

## GRANT COUNTY MEETINGS

## ONGOING

**Grant County Library** is open 1-5 p.m. Monday, Wednesday, Thursday and Saturday; 10 a.m.-noon and 1-7 p.m. Tuesday; and 7-9 p.m. Thursday. The library is located at 507 S. Canyon Blvd., John Day.

**Canyon Mountain Center** offers meditation sittings from 5:30 to 6:10 p.m., Monday, Wednesday and Friday, 511 Hillcrest, John Day. Call ahead, 541-932-2725.

**Burns-Hines VA Clinic** - Services for Grant County veterans. Immunizations, minor surgical procedures, blood pressure and diabetes monitoring, group therapy for combat PTSD, sobriety and other issues. Lab draws on Wednesdays. Nursing staff and therapy Monday through Friday. 541-573-3339.

**Grant County Genealogical Society Research Center** - Open 1-4 p.m. Thursdays and Fridays; and 10 a.m.-2 p.m. Saturdays. Parsonage building behind Historic Advent Church, West Main Street in John Day. 541-932-4718 or 541-575-2757.

## WEDNESDAY, FEB. 4

**12 p.m. - Seniors Meal Program** at the Strawberry Grange Hall, Prairie City.

**12 p.m. - Women's Support**, by Heart of Grant County, for domestic violence survivors. Free lunch. 541-575-4335.

**4 p.m. - Humbolt Elementary School Site Council**, school library. 541-575-0454.

**5-7 p.m. - Shepherd's Closet**, open with free clothing for all ages and community dinner, Prairie City Assembly of God. 541-820-3682.

**6 p.m. - Grant County Public Forest Commission**, Squeeze-In Restaurant. 541-620-1949.

**6 p.m. - Grant County Chapter, Oregon Equestrian Trails**. Call for location, 541-932-2723.

**6:30-8:30 p.m. - Family History Center** open, Church of Jesus Christ of Latter-day Saints, John Day. Also open by appointment. 541-656-8069.

**7 p.m. - Grant County High School Rodeo Club**, U.S. Bank, John Day. 541-575-1530.

**7:30 p.m. - Let Go Group of Alcoholics Anonymous**, St. Elizabeth Catholic Parish Hall, John Day. 541-575-0114.

## THURSDAY, FEB. 5

**9 a.m.-5 p.m. - Family History Center** open, Church of Jesus Christ of Latter-day Saints, John Day. Also open by appointment. 541-656-8069.

**Noon - Seniors Meal Program and bingo**, John Day Senior Center, 142 N.E. Dayton St. 541-575-1825.

**4 p.m. - Grant Soil and Water Conservation, USDA service center conference room**, 721 S. Canyon Blvd., John Day. 541-575-0135, ext. 105.

**4 p.m. - River Valley Writer's Group**, Dayville Cafe. 541-987-2462 or 541-987-2138.

**5:30-7:15 p.m. - Youth Connection**, Living Word Christian Center, Mt. Vernon. Kid-friendly dinner and Bible activities. Van rides available. 541-932-4910.

**6 p.m. - "The Girlfriends" Women's 12-step Recovery**, John Day Church of the Nazarene. 541-620-0065.

**6:30 p.m. - Seneca Parent-Teacher Association**, 7th and 8th grade classroom. 541-620-0979 or 541-575-2488.

**6:30 p.m. - Red Cross**, Church of Jesus Christ of Latter-day Saints. Potluck at 6. 541-575-1248.

**7 p.m. - Prairie City Volunteer Fire Department and Auxiliary**, Fire Hall.

## FRIDAY, FEB. 6

**3-6 p.m. - United Methodist Church**, weekly distribution of boxes of food, 126 N.W. Canton Street, John Day.

**6 p.m. - Alcoholics Anonymous**, open to non-

members too, Long Creek Community Center. 541-421-3888.

**7 p.m. - Whiskey Gulch Gang, Sels Brewery**, Canyon City. 541-575-0329.

## SUNDAY, FEB. 8

**Fun Jam**, musicians and listeners welcome for bluegrass, gospel and traditional country western music. Call for time and location, 541-575-1927.

