Senior Moments

"Official" letter causing a panic? SSA Inspector General reminds consumers to know the warning signs of a scam. Surprised to get that letter from Social Security? You should take a second look. Scammers are sending fake letters that closely resemble official Social Security Administration (SSA) or other government agencies, such as the Federal Trade Commission. Recent reports to SSA OIG indicate that scammers are targeting individuals by producing letters that appear to be from SSA or SSA OIG. Scammers usually send these letters as attachments to emails and text messages. These scammers are trying to steal your money or your identity. Tactics vary but scams consistently contain red flags, whether it's a mailed letter, email, text message, or phone call, the scammer will present an unexpected problem or situation and then offer a solution with a hefty price tag. According to the Federal Trade Commission, in 2022, victims of government imposter scams reported losing nearly $509 million.

"Scammers are counting on the public to be uninformed, but my office is working diligently, and with other government agencies and businesses, to ensure that consumers are aware of recent trends and ploys used by these criminals," said Gail S. Ennis, Inspector General for SSA. "We will continue to issue alerts to protect the public and advise them to slam the scam by ignoring scammers and reporting them."

On March 9, 2023, National Slam the Scam Day, SSA OIG encourages consumers to be aware of current scam tactics and tips for spotting scam behavior to prevent scammers from succeeding in their crimes.

HOW A GOVERNMENT IMPOSTER SCAM WORKS

These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers pretend to be from an agency or organization you know to gain your trust. Scammers say there is a problem or a prize. Scammers pressure you to act immediately. Scammers tell you to pay in a specific way.

TIPS TO AVOID A SCAM

1. Hang up the call or ignore the message. Talk to someone you trust. 2. Secure your money and personal information. Do not transfer money or buy gift cards. 3. Be skeptical and cautious of unexpected calls and messages. 4. Do not click links or attachments.

IF YOU ARE A VICTIM

Stop talking to the scammer. Notify financial institutions and safeguard accounts. Contact local law enforcement and file a police report. File a complaint with the FBI Internet Crime Complaint Center (ic3.gov). Report Social Security-related scams to SSA OIG (oig.ssa.gov). Report other scams to the Federal Trade Commission (ftc.gov).

November/ December

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Call our local Adult Protective Services at 541-573-2691 or the Senior Center at 541-573-6024 for information and assistance. We are here to help and can help you determine if calls are legit or a scam.
You should also report scams online to the FTC at ftc.gov or the FBI at ic3.gov or call the Portland Field Office, 503-224-4181. Sharing your experience can help prevent it from happening to another older adult and help stop the scams.

HARNEY HUB

Breaking Down Food

A Closer Look at What You Eat

Food provides energy and nutrients that are essential for your health. These include proteins, carbohydrates, fats, vitamins and minerals. Having a balanced diet helps ensure you get all the nutrients your body needs.

The Dietary Guidelines for Americans offers guidance on what a balanced diet looks like. These recommendations are based on the latest scientific information about nutrition. The guidelines are updated every five years because our understanding of what's healthy continues to grow. Scientists are working to learn more about how different nutrients affect the body. They're also looking for better ways to personalize nutritional recommendations.

Finding Nutritious Foods

Macronutrients make up the bulk of the **calories** you eat each day. They provide the nutrients that your body needs to make energy. They also give your cells important building blocks needed for all their different functions, like fighting diseases.

Your body needs only small amounts of each micronutrient. But they are critical for healthy development and disease prevention.

Experts advise adults to stay within their recommended calorie limits. The guidelines suggest getting 10% to 35% of your calories from protein; 25% to 35% from fat; and 45% to 65% from carbohydrates. Learn how to personalize nutrition recommendations at **MyPlate (USDA)**. To find the amounts of different nutrients in a food, look at the Nutrition Facts label. You can also find resources about nutrients in foods at **Nutrition.gov (USDA)**.

newsinhealth.nih.gov

Medicare Open Enrollment is Here!!!

Open enrollment for Medicare is October 15th through December 7th, annually. Certified SHIBA (Senior Health Insurance Benefits Assistance) counselors are available Tuesdays & Thursdays at Harney Hub from 9 a.m.-noon to answer questions and/or help with enrollment in a prescription drug and/or Medicare Advantage plan.

