



WHAT'S HAPPENING

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

WEDNESDAY-THURSDAY, NOV. 7-8

GU Travel Club meetings

• 6:30 p.m., Grant Union High School, Room 11 (art room)
The GU Travel Club will hold informational meetings for anyone interested in traveling for spring break in late March 2020.

FRIDAY, NOV. 9

Quilts of Valor presentation

• 5:30 p.m., John Day Elks Lodge
The Grant County Piecemakers Quilt Guild will be awarding Quilts of Valor to some local veterans. Tickets will be available for purchase at The Shiny Thimble, Veterans Service Office and The Squeeze In. Veterans and a guest can enjoy a free taco feed; the cost is \$6 per person, and children under 3 eat free. For more information, call 541-620-0120.

SATURDAY, NOV. 10

Bake sale and holiday bazaar

• 9 a.m. to 4 p.m., Mt. Vernon Community Center
Mt. Vernon Volunteer Fire Department will be hosting a bake sale and holiday bazaar. Lunch will be served from 11 a.m. to 3 p.m. Donate one can of food for one raffle ticket. For more information or tables, contact Bonnie at 541-571-3284.

Marine Corps observation

• 11:30 a.m., the Outpost Pizza, Pub & Grill
The 243rd observation of the United States Marine Corps will be held with a no-host luncheon starting at 11:30 a.m. All Marines and their spouses are invited to attend. Doors close at 1:30 p.m. For more information, contact Dave Traylor at 541-620-1949.

SUNDAY, NOV. 11

Veterans Day service

• 11 a.m., Prairie City Hall
The American Legion will host a service for Veterans Day, followed by a potluck at 1 p.m. at the Prairie City School cafeteria.

Multi-denominational church service

• 6 p.m., Canyon City Community Hall
John Day Ministerial Association, with all Grant County churches, is holding a service with a social hour to follow. For more information, contact Al at 541-575-1203 or Church of the Nazarene at 541-575-1895.

MONDAY, NOV. 12

Word and Excel class

• 4-5:30 p.m., OSU Extension Office classroom
Become familiar with Microsoft Word and Excel for \$40 per person for both classes. The class limit is 12. Participants must bring a computer to use on site. For more information or to register, call 541-575-1911 or email the instructor at didgette.mc-cracken@oregonstate.edu.

MONDAY-THURSDAY, NOV. 12-15

American Red Cross blood drives

• 12:30-6 p.m. Nov. 12, Church of Jesus Christ of Latter-day Saints, John Day
• 9 a.m. to 2:30 p.m. Nov. 13, Prairie City School
• 8:30 a.m. to 2:30 p.m. Nov. 14, Grant Union Junior-Senior High School, John Day
• 8 a.m. to 1 p.m. Nov. 15, Malheur National Forest Office, John Day
For more information or to schedule an appointment, call 1-800-RED-CROSS (1-800-733-2767).

SUNDAY, NOV. 18

Dinner and auction

• 5 p.m., Grant County Fairgrounds Pavilion
There will be a coronation dinner and auction to celebrate the new rodeo queen. There will be a tri-tip dinner, no-host bar and live and silent auctions. For more information, contact Mindy Winegar at the Grant County Fair Office, 541-575-1900.

THURSDAY, NOV. 22

Thanksgiving dinner

• 1 p.m., Prairie Baptist Church Teen Center
The Prairie City Baptist Church will host a traditional Thanksgiving meal. For more information, call 541-820-3696.

ATTENTION GRANT COUNTY VETERANS:

Did you know a service-connected disabled veteran is entitled to FREE use of Oregon State Parks?

See your Grant County Veteran Services Officer today for more information.

Call 541-620-8057 for an appointment
530 E. Main, Ste. 5, John Day, OR



Kattee Hoffman

66175

Are You a Survivor of Lung or Prostate Cancer?

You are invited to take part in an interview (in person or by phone). We want to learn about your views & experiences.

- What you share with us will be kept confidential
- You will receive \$25 in cash or a gift card

Participants must:

- Have been diagnosed on January 1, 2015 or more recently
- Live in a rural county in Oregon

To learn more, please contact
Kathy Blaustein at 541-737-4705
or kathy.blaustein@oregonstate.edu

This study, titled "Experiences of Breast, Prostate, and Lung Cancer Survivors in Rural Oregon," is led by Dr. Sheryl Thornburn from the College of Public Health, and Human Sciences at Oregon State University and is funded by the National Cancer Institute.



Oregon State University



Community HEALTH BEAT

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

National Diabetes Month Small Lifestyle Changes Make a Big Difference

November is National Diabetes Month; a month to raise awareness about diabetes and healthy living. Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Yes, managing diabetes is a lifelong commitment, but it doesn't have to control your life. Small, consistent lifestyle changes can make a big difference. Here are six manageable goals that can help control your blood sugars, lose weight and reduce your risk for complications.

