Senior Moments

Watch out for scams this tax season

With the federal tax filing deadline approaching, Attorney General Ellen Rosenblum is warning Oregonians to be on the lookout for scams and other fraud related to taxes and tax filing.

"During tax season, identity theft cases increase as scammers use stolen information to file fake tax returns and steal people's refunds," Rosenblum said. "Oregonians should always be on the lookout for scam artists trying to steal their personal and financial information."

Most tax scams are just one variety of what are known as government imposter scams. These imposters pose as representatives of a government agency like the Internal Revenue Service (IRS) or Social Security, or of a business or charity.

"Unfortunately, imposters have clever ways to get you to trust them so they can steal your personal information and money," added AG Rosenblum. "Don't fall for it!"

When the attempt to defraud comes via a letter, text, or email, scammers usually use official-looking materials such as the IRS or Oregon Department of Revenue logos. When the scammer tries to reach a taxpayer over the phone, they will attempt to take advantage of the instinct to cooperate with someone with an official-sounding title or reason for calling, and will often ask for personal information, ask you to send money right away, make threats, or try to keep you on the phone.

Oregonians should know that local, state, and federal government agencies will never ask consumers to send money or make payments via a wire transfer, pre-paid gift card or by purchasing cryptocurrency.

If you believe you are being scammed, hang up the phone, do not click on links in a text or email, and – if you're worried – contact the agency directly via the phone number or email address listed on their official website. Do not use any of the contact information in the suspicious communication.

"As we enter the final weeks of the 2023 tax season, the Oregon Department of Revenue urges taxpayers and tax professionals to be on the lookout for bogus calls, texts, emails, and online posts from scammers trying to steal your personal and financial information," said Joanna Robert, Communications Director for the Oregon Department of Revenue. "You can find out more about how to protect yourself from tax season scams on the IRS website."

If you believe you have been the victim of a tax scam, or want to report a suspected scam, file a complaint with the Oregon Attorney General online at www.oregonconsumer.gov.

March/ April

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Harney Hub - AARP Tax-Aide Program

Packets are available to pick up at the Harney Hub

February 5th through April 15th, AARP Foundation Tax-Aide is providing tax assistance and preparation on Mondays and Wednesdays. This is a free tax-aide program that has been ongoing in Harney County for over 30 years. The tax preparation process will entail in-person service, so the tax payer will need to be present throughout the entire preparation of the tax return. Packets are now available at the Harney Hub . The packet will describe how to make an appointment and what forms and documents you will need to bring with you at the time of the appointment. Tax payer must bring photo ID and Social Security Cards for all individuals listed on the tax return. This program is open to taxpayers of all ages and income. Membership with AARP is NOT required. The only thing that may not allow us to complete your tax return is the complexity and the type of income. To schedule an appointment or if you have any questions concerning the Harney County AARP Foundation tax program, please contact Mike Green at 541/5891531.

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.

Fit More Fiber Into Your Day

Fiber—you know it's good for you. But if you're like many Americans, you don't get enough. In fact, most of us get about half the recommended amount of fiber each day. Dietary fiber is found in the plants you eat, including fruits, vegetables, and whole grains. It's sometimes called bulk or roughage. You've probably heard that it can help with digestion. So it may seem odd that fiber is a substance that your body can't digest. Much of it passes through your digestive system practically unchanged. "You might think that if it's not digestible, then it's of no value. But there's no question that higher intake of fiber from all food sources is beneficial," says Dr. Joanne Slavin, a nutrition scientist at the University of Minnesota.

Types of Fiber

Different types of fiber can affect your health in different ways. That's why the Nutrition Facts labels on some foods may list two categories of fiber: soluble and insoluble. Soluble fiber is found in oats, beans, peas, and most fruits. Insoluble fiber is found in wheat bran and some vegetables. Some soluble fiber is broken down by the complex community of bacteria and other microbes that live in the human gut. These microbes, called gut flora or microbiota, help with our digestion. Emerging research shows they can affect our health in various ways. Studies suggest that they may play a role in obesity, type 2 diabetes, colon cancer, and other conditions. Researchers are now looking at how different types of dietary fibers affect the gut microbiota—and how that, in turn, affects our health. But soluble and insoluble fiber aren't always listed separated on labels. Many foods contain both. And both types have health benefits. Experts suggest that men aim for about 38 grams of fiber a day, and women about 25 grams. Unfortunately, in the United States, we take in an average of only 16 grams of fiber each day.

