



The Official
monthly
publication of
the Klamath
Basin Senior
Citizens' Center

FREE
Take
One!

Above:
*Steve and Nancy from Quail
Park help plant flowers at
the Senior Center.*



Right:
*Trisha from Quail Park
donates her time planting
at the Senior Center*



Left:
*Senior Center Board
President Colette Fleck
holds a certificate
recognizing the Center
as a Blue Zones Partner.
Blue Zones Steering
Committee Co Chair,
Kelley minty Morris, made the
presentation.*

INSIDE

**CELEBRATE 35
YEARS OF AGING**

See Page 3

AUGUST • 2016

Active Seniors



Cindy Dupart
Transportation Dispatcher

Contact Information

General Information -
Joanne Campbell: 541.883.7171

Donations - Shawn McGahan:
541.883.7171 ext. 136

Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging
at 541.205.5400

Transport Dispatcher - Cindy Dupart
541.850.7315

Bingo Information -
Linda Breeden:
541.883.7171 ext. 115

Medicare Counseling -
541.883.7171

Volunteer Opportunities -
541.883.7171

Executive Director
Marc Kane: 541.883.7171 ext. 117

All content for this publication has been provided by the Klamath Basin Senior Citizens' Center. For questions, suggestions and general information regarding this publication, please contact the Klamath Basin Senior Center at 541.883.7171. Thank you.

TABLE OF CONTENTS

Welcome:	3
Letter from Marc Kane, Executive Director.....	
Features:	
Staff/Volunteer Focus - Richard Pierce Your Health During Fire Season	
Bulletins:	
Come Learn Tai Chi!! Muffin Mondays! Balance and Stability Class.....	4
Bulletin:	
Living Well	
Feature:	5
Euphemisms – Substitute Words.....	
Writer's Corner	6
Donor List	7
Calendar of Events	8
Features:	
Nancie's Corner	
Bulletin:	9
SPOKES Unlimited Schedule.....	
Feature:	
Why Take a Driver Safety Course?	
Bulletin:	10
Safe Driving Course.....	
Bulletin:	11
August 2016 Health Class Schedule.....	
Bulletins:	
Lake County Senior Center Schedule Klamath County: A Community Conversation	
Feature:	12
Boost Your Brain and Memory.....	
Bulletin:	
YMCA Tulelake-Butte Valley Fair Trip	
Feature:	14
SHIP TALK.....	
Menu	15

BINGO!

**Every Thursday & Saturday
OPEN at 4:30pm & CALLING at 6pm
New Tuesday Afternoon
Paper Only Games**

**Casual meals & snacks available!
Best Payouts in Town!**

**NO BINGO SATURDAY
AUGUST 20TH**

**This fund-raising event depends
on volunteers. We need callers and
floor help! Call us!**

**Klamath Basin Senior Center
2045 Arthur Street
541-883-7171**

Welcome

Many times we have expressed the thought here at the Senior Center that aging is inevitable, but getting old is a choice. We still stand by that as you can meet many “young” people here who refuse to get old. We have found one big exception to the rule, and that is our Senior Center building. Construction on the building was completed 35 years ago on August 16th, so we are celebrating 35 years here this month. A framed listing of who served on our building committee in 1981 and who contributed more than \$100 for materials remains attached to the wall of our ballroom next to the stage. There are over 250 local businesses and residents listed on that plaque. Our building sits on land owned by the County so it owns the building now too and leases it back to us for \$1 a year. It was built with donated labor and materials

The building has both aged and is getting old. During the last month a cooling compressor failed (cost \$1800) and a commercial ice machine died of old age (estimated cost \$2500). We’ll be writing grants for the more than \$200,000 it may take to address the repairs we believe will be needed over the next three to five years. There are some major expenses coming up like a reroofing (possible \$60,000) and a parking lot repair and overlay (possibly \$90,000). It is our hope that half of the funding will come from local residents and businesses and that those gifts will leverage a match from various foundations for the other half. With proper maintenance the life of our building can be extended, so maybe I’m wrong, we can add new life to aging equipment and buildings. It does take funding, however, to make that maintenance happen.

Are there 250 or more residents and businesses willing to add new life to the Senior Center? Watch for our appeals, help us out and be part of our future. Better yet come by, take a look, and see what you would like to fund. We would be happy to discuss our needs with you. This may be a good time to consult an accountant or an attorney to inquire about planned giving opportunities for the benefit of the Senior Center and for the best tax treatment of your estate.

By the way it was Pat Harris who brought to my attention that this is the building’s 35th year. Pat was reminiscing as she prepared to finally retire from volunteer service here as our volunteer coordinator. Pat has been on our staff, on our board of directors, a volunteer and likely served in a number of untold ways. We wish her well and trust that, while she may continue to age, she will forever be young. That is the spirit she left with us as she will continue her community service with the Lions and others. Thank You Pat for all that you do.



Pat Harris

Join Us! We Celebrate Life!

Marc Kane, Executive Director

To make a fully tax-deductible contribution to
the Klamath Basin Senior Citizens’ Center

Call (541) 883-7171

or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name:

Email:

Street Address:

City: State: Zip:

Amount of Contribution:

Does your employer have a matching gifts plan? Yes No

My check is enclosed payable to **KBSCC**.

Or charge my contribution to my:

Visa Mastercard AMEX Discover

Card # Exp. Date CSC

Recurring monthly contribution: Yes No

Signature



**Klamath Basin Senior
Citizens’ Center**

BUILDING AND MAINTAINING A
SUPPORTIVE COMMUNITY FOR SENIORS

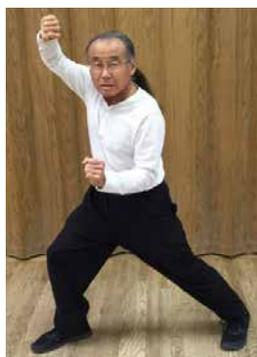
KBSCC is a 501 (c) 3 non-profit corporation

Bulletin

COME LEARN TAI CHI!!

