

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, 507 S. Canyon Blvd., John Day.

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, MARCH 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, MARCH 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, Fire Hall. 541-820-4360.

7 p.m. – Prairie City Volunteer Fire Department Auxiliary, Fire Hall.

FRIDAY, MARCH 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 nonmembers too, Long Creek Community Center. 541-421-3888.

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

SUNDAY, MARCH 8
Fun Jam, musicians and listeners welcome for bluegrass, gospel and traditional country western music. Call for time and location, 541-575-1927.

MONDAY, MARCH 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 Kruzers, 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, MARCH 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, MARCH 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. United Methodist Church library, 126 N.W. Canton St., John Day. 541-575-3812, 541-932-4592.



A MAN WAKES UP in the morning after sleeping on... an advertised bed, in advertised pajamas.

He will bathe in an **ADVERTISED TUB**, shave with an **ADVERTISED RAZOR**, have a breakfast of **ADVERTISED JUICE**, cereal and **toast**, toasted in an **ADVERTISED TOASTER**, put on **ADVERTISED CLOTHES** and glance at his **ADVERTISED WATCH**. He'll ride to work in his **ADVERTISED CAR**, sit at an **ADVERTISED DESK** and write with an **ADVERTISED PEN**. Yet this person hesitates to advertise, saying that advertising doesn't pay. Finally, when his non-advertised business is going under, **HE'LL ADVERTISE IT FOR SALE.**

Then it's too late.

AND THEY SAY ADVERTISING DOESN'T WORK? DON'T MAKE THIS SAME MISTAKE

Advertising is an investment, not an expense. Think about it!



Blue Mountain Eagle
MyEagleNews.com
Don't get left behind, call today! Kim Kell 541-575-0710



Community HEALTH BEAT

Quality Healthcare Close To Home
170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

Blue Mountain Hospital installs top of the line Dxa Bone Scanner

By Bobbi Jo Kirk

Thanks to the Blue Mountain Healthcare Foundation, Blue Mountain Hospital recently installed a brand new state of the art Hologic Dxa Bone scanner. The new scanner replaced an aging GE model that had been in use for the last 15 years. The Hologic Dxa has innovative software that can determine both bone density and body fat composition. The cost of the new scanner was \$48,000.

Dxa or Dual Energy X-ray Absorptiometry is one of the most accurate ways of diagnosing osteoporosis and bone loss. Dxa sends two extremely low dose X-ray beams through the area being examined. One beam is absorbed by soft tissue and the other by bone, software then subtracts the soft tissue peak from the bone peak, leaving the density of just the bone. The most common areas for measuring bone density are the lower back, hip and forearm. Results are sent to the ordering physician in the form of two scores. The T score compares the amount of bone the patient has compared to a young adult of the same gender, and is used to estimate the risk of developing a fracture. The Z

score is the amount of bone the patient has compared to other people of the same age group, body size, and gender.

Osteoporosis is a disease where the creation of new bone doesn't keep up with the removal of old bone, causing bones to become weak and brittle. Both men and women are at risk for osteoporosis, and many other factors such as age, race, weight, hormone levels, medications, tobacco abuse, alcohol use, sedentary lifestyle, and dietary habits play a role in developing osteoporosis.

While there are medications to help slow the loss of bone, there are many inexpensive and simple lifestyle changes that can also improve bone health. Walking three to five miles per week, weight bearing exercise, climbing stairs, and resistance exercise are all easy, at home ways to boost bone strength. Eating calcium rich foods such as milk, yogurt, cheese, tofu, beans, potatoes, fruits and vegetables, and supplementing with calcium and vitamin D are vital to strong bones. The Hologic scanner also has the ability to measure body fat composition. Body composition scans include a whole body map picturing bone, muscle, and fat.



Blue Mountain Healthcare Foundation President Jack Southwell and Radiology Manager Dan Goldblatt with the new Dxa Scanner purchased by the Foundation for Blue Mountain Hospital.

Reports for whole body Dxa include a total lean weight (muscle and bone), total body fat mass, and an ideal weight based on your body composition. This is not the same as BMI based on height and weight alone. The total body fat mass includes measurements of essential fat and stored fat. These measurements are broken down by body region i.e. each extremity, trunk, waist, hips, etc. The report includes this breakdown of body fat distribution to aid in the education of health risks associated with fat distribution and storage patterns. For more information talk to your doctor about Dxa bone and body fat composition scans, or call BMH imaging at 541-575-4154.

BLUE MOUNTAIN CARE CENTER Resident of the Month Idamae Tussing



Idamae Tussing was born on August 19, 1920 in the village of Waimea, Hawaii to George and Annie Lindsey. She attended Kamehameha boarding school for girls and graduated in 1938. Idamae went to the University of Hawaii. She had two children, Ginger and Richard (Kuakaini). She worked as an accountant clerk at the Hawaii Employers Council in Pearl Harbor. During this time, she traveled to Japan. She traveled to New York, Florida and all over the US by Amtrak. She later married Edward Tussing a Pharmacist and moved with him to John Day. Idamae's Hawaiian name is Keoholani. She loves to read, visit and play bingo and bunco. She came to the Blue Mountain Care Center on August 15, 2008.

Blue Mountain Hospital District would like to thank all of our donors.

You make new technology at BMH like the Dxa Scanner a reality.

The following donors are new or renewed members and/or made a donation to the Blue Mountain Healthcare Foundation in January and February 2015:

Tom Berry, Marjorie Pierce, Dean and Joyce Nodine, Frank and Mary Silva, Clayton and Beverly Curtis, Bill and Carol Coombs, Nancy Crisler, Leslie Ricker, Mytchell and Jan Mead, Margie Molitor, Phil and Peggy Gray, Columbia Power Cooperative Association, Old West Credit Union.

The following Blue Mountain Hospital District Employees generously donate with each paycheck through payroll deductions:

Tom Bridges, Deanna Fox, Verlene Davis, Carmen Gardner, Dan and Jen Goldblatt, Kara Kohfield, Judy Krutsinger, Tami Manderscheid, Barb Oliver, Leslie Ricker, Sarah Russ, Piper Stout, Keith Thomas and Cyndy Fox and Julie Witty.

A special thanks to Lila and Brian Luglan for their lifetime membership.



Blue Mountain Hospital District Presents

March Visiting Specialists

4th -	Dr. O'Hollaren - Bend Urology
5th -	Dr. Noble - Bend Cardio
6th -	Dr. Sandefur - Baker Ortho
11th -	Dr. McLellan - Bend Cardio
12th -	Deniss Sell - Hearing Specialist
17th -	Dr. Rushton - Baker Podiatrist
17th -	Dr. Barstow - OBGYN
20th -	Dr. Sandefur - Baker Ortho
20th -	Korena Farris - Bend Neuro
25th -	Dr. McLellan - Bend Cardio
31st -	Dr. Rushton - Baker Podiatrist