



## 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.

### Thursday, Jan. 10

#### Quickbooks for Ag seminar

• 4-8 p.m., Extension Office classroom

Space is limited to 20 people. RSVP by Jan. 4. The price is \$10 per person. For more information, call 541-575-1911 or stop by the office at 116 NW Bridge St. in John Day.

### Friday, Jan. 11

#### Cancer benefit dinner

• 4:30 p.m. and 6 p.m., John Day Golf Club

The dinner will support gastrointestinal stromal tumor cancer research. There will be two dinner times at 4:30 p.m. and 6 p.m. Dinner includes chicken or beef enchiladas, Mexican rice, refried beans, chips and salsa with flan for dessert. The cost is \$15 for singles, \$25 for couples and \$7 for kids 7 and under. For more information, call Linda McClellan at 541-620-2352 or call 541-575-0170.

## How to make successful New Year's resolutions

By Green Shoot Media

Most people who set New Year's resolutions don't reach their goals.

Many people give up on their resolutions because the goals they set are either unrealistic or vague, or they set too many to be able to focus on one.

Losing 20 pounds in a month is unhealthy, going from no exercise to exercising for three days every week or immediately sticking to a budget perfectly aren't the goals that will get you in shape or out of debt.

Before creating a plan and telling people, though, the most important step is picking a goal that you really want to accomplish and that you are ready to make. Otherwise, you may set yourself up for failure.

### Pick one thing, set smaller goals along the way

If your goal is to lose 50 pounds in a year, set a goal to lose a pound or two a week. From there, make small changes to your diet and exercise routines. Changes that you know you can do.

Make those steps doable, and celebrate your accomplishments, however small they may seem. It also helps to write your plan down once you've made it.

Writing goals down is a good way to measure your progress and will require you to articulate more clearly what you actually want to accomplish.

Having that clearly articulated goal will make feeling successful that much easier.



Contributed photo

**New Year's resolutions are more likely to be successful by following these tips.**

### Don't worry about slipping up

If you've gone all week without a cigarette and then light up after a stressful day at work, don't give up on your resolution. It takes time to learn to break the habit of smoking, binge-eating or staying up too late, just as it takes time to create a habit of eating lots of fruits and vegetables, exercising every day or studying for a class.

### Enlist other people

Find a workout buddy, somebody else who wants to have an early morning walk instead of an early morning smoke, an online group with whom you can exchange healthy recipes, a friend who also wants to save money or someone else who can go on the journey with you and encourage you, both when you're doing well and when you slip up.

Even if you don't have someone making the same resolution, let the people around you know about your goals so they can help hold you accountable, give you feedback and congratulate you.



## Community HEALTH BEAT

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



## Get Moving in 2019!

As a new year commences, have you thought of your New Year's resolutions? Statistically, 32 percent of you will make goals for the New Year. And if you're one of those people who do, one of the resolutions you're most likely to make is to exercise more. Most people make this a goal because they want to get in shape and lose weight, which are great reasons to be active. But there are many more reasons than that to be physically active.

Physical inactivity has been called the "Sitting Disease". The average American spends 13 hours per day sitting and 8 hours in bed, which equals 21 hours per day of inactivity. It's no wonder, then, that almost 40 percent of all Americans are obese. Scientific research shows that spending most of your time sitting is associated with:

- Overweight and obesity
- Decreased muscle mass
- High blood pressure and cholesterol
- Heart disease
- Diabetes
- Cancer
- Arthritis
- Dementia
- Depression and anxiety
- Increased pain, including fibromyalgia and chronic back pain

Experts recommend that adults get at least 150 minutes of moderate-intensity activity per week. That's only 30 minutes of exercise five days per week. Why not make specific New Year's resolutions to help you achieve this goal in 2019? Here are some examples:

#### 1. Start or join an exercise group

Exercising with others makes it harder to skip a workout and you are statistically more likely to exercise longer and harder.

