



Oregon Project Independence

Oregon Project Independence (OPI) is a program providing services to Malheur County individuals who are age 60 and older who do not receive Medicaid services. These services help older adults stay in their homes through the assistance of home care workers.

HOW CAN OPI HELP?

In Malheur County, OPI offers help with:

- Personal Care (dressing, bathing, grooming, etc.)
- Housekeeping
- Home Delivered Meals
- Case Management

QUALIFICATION FOR OPI

To qualify for OPI a person must be age 60 or older and need some type of in-home assistance based on an assessment completed by a MCOA&CS case worker. Persons younger than age 60 who have



a diagnosis of Alzheimer's disease or other dementia may be eligible for OPI services.

A MCOA&CS staff member will complete an assessment to determine an individual's eligibility for services. To receive service an individual must receive a Service Priority Level score between 1-18.


Continued on page 3

Contents in this Issue

Oregon Project Independence	1, 3	Meet the SRT-Malheur Express Drivers	6
Upcoming Events	2	Slow Cooker Corn Beef & Cabbage Recipe	6
10 Ten Facts You Never Knew About St. Patrick's Day	2, 7	Bus Pass Giveaway Contest	7
SRT-Malheur Express Commuter Route	4	St. Patrick's Day Word Search	7
SRT-Malheur Express Fare Rates	5	Meal Site Menu	8



Top 10 Facts You Never Knew About St. Patrick's Day

1. According to Irish legend, Saint Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.
2. St. Patrick was not Irish. He was from Wales.
3. The shamrock was a teaching tool St. Patrick used to explain the Holy Trinity (Father, Son, and Holy Spirit) to the pagan Irish.
4. The first St. Patrick's Day parade took place in New York in the 1760s.
5. For many years, blue was the color most often associated with St. Patrick. Green was considered unlucky.  St. Patrick's blue was considered symbolic of Ireland for many centuries and the Irish Presidential Standard is still blue.
6. In 2010, the Sydney Opera House went green to mark the 200th anniversary of St. Patrick's Day there. In Sydney, St. Patrick's Day was first marked in 1810, when Lachlan Macquarie, the Governor of New South Wales, provided entertainment for Irish convict workers.

Continued on page 7

UPCOMING EVENTS

Tai Chi has started in Ontario at MCOA&CS office, in the dining area. Classes are being held on Mondays and Wednesdays from 10-11 AM

March 1st – Connie Tanaka with Veterans Services will be at the Vale Seniors from 11:30AM -1PM

March 2nd, or the first Thursday of each Month a Low Vision Support Group, is held at the New Plymouth Senior Center, at 12:30 PM . Lunch starts at 11:30

March 4th – Nyssa Seniors Dance, 6-9PM. Please bring a dish to share and \$5 for the music

March 7th - Nyssa Seniors Foot clinic - at 8:30AM

March 8th - Nyssa Seniors monthly meeting at 11:30, followed by potluck at Noon

March 13th - Vale Seniors Board meeting at 10:30AM

March 17th & 18th - Nyssa Seniors will be having a Yard/ Bake Sale - 8:00 Am - 4:00 PM

March 18th – Nyssa Seniors Dance, 6-9PM. Please bring a dish to share and \$5.00 for the music

March 18th –Vale Seniors Dance, 6-9PM. Please bring a dish to share and \$5.00 for the music (Seniors Only)

Ontario Seniors Dance, every Friday from 6-9PM

Payette Seniors Dance, every Wednesday from 6-9PM

March 25th – Nyssa Seniors Dance, 6-9. Please bring a dish to share and \$5.00 for the music

April 29th- Community Serve day- Volunteers and Projects needed.

April 29th- Color Blast Run Benefiting the children's relief Nursery

Days to remember in March 2017

12 - Daylight Savings Begins at 2:00 a.m.

17 - St. Patrick's Day

19 - National Certified Nurses Day

20 - Spring (Vernal) Equinox

30 - National Doctors Day

OPI Service Descriptions:

PERSONAL CARE

In-home services provided to maintain, strengthen, or restore an individual's functioning in their own home, such as bathing, personal hygiene, cognition, dressing, grooming, eating, bowel and bladder care, toileting and mobility.

HOMEMAKER

Assistance such as: housekeeping, laundry, preparing meals, medication management, shopping for food, clothing, or medications. Also, assistance with arranging transportation, getting to and from a vehicle and in and out of a vehicle. Medical transportation is not covered under this service.

HOME DELIVERED MEALS

A meal provided to a qualified individual in his/her place of residence.

CASE MANAGEMENT

A service to individualize social and health care options. Its goal is to provide access to an array of service options to assure appropriate levels of service and to coordinate service delivery.

Fees

A one-time \$25.00 fee is charged when services are started.