Tuesdays -Senior Center
Beginning 10:00-11:00
Intermediate 9:00-10:00
Advanced 12:00- 1:00

Just Come
You are welcome



Bulletin



Muffin Mondays!



Veteran's Group



Every Monday 10:30-11:30 a.m.

Senior Center, 2045 Arthur St.

Coffee • Muffins • Conversation

For more information: Jennifer Smith • 541-882-2902
jsmith@klamathhospice.org • www.klamathhospice.org

Feature

Your Health During Fire Season

Respectfully submitted by Klamath Hospice

The Klamath Basin and surrounding areas frequently get blanketed by smoke from forest fires that are our dedicated firefighters work to combat. Here are a few tips from AirNow that may help you breathe easier.

- Remain aware of outside air quality conditions. If the air is heavily smoky, it may not be a good time for outdoor activities. Health warnings correlate with the levels in air quality. Watch for news and take the appropriate precautions to protect yourself and family as air quality changes.
- Stay indoors. When advised to stay indoors, stay indoors! Take steps to keep indoor air as clean as possible. Avoid smoking indoors or using wood fireplaces, gas logs, or gas stoves. Avoid activities that may stir up particles affecting indoor air quality.
- Follow the doctor's orders. If you have asthma or other lung issues, make sure to follow your doctor's recommendations to minimize symptoms. Remember that if your symptoms worsen, call your physician for guidance.
- Use your air conditioner if you have one. It can be helpful to close windows and doors and utilize your air conditioner when outside smoke is heavy.
- Consider leaving the area for a time. Individuals with heart and/or lung disease, older adults or children that are often more sensitive to poor air quality conditions. Sometimes it is advisable to leaving the area for a time if heavy smoke will be in the area for an extended pair of time.



Source: www.airnow.gov

KLAMATHHOSPICE

Feature

Staff / Volunteer Focus

In recognition for our Senior Center Employees and Volunteers

RICHARD PIERCE



Richard Pierce has been with us over 6 years as Maintenance Supervisor. He was born in Portland, Oregon and grew up in Burns, Oregon. He moved to Klamath Falls in 1986 which would classify him as a "true resident" of Klamath Falls. His favorite activities

are camping, hunting, and fishing. He was just fishing at Fish Lake and caught 5 trophy fish. He loves to go 4 wheeling with his Klamath River 4X4 Club. Richard is always in the lead scouting out the trails. Growing up he enjoyed trapping with his favorite Grandpa. His most unforgettable moments were the times he went camping with his parents and grandparents in Silives Valley among the beautiful lakes, rivers and forest. As a child his friends and brothers would have pine cone fights which usually ended up getting out of hand when the prickly ends of the pine cone penetrated the skin.

Thank you Richard for all the years you have been with the Senior Citizen Center. We appreciate your smiles, hard work and continued service with us.

Bulletin

Balance and Stability

SHOULDER HURT?

Discover your ability to recover movement you thought you lost



- **Monday 10:30-11:30**
KLAMATH LUTHERAN CHURCH,
1175 Crescent
- **Wednesday 10:30-11:30**
KLAMATH LUTHERAN CHURCH,
1175 Crescent
- **Friday 11:30-12:30**
SENIOR CENTER

Just come, or call Tina 541 274-1555



Attend a FREE Living Well Workshop!

- ✓ Find practical ways to deal with pain and fatigue.
- ✓ Learn from others who are living with a chronic illness themselves
- ✓ Learn real life skills for living a full, healthy life while actively managing your health condition

Who should attend?

- ✓ Anyone with an ongoing health condition such as diabetes, arthritis, heart disease, high blood pressure, chronic pain, anxiety, or depression
- ✓ Or family or friend of someone living with an ongoing health problem

Pre-Registration requested
Call Valerie Franklin at Sky Lakes Outpatient
Care Management: 541-274-7250
Cost: FREE

UPCOMING FREE WORKSHOPS FOR FOR ALL AGES

Living Well with Diabetes

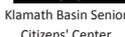
Mondays, October 3 - November 7

5:30pm-8:00pm at Tribal Health

Living Well with Chronic Conditions

Thursdays, October 4 - November 8

12:30-3:00pm at the Senior Center



Feature

Euphemisms – Substitute Words

by Robert G. Black

Over the years, our English language has developed a whole variety of substitute words that are now in common and daily usage. For many of these terms, the actual meaning is exactly the opposite of the word that we now use commonly. Why in the world would we do such a thing? Language is an imprecise method of communication at the best of times, and deliberately using a word to mean the opposite seems to go against common sense.

In so many areas, particularly in scientific studies, we use terms that are very precise and exact so that no misunderstanding can occur when we discuss scientific subjects. You only need to look at the precise scientific names applied to each species and subspecies of animal, bird, reptile, amphibian, fish and plant to see this use of scientific exactness in our language.

However, this is not true when we are referring to our physical bodies and their functioning. The primary and most unfortunate use of euphemisms is in the areas of our physical lives and the health of our physical bodies. When we honestly look at this use of euphemisms, this use turns out to be actually a means of being less than honest with ourselves. We attempt to make ourselves feel better, even though this ignores the actualities of our present physical lives and the functioning of our physical bodies. This is certainly understandable, for nothing is more important than the physical lives and physical bodies that our eternal spirits absolutely must have to function in this physical world.

The most notable word we use in its opposite sense is the word 'health', especially in the terms 'health care' and 'health insurance'. These are actually illness care and insurance against illness. Since no one wants to think about illness or sickness, we have adopted these substitute words to make ourselves feel better.

