A	18:10	18:12	18:14	----	----	18:16	18:18	18:20	18:22	18:24	18:26	18:28	18:30	18:32	18:35
B	15:00	15:02	15:04	15:10	15:15	15:21	15:24	15:26	15:27	15:30	15:32	15:34	15:36	15:38	15:40
B	16:30	16:32	16:35	16:41	16:46	16:51	16:54	16:56	16:57	17:00	17:02	17:04	17:06	17:08	17:10

Route Schedule Legend
- A: Regular Route
- B: Afternoon Extension
- S: Saturday Route
- A&S: Regular and Saturday Route

EAST BOUND ROUTE

	Hines Park NW Circle Drive	Barnhouse (400 N Hwy 20 + Bonnett Ave	Apple Peddler (350 N Hwy 20 + Bonnett Ave	BMV/Post (180 Oregon Ave	Bayside NW Oregon Ave	Hiram Bricker Harrison + Jackson	Health Dept. Washington + Harrison	Community Corr. Division + Adams	Safeway Madison & Bond (South Side)	Maryhurst Apts (Adult Only) Arrive + 5th (North Side)	Fulton Lower	Fulton Upper	Triangle Park	Washington Park NW Birch Ave	HSC 17 S Alder Ave
A	7:28	7:30	7:34	7:36	7:38	7:40	7:42	7:44	7:46	7:48	7:50	7:53	----	----	7:55	7:57	8:00
A&S	8:28	8:30	8:34	8:36	8:38	8:40	8:42	8:44	8:46	8:48	8:50	8:53	----	----	8:55	8:57	9:00
A&S	9:28	9:30	9:34	9:36	9:38	9:40	9:42	9:44	9:46	9:48	9:50	9:53	----	----	9:55	9:57	10:00
A&S	10:36	10:38	10:40	10:41	10:43	10:45	10:47	10:49	10:51	10:53	10:55	10:57	----	----	10:59	11:02	11:05
A&S	11:27	11:29	11:33	11:36	11:38	11:40	11:42	11:45	11:47	11:50	11:52	11:54	----	----	11:56	11:58	12:00
A	12:28	12:30	12:34	12:36	12:38	12:40	12:42	12:45	12:47	12:50	12:52	12:54	----	----	12:56	12:58	13:00
A&S	13:30	13:32	13:34	13:36	13:38	13:40	13:42	13:45	13:47	13:50	13:52	13:54	----	----	13:56	13:58	14:00
A&S	14:30	14:32	14:34	14:36	14:38	14:40	14:42	14:45	14:47	14:50	14:52	14:54	----	----	14:56	14:58	15:00
S	15:30	15:32	15:34	15:36	15:38	15:40	15:42	15:45	15:47	15:50	15:52	15:54	----	----	15:56	15:58	16:00
S	16:35	16:37	16:39	16:41	16:43	16:45	16:47	16:49	16:50	16:52	16:53	16:55	----	----	16:57	16:59	17:00
A	18:37	18:39	18:41	18:42	18:44	18:46	18:48	18:50	18:52	18:54	18:55	18:57	----	----	18:58	18:59	19:00
B	15:42	15:44	15:46	15:49	15:51	15:53	15:54	15:56	15:58	16:00	16:02	16:04	16:09	16:15	16:20	16:23	16:27
B	17:10	17:13	17:16	17:20	17:22	17:24	17:26	17:28	17:30	17:32	17:34	17:36	17:42	17:48	17:54	17:56	17:58

This information is available in alternate format. Please dial 541-573-3030 to discuss your needs. To access alternative telecommunication call Oregon telecommunication relay service #711

**Harney County Senior and Community Services Center and Harney County Dial-A-Ride reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with organization policy and applicable federal and state statutes and regulations. HCSC is committed to providing access and reasonable accommodation in its services, programs, activities and employment for individuals with disabilities. To request disability accommodation contact the organization at: 17 S Alder Ave / PO Box 728 Burns, 541-573-6024, angela.lamborn@co.harney.or.us or http://co.harney.or.us/index.php/features/community-business-services/senior-community-services-center

HARNEY HUB TRANSIT: WHAT DOES IT COST?

Deviated Fixed Route: FREE for all riders since 2018.

Harney Hub Transit cards are now 25 rides for $20!!

Thanks to a special grant, there will be no charge for students, ages 13-19, to ride our buses.

