

## Extension news

### A learning vacation offered

When did you "Take Time for Yourself?" If it has been a time since you had the opportunity to take a learning vacation, you'll be interested in the program offered on campus at Oregon State University in June!

What is the Mini College all about? A full schedule of 101 different classes has been planned for the week of June 20-24, ranging from auto mechanics and emergency health care, to new knowledge about textiles and clothing, and strictly for fun craft classes. Many of the more popular classes of previous years will be repeated, and many new ones have been added.

Costs are kept to a minimum, with only \$58 paying for room and meals, and registration fee. Participants live in the newest of dormitories right on campus, with meals served in an adjoining facility.

All Oregon women and men are invited to attend the full week of activities, or attend only a part of the program. Registration forms are available at all Extension offices. Although June 1 is the final deadline for registering, it would be wise to get the registrations in early, as classes are assigned on a "first come" basis. The registration form contains a complete list and description of each class, for your choice.

If you'd like to visit with someone who attended previous Mini Colleges, you could talk to Dorris Graves, Julie Nelson, Judy Wright, Claudia Hughes, Carol Kerr, Virginia Grieb, or many other Morrow County women. They tried it, and they liked it!

A call to 676-9642, Morrow County Extension Office, will also get you information!

### Tour shows North Morrow changes

Things really do change in our fast developing northern part of the county! That's what forty-six men and women discovered this week as they enjoyed another look at the Carty Site, Boardman town, agricultural developments, and all the other new and exciting developments. The tour was sponsored by the Home Extension Advisory Committee, with Harold Kerr serving as tour guide. The agent keeps well informed on all activities in the county, and was able to point out many crops, buildings and developments that would have escaped a less practiced eye!

First stop on the tour was the ultra-modern Gantenbien dairy, where everyone had the opportunity to learn from start to finish how and where milk production is accomplished in modern times. Kurt and Dee Gantenbien are very proud of their new facility, and enthusiastic in sharing details with visitors.

A no host luncheon at the Nomad Restaurant in Boardman provided a break, as well as a time for Bus Clough, PGE representative, to join the group for the afternoon tour out at the completed reservoir at the Carty Site. The tour then traveled to Simtag Farms, where manager Sam Martin acquainted the group with details of the huge operation, which includes potatoes, wheat, pasture, and livestock. Around the Boardman town, many new homes and businesses under construction were observed. Final stop on the tour was the new County Office in Irrigon; then home through the many new crops growing where once was desert.

Participants were: Vera Cooley, Ruth McCabe, Charles and Bev Doherty, Miriam Brosnan, Carl and Mildred Rhea, Sharon Biddle, Mike and Edith Mathews, Harold and Julie Hill, Harold and Edna Peck, Francine Evans, Rose Frances, Ann Witt, Ralph Crum, Albert and Mildred Connor, Herbert and Ann Imel, Delsie Chapel, Johanne Wood, Rachel Harnett, Alvin McCabe, Mike and Jeanne Howell, Shawn Howell, Bernard Doherty, Glenn and Bert Campbell, Pauline Ewall, Laurel Cannon, Kenneth and Leila Palmer, Stan Kemp, Frieda Slocum, Barb Bloodsworth, Birdine Tullis, Harold Kerr, and Evelyn Black.

### 'Women's Day' receives praise

Three ages of women provided program for the "Women's Day" sponsored by Extension Homemakers' Advisory Group, at the Heppner Elks' Lodge recently. Kicking off the day's activities was a brief welcome and words of praise for the women of the county by Harold Kerr, Staff Chairman, Morrow Extension Service.

A challenge to all women, "think about your successes, and feel good about yourself," was part of the message from special guest speaker, Marcelle Straatman, OSU specialist, as well as encouragement to those who chose to be homemakers providing love and care to families in the age when many are choosing work outside the home.

Creativity was encouraged in a special presentation by Erin Evans, 4-H member. "My Dad has the denim blues." She then demonstrated how to make many attractive garments and home furnishings from recycling old denim jeans.

Following a no host luncheon, served by ladies of the Elks' Lodge, Valerie Madison, IFYE to Switzerland, and OSU graduate in Animal Science, showed slides of her stay in Switzerland, and shared impressions of the country and the people. Valerie is an excellent representative of young women from Eastern Oregon, choosing new and unusual occupations or careers, and the accepting challenges.

Mistress of ceremonies for the event was Claudia Hughes, with assistance and arrangements by members of the Homemakers' Advisory Group. Coffee hour and refreshments were by Irrigon Study group; registration by Rhea Creek Study group, and the attractive geranium table decorations by Pine City Study group.

**HARDMAN DANCE**

Music By  
**BONNIE, BILL & DAN**

Sat., May 14

9 to 2

ADMISSION \$2<sup>00</sup>  
MIDNIGHT SUPPER

## Lutheran Church

# World hunger program

Valby Lutheran Church, south of Ione, will be the scene of an ecumenical program on world hunger Saturday, May 21, at 7:30, Paul Tews reports.

Tews said the session, open to everyone, will feature a film about the Christian Rural Overseas Program, coupled with a first hand report by Andrew Clark, of Pendleton,

on his experiences doing aid work in Africa and his plans to return to Africa this fall.

Clark is currently gathering parts of old windmills and assembling them for the purpose of shipping one or more finished windmills to Africa.

Also on the program will be Don Peterson of Ione, who will discuss his experiences at a recent ecumenical church

## Peterson attends grain reserve meet

In Kansas City, Mo., recently, more than 100 concerned Lutherans developed several suggestions that would lead to establishing a world grain reserve program to help feed the world's hungry.