A fee determination form is used to determine an individual's adjusted monthly income. A monthly sliding scale fee is charged for services based on the amount of your household income, after deductions for medical expenses. Some individuals may have 0% pay-in amount.

Apply Today

If you or someone you know may be interested in Oregon Project Independence, please contact us to arrange for OPI services. MCOA&CS representatives will perform an assessment to determine needs and eligibility.

How Can I Get More Information?

Call:
MCOA&CS
(541) 889-7651
TOLL FREE:

(844) 889-7651
Visit Our Website:
<http://mcoacs.org/oregon-project-independence>

SRT-Malheur Express Commuter Route

Please see the schedules below regarding our updated commuter routes between Ontario, Vale and Nyssa. There is a minor change to the Ontario Commuter route. A stop has been added at Davita at 9:04 AM. Please check our website at <http://mcoacs.org/ontario-vale-nyssa-commuter-route/> for future updates.

Possible Idaho Commuter Route

Great news! SRT–Malheur Express is considering providing an Idaho Commuter route with connections to neighboring cities. The Idaho Commuter route will be similar to the current Vale/Nyssa/Ontario Commuter route. More details to come....

There will be a public comment meeting March 23rd, 2:00 PM regarding the proposed Idaho Commuter Route.

Morning Commuter Route Schedule	
Department of Human Services, Ontario	7:14 AM
Treasure Valley Community College Science Center	7:20 AM
West Park Plaza, Ontario	7:25 AM
Bureau of Land Management, Vale	7:46 AM
Vale Courthouse	7:52 AM
Vale Senior Center	8:00 AM
Nyssa Sinclair / Logan’s Express	8:30 AM
Nyssa Senior Center	8:33 AM
Nyssa Chamber of Commerce	8:35 AM
West Park Plaza, Ontario	8:55 AM
WITCO - Ontario	8:58 AM
Treasure Valley Community College Science Center	9:00 AM
Davita	9:04 AM
Department of Human Services, Ontario	9:06 AM

Afternoon Commuter Route Schedule	
WITCO - Ontario	3:00 PM
Malheur Council on Aging	3:15 PM
Treasure Valley Community College Science Center	3:20 PM
West Park Plaza, Ontario	3:25 PM
Nyssa Sinclair / Logan’s Express	3:45 PM
Nyssa Senior Center	3:47 PM
Nyssa Chamber of Commerce	3:50 PM
Vale Courthouse	4:20 PM
Vale Senior Center	4:23 PM
Bureau of Land Management, Vale	4:30 PM
West Park Plaza, Ontario	5:00 PM
Treasure Valley Community College Science Center	5:05 PM
Department of Human Services, Ontario	5:09 PM

SRT-Malheur Express Fare Rates by City

(Exact change only)

SRT-Malheur Express
Operated by MCOA&CS

FROM ONTARIO

Destination	Fares: One Way
Ontario	\$3.00
Vale or Weiser	\$23.00
Oregon Slope/SRCI	\$11.00
Nyssa	\$15.00
Fruitland	\$5.00
Payette	\$8.00
New Plymouth	\$15.00
Caldwell	\$30.00
Nampa	\$40.00
Boise	\$75.00
Huntington	\$35.00
Parma	\$25.00

FROM NYSSA

Destination	Fares: one way
Nyssa	\$3.00*
Vale	\$25.00
Ontario	\$15.00**
Weiser	\$30.00
Caldwell	\$30.00
Nampa	\$40.00
Boise	\$75.00
Fruitland	\$15.00
Payette	\$20.00

FROM VALE

Destination	Fares: one way
Vale	\$3.00*
Nyssa	\$25.00
Ontario	\$23.00**
Fruitland	\$25.00
Payette	\$28.00
Nampa	\$63.00
Caldwell	\$53.00
Boise	\$85.00
Weiser	\$46.00
Other	\$1.25 p/m

FROM PAYETTE

Destination	Fare: one way
Payette	\$3.00*
Fruitland	\$5.00
Ontario	\$8.00
Nampa	\$48.00
Caldwell	\$38.00
Boise	\$80.00
Weiser	\$18.00*

*Rates only apply if available drivers are already stationed in city of origin or rides can be scheduled at such a time as to coincide with in area drivers. If at time of pickup no driver is available in the pickup city the client will be charged the additional travel fee. (i.e. from drivers start point to pickup city.)

Example = Client needs a ride from Payette to Weiser and the only available driver is in Ontario the client will be charged the fare from Ontario to Payette and from Payette to Weiser.