Health Benefits

Some of fiber's greatest benefits are related to **cardiovascular** health. Several large studies have found that people who eat the most fiber had a lower risk for heart disease. High fiber intake—particularly soluble fiber—seems to protect against several heart-related problems. "There is evidence that high dietary fiber consumption lowers 'bad' **cholesterol** concentrations in the blood and reduces the risk for developing heart disease, stroke, and high blood pressure," says Dr. Somdat Mahabir, a nutrition and disease expert with NIH's National Cancer Institute. Fiber can help relieve constipation and normalize your bowel movements. Insoluble fiber is often used to treat or prevent constipation and diverticular disease, which affects the large intestine, or colon. Fiber may also play a role in reducing the risk for **type 2 diabetes**, the most common form of diabetes. Fiber in the intestines can slow the absorption of sugar, which helps prevent blood sugar from spiking. "With diabetes, it's good to keep glucose levels from peaking too much," explains Dr. Gertraud Maskarinec of the University of Hawaii. In an NIH-funded study, Maskarinec and her colleagues followed more than 75,000 adults for 14 years. Consistent with other large studies, their research found that diabetes risk was significantly reduced in people who had the highest fiber intake. "We found that it's mostly the fiber from grains that protects against diabetes," Maskarinec says. However, she notes that while high fiber intake may offer some protection, the best way to reduce your risk of diabetes is to exercise and keep your weight in check. Your weight is another area where fiber might help. High-fiber foods generally make you feel fuller for longer. Fiber adds bulk but few calories. "In studies where people are put on different types of diets, those on the high-fiber diets typically eat about 10% fewer calories," Slavin says. Other large studies have found that people with high fiber intake tend to weigh less—although that may be because their diets are healthier. Scientists have also looked into links between fiber and different types of cancer, with mixed results. For example, there is evidence that a high intake of dietary fiber may reduce the risk for colon cancer and colon polyps.

A Fiber-Rich Diet

Experts say that the type of fiber you eat is less important than making sure you get enough overall. "In general, people should not be too concerned by the specific type of fiber," Mahabir says. "The focus should be more on eating diets that are rich in whole grains, legumes, beans, vegetables, fruits, nuts, and seeds to get the daily fiber requirement." Whole grains, fruits, and vegetables are also packed with vitamins and other nutrients, so experts recommend that you get most of your fiber from these natural sources. "Unfortunately, a lot of people tend to pick low-fiber foods. They go for white bread or white rice. Most of the processed foods—foods that are really convenient—tend to be low in fiber," says Slavin. For people who have trouble getting enough fiber from natural sources, store shelves are filled with packaged foods that tout added fiber. These fiber-fortified products include yogurts, ice cream, cereals, snack bars, and juices. They generally contain isolated soluble fibers, such as inulin, polydextrose, or maltodextrin. These isolated fibers are included in the product label's list of ingredients. However, the health benefits of isolated fibers are unclear. Research suggests they may not have the same effects as the intact fibers found in whole foods. For instance, there's little evidence that isolated fibers help lower blood cholesterol. They've also shown inconsistent effects on the regularity of bowel movements. On the plus side, some studies suggest they might boost the growth of good bacteria in the gut. The bottom line is that most of us need to fit more fiber into our day, no matter what the source. "It would be great if people would choose more foods that are naturally high in fiber," Slavin says. Increase your fiber intake gradually, so your body can get used to it. Adding fiber slowly helps you avoid gas, bloating, and cramps. Eat a variety of fruits, vegetables, whole grains, and nuts to add a mix of different fibers and a wide range of nutrients to your diet. A fiber-rich diet can help your health in many ways.

Veterans News

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 if they were called to active duty (other than training only) by 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 Explorer to learn about the benefits you could receive if you are enrolled with federal VA for your health care. To apply, contact your local veterans service office.

ONLINE HEALTH INFORMATION MANAGEMENT

Managing your health information such as 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 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 at

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 if the veteran has outside insurance that only covers a 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 is stable for transport to a VA facility.

