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For the past thirteen years we have expanded our services to operate seven days per week, until 9pm and connecting with neighboring communities three days per week.

With the upcoming biennium there have been significant cuts to the funds available for Special Transportation Services in Benton County and throughout the State of Oregon. With a reduction of approximately \$50,000, Dial-A-Bus has been working with our community partners to develop a strategy to reduce program expenses and preserve needed services.

With our last newsletter we outlined the many services, how they operated and how they were funded. Following is a breakdown of those same services and the reasonable reductions that will be made beginning July 1, 2011.

Our evening service hours will run until 7pm rather than 9pm. Clients ADA certified with the City of Corvallis will not have their service hours impacted. Saturday service will have less capacity with only one driver. There will no longer be Sunday service available.

The 99Express Service is currently being negotiated with government partners and the outcome is unknown at this point. When the service was started it was developed as a six month pilot project pending funding.

All other services will remain operating as they do today, while we look at administrative reductions. A couple of those reductions are:

- After thirteen years we have changed insurance carriers saving the program approximately \$13,000.
- Renegotiations with Pacific Mobile, the company that owns our facility will reduce our monthly lease by \$540.

One further issue to help with program funding is a possible fare increase, of .50 each direction per zone. With this increase keep in mind that we have a limited subsidy fund that may help you if you qualify based on income. Because we partner with government entities the proposed fare increase has to go through a public process. Dates and times of the meetings will be advertised in our local Gazette-Times.

Our dispatch staff do an outstanding job of determining eligibility for new clients however, if any of you feel you could use the Corvallis Transit System with a little training please let us know. Our services really are for the folks that cannot use the Corvallis Transit System. It now is free to all users which may be helpful for some of you. Again, if you need assistance please phone.

*Linda E. Elder, Executive Director*

### Upcoming Closures

Memorial Day Monday May 30, 2011  
Independence Day Monday July 4, 2011

### **Mission Statement**

Providing for the special transportation needs of seniors, persons with disabilities and underserved children throughout Benton County connecting with adjoining counties.

#### At Your Service

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## Kudos to Staff and Volunteers:

Dial-A-Bus was formed by two volunteers from the Corvallis Senior Center in 1974. They identified that the senior population in Corvallis had mobility needs that were not being met. Working out of their homes, they established a program that has become a multifaceted paratransit service and an integral part of the Benton County public transportation plan.

Initially, as a fully volunteer based program they offered senior rides to meal sites, doctor's appointments, shopping and other essential services. As their operation grew they moved into a small office in the Corvallis Senior Center. By the early 1990's community leaders partnered with the Dial-A-Bus program to develop a coordinated transportation plan that would serve seniors and persons with disabilities, eliminating duplication of services. In 1996 the Special Transportation Advisory Committee was formed and Dial-A-Bus was contracted to provide services to the above population. The first employees were hired for the new contract service division and the volunteers continued to operate the demand response services. Today we have over 45 volunteers and 22 employees (fulltime, part-time and substitutes).

Dial-A-Bus has always had a steady increase in ridership, but for the past few months the pace has picked up and we are transporting more and more people to their destinations. Our volunteers as always have stepped up to the plate to accommodate client requests during the weekdays.

With the increase in demand we have also had to ask more of our employees. Staff has worked hard to maintain service levels as ridership increases. Due to budget constraints we cannot even entertain hiring another employee even if a position becomes vacant! That means an increased workload for our current workforce. We have a wonderful staff here at Dial-A-Bus, not only are they here because they need the job, but they also believe in our mission and care about the clients we serve.

## Applause



Dial-A-Bus has recently received some very generous gifts from the following individuals:

### **Hilde Nielson and Family.**

They donated a Buick Century that is now part of our fleet in memory of her mother Lorraine. So when car # 147 comes to pick you up you can thank the Nielson's for their wonderful donation.

**Rich Wittrup.** Rich drives a wheelchair accessible van for us when he volunteers. He had noticed that with the new vans it was hard for clients to enter and exit the passenger side of the vehicle, so he purchased a ShureStep with his own funds to aid our riders .

**Consumer's Power Inc.** They awarded Dial-A-Bus a grant to purchase three more ShureSteps, so now all our vans will be easier for riders to use.

**Do you have Email? Would you like to help Dial-A-Bus save paper? We can send you our newsletter via email! Just call Celeste at 757-2514 to be added to the email list.**

## Healthy Living for Seniors

Let's face it. There's a reason why so many seniors have trouble eating nutritiously every day. It's not always easy! The following tips will help you "speak the language" of good nutrition and help you feel in control.

Eating with company can be as important as vitamins. Think about it: a social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

- **Make a date** to share lunch or dinners with grand children, nieces, nephews, friends and neighbors on a rotating basis.
- **Join in** by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.
- **Adult day care centers** provide both companionship and nutritious meals for seniors who are isolated and lonely, or unable to prepare their own meals.
- **Senior meal programs** are a great way to meet others. Contact your local Senior Center, YMCA, congregation or high school and ask about senior meal programs.

If you were raised eating lots of meat and white bread, a new way of eating might sound off-putting. Don't beat yourself up. Eating healthfully is a new adventure. Start with small steps:

- First and foremost, commit to keeping an open mind.
- Try including a healthy fruit or veggie at every meal.

Focus on how you feel after eating well – this will help foster new habits and tastes.

Rekindle inspiration by perusing produce at a farmers market, reading a cooking magazine, buying a new-to-you spice, or chatting with friends about what they eat. By making variety a priority, you'll soon look forward to getting creative with healthy meals.

Meals on Wheels provides nutritious meals to people who are home-bound and/or disabled, or would otherwise be unable to maintain their dietary needs. The daily delivery generally consists of two meals: a nutritionally balanced hot meal to eat at lunch time and a dinner, consisting of a cold sandwich and milk along with varying side dishes. Generally, Meals on Wheels is available to those persons who are not able to provide for themselves, for whatever reason.

## QUILT RAFFLE

We are gearing up for our Annual Subsidy Quilt Raffle. Every year we host this event with the assistance of the Mary's River Quilt Guild and various local merchants.

This year we hope to raise over \$2000.00 and all the monies generated are dedicated to a subsidy funding for low income clients.

This year the raffle is more important than ever with the fare rate increase. As always tickets will be available for sale from our drivers and you can purchase them through the mail when you receive you July 2011 statement. Tickets are \$2.00 a piece or 3 tickets for \$5.00.

The grand prize is the quilt, but we always have over \$1500.00 worth of other prizes available. The drawing will be held at the end of September 2011.

If you have questions or would like to buy tickets call Celeste at 541-757-2514.

## Support Dial-A-Bus by Eating Well

On May 18, 2011 join with others who support Dial-A-Bus at Dream Dinners. They will donate 20% of each person's fee (up to eight per organization) to the non-profit of their choice. Make your own nutritious meals and help Dial-A-Bus at the same time! Dream Dinners is located at 985 NW Circle Blvd. #C, phone # (541) 752-3040.