

APRIL 2017

Newsletter

ADRC – Aging and Disability Resource Connection of Oregon



Your ADRC connects you to the help you need ... for free! People of all ages, incomes and disabilities can obtain information on the full range of long-term support options available in their communities through the Aging and Disability Resource Connection. The ADRC is a free service that offers the public a single source for information and assistance on issues affecting older people and people with disabilities regardless of their income. It is easy to access the ADRC. Simply call, walk in or visit our website mcoacs.org.

Information and assistance: Information and assistance specialists provide you with knowledge about public and private services and programs so you can choose options that fit your personal situation.

Options Counseling: A person centered free



service for adults (18 and older), seniors, persons with a disability and family caregivers. Options counselors offer information about services and supports available to meet your long-term care needs. An options counselor discusses factors to consider when making long-term care decisions and assists you in gathering information on available options to help you make an informed decision.

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18 Facts You Never Knew About Easter

1. The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.
2. In the US, only 12 of the 50 states recognize Good Friday as a holiday.
3. The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to color the egg.
4. The term Easter gets its name from Easter, the Anglo-Saxon goddess who symbolizes the hare and the egg.
5. The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.
6. There used to be a tradition churches observed that resembled the game of "hot potato." Here, the priest would toss a hardboiled egg to one of the choir boys. The boys would toss the egg amongst themselves and when the clock struck 12, whomever had the egg was the winner and got to keep the egg.
7. Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter candy.
8. Americans consume more

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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 10-11am

April 1 - April Fools' Day

April 1 - Nyssa Seniors - Dance Eldon Tapp Band \$5.00 per person bring a dish 6-9pm

April 4 - Foot Clinic in Nyssa 8:30am

April 5 - Arbor Day

April 12 - Nyssa Seniors - Monthly meeting and potluck and meeting starts at 11:30am potluck 12:30 pm

April 15 - Vale Seniors - Dance Town and Country Band 6-9 pm \$6.00 per person bring a dish Seniors only.

April 16 - Easter

April 22 - Nyssa Seniors - Dance Eldon Tapp Band \$5.00 per person bring a dish 6-9pm

April 22 - Earth Day

April 26th at 1:30-4:00 Pm - Powerful Tools for Caregiver training will be held at Malheur Council on Aging. And will continue on once a week for 6 weeks. \$25 registration fee to cover cost of the book. Scholarships may be available.

April 29th – Community Serve Day

April 29th - Children's Relief Nursery Color Blast Run - Beck-Kiwanis Park in Ontario. Run starts at 11:00am

April 29th - Robert's Run 2017, Robert Manwill Scholarship Run, at the New Plymouth Track. Registration starts at 9:30 AM Event starts at 10:00 AM.

Nyssa Senior Center Dance 6-9, Cost is \$5.00 please bring a side dish to share as well.

Vale Senior Center Dance 6-9, Cost is \$5.00 please bring a side dish to Share- Seniors Only Please



ADRC continued

Health and wellness: Today there are many ways to stay healthy and avoid injury as we age or live with a disability. The ADRC can make connections to local programs that will support your best possible health and safety. Please see below for two of the options we have available

PEARLS: Program to Encourage Active and Rewarding Lives

PEARLS is a national evidence-based treatment program PEARLS is designed for individuals with Minor Depression, Dysthymia, and Major Depression. During six to eight sessions taking place in the client's home and focusing on brief behavioural techniques, PEARLS Program

counselors empower individuals to take action and to make lasting changes so they can lead more active and rewarding lives.

Tai Chi: Movement for Better Balance

MCOA&CS Provides Evidence Based Health Promotion Tai Chi, Movement for Better Balance classes to seniors within Malheur County. Classes run for 24 weeks, 2 times per week, for an hour each session. The program includes 8 form movements, warm up and cool down exercises that emphasize weight shifting, postural alignment, and coordinated movements. Each session included instructions in new movements as well as review of movements from previous sessions.

Serve Day

When sharing with others about Serve Day, I like to share the "Who, What, When, Where, How and Why". I hope this helps you in understanding and inspires you to join us in this effort.

Who is involved in making Serve Day happen?

Serve Day is directed by Better Together, Inc. which is a not for profit organization that exists to connect resources and volunteers with needs in our community in order to improve the area in which we live. There is a high priority given to those projects that will increase the health and safety of individuals.

Serve Day is organized by a leadership team who work for months to promote, fundraise, and evaluate project requests.

