

St. Patrick's Senior Center Bulletin Board



The Senior Focus group met Tuesday, March 24. Kevin Erich, the new Pioneer Memorial Hospital administrator was present to answer questions from the group. Pam Sagely, Community Encourager was also there to chart the health care priorities of the group. She was assisted by chairpersons Grace Drake and Stan Hoobing.

There were 139 present for the senior dinner March 25 with four meals taken out. Members of the Episcopal Church served. The meal ticket was won by Ada Werner. Shirley Haugan won the door prize, Ida Lynn received the birthday gift, and Jean Hughs took home the guest prize.

Following the dinner the AAA met, with representatives from Grant, Wheeler, Gilliam, Morrow and Umatilla counties present. The menu for dinner April 8 is chicken-rice casserole, green beans, apple raisin salad. Whole wheat rolls and pudding. Members of the Christian Church will serve.

The Hepner Intergenerational Theater Group held a party in the dining room at the Center Sunday afternoon, March 29.

Extension Service newsletters were folded by Senior Center office staff and tenants of the apartments Monday morning, March 30.

Dates to remember; Mondays-quilting, 1-4 p.m.; Knitting 7-9 p.m.; Tuesdays and Thursdays, 10-10:30 a.m.-Exercise; Friday Bible study 10:30 a.m.; Saturdays bus to Hermiston for dance 6:30 p.m. if enough seniors wish to go.

Exchange student speaks at Topic Club

Juho Ali-Raatikainen, a native of Vantaa, Finland, was the guest speaker at the Ione Topic Club on March 25.

Juho has been staying with Loren and Della Heideman while attending Ione High School. He came through the ASSE, an international student exchange program. Each student is responsible for the cost of his trip. Kathy Halvorsen is the area representative.

Juho said that Finland is a land of many islands and lakes. It has been an independent nation since 1917 and is highly developed with its own TV, videos and radio stations. In the winter there is skiing, ski jumps, downhill and cross country activities. In the summer everyone spends most of their leisure time outdoors sailing and fishing on the lakes. Finland's school system requires nine years of primary education with an examination after that to determine whether a student should prepare for university or go to a vocational school.

Jean Nelson and Christy Crowell were hostesses at the Ione United Church for club

members and guests from the Bookworms of Hepner. Those attending from Hepner were Marian Brosnan, Helen Curran, Bethel Heinrichs, Marge Gardner, Kathryn Hoskins, Florence Green, Sylvia McDaniel and Mary Goheen.

At the business meeting plans were firmed up for the bake sale at the Ione City Hall April 17 as a benefit for the Ione Public Library. Plans were also made to prepare and serve for the reception and family dinner for Roy and Katherine Lindstrom's 50th wedding anniversary on April 4. A large sum was received as a memorial for Frances Carlson who was a longtime member of the group. This memorial fund is being placed in a special account at the Ione branch of the Bank of Eastern Oregon and will be used for the benefit of the city library.

Birdine Tullis was welcomed as a new member. Birdine is a former member who now has the time for more community activities since she retired from the Morrow County Extension Service.

Two students receive awards



HHS Counselor Morse Smith (r) presents awards to Laurel Webber-Gray and Kim Johnston.

Kim Johnston and Laurel Webber-Gray received awards recently at Hepner High School.

Johnston, a senior, has been selected by Hepner High School math and science faculty members to attend the 1992 "Women in Science, Math and Technology" lecture and banquet. The workshop will be April 10 and 11 at the Benson Hotel in Portland. This program is sponsored by the Umatilla Saturday Academy and the Oregon Graduate Institute of Science and Technology.

The featured speaker will be NASA astronaut Major Susan Helms, USAF, who is schedul-

ed for a space shuttle flight in late 1992. Major Helms has degrees in aeronautical engineering and aeronautics/astronautics.

Webber-Gray, a junior, received the Xerox Award in Humanities/Social Sciences sponsored by Xerox Corporation.

Xerox Award winners are selected on the basis of scholarship in the humanities and social sciences. This award is designed to recognize and reward the academic achievements of outstanding students and to emphasize the importance of a broad educational background in preparing students for future careers.