Don Peterson, of Valby Lutheran Church, Ione, was among those taking in a recent two-day consultation on

"World Grain Reserves and U.S. Farmers" sponsored by the American Lutheran Church and the Lutheran Church in America.

In commenting on the two-day consultation, Don said there was a good cross section of wheat and rice producers represented, who expressed the need for profits in the farm communities.

meeting on world hunger. (See related article in this issue.)

The meeting will close with a film, "A Sense of Place," depicting the root causes of hunger around the world and what the Christian community is doing to help to alleviate this problem.

Tews said the meeting is designed to put forth several avenues of action that individuals can pursue in helping to minimize the hunger problem here and abroad. "This meeting will not be a consensus raising meeting," he noted.

Coffee and cookies will be served.

## Marilee Hellberg Girls' State rep

Miss Marilee Hellberg, daughter of Mr. and Mrs. Max Hellberg, Irrigon, was chosen the Riverside High School's delegate to Girls' State, sponsored by the American Legion Auxiliary.

Girls' State is held each year to give outstanding junior girls an opportunity to participate in the role and function of government. Girls' State will be held June 12 to 17 on the Willamette University Campus in Salem.

Alternate delegate will be Miss Dana Prag, daughter of Mr. and Mrs. John Prag, Boardman.

The girls were selected on the basis of leadership, char-

acter and honesty, scholarship, cooperativeness and community service.

Both girls participate in volleyball and basketball, are members of the National Honor Society, G.A.A. and Pep Club. Miss Hellberg is also a member of the Spanish Club and is an active member of the Trinity Lutheran Church in Hermiston. Miss Prag was the Riverside High School's winner in the I.O.O.F. United Nations speech contest and is active with guitar and choir.

### Millers visit in Portland

Mr. and Mrs. Glenn Miller, Heppner, spent the weekend in Portland visiting with Mr. and Mrs. Mervin Smith. Mrs. Smith is Mr. Miller's sister.

### Cutsforths in The Dalles

Mr. and Mrs. Orville Cutsforth, Heppner, visited Mrs. Cutsforth's mother, Mrs. Minerva Denslinger, at The Dalles Sunday. Lisa Wasson, Pasco, also visited her grandmother, Mrs. Denslinger, that day.

## Health service for aged

A grand opening for a new health service, Home Health Agency, is scheduled for Monday, May 16, in room 8 of the Gilliam Bisbee Building from 10:00 a.m. to 3:00 p.m. The public is welcome and refreshments will be served. Free blood pressure checks will be available.

The service will provide skilled home health care by a staff of registered nurses in Morrow, Wheeler, and Gilliam counties.

Bette Seagren, R.N., is director of the agency which is dedicated to provide part-time nursing care in the home.

The office is open Monday through Friday (as of Monday, May 16) from 8:30 a.m. to 5:00 p.m. The Heppner number is 676-5133. Residents outside of the area can call toll free 1-800-452-8112. The party will refer your call to the Home Health Agency number in Heppner.

Fees for the service may be reimbursed by third party payer, such as Medicare, Medicaid, and private insurance or by direct payment from the patient. A sliding fee scale can be used.

The service is staffed by Nurse Practitioner, Registered Nurses and Licensed Physical Therapist. In addition, a nutrition and respiratory consultant will be used.

Services provided by the Home Health Agency include:

- skilled nursing care and treatment as prescribed by the physician;

- bedside care and treatment to the patient at home or teaching a family member to give such service;

- change dressings, give hypodermic injections, help plan special diets;

- teaching the patient self-care and assisting him toward maximum independence;

- collection of specimens for lab tests;

The Agency does not provide full time nursing care, drugs or biologicals, or transportation.

# Homemakers help senior citizen's homes

A new service to help the senior citizens is now available in Morrow, Wheeler, and Gilliam counties.

Tri-County Homemakers Service is designed to provide part-time help with household routines to older adults who without such help would require institutional care. These people are unable to hire someone to help them with household chores.

Margie Robbins, supervisor of the Homemaker program in the Tri-County area, said the office is located in Heppner at the Gilliam Bisbee Building, room 2 of the Tri-County Health Services Commission. The phone number is 676-5131. Residents outside of the area can call a toll free number, which is 1-800-452-8112.

Cost of the services is on a sliding fee schedule. Priority is given to seniors who are over 65 and disabled or homebound. Many senior citizens qualify because they are on fixed incomes and the service is free. The program is also available to other age groups, but emphasis is placed on aiding the older citizens.

The homemakers are skilled individuals who have gone through training and are bonded. The homemaker is trained to be alert to the problems and needs of elderly persons as well as in the practical skills of household management and personal care.

The homemakers can change bed linen, plan diet, dust, wash dishes, scrub floors with a mop, vacuum floors and furniture, iron, family laundry, mend, prepare meals, assist with bathing and dressing, manicures, shampoos and sets, assist in moving from bed to chair.

Ms. Robbins noted the homemakers cannot do heavy housecleaning, washing walls, washing high windows, give medications of any kind, babysit children of friends or relatives, heavy lifting, moving furniture, shampooing of heavy laundry, draperies, rugs, blankets, etc., drive own car on errands, or give nursing care of any kind.

The homemaker program is provided by Tri-County Health Service Commission coordinated by East Central Oregon Association of Counties through Oregon Project Independence.

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