Perhaps our worst offense in euphemisms is the use of the term 'life insurance' when what we really mean is insurance in case of the death of the physical body. Granted, this is a most valuable type of insurance, as it supplies the surviving spouse and children with funds when they are most needed. But why can't we at least be honest with ourselves and call it 'death insurance'?

There is an alternative to sickness and illness. Over 40 years ago, I was raising finches. These tiny birds have a very high rate of metabolism, and they will die rapidly if anything is missing in their diet. As this is a cause and effect world we live in, I began to study nutrition to try to learn what was causing these finch deaths. This study opened an entire world of knowledge about my own nutrition, and at that point I changed my own diet radically, and have been completely healthy ever since.



Robert G. Black

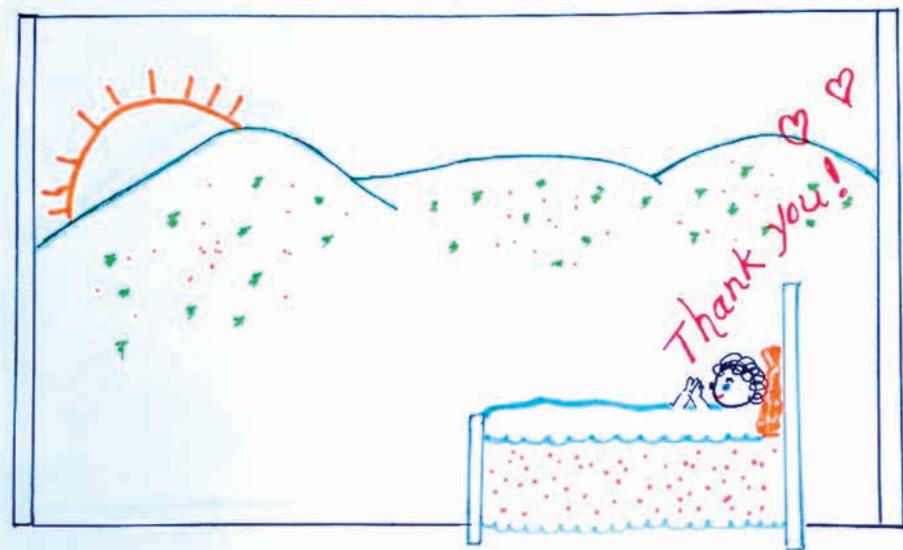
Through these columns, I have tried to pass on some of this accumulated knowledge to you, for being ill and incapacitated is no fun at all.

The author, Robert Black, is a member of the Center's Senior Advisory Council. Opinions and statements made in articles submitted for publication are those of the author alone and are not endorsed by the Klamath Basin Senior Citizens' Center, Inc.

Writer's Corner

Please submit something for us to consider printing in our next issue. Submittals should be sent to the attention of Marc Kane, Executive Director, Klamath Basin Senior Citizens Center.

Mumkin's Recipes for Life...



As you awake each day
Take a moment to quietly pray

Sharon (Johnston) Pappas©

Seems Like Yesterday

By Sharon (Johnston) Pappas

Sometimes it seems like yesterday
When life was simple
Carefree and filled with play

Party lines on the telephone
TV's with rabbit ears
Where only black and white were shown

You knew everyone in cars passing by
Stopping in the road
Just to say hi

Locks on the doors, never a must
Keys left in cars
Small towns filled with trust

Life moves on and progress arrives
Changing the landscape
And everyone's lives

Now it seems miles away
When life was simple
But tucked in your heart live memories of yesterday.

Living at the End of the Road

By Vaudine Cullins

She was showing no emotion
as she puttered 'round the house
doing little tasks that seldom seem to matter
Her mind, once clear, now cluttered,
she's been talking to herself,
and some seem to think her
life is looking sadder

In her quiet world of lonesome
she remembers how things were
when her favorite friends
and family came to call

Her friends are mostly gone now
and her family's mostly busy
so her social circle's size is growing small

It's a common situation
It's familiar to us all
but we know some people
choose to be alone
They've adjusted to the solitude
conversing with themselves
and have no desire to leave
their comfort zone

Expressions of Heart and Mind

One Potato Two Potato Three

By Peggy Thomas

Potato harvest awakens my taste buds for potatoes and the many ways I can cook them. My favorite is potato soup with a mixture of eggs and flour dropped on top of the boiling potatoes. I also like potato salad, and I fix scalloped, fried, and mashed potatoes, and add them to a variety of soups. I think potatoes enhance the flavor of many recipes. Cooking potatoes, especially in the fall and during potato harvest. I think back many years ago of my first experience working in the potato fields.

My sister Pat and I had many babysitting jobs but as young teenagers we wanted to make more money. Our older brother, Byron had been working weekends in the potato fields, and he told us about the extra money he had been making. Pat and I decided we would like to try and upgrade our income, and we asked our brother to take us along. He laughed at us and told us there was no way we could drag a 50 pound potato sack and fill it with enough potatoes to make any money. We argued that carrying babies, and toddlers on our hips, gave us enough strength to pull a sack of potatoes. Pat and I finally convinced him we could do the job, and the next weekend with a packed lunch we headed to our new job. Working the potato fields at that time required wearing a harness type belt around the waist with the potato sack attached and drags along between the legs. The potatoes had been dug out of the ground by machinery and lay on top of the earth so that the worker can pick up the potatoes and toss them in the sack. Pat and I figured that sounded easy enough and we eagerly followed the directions to gear up and started down separate rows tossing potatoes into our sacks. We didn't see much of the blue sky overhead but we felt the heat from the sun as the morning got hotter and hotter. Pat and I did our best to ignore the other workers filling their potato sacks and advancing ahead of us. We were not discouraged because we had dollars passing through our heads. Even when the other workers, including Byron started weighing in their potato sacks Pat and I trudged along. Okay, we were getting hot, very tired, and wanted to take a break, and maybe even eat our lunch. Our potato sacks were just barely full but heavy enough to slow us down, but we kept our pace, however slow it was, by chanting one potato two potato, three and so on. Little by little the visions of dollars turned into pocket change, it was almost at the end of the working day before we finally had enough potatoes in our sacks to be able to place them on the scales and receive our small amount of money.

