

Part time help for senior citizens

Homemakers offer nursing home alternative

For many of Morrow County's 936 citizens over the age of 60, the Tri-County Homemaker Service can provide an alternative to the high cost of institutional nursing care while allowing the seniors to lead an independent life in their own home.

Under the general supervision of East Central Oregon Association of Counties (ECOCAC), the Homemaker Service is a program designed to prevent, postpone or shorten institutional care by providing part-time help with household routines. Trained and bonded personnel make regular visits to the seniors' home to perform tasks in the house including light house-keeping, meal preparation, bathing assistance and budget planning.

The program has been in existence in Morrow, Gilliam and Wheeler counties since April and is now directed by Suzanne Jepsen, who began her duties on Oct. 1. Currently there are six homemakers serving 28 clients in the three-county area. Another homemaker will soon be hired in the Arlington area and according to Mrs. Jepsen, the staff will continue to expand as the need arises.

In Morrow County the homemaker duties are shared by Fern Marvin and Carol Sweeney. Mrs. Marvin cares for 10 clients in the Heppner-Lexington-Ione area while Mrs. Sweeney covers the Irrigon-Boardman area.

Mrs. Marvin, an Ione resident, has been with the Program since April and formerly worked in nursing care at Pioneer Memorial Hospital. Before starting as a homemaker, she participated in a two-week intensive training session with emphasis on diet information, budget planning and "senior citizen psychology."

"Our homemakers are women who like to work with senior citizens," Mrs. Jepsen said. "They are mature women who understand the problems of the clients and are compassionate."

Since beginning her duties with the Homemaker Service, Mrs. Jepsen has kept busy spreading the word and promoting the program to the senior citizens. She has traveled to each of the eight senior citizen meal sites in the three-county area to answer any questions the seniors might have about the services. A complete list of meal site locations and times appears elsewhere on this page.

Mrs. Jepsen emphasized that the homemaker activities are limited to homemaker skills only and do not involve nursing practices. She said the program works closely with other community agencies when additional services are needed.

Homemakers consult with Sheridan Tarnasky, Director of the Tri-County Health Services RN program, in working out diet planning for the clients. If a physician refers a patient to the Homemaker Service, Mrs. Jepsen confers with the doctor to determine what services are needed before meeting the client.

"The program is very flexible," Mrs. Jepsen said. "Our purpose is to make sure the person is safe in their own

home. If we think the person is no longer safe, that's when the service ends."

The frequency of the homemaker visits depends on the clients' needs but the service is always on a part-time basis. The average client requires visits two or three times a week for a couple of hours each session.

"We try to keep the clients as independent as possible," Mrs. Jepsen said. "We don't want to do things for them that they can do for themselves."

Anyone can take advantage of the service provided they meet the program criteria. Eligibility is determined by a questionnaire which pinpoints the client's needs and abilities to provide for them. The service fee operates on a sliding scale determined by the client's income.

With all administrative costs included, the Homemaker Service expenses amount to about \$80 per month while a minimum fee of more than \$625 per month is charged for nursing care at Pioneer Memorial Hospital.

"Besides the financial savings, the program is great for seniors sociologically," Mrs. Jepsen said. "If we can keep the people in their homes, they

will be both happier and healthier."

More information on the Homemaker Service can be obtained by calling Mrs. Jepsen's home at 989-8459 or by calling 1-800-452-8112 toll free. Messages can be left for Mrs. Jepsen at the Tri-County Health Services Office, 676-5131.

Senior menu

November 15, Tuesday
Beef stew and vegetable
cheese wedges
cabbage, carrot and apple
salad
biscuits
plum sauce - homebaked
cookies
coffee, tea or milk

November 16, Wednesday
Thanksgiving Dinner
Turkey and dressing gravy
sweet potatoes
relish plate
cranberry sauce
fruit ambrosia
hot rolls
ice cream cups
pumpkin bread
coffee, tea and milk



Morrow County Homemaker Fern Marvin is a former nurse who enjoys working with senior citizens. Mrs. Marvin has been with the Homemaker program since April.

Discharge permit gets tentative OK

An application for renewal of the City of Heppner's sewage treatment discharge permit has been tentatively approved by the Department of Environmental Quality. The city is seeking to renew its National Pollutant Discharge Elimination System Waste Discharge Permit in accordance with Oregon statutes.

Heppner operates a trickling filter secondary treatment plant. Disinfection by chlorination is performed in the final clarifier. The plant

treats and discharges up to 250,000 gallons to Willow Creek. During low stream flow the effluent is irrigated on pasture land near the plant site by local irrigators.

The treatment plant has met standards in the past with no adverse effect on water quality or aquatic life.

It is expected that improvements to the laboratory, sludge treating equipment and recycle pumps will be needed soon to keep the plant operating within standards.

CPR pumps on

According to Cardio-Pulmonary Resuscitation (CPR) instructor Linda Connor, the program is "alive and well" and spreading throughout Morrow County.

Monday, Connor and her assistants, Rick Cox and Deann McCabe, conducted a CPR class at the Ione school building. The three-hour class was attended by ten persons with the concluding segment of the class scheduled for Nov. 16.

