

## Contest winners announced



Dick Sargent, hardware and farm supply store manager for Morrow County Grain Growers, draws this week's winning tickets.

The first week's winners of the Heppner Merchants' Christmas Punch Card contest have been announced. Winners are LoRayne Bowman-Green Feed; Dan Calvert-Country Rose; Kim Borst-Morrow County Grain Growers; Robert Perry-Peterson's Jewelers; Marvin Way-Murray's Durg; and Florene Robinson-Pettyjohn's Farm and Builder's Supply. Each won a \$25 gift certificate. Everyone who enters the con-

test is eligible for the Dec. 22 grand prize drawing of \$550 in gift certificates from local merchants.

Participating stores are Green Feed and Seed, Country Rose, Morrow County Grain Growers, Peterson's Jewelers, Murray's Drug, the Shoe Box, Gardner's Men's Wear, Central Market, Coast to Coast, Les Schwab and Pettyjohn's Farm and Builders Supply.

## Lighting contest Home care — a health care option set Dec. 17-20

Heppner Chamber of Commerce will be sponsoring the Christmas lighting contest. Judging will occur December 17 through 20 during the evening hours.

Three outdoor awards and two indoor gift certificates for use at chamber-member business will be presented to the winners. Special recognition will include the most festive business lighting display. The indoor awards will be judged as viewed from outside homes.

Columbia Basin, the city of Heppner, and Chamber lighting chairman Bill Kuhn were instrumental in seeing that Main Street decorations were in place this year. The intersection light bulbs need to be replaced annually and a decision to replace those decorations has been put on hold until the completion of the Main Street refurbishment project.

The Christmas tree will be erected soon. In future years, citizens who wish to donate a tree from their yard are asked to call the Chamber office.

As America focuses attention on ways to harness the spiraling cost of health care, the option of home health care is destined to play a key role. During Home Care Week, proclaimed November 29 through December 5, Pioneer Memorial Home Health will pay tribute to an "old" solution that is well on its way to being the wave of the future.

Personalized care, family involvement, improved quality of life as well as the reduction in the risk of infection are a few of the issues that providers point out when recommending home care services. Not many medical professionals will dispute the therapeutic value of recovering from surgery or a medical condition while living in one's own home.

For all the lifesaving values people find in hospitals, the atmosphere in many facilities is not conducive to the recovery process. Some people respond better to peace and quiet, with care given mainly by loved ones who may have been principal caregivers prior to the patient's hospitalization, said a press release from the Home Health office in Heppner.

Perhaps all that is needed is a little intermittent help in the home from those with medical training; just enough to supplement the care given by close relatives living at home with the patient. Some caregivers simply need a little instruction in how to assist

the patient's recovery. And if there is a condition in recovery which requires professional medical personnel to administer prescribed medicine or procedures, a simple solution is to send a registered nurse to the patient's home.

Does all of this sound like it is a thing of the past? Not so. It's called home health care, and it's right here in Eastern Oregon. In fact, home health care has been working quietly in the counties of Morrow, Gilliam and Wheeler for over 15 years. Now known as Pioneer Memorial Home Health, it includes a staff of 16, most of whom work part time. The program is administered by Molly Rhea, program director and registered nurse.

Now becoming a more common method of recovery, home health care is essentially an extension of the patient's physician into the home. It isn't just for the very frail, the terminally ill, the homebound or the handicapped. Home health care is for everyone who has the desire and need to go through the recovery process at home and who has conditions which require care beyond the abilities of themselves or their family.

Pioneer Memorial Home Health averages about 300 visits each month to patients under the supervision of their physicians, throughout Morrow, Gilliam and northern Wheeler counties. Included in its services is care from a registered nurse, physical

therapist and home health aide. But home health care does not always follow hospitalization. In some cases it can be used as a preventive to hospitalization. "People need to be aware of the availability of home health care even before they need it," Rhea said, "so that they know their health care options."

To be eligible for home health care, the care must meet the qualification of the particular insurance company or Medicare which is covering the health care of the patient. "We sometimes go out to the home to teach family members to be self sufficient in administering therapy to the patient," said Rhea. And the good news is that the intermittent visits of home health care are covered 100 percent by Medicare.

