

# Team Wellness promotes healthy lifestyles

A new type of training is available to the athletes served by the **Special Olympics Hermiston/Pendleton Local Program No. 510** and it doesn't involve any type of athletic equipment.

Everyone who participates is a winner through **Oregon Team Wellness**. The unique, community-based health and wellness program is designed for individuals with and without intellectual disabilities.

With both fitness and nutrition components, the program is activity-rich and provides incentives to achieve goals. It includes the establishment of clear benchmarks and careful measurement of outcomes.

Participants are coached by a certified wellness coach and work towards receiving "Wellness Awards." The goal is to build lifelong healthful choices and habits.

In June and July, nine Special Olympics athletes along with several wellness coaches were led through the hands-on program by **Lorraine Bance**, head wellness coach. After hearing about the new program at a Special Olympics leadership conference last spring, Bance



Photo contributed by Kristi Smalley

**Participants and leaders with the local Special Olympics program recently participated in Oregon Team Wellness. Pictured are: Back: Michele Keitzke, Vivian McEachran, Patsy Brown, Angela Schneider, Lorraine Bance, Paula Smalley, Penny Self, Candi Patrick, Shannon Raymond, Misty Larsen; Front: Jillian Smalley, Joy Bedolla, April Brown, Shannon Whiteaker, Shona Bergo and Angie Koester.**

realized how much the athletes in this area would benefit from the training.

Bance ordered the specialized materials, recruited coaches and coordinated the training required to facilitate this program. The first class involved nine athletes who enthusiastically participated in the eight-week program.

"I loved learning how to make new kinds of foods that are healthy to eat," said athlete **Shannon Whitaker**.

**Jillian Smalley** said she likes doing the exercises,

and it's making her and her friends strong, healthy and happy.

"I liked everything — the food, the exercises, the new water bottle, but most of all I liked being with my friends," added **Shona Bergo**.

All of the participants, Bance said, had marked increases in individual fitness levels as measured by the post test given on the last day of class. The participants received a special certificate and will receive special medals for their efforts to

improve their overall health.

Bance plans to begin another session of Oregon Team Wellness training this fall. Anyone interested in participating can contact her at 541-376-8132.

The Special Olympics bowling season begins in September. For more information or to register, call **Stu Bance** at 541-376-8132.

For more information about Oregon Team Wellness or other aspects of Special Olympics, visit [www.soor.org](http://www.soor.org).

## ENGAGEMENT

### Kindle-Sundgren

Jean Kindle is happy to announce the engagement of Elizabeth Morgan (Libby) Kindle to TJ Joseph Sundgren, both of Seattle.

Libby is the daughter of Jean and the late Dean Kindle of Pendleton. TJ is the son of Steve and Timi Sundgren of Seattle.

Libby is a graduate of Pendleton High School (2003) and of Gonzaga University (2007). TJ graduated from Roosevelt High School, Seattle (2000), and from Washington State University (2004).

Libby is the events manager for Seattle Met



**Libby Kindle and TJ Sundgren**

Magazine. TJ is employed by Zurich Insurance.

The couple will be married on Aug. 29, 2015, in Pendleton.

## BIRTHS

**St. Anthony Hospital, Pendleton**

**AUG. 6, 2015**

**HEATH** — Catherine M. Heath and Ryan J. Heath of Pendleton; a girl, Jorie Lynn Heath.

**AUG. 10, 2015**

**KOEHLER** — Bethany L. Koehler and Michael D. Koehler of Pendleton; a girl, Kinlee Grace Koehler.

**AUG. 11, 2015**

**SMITH** — Stephanie A. Smith and Kristopher A. Smith of Pendleton; a boy, Henry Thurman Smith.

**Good Shepherd Medical Center, Hermiston**

**AUG. 4, 2015**

**RETH** — Chenda Reth and Kosal Reth of Hermiston; a girl, Nisa Thon Reth.

**AUG. 5, 2015**

**AMEZCUA** — Veronica Dias Torres and Jesus

Amezcu Mateo of Hermiston; a boy, Isaiah Amezcu.