## MONDAY, FEB. 9

**Noon - Seniors Meal Program**, John Day Senior Center, 142 N.E. Dayton St. 541-575-1825.

**5 p.m. - Mid-county Cemetery Maintenance District**, conference room, Grant County Courthouse. 541-575-1918.

**5:30 p.m. - Grant County Fair Board**, Keerins Hall, fairgrounds. 541-575-1900.

**6 p.m. - Grant County Regional Airport Commission**, airport terminal building. 541-575-1151.

**6 p.m. - Monument Rural Fire District Board**, Monument City Hall. Open to the public. 541-934-2001 or 541-934-2052.

**6 p.m. - Grant County Krusers**, 7 p.m. Call for meeting location, 541-820-3745 or 541-932-2723.

**6 p.m. - Mt. Vernon Volunteer Fire Department**, 541-932-4688.

**7:30 p.m. - Outlaw Group of Alcoholics Anonymous**, Presbyterian Church in Mt. Vernon. 541-932-4844.

## TUESDAY, FEB. 10

**8 a.m. - Talents and Treasures**, public works building, Prairie City. 541-820-3325 or 541-820-3675.

**10 a.m. - Hospital Auxiliary**, hospital conference room. 503-551-2454.

**10-11 a.m. - Story Hour and craft project**, Grant County Library, for preschoolers 0-6 years old. 541-575-1992.

**10 a.m.-2 p.m. - Loose Threads donation quilting group**, Quilts and Beyond, Prairie City. 541-792-0670.

**12 p.m. - Seniors Meal Program** at the Monument Senior Center.

**1 p.m. - Long Creek Family-Community Education**, Long Creek City Lodge Hall.

**1 p.m. - Grant County Transportation District Board**, bus barn in John Day. 541-575-2370. Public invited.

**1:30 p.m. - Lifespan Respite Committee**, 725 W. Main St., John Day. 541-575-1466.

**1:30 p.m. - Long Creek Home Extension**, Long Creek Community Church annex.

**6 p.m. - Grant County Sheriff's Search and Rescue**, Outpost Restaurant, John Day. 541-575-1131.

**6 p.m. - John Day Golf Club board**, John Day Golf course, 541-575-0170.

**6 p.m. - Seneca City Council**, City Hall.

**6 p.m. - Dayville School District 16 Board**, school office.

**6:15 p.m. - Canyon Creek Bowhunters**, Canyon City Community Hall.

**6:30 p.m. - Mt. Vernon City Council**, City Hall.

**6:30 p.m. - New Beginnings Recovery Group**, Living Word Christian Center, Mt. Vernon. 541-932-4910.

**7 p.m. - John Day City Council**, City Hall.

**7:15 p.m. - Boy Scout Troop 898**, John Day Elks Lodge, John Day. 541-575-2531.

**WEDNESDAY, FEB. 11**  
**9 a.m. - Grant County Court**, courthouse, Canyon City.

**9 a.m. - Shepherd's Closet**, open, with free clothing for all ages and coffee, at Prairie City Assembly of God. 541-820-3682.

**9 a.m. - Grant County Art Association**, project at 9 a.m. Meeting at noon, bring a sack lunch. 541-575-0911.

**11:30 a.m.-1 p.m. - TOPS (Take Off Pounds Sensibly)**, weigh-in, meeting. Bible Way Community Church, 401 W. Main St., John Day. 541-575-3812, 541-932-4592.

## Community HEALTH BEAT



## Quality Healthcare Close To Home

170 Ford Road, John Day 541-575-1311 www.bluemountainhospital.org

## Chronic Pain Care At Blue Mountain Hospital

Chronic back pain is one of the most prevalent ailments in the United States. For those suffering from low back, joint, and hip pain, Blue Mountain Hospital can help. The Pain Clinic at Blue Mountain Hospital is staffed by Rod Carpenter and Rolf Jarnes, Certified Registered Nurse Anesthetists with advanced training in treating chronic pain. They have been providing pain care to the residents of Grant County for over four years.

Rod and Rolf use X-ray guidance to inject a small dose of steroid directly into the joint or spinal disk generating the pain. The procedure usually takes about an hour. It is not particularly painful, but can be uncomfortable and we offer moderate sedation during the procedure to increase patient comfort. By placing the steroid directly at the offending site, a very small amount can be used and normal systemic effects can be avoided. The steroid reduces the inflammation and swelling responsible for the pain.

This procedure is called an Epidural Steroid Injection (ESI). The majority of insurance companies, including Medicare, recognize ESI's as a viable pain treatment option. They can provide pain relief in up to 70% of pain sufferers. The duration of pain relief is dependent on many factors including degree of joint damage, body mechanics and exercise, but the average is two to six months. ESI's can be performed three to four times a year, as long as they are providing good pain relief. In some instances an ESI

First Baby of the Year it's a boy!



Bobbee and Brandon Hueckman with their son, Levi Wade Hueckman, born Jan. 29, 7 pounds, 5 ounces and 20 inches. He joins siblings Gracee, 5, and Paisley, 2. Levi was delivered by Dr. Hall.

provides needed pain relief and allows the sufferer to participate in needed physical therapy to heal the offending joint and end the pain all together.

If you are wondering if the Pain Clinic at Blue Mountain Hospital can help you, talk to your primary care doctor or give us a call at (541)575-1311 and ask to talk to Rolf or Rod. Often we can provide your treatment within just a few days of receiving the order.



Blue Mountain Hospital District Presents

## February Visiting Specialists

- 4th - Dr. Barrett - Bend Urology
- 6th - Dr. Sandefur - Baker Ortho
- 11th - Dr. McLellan - Bend Cardio
- 12th - Dr. Noble - Bend Cardio
- 12th - Deniss Sell - Hearing Specialist
- 13th - Dr. Barstow - OB-GYN
- 17th - Dr. Rushton - Baker Podiatrist
- 20th - Dr. Sandefur - Baker Ortho
- 25th - Dr. McLellan - Bend Cardio

## BLUE MOUNTAIN CARE CENTER Resident of the Month Paul Hoffman



Paul was born on the coast of Texas on January 20, 1918 to MayMe Lee and Simon 'Sy' Hoffman. He had a brother, Joseph. His father, Sy, worked for the railroad, but quit when Paul was twelve, so they could move to Eugene, Oregon to homestead. Paul said they had to live there for six years to improve the place and own it.

Paul worked in Alaska in sawmills and also built airplanes. He also worked in Portland, Oregon for a farm equipment place. He also served in the Army, until they decided he made a better farmer, and he was discharged.

Paul married Dorothy Rogers in 1957 and they had a son, Paul Joseph. Paul owned the Johnny Creek Ranch in Kimberly, Oregon and ran sheep and cattle.

Paul has 3 grandchildren and 3 great-grand children. He enjoyed hunting, fishing, guns and working his ranch. He was a jack of all trades. He also loves his airplane, a 1957 Luscom. They only made a couple hundred of these planes. He loved to fly his airplane and enjoys reminiscing about it.

Paul came to the Blue Mountain Care Center on August 17th, 2012.