

## T.C.H.H.A. offers health care alternative

During the month of October, President Reagan signed into law the joint Senate and House resolution creating National Home Care Week. Reports Sheridan Tarnasky, administrator and supervising R.N. of Tri-County Home Health Agency, Heppner. "Resolutions of this nature often go unnoticed and unheeded by a large majority of persons in our nation because they do not understand its purpose," Tarnasky stated.

The primary purpose of this resolution is to set aside the week of November 27 through December 3 to pay tribute to the dedicated individuals throughout the country whose efforts allow some four to five million elderly, infirm or disabled individuals to receive the health services and social services they need, in the comforting surroundings of their own home. This resolution also gives people an opportunity to hear more about the organizations that provide these services to them in their specific communities.

One such organization is the Tri-County Home Health Agency. This small non-profit organization provides the services of part-time intermittent skilled nursing and physical therapy to the primarily homebound person.

It started as a tiny seed planted by a small group of very dedicated people who could visualize what the future needs of a small remote part of Eastern Oregon were going

to be. This group of people worked hard tending the seed they had sown. Their seed did not grow as some do, but rather progressed upward slowly. Sometimes it faltered and almost lost ground, but with continued nurturing and care it began growing faster and steadier. Now, this small tree has become an essential part of our landscape. A part more and more people are looking for, something vital to their independent existence. Hopefully, this tree will begin branching and each branch will become stronger and stronger and someday will be able to stand alone and without outside protection, Tarnasky explained.

Home care provides the services that make it possible to manage multiple medical problems at home, where the patient, in most cases, would most like to be. "Whether it is caring for a young child with a congenital heart problem, a young woman with a fractured leg, an elderly person with diabetes or a person with a terminal illness, the agency's purpose is to give the best quality care available," she said.

The following comments about Tri-County Home Health Agency were submitted by patients, or a family member of a patient, who has received care from the local home health agency staff:

"The help we have received from this agency has been

appreciated. Without this help it would be most difficult if not impossible to take care of my wife at home," stated Ed Dick, Heppner.

"I would like to commend the Tri-County H.H.A. for the good therapy work that was done for me last spring, especially that done by Sheridan Tarnasky. I had to have an artificial hip joint removed and these people in their persistence taught me to walk in spite of no joint," commented Orville Cutsforth, Heppner.

And from Jack Loyd, also of Heppner. "I would like to take this opportunity to thank the T.C.H.H.A. for the superb attention and care they have shown me both mentally and physically.

"In cases of emergencies, and they can't fill my appointment, either Sandy, Robanai or Sheridan calls to tell me they will have to delay the time but will be at my home later that day.

"This small group is a blessing to our communities. I'm sure all their patients would truthfully agree with me."

"With home care becoming an increasing force in the United States, we feel that the counties of Morrow, Gilliam and Wheeler are in on the ground floor—we already have a home health agency. An agency that is striving to make more services available and to continue to help cover the health care needs of our community," Tarnasky concluded.

## Kinzua Corp. employee receives gold watch



Paul Heinrichs received a gold watch from Kinzua Personnel Manager LaVerne Van Marter after his retirement from the corporation October 14. Heinrichs, 64, worked for 10 and one-half years at Kinzua as a mechanic.

### MANY THANKS

To Everyone for the Benefit Games Especially the Basketball Teams, Dave Allstott & Mike Rowell for organizing the games, the Former & Present Cheerleaders, the HHS Band, Dance Team, Ron McDonald as MC, Concession Workers & the Generous Donations from the Merchants. A Very Special Thank You to Sharon Harrison & Helen Riehl & their families for spearheading it all.

Douglas & Darwin Ansoategui

## Inexperienced IHS girls team shows potential

By ASHLEY CONKLIN  
With one junior, one sophomore and six freshmen, the lone girls basketball team starts the season Friday, Dec. 2, traveling to Spray for a 6 p.m. game.

The Cardinals are inexperienced this year with six freshmen: Sandi Wright, Patty McEligott, Candi Rudisill, Deena Hams, Mary Ann Alvarado and Kim McCabe. A sophomore, Michelle Beeson and junior Paula Anderson complete the squad.