Breidenbach places at bowling tourney in Reno

Hepner Bowler John Breidenbach earned 33rd place and \$900 at the Miller High Life national bowling tournament held in Reno March 21-22.

Breidenbach, who has been bowling for three years said that "lots of practice" earned his way to the men's championships. Breidenbach said that he bowled an average of 172 in 12 games at Reno.

To advance to the national finals, Breidenbach won the state tournament at Hepner. In the state finals he bowled an average of 179 in six games and won \$200 and an all-expense paid trip to Reno for the nationals.

Breidenbach's partner at Reno was Annette DeClue from Astoria. She finished 18th in the women's division. In the team



John Breidenbach

event Breidenbach and DeClue finished 26th.

Depression may need medical attention

People who are seriously depressed need medical help, says Carol Bennett, Oregon State University Extension agent in Morrow County. They can't "just snap out of it" or "just stop being depressed if they really wanted to."

Feelings of hopelessness and low energy, which are symptoms of depression, often keep people from seeking help. The first important step is to rule out a treatable medical problem and medication side effects as causes of the depression. Begin by encouraging or assisting the person to get a medical evaluation. A good friend may be able to get the person to seek medical evaluation when a family member cannot.

You may see signs of depression, yet the person firmly denies it, becomes angry or resists help. There are no easy answers for dealing with a resistant person; however, it may be easier if you talk about specific physical changes you have noticed, such as weight loss or gain, fatigue or sleep problems.

The physical aspects of depression are often more acceptable

than the mental aspects. If the person acknowledges being depressed, try explaining that depression is a medical condition, often caused by an illness, medications, or biochemical changes in the body, and that it is treatable.

It's particularly important to communicate caring. Don't make the person feel that he or she is to blame for being ill. Avoid moralizing and giving pep talks. Telling depressed people to "cheer up," or "pull yourself together," or similar comments will only make them feel worse. Pep talks tell people their feelings are wrong or not important.

While severe depression requires medical attention, mild forms may not require professional treatment. Vicki Schmall, OSU Extension gerontology specialist, suggests actions you can take that can often help lift mild depression:

Structure activity. Mild depression ends to respond to structure and physical activity. Exercises involving large muscle movements are particularly helpful. Exercise produces

Health Care Council makes recommendations to board

Council members voted to pass three recommendations to the Morrow County Medical Board at the meeting of the Morrow County Health Care Council held March 19 in Irrigon.

The first recommendation was the hiring of a facilitator for the Hispanic community. The facilitator's primary function should be to assist the Hispanic community in accessing health care services. The second recommendation concerned the formation of a health district(s). It was recommended that based on the performance of the Morrow County Medical Board and the County Court, and uncertainties associated with Measure 5, that no district(s) be formed at this time. The final recommendation concerned Rural Health Clinic certification and recruitment of mid-level providers. RHC status is currently being pursued for both clinics in Morrow County. The council is recommending a community-based recruitment assistance committee participation in the Area Health Education Center's (AHEC) program for nurse practitioners, and community scholarships and loan repayments for local persons wishing to pursue or advance careers in the health field. The committee felt that these should enhance the possibilities for successful recruitment and retention of health care providers.

Dr. Jeanne Berretta and Kevin Erich, PMH Administrator, were on hand to discuss new directions for providing services at Pioneer Memorial Hospital and Nursing Home. For the nursing home, upgrading the certification from intermediate to skilled would allow for greater retention of residents and medicare certification. As the demand for higher levels of care in nursing homes continue, this is an important step. Participation in the Medicare swing-bed program would permit the number of beds available in the hospital and nursing home to fluctuate between the two as needed.

As the council begins to make

assessments from the community regarding the level of services to be provided at the hospital, both Dr. Jeanne Berretta and Kevin Erich stated the importance of retaining hospital licensure. Dr. Berretta stated that once a hospital's license is lost, it is extremely difficult to regain this status. Retaining and attracting doctors to the area would also be very difficult without a local hospital. Erich stated that grant funding is scarce to long-term care facilities, yet rural hospitals have many opportunities to obtain grants. A fourth area of concern was the potential loss of reimbursement eligibility through Medicare and Medicaid under some other structure for providing essential health care services.