For days afterwards we felt like our bodies had been twisted into a pretzel. But, the best part of this event in our lives was learning that things aren't always as easy as they look, and overtime being able to laugh with our family, and most of all, ourselves.

Donor List

Klamath County Grants \$5,000 Williams Grants \$1,500

Klamath County for the second year in a row has made the campaign kickoff grant for this year's appeal to corporations for \$100,000. It is our goal to have ten to twenty organizations give five to ten thousand dollars to assist the Klamath Senior Center in supporting its programs and services for area seniors. Williams, the energy company involved in gas line transmission management, came in with this year's second grant at \$1500. If your company can make a grant, please help us make our goal this new year which began July 1st. Your elderly neighbors depend on your support.

Again, a big thanks to all listed below for their monetary support and to those who make donations when participating in programs that don't expect to be acknowledged by name. We are most grateful to all who support the Senior Center.

May Donations of **\$3,170** were received from the following individuals:

ED-PAT ELECTRIC	Howard McGee	Rose Chapman
Community Lounge	Bill Watson	Joyce Moore
Bonnie Lesueur	Elvin Middleton	Samuel Hawley
Geraldine Schindler	Donna Maloney	Rose Kruezer
Faith Tabernacle	Johnny Jones	Etta Holly
Ernie Palmer	Pat Connell	Phyllis McDiarmid
Dorothy Winters	Cheryl Gibbs	Linda Hayes
Jon Schnebly	Linda Bourcy	Judith Searles
Terrel Wagstaff	Mary Ellen Sargent	Constance Schuetze

Unidentified contributions in May for Meals, Transportation and Other Services amounted **\$4,360**

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2015 amounting to at least \$600 for the year. They were the following:

Avril Fisher	Etta Holly	Jon Schnebly
Bill Watson	Samuel Hawley	Lynette Harvey
Burl Parrish	Faith Tabernacle	Patricia Henderson
Carol Darling	First Presbyterian Church	Rose Chapman
Dorothy Winters	Geraldine Schindler	Stan Neitling
Elvin Middleton	Howard McGee	Walter and Kay
Ernie Palmer	Jahalla Shaffer	Duckworth

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3 of this publication.

Do you or someone you know struggle with anxiety, depression, or substance abuse?

Would you like to ask for help for yourself, a family member or friend?

Here is how you can do that.

Call Klamath Basin Behavioral Health at 541-883-1030 ...
email us at info@kbbh.org ...
or talk to Jerry Gilmer at the Klamath Basin Senior Citizens' Center.
Mr. Gilmer will be there Tuesday and Thursday mornings.

There are many ways we can help from counseling to substance abuse counseling, and MORE. If you or a loved one is in need, we will find a way to help. Contact us today.



2210 North Eldorado Avenue | 541.883.1030
KBBH.org

Do you or someone you know struggle with:
(check any that apply)

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Child Behavioral Issues |
| <input type="checkbox"/> PTSD | <input type="checkbox"/> Substance Abuse | <input type="checkbox"/> ADHD |
| <input type="checkbox"/> Suicide Risk | <input type="checkbox"/> Alzheimers or Dementia | <input type="checkbox"/> Psychosis or Schizophrenia |
| <input type="checkbox"/> Other | | |

REFERRALS ARE 100% CONFIDENTIAL!

Name of Referral Phone Number Address (Optional)

Klamath Basin Behavioral Health is here to HELP with all these issues and more.

**A sliding fee program is available.
No one is turned away for inability to pay.**



Clip and return to:

2210 North Eldorado Avenue
Klamath Falls, OR 97601

CALENDAR OF EVENTS

Body Recall/ SAIL Classes: Every Monday, Wednesday and Friday from 8:45 a.m. to 9:45 a.m. & 10:15 a.m. to 11:15 a.m. Thursday from 10:15 a.m. to 11:15 a.m.

KBSCC Board of Directors: Wednesday, September 28th, 10:00 a.m. to 12:00 p.m.

KBSCC Council Meeting: Wednesday, August 17th, 9:00 a.m. to 10:00 a.m. at the Senior Center.

Hearing Aid Checks: Thursday, August 18th from 10:15 a.m. to 12 noon.

Blood Pressure Checks: KBSCC now has a Blood Pressure Machine in the LOBBY for checking your pressure from 9:00 a.m. to 2:00 p.m. Ask for assistance if you need it.

Parkinson's Support Group: Tuesday, August 23rd, Elmer's Restaurant at 11:00 a.m.

American Council of the Blind: Tuesday, August 16th, Red Rooster at 12:30 p.m - 2:30 p.m.

Senior Veterans Social Club: Mondays, 10:00 a.m. to 11:30 a.m.

Golden Age Club Bingo & Pinochle: Every Monday and Thursday afternoon from 12:30 p.m. to 4:00 p.m.

KBSCC Bingo: Every Thursday and Saturday, doors open at 4:30 p.m. Games start at 6:00 p.m.
NO BINGO SATURDAY AUGUST 20TH

Paper only Bingo: Second Thursday of the month at 4:30 p.m., open and call @ 6:00 p.m. Tuesday afternoon paper bingo at 1:00 p.m.

