Senior Moments

Coping With Grief and Loss

May/June 2026

When someone close to you dies, your world changes. You are in mourning — feeling grief and sorrow at the loss. You may feel numb, shocked, and fearful. You may feel guilty for being the one who is still alive. You may even feel angry at your loved one for leaving you. All of these feelings are normal. There are no rules about how you should feel. There is no right or wrong way to mourn.

When you grieve, you can feel both physical and emotional pain. People who are grieving often cry easily and can have:

- Trouble sleeping
- Little interest in food
- Problems with concentration
- A hard time making decisions

As time passes, you may still miss your loved one. But for most people, the intense pain will lessen. There will be good and bad days. You may feel guilty or surprised for laughing at a joke or enjoying a visit with a friend. It is important to understand that these can be common feelings.

Finding a support system

There are many ways to grieve and to learn to accept loss. Try not to ignore your grief. Support may be available until you can manage your grief on your own.

While family and compassionate friends can be supportive, they may be grieving, too. Some people find that sharing memories and stories about the person who is gone is one way to help each other. Sometimes, people hesitate to bring up the loss or mention the name of the person who died because they worry this can be hurtful. But many people may find it helpful to talk directly about their loss. You are all coping with the death of someone who was important in your lives.

What is complicated grief?

It is normal to feel sad, numb, or lost for a while after someone close to you dies. But for some people, mourning can go on so long or be so distressing that it becomes unhealthy. This prolonged and intense reaction to loss is known as complicated grief. People with this condition may be unable to comprehend or accept the loss, experience intense sorrow and emotional pain, and have trouble resuming their own life and making plans for the future. Other signs of complicated grief may include having overwhelmingly negative emotions, feeling preoccupied with the person who died or the circumstances of the death, and being unable to find meaning or a purpose in life.

Complicated grief can be a serious condition. Those who have it may need additional help to overcome the loss. If sadness is making it difficult for you to carry on in your day-to-day life, help is available. Reach out to a support group, mental health professional, or loved ones for support. If cost is a factor for you, ask your doctor or other healthcare provider if they know of any local health professionals or programs that offer low-cost or free help.

How grief counseling can help

Some people find that grief counseling makes it easier to work through their sorrow. Regular talk therapy with a grief counselor or therapist can help those who are grieving learn to accept a death.

There are also support groups for grieving people to help each other. These groups can be specialized — people who have lost loved ones to Alzheimer's disease, for example — or they can be for anyone learning to manage grief. Check with local hospitals and senior centers, nursing homes, religious groups, funeral homes, or your doctor to find support groups in your area. Hospice care professionals can also provide grief counseling, sometimes called bereavement support, to the family of someone who was under their care. You can also ask hospice workers for bereavement support even if hospice was not used before the death.

For older adults who are socially isolated or have limited family nearby, there are resources available. Try one of the suggestions below:

Online support groups. Many online forums or support groups online are free and can help offer support from the home.

Online therapy or counseling sessions. If you're looking for a therapist or counselor to address your grief or loss, many offer online sessions that you can attend from your home.

Support books. Books can be a great way

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to understand grief and sorrow, and they can provide tips to help overcome these feelings. Check your local library or ask a librarian for recommendations.

Community resources. Some communities offer grief and loss counseling or resources. Check with your local community center, senior center, faith community, or hospital to learn about what they offer.

Taking care of yourself while grieving

In the beginning, you may find that taking care of details and keeping busy helps. For a while, family and friends may be around to assist you. But there comes a time when you will need to face the change in your life.

Here are some ideas to keep in mind:

Take care of yourself. Grief can be hard on your health. Exercise regularly, eat healthy food, and try to get enough sleep. Bad habits, such as drinking too much alcohol or smoking, can put your health at risk.

Make mealtime plans. Some people who have lost a loved one lose interest in cooking and eating. Sometimes eating at home alone feels too quiet, so it may help to have lunch with friends. Turning on the radio or TV during meals can also help. For information on nutrition and cooking for one, look for books at your local library, bookstore, or online.

