

"I'm only a CNA..."

By Molly Rhea

In the 30 years I have worked in nursing many times I have heard a nurses' aide say dismissively "I am only a CNA". Hearing this has always made me cringe, for the work that certified nursing assistants (CNAs) do is not lowly or petty, and I would hope the people that utter these words are not ashamed of their job. Granted, the work isn't always pretty and it's not the most glamorous occupation in the eyes of the world, but to the people they care for every day, the job is an admirable and much appreciated one.

The following is what I would like those CNAs to hear and realize: You are the one in many people's lives who provides them with their basic human needs. Simple tasks

of personal care most of us take for granted - washing, dressing, bathing, eating - some people are unable to perform for themselves and they depend on you. You are the one who goes to great lengths to maintain their privacy and dignity while helping them do things that only a few years ago they were doing on their own. You are the one they may rage at, venting frustration, anger, confusion and fear. You are the one who performs care, even though doing so may put you in the position of being physically and verbally abused at the hands of those you are caring for.

You are the one offering hugs and smiles in a dark and lonely world, where many times, the staff becomes the only family a patient has. You become their source of love, accep-

ance and friendship. You are the one who tries to quell loneliness and depression in the people you care for, sometimes resorting to singing, sometimes just acting silly to coax a smile. You are the one who lets them know that someone still cares about them.

You are the one who listens when no one else seems interested. You listen as your patients repeat stories from their past over and over again, and offer words of amazement or encouragement over their accomplishments and memories. You are the one who validates them as a person, who ensures they know they still have great worth as a human being, even though they may be physically or mentally ill and their lives have changed, you try to offer hope where it is needed.

You are the one who comforts and holds the hand of your patient as they slowly slip away. You are the one who has been there by their side, when no one else was, so they were not alone when they left this world. You are the one who offered a prayer and words of peace, while gently stroking their head and reassuring them it was "Okay to let go."

Please, hold your head high and realize, there is no greater calling than to provide compassion and love to those in need. The next time you find yourself in the position of being tempted to utter those words, "I'm only a CNA," stop and realize you are so much more to so many people. You have the opportunity every day to impact people's lives in a positive and much needed way.

People may think since becoming a CNA does not require years of education it is a job that just anyone could do. Nothing could be further from the truth. It takes a special person to do the work of a nursing assistant. These jobs can be physically challenging, mentally taxing, and emotionally wrenching, CNAs get to practice patience and compassion on a daily basis, nursing assistants have chosen a profession that demands caring.

June 12-18 was Certified Nursing Assistants (CNA) Week. Pioneer Memorial didn't do too much, a little posting on the bulletin board, a small gift and some words of appreciation were expressed. Not nearly enough. To me this special group of caregivers will never be "Just CNAs." They are the some of the most important medical professionals I will ever work with.

Marriages

Morrow County Clerk Bobbi Childers has released the following report of marriage licenses issued:

-June 17: Kaleb Duane Kraft, 23, Gilman, IL and Ellen Danielle, 21, Gilman, IL.

-June 20: Michael Benjamin Camp, 31, Boardman and Deanna Lynn Goodeve, 42, Boardman.

Senior Center Menu

United Methodist Church members will be serving lunch on Wednesday, July 2. The menu will include mac & cheese with ham, green beans, French bread, and tapioca with pineapple, subject to change.

A view from the hill

By Doris Brosnan

Even with the return of summer weather that beckons residents outside, the Willow Creek Terrace community continues to enjoy the several weekly routine and inside activities with devoted visitors, volunteers, and staff. Residents can count on Eve Ironhawk and Shirley George of the Nazarene Church for bingo and crafts on Mondays; Joe Burleson and Shirley Rugg for Tuesday pinochle; Suzanne Jepsen, Melissa Monaco, Betty Carlson, or Sharon Woodside for the reading of the "Gazette-Times" on Wednesdays; and MaryAnn Elguezabal and Janet Greenup of the catholic church for games or crafts on Fridays. Exercises get the blood circulating every weekday morning, inside or outside on the patio; anyone can catch a matinee movie on Saturday afternoons; and Sally Walker and Suzanne are efficient with their ongoing library-book and audio-book exchanges. Also on Tuesdays, several residents catch a ride, usually with Tom Wilson at the wheel of the senior transportation bus, to the St. Patrick Senior Center for an afternoon of bingo.

Add to these activities the surprises and the extras, and the Terrace always ends up with a very busy month of events. In May, alone, residents and staff enjoyed a Cinco de Mayo fiesta, a special Mother's Day, more pampering with manicures by Diana Ball, a Wear-Purple-for-Peace Day, Pizza Party Day, Armed Forces Day, and Memorial Day. Bud and Harriet Batty "sprung for the pizza," reports manager George Nairns, shortly after a trip with family to Wild Horse Casino. Bud won some extra money so thought he could splurge for pizza. Some local veterans came up for a coffee hour and visiting on Armed Forces Day, and many residents went out with family on Memorial Day.

