Senior Moments

How to Find Time for Self-Care When Caregiving

March/April 2025

For caregivers, self-care is vital to protect your health, but it often falls by the wayside as the stress of day-to-day demands drains your energy, compassion, and sense of individuality. When this happens, it's crucial to prioritize your well-being, but you may wonder how you could find time to take care of yourself — let alone squeeze in a moment of rest.

Caregiving brings with it a heavy mental load for a variety of reasons that are unique to each person. One of the most significant challenges is the tax on your time and ability to manage stress. Juggling your care recipient's everyday needs, medical care, financial and legal considerations, and more may affect your ability to think clearly and keep your energy up. As your loved one's needs grow, managing the emotional burden and finding time for self-care can become more difficult.

Lack of Time for Self-Care On average, caregivers provide care 24 hours a week for four and a half years. But 1 in 4 put in 41 or more hours per week — the equivalent of a full-time job. This time is often spent supporting activities of daily living like getting in and out of bed, getting dressed, going to and from the toilet, showering, feeding, and dealing with incontinence. There's also the need to communicate with healthcare professionals, advocate for your loved one, and manage medical, nursing, financial, and legal tasks. All of this work takes away time to care for yourself.

Employment Issues Most working caregivers say they have to take time off from their jobs to meet their loved one's needs, but they do not have paid family leave at their workplace. One in ten have to quit work or retire early and, as a result, experience increasing financial stressors.

Financial and Economic Strain About 3 in 10 caregivers have stopped saving, and 1 in 4 have taken on more debt — effects that could have even more significant repercussions over years of providing care. Most say an income tax credit or program to pay caregivers would help.

Loneliness Caregiving can be isolating, especially if you are living with your care recipient, they have high needs, or you're in a rural area. Many people say caregiving can be a rewarding and meaningful experience, but 2 in 10 family caregivers also say they feel alone.

Loss of Identity Caregiving can also eat up time and mental space once devoted to your own needs, interests, and social life. A study of family caregivers for people with advanced cancer, published in Supportive Care in Cancer shows caregivers can also lose their sense of self, so much so it's hard for them to think or talk about anything other than caregiving.

Heavy Emotions Caregivers may experience complicated feelings about their relationship with their care recipient, such as resentment over the burden of caregiving, guilt over feeling that way toward a loved one, and worry and grief over their worsening health status.

Caregiver burnout — or total physical, emotional, and mental exhaustion — can strike when you regularly give more than you have and are not getting the help or support you need. It's a result of cumulative stress. As the Cleveland Clinic notes, caregiver burnout often sneaks up on you because it's hard to see you're pushing yourself beyond your limits until you've completely run out of fuel.

The American Family of Physicians (AAFP) warns that the stress of caregiving can also lead to a higher risk of developing the following health problems:

- Substance use disorder
- Anxiety
- Depression
- Cancer
- Diabetes
- Heart disease, high blood pressure, or high cholesterol
- Heartburn
- Infection
- Obesity
- Pain, such as muscle and joint pain or headaches.

Signs of Caregiver Burnout

According to the MedLine Plus, symptoms of caregiver burnout include:

- Feeling overwhelmed
- Feeling alone or left behind by others
- Frequently feeling tired, worried, or sad
- Sleeping too much or too little
- Gaining or losing a lot of weight
- No longer being interested in activities you used to enjoy
- Easily getting irritated or angry
- Frequent headaches or body aches

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- Coping with unhealthy behaviors like smoking or drinking too much alcohol

It's important to remember that you deserve to be taken care of just as much as your care recipient does.

Getting the support you need and practicing self-care can help you recover from burnout, boost your well-being, and become a better caregiver. The Supportive Care in Cancer article from July 2021 emphasizes the importance of addressing the imbalance between how much you are giving and how much you are receiving. That means opening yourself up to outside support and resources.