Talk with caring friends. Let family and friends know when you want to talk about your loved one. When possible, accept their offers of help and company.

Participate in your favorite activities. Doing things you enjoy, such as painting, biking, volunteering, or social club events can help improve overall mood and well-being. Listening to uplifting music may also bring comfort.

Reach out to your faith community. Many people who are grieving find comfort in spending time with others who share their religious beliefs, praying, or reading religious or spiritual scripture.

See your doctor. Keep up with visits to your healthcare provider. If it has been a while, schedule a check-up and bring your doctor up to date on pre-existing medical conditions and any new health issues that may be of concern. Let your health care provider know if you are having trouble taking care of everyday activities such as personal hygiene and dressing, or fixing meals.

Mourning takes time. It's common to have a roller coaster of emotions for a while.

If you have children, remember that they are grieving, too. It will take time for the whole family to adjust to life without your loved one. You may find that your relationship with your children and their relationships with each other have changed. Open, honest communication is important.

When you feel ready, go through your loved one's clothes and other personal items. It may be hard to give away these belongings. Instead of parting with everything at once, you might make three piles: one to keep, one to give away, and one "not sure." Ask your children or others to help. Think about setting aside items such as a special piece of clothing, watch, favorite book, or picture to give to your children or grandchildren as personal reminders of your loved one.

Postpone major decisions if possible

If you have a choice, delay major life decisions until you are feeling better. It's better to avoid making a big change, such as selling your home or leaving your job, when you are grieving and perhaps not thinking clearly.

Mourning the loss of a spouse or partner

If you have lost a spouse or partner, you may worry about how you will take care of yourself or your home. Many couples divide up their household tasks. One person may pay bills and handle car repairs. The other may cook meals and mow the lawn. Splitting up jobs often works well until there is only one person who must do it all. Learning to manage new tasks — from chores to household repairs to finances — can take time.

Reaching out to friends and family who are close by to help manage tasks right after your loss can help. If you don't have loved ones nearby, local organizations may be able to help.

Being alone can also increase concerns about safety. It's a good idea to ensure there are working locks on the doors and windows.

Facing the future without a spouse or partner can be scary, especially for those who have never lived alone. Those who are both widowed and retired may feel very lonely and become depressed. Talk with your doctor about how you are feeling.

Socializing after the death of a loved one

It may be overwhelming to think about going to parties or other social events without your loved one. It can be hard to think about coming home alone. If you were married or had a long-time partner, you may feel anxious about dating. Many people miss the feeling of closeness that marriage or other intimate relationship brings. After time, some may be ready to have a social life again.

Here are some things to remember:

- Go at a comfortable pace. There's no rush.
- It's okay to make the first move when it comes to planning things to do.
- Volunteer.
- Try group activities. Invite friends for a potluck dinner or participate in an activity at a local community or senior center.
- Consider lower-stress, informal outings such as walks or movies.
- Find an activity you like. You may have fun and meet people who share your interests.
- You can develop meaningful relationships with friends and family members of all ages.
- Many people find that pets provide comforting companionship.

Source: https://www.nia.nih.gov/health/grief-and-mourning/coping-grief-and-loss

ADRC
Aging and Disability Resource Connection of OREGON

Veterans News

Memorial Day

Memorial Day is a federal holiday in the United States for mourning the U.S. military personnel who died while serving in the United States Armed Forces. It is observed on the last Monday of May.

It is the unofficial beginning of summer in the United States.

Memorial Day is a time for visiting cemeteries and memorials to mourn the military personnel who died in the line of duty. Volunteers will place American flags on the graves of those military personnel in national cemeteries.

