

A View from the Hill

By Doris Brosnan

One benefit of living at Willow Creek Terrace is "balance." For instance, the Staff encourages everyone to exercise, stay hydrated, and be cognizant of good nutrition. But they also enjoy with the Residents the many special treats often featured in the dining room. On May 2, everyone sampled homemade truffles, and just two days later they started focusing on National Walking Week. On the 27th, they will celebrate Senior Health and Fitness Day, but that won't mean they didn't enjoy Coconut Cream Pie, Apple Pie, and Chocolate Chip Cookies earlier this month on their designated special days. These special treats make the Staff's eight-week health-improvement challenge a bit more challenging, but they can see positive changes that make the efforts worthwhile.

Other special days this month have led to some stimulating conversations. On May 8, which honors the World Red Cross organization, residents discussed their histories of blood donations. The next day, they had the opportunity to pay tribute to babysitters by reminiscing

about what was usually a first job and one that paid a few cents an hour.

The "fantastic" Mustang Mop-Up volunteers were paid with gratitude and cupcakes when they came to the Terrace last week. The group of nine young workers started their day inside until the weather improved a bit, joining Residents who were exercising and then having some fun with limericks because the 12th was Limerick Day. After the workout and recitation of some limericks, the students went to work on cleaning the outside of the building, windows and screens. They continued their work by cleaning the hall light fixtures and the inside of the sun room windows. They were such efficient workers, they then had time for some weeding in the back flowerbeds before returning to HHS for lunch.

The 15th celebrates the first marketing, in 1940, of nylon stockings. Female Residents could remember what a "big deal" their first stockings were, but they also remembered that the stockings were viewed by many older people as being tawdry so, for some, these firsts had to be delayed until

Elks host mother-daughter tea for seniors



On Wednesday, May 20, the Heppner High School senior girls and their mothers were treated to a tea luncheon hosted by the lady Elks. The guests were entertained by Doris Brosnan and Sharon Harrison with a performance of "This is Your Life." Pictured are (standing L-R) Doris Brosnan and Sharon Harrison with (seated L-R) Jenny Marick, Maddie Lindsay, Ella McCormack, Jasmine Garcia, Makenzi Hughes, Paige Grieb, Erica Nelson, Macy Gibbs, Mckenzie Gumb, Kelly Wilson, Savannah Poorman and Mariela Sanchez. -Contributed photo

Mom and Dad were not the bosses.

International Museum Day, on the 18th, stimulated conversations about many museums visited, including some in other countries, and the purposes and importance of museums.

Important donations continue to come to the Terrace dining room, and another important gift has

come from the Morrow County Health District. It is a lamp post. The perfect spot is in the gazebo, which will now be more inviting in the evenings, especially now that warmer, summer evenings are just around the corner. The health district is such a great supporter of the Terrace, the Residents hope that many nurses and other home-health-and-hospice

staff members will be able to come for a thank-you lunch at the Terrace this week.

Another gift came last week: Tom Bedortha. Tom has volunteered to drive interested Residents to the Senior Meal Site on Wednesdays, and he reports that he will try to free up time for a once-a-month pleasure trip. Some Residents are

already looking forward to attending the first "Music in the Park" concert in Heppner, coming in June.

Missed on that outing, as she has been missed daily, will be Lucile Peck. Lucile is remembered for her positive attitude and her smiles, and her family and Terrace neighbors view her passing as a great loss for them.

PMH Foundation announces scholarship recipients

Pioneer Memorial Hospital Foundation has announced scholarship awards for the year.

The foundation is responsible for awarding a scholarship established in the memory of Dr. Wallace Wolff by his family. Dr. Wolff was a long-time physician in the community with a commitment to improving education.

This year's award in the amount of \$1,500 goes to Sean Murray, who is in the school of pharmacy at Oregon State University. Murray is a graduate of Heppner High School and is the son of John and Ann Murray.

The foundation also awarded two \$1,500 scholarships in memory of

Earl and Hazel Wilson, who were long-time residents of the Ione area and were benefactors of the foundation.

These awards went to Jordan Peterson, who is a graduate of Ione High School and is in nursing school at Southwestern Oregon Community College, and Rebecca Jepsen, an Ione graduate who will receive her bachelor's degree from Whitworth College this spring and will pursue a doctorate in physical therapy at Eastern Washington University this fall.

The foundation awarded four \$1,000 scholarships to students who were entering their second years of education in the field of

health care.