Strengthen Your Personal Network

According to a study published in October 2019 in The Gerontologist, self-care alone cannot help caregivers cope with stress and burnout. Letting your personal support system and community take care of you is essential.

Here's how to build a stronger support system:

Find a caregiver advocate. Use the Eldercare Locator search tool or call 800-677-1116 to connect with an advocate at your closest Area Agency on Aging. With their help, you can learn about support groups, adult daycare centers, transportation services, and referrals for financial and legal support to lighten your load.

Offload some of the work. The belief that you can do everything by yourself is a risk factor for caregiver burnout. If you could use more support from other family members, use this guide from the National Institute on Aging to consider your strengths and limits and learn how to pass on responsibilities to others. The Family Caregiver Alliance (FCA) also has helpful tips for how to hold a family meeting to discuss common issues like feeling overwhelmed or managing finances.

Join a support group. Find people who understand what you're going through to exchange personalized advice. A caregiver advocate, healthcare provider, or nonprofit organization could help refer you to a group.

Get workplace support. Contact HR to learn about what support your employer can offer. According to the FCA, some companies have employee assistance programs for counseling, could help you find eldercare or childcare, or offer paid or unpaid time off.

Practice Healthy Coping Skills

Beyond building a stronger support system, improving your approach to self-care can also help foster resilience.

- Eat plenty of healthy meals and snacks. Stock up on fruits and vegetables, whole grains, lean protein, and healthy fats. To save time, opt for precut or frozen fruits and veggies.
- Prioritize sleep. If caring for your loved one means disrupted sleep, avoid using caffeinated beverages to stay awake. Instead, take naps when you can.
- Weave in movement. Try to exercise for 30 minutes to an hour four to six times a week to boost your energy and mood.
- Schedule check-ups. Don't neglect preventative care appointments. Your health and well-being matter, too.
- Practice asking for help. It can be difficult to ask for help when you play the role of helper so frequently. Reflect on your needs at least once a week and find ways to ask for support.
- Make respite a habit. Look at your calendar and mark down times to take a regular break every week, month, and year. Regular breaks can lower stress and boost positive experiences, protecting against chronic stress. Respite could involve recruiting a driver to help transport your loved one to appointments a few days a week, using adult daycare once a week, swapping duties with another family member, or scheduling a vacation.

As a caregiver, you have the right to take care of yourself, ask for help, know your limits, and express difficult emotions. If you're feeling mistreated or taken for granted by your care recipient, read through the caregiver rights provided by the American Heart Association for a reminder of your value. If necessary, share the list with the person you're caring for.

Sometimes, you need support to cope with the toll of caregiving. If you're feeling anxious, depressed, or burned out, schedule a mental health appointment for yourself just as you would for your loved one. You can contact a primary care physician or mental health care professional for support.

If caregiving responsibilities make it difficult to carve out time, online therapy may present a more convenient and accessible option. Use our guide to find the best online therapy provider for you.

Caregiving can be a meaningful and challenging experience. Because taking care of someone else can take up so much time and energy, it's common for caregivers to experience chronic stress and burnout. The key to recovery is to reclaim your needs — and remember that they're just as important as your care recipient's needs. With rest, support, and self-care, you can recover from burnout and build resilience to protect your health for the long haul.

<u>Powerful Tools For Caregivers</u>

6 week course beginning

Feb. 25-April 1, 2025 2pm-4pm every Tuesday.

Location: Harney Hub

17 S. Alder Ave

Burns, OR 97720

Call 541-573-6024 to register for the course.

Veterans News

ACCEPTABLE IDENTIFICATION AT THE TSA CHECKPOINTS

Beginning May 7, 2025 anyone traveling with a TSA checkpoint will need to provide one of the following ID's to be able to go through the TSA checkpoints.

Adult passengers 18 and older must show valid identification at the airport checkpoint in order to travel.