Beneficiaries should check their prescription drug plan to see if their prescriptions will be covered at the same level as they are currently. Premiums can change, as well as drugs being placed in different tiers for coverage. Let us help !!

Call Kathleen at Harney Hub: 541.573.6024 ext 0 to request an appointment.

Veterans News

November 11 is Veterans Day. Please say "Thank You" to a veteran when you see them. The first observance of Veterans Day was a message issued by President Woodrow Wilson in which he expressed what he felt the day meant to Americans. In this message he expressed sorrow for the lives lost, which are estimated to be between 15 – 19 million. He praised the out-pouring of support with these words; "With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased our agricultural output, and assembled a great army, so that at the last our power was a decisive factor in the victory." He expressed the optimism of the time and the hopes of all that this was the "War to end all Wars" in the third paragraph; "Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men. And what he believed America's new place on the world stage; "To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations."

In 1926, on June 4, Congress adopted a resolution requesting that President Calvin Coolidge issue annual proclamations calling for the observance of November 11 with appropriate ceremonies. While at the same time, recognizing November 11th 1918, as the official end of hostilities.

A Congressional Act (52 Stat. 351; 5 U.S. Code, Sec. 87a) approved May 13, 1938, made November 11 in each year a legal holiday: "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day'."

In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Weeks led a delegation to Gen. Dwight Eisenhower, who supported the idea of National Veterans Day. Weeks led the first national celebration in 1947 in Alabama and annually until his death in 1985.

On June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars.

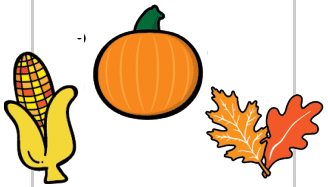
Veterans Day is distinct from Memorial Day, a U.S. public holiday in May. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who have died while in military service. There is another military holiday, Armed Forces Day, a minor U.S. remembrance that also occurs in May, which honors those currently serving in the U.S. military.

November is the beginning of flu season. Please call the Eastern Oregon VA Medical Office located at 635 Hwy 20 N, Ste 4, Hines, Oregon at 541-573-3339 to schedule your vaccine. They currently are offering the flu vaccine and the pneumonia vaccine.

On November 9 2023, The Harney County Senior Center will be offering a free lunch to all veterans and their spouses. The meal will be served from 11:30 a.m. until 1:00 p.m. They will be serving spaghetti, bread, vegetable and dessert.

New Office Hours: Mon– Thurs, 8am—4:30 p.m.

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		National Family Caregivers, & hospice workers month	**1** **All Saints Day** **Karva Chauth**	**2** **Day of Dead** **National Day of Community Service** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm Medicare help w/ appt.	**3** **Military Family Month**	**4**
5 **Daylight Saving time ends**	**6**	**7** **Cancer awareness Day** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**8** Miracle Ear Preorder Grab & Go Meals Food Bank 10am-1pm	**9** **Veterans Meal Day** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm Medicare help w/ appt.	**10** **Forget Me Not Day**	**11** **Veterans day**
12	**13** Preorder meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**14** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**15** Miracle Ear Preorder Grab & Go Meals Food Bank 10am-1pm	**16** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm Medicare help w/ appt.	**17**	**18**
19	**20** Preorder meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**21** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**22** Miracle Ear Preorder Grab & Go Meals Food Bank 10am-1pm	**23 Closed** Happy Thanksgiving!	**24 Closed** 	**25**
26	**27** Preorder meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**28** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**29** Miracle Ear Preorder Grab & Go Meals Food Bank 10am-1pm	**30** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm\ Medicare help w/ appt.		

