Senior Moments

Senior Medicare Patrol: Medicare Fraud by the Numbers

Tips for Protecting Yourself and Medicare

May/ June

Medicare fraud is big business for criminals – Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately $60 billion annually, though the exact figure is impossible to measure.

Medicare fraud hurts us all. When thieves steal from Medicare, there is less money for the health care you really need. You pay for things you might never get. You can get hurt when you get tests, medicine, or care you don't need. Doctors, pharmacies, and medical suppliers can make mistakes and bad choices. Sometimes they straight-up steal from Medicare. Medicare is trying to crack down.

Operation Double Helix
35 individuals responsible for an over $2.1 billion genetic testing scheme

Operation Rubber Stamp
Identified over $1.5 billion in fraudulent billing for durable medical equipment (DME)

How You Can Help

Be the first line of defense in protecting your Medicare benefits.

- **Treat your Medicare card like a credit card.** Your Medicare number can be valuable to thieves who want to steal your medical identity or bill Medicare without even seeing you.
- **Don't take advice or offers of medical services** from people you don't know who call, come to your house, or approach you in public.
- **Read your Medicare Summary Notice or Explanation of Benefits.** Look for services or equipment you didn't receive, double charges, or things your doctor didn't order.
- **Ask questions and report problems.** Call the doctor or company and ask them about mistakes. Call the insurance company if you still have questions. Get help from your local SMP.
- **Volunteer.** No one cares more about keeping criminals out of Medicare than the people who need it. Become a part of your local SMP program. Help protect your friends and neighbors.

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. SMPs 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.

To locate your state Senior Medicare Patrol (SMP):
Visit www.smpresource.org or call 1-877-808-2468.

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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.

Mindfulness Matters

Can Living in the Moment Improve Your Health?

At some point in your life, someone probably told you: "Enjoy every moment. Life is short." Maybe you've smiled and rolled your eyes at this well-intentioned relative or co-worker. But the fact is, there's something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called mindfulness. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions.

"Many of us go through our lives without really being present in the moment," says Dr. Margaret Chesney of the University of California, San Francisco. She's studying how mindfulness affects health. "What is valuable about mindfulness is that it is accessible and can be helpful to so many people." Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

One NIH-supported study found a link between mindfulness meditation and measurable changes in the brain regions involved in memory, learning and emotion. Another NIH-funded researcher reported that mindfulness practices may reduce anxiety and hostility among urban youth and lead to reduced stress, fewer fights and better relationships.

A major benefit of mindfulness is that it encourages you to pay attention to your thoughts, your actions and your body. For example, studies have shown that mindfulness can help people achieve and maintain a healthy weight. "It is so common for people to watch TV and eat snack food out of the box without really attending to how much they are eating," says Chesney. "With mindful eating, you eat when you're hungry, focus on each bite, enjoy your food more and stop when you're full."

Finding time for mindfulness in our culture, however, can be a challenge. We tend to place great value on how much we can do at once and how fast. Still, being more mindful is within anyone's reach.

You can practice mindfulness throughout the day, even while answering e-mails, sitting in traffic or waiting in line. All you have to do is become more aware—of your breath, of your feet on the ground, of your fingers typing, of the people and voices around you.

Chesney notes that as people start to learn how to be more mindful, it's common and normal to realize how much your mind races and focuses on the past and future. You can just notice those thoughts and then return to the present moment. It is these little, regular steps that add up and start to create a more mindful, healthy life.

So, before you roll your eyes again, take a moment and consider mindfulness.

Being Mindful

The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Here are some tips to help you get started:

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating. Be aware of taste, textures and flavors in each bite, and listen to your body when you are hungry and full.
- Find mindfulness resources in your local community, including yoga and meditation classes, mindfulness-based stress reduction programs and books.

Veterans News

DISABILITY COMPENSATION & PENSION

DISABILITY COMPENSATION

Disability compensation is a monetary benefit paid to veterans who are disabled by an injury or illness that was incurred or aggravated during active duty military service. Disabilities stemming from military service are considered "service connected." Disability compensation is paid monthly and varies with the degree of the disability, the impairment of the veteran's earning capacity and or the number of dependents the veteran has. Veterans with certain severe disabilities or combinations of disabilities may be eligible for additional compensation.