- Driver's licenses or other state photo identity cards issued by Department of Motor
- Vehicles (or equivalent)
- Beginning May 7, 2025, if you plan to use your state-issued ID or license to fly within the
- U.S., make sure it is a REAL ID compliant. If you are not sure if your ID complies with
- REAL ID, check with your state department of motor vehicles.
- State-Issued Driver's License or State-Issued ID
- U.S. passport
- U.S. passport card
- DHS trusted travelers cards (Global Entry, NEXUS, SENTRI, FAST)
- U.S. Department of Defense ID, including IDs issued to dependents
- Permanent resident cards
- Border crossing cards
- An acceptable photo ID issued by a federally recognized Tribal Nation/Tribal Tribe,
- including enhanced Tribal Cards (ETCs)
- HSPD-12 PIV card
- Foreign government-issued passport
- Canadian provincial driver's license or Indian and Northern Affairs Canada card
- Transportation worker identification credential
- U.S. Citizenship and Immigration Services Employment Authorization Card (I-766)
- U.S. Merchant Mariner Credential
- Veteran Health Identification Card (VHIC)

Most veterans in the United States have the opportunity to use their Veteran Health Identification Card (VHIC) in lieu of a state issued REAL ID. This can save the veteran money over their life.

If you have any further questions please contact Brian Needham at the Harney HUB Veteran outreach office. Office hours are Monday through Thursday 8:00AM to 4:30PM. Office phone number is 541-573-1342. You may also check the TSA website for more information.

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Women's History Month						**1** Ramadan Begins
2	**3** National Anthem Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**4** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**5** Ash Wednesday Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**6** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**7** World Day of Prayer	**8** National Oregon Day
9 Daylight Savings Fiddlers 11am-5pm	**10** Harriet Tubman Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**11** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**12** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm AARP Taxes 8am-4pm	**13** National K9 Veterans Day Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm	**14**	**15** Ramakrishna Jayanti
16	**17** St. Patrick's Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**18** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**19** St. Joseph's Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**20** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**21** International Day of Nowruz Martyrdom of Imam Ali	**22**
23	**24** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30 AARP Taxes 8am-4pm	**25** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**26** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm AARP Taxes 8am-4pm	**27** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**28**	**29** National Vietnam War Veterans Day
30	**31** Eid al-Fitr Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30 AARP Taxes 8am-4pm					

March 2025

Dining Hours: 11:30am-1pm Senior Meals: suggested $5 59 and under meals: Must pay $10 Tuesday– Salad Prices: $6 small, $10 large Thursday– Soup Prices: $4 cup, $6 bowl Drinks: $1	Kitchen 541-413-2280 Back door meals are available! Call 541-413-2280 to order. Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!
March 4, 2025	**March 6,2025**
Sponsor: Claudio & Maria Iturriaga	Sponsor: Steens Mt. Running Camp
	Sponsor: ACW, INC
Chicken Alfredo, Broccoli Garlic Rolls Pumpkin Bars Salad: Chef	Turkey Pot Pie Salad Peach Cobbler Soup: Minestrone
March 11, 2025	**March 13, 2025**
Sponsor: Ken Thomas Real Estate LLC	Sponsor: Dorothy Dulaney
Sponsor: Virginia Tabor	Sponsor: Anonymous
Beef Tips w/ Gravy & Mashed Potatoes Mixed Veggies & WW Rolls Lemon Bars Salad: Grilled Chicken	St. Patrick's Day Lunch Corned Beef, Cabbage, Carrots & Red Potatoes Soda Bread Irish Tea Cake Soup: Chicken Tortilla
March 18, 2025	**March 20, 2025**
Sponsor: Phil & Barb Turrell	Sponsor: Parr Lumber
	Sponsor: IMO Ross Gruenwald
Pork Roast, Mashed Potatoes w/ gravy Garlic & Bacon Green Beans, Rolls Chocolate Cake Salad: Chicken Bacon Avocado	Lasagna, Salad Cheesy Garlic Bread Blueberry Crisp Soup: Roasted Creamy Pumpkin
March 25, 2025	**March 27, 2025**
Sponsor: Bill & Patsy Wilber	Sponsor: Dusty Threads & Thrift Inc
Meatloaf Potato Casserole & Peas Cherry Fluff Salad Salad: Taco	Pizza Salad Brookies Soup: Creamy Spinach Artichoke

