

# The Baker Bite

January 24, 2025

News of Baker City

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Issue. 21

## **Healthcare:**

### **Dementia Friendly Baker County (DFBC):**

I remember being 8 or 10 years old and walking into my grandmother's yard. She came up to me and said, "who are you?" I thought it was a joke at first, but as the years went by and she seemed to be living 50 years in the past, I realized how hard it was for my aunt to take care of her. I think most people have a dementia story they could share.



Dementia Friendly Baker County, is an organization focused on raising awareness about dementia, providing education and connection for those affected by the disease, and helping those with dementia live independently with the highest quality of life possible. The group sponsors Education and Connection meetings on the fourth Thursday of every month. All meetings are at 1:30 at Community Connection, 2810 Cedar Street, Baker City, Oregon. DFBC also sponsors a support group for families and friends supporting loved ones with dementia, whether you are just starting your caregiving journey or have been on it for years. Meetings are held on the first and third Wednesday of the month from 1:00-2:00 at Community Connection. A monthly art program designed to inspire creativity and foster connection in the community is being sponsored by DFBC and Crossroads Carnegie Art Center. The sessions are on the third Tuesday of each month at Crossroads Carnegie Art Center, 2020 Auburn Avenue, Baker City from 1:00 to 2:30. All supplies are provided. Anyone who would like to learn more about dementia is welcome to attend, including those diagnosed with the disease, care partners, and the general public. For more information you can contact DFBC at [dementiafriendlybaker@gmail.com](mailto:dementiafriendlybaker@gmail.com) or contacting Lessie Dickinson at (405) 623-8037 or scan the QR code to visit their Facebook page.

### **Suicide Prevention:**

In 2024 Baker County lost 11 lives to suicide. This is over 3 times the number in 2023. I lost a niece to suicide. Suicide represents the 11<sup>th</sup> leading cause of death in the US. There is hope. Start conversations, offer support, know where to turn for help. Check in with loved ones, if you are concerned about someone don't hesitate to ask if they are struggling – it is ok to talk about suicide! Get help: call or text 988 for immediate support. Visit [988lifeline.org](https://988lifeline.org). Contact the Baker County Crisis Line: 541-519-7129 for 24 hour support.



## **Around Town:**

### **Baker City Backpack Program (BCBP)**

The Baker City Backpack Program, established in 2010, provides bags of non-perishable food to students in the Baker 5J School District who are at risk and in need. The program aims to ensure these children have access to food when school meal programs are unavailable on weekends. The program standardizes the backpacks and so prefers money and volunteer donations. Although, at times in the year there may be drives at the schools for specific items like 16 oz jars of peanut butter. Also, specific items like microwave mac and cheese cups. For the cost of a large latte at a coffee shop in town you can support one student for a week. Watch for fundraisers in your local school or go to their website and donate time or money. <https://bakercitybackpack.org/>. Keep an eye out for their fall fundraiser an Annual Oyster feed at Quail Ridge Golf Course. The program receives support from Festival of Trees too.



### **Hatch / Launch Pad Baker:**

Recently I told a friend who is a long time Baker City resident that UnWINEd walk begins at Hatch. She asked what and where that was, so I told her Launch Pad Baker. Again, no knowledge of what and where. Hatch / Launch Pad Baker is a Center for Entrepreneurship, a place that provides programs, resources, tools, and expertise for entrepreneurs starting or running a business. They help to advertise local events and businesses. They have a meeting room. Their location is 2019 Main St. Stop in and check them out. Follow their Facebook page. <https://www.facebook.com/launchpadbaker/>



### **Art:**

#### **Baker County Cultural Coalition (BCCC):**

BCCC provides small grants to arts, culture, heritage, and humanities organizations in Baker County with its next grant deadlines on May 15th, and October 15th, 2025. Individuals, groups, and organizations are eligible to apply for funds through the Coalition. It does not require official "non-profit" status. Proposals need to fall within the goals and priorities for art, humanities, and heritage identified in the Baker County Cultural Plan. The Coalition typically funds up to \$500.00 per project but may grant higher amounts for projects that suit priority strategies of the Baker County Cultural Plan. Grants can be applied for by individual artists, organization, businesses, and non-profits for projects that meet the Baker County Cultural Plan at

[https://www.bakercounty.org/cultural\\_plan/bccc.html](https://www.bakercounty.org/cultural_plan/bccc.html)



#### **Art for kids:**

All of these venues welcome kids: Crossroads classes (pay what you can) dance, music and lots of types of mediums, Churchill School music free with an adult, theatre at the High School and Eastern Oregon Regional Theatre, animal safari around town, music Wednesdays and Saturdays with Powder River Music Review, OHSU 4-H center (large variety), pop up events for special occasions.

### **Home Sports:**

1/24: Pink Night Basketball Boys and Girls Basketball starting at 3pm

1/28 JV2 Boys Basketball 4pm

1/29 JV2 Boys Basketball 4pm

1/30 BMS Girls Basketball 4pm

### **Calendar Highlights** (<https://hikingbaker.com/event-calendar/>):

1/24 Potato Bar Fundraiser 4pm, Artful Alchemy

1/25 Hospital Foundation Winter Ball

1/28 Baker City Council

1/29 Houseless Resource Fair

1/30 Play at BHS



### **Death Notices:**

These are viewable without a subscription at the Baker City Herald

[https://www.bakercityherald.com/obituaries/death\\_notices/](https://www.bakercityherald.com/obituaries/death_notices/)



### **Other:**

With cold weather heating bills are adding up. If you can please help restock a local sharing pantry. We are a month out from Christmas and the months of winter get long and hard. Make sure you check on your neighbor.