The first national observance of Memorial Day occurred on May 30, 1868. Then known as Decoration Day and observed on May 30, the holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor the Union soldiers who had died in the American Civil War. This national observance followed many local observances which were inaugurated between the end of the Civil War and Logan's declaration. Many cities and people have claimed to be the first to observe it. However, the National Cemetery Administration, a division of the Department of Veterans Affairs, credits Mary Ann Williams of the Ladies Memorial Association of Columbus, Georgia with originating the idea of an annual date to decorate the graves of Civil War veterans with flowers.

Official recognition as a holiday spread among the states, beginning with New York in 1873. By 1890, every union state had adopted it. The world wars turned it into a day of remembrance for all members of the U.S. military who fought and died in service. In 1968, Congress changed its observance to the last Monday in May, and in 1971 standardized its name as "Memorial Day." Two other days celebrate those who have served or are serving in the U.S. military: Armed Forces Day, which is earlier in May, a ceremonial U.S. day of commemoration for honoring those currently serving in the armed forces, and Veterans Day on November 11, a legal holiday which honors all those who have served in the United States Armed Forces.

By the 20th century, various Union memorial traditions, celebrated on different days, merged, and Memorial Day eventually extended to honor all Americans who fought and died while in the U.S. military service. Indiana from the 1860s to the 1920s saw numerous debates on how to expand the celebration. It was a favorite lobbying activity of the Grand Army of the Republic (GAR). An 1884 GAR handbook explained that Memorial Day was "the day of all days in the G.A.R. Calendar" in terms of mobilizing public support for pensions. It advised family members to "exercise great care" in keeping the veterans sober.

Memorial Day speeches became an occasion for veterans, politicians, and ministers to commemorate the Civil War and, at first, to rehash the "atrocities" of the enemy. They mixed religion and celebratory nationalism, allowing Americans to make sense of their history in terms of sacrifice for a better nation. People of all religious beliefs joined, including German and Irish soldiers – ethnic minorities who at the time faced discrimination – who had become true Americans in the "baptism of blood" on the battlefield.

In the national capital in 1913 the four-day "Blue-Gray Reunion" featured parades, reenactments, and speeches from a host of dignitaries, including President Woodrow Wilson, the first Southerner elected to the White House since the War. James Heflin of Alabama gave the main address. Heflin was a noted orator; his choice as Memorial Day speaker was criticized, as he was opposed for his support of segregation; however, his speech was moderate in tone and stressed national unity and good will, winning him praise from newspapers.

The name "Memorial Day", which was first used in 1882, gradually became more common than "Decoration Day" after World War II but was not declared the official name by federal law until 1967. On June 28, 1968, Congress passed the Uniform Monday Holiday Act, which moved four holidays, including Memorial Day, from their traditional dates to a specified Monday in order to create a three-day weekend. The change moved Memorial Day from its traditional May 30 date to the last Monday in May. The law took effect at the federal level in 1971.

In 1913, an Indiana veteran complained that younger people born since the war had a "tendency... to forget the purpose of Memorial Day and make it a day for games, races, and revelry, instead of a day of memory and tears". In 1911, the scheduling of the Indianapolis Motor Speedway car race, later named the Indianapolis 500, was vehemently opposed by the increasingly elderly GAR. The state legislature in 1923 rejected holding the race on the holiday. However, the new American Legion and local officials wanted the race to continue, so Governor Warren McCray vetoed the bill and the race went on.

In 1915, following the Second Battle of Ypres, Lieutenant Colonel John McCrae, a physician with the Canadian Expeditionary Force, wrote the poem "In Flanders Fields". Its opening lines refer to the fields of poppies that grew among the soldiers' graves in Flanders. Inspired by the poem, YWCA worker Moina Michael attended a YWCA Overseas War Secretaries' conference three years later wearing a silk poppy pinned to her coat and distributed over two dozen more to others present. The National American Legion adopted the poppy as its official symbol of remembrance in 1920.

The above excerpts were taken from Wikipedia, the free encyclopedia.

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.