Menu subject to change

April 2025

Dining Hours: 11:30am-1pm Senior Meals: suggested $5 59 and under meals: Must pay $10 Tuesday– Salad Prices: $6 small, $10 large Thursday– Soup Prices: $4 cup, $6 bowl Drinks: $1	**Kitchen 541-413-2280** Back door meals are available! Call 541-413-2280 to order. Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!
April 1, 2025	**April 3, 2025**
Sponsor: Ron Schirm Sponsor: Harney County Stockgrowers Assoc Chicken Enchiladas, Beans & Street Corn Brownies Salad: Crispy Chicken	Sponsor: Dorothy Dulaney Sponsor: First Community Credit Union Spaghetti, Salad, Garlic Sticks Rice Crispy Treats Soup: Split Pea & Ham
April 8, 2025	**April 10, 2025**
Sponsor: Oster Professional Group CPA's Sponsor: Law Office of John Lamborn Lamb Gyros w/Lettuce, Tomatoes & Onions Macaroni Salad Pumpkin Crunch Cake Salad: Taco	Sponsor: Claudio & Maria Iturriaga Tacos w/Lettuce, Tomatoes & Onions Rice & Beans Churros Bars Soup: Loaded Chicken Noodle
April 15, 2025	**April 17, 2025**
Sponsor: Kelly & Polly Post Beef Stroganoff, WW Rolls Vegetable Medley Peanut Butter Cookies Salad: Shrimp Louie	Sponsor: High Calibre Exploration & Development Easter Lunch Ham, Potato Casserole, Rolls Bacon & Onion Green Beans, Fruit Salad Carrot Cake Soup: Taco
April 22, 2025	**April 24, 2025**
Sponsor: Palmer Excavation Sloppy Joe, Broccoli Salad Strawberry Cream Cheese Bars Salad: Loaded House	Sponsor: Eddy Field Sponsor: IMO Ross Gruenwald Volunteer Appreciation Luncheon Smothered Chicken, Rice & Mixed Veggies Sugar Cookies Soup: Chicken Cordon Bleu
April 29, 2025	
Sponsor: Ebar Oil Company Smoked Roasted Beef, Baked Potato Broccoli, Garlic Bread Éclair Cake Salad: Italian Sub	