Serve Day is ultimately made possible by community members volunteering to meet project needs. It is our hope that volunteers would come from all over the Western

Treasure Valley! Of course, some projects require specialized volunteers and we encourage everyone to sign up so we can match skills with projects.

What is Serve Day?

Serve Day is an opportunity for the community to come together and meet the needs of others. Serve Day started in 2008, and

One Common Goal.
A Better Community.



with the commitment from the surrounding communities, it continues to build momentum to meet more and more needs.

Serve Day has completed projects for individuals and for the community. Individual projects generally involve yard work, wheelchair ramps, replacing storm windows, or simple home repairs. Community projects have included park clean up, painting at the Malheur County Fairgrounds, support to local food banks and graffiti removal.

When is Serve Day?

Serve Day 2017 is Saturday, April 29th. Generally, work starts at 9 AM for volunteers.

Where is Serve Day?

The majority of projects happen in Malheur County, Oregon, Payette County and Washington County, Idaho.

How do I get involved?

There are two ways to get involved: join a team to volunteer, or suggest a project

To join a team, go to serveday.info and click on 'join a team'. From there you can sign

up as an individual, with your family or with your business/organization.

To suggest a project: go to serveday.info and click on 'suggest a project'. From there, give us the information of the project that is needed for evaluation. Our team takes it from there, evaluating the project for it's need, the resources available to meet the need and the strength of the volunteer force.

Why get involved?

When a community comes together, it inspires people. For example, a few years ago Serve Day painted a house in Ontario. Shortly after Serve Day, the house across the street was painted, then the one next door to that. Over the last few years, more and more houses in this neighborhood have made changes, which leads to a sense pride in our community.

We look forward to another great year this year. We can only do that with the help of people like you. We are currently looking for projects as well as volunteers. Go now to www.serveday.info to sign up. You will be glad you did!

See you at Serve Day!!!!!!!!!!

CH2M Upcoming Spring Project!

CH2M is in the process of scheduling construction shelter placements and bus signs for the city of Ontario Fixed bus route. CH2M is working on licensing and will be setting construction pads where the shelters will be placed. There is no firm schedule at this time.

The plan is to locate shelters at the following stops:

Shelter 1: Bus stop #2 Harbor Freight

Shelter 2: Bus stop #4 Railroad Depot

Shelter 3: Bus stop #5 TVCC Science Center

Shelter 4: Bus stop #6 Boys and Girls Club of the Western Treasure Valley

Shelter 5: Bus stop #8 Community Supply Building

Shelter 6: Bus stop #9 Valley Family Health Care

Shelter 7: Bus stop #11 West Park Plaza

Shelter 8: Bus stop #15 New Hope Kitchen

SRT-Malheur Express Fare Rates by City

(Exact change only)



ONTARIO TO:	RATE:
Ontario	\$3.00
Vale or Weiser	\$23.00
Nyssa	\$15.00
Oregon Slope or SRCI	\$11.00
Payette	\$8.00
Fruitland	\$5.00
New Plymouth	\$15.00
Parma	\$25.00
Caldwell	\$30.00
Nampa	\$40.00
Boise	\$75.00
Huntington	\$35.00
Other (per mile)	\$1.25

VALE TO:	RATE:
Vale	\$3.00
Nyssa	\$25.00
Ontario	\$23.00
Oregon Slope or SRCI	\$1.25 per mile
Fruitland	\$25.00
Payette	\$28.00
Weiser	\$46.00
New Plymouth	\$1.25
Parma	\$1.25
Caldwell	\$53.00
Nampa	\$65.00
Boise	\$85.00
Huntington	\$1.25 per mile
Other (per mile)	\$1.25

NYSSA TO:	RATE:
Nyssa	\$ 3.00
Vale	\$ 25.00
Ontario	\$ 15.00
Weiser	\$ 30.00
Oregon Slope or SRCI	\$ 26.00
Payette	\$ 20.00
Fruitland	\$ 15.00
New Plymouth	1.25 per mile
Parma	1.25 per mile
Caldwell	\$ 30.00
Nampa	\$ 40.00
Boise	\$ 75.00
Huntington	1.25 per mile

PAYETTE TO:	RATE:
Payette	\$3.00
Nyssa	1.25 per mile
Weiser	\$18.00
Oregon Slope or SRCI	1.25 per mile
Ontario	\$8.00
Fruitland	\$5.00
Vale	1.25 per mile
New Plymouth	1.25 per mile
Parma	1.25 per mile
Caldwell	\$38.00
Nampa	\$48.00
Boise	\$80.00
Huntington	1.25 per mile
Other (per mile)	\$1.25