One study found that 95 percent of those who started a weight-loss program with friends completed the program, compared to only 76 percent of those who tried to do it alone. The friend group was also 42 percent more likely to maintain their weight loss.

#### 2. Walk during your lunch break

A 2015 study found that workers who walked for 30 minutes at lunchtime had increased enthusiasm, felt more relaxed, and were less nervous. They also improved their physical fitness and other measures of health.

#### 3. Join a gym

Those who have a gym membership are 14 times more likely to achieve the 150 minutes of recommended exercise per week. They tend to have lower resting heart rates, their hearts and lungs are stronger, and not surprisingly, they have a slimmer waistline than those who don't go to the gym.

#### 4. Join the tai chi group at Blue Mountain Hospital Wednesday nights at 6 p.m.

Tai chi has been scientifically proven to reduce the risk of falls and reduce pain in older adults and those with fibromyalgia.

#### 5. Volunteer

Volunteering may not count toward your 150 minutes of exercise per week, but it has proven benefits for you, as well as for those you serve. A scientific study found that people who volunteer have lower rates of depression, increased sense of well being, and a 22 percent lower risk of dying compared to those who do not volunteer. Find or suggest volunteer opportunities on [www.justserve.org](http://www.justserve.org).

Being physically active not only helps you lose weight, but it also reduces your risk of disease, prolongs your life, and improves your mood.

*So, for a better 2019, let's get moving!*

**By Dr. Dave Hall  
Strawberry Wilderness Community Clinic**



**JANUARY VISITING SPECIALISTS**

**January 7, 21:** Baker Podiatrist-Dr. Rushton  
**January 9, 30:** Bend Cardio-Dr. McLellan  
**January 17:** Bend Ortho-Dr. Jacobson  
**January 18:** Bend Neuro-Dr. Tien 18

### Attention Grant County Veterans:



**Katee Hoffman**

**Did you know Grant County Veterans Services Officer is available to assist YOU in applying for all VA benefits you may be entitled to?**

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

10am-4pm Monday-Friday • 541-620-8057  
530 E. Main, Ste. 5, John Day, OR 97688

### Your Rural Family Health Clinic



**Grant County HEALTH Department**  
528 E. Main, St. E., John Day

Monday - Thursday 7am - 6pm  
Friday 8am - 5pm

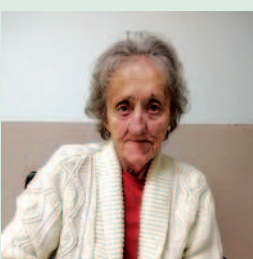
Mendy Sharpe FNP  
Appointments available

Call and schedule your appointment today!

TOLL FREE  
**888-443-9104**  
or 541-575-0429

- Services Provided:*
- Primary Care
  - Acute Care
  - Women's Health Exams
  - Men and Children Exams
  - Immunizations
  - Family Planning
  - Contraception
  - Pregnancy Testing & Referrals
  - HIV Testing & Referrals
  - Cocoon
  - WIC
  - High Risk Infants
  - Maternity Case Management

Grant County Health Department does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment.



**Blue Mountain Care Center  
Resident of the Month  
ARLITA ARNETT**

Arlita Arnett was born on March 19, 1940 in Mt. Vernon, Oregon to Herman and Josephine Smith. She has 2 brothers, Gary and Norbert.

On June 11, 1959, she married Jerry Arnett and they had four children; Kevin, Mark, Marlene and Joanna. They were raised here in Grant County; in Mt. Vernon and Canyon City.

Arlita worked as a waitress and bartender. She has traveled to Washington, Idaho, California, Nevada, Wyoming, Montana, Alaska, Colorado and her favorite, Hawaii.

Arlita enjoys crocheting, gardening, puzzles, puzzle books, reading romance novels, baking, cooking and fishing.

Arlita came to the Blue Mountain Care Center on August 1, 2018.