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 (HIS), Tribal Health Programs (THP) and Urban Indian Organization (UIO) I/T/U) to reimburse the cost of care provided to eligible AI/AN veterans at HIS, THP and UIO facilities. Through the VA Reimbursement Agreements (RAP), care is provided to Veterans closer to home in a culturally sensitive environment and an I/T/U facility. Visit www.va.gov/COMMUNITYCARE/programs/veterans/ihs/index.asp or email ORHcomms@va.gov. For further questions or to enroll for VA health, contact Brian Needham at 541-573-1342 to make an appointment. The above information was provided by the Oregon Department of Veteran Affairs from the 2022 Annual Benefits and Resources Guide for Oregon Veterans and Families.

New Office Hours: Mon–Thurs, 8 a.m.-4:30 p.m.

March 2024

American Red Cross, Brain Injury Awareness, March Madness, and MS Awareness Month.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Every Tuesday: Medicare help w/ appt.	**Every Wednesday:** Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**Every Thursday:** Bingo 2:30-4p.m. 	**1** World Day of Prayer, St. David's Day, International women of color day, Notional day of Unplugging, and National Employee Appreciation day!	**2** National Invest in veterans week, American Citizenship day.
3 Caregiver Appreciation Day, Japan doll festival, National Anthem Day, Navy Reserve Birthday.	**4** March Forth, National Sons day, Old Inauguration Day . Tax-aide program Preorder Grab & Go Meals 541-413-2280	**5** Cinco De Marcho Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**6** Hearing awareness Week, St. Prian's Day, Day of memory and respect for Veterans Tax-aide program Miracle Ear	**7** National Hospitalist Day Bingo 2:30-4p.m.	**8** International Women's Day, Maha Shivaratri, Catholic Sisters Week	**9** National Urban Ballroom Dancing Day, Flower and Patio Show, World's Largest Rattlesnake Roundup
10 Girl Scout Week Daylight Savings Time (Spring Forward) Harriet Tubman Day	**11** Tax-aide program Preorder Grab & Go Meals 541-413-2280	**12** National Working Mom's day World Glaucoma Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**13** Registered Dietitian Nutritionist Day Tax-aide program Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**14** Bingo 2:30-4p.m.	**15** Memorial Day of the 1848 Revolution	**16** Black press Day
17 St. Patrick's Day Notional Ag Week	**18** Global Recycling Day Benito Juarez Day Orthodox Lent Tax-aide program Preorder Grab & Go Meals 541-413-2280	**19** Spring begins St. Joseph Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**20** Feast of Saint Joseph March Equinox Tax-aide program Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**21** Race Relations Day International Day of Nowruz World Down Syndrome Day Bingo 2:30-4p.m.	**22** Shakespeare Week International Week of Solidarity with People's Struggling Against Racism & Discrimination	**23** Erev Purim Esther Fast
24 Passion Week Palm Sunday Purim Semana Santa Spain Day of Remembrance for Truth and Justice Commonwealth Covenant Day Holy Week	**25** Dolyatra Feast of the Annunciation Holi Struggle For Human Rights Day March Full Moon Tax-aide program Preorder Grab & Go Meals 541-413-2280	**26** Solitude Day American Diabetes Alert Day Epilepsy Awareness / Purple Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**27** Autism Acceptance Week Tax-aide program Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**28** Bingo 2:30-4p.m.	**29** Good Friday Knights of Columbus Founders Day National Vietnam War Veterans Day Vietnam Veterans Day	**30** Black Saturday Spiritual Baptist Liberation Day Take a Walk in the Park Day
31 Easter World Hula Week (Merrie Monarch festival)						