Suggested donation 60+ $5.00 senior meal	November 2, 2023
59 yrs. & under Must Pay $10.00 meal	Sponsor: Ron Schirm
Soup, salads and drinks are available to purchase separately from our senior meals and are a required payment option that helps support our senior meal program. Tues- Salad Prices: $6 small, $10 large Thurs- Soup Prices: $4 cup, $6 bowl Drinks: $1	Sponsor: Harney County Stockgrowers Association Beef stroganoff, salad & roll. Served with fruit pizza. Soup: Three sisters
November 7, 2023	November 9, 2023
Sponsor: Christian Church Thrift Shop	Sponsor: American Legion Harney County Post 63
Sponsor: Virginia Tabor, In Honor of Dick Tabor Stuffed bell pepper bake & green beans. Served with black forest tort. Salad Special: Taco salad	Veterans meal: Spaghetti, garlic bread & salad. Served with cheesecake. Soup: Loaded potato
November 14, 2023	November 16, 2023
Sponsor: Becky & Rick Thein	Sponsor: David Hardwick
Sponsor: First Community Credit Union Thanksgiving meal: Turkey, mashed potato & gravy, stuffing, roll, yams, green bean casserole & cranberry sauce. Served with Pumpkin Pie. Salad Special: Gobbler Salad	Honey garlic glazed pork roast, cheesy loaded potatoes & veggie. Served with berry cobbler. Soup: Cabbage roll
November 21, 2023	November 23, 2023
Sponsor: Christian Church Thrift Shop	Closed! Happy Thanksgiving!
Sponsor: Donald & Thresa Geisler Indian tacos (lettuce, tomato, onion) & refried beans. Served with rice crispy treats. Salad Special: Grilled chicken salad	
November 28, 2023	November 30, 2023
Sponsor: In Memory of Frank & Bessie Sugai	Sponsor: Harney County Veterinary Clinic
Chicken fried steak, veggie, mashed potatoes & gravy. Served with pineapple Salad Special: Cobb salad	Baked tortellini, salad, & breadsticks. Served with banana pudding. Soup: Beef barley

Senior Meals: Suggested $5	59 and under meals: $10
December 5, 2023	**December 7, 2023**
Sponsor: Steens Mtn Insurance	Sponsor: Tyler & Katrina Woods
Sponsor: Law Office of John Lamborn	Sponsor: Byassee Cousins - In memory of Sharon Jones
Meatloaf, veggies & roll. Served with strawberry poke cake. Salad Special: Stuffed tuna salad	Taco bake, & salad. Served with jello with fruit. Soup: Sausage tortellini soup
December 12, 2023	**December 14, 2023**
Sponsor: First Community Credit Union	Sponsor: City of Hines
Sweet and sour chicken over rice, with veggies & orange fluff salad. Served with brookies. Salad Special: Chef salad	Christmas Meal!! Prime rib, potato casserole, roll, au jus & green beans. Served with cherry cheesecake. Soup: Minestrone soup
December 19, 2023	**December 21, 2023**
Sponsor: Bill & Robin Cramer	Sponsor: Claudio & Maria Iturriaga
Greek style leg of lamb, roasted potato & salad. Served with cherry pistachio lush. Salad Special: Taco salad	Brunch: French toast casserole, sausage patty & fruit. Served with cinnamon roll cake. Soup: Broccoli cheddar soup
December 26, 2023	**December 28, 2023**
Sponsor: In memory of Charles Sutton	Sponsor: Law Office of John Lamborn
Tater tot casserole, veggie & biscuit. Served with cookies. Salad Special: Crispy Chicken salad	Kwanza Meal! Gumbo, cornbread & coleslaw. Served with banana split cake. Soup: Chili and cornbread
Soup, salads and drinks are available to purchase separately from our senior meals and are a required payment option that helps support our senior meal program. Tues- Salad Prices: $6 small, $10 large Thurs- Soup Prices: $4 cup, $6 bowl. Drinks: $1	Call 413-2280 to order back door meals, Order by Noon the day before meal days! Senior Meals: $5 suggested Donation. *Menus are subject to change.

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Rockefeller Christmas Tree Lighting	**2**
3	**4** Preorder Grab & Go meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**5** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**6** St. Nicholas Day Miracle Ear, call them for an appointment. Preorder Grab & Go meals for Thursday by Noon, Call the Kitchen at 541-413-2280	**7** Hanukah Feast of St, Ambrose Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm Medicare help w/ appt.	**8**	**9**
10	**11** UNICEF Day Of Change. Preorder Grab & Go meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**12** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**13** Miracle Ear, call them for an appointment.	**14** Tai Chi 9:30am Senior Meals 11:30am -1pm Bingo 2:30pm	**15**	**16**
17	**18** Preorder Grab & Go meals for Tuesday by Noon, Call the Kitchen at 541-413-2280	**19** Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**20** Miracle Ear, call them for an appointment. Preorder Grab & Go meals for Thursday by Noon, Call the Kitchen at 541-413-2280	**21** Tai Chi 9:30am Senior Meals 11:30am-1pm Bingo 2:30pm	**22**	**23**
24 Christmas Eve **31** Happy New Year	**25** Closed Merry Christmas!	**26** Kwanzaa Tai Chi 9:30am Senior Meals 11:30am -1pm Medicare help w/ appt.	**27** Miracle Ear, call them for an appointment. Preorder Grab & Go meals for Thursday by Noon, Call the Kitchen at 541-413-2280	**28** Tai Chi 9:30am Senior Meals 11:30am-1pm Bingo 2:30pm	**29**	**30**

Oh let it snow, let it snow, let it snow.