Menu subject to change

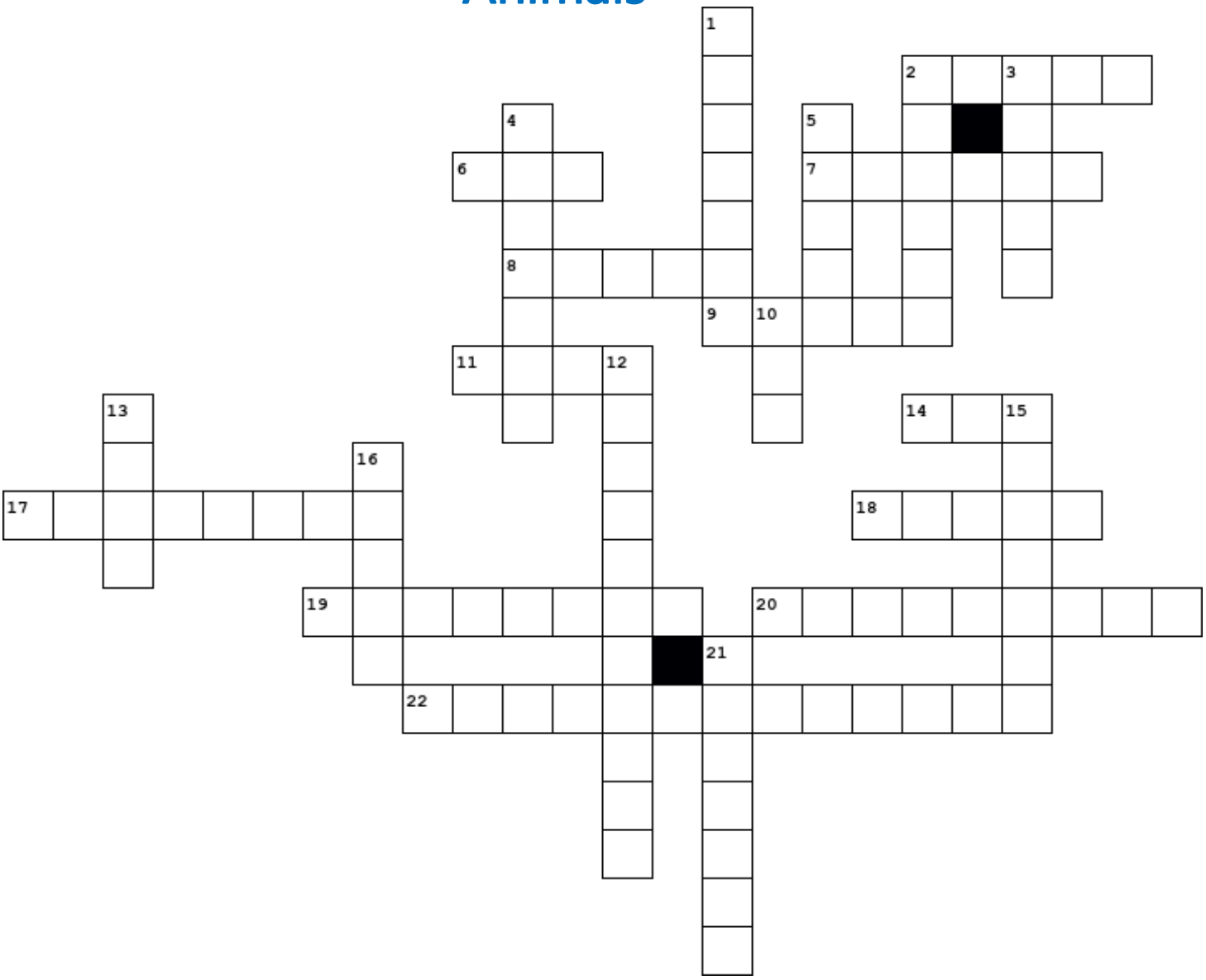
April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 April Fools' Day U.S. Air Force Academy Day Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**2** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Food Bank 10am-1pm	**3** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**4**	**5**
6 Army Day Chakri Day Ram Navami Day	**7** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Fresh Alliance 10-10:30	**8** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**9** Bataan Day Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Food Bank 10am-1pm	**10** Mahavir Jayanti Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**11**	**12**
13 Passover Theravada New Year Fiddlers 11am-5pm	**14** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Fresh Alliance 10-10:30	**15** Purple Up Day Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**16** Holy Wednesday Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Food Bank 10am-1pm	**17** Maundy Thursday Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**18** Good Friday	**19**
20 Easter	**21** Easter Monday Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Fresh Alliance 10-10:30	**22** Earth Day Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**23** Day of Remembrance Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**24** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**25**	**26**
27	**28** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Fresh Alliance 10-10:30	**29** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**30** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm			

