

Tri-County Home Health Agency celebrates National Home Care Week



Karen Thomas, Tri-County Home Health Agency nurse, takes Jack Loyds pulse at his home in Heppner. The agency provides many health care services for patients in their homes.

Tri-County Home Health Agency, providing skilled nursing and therapy services in Gilliam, Morrow and Wheeler counties, recently announced that it plans to join the celebration of National Home Care Week, Nov. 28 - Dec. 4. This week has been set aside to pay tribute to the dedicated individuals throughout the country whose efforts allow some four million elderly, infirm or disabled individuals to receive the health services and social services they need in the comforting surroundings of their own home.

Sheridan Tarnasky, administrator of the local Tri-County Home Health Agency said "We are pleased that the Congress and the president have chosen to honor our

profession by declaring National Home Care Week. We do our best to serve the elderly and the infirm of our communities, as do other organizations such as ours throughout the nation. It is our intention to continue to provide the skilled nursing services and therapy services we presently have available to the highest quality of care."

President Reagan signed into law the joint Senate and House Resolution creating National Home Care Week on October 14. The primary sponsors of the resolution were Senators David Pryor and Orrin Hatch and Congressmen Claude Pepper and Leon Panetta. Senator Roger Jepsen captured the spirit of the resolution when he said "There are thousands of

families who are caring for elderly or disabled relatives who deserve this recognition. We in the Congress should take this opportunity to praise these hardworking individuals. In addition, we should take a moment to thank the thousands of health care professionals who provide the support services so essential to enabling families to remain together. Without this cooperative effort, many elderly and disabled individuals would be needlessly forced into a nursing home or hospital."

Statistics from the U.S. General Accounting Office (GAO) indicate that nearly 1.2 million people over the age of 65 currently reside in nursing homes and other institutions. GAO suggests that fully 25 percent of these people could be equally well cared for in their homes. Often times home care for this 25 percent is proven to be a much less financial burden to the family.

Home care, however, is a great deal more than a cost effective form of treatment. As Congressman Pepper noted recently in an address to the National Association for Home Care: the providers of home care services place "dignity and the meaning of human life, and human health and happiness as their primary goals."

Home care has become an increasing force in the United States health care system since the enactment several years ago of legislation providing for Medicare and Medicaid coverage for many home care services. Today home care agencies number nearly 5,000, with approximately 50 of these agencies, offering a variety of home services in Oregon.

Tri-County Home Health Agency provides a good example of the kinds of services offered to local residents, for more information, contact: Tri-County Home Health Agency, P.O. Box 525, Heppner, Ore. 97836, Telephone, 503-674-5133.

SCHOOL LUNCH MENU

Heppner Elementary School

Thursday, Dec. 2 - wiener wrap, baked beans, pickles, fresh fruit and milk.

Friday, Dec. 3 - meat loaf, tater slices, pickled beets, mixed fruit, pumpkin bread and milk.

Monday, Dec. 6 - sloppy Joe with bun, mixed vegetables, peanut crunch, fruit and milk.

Tuesday, Dec. 7 - soup, sandwich, salad, fruit and milk.

Wednesday, Dec. 8 - ham and potatoes, salad, fruit, corn meal rolls and milk.

Heppner High School

Monday, Nov. 6 - hot dogs, French fries, vegetable stick, gelatin and milk.

Tuesday, Dec. 7 - spaghetti, garlic bread, lettuce salad, fruit and milk or salad bar.

Wednesday, Dec. 8 - turkey gravy over rice, peas, hot rolls, 1/2 orange, milk or salad bar.

Thursday, Dec. 9 - enchiladas, salad, mixed fruit, green beans, milk or salad bar.

Friday, Dec. 10 - cook's choice.

Ione Schools

Thursday, Dec. 2 - ravioli, cheese sticks, green beans, dessert and milk.

Friday, Dec. 3 - potato soup, bologna or peanut butter sandwiches, pickles, crackers, dessert and milk.

Monday, Dec. 6 - sloppy Joes, green beans, pears and milk.

Tuesday, Dec. 7 - Spanish rice, mixed vegetables, hot rolls, fruit and milk.

Wednesday, Dec. 8 - stew, hot rolls, pineapple and cottage cheese salad and milk.



New York City's massive Pennsylvania Railroad Station was originally modeled after the ancient Roman baths of Caracalla.

family health

'Twas the night before Christmas...

"...And visions of sugar-plums danced through their heads." Oh, those sugar-plums, peppermint sticks, candied fruits, sweet potato pie with marshmallows, and mincemeat pie! Of course

part of the joy of Christmas are all those sweet enticements and it's easy to forget for the moment that a sweet tooth can result in a toothache.

