

# Community Bank's charity drive continues to thrive

HERMISTON HERALD

The annual Community Bank Holiday Charity Drive provided support to Made to Thrive, a Hermiston-based nonprofit organization.

This year's promotion was conducted in the bank's branches during the month of November and ran through Dec. 20. The yearly program collects donations in communities to benefit charities in that same area. The bank matches donations at 50 cents on each dollar, with a maximum match of \$500 per branch location.

Made to Thrive received \$1,716 to support programs that engage vulnerable youths in the community. The season's grand total was \$23,357 in donations and bank matches, which were disbursed to charities in northeast Oregon and southeast Washington in communities where the bank serves.

Over the past 10 years the effort has provided more than \$217,000 to charities throughout the region. Community Bank expressed appreciation to all the people, businesses and clubs who donated to the fundraising efforts.

"The spirit of giving is alive and well in our communities, it's always amaz-



Photo contributed by Leah Johnson  
**Pat Collins, Community Bank Hermiston branch customer service manager, presents a donation to Kriss Dammeyer, executive director of Made to Thrive, as part of the bank's annual Holiday Charity Drive.**

ing to see the generosity," said Tom Moran, Community Bank CEO/president.

Community Bank was founded in 1955 by a group of Joseph business leaders as the Bank of Wallowa County. Since then, it has

grown across the region, including branches in Hermiston, Pendleton, Heppner and Milton-Freewater.

For more information, contact Moran at 509-525-9860 or tmoran@communitybanknet.com.

# Resolutions

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the holidays.

While purchasing exercise equipment or a gym membership and going it alone is certainly better than not exercising at all, Madrigal said taking a class or working with a personal trainer can help people make sure they're exercising safely and effectively.

Madrigal said exercise can lead to changes in physique, but it is vital to pair it with better nutritional choices as well to make lasting changes in overall health, such as lower blood pressure.

"If you do not have your nutrition in check, you're just kind of spinning your wheels," he said.

Having a workout buddy or buddies to keep you accountable also helps.

"People like being part of a team, part of a tribe, so to speak," Madrigal said.

The team aspect is part of what inspired the Resolution Run, an annual fun run/walk at Riverfront Park in Hermiston each year on New Year's Day. There's no stopwatch, no registration and no requirement to stick to the route — just an opportunity for people to

share in a healthy kickoff to the new year.

Tim Beal, one of the organizers, said one of goals of the event is to help connect people with someone who might be interested in running or walking with them in the future.

"Trying to just grit it out and do everything yourself, I think we know that for most of us that is not sustainable," he said.

Beal said another hurdle to exercising can be cold, dark, wet weather that makes it difficult to do outdoor activities. Finding ways to stay fit year-round is important, and so is finding forms of exercise you enjoy.

"A lot of people choose an exercise they don't like, like running, and that can be a big barrier," Beal said.

For some, disabilities, age, injury or other health issues can also cause problems.

Madrigal said when he teaches classes at Good Shepherd he helps people learn to modify traditional exercises to fit their needs. Jessica Reker, community health educator for Good Shepherd, listed other classes that will be offered in spring of 2020, and one is a "Balance Matters" six-week course offered January through March, plus a

condensed seminar in April on preventing falls.

The classes will include goals of increased activity for participants and exercises to improve strength and balance.

Reker said she has also heard from members of area senior centers that they would like to see a "chair yoga" class that offers the benefits of yoga to seniors who might not be up to more traditional poses on the floor. Chair yoga is also sometimes used by professionals who like to stretch at their desk.

Reker said other classes offered by Good Shepherd this spring aren't always obvious "exercise" classes, but can help with staying fit.

Learning how to live with chronic pain, improve quality of sleep and manage stress can help people feel ready for exercise.

The same goes for keeping other goals, such as starting a new hobby or learning a new language. Stress and poor health can make people feel like flopping down on the couch and watching television every day after work instead of pursuing their goals.

"If you're just stressed out and can't manage that, you're never going to make those goals," Reker said.

# BTW:

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links. Just three days into 2020 and the Umatilla golf course already has its first hole-in-one.