Nickel Bingo: Every Saturday from 12:00 p.m. to 3:30 p.m.
NO BINGO SATURDAY AUGUST 20TH

SHIBA Medicare Counseling (Prescription Drug Eligibility Assistance): By Appointment Only. Call 541-883-7171 to arrange an appointment.

Hot meals are served Monday through Friday at the Senior Center (2045 Arthur Street). Serving starts at 11:30 a.m. and is over at 12:30 p.m.

Transportation: Monday through Friday, Medical appointments have priority. Open to the general public as space is available. For more information regarding the transportation program call Cindy at 541-850-7315.

Gift Shop: Inside the lobby of the Senior Center, 2045 Arthur Street, Klamath Falls. It's open Monday through Thursday from 9:00 a.m. to 4:00 p.m. Fridays 9:00 a.m. to 2:00 p.m.

Senior Dance Day: In the Ballroom, Wednesdays at 1:00 p.m. to 3:30 p.m.

Craft Group: Thursdays from 9:00 a.m. to 11:00 a.m.

Tai Chi Class: Tuesdays beginner class 10:00 a.m. to 11:00 a.m. Intermediate class 11:00 a.m. to 12:00 p.m. Advanced class from 1:00 p.m. to 2:00 p.m.

Balance and Stability Class: Klamath Lutheran Church(1175 Crescent Ave.): Mondays from 10:30 a.m. to 12:00 p.m., Wednesdays from 10:30 a.m. to 12:00 p.m. At the Senior Center: Fridays from 11:30 a.m. to 1:00 p.m.

NEW: Stretch and Tone Class: Every Thursday, 9:00 a.m. to 10:00 a.m.

NEW: Line Dancing class: Every Tuesday from 5:30 p.m. to 6:30 p.m.

Creative Writing Club: New classes start in September. Register Now!

Walk With Ease: Scheduled when registration warrants a new class. Call to sign up.

Movies: 12:30 p.m. Monday, August 8th - 'Trumbo' & August 22nd- 'Hologram for the King'.

Open Pool Playing: Monday thru Thursday 8:00 a.m. to 4:30 p.m., Friday 9:00 a.m. to 2:00 p.m.

Living Well: Enrollment always open for new classes. Call Valerie Franklin to register at 541-274-7250

Pickleball: Friday and Sunday, 2:00 p.m. to 5:00 p.m. Reserve court by Thursday.

Pickleball for Beginners: Tuesdays, 2:30 p.m. to 4:30 p.m.

NEW Boost Your Brain & Memory: New class starts August 11th, 10:30 a.m. to 11:30 a.m.

Klamath County Library Services Branch: Mondays and Fridays, 9:30 a.m. to 1:00 p.m. Thursdays 1:30 p.m. to 4:00 p.m.

NEW Wii classes (pronounced 'we'): Thursdays from 1:30 p.m. to 4:00 p.m.

Yoga Classes: Thursdays, 10:30 a.m. at Klamath Lutheran Church, 1175 Crescent Avenue & Mondays, 5 p.m. at the Senior Center.

Monday Muffins: 10:30 a.m. - 11:30 a.m. (hosted by Hospice to Honor Veterans. All are welcome)

Computers are available for senior use upon request

One-on-one Computer training: *New Volunteers Now Ready to Work With You.* By appointment.

AARP Safe Driving Class: August 9th & 11th from 9 a.m. to Noon. Two day class. Registration Required

VOLUNTEERS WANTED: Call Pat Harris @ 883-7171 Ext. 128 for more information.

When Caring, Quality & Commitment make a Difference



Assured Quality
HOME CARE INC.
www.aqhcinc.com

905 MAIN STREET, SUITE 512
KLAMATH FALLS, OR 97601
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- Medication Assistance
- Insurance Billing
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Tamera Bancroft, RN
Certified Foot Care Nurse
541-497-3978



Specializing in nail care of the older adult

Feature

Nancie's Corner

Form a Walking Moai* (pronounced Mo-Eye) Build Social Connections While Enhancing Well-Being

Do you need to get out more? Want to start exercising? Are you looking for positive connections with others or want to enhance your daily life? Today's column focuses on walking as a "first step" to fitness and overall well-being.

Walking is the easiest form of exercise you can do. It doesn't cost anything, but time. You don't have to wear any special workout clothes. Well, perhaps a good pair of shoes. Maybe you aren't comfortable walking alone; or, you need a kick-start, like finding a group of people who are already walking. If that doesn't work, consider reaching out to friends and neighbors to form a committed walking group, or in Blue Zones' parlance, a walking moai.

Kate Murphy, Mike Reeder and I—all Blue Zones Project team members--recently met to find ways to encourage seniors to form walking moais. To that end, Mike will be coming to the Senior Center soon to

answer your questions, share your concerns and, if you are interested, help you form a moai. On this path, should you accept it, walking and all its benefits will quickly become a way of life.

Here are two walking moais in full stride.



Led by Maggie Huntley, a walking moai emerged out of her Women's Bible Study. Since they already met in town each week, they simply added an hour of walking to locations nearby, i.e., the birding trail, the Linkville Cemetery, looking at art work on the electrical boxes, wandering through the old, established homes above town; and, taking a tour of downtown businesses. The group continues and has grown to 8-10 people. Ages range from young mothers to people in their 70s. The resulting side benefit is that of building fellowship.

The "PT Cruisers" walking moai is a group of 10-12 neighbors led by Glenn Gailis. Most are seniors who walk three times a week taking a variety of 3-mile routes through Pacific Terrace and into downtown. Glenn reports that the social value of walking together is one of its greatest benefits. They support each other through life's challenges, celebrate the good times, plus offer a listening ear and valuable feedback. In other words, they have become a committed social network.



So, as you consider walking as an option, wrap your thinking around the social connectedness that can bring depth and support to your life!