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

Winter	Pumpkin pie	Cards
Trips	Reindeer	Cold
Turkey	Mistletoe	Comet
Scrooge	New Year	Cranberry sauce
Season	Noel	Rudolph
Sled	North Pole	Star
Sleighbells	Candy canes	Sweet potato

Here are some facts about Thanksgiving & Christmas to share around the dinner table.

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863.
- Alabama was the first state to officially recognize Christmas in 1836. Oklahoma was the last, in 1907.
- Santa Claus is based on a real person: St. Nikolas of Myra. He is the patron saint of banking, pawn broking, sailing, orphans and New York City.
- President Teddy Roosevelt, an environmentalist, banned Christmas trees from the White House in 1901.
- Approximately 35 million living Christmas trees are sold each year in the U.S.; more than 45 million are planted.
- Holiday purchases account for one sixth of all yearly retail sales in the U.S.
- "White Christmas" by Irving Berlin is the best-selling single record of all time, with over 100 million sales, worldwide.

Here are some jokes for Thanksgiving to share as well!

- What do sweet potatoes wear to bed? **Yammies.**
- What did the Thanksgiving turkey say to the Christmas ham?
  Nice to meat you.
- Why don't side dishes tell jokes? **They're too corny.**
- What do you call a sad cranberry? **A blueberry.**
- What do you need to make Thanksgiving s'mores? **Pil-grahms.**
- Do you know where you can get turkey stock in bulk? **The stock market.**
- What do you tell your jokester cousin on Thanksgiving?
  You're on a casse-roll!
- What did the president say when presented with a poorly cooked turkey?
  "Is it too late for a pardon?"

WEST BOUND ROUTE

	HCSC 17 S Alder Ave	Washington Park N Birch Ave	Triangle Park East	Paiute Upper	Paiute Lower	Maryhurst Apts Hwy 20 + A St (North side)	Safeway Madison + Buena Vista (South side)	Symmetry Care Dimmett + Adams	Health Dept. Washington + Fairview	Human Services Monroe + Jackson	Bonnetts 588 Oregon Ave	Bi&J Pool 1800 Oregon Ave	Apple Peddler 540 Hwy 20	BurrBeans 305 N Hwy 20	Hines Park SW Circle Drive
A	7:00	7:02	7:05	----	----	7:07	7:10	7:12	7:13	7:16	7:18	7:20	7:22	7:24	7:26
A&S	8:00	8:02	8:05	----	----	8:07	8:10	8:12	8:13	8:16	8:18	8:20	8:22	8:24	8:26
A&S	9:00	9:02	9:05	----	----	9:07	9:10	9:12	9:13	9:16	9:18	9:20	9:22	9:24	9:26
A&S	10:10	10:12	10:15	----	----	10:17	10:20	10:22	10:23	10:26	10:28	10:30	10:32	10:34	10:36
A&S	11:05	11:07	11:09	----	----	11:10	11:12	11:14	11:16	11:18	11:19	11:20	11:22	11:24	11:26
A	12:00	12:02	12:05	----	----	12:07	12:10	12:12	12:13	12:16	12:18	12:20	12:22	12:24	12:26
A&S	13:00	13:02	13:05	----	----	13:07	13:10	13:12	13:13	13:16	13:18	13:20	13:22	13:24	13:26
A&S	14:00	14:02	14:05	----	----	14:07	14:10	14:12	14:13	14:16	14:18	14:20	14:22	14:24	14:26
S	15:00	15:02	15:05	----	----	15:07	15:10	15:12	15:13	15:16	15:18	15:20	15:24	15:26	15:28
S	16:10	16:12	16:14	----	----	16:17	16:19	16:21	16:23	16:25	16:27	16:29	16:31	16:33	16:35
A	18:10	18:12	18:14	----	----	18:16	18:18	18:20	18:22	18:24	18:26	18:28	18:30	18:32	18:35
B	15:00	15:02	15:04	15:10	15:15	15:21	15:24	15:26	15:27	15:30	15:32	15:34	15:36	15:38	15:40
B	16:30	16:32	16:35	16:41	16:46	16:51	16:54	16:56	16:57	17:00	17:02	17:04	17:06	17:08	17:10