Reasons in favor of considering some alternatives include the possibility of having some of the ER coverage provided by a physician's assistant or nurse practitioner, with a physician available within a specified amount of time. This would provide much needed relief for our present physicians. Community input on the acceptability of this option would need to be determined. Another reason for examining new possibilities for the delivery of health services is that grant funding is available to rural hospitals in transition. This funding allows facilities to develop the services that will permit them to remain strong and to continue offering the services required by the communities they serve.

With approximately two months remaining in the community decision making project the council will begin research on two final issues. The first will address physician retention and recruitment concerns. Second, the council will work to determine the scope of services deemed essential for Morrow County health care system.

The next council meeting will be April 16 in Hepner at 7 p.m. at Columbia Basin. The public is invited to attend. For more information call Pam Sagely 676-9122.

Engagements Connor — McConnell

Mary Elizabeth Connor and Richard Allen McConnell, both of Hepner announce their engagement.

Mary is the daughter of Nelson and Lois Connor of Hepner. She is a 1990 graduate of Hepner High School and is employed as a security guard for ABM.

Richard is the son of Vivian and Charles McConnell of Hepner. He is a 1983 graduate of Elgin High School and is employed at Kinzua.

A May 23 wedding date has been set at the First Christian Church in Hepner with a reception to follow at the Catholic Church parish hall.

Local students make OSU honor roll

Steven Arntt, a senior in liberal arts and Mark Fishburn a senior in engineering both received a 3.5 or better during the winter term at Oregon State University.

OSU recently announced the scholastic honor roll for the winter term. A total of 307

students earned straight-A (4.). Another 1,448 earned a B-plus (3.5) or better to make the listing. To be on the honor roll students must carry at least 12 graded hours of course work.

Both Arntt and Fishburn are from Hepner.

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chemical and psychological changes that can enhance a person's mood and give a feeling of accomplishment.

Reminisce about positive past experiences. This can increase a sense of accomplishment and self-worth. Ask direct questions about the past. Old photos, scrapbooks, and other objects from the past can help stimulate discussion.

Avoid reinforcing negative thought patterns. Ask the person for evidence for and against negative thoughts. Often the person will be surprised that there is little basis in reality for the negative self-evaluation.

Provide socializing experiences. Friends can be good medicine, especially those willing to listen to the person's feelings and who are upbeat and positive.

Find an activity or task the person can do well. Depressed people tend to feel like failures. It's important for them to experience success. Try to find activities that reinforce pleasant events and build a sense of self-worth and adequacy. Setting small, attainable goals with immediate results can help people feel a measure of success.

Give the person control. Encourage as much control and decision-making as the person

can handle, but don't overwhelm them with decisions. Taking away control unnecessarily needs to reinforce a depressed person's feelings of inadequacy.

Remember, you may need to accept that no matter how much you might want to, you cannot undo the changes in the older person's life that contribute to the person's depression. You need to be realistic about what you can do. The causes of depression are complex and professional help may be needed.

If you are interested in more information about depression in later life, contact the Morrow County Extension office, 676-9642 and ask for the publication "Depression in Later Life," PNW 347.

Market Report

Compliments of the Morrow County Grain Growers

Tuesday, March 31, 1992

Soft White	
March	\$4.44
April	\$4.45
May	\$4.45/\$4.41
July	\$3.85/\$3.87
Aug	\$3.85
Sept.	\$3.86/\$3.88
Barley	
March	\$115
April	\$115/\$111
May	\$111

GARAGE SALE - BOARDMAN

Sat. only April 4,
10 a.m. until 6 p.m.

Craftsman 10 inch table saw, antique hall bench (needs refinishing), ping pong table, four chairs and table, tires and wheels, set of 4, for \$10 or \$15. DP gympac 1500 fitness system, guitar, F6-160 games, dishes, beautiful peach Christmas decorations and many miscellaneous items. South on Main St. to Kunze Road, turn left, go ¼ mile in Boardman.