It doesn't have to happen. That's the message, loud and clear, from the people who know, the American Academy of Pedodontics, the professional organization of pediatric dentists. These special dentists, who

treat only children, say that if sweets are eaten sensibly, followed by a thorough cleaning, a child's teeth will not develop caries. And that's something of a revolution in the dentistry world.

CLIP & SAVE

FREE WELDING INSTRUCTION CLINIC

TIME: 7:30p.m.

PLACE: M.C.G.G. Shop

DATE: Monday, Dec. 13

- Learn five ways to weld with just a few hours practice.
- Learn easy overhead welding.
- See unique, new welders.
- Meet welding experts from Century Mfg. Co.
- Receive a free gift.



REGISTER NOW! CALL 989-8221

FREE BOOK

Receive the 1000 Page 'Welding Principles & Practices' Book' FREE when you purchase any Century Welder in December, 1982.

\$28 VALUE

CENEX Morrow County Grain Growers INC. 989-8221 LEXINGTON

CLIP & SAVE

Swim Team to join Eastern Ore. Swim Club

Heppner Swim Team parents voted at a meeting November 23 to join other Eastern Oregon teams in the newly-formed Eastern Oregon Swim Club. The local club will be registered as Eastern Oregon Swim Club, Heppner Booster club, said a team spokesperson.

The advantage to swimmers in this new club she said, is that superior swimmers who may compete at statewide or regional meets can team up with swimmers from other Eastern Oregon towns to form relay teams. Also, if a club is short of swimmers in an age group and is unable to make up a relay team for invitational meets, swimmers from different towns can swim as an Eastern Oregon Swim Club relay. This gives all swimmers greater opportunity to compete, she said.

In other business, the parents were informed of the resignation of Linda Lucas as the club's vice-president. Nelson Connor was elected to replace her.

The next swim team meeting will be held December 9, 7:30 p.m., at Gary Bruch's home, 220 Cannon St. At that time all current and prospec-

Recount assures Wilson seat on Irrigon Council

Chester Wilson emerged the winner of an Irrigon City Council spot after a recount last Wednesday broke a tie between Wilson and Douglas Howell.

Wilson, who won the election by one vote, 103 to 102, and Howell had been locked in a tie since the November 2 election. An abstract of the votes had failed to break the tie.

New Shirts & Winter Caps Coming Soon with Printing Great Personalized Christmas Gift!
TALK N TOPS

tive swim team members are invited to help with the selection of new swim suits for the 1983 season. Any school-age child interested in joining the swim team is invited to attend the meeting or call 676-9429 for more information.

"WE'RE INTRODUCING A SIGNIFICANT COMPETITOR TO MONEY MARKET FUNDS. A FULLY INSURED, HIGH RETURN ALTERNATIVE."

At last, we're allowed to roll up our sleeves and be competitive with the Money Market Funds. EXTREMELY COMPETITIVE, as a matter of fact.

100% INSURED TO \$100,000.
With our new Money Management Account - Option 1

The Federal Savings and Loan Insurance Corporation (FSLIC) affords you a tremendous benefit - **FULL INSURANCE TO \$100,000!** The risk is eliminated - but you still receive high performance returns.



12%.

As an extra incentive, presign now for Option 1 and receive a guaranteed interest rate of 12% from December 14, 1982 to January 12, 1983. The Money Management Account Option 1 will be activated officially December 14, 1982. The first \$2,500 of the account earns at 5%. The amount over \$2,500 earns 12%.

MAKE IT EASY ON YOURSELF.

There is a \$2,500 initial deposit required on your Option 1. In addition, along with checking privileges, you may deposit as much or as little as you desire. Therefore, with the low initial deposit and the flexibility of the additional benefits, the Option 1 is indeed an easy and profitable way to go.



Robert W. Reese President

WESTERN HERITAGE SAVINGS
WESTERN HERITAGE FEDERAL SAVINGS AND LOAN ASSOCIATION

A LOCALLY GROWN PRODUCT.

By opening an Option 1 with Western Heritage Savings, your money will be deposited in a company dedicated and committed to helping our communities grow. Housing. Business. Personal loans. No matter who you are or what you need, your investment will help you and your neighbors. It doesn't leave home for New York, Chicago, or Botswana. It stays here, assisting local citizens. And you talk to local people, not an 800 number.

NOW, IT'S YOUR OPTION.

The Money Management Account Option 1 is a productive, exciting new idea filling us with pride and joy at being able to offer it to you. It's a valuable alternative to money market funds and offers: FS LIC insurance to \$100,000, outstanding returns, check writing capabilities, flexibility, and local help. So, help yourself to the Money Management Account Option 1. Lets roll up our sleeves together.