**The word "moai" comes from Okinawa, Japan and means "meeting for a common purpose." In Okinawa, neighbors use moais as support systems to help those in need. Based on this tradition, moais provide social interaction and support that are just as important to a person's overall well-being as the benefits of walking.*

If you need guidance or help in developing an exercise program or want to form a walking moai, leave your name and phone number at the front desk. There is no cost!

Nancie Carlson, Senior Center Health & Wellness Counselor

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is." -Ellen DeGeneres

SPECIAL THANKS THIS MONTH

To Quail Park staff and resident Nancy
for coming to plant our flower boxes and garden.
See pictures on our front cover.

Bulletin

SPOKES Unlimited Schedule

SPOKES Unlimited • 1006 Main Street,
Klamath Falls, OR 97601 • 541-883-7547 v/tty

All support groups follow confidentially guidelines.

August 2016

9th Traumatic Brain Injury/Illness Support Group
1:00-2:00 p.m., SPOKES office

All meetings/events listed are held in a wheelchair accessible location. Please notify SPOKES 48 hours in advance if you need an assistive listening system, sign language interpreter or materials in an alternate format. Call 541-883-7547 v/tty.



Scott Stevens, M.D.
Physician/Surgeon of the Eye



Mark Fay, M.D.
Physician/Surgeon of the Eye



Edwin Tuhy, O.D.
Optometrist



Jennifer Sparks, O.D.
Optometrist

KLAMATH EYE CENTER
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Bulletin

Safe Driving Course



SAFE DRIVING Can Save You Money

Take the NEW AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs*

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. *Sign up today!*

CLASSROOM COURSE

\$15 for AARP members | \$20 for non-members

TO FIND ADDITIONAL COURSES IN YOUR AREA:

Call **1-866-955-6301** or visit **www.aarp.org/driving36**

August 9th & 11th • 9AM – 12PM
Klamath Basin Senior Citizens' Center
 2045 Arthur Street, Klamath Falls

You can register at the Klamath Senior Center 's Reception Desk or contact AARP directly, or by calling the senior center at 541-883-7171

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Feature

Why Take a Driver Safety Course?

by: AARP Driver Safety, from: AARP.

Because driving has changed since you first got your license, and doing so could save you money

Learn how to refresh your driving skills, save money, volunteer and find useful information and guidance about getting around at aarp.org/driversafety.

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cellphone

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

About the course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. Over 15 million participants have gone through AARP Driver Safety classroom and online courses, taught by more than 4,000 AARP Driver Safety volunteers.

The AARP Smart Driver Course is available nationwide in classroom and online settings, in both English and Spanish. **There will be a course at the Klamath Senior Center on Tuesday and Thursday, August 9th and 11th.** It is presented over these two days from 9am to Noon. Participants must attend both days. Look for details in the announcement placed in this newspaper.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass. The classroom course costs only \$15 for AARP members and \$20 for nonmembers.

How to register

To locate a classroom course visit aarp.org/findacourse. Course times, dates and locations will be listed along with a phone number to call to register. Or call toll-free to 888-AARP-NOW (888-227-7669). In addition you can register for the Klamath Senior Center Course at the reception desk at the center, 2045 Arthur Street, Klamath Falls, Oregon or phone 541-883-7171.

After completing the course you'll receive a certificate of completion that can be presented to your insurance agent for a possible reduction in your auto insurance premiums.

Bulletin

August 2016 Health Class Schedule

JOIN US! WE CELEBRATE LIFE! • Marc Kane, Executive Director • 541-883-7171 Ext 117

LOCATIONS: **KLC** = Klamath Lutheran Church 1175 Crescent Avenue **SC** = Senior Center 2045 Arthur Street **(##)** = Capacity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>KLC: Balance/Stability Tina Mahacek 10:30 am to 12:00 pm (10)</p> <p>SC: YOGA Kim Carson 5:00 to 6:00 pm</p>	<p>SC: Tai Chi Mel Murakami Beginner 10 to 11am (25) Intermediate 11 to 12 noon (25) Advanced 1 to 2 pm (25)</p> <p>SC: Line Dancing Tara Gallager 5:30 to 6:30 pm New Day and Time Beginning August 9th.</p>	<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>KLC: Balance/Stability Tina Mahacek 10:30 am to 12:00 pm (10)</p> <p>SC: Dancing Live Music from the Take Four Band 1:00 to 4:00 pm (Dance Club Ask for a \$4.00 fee)</p>	<p>SC NEW Stretch and Tone Bev Fairclo 9:00 to 10:00 AM (25) Registration open</p> <p>SC: SAIL Exercise Suzan Phipps 10:15 to 11:15 am (32)</p> <p>SC: Boost Your Brain & Memory Kate Murphey 10:00 to 11:30 am (12) NEXT CLASS STARTS AUGUST 11TH</p>	<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>SC: Balance/Stability Tina Mahacek 11:30 am to 1:00 pm (20)</p> <p>SC: Living Well with Chronic Medical Conditions Classes now in progress. To register for future classes Call 541-274-7250 New Registration Number now at Sky Lakes Community Health</p>

INDOOR PICKLEBALL COURT
Fridays and Sundays from 2 to 5 pm
available by reservation only.
Tuesday Beginners Class open to walk-ins 2:30 to 4:30 pm
Court shoes required.

Need Help Deciding Which Class Is Right? Make an appointment with our Health and Wellness Counselor! If Not Now, When?

Fees and Donation Information:

Participants are requested to make a donation of \$2.00 to \$4.00 dollars (donate what you can). **No one refused for inability to make a donation.** **Participants under 60 pay the estimated class cost.**

Enrollment:

Generally classes are fully subscribed well before start dates. Early enrollment is encouraged. Class start and end dates are announced in this publication and at the Senior Center and Community Lounge. Information is also available from our receptionist at 541-883-7171.