National Volunteer Month

Sexual Assault Awareness Month

Animals



Across

2. Largest wild cat

6. Can sense a storm coming and will lie down

7. Can blush when they are scared or mad

8. Unlike most other bears, they do not hibernate

9. Can't breathe through their mouths

11. Nearly half of their species live in fresh water

14. Do not have sweat glands

17. Born with grey feathers

18. Each individual's stripes are unique

19. The only animal that can't jump

20. Has no brain, heart, bones or eyes

22. Males sing while hanging upside down under water

Down

1. Fastest land animal in the world

2. Oldest reptile groups in the world

3. Faithful, mate for life and mourn when their partner dies

4. Sleeps with half their brain and one eye closed at a time.

5. Hold hands while they sleep, so they don't drift apart

10. Their eyes can't move

12. Can fly backwards and hover on place

13. They raise kids

15. Their fighting technique is called "necking"

16. Their babies are called a "joey"

21. Has nine brains

Understanding Depression in Seniors

Due to so many different types of mental health problems, there is not a "fix all" button. Mental health disorders can be difficult for both the individual as well as family and caregivers. Having a good understanding of the mental health disorder and knowing how to manage it, can make all the difference in everyday life. Depression is a very common mental health disorder, especially in seniors. Depression can be different in everyone. Depression is defined as a mood disorder with many symptoms. Depression can effect a person physically, mentally and socially. Physical impairments may include avoiding physical movements, self-care and body pains (headaches, back pain and upset stomach). Some may lose sleep and avoid eating. Mental impairments may also include feeling down and hopeless, constant mood swings, and trouble focusing and organizing thoughts. Social impairments are behaviors such as avoiding social contacts with others (especially close friends and family), excessive time watching television and/or internet use. It is common for seniors to have more symptoms of depression during the winter months due to weather and getting dark outside at a much earlier time. Though depression is very common, it can be managed with appropriate care. If you are suffering from depression please seek medical care and be open with your physician. Understanding Depression in Seniors February 2020 Kentucky Department for Aging and Independent Living Senior Health and Wellness Newsletter Your physician may refer you to a therapist/counselor and prescribe medication. It is also important to focus on a healthy diet and exercise regimen. Routines help you stay on track. Adequate nutrition can help make you feel better, especially on days you are feeling down. Proper nutrition should consist of 3 well-balanced meals throughout the day. The meals should include a meat/ non-meat protein source, dairy, a vegetable, a fruit and a whole grain. Water should be consumed with each meal and throughout the day to avoid dehydration. Avoid eating fried foods and high in sugar content. These foods can cause weight gain. Talk with your healthcare providers regarding a physical activity routine. Choose an activity that you are excited about and enjoy doing. Participating in physical activity that you do not enjoy will only lead to quitting and giving up. Examples of physical activity are: walking; chair exercises; dancing; light weight lifting; swimming; yoga; and cycling. Exercise routines should be 30 minutes a day for 5 days a week. However, the 30 minutes does not have to be all at one time. You can do 5-10 segments until you are able to build up longer stretches over time. While working through depression, it is important to stay connected with family, friends and communities in which you are involved. Being open with these individuals can help you combat your depression. These relationships are beneficial when you have large tasks and need help. These relationships will also give you an opportunity to engage with other people and get you out of your routine. A support system (that also includes your medical team) will work together to ease the symptoms of depression.

Harney Hub Transit: What Does It Cost?

Deviated Fixed Route: **FREE** for all riders since 2018.

Harney Hub Transit cards:
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

See our Fixed Route schedule on the next page. Larger print brochures are available at the Front Desk or Harney Hub Transit.