Next week Connor will take her resus-Annie to the Kinzua Mill in Heppner for a recertifi-

cation class and a class session for Kinzua supervisors. Another session will soon be scheduled for the Ione Lions Club.

With all class fees going into the Bernard Doherty Memorial CPR Fund at Pioneer Memorial Hospital, Connor said the fund is about \$200 short of the \$1,600 needed for electronic resuscitation equipment. Donations to the fund are still being sought to reach the goal as soon as possible.

Anyone interested in further information about the CPR program should call Connor at 676-5531 or McCabe at 422-7406.

Senior citizen meal locations

Senior citizens are invited to attend any of the following meal sites in Morrow, Gilliam and Wheeler Counties.

Heppner	Tuesday and Wednesday	4:30 p.m.	Elks Lodge
Ione	Wednesday	5 p.m.	United Church of Christ
Irrigon	Monday	4:30 p.m.	Lions Club
Mitchell	Thursday	noon	Community Building
Spray	Thursday	noon	Grange
Fossil	Wednesday	noon	Fairgrounds
Condon	Thursday	noon	Memorial Hall
Arlington	Tuesday	noon	Masonic Hall

There is no charge for the meals but donations are appreciated and needed to keep the service operating.

CETA weatherizers help prepare needy for winter

Senior citizens and other low income persons in Morrow County will live a little snuggler through the winter cold this year, thanks to two CETA employees and a federal weatherization grant administered through the Community Action Program office in Pendleton.

Steve Duncan and Jere LeDoux, working out of the Neighborhood Center in Heppner, have "weatherized" ten houses in the county so far by stormproofing windows, weather-stripping doors, caulking windows, applying insulation and even doing minor roof repair.

The pair went through a training session in Pendleton during September to learn weatherizing techniques and what is needed to make a particular house weather-tight.

Weatherization serves to make homes more comfortable during both hot and cold weather for families who cannot afford to do it themselves, to lower utility bills giving low income persons more spending power, and to decrease energy use in the area.

Pat Brindle, coordinator of Neighborhood Center programs and activities, said this

is the first year that it has been possible to hire full-time weatherization employees in this area under the CETA program. In the past, high school groups and other volunteers have done any weatherization work.

"We can do a much more complete job now", she commented, adding that volunteer time is still needed.

It takes Duncan and LeDoux an average of one and a half days to finish a house, including necessary paper-work, assessing problem areas, measuring windows for handmade storm windows and doing any work needed to weather proof the residence. A maximum of \$350 in materials can be spent on each house without special authorization.

Any necessary insulation is installed in the attic since about half of lost heat goes

through the ceiling.

The two weatherizers say they aren't gaining much on the work facing them since by the time they finish one house another application has come in. There are about 25 names on the waiting list, priority being determined according to the most urgent need.

LeDoux said he would like to emphasize that weatherization work has no effect on Social Security or other benefits. He estimated that 90 per cent of the low income applications are from senior citizens.

Applications for weatherization to beat the winter cold are still available at the Heppner Neighborhood Center on West Willow Street to low income persons.

Call 676-5873 for more information.

COMMERCIAL PRINTING?

Call The Gazette-Times

676-9228



OPERATION SNOW DAY

Morrow County Grain Growers INC.

RADIAL STEEL TRACTION		
CAR		F.E.T.
BR78-13	44.40	2.06
GR78-14	54.80	2.85
HR78-14	56.80	3.04
FR78-15	53.30	2.59
GR78-15	56.00	2.90
HR78-15	58.15	3.11
LR78-15	62.10	3.44

GRIP SPUR		
PICKUP		F.E.T.
700-15	46.80	
900-16	78.45	
1200-15	78.00	

PRICES INCLUDE F.E.T.

COUNTRY SQUIRE HEAVY SERVICE		
PICKUP		F.E.T.
6 PLY 700-15	45.09	3.13
6 PLY 700-16	48.10	3.29
8 PLY 750-16	59.00	3.93
8 PLY 800-16.5	55.05	3.56
8 PLY 875-16.5	64.50	4.10
8 PLY 950-16.5	68.25	4.59
8 PLY 1000-16.5	72.00	4.76

COUNTRY SQUIRE 120

		F.E.T.
B78-13	31.45	1.80
B78-14	32.00	1.88
E78-14	36.10	2.26
F78-14	38.15	2.42
G78-14	39.25	2.58
H78-14	41.70	2.80
F78-15	38.50	2.52
G78-15	40.10	2.65
H78-15	42.60	2.88
J78-15	44.80	3.03
L78-15	46.00	3.12

RADIAL METRIC MUD & SNOW

		F.E.T.
155R13	38.00	1.67
165R13	39.80	1.81
165R14	41.10	1.89
175R14	45.60	2.09
155R15	42.10	1.82
165R15	44.65	2.03

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Morrow County Grain Growers and Pacific Supply Cooperative guarantees to the original buyer of all Co-op branded tires and tubes, purchased here for resale to users, failures due to the following: WORKMANSHIP AND MATERIALS, ROAD HAZARDS AND FIELD HAZARDS during the lifetime of the original tread. A pro rata allowance on a new Co-op tire will be made on all Co-op tires qualifying for the adjustment under this guarantee based on the original tread depth remaining and PSC's current trade-in price.

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