Curbside Service, six 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 additional mile one way upon availability.

SCHEDULED BEND TRIP:

Fixed Route: Free

SPECIAL TRIP upon 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

Veterans News

VETERAN HEALTH CARE

BASIC ELIGIBILITY

A person who served in the active military service and was discharged under conditions other than dishonorable may qualify for federal VA health care benefits. Reservists and National Guard members may also qualify for federal VA health care benefits if they were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty.

ENROLLMENT

For most veterans, entry into the federal VA health care system begins by applying for enrollment. If you are not enrolled, you can apply at any time. If you served in the U.S. Armed Forces, you can use the federal VA Health Benefits to learn about the benefits you could receive if you are enrolled with federal VA for your health care. To apply or use the federal VA Health Benefit Explorer, visit www.va.gov/healthbenefits

ONLINE HEALTH INFORMATION MANAGEMENT

Managing your health information – appointments, prescriptions, labs, blood tests and even exchanging messages with your health care team – has never been easier.

My HealtheVet, your online Personal Health Record, helps you gain a better understanding of your health status and allows you to explore a variety of ways to monitor and improve your health, 24 hours a day/seven days a week. To get the most out of My HealtheVet, veterans are urged to visit their local federal VA health care facility to get an upgraded account, known as In-Person Authentication (IPA). To begin using My HealtheVet, register as www.myhealth.va.gov

NON-VA MEDICAL CENTER EMERGENCY CARE

Veterans are eligible for emergency care at non-VA facilities under certain circumstances. The 2010 Veterans Emergency Care Protective Act enables federal VA to reimburse veterans enrolled in federal VA health care for the remaining cost of emergency treatment outside insurance that only covers part of the cost.

If non-VA emergency care is received, notification must be made within 72 hours of hospitalization by calling 844-724-7842. Federal VA payment is limited to the point that the veteran's condition is stable form transport to a VA facility. Further information is available at www.va.gov/COMMUNITYCARE/programs/veterans/emergency_Care.asp

WOMEN VETERANS HEALTH CARE /1-855-VA-WOMEN (1-855-829-6636)

Comprehensive health services are available to women veterans including primary care, specialty care, mental health care and reproductive health care services. The federal VA provides management of acute and chronic illnesses, preventative care, contraceptive services, menopause management, cancer screenings including pap smear and mammograms, gynecology, maternity care and some child care. Infertility evaluation and limited treatments also are available. For more information visit www.womenshealth.va.gov

TRIBAL VETERANS' HEALTH CARE

To Improve access to care for American Indian and Alaska Native (AI/AN) Veterans, VA works with the Indian Health Service (IHS), Tribal Health Programs (THP) and Urban Indian Health Organization (UIO) (I/T/U) to reimburse the cost of care provided to eligible AI/AN Veterans at IHS, THP and UIO facilities. Through the VA Reimbursement Agreements Program (RAP), care is provided to Veterans closer to home in a culturally sensitive environment at an I/T/U facility. Visit www.va.gov/COMMUNITYCARE/programs/veterans/ihs/index.asp or email ORHcomms@va.gov

VA DENTAL INSURANCE PROGRAM

VADIP offers eligible individuals the opportunity to purchase discounted dental insurance coverage that incudes diagnostic services, preventive services, endodontic and other restorative services, surgical services and emergency services. Multiple plan options allow individuals to select a plan that provides benefits and premiums that meet their dental needs and budget. For more information call Delta Dental at 1-855-370-3303 or MetLife at 1888-310-1681. For more information regarding VA dental care and the VADIP, visit www.gov/health benefits/VADIP/

The above information was provided by the Oregon Department of Veterans Affairs from the 2022 Annual Benefits and Resource Guide for Oregon Veterans and Families.

For more information concerning VA health care please contact Brian Needham at 541-573-1342 to make an appointment.

