

The holidays are over. Now what?

It's almost a new year, the time of the dreaded "R" word — resolution. Did you make any new year's resolutions? For the majority of people, the number one resolution is to lose weight and get in shape. Their intentions are good, but ultimately, many people fail in their resolution attempt. Why?

Because resolutions don't work, say the experts. In general, resolutions tend to be very broad in scope with undefined timelines and no built-in reward system. For example, if your resolution is to exercise for 60 minutes every day, while your intentions are good, do you really expect to be able to commit to 420 minutes of physical activity every week, week after week?

Not surprisingly, for most the answer is "no." So what is a person to do?

First, pick one goal. The chances of success are greater if you focus. Let's say you pick increased physical activity as a goal. Next, pick an activity you enjoy.

If you don't like water, chances don't pick swimming or a water sport. Maybe you haven't been active for quite some time, so physical activity is new to you. It is highly recommended that before you start any activity, you talk it over with your primary care provider first.

It also helps to tell someone about



EATING HEALTHY

Ann Bloom

your intentions. If someone else knows, there is more of a tendency toward accountability. You know someone is in your corner, so it motivates you to succeed.

Walking is a good choice for most people who want to increase their physical activity. It's generally something everyone can do (one foot in front of the other, right?) One of the reasons many people fail at their physical activity resolutions is because they start out too vigorously and expect immediate results.

The answer is to start slowly and work up gradually until you are walking for around 30 minutes a day on most days. This is the recommended amount of time for most adults to get the greatest health benefit.

Start with 10 minutes of walking (or five minutes if that is what you can do), for a week, and then increase your time in five-minute increments until you reach 30 minutes.

This may take a month or more, depending on the individual. Try not to get discouraged. Your commitment to increase physical activity — notice we don't say "exercise" any more — is an admirable one and you are to be congratulated.

It goes without saying a good pair of shoes is a must. Without the right equipment, it's easy to get hurt. When people get hurt in the beginning of doing an activity, they often decide to give up. Also, whatever activity you choose, it's generally more fun to do if you have someone to do it with.

So now you have a manageable goal with defined objectives — walk five minutes on most days, with the ultimate goal of 30 minutes of walking per day on most days. If you get to 30 minutes, and you feel ready, increase your time, by five-minute increments, until you have reached the desired amount of time that feels right to you.

Now that you have reached your goal, it's reward time.

Rewards act as great motivators to continue your efforts. How about a new pair of walking shoes? Lunch with a friend? That new bestseller you've heard so much about?

Go ahead. You've earned it.

Keeping up with developmental disabilities

I wonder if you could imagine trying to help someone who cannot clearly communicate his or her needs to you? Or help someone navigate our small community when they may look or move differently than their typical peers.

The Developmental Disabilities Program at Wallowa Valley Center for Wellness, founded in 1995, dedicates countless hours trying to ensure needs are met for this very diverse and unique population. They don't allow the "label" to get in the way of treating each individual as a unique human being with many gifts and goals just like any other friend or neighbor.

Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas. These conditions may impact day-to-day functioning and usually last throughout a person's lifetime.

The services provided to those enrolled enable people to stay in their home and remain independent, healthy, and safe. It also saves both the state and federal government money because we are providing supports and services that are more extensive in a less restrictive environment, in lieu of more expensive institutional-type care.

The center offers case management, family support, advocacy, program planning, protective services and resource development. Additional program responsibilities include eligibility determinations for services, foster home licensing and monitoring, crisis placements, protective services and assisting, monitoring and supporting personal support workers.

Through the tireless leadership of Jean Pekarek and

two case managers, Tosca Rawls and Trisha Holcomb, the team provides exceptional client-driven services.

The total enrolled in developmental disabilities services grew from 21 to 35, a 40% increase 2014-17. Of those 36 served, 11 receive case management services, 18 receive in-home sup-

port services, 6 are in foster homes and there is one individual in 24-hour residential care. The program provides 3,132 hours of in-home services per month and employs 32 personal support workers, an increase of 75 percent since 2014.

In recent years, the system has had daunting challenges concerning funding and allocation of resources. In 2017, some services were cut by the Legislature for the 2017-19 biennium. The system was also tasked with identifying \$12 million in general fund reductions during the 2017-19 biennium.

The program is considered robust and continues to grow although it's not without challenges. Logistics of serving 36 unique clients can be daunting along with managing the anxieties of clients and families who are trying to forecast an uncertain future of Medicaid and the ACA.

Fortunately, a seasoned staff is prepared to roll with the tide and continue delivering love-filled care to one of our most vulnerable populations.

Chantay Jett is Executive Director of Wallowa Valley Center for Wellness.



GUEST COLUMN

Chantay Jett

Ingenuity usually trumps adversity

I stole this rodeo story from Rickey Green.

Rickey was a top notch heeler and a magician with a rope. When the National Finals were still in Oklahoma City, Rickey and his partner were out of the average and just roping for the go-round.

His header had to be fast and failed in a desperate long throw. Now the chances for a check were gone so Rickey, for the fun of it, spun a big ocean wave loop out in front of his horse, brought it back and around the back of his horse and then sailed it onto the horns of the steer.

His horse turned off as Rickey took his dally. Unfortunately Rickey in his haste had neglected to cinch up and when the rope came tight, his saddle jerked to the side and splattered Rickey. Rickey jumped to his feet and flashed two "v" for victory signs to a standing ovation.