*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 pick up 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)

Powerful Tools for Family Caregivers

Classes Begin April 26

Family caregivers are invited to attend a six-week, evidence based class for unpaid family caregivers. The Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face. Visit our website for class descriptions. <http://mcoacs.org/community-classes/>

Cost: \$25 (a \$375 value) - You will also receive a copy of the Caregiver Helpbook. This third edition includes new information for in-home caregivers, working caregivers, long distance caregivers and grandparent caregivers. Other chapters provide resources for driving issues, sensory changes, caregivers of veterans and end-of-life issues.

RSVP: To register contact MCOA&CS, (541) 889-7651

Honey Ham Recipe

Ingredients

1 cup plum preserves
1/2 cup orange juice
2 tablespoons lime juice
1 tablespoon yellow mustard
1 tablespoon honey
2 teaspoons minced fresh ginger
1/2 teaspoon dried crushed red pepper
1 (7-lb.) smoked fully cooked, bone-in ham
Garnishes: pineapple, kiwifruit, green onions, black sesame seeds



How to Make It

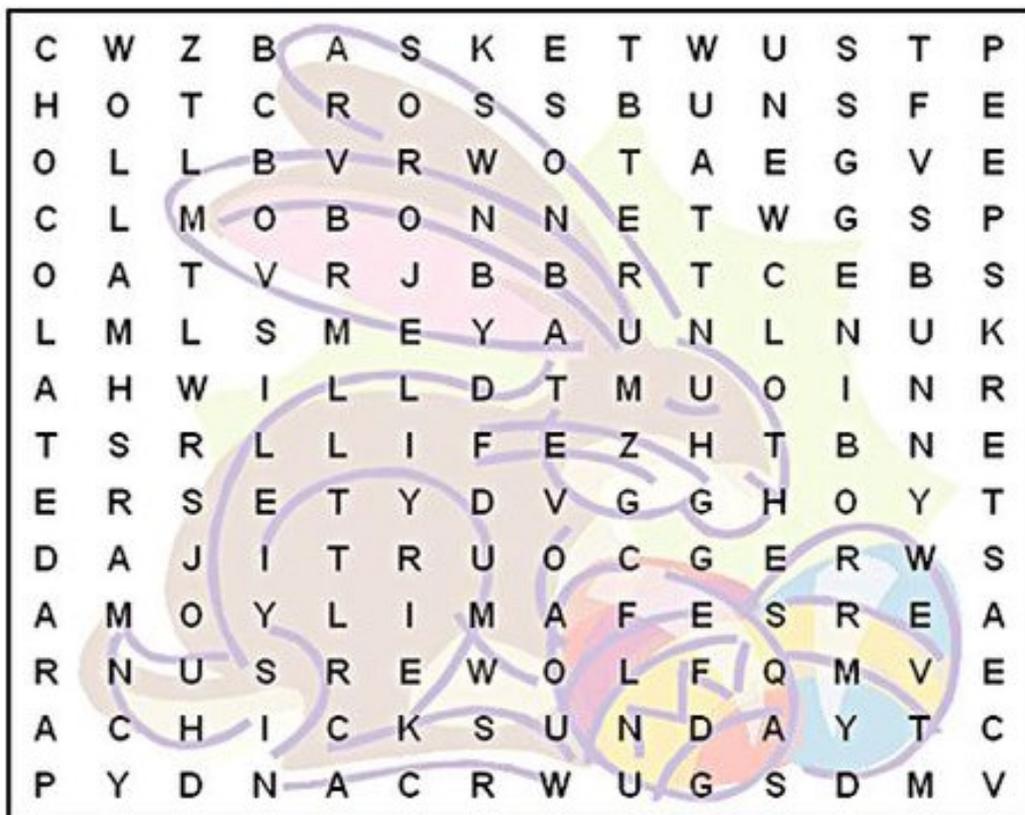
1. Stir together first 7 ingredients in a saucepan over medium-high heat; bring to a boil, stirring constantly. Reduce heat to medium-low; simmer, stirring constantly, 5 minutes or until preserves are melted and mixture is blended. Pour half of plum preserve mixture into a microwave-safe bowl.
2. Trim excess fat on ham to 1/8-inch thickness. If desired, make long, shallow cuts (about 1/16-inch deep) over entire ham, forming diamond patterns. Place ham on a wire rack in an aluminum foil-lined roasting pan. Brush ham with a portion of plum preserve mixture in saucepan.
3. Bake ham, uncovered, at 350° on lower oven rack 1 hour and 30 minutes, basting with remaining plum preserve mixture in saucepan every 30 minutes. Loosely cover with aluminum foil, and bake 1 hour and 45 minutes or until a meat thermometer inserted into the thickest portion registers 140°, basting every 30 minutes. Let ham stand 15 minutes before slicing. Garnish, if desired.
4. Microwave plum preserve mixture in bowl at HIGH 1 minute or until thoroughly heated. Serve ham with warm mixture.