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Bulletin The Lake County Senior Center

11 North G Street – Lakeview, OR 97630
(541) 947-4966 • Fax: (541) 947-6085
Monday, Wed, Friday- 9:00 am to 2:00 pm
Tuesday, Thursday- 9:00 am to 12:00 pm

Some things we have coming up in **August** are:

Tuesdays, August 9th & 23rd 7:30 AM - Klamath Falls Shopping Trip
(Stop in to sign up only \$10)

Friday, August 12th is our Birthday Celebration! (Join us to celebrate 50's style!)

Monday, August 15th 5:00 PM - Board Meeting

Friday, August 26th 1:00 PM - Movie Day

Sunday, August 28th - Alturas Casino Trip!

Every Monday 1:00 PM - Bingo (right after lunch)

Mondays 11:30-12:00 PM - Blood Pressure Checks from

Every Tuesday & Thursday 1:00-4:00PM - our Thrift Shop is open.

We take donations anytime the store or center are open!

Tuesdays & Thursdays 10:00-11:00AM - join us for the Strong People Program!

Every Wednesday 12:00-1:00 PM - Lions Lunch Meeting

***We transport Veterans!
Just call to get on our schedule!***

We serve hot meals to everyone Monday, Wednesday and Friday. It's only \$6 for those under 60 and we request a \$4 donation for those over 60. We also provide home delivered meals to those that qualify. Lunch is served at noon, but to-go orders can be picked up by 12:30. Join us for lunch! Seniors and disabled may request local medical transportation with two days notice.

Bulletin

Klamath County A Community Conversation

The public is invited to join regional and local agencies for a community conversation about services available for Klamath County Senior Citizens.

Klamath Basin Senior Center

Aug 5, 2016 - 2:00 p.m. to 3:30 p.m.

Please RSVP to Melissa at the Klamath Lake Area on Aging
541-205-5400 or melissa.luna@klcaaa.org

- Learn about local and regional services
- Share your agency resources (bring printed materials to share)
- Give input on local gaps and barriers in services
- Strategize on how to fill gaps and break barriers to services
- Service Equity—how do we engage the community?
- Input from local citizens

Special presentations from:

Klamath County Senior Center • Klamath Basin Behavioral Health • Sky Lakes Medical Center • DHS/Adults and People with Disabilities • Klamath and Lake Counties Council on Aging • SPOKES Unlimited

Feature

BOOST YOUR BRAIN AND MEMORY

All seniors want to maintain their mental capacities as long as possible. Being informed is a key to our overall physical and mental wellbeing. An opportunity to learn strategies to maintain our brain health and memory is available to seniors in the Klamath Basin. Starting Thursday August 11, 2016. KBSCC will sponsor **Boost Your Brain and Memory**, an 8 week program from the Mather Lifeways Institute on Aging.

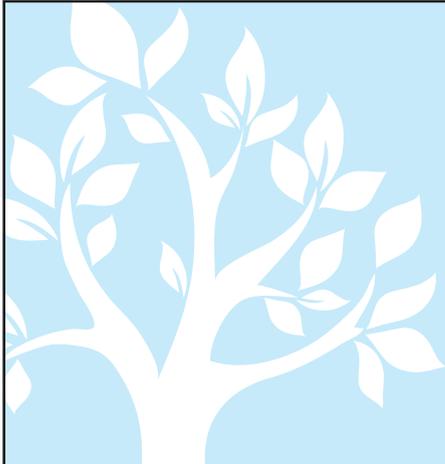
What is Mather Lifeways? For more than 70 years, this not-for-profit, award winning, nondenominational organization, founded by Alonzo Mather, has been dedicated to developing and implementing ways to age well. **Boost Your Brain and Memory** was created by Mather Lifeways in conjunction with experts from Rush Alzheimer's Disease Center, Rehabilitation Institute of Chicago, University of Illinois at Chicago and The University Center for Cognitive Wellness.

Based on the latest research, this program uses unique, whole-person approaches that provide older adults with practices that can help them live a healthier lifestyle as well as remember things better, be more organized, pay closer attention, and regulate their emotions. The program demonstrates what older adults can do now to reduce their risk of Alzheimer's disease and other dementias. Follow up studies (2013) showed that participants who had completed the program were more optimistic and self-confident about maintaining their memory.

The class is limited to 12 participants, and so, will be low-keyed, friendly and supportive. Participants will be encouraged to set goals and share their own experience and knowledge. This program is intended for older adults who *do not* have diagnosed dementia. It is recommended for adults who are motivated to protect and enhance their mind's capacities.

Those registering for the class are asked to commit to attending at least 6 of the 8 scheduled sessions. The program will be presented at the Klamath Basin Senior Center on eight consecutive Thursdays 10 to 11:30 A.M., beginning August 11, 2016 The cost is \$10 to cover the program workbooks and materials. Financial assistance is available. If you have questions call the Klamath Basin Senior Center: (541) 883-7171.

Boost Your Brain and Memory will be presented by Kate Murphey and Dawn Wallace. Kate is a retired family nurse practitioner. She has lived and worked in Klamath Falls for twenty years. Dawn Wallace is employed by Sky Lakes Medical Center as a Community Health Worker.



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Bulletin

YMCA TULELAKE-BUTTE VALLEY FAIR TRIP



**SENIORS:
LET'S ALL GO
TO THE FAIR ON
FRIDAY,
SEPTEMBER 9TH
FOR A DAY OF
FUN AND
ENTERTAINMENT!**

Enjoy the exhibits, shows, and of course...the fair food. Be sure to bring your own spending money for the food and those treasures you just have to have.