HARNEY HUB
TRANSIT
541.573.3030

WEST BOUND ROUTE

	H Hub 17 S Alder Ave	Fresh Start 195 N Broadway	Triangle Park East	Paiute Upper	Paiute Lower	Library 80 W "D" St	Marylhurst Apts Alvord + A St. (North side)	Safeway Madison + Buena Vista (South side)	Symmetry Care Diamond + Adams	Health Dept. Washington + Fairview	Veteran's Village	Human Services Monroe + Jackson	Glory Days 960 Oregon Ave	BHS/Pool 1000 Oregon Ave	Apple Peddler 540 Hwy 20	BareBones 306 N Hwy 20	Hines Park SW Circle Drive
A	7:00	7:02	7:05	----	----	7:06	7:07	7:10	7:12	7:13	7:15	7:16	7:18	7:20	7:22	7:24	7:26
A&S	8:00	8:02	8:05	----	----	8:06	8:07	8:09	8:11	8:13	8:14	8:16	8:18	8:20	8:22	8:24	8:26
A&S	9:00	9:02	9:05	----	----	9:06	9:07	9:10	9:12	9:13	9:14	9:16	9:18	9:20	9:22	9:24	9:26
A	10:10	10:12	10:15	----	----	10:16	10:17	10:20	10:22	10:23	10:26	10:27	10:28	10:30	10:32	10:34	10:36
S	10:10	10:12	10:14	10:21	10:26	10:29	10:33	10:35	10:37	10:39	10:40	10:41	10:43	10:45	10:48	10:50	10:52
A	11:05	11:07	11:08	----	----	11:09	11:10	11:12	11:14	11:16	11:17	11:18	11:19	11:20	11:22	11:24	11:26
A	12:00	12:02	12:05	----	----	12:06	12:07	12:10	12:12	12:13	12:16	12:16	12:18	12:20	12:22	12:24	12:26
S	12:30	12:32	12:34	----	----	12:36	12:38	12:40	12:42	12:45	12:46	12:47	12:48	12:50	12:52	12:56	12:58
A	13:00	13:02	13:05	----	----	13:06	13:07	13:10	13:12	13:13	13:16	13:18	13:20	13:24	13:26	13:27	13:28
S	13:30	13:32	13:34	----	----	13:36	13:38	13:40	13:42	13:46	13:48	13:50	13:52	13:54	13:56	13:58	14:00
A	14:00	14:02	14:05	----	----	14:06	14:07	14:10	14:12	14:13	14:16	14:18	14:20	14:24	14:26	14:27	14:28
S	15:00	15:02	15:04	15:10	15:15	15:18	15:20	15:22	15:24	15:26	15:28	15:30	15:32	15:34	15:36	15:38	15:39
S	16:10	16:12	16:14	----	----	16:15	16:17	16:19	16:21	16:23	16:25	16:27	16:29	16:31	16:33	16:34	16:35
A	15:00	15:02	15:04	15:10	15:15	15:19	15:21	15:24	15:26	15:27	15:30	15:32	15:34	15:36	15:38	15:39	15:40
A	16:30	16:32	16:35	16:41	16:46	16:50	16:51	16:54	16:56	16:58	16:59	17:00	17:04	17:06	17:08	17:09	17:10
A	18:10	18:12	18:14	----	----	18:15	18:16	18:18	18:20	18:22	18:24	18:26	18:28	18:30	18:32	18:34	18:35

Route Schedule Legend

- **A:** Regular Route
- **S:** Saturday Route
- **A&S:** Regular and Saturday Route