Back when cowboys still drove cars and pulled two horse trailers. George Richards, Ronnie Darnell, Matt Silveria and Rickey had split first and second in the first go-round at Caldwell back in the day you could go twice in some rodeos.



OPEN RANGE

Barrie Qualle

They didn't get their next steer for three days so the four of them decided to leave one rig in Caldwell and jump in together and go to other rodeos.

They loaded Ronnie's head horse and Matts heel horse and took off for three days of rodeo. So they rodeo for three days and the morning they head back for Caldwell, they get word all they have to do is catch to win the average.

About six hours out of Caldwell, the Grand Prix stops dead in the road, blows the tranny. The bad news: it is a three-day fix and they need to be in Caldwell in five hours. Ronnie starts to calculate, if the average pays \$800 a man and they can win first and second just by catching, they can each put up \$250 a piece and buy a car. They take off running through used car lots looking for a car with a trailer hitch in their price range.

They find one with a boat trailer hitch and the deal is made. They hook up to the horse trailer and have four hours to make a five-hour drive to Caldwell.

Two hours down the road, flames erupt under the hood. People stop to help and the horses get unloaded and the trailer is pushed back from the inferno. They tied the horses to the fence and began asking for a ride to Caldwell. They talk to an old couple with a motor home heading for Oklahoma and convince them to assist.

The old man is purring along at about 55 mph, his wife has made the boys sandwiches and they are still an hour from Caldwell. Rickey explains the urgency of speed and pretty soon they are cruising at 85. The old man says, "hang on boys."

They end up winning second and third in the average and clearing a few hundred discounting the torched car. They got their checks, jumped in Rickey's car and headed back to the horses still tied to the fence along the highway.

That's why cowboys love Rodeo. That's also why ranchers don't want their daughters dating rodeo cowboys.

Wallowa County's first grain elevator opens in time for 1917 crop

OUT OF THE PAST

Compiled by Hanna Brandt

100 YEARS AGO

Jan. 10, 1918

Woolgrowers' Warehouse Company's new grain elevator in Enterprise — the only grain elevator in Wallowa County — has been completed. The elevator has a capacity of 75,000 bushels and was ready in time to receive part of the 1917 grain crop.

Preliminary steps to establish a city park in Joseph were taken by the council last Monday night. Under the proposed plan, the city will buy three lots, plant grass seed and trees and place benches throughout the park.

"Joan, the Woman," which comes to the opera house in Enterprise on Saturday, is the latest great photoplay from Cecil B. DeMille. Produced for upwards of half-million dollars, the production requires 12 reels of film for a single showing.

70 YEARS AGO

Jan. 8, 1948

The Enterprise High School juniors have started rehearsals for their class play, a mystery titled "Hobgoblin House," which will be presented in

February.

The Raven Foods plant has completed construction of plant facilities for the manufacture of Swiss cheese. Completion of the facilities makes Raven Foods the only Swiss cheese factory on the West Coast.

Last Friday evening, a group of neighbors called at the new home of Mr. and Mrs. R. A. Rawlinson and surprised them, bringing sandwiches, coffee, assorted relishes and pie. The neighbors also presented a gift of two pieces of myrtle wood to the couple for their new home.

50 YEARS AGO

Jan. 11, 1968

Paramount Pictures has had representatives in the area looking for a possible filming site for a screen adaptation of the Broadway musical hit, "Paint Your Wagon." The production staff would consist of about 200 Hollywood technicians and 400 to 500 extras and would cost an estimated \$10 million.

Progress on the construction of the new school in Joseph is about one month ahead of schedule and may be completed by June if no unforeseen problems arise. Workers have moved inside, and temporary heating facili-

ties are permitting the electricians and plumbers to proceed.

Plans for the snowmobile races, which will be held Sunday at Sled Springs, 21 miles north of Enterprise on Highway 3, were discussed Monday night at a meeting of the Enterprise Chamber of Commerce. A course has been laid out at the Sled Springs Ranger Station and ample snow has piled up to assure good sledding, chamber president Bud Rayburn said.

25 YEARS AGO

Jan. 14, 1993

In the midst of inaugural celebrations planned in Washington, D.C., when Bill Clinton becomes president next Tuesday, an event tied to Wallowa County is planned. The Nez Perce Tribe, in cooperation with the National Park Service, will host a reception "to acknowledge passage of the bill to expand the Nez Perce National Historical Park." Among sites in the expansion are four in Wallowa County — the Chief Joseph monument site at the foot of Wallowa Lake, the traditional Nez Perce campground near Wallowa, Joseph Canyon overlook and Dug Bar crossing.

Charles Gray, a retired newcomer to Joseph who has been in the entertainment busi-



Chieftain file photo

In this image from December 1998, the Grace Lutheran Church in Enterprise celebrates the donation of a lift chair to the Wallowa Memorial Hospital. On hand were Ardis and Harold Klages, Beverly Frasch and Alan Klages. The church is a member of the Evangelical Lutheran Church in America.

ness most of his life, is planning to start an acting school in his living room next week. His class will cover makeup, costuming, lighting, scenery, and stage managing, as well as acting.

Mel Schuldt was sworn in

as the new Enterprise mayor on Monday night, moving up

from his council slot to succeed Larry Christman.

Introducing our new Physician

Dr. Kelsey Allen

Dr. Allen is a doctor of osteopathic medicine, and completed her residency in family medicine. She is now accepting new patients!



Call Dr. Allen to schedule your appointment today!
541-426-7900

Mountain View Medical Group
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Enterprise, Oregon 97828

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