Senior Moments

How Sleep Affects Your Health

Sept/October 2025

Unhealthy sleep can interfere with daily activities and is associated with lower quality of life and risk of chronic disease, such as diabetes and obesity. There is a connection with poor sleep and unhealthy weight gain because sleep regulates hormones that tell your body when you are hungry and signals when you feel full. This may cause you to eat more, and reach for unhealthy food choices without thinking ahead about good nutrition throughout the day.

Getting enough sleep is also important for mental health, a good immune system and controlling emotions. Sleepiness in the daytime is associated with higher falls risk, injuries, and accidents. People with sleep disturbances may have slower response times. If you have trouble getting enough sleep, a mattress designed to ease back pain could help.

How much sleep do I need?

Older adults need a similar amount of sleep as all adults—7 to 9 hours on average each night. As you age, it is common to take longer to fall asleep and have more awakenings in the night. Difficulty staying asleep for the entire night is ok if you can fall back to sleep, but quality and quantity is important.

Contributors to poor sleep.

There are many reasons for not getting the high-quality sleep you need. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. And the experience of losing a loved one is another factor that may contribute to sleep problems.

If you are feeling excessively sleepy in the daytime, this could be a sign of obstructive sleep apnea (OSA), cognitive impairment, or cardiovascular issues. With respect to OSA, weight on the upper chest and neck contributes to blocking the flow of air. Drowsiness and snoring are the most common complaints, but some older adults may notice gasping, wake up with a dry mouth or morning headache. The prevalence of OSA increases with age in adults and can lead to poor quality of life, an increased risk of motor vehicle accidents and more. It's also associated with obesity, and experts say it can be part of a vicious cycle in which the sleep deprivation it causes can lead to even more obesity, which in turn aggravates the condition.

Overeating and eating too much of certain foods can also cause sleep problems. For example, meals with low fiber and high amounts of added sugars and saturated fat, which are found in butter, cheese, red meat and other animal-based foods, have been related to interrupted sleep.

If you think you have sleep apnea, another chronic condition or suspect that your current medication is interfering with your sleep, you should talk to your health care provider. You may benefit from a CPAP machine.

No matter what the reason for poor sleep, there are foundational steps that experts recommend you can take as part of living a healthy lifestyle and improve your sleep. Here are some practices to consider:

Reserve your bedroom as a place for sleep. Keep the temperature comfortable and keep out TVs, tablets, smart phones, and computers. The goal is to associate the bedroom and bed with sleep and intimacy. Avoid eating or working in your bedroom.

Don't worry if you wake up during the night. If it takes more than 15 minutes to fall back to sleep, get out of bed and try reading or listening to soft music for a little while until you feel sleepy. Then try again.

Keep a ritual for winding down before going to bed. Limit light exposure from digital technology late in the evening and refrain from social media or any type of upsetting news coverage, too. Try journaling before bed or listening to relaxing music.

Limit certain foods and drinks before bedtime. Alcohol and sleep aids are not good ideas because they can be more likely to cause sleep disturbances. Avoid large, heavy meals before bed and stay away from caffeine in the afternoons which can stay in your system for as long as 10-12 hours and keep you awake at night.

Engage in daily activities that nourish you. Connect and visit with family and friends. When it is not possible to have in-person visits due to social distancing practices, reach out using the telephone and through video calls, or send emails, cards and hand-written letters.

Be physically active every day and get outside. Exercise early in the day to bolster your mood and help you get the natural sunlight you need, signaling to

Fairbooks can be found at our community sponsors' business offices ex: Big R, Ed Staubs, Courthouse, Chamber & Fairgrounds Office

Open Static FairEntry link https://harneycountystatic.fairentry.com (how to attached)

Registration Closes this Friday the 29th (see attached image to go with copy)

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12 Self-Care Tips For Seniors

Many older adults have cared for someone else their entire lives: first, their young children; then, an aging parent; eventually their grandchildren; possibly, along the way, an ailing spouse or friend. These seniors may never have stopped to consider the importance of self-care — or if they had, they probably didn't have much time to practice self-care techniques.