Route Schedule Legend

- A: Regular Route
- B: Afternoon Extension
- S: Saturday Route
- A&S: Regular and Saturday Route

EAST BOUND ROUTE

	Hines Park SW Circle Drive	Baseball field N Newport Ave	Aspen Grove 614 Tennyson Ave.	Secure Self Storage 350 Roe Davis Ave	Eriksens Lot 15011 Hwy 20	Car Wash 1516 W Pierce St	Quail Court Peirce + Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse N & Buena Vista (South side)	Safeway Madison + Buena Vista (South Side)	Arrowhead Park East A & Broadway Ave	Paiute Upper	Paiute Lower	Triangle Park	Washington Park N Birch Ave	HCSC 17 S Alder Ave
A	7:28	7:30	7:34	7:36	7:38	7:40	7:42	7:44	7:46	7:48	7:50	7:53	----	----	7:55	7:57	8:00
A&S	8:28	8:30	8:34	8:36	8:38	8:40	8:42	8:44	8:46	8:48	8:50	8:53	----	----	8:55	8:57	9:00
A&S	9:28	9:30	9:34	9:36	9:38	9:40	9:42	9:44	9:46	9:48	9:50	9:53	----	----	9:55	9:57	10:00
A&S	10:36	10:38	10:40	10:41	10:43	10:45	10:47	10:49	10:51	10:53	10:55	10:57	----	----	10:59	11:02	11:05
A&S	11:27	11:29	11:33	11:36	11:38	11:40	11:42	11:45	11:47	11:50	11:52	11:54	----	----	11:56	11:58	12:00
A	12:28	12:30	12:34	12:36	12:38	12:40	12:42	12:45	12:47	12:50	12:52	12:54	----	----	12:56	12:58	13:00
A&S	13:30	13:32	13:34	13:36	13:38	13:40	13:42	13:45	13:47	13:50	13:52	13:54	----	----	13:56	13:58	14:00
A&S	14:30	14:32	14:34	14:36	14:38	14:40	14:42	14:45	14:47	14:50	14:52	14:54	----	----	14:56	14:58	15:00
S	15:30	15:32	15:34	15:36	15:38	15:40	15:42	15:45	15:47	15:50	15:52	15:54	----	----	15:56	15:58	16:00
S	16:35	16:37	16:39	16:41	16:43	16:45	16:47	16:49	16:50	16:52	16:53	16:55	----	----	16:57	16:59	17:00
A	18:37	18:39	18:41	18:42	18:44	18:46	18:48	18:50	18:52	18:54	18:55	18:57	----	----	18:58	18:59	19:00
B	15:42	15:44	15:46	15:49	15:51	15:53	15:54	15:56	15:58	16:00	16:02	16:04	16:09	16:15	16:20	16:23	16:27
B	17:10	17:13	17:16	17:20	17:22	17:24	17:26	17:28	17:30	17:32	17:34	17:36	17:42	17:48	17:54	17:56	17:58

This information is available in alternate format. Please dial 541-573-3030 to discuss your needs. To access alternative telecommunication call Oregon telecommunication relay service #711

**Harney County Senior and Community Services Center and Harney County Dial-A-Ride reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with organization policy and applicable federal and state statutes and regulations. HCSC is committed to providing access and reasonable accommodation in its services, programs, activities and employment for individuals with disabilities. To request disability accommodation contact the organization at: 17 S Alder Ave / PO Box 728 Burns, 541-573-6024, angela.lamborn@co.harney.or.us or http://co.harney.or.us/index.php/features/community-business-services/senior-community-services-center

HARNEY HUB TRANSIT: WHAT DOES IT COST?

Deviated Fixed Route: FREE for all riders since 2018.

Harney Hub Transit cards are now 25 rides for $20!!

Thanks to a special grant, there will be no charge for students, ages 13-19, to ride our buses.

Curbside Service, six days a week: 0-10 mi. $1.00 per stop is required.