**These rates apply unless client rides with the Nyssa/ Vale route. If this is their choice of transport they are restricted to the schedule of the route and the fare will be discounted. (\$3.00 Nyssa to Ontario / \$3.00 Vale to Ontario)

Meet the SRT-Malheur Express Drivers:



Back Row: Juan, Paul, Bill, Allen, Jim S., Danny, Ben, Mike, Jim C., Glen
Front Row: Darlene, Donna, Ashley, Brittany

Slow Cooker Corned Beef & Cabbage

Ingredients for the Enchilada Sauce

- 4 large carrots, peeled and cut into matchstick pieces
- 10 baby red potatoes, quartered
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet



Directions

1. Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.
2. Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

<http://allrecipes.com/recipe/84270/slow-cooker-corned-beef-and-cabbage/>

St. Patrick's Day Word Search

M	H	M	W	O	L	A	R	D	E	H	T	A	C
L	M	N	C	E	O	D	I	C	A	I	W	S	M
T	N	I	A	S	L	E	I	H	D	H	C	H	H
R	N	I	L	B	U	D	D	E	I	U	I	A	N
P	P	R	A	O	A	I	A	S	N	E	S	M	I
W	P	I	F	E	F	V	K	F	U	S	U	R	R
L	H	A	R	P	I	E	D	E	A	N	M	O	E
H	S	U	R	I	Y	I	A	S	H	A	S	C	L
O	C	E	S	A	I	N	G	T	C	K	S	K	A
G	R	E	E	N	D	O	O	I	E	E	Y	S	N
M	A	R	C	H	N	E	L	V	R	S	K	N	D
C	I	T	L	E	C	R	D	A	P	S	C	I	S
R	K	N	B	R	U	E	I	L	E	R	U	E	C
D	R	A	I	N	B	O	W	R	L	E	L	A	A

CATHEDRAL
FESTIVAL
GREEN
RAINBOW
SHAMROCK
SAINT

LEPRECHAUN
WHISKEY
IRELAND
CELTIC
MUSIC
SNAKES

GOLD
HARP
MARCH
LUCKY
DUBLIN
PARADE

- In Chicago every year, the Plumbers Local 110 union dyes the river “Kelly” green. The dye lasts for about five hours. It takes 40 tons of dye to get the river to a suitably festive shade!
- Traditionally, every year, the Irish leader hands a crystal bowl full of shamrock to the US President. The shamrock, grown in Kerry, is immediately destroyed by the Secret Service after the exchange.
- In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the “snakes” Saint Patrick drove away were likely metaphorical.
- Corned beef and cabbage, a traditional Saint Patrick’s Day staple, doesn’t have anything to do with the grain corn. Instead, it’s a nod to the large grains of salt that were historically used to cure meats, which were also known as “corns.”

<http://mentalfloss.com/article/55599/15-delightful-facts-about-saint-patricks-day>
<http://www.irishcentral.com/roots/top-ten-facts-you-never-knew-about-st-patricks-day-140846663-237432581>

March Meals

Vale Meals:
Mondays & Wednesdays
Nysa and Ontario Meals:
Tuesdays & Thursdays
Meals served at 12pm

	<u>DAY 1</u>	<u>DAY 2</u>
WEEK 1 Vale: Feb. 27 & Mar. 1 Ont/Nys: Feb. 28 & Mar. 2	Soup of the Day Hot Roast Beef Sandwich Mashed Potatoes Brown Gravy Hot Vegetable Wheat Bread Dessert Milk	Green Salad w/ 1000 Island Meatloaf Mashed Potatoes Brown Gravy Hot Vegetable Wheat Dinner Rolls Dessert Milk
WEEK 2 Vale: Mar. 6 & 8 Ont/Nys: Mar. 7 & 9	Egg Flower Soup Orange Chicken Pork Fried Rice Hot Vegetable Wheat Bread Dessert Milk	Green Salad w/ 1000 Island Beef Tips w/ Brown Gravy Mashed Potatoes Hot Vegetable Wheat Dinner Rolls Dessert Milk
WEEK 3 Vale: Mar. 13 & 15 Ont/Nys: Mar. 14 & 16	Green Salad w/ Ranch Chicken Enchiladas Seasoned Beans Spanish Rice Hot Vegetable Salsa/Sour Cream HAPPY BIRTHDAY CAKE!!! Milk	Cabbage Salad Irish Stew Hot Vegetable Irish Soda Bread LUCK OF THE IRISH BROWNIE!!! Milk
WEEK 4 Vale: Mar. 20 & 22 Ont/Nys: Mar. 21 & 23	Soup of the Day Baked Ham Macaroni & Cheese Hot Vegetable Dinner Rolls Dessert Milk	Green Salad w/ Ranch Spaghetti w/ Meat Sauce Hot Vegetable Garlic Bread Sticks Dessert Milk
WEEK 5 Vale: Mar. 27 & 29 Ont/Nys: Mar. 28 & 30	Soup of the Day Fried Chicken Mashed Potatoes Country Gravy Hot Vegetable Biscuits Dessert Milk	Coleslaw BBQ Pulled Pork Sandwich Baked Beans Hot Vegetable Kaiser Bun Dessert Milk