So far this month, some residents traveled to the city park for Celebrate Heppner's afternoon of events, the men enjoyed some special attention on Father's Day, and everyone was invited to enjoy a picnic on the patio for International Picnic Day on the 18. Everyone was aware of Garfield's birthday on the 19, mainly because staff and residents shared some giggles watching and reading Garfield cartoons.

This week, the National Celebration of the Senses Week, daily activities are offering everyone opportunities to explore our five senses. Come sun or not, everyone on the Hill is invited to wear shades on the 27 because it is Sunglasses Day. Play in the pool will be included that afternoon if the sun is shining.

The Terrace will acknowledge the 69th anniversary of "Gone with the Wind" on June 30 by viewing the movie.

July is sure to bring more routine and extra activities to Willow Creek Terrace, beginning with fireworks on Independence Day. As in the past, several residents and staff plan to attend some of the Music-in-the-Park series in Boardman and Irrigon, picnicking at the river while enjoying the music. And no one knows what other events will quickly fill up the July calendar on the Hill.

Summer time, summer time, sum, sum, summer time! Any time can be a busy time, but at the Terrace, summer time seems to be an especially full season. And most residents view these days with appreciation.

Bank of Eastern Oregon employees participate in national teach children to save day

As part of the American Bankers Association Education Foundation's Teach Children to Save Program, Bank of Eastern Oregon teamed with our local schools and thousands of bankers across the country to teach the concept of saving, how interest makes money grow, how to budget, and how to determine needs and wants. The bank provided bright red piggy banks to 1,572 students in grades kindergarten through third throughout our local banking communities.

Sharon Harrison, Branch Manager, Tricia Rollins, Branch Operations Officer, and Cindy Kennedy, New Accounts Representative, Heppner Branch, teamed up to give a savings lesson to 107 Heppner Elementary School students, grades K-3.

Gina Jepsen, teller, and Josie Miller, student

John Lee Hooker, Jr. to headline Cruisin to the Blues in Ione

The annual Ione 4th of July Cruisin to the Blues will be held at the Ione park. The band Baseline with Dustin Padberg, Wayne Seitz, and Matt Greenup will open at 4 p.m.

Bands will include JR Sims & Texas Special. The headliner will be John Lee Hooker, Jr., the 2005 Grammy nominee and 2005 Blues Award winner.

On July 3, the band Taste will appear at 6:30 p.m.

A talent show will also be held on July 4 at 2 p.m. Everyone is welcome to sign up.

teller, Ione Branch, presented the savings lesson to 50 Ione Elementary School students, grades K-3.

"Studies show kids aren't learning the skills they need to make smart financial decisions as adults," said E. George Koffler, President and CEO. "Communities and schools teach other life skills, such as driving a car, but we don't spend enough time teaching financial skills. Bankers went to local schools to help prepare our future customers for financial success."

Bank of Eastern Oregon offers the following tips to help parents make every day "Savings Day":

-Help kids open up their own bank savings account and make deposits regularly. BEO has children's accounts with no fee or minimum-balance requirements.

-Kids love to get

mail so encourage them to keep an eye out for their quarterly statement.

-Make going to the bank fun! Bring your child with you to the bank and help them deposit a dollar or more into their account. They'll be amazed how quickly their savings can build and learn a great lesson for the future.

-Talk to your child about the family budget. Include a discussion on wants and needs. Reinforce this by budgeting for a family outing or purchase.


-While children know that money doesn't grow on trees, they may think it comes out of a wall. Show them how an ATM machine works and explain that to take money out of the bank you must first put it in.

-Give your kids positive feedback. As they get older, give them responsibility over how they spend their money.

Bank of Eastern Oregon supports the ABA Education Foundation, a non-profit subsidiary of the American Bankers Association committed to developing and providing education programs leading to financial literacy. The ABA Education Foundation's National Teach Children to Save Day is held during the spring when thousands of bankers make presentations to students on the importance of saving for their future.

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Fall Class Schedules are on the web, at any BMCC location and at your local library.



www.bluecc.edu

BEO declares quarterly cash dividend

BEO Bancorp, parent company of Bank of Eastern Oregon, announced that its board of directors declared a quarterly cash dividend of \$0.15 per share payable on or before July 15, 2008, to shareholders of record as of June 30, 2008.

This is the 23rd year in a row the company has paid cash dividends. The board will continue to review its dividend policy. Cash dividends, when and if declared, will typically be paid in April, July, October, and January. The board will continue to review a wide range of indicators including operating results, retained earnings, capital, and general market conditions in making decisions on future dividends.

For further information on the company or to access internet banking, visit BEO's website at <http://www.beobank.com>.