PENSION BENEFIT

Non-Service-Connected Pension is a benefit paid by the federal VA to wartime veterans who have limited or no income, who are permanently and totally disabled, are 65 years of age or older, or a patient in a nursing home because of a disability, or are receiving Social Security Disability Insurance or Supplemental Security Income. The monthly pension award amount depends on the amount and type of income received by the veterans and their family, the number of dependents the veteran has, and whether the veteran requires assistance from another person to complete activities of daily living or is unable to leave their home due to their disabilities.

SPECIAL MONTHLY COMPENSATION (SMP)

Veterans who qualify for pension may receive higher pension award amount if they require the regular aid and attendance of another person to perform daily living activities, are bedridden, are housebound, or are a patient in a nursing home due to mental or physical incapacity. The two levels of SMP are aid and attendance and housebound.

AID AND ATTENDANCE (A&A)

Aid and attendance is a benefit paid in addition to monthly pension and compensation. It may not be paid without eligibility to a pension. A&A is allowed if the veteran requires the aid of another person in order to perform his or her daily living activities or is a patient in a nursing home due to mental or physical incapacity.

HOUSEBOUND BENEFITS

Veterans and survivors who qualify for federal VA compensation or pension, and are confined to the home because of permanent disability, may be eligible for additional housebound benefits. Qualifying veterans must have a single permanent disability (rated 100% disabled) and need assistance, or have a single permanent disability (100% disabled) and another disability, or disabilities, evaluated as 60% or more disabling. A veteran cannot receive both A&A and Housebound benefits at the same time.

DEATH PENSIONS

The death (survivor) pension is a needs-based benefit paid to an unremarried surviving spouse, or an unmarried child, who meets certain age or disability requirements, of a deceased wartime veteran. In order to qualify for the federal VA death pension, the VA calculates income received from most sources by the surviving spouse and any eligible children. If the income is below a certain level, the dependent or surviving spouse may be eligible for this pension.

SPECIAL MONTHLY COMPENSATION (SMC)

The federal VA offers additional compensation, called special monthly compensation to veterans with very severe service-connected disabilities, or who have lost (or lost the use of) limbs, organs or extremities as a result of their military service. The VA may also pay higher rates of compensation if you have lost or lost the use of more than one limb, organ or extremity, or if it is combined with another service-connected disability or condition, such as blindness or deafness. SMC may also be paid to veterans, spouses, or surviving spouses and parents if they are bedridden, housebound or require the aid and attendance of another person to perform the basic functions of everyday life, such as eating, dressing, bathing and going to the bathroom. For further information concerning disability compensation and pension contact, Brian Needham at 541-573-1342 to make an appointment. The above information was provided by the Oregon Department of Veterans Affairs from the 2022 Annual Benefits and Resources Guide for Oregon Veterans and Families.

MAY 2024

Asian American and Pacific Islander Heritage Month, Awareness of Medical Orphans Month, Bealtaine Festival, Brain Cancer Awareness Month, Community Action Month, Haitian Heritage Month, Jewish American Heritage Month, Indian Heritage Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New things to watch out for on Wednesdays: Tai Chi for Diabetes 9:30-10:30am Scrabble at 2pm			**1** Lei Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**2** National Day of Prayer 12th Day of Ridvan Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. 	**3** Cross Day (El Salvador) International Wild Koala Day Orthodox Good Friday	**4** Childhood Stroke Awareness Day Firefighters' Memorial Day Martyrdom of Imam Sadeq Yom HaShoah Red Cross Week
5 Cinco de Mayo Orthodox Easter Days of Remembrance Public Service Recognition Week 	**6** Preorder Grab & Go Meals 541-413-2280	**7** Tai Chi 9:30am Senior Meals 11:30am -1pm **Cinco de Mayo Meal** Medicare help w/ appt.	**8** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**9** Ascension Day National Military Spouse Appreciation Day Tai Chi 9:30am Senior Meals 11:30am -1pm **Mother's Day Meal** Bingo 2:30-4p.m.	**10** National Military Spouse Appreciation Day National Mental Health Awareness Week World Lupus Day	**11** World Migratory Bird Day M.E. Awareness Week Huntington's Disease Awareness Week Brain Injury Awareness Week
12 Mother's Day Fibromyalgia Awareness Day Yom HaAtzmaut 	**13** Children of Fallen Patriots Day Israel Independence Day National Salvation Army Week National Volunteering Week Preorder Grab & Go Meals 541-413-2280	**14** The Stars and Stripes Forever Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**15** Buddha Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**16** Global Accessibility Awareness Day National Law week Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. 	**17** Armed Forces Day Culture Freedom Day	**18**
19 Malcolm X Day Whit Sunday Rural Life Sunday National EMS Week Public Works Week	**20** World Bee Day Eliza Doolittle Day Preorder Grab & Go Meals 541-413-2280	**21** Pesach Sheni Navy Day Chile World Meditation Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**22** National Maritime Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**23** Buddha Purnima Day of Vesak Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m.	**24** World Schizophrenia Day	**25** World Thyroid Day National Wine Day
26 General Prayer Day Lag BaOmer Trinity Sunday	**27 Closed** **Memorial Day** Slavery Abolition Day (Guadeloupe) 	**28** World Hunger Day Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**29** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**30** Corpus Christi Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30-4p.m. 	**31** Garden Wildlife Week	**Coming next month!** **June 7th, 2024** **Harney Hub Yard Sale!** **8 a.m.-2 p.m.**