The majority of services are provided by a registered nurse, according to Rhea, and include cardiopulmonary assessment, wound care, blood drawing, determination of oxygen content in blood, management of incontinency, management of diabetes, pain management and intravenous therapy. Also offered is rehabilitation therapy which helps patients increase range of motion and strength, improve walking and reduce pain.

Use of home health care by local patients is increasing, Rhea said, because more physicians are becoming aware of its value. But many more people should be receiving its services. For more information, contact Molly Rhea at Pioneer Memorial Home Health, 676-9133.

## Buy a brick for a gift and support pool

People for the Pool, a group formed to raise funds to build a swimming pool in Heppner, is encouraging the community to "do the brick stroke".

The group is selling inscribed bricks as a fund raiser. The bricks will be installed at the new pool when it is built. A brick with a one-line inscription is \$30 and a brick with a two-line inscription is \$45. A star or a heart may be added for \$10 more. "Bricks make great gifts for birthdays, holidays, engagements and graduation and make lasting memorials," said a group spokesperson.

Order forms will be available at local merchants in Heppner and Lexington and at Artifactory this Saturday, Dec. 5. Visa and Mastercard payments will be accepted.

For more information or to place an order by phone call 676-5024, 676-9827, 676-9252 or 676-9822 or 676-9422 (Green Feed).

The pool was shut down after the summer of 1991 because of structural problems. Facing Ballot Measure 5 cuts, the city eliminated funds for operation of the pool from its budget.

The third grade class of Heppner Elementary first stepped forward with a bake sale to raise funds to build a pool. This inspired a group of citizens to form a fund raising booster club, People for the Pool. People for the Pool is coordinating fund raising monetary donations, pledges and donations of services, supplies and land. The group has applied for non-profit organization status.

## Steady job turns into 40-years



Earl Garrett (l) stud mill supervisor and Paul Sumner (r), personnel supervisor present Jack Ball with retirement gift.

In August of 1952 Jack Ball went to Kinzua looking for a steady job. "I think it found it," commented Ball, who retired Nov. 30, after 40 years with the company.

Ball started on the bull gang maintenance crew at Kinzua Pine, which was owned by the Coleman family at the town of Kinzua. Ball is the last of the Coleman employees who moved to Heppner from Kinzua.

After a short stint on the bull gang, Ball worked on the green chain. He piled and pulled green lumber for over 26 years. In the '60's he says the company was automated with the Moore

## Bake sale to help pool

People for the Pool will have a bake sale at the Artifactory on December 5.

Baked goods are needed and may be left at the Neighborhood Center Friday or brought to the Artifactory at the Morrow County Fairgrounds between 10 a.m. and 3 p.m.

A Montana Silversmith jewelry set donated by Green Feed and Seed is being raffled at \$1 per chance and will be on display at the Artifactory. For more information call 676-9422 or 676-9795.

## New signs placed at grade school

People passing by Heppner Elementary School may have noticed some new blue and white signs proclaiming the school an "Alcohol and Drug Free Zone".

The 18" x 24" signs purchased by a grant from the state Oregon Together organization, were installed by the local Oregon Together group.

In addition to the signs the local chapter of Oregon Together sponsored a drug and alcohol free dance Sept. 27 at the Elks and plans another dance in January with Dan Burns' 3-D Productions. Other activities include Heppner Elementary School's Red Ribbon Week in October.

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## Old firehall burning scheduled



The Heppner Fire Department will burn down a portion of the firehall Saturday and Sunday, December 5 and 6 in preparation for construction of a new firehall to the hall.

The department will burn only the older portion of the building, the former Assembly of God Church, which is located on the corner of Gale and Willow Streets. The current bays will remain standing.

In addition to the Heppner Fire Department, the Lone Fire Department and possibly others will be on hand for the burning which is scheduled to start between 8 and 9 a.m. according to city administrator Gary Marks.

Construction on the new firehall is expected to start the first of the year. The addition will house two bays, a meeting room, office, restrooms and showers.