



# COMMUNITY CONNECTION OF WALLOWA COUNTY



## FEBRUARY 2018

Community Connection and meal sites will be closed on Monday, February 19th, in observation of President's Day. The Intercity bus to La Grande will not be running on Monday. We will re-open Tuesday, February 20th at 8:00 a.m.

### FEBRUARY IS AMERICAN HEART MONTH

February is, "American Heart Month" - a chance to take charge of your heart and start new, heart-healthy behaviors that can help reduce risk of heart disease and stroke. According to the Centers for Disease Control and Prevention (CDC), cardiovascular disease is the leading cause of death in the United States. Cardiovascular diseases are heart conditions that include diseased vessels, structural problems, and blood clots. Limiting salt, sugar, and trans fat intake is a great way to reduce your risk of heart disease. Sources of trans fat include deep-fried foods, bakery products, and packaged snack foods such as cookies and crackers. Healthy foods to add to your diet include bananas, potatoes, cantaloupe, beans, and yogurt because they contain potassium.

### Oregon Care Partners...

...offers more than 60 free online trainings that can provide you with valuable caregiving information to improve the quality of care you are providing others. These trainings address many topics concerning the care of older adults including Alzheimer's and dementia care, safe medication management and challenging behaviors.

Some examples of their online classes are-

- Medication: **Vital to Your Client's or Family Member's Wellbeing**
- Activities for Meaningful Dementia Care
- Alzheimer's and Dementia: **Signs & Symptoms**
- Communicating with People Who Have Dementia

To take any of these online classes or to browse the entire catalogue of online trainings, visit [www.OregonCarePartners.com](http://www.OregonCarePartners.com)

### TAI CHI BEGINS

Tai Chi is a Fall Prevention Program aimed at improving core stability, awareness, and mindful control of body positioning. Classes start January 23rd and will be at the Enterprise and Wallowa Senior Centers every Tuesday and Thursday for six weeks. Call **541-426-3840** to register.

### THIS MONTH IN HISTORY

**February 3, 1870**— The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

**February 4**— Birthday of aviation pioneer Charles Lindbergh (1902-1974), born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.

**February 11, 1990**— In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

**February 11**— Birthday of American inventor Thomas Edison (1847-1931), born in Milan, Ohio. Throughout his lifetime he acquired over 1,200 patents including the incandescent bulb, phonograph, and movie camera. Best known for his quote, "Genius is one percent inspiration and ninety-nine percent perspiration".

### COMMUNITY EVENTS

- Pilates – (Wallowa) Tuesdays and Thursdays (9am-10am)
- Tai Chi – (Enterprise) Tuesdays and Thursdays (9am-10am)
- Tai Chi – (Wallowa) Tuesdays and Thursdays (11am-12pm) (Call to register)
- Wallowa Book Sale – (Wallowa) 2/3 All Day
- Blood Pressure – (Wallowa) 2/9 (11am)
- Foot Clinic – (Wallowa) 2/14 (12-3pm)
- Sewing Group – (Wallowa) Tuesdays (10-3pm)
- Legal Aid – (Enterprise) – call 1-800-843-1115

### Tax Appointments

We are now taking calls for tax preparation appointments that will be held on Fridays and Wednesdays throughout February, March and April. Appointments will be in 45 minute intervals.

Tax preparation is for seniors and low income individuals. There is no fee, but donations are gratefully accepted. To schedule an appointment, call Community Connection at

541-426-3840.

### Fresh Alliance

Times and places as follows:

**Enterprise:** Monday, Wednesday & Friday @11am at Enterprise Senior Center.

**Wallowa:** Wednesday & Friday @11:30am at Wallowa Senior Center.

**Joseph:** Friday @ 1pm at Methodist Church's "The Place".

**No income guidelines!**

### Birthdays

John Raines	2/16
Wyleigh Carper	2/14
John Burns	2/15
Jeanette Breitmayer	2/15
Phillip Evans	2/16
Amy Lou Werst	2/20
Jim Kilgore	2/20
Jorge Aguilar	2/21
<b>Erica Stein</b> 	<b>2/22</b>
Deloris Smith	2/25
Dennis Reinke	2/27

*"Overpopulation is the problem, spay/neuter is the solution"*

[www.wallowacountyhumanesociety.org](http://www.wallowacountyhumanesociety.org) 541-263-0336