Coach Jocelyn Jones is starting with the basics and is pleased, so far, with the results. "We are fairly well-rounded size wise and have a lot of undeveloped potential. If we can learn from our mistakes as we play and eliminate them, we will have a successful season," Jones also stated. "We will be working

## Grange officers installed

By DELPHA JONES  
An impressive installation of Pomona and subordinate grange officers was held Sunday at the Lexington Grange Hall. Morton Wolverton, Eastern Oregon deputy, and his team, did the installing.

A potluck dinner was held following the installation. There were members present from Willows, Mikkalo, Greenfield, Rufus and Lexington granges.

Those assisting were Freda Wolverton, chaplain; Lady Assistant Steward, Charlene Papineau; Assistant Steward, Nathan Thorpe; Marshall, Dot Halvorsen; Musician, Margaret Thorpe; and vocalist, Jan Du Puis.

toward using everyone on the floor offensively and playing aggressively on defense."



Heppner High School

Thursday, Dec. 1 - potatoes and hamburger gravy, rolls, salad, fruit and milk or salad bar.

Friday, Dec. 2 - soup and sandwiches.  
Heppner Elementary School

Thursday, Dec. 1 - spaghetti, cheese sticks, fruit, French bread, milk and salad bar.

Friday, Dec. 2 - potatoes and gravy, cole slaw, fruit, milk and salad bar.

Monday, Dec. 5 - tacos, cheese and lettuce, corn, dessert and milk.

Tuesday, Dec. 6 - turkey and noodles, mixed vegetables, bread and butter, apple, milk and salad bar.

Wednesday, Dec. 7 - soup, sandwich, salad, fruit and milk.  
Ione Schools

Thursday, Dec. 1 - beef and noodles, buttered peas, cinnamon rolls, fruit and milk.

Friday, Dec. 2 - vegetable beef soup, egg salad sandwiches, peanut butter sandwiches, dessert and milk.

Monday, Dec. 5 - ravioli, green beans, vegetable sticks, dessert and milk.

Tuesday, Dec. 6 - wiener wraps, cheese sticks, sauerkraut, buttered vegetables, fruit and milk.

Wednesday, Dec. 7 - stew, hot rolls, pineapple and cottage cheese salad and milk.

The staff of the Heppner branch of First Interstate Bank of Oregon, N.A. cordially invites you to an

Open House  
Friday, Dec. 9  
1 to 5 p.m.

in honor of

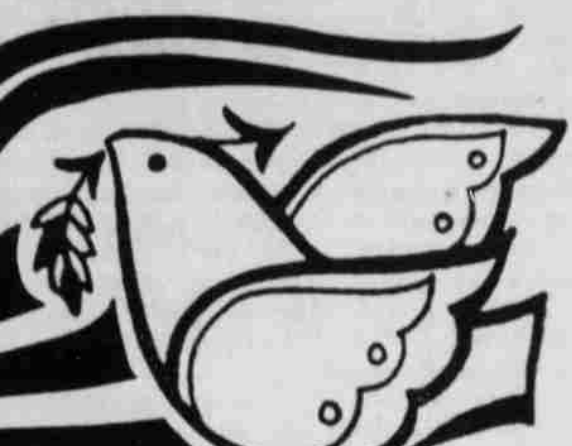
Mary Eleanor Gilman

Mary has been with the Heppner branch for over 40 years. We'd like you to join us on her last day, wishing her well in retirement.



## CENEX GIFT GUIDE

# Merry Christmas



### PORTABLE LIGHT MULTI-FUNCTIONAL

Three lights in one. Fluorescent lamp, clear beam or amber light. (333972)

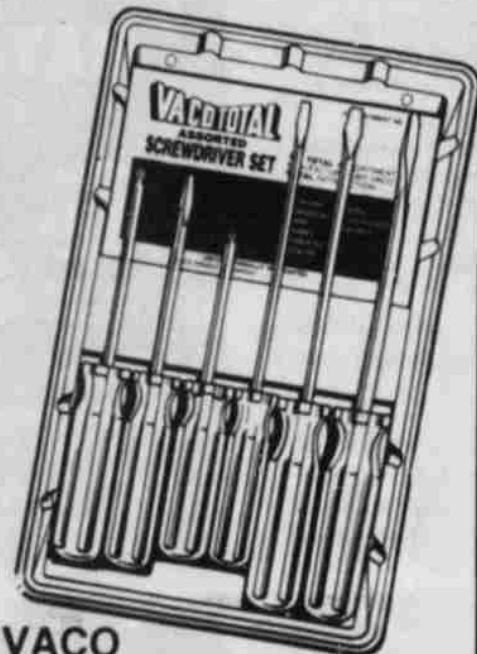
\$14<sup>99</sup>



### UNBREAKABLE STEEL BOTTLE

Famous Thermos quality keeps liquids hot or cold. Five year warranty. Full liter capacity for your favorite beverage. (483196)