However, as research increasingly shows, frequent self-care reduces stress and improves physical, mental, and emotional health and well-being. Research also suggests that it promotes positive health outcomes, such as fostering independence, promoting resilience, and becoming better equipped to manage stress.

What Self-Care Is

While some people may view self-care as a form of selfish indulgence, caring for yourself is actually an important part of good health and well-being. Self-care refers to intentional activities and practices that promote physical, mental, and emotional well-being. It's the practice of taking an active role in protecting your own health and happiness, especially during periods of stress—and it's the key to senior wellness.

Why is self-care for seniors so important?

Self-help for the elderly enhances senior wellness because it can help improve:

Physical Health – Regular exercise, proper nutrition, and adequate hydration are crucial aspects of self-care that can improve mobility and balance, strengthen the immune system, and help manage chronic conditions.

Mental Health – Self-care becomes vital as seniors face life transitions and potential isolation. Engaging in hobbies and learning new skills keeps the mind sharp. Socializing with friends and family combats loneliness and depression. Practicing relaxation techniques like meditation can reduce stress and anxiety.

Independence – By prioritizing self-care, seniors can maintain their autonomy and reduce reliance on others because they feel better physically, mentally, and emotionally.

Stress Management – Self-care helps equip seniors with the tools to handle the unique challenges of aging. Relaxation techniques can help them cope with health concerns or the loss of loved ones. Maintaining social connections provides emotional support, and engaging in enjoyable activities offers a respite from daily stressors.

Quality of Life – Self-care for seniors is vital to a more fulfilling, enjoyable retirement and happier life.

Twelve Self-Care Tips for Seniors

Now that you know what self-care is and why it's vital to healthy living for seniors, here are 12 great senior care tips to help you start practicing self-care right now:

Eat healthier. Live healthier. Try to eat more nutritious foods, get enough sleep, exercise regularly, and cut down on alcohol.

Be proactive about your physical health. Schedule regular medical, eye, and dental checkups. Preventive measures help catch small issues before they become bigger problems.

Be proactive about your emotional health, too. It's common for older adults to struggle with anxiety or depression. Even if you're feeling positive about life, having a good friend to talk to and share life with is always good. Having a minister or counselor to talk with regularly can also be a significant source of support.

Build your sense of belonging. See friends and family regularly. Consider joining a club or support group to make new friends. Schedule regular dinners or gatherings with nearby family. Reconnect with friends via social media channels like Facebook.

Try to do something you enjoy every day. That might mean dancing, watching a favorite TV show, working in the garden, painting, or reading.

Find relaxation methods, like meditation, yoga, reading, or a warm bubble bath.

Get outside. The great outdoors has many health benefits, so make it a habit to walk in the woods if you can. Even a regular walk in a park can offer remarkable health benefits for your mind, body, and soul. Even if you don't go outside, just looking at nature calms nerves and relieves mental fatigue.

Do something you loved to do as a kid. Make a mess with finger paints, blow bubbles, or challenge friends to play Monopoly or checkers. Or buy ice cream and toppings and invite friends for an old-fashioned social.

Learn something new. Bake a soufflé, build a bird condo, or learn to knit. If you're unsure how, take a class or look for a local group dedicated to the activity.

Laugh! Watch or listen to comedy. You can find all kinds of comedy and comedians via video, podcast, or website. Or get a laugh by suggesting you and your friends go to an open mic night at a local comedy club.

Pamper yourself. Try a therapeutic massage to relieve muscle tension, stimulate the body's natural painkillers, and boost your immune system. It can also help you feel less anxious and more relaxed.

Give thanks, give back. A gratitude journal can help you practice mindfulness by focusing on positive experiences and boosting mental well-being. Giving back by volunteering fosters a sense of purpose and connection

Self-care is not selfish, it's essential.