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Military Appreciation Month				**1** **May Day**	**2**
3	**4** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**5** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**6** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**7** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**8** **National Military Spouse Appreciation Day**	**9**
10 Fiddlers 11 a.m.-5 p.m.	**11** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**12** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**13** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**14** **Ascension Day** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**15**	**16** **Savitri Amavasya**
17	**18** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**19** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**20** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**21** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**22**	**23**
24 **Pentecost** **31** **Trinity Sunday**	**25** **Memorial Day CLOSED**	**26** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**27** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**28** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**29**	**30**

May 2026

May 5, 2026	May 7, 2026
Sponsor: Jeff & Patty Dorroh	Sponsor: IMO Frank & Bessie Sugai
	Mother's Day Meal
Pork Fajitas, Refried Beans & Street Corn Pineapple Upside Cake Salad: Southwest Chicken	Baked Chicken, Garlic Herb Noodles, Broccoli & Rolls Oreo Dump Cake Soup: Loaded Cheeseburger
May 12, 2026	**May 14, 2026**
Sponsor: IMO Ross Gruenwald	Sponsor: Ken & Polly Post
Beef & Noodles, Garlic Buttered Peas & Rolls Pińa Colada Fluff Salad: Crispy Chicken	Ham & Cheese Lasagna, Mixed Veggies & Rolls Brownies Soup: Mushroom
May 19, 2026	**May 21, 2026**
Sponsor: First Community Credit Union	Sponsor: Chris Sater & Marcia Walter IMO Chet Sater
Sponsor: Ron Schirm	Sponsor: Chet & Lisa Sater IMO Chet Sater
Turkey Tetrazzini, Cucumber Tomato Salad & Garlic Bread Coconut Lush Salad: Asian Chicken	Meatloaf Bake, Roasted Veggies & Homemade Bread Jello w/fruit Soup: Chicken Noodle
May 26, 2026	**May 28, 2026**
Sponsor: Harney County American Legion Post #63	Sponsor: Phil & Barb Turrell
Spaghetti, Broccoli & Rolls Yellow Cake w/Chocolate Frosting Salad: Loaded Garden	Reuben Bake, Fried Potatoes & Carrots Strawberry Poke Cake Soup: Lentil
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!

Menu subject to change

June 2026

June 2, 2026	June 4, 2026
Sponsor: Law Office of John Lamborn	Sponsor: Dorothy Dulaney
Sponsor: State Farm Insurance– Jeanette Radinovich	
Smothered Pork Chops w/ Rice, Greens Beans & Bread White cake w/White Frosting Salad: BLT	BBQ Drumsticks, Baked Beans & Macaroni Salad Blueberry Buckle Soup: Cheesy Broccoli
June 9, 2026	**June 11, 2026**
Sponsor: Crane Hot Springs	Sponsor: Christian Thrift Shop
	Sponsor: Black Tornado Exchange
Beef Stroganoff, Mixed Veggies & Rolls Chocolate Cake Salad: Cobb	Italian Sausage & Pepper Pasta, Garlic Rolls & Side Salad Snickerdoodle Cookies Soup: Turkey Noodle
June 16, 2026	**June 18, 2026**
Sponsor: Claudio & Maria Iturriaga	Sponsor: City of Hines
Sponsor: IMO Walter, Regina & Wally Elsbury	Father's Day Meal
Beef Enchiladas, Refried Beans & Mexican Coleslaw Orange Fluff Salad: Taco	Roast Beef, Baked Potato, Veggie Medley & Rolls Brookies Soup: Creamy Veggie
June 23, 2026	**June 25, 2026**
Sponsor: Dusty Threads & Thrift Inc	Sponsor: IMO Ross Gruenwald
Beef & Broccoli w/Rice & Asian Cumber Salad Cherry Cobbler Salad: Chef	Chicken Alfredo, Green Salad & Bread Sticks Peanut Butter Cookies Soup: Goat Stew
June 30, 2026	**Kitchen 541-413-2280**
Sponsor: Burns Lions Club	Back door meals are available!
Sponsor: First Community Credit Union	Call 541-413-2280 to order.
Meatloaf, Mashed Potatoes & Corn Oatmeal Raisin Cookies Salad: Grilled Chicken	Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!

