



COMMUNITY CONNECTION OF WALLOWA COUNTY



JANUARY 2018

Community Connection and meal sites will be closed on Monday, January 1st in observation of New Years Day. We will re-open Tuesday, January 2nd at 8:00 a.m. The office will also be closed Monday, January 15th for Martin Luther King Jr. Day. We will re-open Tuesday, January 16th at 8:00 a.m. Happy New Year!

HEALTH ON WHEELS "HOW" VAN

The Health on Wheels, or, "HOW" van, is a mobile van bringing services to you! They offer health screenings, basic medical services, blood pressure checks, immunizations and flu shots, nutrition and health education, referral assistance, wellness services, and more! They also offer mental health, addictions, and insurance counseling. This program is brought to you by Wallowa Valley Center for Wellness.

Birthdays

Janie Carper	1/1
Peggy Makin	1/4
Everett Roberts	1/4
Mike Brennan	1/6
Kay Cutler	1/12
Don Barr	1/13
Dale Lindsey	1/21
Bill Ensminger	1/21
Clarann Witty	1/23
Mouse McKinney	1/24
Murna Downing	1/29
Phyllis Conner	1/31



JANUARY IS HOT TEA MONTH

According to the American Diabetic Association, tea is a great alternative to drinking coffee. The compounds in tea and their flavonoids benefit the heart and may reduce cancer. **Black Tea**, made with fermented tea leaves, contains the highest caffeine content. Studies show black tea may protect lungs from damage caused by exposure to cigarette smoke and reduce the risk of stroke. Some studies show **White tea**, unfermented, contains anti-aging properties which help in maintaining healthy skin and decreasing plasma glucose levels. **Green Tea** has been found to contain antioxidants that interfere with the growth of bladder, breast, lung, stomach, pancreatic and colorectal cancers, as well as prevent the clogging of the arteries, assist in the burning of fat, counteractive stress on the brain and reduce the risk of neurological disorders such as Alzheimer's and Parkinson's, stroke and improve cholesterol levels. Try some winter flavors! **Ginger Tea** contains high levels of Vitamin C and magnesium, which helps with nausea. **Peppermint Tea** assists in the relief of nausea, fever, cough and aids digestion. **Chamomile Tea** has been used for centuries to help fight insomnia. Warm up this winter with a cup of tea!

TRANSPORTATION NEWS

If you need a ride to the Enterprise or Wallowa meal site, call 541-426-3840 to get on the bus! Only \$1 round trip. This bus can also be used as public transit for \$1.50. Trips to La Grande are also available Mondays, Tuesdays, and Thursdays. Grab a schedule at either center or call 541-426-3840 for more information.

THIS MONTH IN HISTORY

January 1st - New Year's Day is the most celebrated holiday around the world!
January 4th, 1790 - President George Washington delivered the first State of the Union address.
January 5th, 1972 - President Richard Nixon signed a bill approving \$5.5 billion over six years to build and test the NASA space shuttle.
January 7th, 1714 - A patent was issued for the first typewriter designed by British inventor Henry Mill, "for the impressing or transcribing of letters singly or progressively one after another, as in writing."

COMMUNITY EVENTS

Foot Clinic (Enterprise) - 1/10 (12-3pm)
HOW Van (Wallowa) (see article) - 1/12 (10-1pm)
Grief Class (Enterprise) - Tuesdays starting 1/16 10:30-12pm
Legal Aid - call 1-800-843-1115

GRIEF CLASS

Community Connection will host a 9-week Grief Support group at the Enterprise Senior Center beginning Tuesday, January 16, 2018, at 10:30 am. Weekly sessions will be led by David Bruce, Pastor of the Enterprise Christian Church and a certified grief counselor. The class is based on Grief Works, and is designed for a 75-90 minute time frame. Registration is required and limited to 12 participants. For more information or registration contact Community Connection at 541-426-3840 or rebecca@ccno.org

Just a reminder that **Fresh Alliance** stock is available every Monday, Wednesday and Friday at the Enterprise Senior Center at 11:00am. In Wallowa it is every Wednesday and Friday at 11:30am. No income guidelines required. All are welcome!

The Humane Society would like to thank everyone for their support this year! Please call 541-426-4170 or visit www.wallowacountyhumanesociety.org for recent news.