

651 Help Wanted



Community Counseling Solutions has a position open for a

Mental Health Specialist III – Behavioral Classroom Clinician

to provide clinical services to children receiving services in the K-6 behavioral classrooms in Irrigon, OR. This position will provide individual and family therapy, as well as work with involved personnel to implement behavioral interventions to support positive change with the ultimate goal of the child returning to the mainstream classroom. During summer, this individual will provide follow up clinical services as well as see other agency clients and/or work in agency summer programs. Qualified applicant must have a Master's degree in psychology, social work, or other human service related field or be licensed. Individual will provide assessments, therapy, case management, and other related services.

This is an exempt, 40 hrs/week position. Wages dependent upon education and experience, between \$42,300 - \$83,400. Excellent benefits. Please apply online at communitycounselingsolutions.org or contact Vicky Campbell at 541-676-9161. Position open until filled.

BUYER meets seller every day of the week in the classified columns of this newspaper.

John Deere Technology Instructor: Take Another Look..... Trades Experience wanted. Years of experience counts. To create a greater pool of applicants for the John Deere Instructor position the qualifications have been revised from the previously advertised recruitment. WWCC is seeking applicants to fill a full-time tenure-track role of John Deere Technology Instructor. Qualifications: 3-5 years of relevant work experience in agricultural mechanics required. Any combination of educational and work experience may be considered at the discretion of the College. Journeyman-level experience maintaining and repairing John Deere or related equipment desired. This position will remain open until filled and applications will be screened as received. For detailed position description, salary information, qualifications and application procedure please visit the WWCC website at <http://apptkr.com/1228618> WWCC is an equal opportunity employer.

LOOKING for livestock buyers? Place a low-cost classified ad.

651 Help Wanted



Community Counseling Solutions, a 501(c)(3) organization, is recruiting for a full-time **OFFICE SUPPORT SPECIALIST** in our Boardman office. Qualified applicants must have excellent customer service skills, be computer literate, have the ability to create and understand spreadsheets, utilize word processing programs, and learn clinical software systems. Must be able to communicate well in person, by phone, and in writing. Bilingual Spanish strongly preferred. High school diploma or equivalent G.E.D. certificate required. Hourly wage is \$14.38 to 19.81, DOE. Excellent Benefits. Applicants who meet the minimum qualifications are encouraged to complete the online application and upload resume at www.communitycounselingsolutions.org Position open until filled. EEO.

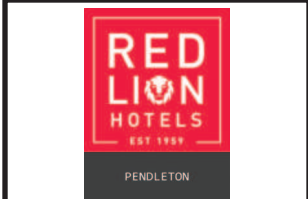


EXECUTIVE DIRECTOR

The Port of Morrow is seeking candidates for the position of Executive Director. Application instructions, job announcement and job description are available at www.sdao.com and www.portofmorrow.com Deadline for submittal is June 7, 2018.

You can find your dream home...

Check out our real estate listings in the classifieds!



Pendleton Red Lion has immediate openings for ~ **Bartender Servers**

Apply in person at 304 SE Nye Ave., Attn: Carol Welch

Pendleton Red Lion is a Drug Free Workplace

661 Childcare/Adult

Contact Dayle or Grace today to place your classified ad!

1-800-962-2819
classifieds@eastoregonian.com

We can highlight your ad with grey, green, yellow, blue or pink!

**BUY IT!
SELL IT!
FIND IT!**

East Oregonian Classified
1-800-962-2819



CHILDREN'S outgrown clothing, toys and furniture sell quickly with a classified ad.

McKay Creek Estates

We need to talk about your driving.

Driving represents freedom and independence for people of all ages. Asking an aging parent to hand over their keys can be a difficult and emotional conversation, even when safety is the main concern.

- **How do I start the conversation?**
- **When is the right time to bring it up?**
- **How will they react?**

This could be one of the most challenging talks you'll have with your loved one. We're here to help.

Visit TheyDeserveTheBest.com to learn more about transitioning your loved one from driver to passenger.

McKay Creek Estates
1601 Southgate Pl.
Pendleton, OR 97801
(541) 704-7146

Prestige Senior Living, L.L.C.

www.PrestigeCare.com

American Counseling Corner
Now, What Was It I Wanted To Remember To Tell You?
from the American Counseling Association

As we grow older most of us forget more often than we once did. Although memory loss is a natural part of the aging process, experts say it usually isn't problematic for most people until after age 70.

This doesn't mean that you might not be forgetful, even though 70 still may be a ways off. We all have memory lapses, regardless of our age. Even as teenagers we forgot things (cleaning our rooms! that English assignment!), but as we get older we notice more the frustrations that forgetting can bring.

Fortunately, if you find your memory really does seem weaker and more troublesome, there are steps you can take to combat the problem.

A health check is your starting point. Talk with your physician about all drugs you are taking (over the counter and prescription), and have your cholesterol and blood pressure checked. These things, as well as some diseases, have been linked to memory problems.

Researchers report smoking and heavy alcohol use can also affect memory. Harvard Medical School studies found that

smokers perform much worse than non-smokers in memory and thinking skills tests.

Staying physically and mentally active can also combat memory loss. When you exercise regularly you're increasing blood flow for better brain health and function. Studies have found that 30 minutes of aerobic exercise, like walking or jogging five times a week, may even reverse some memory issues.

There's also some evidence that an active brain performs better. A full social life, interacting with family and friends, is one way. Anything that challenges your brain, from puzzles to playing games to reading and writing, also appears to stimulate brain cells and their connections.

A healthy diet, rich in fruits and vegetables, but low in saturated fat and cholesterol, may also benefit brain health. And yes, fish really may be brain food, especially when it's fish rich in omega-3 fatty acids like salmon and tuna.



Occasional forgetfulness isn't a reason to worry. Simply writing down things you want to remember can reduce memory frustration, but do pay attention if your memory issues are more severe.

If you forget things much more frequently, have difficulty learning new tasks, repeat phrases or stories in the same conversation, or forget how to do things you've done many times before, there may be a more serious problem. Talk with your doctor or professional counselor for an evaluation.

Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

Eastern Oregon Events

Eastern Oregon Events Calendar is the place to find everything happening in Eastern Oregon including all events from A to Z!

Auditions, Bird Watching and Concerts... to Youth Camps and Zumba Classes!

easternoregonevents.com

If you don't subscribe, here's what you missed:
News, features, sports, crime reports, public notices, entertainment, comics, puzzles, classified ads, bargains and more ...

Subscribe and get it all, five days a week. Get full online access with a print subscription.

Call us! 1-800-522-0255 ext. 1