Menu subject to change

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 **Holy Spirit Monday** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**2** **American Indian Citizenship 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. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**5**	**6**
7	**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. Senior Meals 11:30a.m.-1p.m.	**10** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**11** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**12**	**13**
14 **Army Birthday** **Flag Day**	**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** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**18** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**19** **Juneteenth**	**20**
21	**22** 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** **St. Johns Day** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**26**	**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.				

African American Appreciation Month

WEB SUDOKU

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

Protect Against Air Pollution

You can't see most air pollution. You can't smell much of it, either. But polluted air—both outdoors and indoors—can still affect your health.

"Nearly everyone on the planet is exposed to unhealthy air at least some of the time," says Dr. Stavros Garantziotis, a lung doctor and researcher at NIH.

Breathing polluted air doesn't just affect the lungs. Because the lungs connect directly to the bloodstream, pollutants can travel through the body. Once there, they can cause **inflammation**, which raises the risk of many health problems. These include asthma, heart disease, stroke, brain disorders, and some cancers.

"The same air pollution exposure doesn't affect everyone the same way," says Garantziotis. This is especially true for people with asthma.

Asthma is a disease that makes breathing hard. It can be worsened by polluted air. Children, older adults, and people with heart disease or diabetes can also be affected more seriously.

After a high-pollution day, asthma attacks increase in children. Hospital visits for heart attacks and strokes in older adults also go up. Some pollutants may even increase the risk of cancer.

Air pollution today looks different than it did decades ago. Regulations have helped reduce some harmful emissions. Lead pollution decreased after it was removed from gasoline. Levels of sulfur dioxide have fallen because of cleaner power plants. But other sources of pollution remain.

Particulate matter is a major component of air pollution. These are tiny particles in the air that can get deep into the lungs. These particles come from vehicles, power plants, and industrial processes.

Another problem pollutant is ozone. Ozone is a gas that can irritate and damage the airways. It forms when sunlight reacts with certain pollutants.

Wildfire smoke is also a growing concern. Wildfires are happening more often and burning more intensely. They release tiny particles, metals, and chemicals that can travel hundreds of miles.

"Smoke doesn't stay where the fire is," Garantziotis explains. "It goes wherever the wind takes it."

Outdoor pollution doesn't stop at your front door. It seeps inside your home. Indoor air can also be polluted by everyday sources, such as gas stoves, fireplaces, cigarette smoke, mold, dust, pet dander, and pests.

"Indoor air quality is often overlooked, but it's something people can actually do something about," Garantziotis says. As a lung doctor, he tells his patients to take simple steps to reduce exposure. See the Wise Choices box for tips.

Garantziotis and his research team are studying how lung cells heal after exposures. They found that air pollution can break apart supportive material around lung cells. The loose material irritates the lung cells and makes it harder to breathe. His work suggests that giving a healthy form of this material, called hyaluronan, may help restore lung health.

Scientists are also studying why some people are more susceptible to the health effects of air pollution. Understanding why could help doctors prevent and treat related illnesses.

Source: https://newsinhealth.nih.gov/2026/04/protect-against-air-pollution

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

May 2026
Tuesday, 5th
Thursday, 14th
Tuesday, 19th
Thursday, 28th
June 2026
Tuesday, 2nd
Thursday, 11th
Tuesday, 16th
Thursday, 25th
Tuesday, 30th
July 2026
Thursday, 2nd
Tuesday, 7th
Thursday, 16th
Tuesday, 21st
Thursday, 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 6:30 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!!

Mother's Day Meal
May 7th

Father's Day Meal
June 18th

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.
Thursdays
4 p.m.– 6 p.m.

Fresh Alliance
Mondays
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

CLOSED
Memorial Day- May 25th