March 2024

March 5, 2024	March 7, 2024
Sponsor: Ken Thomas Real Estate	**Sponsor: C & B Sanitary Service Inc.** **Sponsor: First Community Credit Union**
Pork roast, mashed potatoes & gravy, carrots, rolls **Butterfinger Poke Cake** **Salad: Chef**	**Sweet & sour meatballs over rice, mixed veggies** **Jello with fruit** **Soup: Chicken tortilla**
March 12, 2024	**March 14, 2024**
Sponsor: Matt and Sandra Obradovich	**Sponsor: In Memory of Rich Mingus**
Turkey Pot Pie, Waldorf salad **Cherry pie bars** **Salad: Shrimp Louie**	**St. Patrick's Day Meal** **Corned beef & cabbage, carrots, potatoes, rolls** **Chocolate mint oreo dump cake** **Soup: Creamy sausage tortellini**
March 19, 2024	**March 21, 2024**
Sponsor: Anonymous **Sponsor: Harney County Church of the Nazarene**	**Sponsor: Big R** **Sponsor: Anonymous**
Smoked lamb, gravy, roasted potatoes, veggies **Cinnamon sugar blondie rolls** **Salad: Taco**	**Bacon cheeseburger tater tot Casserole, salad** **Blueberry pie bars** **Soup: Taco**
March 26, 2024	**March 28, 2024**
Sponsor: Becky and Gary Rose	**Sponsor: Robert and Jan Oswald**
Chicken enchiladas, rice & beans **Mexican chocolate cake** **Salad: Crispy chicken**	**Easter Meal** **Ham, scalloped potatoes, broccoli salad, rolls, deviled eggs** **Carrot cake** **Soup: Ham & bean**
Tues- Salad Prices: $6 small, $10 large Thurs-Soup Prices: $4 cup, $6 bowl Drinks: $1 Call 413-2280 to order back door meals, Order by Noon the day before meal days!	Suggested donation 60+ $5.00 senior meal 59 yrs. & under Must Pay $10.00 meal Soup, salads and drinks are available to purchase separately from our senior meals and are a required payment option that helps support our senior meal program.

*Menus are subject to change.

April 2024

April 2, 2024	April 4, 2024
Sponsor: In Memory of Chester P. Sater	**Sponsor: First Community Credit Union** **Sponsor: In Memory of Joyce Cronin**
Meatloaf, potato casserole, green beans **Brownies** **Salad: Cobb**	**Chicken fried steak, mashed potatoes & gravy, veggies** **Apple crisp** **Soup: Loaded chicken noodle**
April 9, 2024	**April 11, 2024**
Sponsor: Ken Thomas Real Estate	**Sponsor: Christian Church Thrift Shop**
Steak, grilled mushrooms, onions & peppers, potato salad **Peach cobbler** **Salad: Shrimp Louie**	**Roast beef,** **cheesy potatoes, veggies** **Cake with frosting** **Soup: Hamburger**
April 16, 2024	**April 18, 2024**
Sponsor: C & B Sanitary Service Inc. **Sponsor: Ken & Polly Post**	**Sponsor: Law Office of John Lamborn**
Ham & cheese lasagna, garlic rolls, salad **Lemon bars** **Salad: Chef**	**Sloppy joes, macaroni salad** **Rice krispies treats** **Volunteer Appreciation Day** **Soup: Loaded potato**
April 23, 2024	**April 25, 2024**
Sponsor: Anonymous	**Sponsor: Claudio & Maria Iturriaga**
Tacos, (lettuce & tomato) rice, beans **Smores bars** **Salad: Crispy chicken**	**Brunch!** **Scrambled eggs, bacon,** **Biscuits & honey** **Fresh fruit** **Soup: Minestrone**
April 30, 2024	Senior Meals: Suggested $5 59 and under meals: $10 Call 413-2280 to order back door meals, Order by Noon the day before meal days!
Sponsor: Thresa & Don Geisler	
Chicken alfredo, salad, garlic rolls **Strawberry delight dessert** **Salad: Taco**	

*Menus are subject to change.

April 2024

Child Abuse Awareness Month, Cancer Control Month, Rosacea Awareness Month, Cesarean Awareness Month, Sarcoidosis Awareness Month, Sexual Assault Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Easter Monday Odisha Day Tax-aide program Preorder Grab & Go Meals 541-413-2280	**2** Day of the Veterans National Sexual Assault Awareness Month's Day of Action Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**3** Armenian Appreciation Day National Walking Day Tax-aide program Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**4** Cheng Ming Festival Senior Meals 11:30am -1pm Bingo: Thursdays 2:30-4	**5** National Wildlife Week Bee Active Bee Healthy Bee Happy Week	**6** Tartan Day Chakri Day Blue Ribbon Week Laugh at Work Week
7 Day of Remembrance of the Victims of the Rwanda Genocide Karume Day Mozambican National Women's Day	**8** International Feng Shui Awareness Day Tax-aide program Preorder Grab & Go Meals 541-413-2280	**9** Bataan Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**10** Tax-aide program Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**11** Anniversary of the Battle of Rivas International Louie Louie Day Senior Meals 11:30am -1pm Bingo: Thursdays 2:30-4	**12** National Fast and Prayer Day Wear a Star Day	**13** Vaisakhi / Baisakhi / Vishu
14 Air Force Reserve Birthday Americas Day Pan American Day	**15** Father Damien Day Purple Up Day Tax Day Tax-aide program Preorder Grab & Go Meals 541-413-2280	**16** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**17** 2A Day Ram Navami Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**18** Hung Kings Festival Senior Meals 11:30am -1pm Bingo: Thursdays 2:30-4	**19** Landing of the 33 Patriots Day	**20** Volunteer Recognition Day
21 Mahavir Jayanti Ridvan Festival (Bahá'í)	**22** April Showers Day Passover In God We Trust Day, Pesach Preorder Grab & Go Meals 541-413-2280	**23** Saint George's Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**24** Theravada New Year Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9-10am	**25** Anzac Day The Feast of St Mark (Italy) Senior Meals 11:30am -1pm Bingo: Thursdays 2:30-4	**26** Confederate Heroes' Day	**27** International Marconi Day
28 Palm Sunday Orthodox National Small Business Week	**29** Preorder Grab & Go Meals 541-413-2280	**30** Last day of Passover Walpurgis Night Queen's Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.				