**FERGUSON** — Cherie R. Guenther and Brandon C. Ferguson of Hermiston; a girl, Ashtyn Lynn Ferguson.

**GARDNER** — Allie J. Gardner and Michael B. Gardner of Boardman; a boy, Nolan Bryan Gardner.

**AUG. 6, 2015**

**SMITH** — Teresa A. DiGregorio and Richard W. Smith of Irrigon; a girl, Abigail Kathleen Smith.

**AUG. 8, 2015**

**GONZALEZ** — Veronica Gonzalez and Joe Gonzalez of Stanfield; a girl, Yuliana Luz Gonzalez.

**Kadlec Regional Medical Center, Richland, Wash.**

**AUG. 4, 2015**

**CROW** — Brooke Crow and Logan Crow of Hermiston; a boy, Lincoln Crow.

## THANK YOU

### Volunteers brighten DHS offices

We would like to thank the volunteers that painted murals in our Hermiston and Milton-Freewater DHS offices.

Altrusa volunteers painted the Hermiston mural, a tree with animals. Robert Doty volunteered his time to paint the Milton-Freewater mural, a frog reading a book on a bridge.

We are hoping to get a shout out and thank these volunteers for helping us create a more welcoming environment.

Roberta Shimp  
Department of Human Resources



Photo contributed by Ric Walters

### PHS class of '62 holds reunion

The Pendleton High School class of 1962 held a reunion July 21-23. Those present for a class photo include: Row 1: Barbara Rohme Broman, Mickey Peterson Hawes, Kathie Weiss Knoop, Jaydene Chandler Cooper, Linda Oylear Palmer, Melinda Penland Ash, Jo Lynn Gaston Woods, Marcy McGowan Bishop, Sybil White Stronach Row 2: Sandy York Ingebo, Leslie Rose Weimer, Marlene Nordyke Knight, Rick Jacobson, Henry Lorenzen, Glenda Cain Phillips, Linda Rose Thorne, Carl Devault, Pat Healy, Jim Harvey, Penny Temple French Row 3: David Dean, Bill Willingham, Rosenda Shippentower, Leni Carlock Pearce, Jack Thompson, Mel Gammond Row 4: Terry Henderson, Susan McKee Thomas, Cindy Davenport Arnold, Marshall Kilby

### Wildhorse announces second quarter grants

The **Wildhorse Foundation** recently announced its second quarter grants, which include several \$20,000 awards, including one to the Lone School District for a school-based health clinic.

The district will remodel a home next to the school, which will serve as a clinic for students, staff and community members. Services offered at the clinic will include mental health, physical health and dental health.

The quarterly awards totaled \$222,194.45, which

was awarded to 28 recipients. Other local entities receiving grants include:

**PENDLETON:** Blue Mountain Community College education department, \$10,000 for classroom technology implementation; **Pendleton Parks & Recreation**, \$2,160 for basketball half-courts at Rice and Grecian parks; **Clearview Mediation and Disability Resource Center**, \$10,000 for transportation; **Historic Rivoli Theater Performing Arts Center Restoration Coalition**, \$10,000 for the first phase of architectural and structural design for the Rivoli Theater; **Pendleton Public Library**, \$8,891.93 for library technology upgrade; **Umatilla County**

**Weed Department**, \$3,000 for noxious weed control education.

**HEPPNER:** Heppner Day Care, \$10,000 for playground equipment; **Morrow Soil and Water Conservation District**, \$1,350 for comprehensive aerial sensing and surveying program.

**HERMISTON:** First Responder & Community Support Chaplaincy, \$7,500 for to train and equip chaplains in Umatilla and Morrow counties to respond with first responders and purchase a Crisis Response Vehicle; **Hermiston Masonic Lodge No. 138**, \$3,000 for Bikes for Books program, providing 25 bikes to be split between the five

grade schools in Hermiston.

**IRRIGON:** Irrigon Chamber of Commerce, \$8,000 for furnishings, technology and marketing materials for the new visitor's center.