July 2024

Bioterrorism / Disaster Education and Awareness , International Women with Alopecia, UV Safety, Talk to Us, National Civility Month, National Cleft and Craniofacial Awareness, Prevention, National Minority Mental Health Awareness , Sarcoma Awareness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ketikoti Burundi Independence Day The Feast of Saints Peter and Paul Virgin Islands Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10am-10:30am	**2** Tai Chi 9:30am Senior Meals 11:30am -1pm **4th of July Meal** Medicare help w/ appt.	**3** St. Thomas History Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**4 CLOSED** Fourth of July 	**5** Saints Cyril and Methodius Work Without Your Hands Day	**6** Islamic New Year Ian Hus Day in Czech Republic Kupala Night
7 Bonalu Al-Hijra begins Rath Yatra	**8** Amun Jadid Cultural Communities Week Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 9am-10:30am	**9** Drukpa Tsheshi Martyrdom of the Bab Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**10** Feast of St. Rosalia First Sermon Of Lord Buddha Gospel Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**11** National Culture and Senior Citizens Day Behdienkhlam in Meghalaya Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. Fresh Alliance 10am-10:30am	**12** National Simplicity Day Battle of the Boyne	**13** Embrace Your Geekness Day Fool's Paradise Day
14 Kharchi Puja Emmeline Pankhurst Day International Nonbastille Day Binary Peoples Day	**15** Developmental Disability Professionals Day Global Hug Your Kids Day Saint Swithin's Day Coral Reef Awareness Week Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 9am-10:30am	**16** Ashura Our Lady of Mount Carmel Tassoua The Feast of Our Lady of Mount Carmel Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**17** Tirot Sing Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**18** Nelson Mandela Day World Listening Day Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. Fresh Alliance 9am-10:30am	**19** Pflasterspektakel Linz National Football Day	**20** Asahna Bucha Day Full Moon Day of Wasa
21 National Parenting Gifted Children Week Asalha Puja Buddhist Lent National Be Someone Day National Ice Cream Day	**22** National Fragile X Awareness Day Royal Welsh Show Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 9am-10:30am	**23** Fast of Shiva Asar BTammuz Fast of Tammuz PANAFEST Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**24** Amelia Earhart Day Pioneer Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**25** Feast of St. James St James TC National Wine and Cheese Day Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. Fresh Alliance 9am-10:30am	**26** National Disability Independence Day Love Parks Week Hepatitis Awareness Week National Coffee Milkshake Day	**27** Iglesia ni Cristo Day National Black Women's Equal Pay Day Paddle for Perthes Disease Awareness Day National Disability Independence Day
28 Baptism Day of Kyivan Rus Buffalo Soldiers Day National Parents' Day World Nature Conservation Day	**29** Ker Puja National Lipstick Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10am-10:30am	**30** World Day Against Trafficking in Persons Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**31** Uncommon Instrument Awareness Day Martyrdom Day of Shaheed Udham Singh Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am			

Summer is in the air!

S	C	S	A	H	C	F	S	O	G	S	G	S	H	P
B	E	X	U	I	C	U	H	N	G	K	I	H	E	O
E	A	S	N	R	N	A	I	Z	R	R	C	O	U	P
Y	E	C	S	S	F	E	E	E	I	O	E	E	S	S
O	I	F	H	A	O	I	V	B	L	W	I	D	H	I
P	F	I	D	N	L	E	N	T	L	E	E	A	W	C
U	N	E	A	E	V	G	R	G	I	R	T	N	B	L
E	T	C	F	N	L	F	N	B	N	I	E	O	K	E
T	R	A	V	E	L	G	D	U	G	F	E	M	L	S
G	I	L	N	T	T	N	M	T	S	M	J	E	Q	S
S	P	L	A	S	H	I	N	G	C	L	L	L	E	T
Q	E	A	T	T	P	P	U	D	D	R	V	R	R	V
Y	P	F	U	H	V	M	S	W	I	M	E	I	D	J
S	R	E	L	K	R	A	P	S	X	M	A	A	G	K
S	J	M	V	B	A	C	G	L	Y	L	H	J	M	U

BEACH
CREAM
SUNGLASSES
POPSICLES
ICE

CAMPING
GRILLING
TAN
FIREWORKS
SUNSHINE

CANOEING
HAT
PICNIC
SPLASHING
LEMONADE

SWIM
SPARKLERS
TRAVEL
SURFING

Protecting Homeowners From Scams

The Oregon Department of Justice (DOJ) has made it a priority to protect homeowners. We aggressively pursue companies and individuals who engage in loan modification, foreclosure rescue fraud and other mortgage-related scams, including:

- phony offers of counseling or help.
- cons where homeowners unknowingly sign away their home.
- lease-to-own schemes where a scammer claims to sell a house but pockets all the payments.
- The Oregon DOJ investigates and prosecutes the Mortgage Rescue Fraud Prevention Act and other mortgage and foreclosure rescue fraud offenses. Violations may incur civil and criminal penalties, including prison.