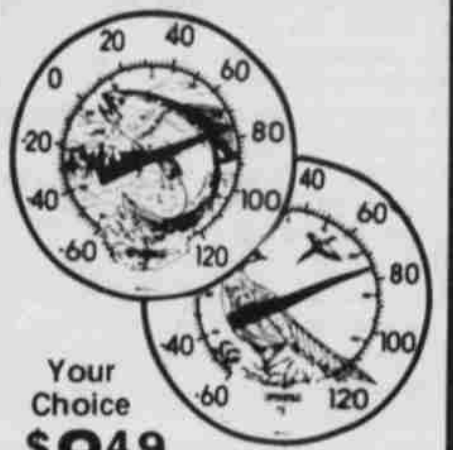
\$18<sup>88</sup>



### VACO SCREWDRIVER SET

6 handy size drivers. 4 slotted and Phillips #1 and #2 in convenient storage tray. (409076) 70476.

\$9<sup>99</sup>



Your Choice  
\$8<sup>49</sup>

SPRINGFIELD

### 12" THERMOMETERS

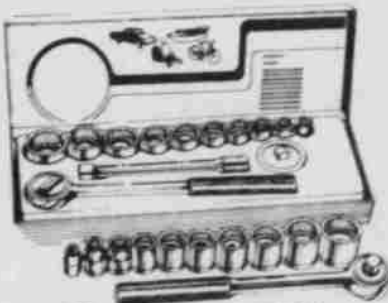
Big 12" dial and bold numerals make this thermometer easy to read. Rugged, weatherproof styrene case for years of service. (340128) (34011X)

### WOODS WIRE TROUBLE LIGHT



Rugged with flexible vinyl cable to resist oil, grease, moisture and abrasion. High impact handles and solid molded plugs for years of trouble free service. (416620)

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### SOCKET SET

Just the set for home, farm, and auto repair. 14 piece forged steel set includes handy metal storage box for a lifetime of service. (439611)

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### 12 VOLT BATTERY CLIP



### TROUBLE LIGHT

Powerful light with heavy duty clips for use with cars, trucks, boats, tractors or any 12 V. battery, 20 foot cord. (416890)

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### SNOWPUSHER

YEOMAN (441463)  
Sturdy ribbed blade with steel wear strip.

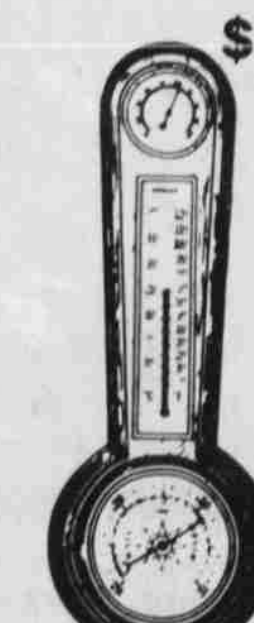


\$9<sup>88</sup>

SPRINGFIELD

### Forecaster

This three function indoor instrument tracks temperature, humidity and air pressure in a handsome, woodtone case... perfect for any room. (340072)



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### Extension Cords

Lightweight, durable 18-gauge with 3 outlets. Brown or ivory.

6 ft. .... 69<sup>c</sup>  
4405B/W (597222) (597230)

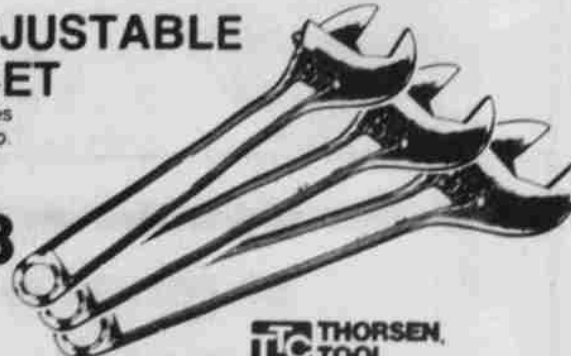
9 ft. .... 89<sup>c</sup>  
4405B/W (597249) (597257)

15 ft. .... \$1.19  
4405B/W (597265) (597273)

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