**Near Flyg** aced the third hole on the third of January. He joins the course's exclusive hole-in-one club, Olsen said, which includes **Dennis Phillips**, who has racked up 11 over the years.

Located at 709 Willamette Ave., the course is open throughout the year. In case of frozen greens, check with the clubhouse for delays or closures. For more information, contact 541-922-3006, [megan@golfbigriver.com](mailto:megan@golfbigriver.com) or search Facebook.

Area residents have a chance to meet two candidates for Congressional District 2 at events in Pendleton.

**Sen. Cliff Bentz**, R-Ontario, is the special guest during the upcoming **Round-Up Republican Women** meeting.

The no-host luncheon gathering is Thursday at 11:45 a.m. at the **Red Lion**, 304 S.E. Nye Ave., Pendleton. The meal costs \$11. Anyone that's interested is invited to attend.

For more information or to RSVP, contact [rounduprw@gmail.com](mailto:rounduprw@gmail.com) or 541-276-1206.

**Alex Spenser**, who recently announced her candidacy for Oregon's 2nd Congressional District, is the special guest at the upcoming **Umatilla County Democratic Party** meeting.

The gathering is Monday, Jan. 13 at 6 p.m. in the Community Room at **Pendleton City Hall**, 501 S.W. Emi-

grant Ave. All local Democrats are encouraged to attend.

For questions about the meeting, contact **Sue Petersen** at 541-377-0752 or [bikerchick49@hotmail.com](mailto:bikerchick49@hotmail.com).

The menu for the **Harkerider Senior Activity Center** for Thursday is shepherd's pie, garlic bread, salad and dessert. Friday is tomato soup, grilled cheese sandwich and dessert. Monday is chicken salad, sandwich, fruit and dessert. Tuesday is scalloped potatoes, pork chops, apple salad and dessert. Next Wednesday is chips and salsa, tacos and dessert.

— You can submit items for our weekly *By The Way* column by emailing your tips to [editor@hermiston-herald.com](mailto:editor@hermiston-herald.com).

# Baby

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The husband and wife moved to Hermiston from California just a year ago, following what Danielle described as an "early mid-life crisis."

"I love it here," Danielle said. "But Kris told me when we moved here that the place gets a light 'dusting' of snow in the winter."

She said that when February came around and historic snow coated Umatilla County, she asked Kris to clarify the definition of

"dusting."

Colton, originally anticipated to be joining the family Jan. 3, has an older sister. Rylee, at almost 2 years old, is also a January baby.

"We're keeping them close," Danielle said.

Before the couple knew whether they were having a boy or a girl, they both separately compiled lists of names for each gender.

"Kris, being the kind of man he is, chose one name for each gender. I had a bunch on each list," she said.

The male name Kris selected was Colton, which just happened to be on Dan-

ielle's list as well, much to the couple's delight.

Colton's middle name, David, is a memorial to Danielle's late father.

The Family Birth Center presented Colton and his parents with a large gift basket to celebrate his being the first baby of the year.

"We were all so excited it was them," said Registered Nurse Terri Voorhees, who helped deliver Colton.

At 2 p.m. that afternoon, Voorhees said Colton was the only child born at the Hermiston hospital on the first day of 2020, although there was another baby on the way.

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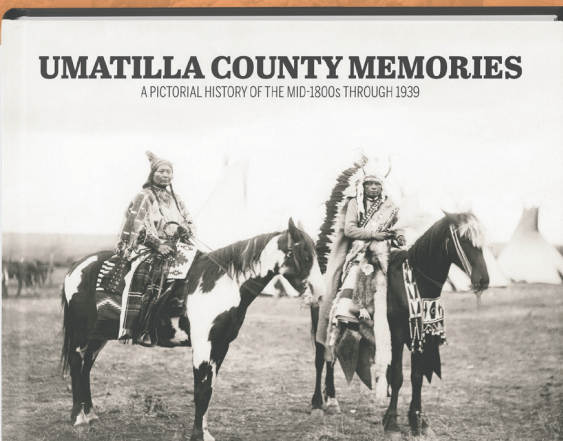
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