Avoid Foreclosure Rescue Scams

Be aware when a counselor or company:

- guarantees to stop the foreclosure process no matter what.
- instructs you not to contact your lender, lawyer or credit or housing counselor.
- encourages you to rent your own home so you can buy it back over time.
- tells you to make your mortgage payments directly to it, rather than your lender.
- tells you to transfer your property deed or title to it.
- offers to buy your house for cash at a fixed price that is not set by the housing market at the time of sale.
- offers to fill out paperwork for you.

Get it in Writing

Your home is an extremely important asset, so it's ok to ask anyone you are working with to put a description of all services and promises in writing. Make sure you fully understand the documents before you sign them, or you could inadvertently sign away your home to someone else. Keep all of your records.

Don't Pay Upfront

If a counselor demands you make a payment before receiving services, or will only accept payment via cash, automatic withdrawal, cashier's check or wire transfer, be extremely suspicious. Make sure you know exactly what services you will receive before paying anything. Also, you don't have to pay thousands – or even hundreds – of dollars for mortgage counseling as approved counselors provide their services at little or no charge.

Make Sure Your Counselor is HUD-approved

Scammers may contact you by mail, phone, online or in person and sometimes try to appear associated with your lender or the government. The State of Oregon and U.S. Department of Housing and Urban Development (HUD) have searchable lists of approved counseling agencies. Ask your counselor if their agency is HUD-approved or state approved and then double check. Call 1-877-483-1515 to find out if your counselor is HUD-approved. Visit Homeownership Assistance » https://www.hud.gov/states/oregon/homeownership/buyingprgms to find out if your counselor is state approved.

Are You Being Offered a Short Sale?

A "short sale" is a term used to describe a transaction where the sale price of the property will not generate enough proceeds to pay off the existing mortgage or mortgages and where the lender agrees to accept less than full payoff. It is a type of loan modification.

Know Your Rights

Oregon law requires your lender to inform you about mortgage modification options and allow you to request good-faith negotiations which may help you avoid foreclosure.

Get Help

If you think you have been a victim or want to notify us about an individual, company or agency that may be engaging in mortgage or foreclosure rescue scams, call 1-877-877-9392.
Organizations You Can Trust

Making Home Affordable

This initiative is part of a federal plan to help homeowners keep their home by refinancing mortgages and avoiding foreclosures. Visit the Making Home Affordable website » https://home.treasury.gov/data/troubled-assets-relief-program/housing for details.

July 2024

July 2, 2024– 4th of July Meal	**July 4, 2024- Closed**
Sponsor: In Memory of Frank & Bessie Sugai **Lemon Herb Chicken** **Loaded Potato Salad** **Asparagus** **Cherry Cobbler** **Salad: Grilled Chicken**	**Happy Independence Day!**
July 9, 2024	**July 11, 2024**
Sponsor: Pamela Schmid **Beef Enchiladas** **Street Corn** **Rice** **Churro Bars** **Salad: Southwest Chicken**	**Sponsor: Jamie Beare** **Sweet & Sour Meatballs Over Rice** **Salad** **Banana Cream Pie** **Soup: Broccoli Cheddar**
July 16, 2024	**July 18, 2024**
Sponsor: Buermann's Ranch Meats LLC **Smoked Beef Roast** **Mashed Potatoes W/ Gravy** **Vegetable Medley** **Orange Fluff Salad** **Salad: Chef**	**Sponsor: In Memory of Chester P. Sater** **Pizza** **Salad** **Blueberry Pie Bars** **Soup: Minestrone**
July 23, 2024	**July 25, 2024**
Sponsor: Law Office of John Lamborn **Chicken Alfredo** **Salad** **Rolls** **Brookies** **Salad: Taco**	**Sponsor: Harney Rock & Paving Co** **Fish & Chips** **Coleslaw** **Pistachio salad** **Soup: Cabbage Roll**
July 30, 2024	60+ Senior Meals: Suggested donation of $5 59 and under meals: Must pay $10 Call 413-2280 to order back door meals, Order by Noon the day before meal days! Tuesday- Salad Prices: $6 small, $10 large Thursday-Soup Prices: $4 cup, $6 bowl Call in to get extra desserts: $2 a piece or $6 for four pieces. Drinks: $1
Sponsor: Rise & Run Construction **Spaghetti** **Salad** **Garlic Bread** **Apple Crisp** **Salad: Chicken Caesar**	

*Menus are subject to change.