Veterans News

BEHAVIORAL HEALTH CARE

Veterans gain great strength from their service, but it is not surprising that the stress, difficult experiences and trauma service members may experience can lead to long term challenges, which can lead to post-traumatic stress disorder and other mental health conditions. The intense and prolonged stress of military deployments can result in a sense of disconnection from civilian life upon return, exacerbating feelings of alienation and isolation. Moreover, the transition from a highly structured military environment to civilian life can be overwhelming, with veterans facing difficulties in finding employment, establishing social connections, and navigating complex bureaucratic systems for health care and benefits. These cumulative stressors can manifest in a range of behavioral health issues, including depression, anxiety, substance abuse and suicidal ideation, prompting many veterans to seek professional help. Veterans needing someone to speak to can call the Vet Center Call Center any time, day or night.

SIGNS EXPERT HELP MAY BE NEEDED

These signs may indicate that a veteran needs help:

- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

CRISIS SIGNS

These signs may require immediate attention

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructing behavior, such as drug abuse, risky use of weapons, etc.

If you are experiencing any of these warning signs and need medical attention, call 911 now. For immediate help dealing with a suicidal crisis, call the Veterans Lifeline at 988, Veterans Press 1.

TAKE A SELF-CHECK ASSESSMENT

If you feel like you might be heading toward a crisis, VA or community-based services can help. Take a confidential, anonymous risk assessment to see if stress and depression might be affecting you:

www.vetselfcheck.org/welcome.cfm

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.

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 **CLOSED** **Labor Day**	**2** **V-J Day** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m.	**3** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**4** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**5**	**6** **Ullambana**
7 **Pitru Paksha**	**8** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**9** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**10** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**11** **Patriot Day** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**12**	**13**
14	**15** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**16** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**17** **Constitution Day** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**18** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**19**	**20**
21 **Pchum Ben**	**22** **Rosh Hashanah** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**23** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**24** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**25** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**26** **Day of Praise & Worship**	**27**
28	**29** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**30** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.				

September 2025

September 2, 2025	September 4, 2025
Sponsor: Dorothy Dulaney	Sponsor: IMO Ross Gruenwald
Sponsor: Family Eyecare	
Burgers and Fries, w/ Lettuce, Tomato and Onions Chocolate Cake Salad: Loaded House Salad	Grandparents' Day Lunch Baked Chicken, Roasted Potatoes w/ Gravy, Veggies & Rolls Jello w/fruit Soup: Tomato Ravioli
September 9, 2025	**September 11, 2025**
Sponsor: Pioneer Presbyterian Church	Sponsor: Kiwanis Club of Burns-Hines
Shepherd's Pie (Beef & Lamb), Garlic Bread & Fruit Salad Cowboy Cookie Bars Salad: Taco Salad	Mushroom Swiss Meatloaf, Mashed Potatoes w/ Gravy, Green Beans & Rolls Éclair Cake Soup: Cheeseburger Soup
September 16, 2025	**September 18, 2025**
Sponsor: A Parts Store	Sponsor: Ken & Polly Post
Spaghetti, Cheesy Bread & Cucumber Tomato Salad Berry Crisp Salad: Grilled Chicken Salad	Tater Tot Casserole, Broccoli & Rolls Lemon Bars Soup: Chicken Noodle
September 23, 2025	**September 25, 2025**
Sponsor: Richard & Cherry Day	Sponsor: First Community Credit Union
Sponsor: The Fly Fisherman	Sponsor: IMO Sonja Peters
Salisbury Steak w/ Gravy, Mashed Potatoes, Mixed Veggies & Rolls Coconut Cream Pie Bars Salad: Italian Salad	Tacos w/Fixings, Beans & Street Corn Cinnamon Chocolate Cake Soup: Veggie Beef
September 30, 2025	**Kitchen 541-413-2280**
Sponsor: High Calibre Exploration & Development	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!
Parmesan Chicken Noodles, Broccoli & Garlic Rolls Chocolate Chip Cookies Salad: Cheeseburger Salad	