St. Patrick Isn't a Fool

Enter here and get to the pot of Gold.

15 Gold Coins in the newsletter, did you find them all?

I'm a little leprechaun
Short and green.
I hide gold coins
So they can't be seen.

Can you find them all?
Are you ready to play?
Good luck to you.
Happy St. Patrick's Day!

15 Easter eggs in the newsletter, did you find them all?

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers **take care of themselves while caring for a relative or friend.** You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets Tuesday afternoon, for six consecutive sessions. **Class size is limited, and registration is required.** Please join us.

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

You will receive a book, *The Caregiver Help Book*, developed specifically for the class. Classes will be FREE, thanks to support from Harney Hub.

Classes will be held at Harney Hub every Tuesday starting April 16 until May 21, 2024. Sessions begin at 5:00 PM until 7:00 PM. For more information or to register, contact Lynn McClintock 541-413-1096, Patti Shultz 541-589-1133 or you can call Harney Hub at 541-573-6024. Class size is limited and pre-registration is required.

Date:	**6 weeks beginning Tuesday, April 16, 2024 thru May 21, 2024**
Times:	5:00 PM– 7:00 p.m.
Location:	The Harney HUB 17 S. Alder, Burns, Oregon 97720 541-573-6024 (LeAnne Starbuck)
To register:	**EVERYONE must sign up by** April 15, 2024 Lynn McClintock, 541-413-1096 or Patti Schultz at 541-589-1133

WEST BOUND ROUTE

	HCSC 17 S Alder Ave	Washington Park N Birch Ave	Triangle Park East	Paiute Upper	Paiute Lower	Merrifield Add Hwy 20 + A St (North side)	Safeway Madison + Buena Vista (South side)	Symmetry Care Diamond + Adams	Health Dept. Washington + Fairview	Human Services Monroe + Jackson	Bonnetts 588 Oregon Ave	Bike/Pool 1000 Oregon Ave	Apple Peddler 540 Hwy 20	BurrBone 2045 N Hwy 20	Hines Park SW 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 SW Circle Drive	Baseball Field N Newport Ave	Aspen Grove 615 Tennyson Ave	Secure Self Storage 330 Rex Davis Ave	Eddyleen Lot 15511 Hwy 20	Car Wash 1216 W Pierce St	Quail Court Peirce + Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse N & Buena Vista (South side)	Safeway Madison + Buena Vista (South Side)	Arrowhead Park East A & Broadway Ave	Paiute Upper	Paiute Lower	Triangle Park	Washington Park N Birch Ave	HCSC 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

Fixed Route for Bend/Redmond

March 2024
Thursday, March 7th
Tuesday, March 12th
Thursday, March 21st
Tuesday, March 26st

April 2024
Thursday, April 4th
Tuesday, April 9th
Thursday, April 18th
Tuesday, April 23rd

May 2024
Thursday, May 2nd
Tuesday, May 7th
Thursday, May 16th
Tuesday, May 21st
Thursday, May 30th

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

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

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.

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)

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.

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@harneycountyor.gov

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

Brunch April 25th

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!!

Bingo:
Thursdays 2:30pm

Tai Chi:
Tuesdays & Thursdays
9:30am

Food Bank Hours:
Wednesdays:
10am-1pm

Miracle Ear:
Wednesdays, Call 541-330-5503

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