May 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
Drinks: $1

May 2, 2024 - Cinco de Mayo Meal
Sponsor: First Community Credit Union
Sponsor: Ken and Polly Post
Chicken Fajita Street Corn Beans Churro Bars Soup: Seafood Chowder

May 7, 2024	May 9, 2024 - Mother's Day Meal
Sponsor: Anonymous	**Sponsor: Big R**
Sponsor: Fly Fishermen	**Sponsor: Anonymous**
Beef Stroganoff Green Beans Rolls Pineapple Upside Down Cake Salad: Chef	Chicken Parmesan Garlic Roasted Asparagus Rolls Strawberry Shortcake Soup: Turkey Noodle

May 14, 2024	May 16, 2024
Sponsor: Don and Thresa Geisler	**Sponsor: Jamie Beare**
Sponsor: Dorothy Dulaney	**Sponsor: Harney District Hospital**
Smoked Pork Pasta Salad Mixed Veggies Rolls Apple Crisp Salad: Cobb	Meatloaf Oven Roasted Potatoes Garden Salad Rolls Banana Split Dessert Soup: Split Pea & Ham

May 21, 2024	May 23, 2024
Sponsor: Steens Mt. Running Camp	**Sponsor: Aspens Assisted Living**
Sponsor: Burns-Times Herald	**Sponsor: Linda Whiting**
Greek Gyros Pitas Tzatziki Sauce Cucumber Tomato Salad Lemon Bars Salad: Taco	Lasagna Garlic Bread Salad Strawberry Rhubarb Crisp Soup: Loaded Potato

May 28, 2024	May 30, 2024
Sponsor: BUHS Class of 1960	**Sponsor: First Community Credit Union**
Hamburgers Fries Watermelon Salad: Grilled Chicken	**Sponsor: Ebar Oil Company** Baked Teriyaki Chicken Rice Broccoli Rolls Frog Eyed Salad Soup: Beef Barley

*Menus are subject to change.

June 2024

60+ Senior Meals: Suggested donation of $5 59 and under meals: Must pay $10 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!	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.
June 4, 2024	**June 6, 2024**
Sponsor: Claudio & Maria Iturriaga	**Sponsor: First Community Credit Union**
Sponsor: Dorothy Dulaney	**Sponsor: In Memory of Joyce Cronin**
Beef Stir Fry Rice Rolls Peach cobbler Salad: Crispy Chicken	Pulled Pork Sandwiches Baked Beans Coleslaw Strawberry Upside Down Cake Soup: Chili w/ Cornbread
June 11, 2024	**June 13, 2024 - Fathers Day Meal**
Sponsor: Anonymous	**Sponsor: Jamie Beare**
Sponsor: Harney Electric Co-op	**Sponsor: Randy & Jane Parks**
Tater Tot Casserole Broccoli Salad Bread Pudding Salad: Cobb	Salisbury Steak Mashed Potatoes W/ Gravy Green Beans Rolls Chocolate Lush Soup: Vegetable Beef
June 18, 2024	**June 20, 2024**
Sponsor: Steens Mt. Running Camp	**Sponsor: Richard & Cherry Day**
Sponsor: Harney District Hospital	**Sponsor: Buermann's Ranch Meats LLC**
Beef Tacos W/ Fixings Flour Tortillas Rice & Beans Cookies Salad: Chef	Smothered Pork Chops Over Rice Veggies Rolls Butterscotch Blondies Soup: Loaded Chicken Noodle
June 25, 2024	**June 27, 2024 - Brunch**
Sponsor: Aspens Assisted Living	**Sponsor: In Memory of Frank & Bessie Sugai**
Sponsor: Ken & Polly Post	Pancakes Sausage Patties Eggs Fresh fruit
Nacho Bake Rice Roasted Zucchini Jell-O Salad Salad: Taco	Soup: Taco

