

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, APRIL 1
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.

6:30-8:30 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, APRIL 2
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.

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, APRIL 3

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, APRIL 5

Happy Easter!

MONDAY, APRIL 6

10 a.m.-4 p.m. – **Grant County Piecemakers Quilt Guild**, United Methodist Church, John Day. Business meeting at noon. 541-792-0670.

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

5 p.m. – **Monument Soil and Water Conservation District**, Monument Senior Center. 541-934-2244, 541-934-2141.

5:30 p.m. – **Monument Booster Club**, Monument School library. 541-934-2532.

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

7 p.m. – **John Day Volunteer Fire Department**, fire station. 541-620-4037.

7 p.m. – **Dayville Volunteer Fire Department**, fire hall.

7 p.m. – **Prairie City High School Booster Club**, school library. 541-820-3314.

7:30 p.m. – **New Leaf Garden Club**. Meeting place varies. 541-575-4333, evenings.

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

TUESDAY, APRIL 7

9 a.m. – **Grant County Food Bank**, board of directors, 530 E. Main St., John Day. 541-575-0299.

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

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

4 p.m. – **Dayville School Site Council**, at the school.

5:15 p.m. – **Monument School Site Council**, school science building.

6 p.m. – **Compassionate Women**, support for women who have lost a loved one. Outpost Restaurant. 541-575-1515.

6:30 p.m. – **John Day Swim Team Board**, Outpost Restaurant. Open to the public.

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

7 p.m. – **Venturing Club**, Boy Scouts of America, Church of the Nazarene, John Day. 541-575-2765.

7 p.m. – **Oregon Hunters Association Harney County Chapter**, at Glory Days Pizza. Gift card drawing for members who attend.

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

Degree of Honor, Margaret E. Lodge 64, Time and place vary. 541-575-2528.

WEDNESDAY, APRIL 8

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.

Vets: Catch a free ride

Blue Mountain Eagle

JOHN DAY – Veterans with appointments at regional medical facilities can leave the driving to the DAV van.

The Disabled American Veterans van provides free, weekly, round-trip rides be-

tween John Day and the Veterans Association clinics and hospitals in Burns, Boise and Caldwell, Idaho.

Pick-ups are from the John Day Elks Lodge.

For more information about the schedule or to arrange for a ride, call 541-620-4486.



Quality Healthcare Close To Home

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

Getting the Most from Your Medicare

Edited by Jacque Gravley

Getting the most from your Medicare may be confusing at times. We'd like to take some time to explain two beneficial services your Medicare Part B plan covers that you may not be utilizing. First lets take a moment to differentiate between Part A and Part B. Your Medicare Part A covers your inpatient hospital care, home health and hospice care and your Medicare Part B plan covers your clinic visits and outpatient hospital services.

A Welcome to Medicare or Initial Preventive Exam (IPPE) and an Annual Wellness Visit (AWV) are two great services that are covered under your Medicare Part B plan. There is no out of pocket cost for these visits as Medicare waives your copay, coinsurance and deductible fees. **Routine physicals or annual checkups are not the same as the Welcome to Medicare/ Initial Preventive Exam or the Annual Wellness Visit. Medicare does not cover routine physicals or annual checkups. An out of pocket cost would apply.**

Your Welcome to Medicare or Initial Preventive Exam (IPPE) can be used within the first 12 months that you have Medicare Part B. Here are some of the items that your physician will cover:

- Review your medical and social history
- Height, weight and blood pressure will be measured
- Receive counseling about preventive services
- Calculation of your body mass index
- Simple vision test
- Review of your potential risk of depression and level of safety
- Offer to talk about creating an advanced directive
- Referrals for other care as appropriate
- Receive a written plan letting you know what screenings, shots and other preventive services you need

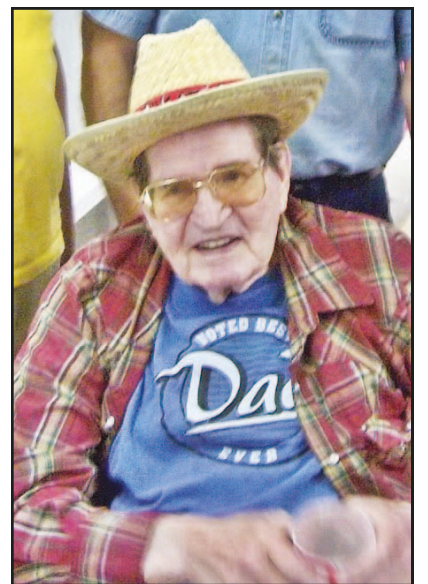
An Annual Wellness Visit (AWV) can be used after that initial 12 month period. This visit is a great way to stay up to date on your health care needs by creating a personalized prevention plan. For your initial Annual Wellness Visit you will be asked to fill out a Health Risk Assessment. This helps the provider develop your personalized prevention plan and helps you get the most out of your visit. Here are some other items that your physician will cover:

- Review of medical and family history
- Create a list of current providers and prescriptions
- Height, weight, blood pressure and other routine measurements
- Review of your potential risk of depression and level of safety
- Detection of any cognitive impairment
- Receive personalized health advice and any referrals as appropriate
- Create a list of risk factors and treatment options
- Establishment of a written screening schedule for appropriate preventive services

You may receive subsequent visits every 12 months to review and update this information. To get the most of these visits it is important to gather and bring the following information: medical records including immunizations, family history with as much detail as you can, full list of medication and supplements including calcium and vitamins. Please include how often you take them and how much. Also a full list of current providers involved in your care.

Please contact Strawberry Wilderness Community Clinic at 541-575-0404 for more information and to schedule your Welcome to Medicare/ Initial Preventive Exam and an Annual Wellness Visit with Shawna Clark, Family Nurse Practitioner. We look forward to working with you to meet your health care needs.

BLUE MOUNTAIN CARE CENTER Resident of the Month Jerry Moore



Jerry was born on September 28, 1929 in Hermiston, Oregon, to Ernest "Pat" and Elma Moore. He has 1 brother and 3 sisters.

Jerry married Patty Moore on July 27, 1979. He has 2 daughters, 2 sons, 3 stepsons and 5 stepdaughters. He also has numerous grandchildren.

Jerry retired from the Air Force after 22-1/2 years as a Master Sergeant and computer technician. He won many awards. While in the Air Force, he lived in England for 3 years and served in the Philippines.

Jerry coached bowling in Labrador and holds a 189 average. He loved to bowl, golf, and fish. He is also a member of the Elk's club.

Jerry came to Blue Mountain Care Center on October 10, 2007.

Blue Mountain Hospital District Presents

For the month of April Blue Mountain Hospital and Strawberry Wilderness Community Clinic are offering a **20% discount** on all patient balances paid in full.

Please contact the Business Office for more details at 541-575-1311.