Menu subject to change

October 2025

	October 2, 2025 Sponsor: Law Office of John Lamborn Sponsor: Black Tornado Exchange Sloppy Joes, Baked Beans & Coleslaw Lush Dessert Soup: Loaded Chicken Noodle
October 7, 2025 Sponsor: Dusty Threads & Thrift Inc. Chicken Pot Pie & Salad Brownies Salad: Crispy Chicken Salad	**October 9, 2025** Sponsor: Anonymous Beef Noodles, Mixed Veggies & Whole Wheat Rolls Poppy Seed Cake Soup: Taco Soup
October 14, 2025 Sponsor: First Credit Community Credit Union Sponsor: American Legion Auxiliary Lasagna, Cheesy Garlic Bread & Green Beans Rice Krispies Treat Salad: Chef Salad	**October 16, 2025** Sponsor: Anonymous Sponsor: Unavailable Sponsor Enchiladas, Beans & Street Corn Churro Bars Soup: Minestrone Soup
October 21, 2025 Sponsor: Ken & Polly Post Pork Roast w/ Gravy, Baked Potatoes, Carrots & Rolls White Cake w/ White Frosting Salad: Taco Salad	**October 23, 2025** Sponsor: Hotel Diamond Sweet & Sour Chicken , Rice & Broccoli Sugar Cookie Bars Soup: Ham & Bean Soup
October 28, 2025 Sponsor: Oster Professional Group, CPA's Meatloaf, Scalloped Potatoes, Veggies & Rolls Peach Dump Cake Salad: Cobb Salad	**October 30, 2025** Sponsor: IMO Ross Gruenwald Chicken Fried Steak, Mashed Potatoes w/ Gravy, & Mixed Veggies Strawberry Poke Cake Soup: Witches Brew Stew

Menu subject to change

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ayudha Puja Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**2** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**3**	**4**
5	**6** Preorder Grab & Go Meals 541-413-2280	**7 Valmiki Jayanti** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**8** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**9** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**10**	**11**
12 Hoshana Rabbah Fiddlers 11a.m.-5p.m.	**13 Columbus Day Indigenous People' Day** Preorder Grab & Go Meals 541-413-2280	**14 Shemini Atzeret** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**15** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**16** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**17**	**18 Prayer Day**
19	**20 Diwali** Preorder Grab & Go Meals 541-413-2280	**21** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**22** Miracle Ear Preorder Grab & Go Meals 541-413-2280	**23** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**24**	**25**
26	**27 Chhath Puja** Preorder Grab & Go Meals 541-413-2280	**28** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**29** Miracle Ear Preorder Grab & Go Meals 541-413-2280	**30** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**31 Halloween**	

What to Do If You Enrolled in the Wrong Medicare Plan?

Sometimes, people enroll in Medicare Advantage (Part C) or prescription drug (Part D) plans that turn out to be the wrong fit for their needs. If this happened to you, you might be wondering, "How often can you change Medicare plans?"

Below, we explain what you need to know about switching Medicare plans.

Can I change my Medicare plan at any time?
In most cases, the time to make changes to your Medicare coverage is during **Open Enrollment**, which takes place **Oct. 15 – Dec. 7** every year. During this timeframe, you can reevaluate, add, drop, or switch your Medicare Advantage and/or Medicare Part D plan and compare it against all the others on the market. You can also switch from original Medicare to Medicare Advantage, or vice versa.

However, there are some exceptions.
If you are enrolled in the wrong Medicare Advantage or Part D plan by mistake or after receiving misleading information, you may be able to disenroll from the plan and enroll in a new plan that is a better fit for your needs.

There are a few scenarios where you have a right to change plans:

- You enrolled in a plan unintentionally.
- You enrolled in a plan based on incorrect or misleading information.
- You accidentally enrolled in the same plan or stayed in a plan you didn't want.
- If you want to know "Is it too late to change Medicare plans?" and believe you fall within these scenarios above, help is available.