EAST BOUND ROUTE

	Hines Gazebo	BareBones 306 N Hwy 20	Aspen Grove 611 Tennyson Ave.	Secure Self Storage 190 Roe Davis Ave	McDonalsd's 641 Hwy 20	Dollar General 1075 Oregon Ave	Quail Ridge 1314 W Pierce St	Quail Court Pierce +Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse A & BuenaVista (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	H Hub 17 S Alder AVE
A	7:30	7:32	7:34	7:36	7:38	7:39	7:40	7:42	7:44	7:46	7:48	7:50	7:53	----	----	7:55	7:57	8:00
A&S	8:30	8:32	8:34	8:36	8:38	8:39	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	9:39	9:40	9:42	9:44	9:46	9:48	9:50	9:53	----	----	9:55	9:57	10:00
A	10:36	10:38	10:40	10:41	10:43	10:44	10:45	10:47	10:49	10:51	10:53	10:55	10:57	----	----	10:59	11:02	11:05
S	10:55	10:57	11:00	11:03	11:07	11:10	11:12	11:14	11:16	11:18	11:20	11:22	11:25	----	----	11:26	11:28	11:30
A	11:27	11:29	11:33	11:36	11:38	11:39	11:40	11:42	11:45	11:47	11:50	11:52	11:54	----	----	11:56	11:58	12:00
S	13:00	13:02	13:04	13:06	13:08	13:10	13:12	13:14	13:16	13:18	13:20	13:22	13:24	----	----	13:26	13:28	13:30
A	12:28	12:30	12:34	12:36	12:38	12:39	12:40	12:42	12:45	12:47	12:50	12:52	12:54	----	----	12:56	12:58	13:00
A	13:30	13:32	13:34	13:36	13:38	13:39	13:40	13:42	13:45	13:47	13:50	13:52	13:54	----	----	13:56	13:58	14:00
S	14:00	14:04	14:08	14:12	14:16	14:20	14:24	14:27	14:31	14:35	14:39	14:42	14:46	----	----	14:50	14:55	15:00
A	14:30	14:32	14:34	14:36	14:38	14:39	14:40	14:42	14:45	14:47	14:50	14:52	14:54	----	----	14:56	14:58	15:00
S	15:40	15:41	15:42	15:43	15:44	15:45	15:46	15:47	15:48	15:49	15:50	15:52	15:54	----	----	15:56	15:58	16:00
S	16:35	16:37	16:39	16:41	16:43	16:44	16:45	16:47	16:49	16:50	16:52	16:53	16:55	----	----	16:57	16:58	17:00
A	15:42	15:44	15:46	15:49	15:51	15:52	15:53	15:54	15:56	15:58	16:00	16:02	16:04	16:09	16:15	16:20	16:24	16:28
A	17:10	17:13	17:16	17:20	17:22	17:23	17:24	17:26	17:28	17:30	17:32	17:34	17:36	17:42	17:48	17:54	17:56	18:00
A	18:37	18:39	18:41	18:42	18:44	18:45	18:46	18:48	18:50	18:52	18:54	18:55	18:57	----	----	18:58	18:59	19:00

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 Hub and Harney Hub Transit 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. Harney Hub 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, 541-573-3030, lisa@harneyhub.org.

Fixed Route for Bend/Redmond

February 2025
Tuesday, 4th
Thursday, 13th
Tuesday, 18th
Thursday, 27th
March 2025
Tuesday, 4th
Thursday, 13th
Tuesday, 18th
Thursday, 27th
April 2025
Tuesday, 1st
Thursday, 10th
Tuesday, 15th
Thursday, 24th
Tuesday, 29th

*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!**

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

HARNEY HUB TRANSIT
541.573.3030

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

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.

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: office@harneyhub.org

https://
harneyhub.org

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

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

Salads Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Tai Chi:
Tuesdays & Thursdays
9:30am

Introduction to Tai Chi:
Tuesday & Thursday
10:30am– 11:15am

Food Bank Hours:
Wednesdays:
10am-1pm

Fresh Alliance
Monday & Thursday
10-10:30am

Bingo:
Thursdays 2:30pm

Miracle Ear:
Wednesdays,
Call 541-330-5503

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

SHIBA Volunteers Medicare help:
Tuesday 10am-12pm
Call 541-573-6024 for an appointment

AARP Taxes
February 3rd – April 14th
Every Monday & Wednesday
8am-4pm

Safeway App Training
March 4, 2025 @ 1pm

Powerful Tools for Caregivers
Feb 25– April 1, 2025 2-4pm
Call 541-573-6024 to register for classes

Daylight Savings Time
March 9, 2025

St. Patrick's Lunch Meal Day
Thursday, March 13, 2025
11:30am-1:00pm

Easter Lunch Meal Day
Thursday, April 17, 2025
11:30am– 1:00pm