Ryan Dougherty, who was a graduate of Heppner High School, is enrolled at Arizona State University in speech and hearing science with the goal of becoming a speech therapist. Nicole Kempken, a graduate of Heppner High School, is enrolled at Blue Mountain Community College, getting her pre-requisites for the school of nursing. Mekenya Kindle is a graduate of Heppner High School and a student at Boise State University, and is also getting her pre-requisites for the school of nursing with the goal of achieving her bachelor's degree in nursing. Lilly Sandford, a graduate of Heppner High School, is

attending Colorado Northwestern Community College and has been accepted in the dental hygiene program there for the coming year.

The foundation awarded eight scholarships to graduates of the class of 2015 in the amount of \$500 each. These awards are renewable in increasing amounts upon the student meeting foundation criteria in future years. Yvette Barrera will graduate from Riverside High School and will enroll at Oregon Institute of Technology in the medical imaging program. Sandra Flores will graduate from Riverside High School and will enroll at Oregon State University with the goal becoming a mental health nurse. Gabrielle Ganvoa will graduate from Riverside High School and will enroll at Western Oregon University in exercise

science. Isabel Orozco will graduate from Irrigon High School and will enroll at Oregon State University this fall with the goal of attending the school of pharmacy. Shalom Robles will graduate from Irrigon High School and will enroll at Oregon Institute of Technology in the health care field in the fall. Maddie Lindsay will graduate from Heppner High School and will enroll at Oregon State University to pursue a degree in bio-health/pre-medicine. After receiving her bachelor's degree, she plans to attend Northwestern Chiropractic College and become a licensed chiropractor. Jasmine Garcia will graduate from Heppner

High School and will enter Eastern Oregon University to get her pre-requisites in nursing with her long-term goal of becoming a Registered Nurse. Kelly Wilson will graduate from Heppner High School and will attend Columbia Basin Community College this fall with the goal of getting into a physical therapy program.

"The Pioneer Memorial Hospital Foundation is pleased to be able to award students who wish to enter the health care field," said a foundation representative. "These awards have been made possible from generous contributions from community members."

Anyone who wishes to help support the foundation in its work to help students and to improve health care in the community may contact the foundation at PO Box 515, Heppner, OR 97836.



Sean Murray



Rebecca Jepsen



Jordan Peterson



Jordan Peterson



Nicole Kempken



Lilly Sandford



Mekenya Kindle



Jasmine Garcia



Kelly Wilson



Maddie Lindsay

Grange movie night next month

The Lexington Grange will hold a movie night Thursday, June 18, at 6:30 p.m. at the Grange hall. The Grange will be screening "American Sniper," the film directed by Clint

Eastwood and based on the best-selling biography of the same name about Navy SEAL sniper Chris Kyle.

The movie is 132 minutes long, so viewing is expected to end before 9 p.m.

The Grange will be asking for donations upon entry to benefit the Ione and Heppner American Legion Posts. Candy, popcorn and drinks will be available for purchase.

Important crop insurance deadline near for Oregon producers

Specialty crop growers, others must certify compliance by June 1 to continue receiving federal crop insurance subsidies

PORTLAND, Ore.—The USDA Natural Resources Conservation Service (NRCS) reminds agricultural producers seeking federal crop insurance that they must have their Highly Erodible Land Conservation and Wetland Conservation Certification form, commonly called form AD-1026, on file with their local USDA service center by June 1.

Many farmers have their certification form on file meeting conservation compliance provisions since it's required for participation in other USDA programs, including NRCS conservation programs. But producers like specialty crop growers, who receive federal crop insurance premium subsidies and do not participate in other USDA programs, must now file a

certification form with USDA's Farm Service Agency (FSA).

"Most producers already have a certification form on file, but we want to ensure all producers interested in USDA benefits take the steps to be eligible," said Ron Alvarado, NRCS state conservationist in Oregon. "We want to make sure producers interested in crop insurance know of the upcoming June 1 deadline. We encourage you to contact your local USDA service center to ensure you're in compliance."

Producers should visit their local USDA service center before the June 1, 2015 deadline to ask questions, get additional information or learn more about conservation compliance procedures. Producers that file their form by the

deadline will be eligible for federal crop insurance premium subsidies during the 2016 reinsurance year, which begins July 1, 2015. The June 1 deadline does not apply to producers seeking benefits from FSA and NRCS programs.

Additional information on conservation compliance is available at nrcs.usda.gov/compliance, including a Five Steps to Meet Conservation Compliance guide and answers to frequently asked questions.

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