August 2024

60+ Senior Meals:
Suggested donation of $5
59 and under meals: Must pay $10
Call 413-2280 to order back door meals,
Order by Noon the day before meal days!
Tuesday- Salad Prices: $6 small, $10 large
Thursday-Soup Prices: $4 cup, $6 bowl
Call in to get extra desserts: $2 a piece or $6 for four pieces.
Drinks: $1

August 1, 2024

Sponsor: Aspens Assisted Living

Orange Chicken Over Rice
Broccoli
Snickers Apple Salad

Soup: Cheeseburger

August 6, 2024

Sponsor: Burns Lions Club

BLT
Macaroni Salad
Zucchini Patties
Fresh Fruit

Salad: Shrimp Louie

August 8, 2024

Sponsor: Ed Staub and Sons Petroleum Inc.

Chicken Pitas W/ Tzatziki Sauce
Broccoli Salad
Strawberry Cream Cheese Crumble Bars

Soup: Chicken Tortilla

August 13, 2024

Sponsor: Campbell

Beef Stroganoff
Green Beans
Rolls
Brownies

Salad: Crispy Chicken

August 15, 2024

Sponsor: Claudio & Maria Iturriaga

Sloppy Joes
Salad
Cherry Pistachio Lush

Soup: Potato

August 20, 2024

Sponsor: Zelley

Sheperd's Pie
Cucumber & Tomato Salad
Biscuit
Sugar Cookie Bars

Salad: Strawberry Spinach

August 22, 2024

Sponsor: First Community Credit Union

French Dip
Fries
Broccoli & Cauliflower Salad
Cookies

Soup: Tomato

August 27, 2024

Sponsor: In Memory of Frank & Bessie Sugai

Tacos on Flour Tortillas W/ Fixings
Rice
Beans
Cheesecake

Salad: Taco

August 29, 2024 - Brunch

Sponsor: Jamie Beare

Biscuits & Gravy
Eggs
Sausage Patties
Fresh Fruit

Soup: Creamy Chicken

*Menus are subject to change.

August 2024

Child Support Awareness Month National Immunization Awareness Month Psoriasis Awareness Month
Spinal Muscular Atrophy Awareness Month Summer Sun Safety Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Good Bye July~				**1** Lammas Day Santo Domingo Celebrations Start World Lung Cancer Day Fresh Alliance 10am-10:30am	**2** Mary Prince Day Virgin of Los Angeles Day National Ice Cream Sandwich Day	**3** Cloves Syndrome Awareness Day Sandcastle Day
4 Founder's Day U.S. Coast Guard Birthday Give a Dog a Bone Week National Farmers Market Week National Health Center Week	**5** Festival Monday Kadooment Day Our Lady of Africa Crop Over Simplify your Life Week Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10AM-10:30AM	**6** Farmworker Appreciation Day Fiesta de San Salvador Fiesta Patronales Holiday Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**7** Aged Care Employee Day Purple Heart Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**8** Peace Festival Augsburg Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo; 2:30-4 Fresh Alliance 10am-10:30am	**9** International Day of the World's Indigenous Adivasi Divas Nag Panchami Suriname Indigenous People's Day	**10** Ascent of Saint Dominic
11 The Day of Cantabria Esala Perahera	**12** International Youth Day Tisha B'Av Afternoon Tea Week Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10AM-10:30AM	**13** Fast of Ninth of Av Obon Festival Lefthanders Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**14** National Financial Awareness Day Vigil of Assumption Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**15** Feast of the Assumption St Mary's Day Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo; 2:30-4 Fresh Alliance 10am-10:30am	**16** Bennington Battle Day	**17** World Honey Bee Day National Heritage Week
18 Tu B'Av Ullambana World Breast Cancer Research Day	**19** Raksha Bandhan Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10AM-10:30AM	**20** National Radio Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**21** National Senior Citizens Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**22** National Surgical Oncologist Day Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo; 2:30-4 Fresh Alliance 10am-10:30am	**23** Slavery Remembrance Day	**24** National Waffle Day St Bartholomew History
25 Social Justice Sunday Be Kind To Humankind Week Women's Equality Day	**26** Women's Equality Day Janmashtami National Day of Repentance Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10am-10:30am	**27** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**28** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**29** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo; 2:30-4 Fresh Alliance 10am-10:30am	**30** More Herbs, Less Salt Day	**31**