*Menus are subject to change.

JUNE 2024

ALS Awareness Month, Asian American and Pacific Islander Heritage Month, Military Appreciation Month, Awareness of Medical Orphans Month, Bladder Cancer Awareness Month, Celiac Awareness Month , Community Action Month, Indian Heritage Month, Jewish American Heritage Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Gawai Dayak National CPR and AED Awareness Week National Fishing and Boating Week Volunteers' Week
2 Republic Day Italy National Garden Week Community Health Improvement Week America The Beautiful Week	**3** Columbia Corpus Christi Holiday Martyrs Day Uganda Western Australia Day Love your Burial Ground Week Preorder Grab & Go Meals 541-413-2280	**4** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**5** Constitution Day Jerusalem Day Miracle Ear Preorder Grab & Go Meals 541 -413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**6** Orthodox Ascension Day Savitri Amavasya Healthcare Executives Appreciation Week Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo: 2:30-4	 **7** **Harney Hub Yard Sale!** **8 a.m.-2 p.m.** World Caring Day National VCR Day	**8** World Brain Tumor Day
9 Scleroderma Awareness Week National Flag Week	**10** Martyrdom Day of Sri Guru Arjun Dev Ji Sacred Heart Preorder Grab & Go Meals 541-413-2280	**11** Erev Shavuot Shavuot Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**12** Peace Day Pulse Night of Remembrance World Day Against Child Labour Miracle Ear Preorder Grab & Go Meals 541 -413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am	**13** Feast of St. Anthony Maharana Pratap Jayanti Art Basel Tai Chi 9:30am Senior Meals 11:30am -1pm **Father's Day Meal** Bingo: 2:30-4	**14** Army Birthday Flag Day Raja Sankranti 	**15** Day of Arafah YMA Day
16 Fathers Day Old Time Fiddlers Week Guru Rinpoche Day Hari Raya Haji Martyrdom of Guru Arjan Dev Sahib Waqfat Arafat Day	**17** Eid al-Adha Preorder Grab & Go Meals 541-413-2280	**18** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**19 Closed** Juneteenth 	**20** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo: 2:30-4	**21** Poson Festival National Day of the Indigenous People in Chile	**22** Sant Guru Kabir Jayanti
23 Pentecost Orthodox	**24** Eid-e-Ghadir Holy Spirit Monday International St. Johns Day Jani (Venezuela) Orthodox Pentecost Monday	**25** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**26** Reserves Day Miracle Ear Preorder Grab & Go Meals 541 -413-2280 Food Bank 10am-1pm Tai Chi 9:30-10:30am Scrabble at 2pm	**27** Tai Chi 9:30am Senior Meals 11:30am -1pm **Brunch** Bingo: 2:30-4	**28** Matariki	**29** Central Province Day Feast Day of Saints Peter and Paul
30						