Take Your Medications as Prescribed

The single most important thing you can do to control your diabetes is take your medications as prescribed. Adherence to your medication plan is very important. In type 1 diabetes, insulin is always needed to replace what the pancreas no longer produces. Type 2 diabetes is a progressive condition. It starts with insulin resistance. This means that the body is unable to respond properly to its own insulin. Physical activity and healthy eating, combined with weight loss, can help reverse insulin resistance, but only to a point. There comes a time when medicine is needed to help your body cells be more sensitive and less resistant to insulin.

Know Your Numbers

It's difficult to make changes to improve your blood sugar levels unless you know your numbers. If your healthcare providers have determined that you should check your blood sugars, ask them for recommendations on when and how often to test. You also want to keep an eye on your glycosylated hemoglobin (HbA1c). An HbA1c test gives you a picture of your average blood sugar control for the past 2 to 3 months and provides you with a better idea of how well your diabetes treatment plan is working.

Go for Short Walks

Aerobic activity, such as walking, is one of the most effective ways to lower your blood sugar, and you don't have to block out a large amount of time to reap the benefits. Taking three 15-minute walks after meals is just as effective for improving glucose control as going on longer walks. Take the dog for a short walk after breakfast, incorporate a quick power walk into your lunch break, and go for an evening stroll after dinner. It all adds up! The important thing to remember is that you need to do it regularly.

Keep a Food Journal

Awareness is key! Do you know what you are putting in your mouth every day? Tracking your food helps keep you accountable by giving you a visual of what your current intake really looks like. Portion sizes, timing of your meals and snacks, balance, fluid intake and calorie intake; these are all pieces of the puzzle that you need to keep a close eye on. Some people prefer using pen and paper and others enjoy using an app on their phone. Just keep it simple.

Manage Stress

Stress and diabetes don't mix. When you're stressed, your <https://www.webmd.com/diabetes/daily-control-17/slideshow-blood-sugar-swings> go up. And when you're anxious, you may not manage your diabetes well. You may forget to check your glucose levels, <https://www.webmd.com/fitness-exercise/ss/slideshow-7-most-effective-exercises>, eat right, or take your medicines. Find ways to relieve <https://www.webmd.com/balance/stress-management/stress-assessment/default.htm> — through deep breathing, <https://www.webmd.com/balance/guide/the-health-benefits-of-yoga>, or hobbies that relax you.

Fill Half Your Plate With Veggies

Most of your plate should be filled with non-starchy veggies. Low calorie, high volume, high fiber veggies can help with satiety and in turn might help you lose extra weight. Consider using the Diabetes Plate Method when planning your meals. The Diabetes Plate Method is a simple guide that helps you control portion sizes of starchy, carbohydrate-containing foods that have the most impact on blood glucose levels. It also focuses on eating more non-starchy vegetables, which are low in carbohydrate and calories and high in vitamins, minerals, and fiber, and helps you get enough protein in your diet. Aim to follow this method eighty percent of the time.

Bottom line; it's up to you to find your motivation for maintaining the discipline to control your diabetes. Diabetes control is certainly worth the effort.

Blue Mountain Hospital is currently offering a yearlong lifestyle change program to help prevent type 2 diabetes. The next program will begin in January, 2019. For more information contact Kim Jacobs @ 541-575-1311 or ormailto:kjacobs@bluemountainhospital.org

By Kim Jacobs
Registered Dietitian and Certified Diabetes Educator
Blue Mountain Hospital District



NOVEMBER VISITING SPECIALISTS

November 7, 27

Bend Cardio - Dr. McLellan

November 19

Baker Podiatrist - Dr. Rushton

November 15

Bend Ortho - Korena Farris



BLUE MOUNTAIN CARE CENTER
Resident of the Month

GORDON

Gordon was born on May 20, 1938 in Whitefish, Montana to Lucille Motichka and Jack Sindt. He has a brother and four sisters and they were raised in the Portland, Oregon area.

Gordon has never been married but has a lot of nieces and nephews. He worked for a graphic arts place called ABDICKS and owned a bar called Dingheiser Tavern. After he sold that, he bought another bar and then had to foreclose on Dingheiser so he went between the two bars until he eventually sold them both.

He has traveled to Cairo, Egypt, England, Australia and Scotland. He specifically went to Castletown, Scotland to visit his grandmothers' birthplace. He has been all over Turkey, Istanbul, Ankara, Amasya and Sinop.

Gordon enlisted in the US Air Force in Portland, Oregon and was sent to Sheppards Air Force Base in Texas, then to Travis Air Force Base in San Francisco, California. After that he was sent overseas to Diyarbakir, Turkey and from there to McCord Air Force Base in Washington; at which point he was honorably discharged.

Gordon loves to take walks; he would walk from SE Portland, Oregon across the river into Washington Park. When he was younger, he had two bicycles - one was a Columbia with skinny tires and the other was a Schwinn with wide tires. He rode all over Portland with his friends, Mike and Rick. One time, they rode to Camas, Washington just to see what the smell was and it was a paper mill. Another time, they all were riding their bikes down Mount Tabor and he didn't slow down for a hairpin corner like his friends did and crashed into the men and women's outhouses; he broke his bike and got hurt. Joe Kuhal gave him a ride home on his bike.

Gordon came to the Blue Mountain Care Center on Jan. 5, 2018.