The first step is to call Harney Hub and schedule an appointment with a SHIBA volunteer (541-573-6024). Be sure to explain in detail how you ended up joining the wrong plan. Generally, you have two options for disenrollment from a Medicare plan you do not want:

If you received any health care services since joining the plan and coverage was denied, you can request a retroactive disenrollment. This means you will be disenrolled from the plan going back to the date you enrolled in it. In this case, your providers will need to re-submit your claims to your new Medicare plan. If you have not received any health care services since joining the plan, you can ask for a Special Enrollment Period. Once you're approved, this will allow you to disenroll from your Medicare plan at the end of the month in which you requested disenrollment. You'll want to enroll in a new plan immediately to avoid any costly coverage gaps. One way to avoid joining the wrong Medicare plan is to review your coverages each year, says Jen Teague, Associate Director for Health Coverage and Benefits at NCOA. "Medicare plans tend to change annually, impacting costs, coverage, and benefits. Comparing different plans during Open Enrollment allows you to explore new options that may better suit your health care needs and potentially save you money, too."

If you prefer to have someone walk you through your Medicare options, talking to an expert is a good idea.

Who can I talk to about Medicare?
Does Medicare cover cataract surgery? Are Medicare Advantage plans worth it? Get your questions answered by reaching out to your local SHIBA volunteer (541-573-6024).

SHIBA offers free, unbiased, one-on-one support to help older adults navigate Medicare. Your SHIBA can:

Explain your Medicare options and how to enroll.
Compare plans to help you find the best coverage.
Show you programs to lower your out-of-pocket costs.
Help you resolve billing errors, denied claims, and appeals.
Assist you with coordination between Medicare and Medicaid.

MEDICARE OPEN ENROLLMENT
October 15, 2025 - December 7, 2025
To make an appointment with a SHIBA volunteer
Call Harney Hub at 541-573-6024
First come first serve make your appointment now!

SUDOKU

7			1			3	5	
	5					4		
2		4		5		1		8
6			7	3	9			
8	7						1	3
			5	8	1			7
1		7		9		5		2
		3					9	
	4	8			5			1

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	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	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
A	11:05	11:07	11:09	----	----	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
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
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
A	15:10	15:11	15:12	15:13	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

Route Schedule Legend

- **A:** Regular Route

EAST BOUND ROUTE

	Hines Gazebo	BareBones 306 N Hwy 20	Aspen Grove 611 Tennyson Ave.	Secure Self Storage 190 Roe Davis Ave	McDonald'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	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	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	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
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
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
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
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

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

September 2025
Tuesday, 2nd
Thursday, 11th
Tuesday, 16th
Thursday, 25th
Tuesday, 30th

October 2025
Thursday, 9th
Tuesday, 14th
Thursday, 23rd
Tuesday, 28th

November 2025
Thursday, 6th
Tuesday, 11th
Thursday, 20th
Tuesday, 25th

*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 6:30 a.m.

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

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.

Monday — Friday

7:00 a.m.—5:00 p.m.

Office Hours

Monday — Thursday

6:00 a.m. — 4:30 p.m.

Deviated fixed route only after 5:00 p.m.

Burns/Hines Route

Monday — Friday

7:00 a.m.— 6:00 p.m.

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
11:30 a.m.-1:00 p.m.

Salads Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Grandparents' Day Lunch
September 4th

Halloween Lunch
October 30th

Tai Chi:
Tuesdays & Thursdays
9:30 a.m.

Introduction to Tai Chi:
Tuesdays & Thursdays
1030 a.m.– 11:15 a.m.

Food Bank Hours:
Wednesdays
10 a.m.-1 p.m.

Fresh Alliance
Mondays & Thursdays
10-10:30 a.m.

Bingo:
Thursdays 2:30 p.m.

Miracle Ear:
Wednesdays,
Call 541-330-5503

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

Medicare help:
Tuesdays 10am-12pm
Open Enrollment
October 15th– December 7th
Tuesdays & Thursdays
9 a.m.-12 p.m.

Powerful Tools for Caregivers
October 7th– November 18th
Tuesdays 2 p.m.-4 p.m.

CLOSED
Labor Day– September 1