11-20 mi. $5.00 one way upon availability

21-35 mi. $10.00 one way upon availability

36+ mi. $20.00 plus $.505 per each additional mile one way upon availability.

SCHEDULED BEND TRIP:

Fixed Route: Free

SPECIAL TRIP upon Availability:

John Day $55.36 Round Trip

Bend or Ontario $115.96 Round Trip

Extra Rider on Brokered Trip:

John Day $25

Bend or Ontario $35

Fixed Route for Bend/Redmond

November 2023
Thursday, November 2nd
Tuesday, November 7th
Thursday, November 16th
Tuesday, November 21st
Thursday, November 30th

December 2023
Tuesday, December 5th
Thursday, December 14th
Tuesday, December 19th
Thursday, December 28th

Due to regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Mid Columbia Council of Governments Transportation Network is the agency contracted to operate this transportation program in our area.

Our Harney Hub Transit dispatcher receives notice daily for rides to be scheduled. Any medical ride requiring same day service will be called in to our dispatch center by the brokerage.

*Days may be changed due to scheduling conflicts, staff shortages, holidays, etc.

Harney Hub Transit currently has a fixed route to Bend/Redmond free of charge. Rides must still be scheduled with the office in advance of your trip.

Departure from the Senior Center is 6:30am.

Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later than 2:00p.m. Departure from Bend at 3pm.

Call for additional details, 541-573-3030.

MEDICAID RIDE SCHEDULING

This applies to medical rides only, you may still schedule other rides through our center yourself. If you have any questions or concerns regarding this program, please contact your case manager or caregiver.

GOHBI Transportation Network:

1-877-875-4657

(Burns and Hines Area Rides)

This applies to medical rides only.

HARNEY HUB
TRANSIT
541.573.3030

*Times may vary due to weather conditions!

VETERANS if you need a medical ride out of the community please schedule as far in advance as possible so we are able to accommodate your trip.

To access alternative telecommunication call Oregon telecommunication relay service: #711

Harney Hub Transit

17 South Alder Burns

541-573-3030

Public Transportation in Harney County

Harney Hub Transit is a countywide service which prioritizes demand responsive trips within a 10 mile radius of Burns/Hines and provides occasional charter service to events and activities in Harney County.

Monday—Friday

7:00 a.m.—7:00 P.M.

Deviated fixed route only after 5:00 P.M.

Saturday

8:00 a.m.—5:00 p.m.

Deviated fixed route only. Closed 12:00-1:00 P.M.

Sunday

8:00am-3:00P.M.

Last pickup is 2:45

To facilitate scheduling please call as soon as you know you will need a ride. A week or more in advance is not too soon to schedule your ride.

When scheduling your rides, please tell the dispatcher the exact number of stops and number of riders,

$1.00 per stop

A ticket card of 25 rides can be purchased for $20 from drivers or dispatch.

Serving our community since 1973

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

PO Box 728
Burns OR 97720
Phone: 541-573-6024
Fax: 541-573-6025
E-mail:
angela.lamborn@harneycountyor.gov

https://harneycountyor.gov/harney-hub/

It is the policy of Harney Hub not to discriminate against anyone because of age, race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation or national origin.

Highlights at a Glance

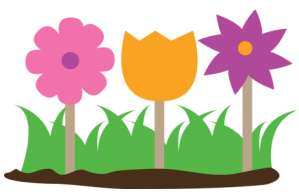
Miracle Ear:
Wednesdays, Call 541-330-5503

INDOOR DINING!!!
Come join us for lunch!!!

Senior Meals
Tuesdays & Thursdays
11:30am-1pm

Salad Specials Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!



Brunch:
French toast casserole, sausage patty & fruit. Served with cinnamon roll cake.
Soup: Broccoli cheddar

Bingo:
Thursdays 2:30pm

Tai Chi:
Tuesdays & Thursdays
9:30am

Food Bank Hours:
Wednesdays:
10am-1pm

Medical Transportation Program for Veterans

For more details, call Harney Hub Transit at 541-573-3030 or HC Veteran Officer 541-573-1342

Veterans Assistance
Call Brian for an appointment at 541-573-1342

Medicare help:
Call for an appointment
Tuesdays & Thursdays
Open Enrollment, Oct. 15-Dec 5th
541-573-6024