



# COMMUNITY CONNECTION OF WALLOWA COUNTY



## DECEMBER 2017

**Community Connection and meal sites will be closed on Monday, December 25th in observance of Christmas Day. We will re-open Tuesday, December 26th at 8:00am. Happy Holidays!**

### Energy Assistance

2016 Liheap Energy assistance has begun. If you haven't received Liheap before and are a senior or a person with disability, call **(541) 426 3840** to see if you financially qualify and to schedule an appointment. We will begin assisting families and the general public **December 1st**.

### Holiday Shopping in La Grande!

Want to do your holiday shopping but don't have transportation or don't want to drive? Take the Intercity bus to La Grande on Mondays, Tuesdays, and Thursdays. Call the office at 541-426-3840 for more info.

### According to the Centers for Disease Control and Prevention...

Breathing in large amounts of carbon monoxide "CO" can cause unconsciousness and death. CO is found in fumes produced any time you burn fuel in cars, trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges or furnaces... this makes winter a more common time for CO poisoning to occur.

CO can build up indoors and poison both people and animals who breathe it in. Watch for symptoms of CO poisoning, the most common being headaches, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. For more information visit

[www.CDC.gov/co/faqs.htm](http://www.CDC.gov/co/faqs.htm)

### COMMUNITY EVENTS

Christmas Bazaar (Wallowa) — 12/2 (9-4pm)  
Foot Clinic (Wallowa) — 12/13 (12-3pm)  
Legal Aid—call 1-800-843-1115 for an appointment

### Staying Fit and Healthy during Winter

For older adults, inactivity can increase the possibility of falling. Moving your body regularly helps to keep your joints lubed, muscles toned, and improved overall health. Walking, staying hydrated, getting plenty of rest and keeping up with social activities will help you to stay young!

### THIS MONTH IN HISTORY

**December 1, 1955**— The birth of the modern American civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a municipal bus.

**December 4, 1791**— The *Observer*, now the oldest Sunday newspaper in the world, was first published in Britain.

**December 5, 1933**— Prohibition comes to an end in the United States.

**December 10, 1896**— Swedish chemist Alfred Nobel died at San Remo, Italy. His will stipulated that income from his \$9 million estate be used for awards recognizing persons who have made valuable contributions to humanity. Nobel recipients are chosen by a committee of the Norwegian parliament. Prizes for Physics, Chemistry, Medicine, Literature, Peace, and Economics are presented annually in a ceremony in Stockholm, Sweden, on the anniversary of his death. Each prize is valued at about \$1 million.

**December 26, 1865**— James Mason invents the coffee percolator.

**December 28, 1869**— William F. Semple patented chewing gum.

### DECEMBER IS NATIONAL PEAR MONTH

Pears are a good source of fiber. One medium pear contains 24% of the fiber you need in a day, which is key to healthy digestion and reduces the risk of heart disease, obesity, and type two diabetes. Pears are also rich in vitamins C and K, which aid in iron absorption and boost the immune system. It is best to store pears at room temperature and move them to the fridge only when they are ripe enough to eat. Rinse pears in cold running water before you slice or eat them.

**In Season in December: Bananas, Grapefruit, Lemons, Mushrooms, Onions, Leeks, Oranges, Pears, Potatoes, Sweet Potatoes, Yams, Turnips, Winter Squash.**

### During the winter months...

Ice, snow, and cold temperatures can create dangerous risks for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses. Remember to wear shoes with good traction and non-skid soles. Taking off your shoes as soon as you are inside will help reduce slippery melted ice puddles indoors. Replacing worn cane tips will make walking easier. Bring out your winter wear to avoid hypothermia! Use a scarf to cover your mouth and protect your lungs. Make sure to stay warm by wearing layers of clothing. Before Winter hits, experts recommend a car service. Check oil, tires, battery, and wipers to ensure proper driving safety. Make sure to have blankets, flashlights, and batteries easily accessible in case of a power outage.

### Birthdays

Mary Lou Brink	12/4
Tamra Wanty	12/6
Ethel Voss	12/9
Bill Labate	12/10
Diana Bolin	12/13
Cheryl Parker	12/16
Janet Goebel	12/16
Norman Werst	12/20
Joe Town	12/21
Anne Farmer	12/26
Carol Gibbs-Zollman	12/27
Pat Hayden	12/29
Helen Johnson	12/31



"Share Your Heart—Take Part"

[www.wallowacountyhumanesociety.org](http://www.wallowacountyhumanesociety.org)