<http://www.myrecipes.com/recipe/sweet-hot-plum-glazed-ham>

18 Facts You Never Knew About Easter

- than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
- Are you an ears, arms or tail person? Seventy-six percent of people eat the ears on the chocolate bunny first, 5 percent go for the feet and 4 percent for the tail.
 - During the holiday, more than 90 million chocolate bunnies, 91.4 billion eggs and 700 million Peeps are produced each year in the United States alone.
 - Next to Halloween, Easter is the biggest candy-consuming holiday of the year. Good thing they are almost six months apart, perfect for your yearly dentist check-ups!
 - An estimated \$14.7 billion is spent in total for Easter in the US.
 - The Easter egg is said to symbolize and represent joy, celebration and new life.
 - Easter is the celebration of the resurrection of Christ; it is the oldest Christian holiday and one of the most important days of the year.
 - Half the states in the United States banned the dyeing of chicks on Easter; however, Florida recently overturned this law and now prevents the dyeing of all animals.
 - Not only did Florida overturn the dyeing of animals, but the state also held the largest Easter egg hunt, where 9,753 children searched for 501,000 eggs.
 - The White House of tradition of the Easter Egg Roll started back in 1878, with President Rutherford B. Hayes!
 - Workers in Birmingham, who make the famous Cadbury Creme Egg, produce more than 1.5 million egg delights a year.
 - The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the middle ages.

Easter Word Search



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|------------------|------------------|--------------------|--------------|-----------------------|
| Parade | Bonnet | Easter | Games | Colored Eggs |
| Tradition | Daffodils | Family | Bells | Marshmallow |
| Candy | Basket | Flowers | Bunny | Hot Cross Buns |
| Chicks | Peeps | Jelly Beans | Lamb | New Clothes |
| Sunday | Chocolate | Egg Hunt | Lily | Robin Eggs |

<http://elitedaily.com/life/culture/facts-about-easter/986079/>



April Meals

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

	<u>DAY 1</u>	<u>DAY 2</u>
WEEK 1 Vale: Apr. 3 & 5 Ont/Nys: Apr. 4 & 6	Green Salad w/ Ranch Dressing Beef Fajitas Spinach Rice Hot Vegetable Salsa Tortillas Dessert Milk	Soup of the Day Turkey Alfredo Egg Noodles Hot Vegetable Dinner Rolls Dessert Milk
WEEK 2 Vale: Apr. 10 & 12 Ont/Nys: Apr. 11 & 12	Green Salad w/ 1000 Island Roast Pork Mashed Potatoes Pork Gravy Hot Vegetable Wheat Dinner Rolls Dessert Milk	Soup of the Day Mandarin Chicken Pork Fried Rice Hot Vegetable Wheat Bread Dessert Milk
WEEK 3 Vale: Apr. 17 & 19 Ont/Nys: Apr. 18 & 20	Green Salad w/ Ranch Dressing Fried Chicken Mashed Potatoes Country Gravy Hot Vegetable Biscuits HAPPY BIRTHDAY CAKE!!!! Milk	Cabbage Salad Chicken Keilbasa Sauerkraut Baked Beans Hot Vegetable Hoagie Bun Catsup/Mustard/ Pickle Relish Dessert Milk
WEEK 4 Vale: Apr. 24 & 26 Ont/Nys: Apr. 25 & 26	Soup of the Day Meat Loaf Mashed Potatoes Brown Gravy Hot Vegetable Wheat Dinner Rolls Dessert Milk	Green Salad w/ Creamy Italian Chicken Marinara Spaghetti Noodles Hot Vegetable French Bread w/ Garlic Butter Dessert Milk

