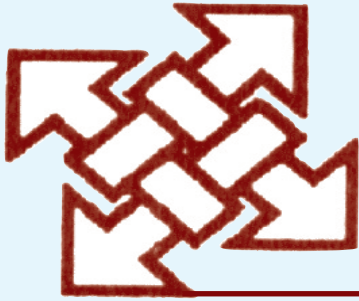




Community Connection of Northeast Oregon, Inc.

www.ccno.org

Administrative Office: 2802 Adams Ave, La Grande, OR 97850 • 541-963-3186
Margaret Davidson, Executive Director

Serving Baker, Union & Wallowa Counties

Baker City
2810 Cedar
541-523-6591

La Grande
1504 Albany
541-963-7532

Enterprise
702 NW 1st
541-426-3840

Caring for our Citizens in their Homes and at our Centers

OPTIONS COUNSELING

- Trained professionals assisting seniors and their families address immediate needs or plan for future services.

IN-HOME CARE

- A few hours a week to keep Senior Citizens living independently in their homes.
- Bathing, dressing, meal preparation, grocery shopping, light housekeeping.

SUPPORT FOR CAREGIVERS

- Let us care for your loved one and give you a break
- Powerful Tools for Caregivers workshops

HEALTH SERVICES

- Blood Pressure Testing • Foot Care Clinics • Medical Equipment Loans
- Educational Workshops: Living Well with Chronic Conditions, Diabetes Prevention Program, Chronic Pain Self Management Program, Diabetes Self Management Program, PEARLS (Program to Encourage Active and Rewarding Lives for Seniors)

NUTRITION

Daily Mon - Fri in Baker & La Grande • Mon, Wed, Fri in Enterprise & Wallowa

- A nutritious hot lunch at the dining center (all ages welcome)
- Meals on Wheels delivered to the home.

PUBLIC AND SPECIAL NEEDS TRANSIT

- Call for information on commuter services, veterans transportation and medical trips
- See routes and times at www.neotransit.org

FUN ACTIVITIES

- Senior Socials • Chair Aerobics • Tai Chi • Dancing • Cards
- Bingo in Baker City Tues. and Thurs. at 1pm
- Bingo in La Grande Tues. at 6:30 pm
- Call your Senior Center for complete activity list



The mission of Community Connection of Northeast Oregon, Inc. is to advocate for and assist senior citizens, children, low-income persons and persons with disabilities in attaining basic human needs and in becoming more self-sufficient.