**UKIAH:** City of Ukiah, \$7,500 for a reader board for the city park.

**WESTON:** Weston-Athena Park and Recreation District, \$3,745.12 for a hot food table, needed pans, lids and wiring at Memorial Hall.

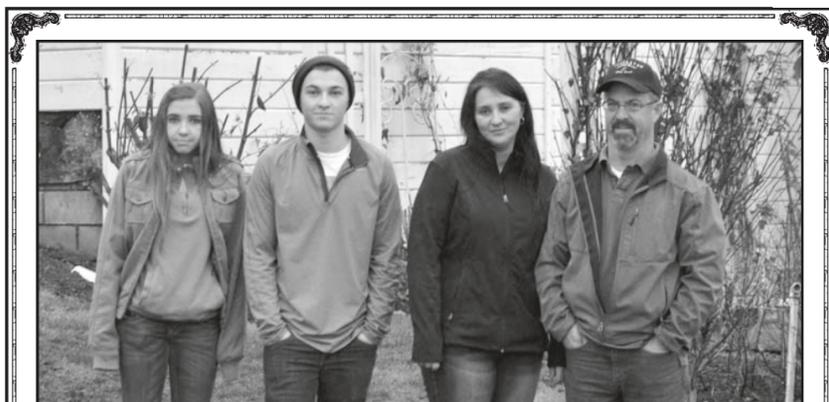
**OTHER AREAS:** Children's Home Society

of Washington, Children's Trust Fund of Oregon Foundation, Edith Bishel Center for the Blind & Visually Impaired, Kirkman House Museum, Imbler School District, Josephy Center for Arts and Culture, La Grande School District, Mt. Emily Safe Center, Oregon College of Art and Craft, Oregon Museum of Science and Industry, Shelter From the Storm, South Fork Grange No. 605, Sustainable Living Center.

The foundation manages

a community benefit fund established by the Confederated Tribes of the Umatilla Indian Reservation from its gaming operation. The board considers grant applications in the areas of public health and safety, education, the arts, historic preservation, gambling addiction services, salmon restoration, environmental protection and cultural activities.

For more information, visit [www.wildhorseresort.com](http://www.wildhorseresort.com) or call **Tiah DeGroff** at 541-966-1628.



### The MARK SKINNER

*family would like the community of Pendleton and other surrounding towns to know how much they appreciated the overwhelming support in the way of donations of time, food, beverages, money, services and products gifted the family before, during and after the May 29 fundraiser held at the local Elk's Club. The benefit was a huge success. Mark's former PHS classmates, friends and co-workers planned and carried out the very enjoyable evening. We owe them a great appreciation for all the work and planning that went into that very special night. Mark's co-workers and many friends provided meals and gift baskets for several months after his cancer surgery and chemo treatments. Friends, neighbors and family have helped do yard work, made roof repairs, driven Mark to Portland for treatments, provided rides to local businesses, entertained and watched over their daughter when they couldn't be here and kept cards of encouragement coming his way all the past eleven months. What a blessing it is to be in a small community where people step up and never ask for anything in return. Words can never express what is in our hearts to relay our gratitude for such attention and love.*

Sincerely,  
Mark, Dawn, Paige, Logan and extended family members

## Pet of the Week



**Chevy**

Australian Shepherd/Heeler Mix - 3 Yr Old Neutered Male Approx. 56 lbs

Chevy is a very playful, talkative dog that is good with other dogs - not so with cats! He has been kept mostly as an outdoor dog and has been around livestock. Chevy is current on all his vaccinations and is in search of his forever home. Come on down to PAWS and let Chevy tell you all about himself (you might want to bring a chair, as he can be pretty long-winded!)

Visit Chevy at the Pioneer Humane Society/PAWS  
517 SE 3rd St., Pendleton, OR  
541-276-0181 • [pendletonpaws.org](http://pendletonpaws.org)

Check out the PAWSABILITY Thrift Store

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**EAST OREGONIAN**

**Hermiston Herald**

Call Terri at 541-215-0447 to sponsor a pet

**NEEDED: Volunteer drivers to and from spay/neuter clinics. Call for more information.**