Top Ten Consumer Tips to Protect You & Your Family

1. Become educated. Informed consumers are smart consumers. Visit **oregonconsumer.gov** to learn more about consumer protection in general, and visit **onguardonline.gov** to learn how to be safe, secure and responsible online.
2. Join the Scam Alert Network. Sign up online at oregonconsumer.gov to be notified of new scams, fraud and other consumer threats.
3. Reduce junk mail. Call **1-888-567-8688** or register online at **optoutprescreen.com** to reduce offers of credit and insurance. You can also opt out of receiving unsolicited mail from many other companies by registering with the Mail Preference Service online at dmachoice.org and paying $1.
4. Check out the business before you buy. Call the Oregon Department of Justice at **1-877-877-9392 or search Be InfORmed,** an online database at oregonconsumer.gov, to research complaints and resolutions. You should also confirm the business's physical address and phone number in case you have questions or problems.
1. Reduce telemarketing calls. The National Do Not Call Registry allows you to block most telemarketers, who should not call your home or cell phone number once it has been on the registry for 31 days. If they do, you can file a complaint with the Federal Trade Commission. Register online at **donotcall.gov** or call **1-888-382-1222** from the number you want to register.
2. Understand that wiring money is like sending cash. Con artists often insist that people wire money, especially overseas, because it's nearly impossible to reverse the transaction or trace the money. Do not wire money to: • Someone who claims he or she wants to hire you. • Sellers who insist on wire transfers for payment. • Someone who claims to be a relative or friend in trouble and wants to keep it a secret from the family.
3. Order your free annual credit report. Visit **annualcreditreport.com** or call **1-877-322-8228** to order a free credit report and review it for errors.
4. Read the fine print. Read contracts in full and make sure you understand the terms before you sign. Be suspicious of promises made by salespersons that differ from the written terms and make sure you get a copy of the signed contract for your files.
5. Sleep on it. Sales pitches that offer discounts if you "sign now" are often scams. Legitimate businesses will usually give you the same deal later.
6. Report fraud. If you think you have been a victim of fraud, call the Oregon Department of Justice at **1-877-877-9392** and request a complaint form be mailed to you or visit **oregonconsumer.gov** to file a complaint online.

   You can get the entire brochure at: **https://www.doj.state.or.us/wp-content/uploads/2017/03/consumer_protection_brochure.pdf**

ACROSS

1. She is a friend, parent, guide, and teacher to her child
5. A flying insect with a small body and large, often colorful wings
7. You can grow your own salad
8. "April showers bring May ..."

DOWN

2. _____ Day, we celebrate this Decoration Day in remembrance and honor
3. a game played with a bat and ball by two teams of nine players on a field with four bases
4. Song lyric to My Girl by The Temptations: "I've got _____ on a cloudy day."
6. _____ DE Mayo Celebrated on the 5th Day of May
9. Type of footwear consisting of a sole secured to the foot by straps.

Harney Hub will be holding a YARD SALE!!!

Date: June 7, 2024

Time: 8 a.m.- 2 p.m.

All the proceeds from the yard sale will go directly to Harney Hub to help with the meal program. We are excited to see and visit with our community, so please stop by, say "hi", and support our community at the

Harney Hub
17 S Alder Ave
Burns, OR 97720.

If you have any questions, please call 541/573/6024.

WEST BOUND ROUTE

	HCSC 17 S Alder Ave	Washington Park N Birch Ave	Triangle Park East	Paiute Upper	Paiute Lower	Maryhurst Apts Hwy 20 + A St (North side)	Safeway Madison x Buena Vista (South side)	Symmetry Care Diamond + Adams	Health Dept. Washington + Fairview	Human Services Monroe + Jackson	Bonnetts 588 Oregon Ave	Bi&i Pool 1800 Oregon Ave	Apple Peddler 540 Hwy 20	BurrBoss 3616 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 614 Tennyson Ave.	Secure Self Storage 350 Roe Davis Ave	Eidsness Lot 15011 Hwy 20	Car Wash 1316 W Pierce St	Quail Court Pierce + Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse A & Buena Vista (South side)	Safeway Madison x 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

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

June 2024
Tuesday, 4th
Thursday, 13th
Tuesday, 18th
Thursday, 27th

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

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.

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
June 27, 2024
Pancakes
Sausage Patties
Eggs
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
Monday, May 27, 2024
Wednesday, June 19, 2024

Miracle Ear:
Wednesdays,
Call 541-330-5503

Tai Chi for Diabetes:
Wednesdays
9:30am

Scrabble:
Wednesdays 2pm

Tai Chi:
Tuesdays & Thursdays
9:30am

Food Bank Hours:
Wednesdays:
10am-1pm

Bingo:
Thursdays 2:30pm

Yard Sale!
June 7th, 2024
Harney Hub
8 a.m.-2 p.m.

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