Here's your chance to go to the Tulelake-Butte Valley Fair without having to worry about the long drive and finding a parking place when you arrive.

You can leave the driving (and the parking) to us when you register for this fun-filled trip. Just relax and we'll get you there and back.

Registration Deadline:

**5:30pm on Friday,
September 2, 2016**

COST:

**\$16 Y Members
\$23 Community**

The van will leave the Y's parking lot at 9:30am and head home from Tulelake at 3:00pm.



**THE YMCA OF KLAMATH FALLS
1221 S Alameda Ave
Klamath Falls OR 97603
541.884.4149 www.kfallsymca.org**

Feature

SHIP TALK (Senior Health Insurance Program) SAVING SHIP

Our SHIP program needs your support. Let me explain: SHIP is one of the many programs funded under the Older Americans Act (OAA). You're no doubt familiar with many of the other programs such as Meals on Wheels, Senior Transportation, and many other separate programs to assist the elderly. **This year the Senate Budget Committee actually eliminated SHIP as an OAA program for 2017. It was the ONLY OAA program eliminated from the OAA.** A few programs suffered some cuts and a few others even got a bit more funding. But overall, funding remained fairly stable. We can take the cuts; we know there's a huge deficit; but elimination? Fortunately, the House Appropriations Committee restored funding for SHIP, with an approximate 6% cut. But the process is not yet over and SHIP needs your help as it faces the full Senate and House as they review funding for the 2017 budget. (In Oregon we go by the acronym of SHIBA – Senior Health Insurance and Benefits Assistance.)

First, let's look at what our program does:

1. SHIP provides free, unbiased, reliable and personalized health benefits information throughout the country. We help navigate people through ALL of the available Medicare Prescription drug plans, Medigap supplemental insurance plans and Medicare Advantage plans, and all the rules and deadlines. Without our guidebook and assistance, seniors would never even know all that is available to them and therefore be able to choose what fits their needs. Our government said that it wants people to be able to make their own choices. How can they make wise choices without even knowing what those choices are? There's absolutely no way they can even begin to know their options without the SHIP program.
2. SHIP provides community educational efforts, outreach and enrollment events. Some of us even write newspaper columns!
3. SHIP provides assistance to low income persons by getting them benefits that are available to them through various government agencies.

National statistics for the SHIP program show that it is, without doubt, the most cost-effective program in the Older Americans Act. Funding is used primarily for state level staff who provide the infrastructure for the program in each state. They do overall coordination, research, write and publish the state guidebooks, operate the state website, train the counselors who will be working throughout the state, and are always there to help out with questions and answers. The rest of the work is done by volunteers. In 2015 SHIP programs served over 7 million people, saving them literally hundreds of millions of dollars and also getting them to the programs which serve their needs. All of this with \$55 million in OAA funding. Talk about cost-effective? Show me another OAA program with these kind of numbers.

Speaking of numbers, the space limitations of this column do not allow a thorough analysis of the statistics for SHIP. So look for this information in next month's column where I'll show what we've done - in the US, in Oregon, and here in Klamath and Lake counties. And, last but not least, who to contact in Congress to support our case as the 2017 budget is deliberated by the full Senate and House.

In the meantime, come on down to the Senior Center (541-833-7171) and set up an appointment for Oregon SHIBA assistance.

Anne Hartnett, SHIBA Coordinator, KBSCC

Remember . . .

Davenport's is there to help as you search for the right way to honor your love one's memory



We can help you select Urns in large or small, simple or elaborate to capture your memories for all time.

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Hours: Mon-Fri 10am-6pm • Sat 10am-5pm

Menu

August 3, Wednesday: Beans & Ham, Cornbread, Veggie, Salad Bar, Dessert

August 4, Thursday: Meat Loaf, Mashed Potatoes, Veggie, Salad Bar, Dessert

August 5, Friday: Polish Sausage & Sauerkraut, Veggie, Salad Bar, Dessert

August 8, Monday: Lasagna, Garlic Bread, Veggie, Salad Bar, Dessert

August 9, Tuesday: HAPPY BIRTHDAY. Salisbury Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

August 10, Wednesday: Chicken Casserole, Veggie, Salad Bar, Dessert

August 11, Thursday: Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

August 12, Friday: Fish & Chips, Veggie, Salad Bar, Dessert

August 15, Monday: Au Gratin Potatoes & Ham, Veggie, Salad Bar, Dessert

August 16, Tuesday: Bbq Chicken, Veggie, Salad Bar, Dessert

August 17, Wednesday: Pasta & Meat Sauce, Garlic Bread, Veggie, Salad Bar, Dessert

August 18, Thursday: Meat Loaf, Mashed Potatoes, Veggie, Salad Bar, Dessert

August 19, Friday: Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

August 22, Monday: Baked Potato Bar, Broccoli & Cheese, Veggie, Salad Bar, Dessert

August 23, Tuesday: Sloppy Joes, On Whole Wheat Bun, Veggie, Salad Bar, Dessert

August 24, Wednesday: Roast Chicken & Potatoes, Veggie, Salad Bar, Dessert

August 25, Thursday: Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

August 26, Friday: Tuna Casserole, Veggie, Salad Bar, Dessert

August 29, Monday: Mac & Ham, Veggie, Salad Bar, Dessert

August 30, Tuesday: Swiss Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

August 31, Wednesday: Teriyaki Chicken & Rice, Veggie, Salad Bar, Dessert

September 1, Thursday: Meat Loaf, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

September 2, Friday: Breakfast For Lunch, Veggie, Salad Bar, Dessert

September 5, Monday: CLOSED FOR, LABOR DAY

September 6, Tuesday: Polish Dogs & Sauerkraut, Veggie, Salad Bar, Dessert

September 7, Wednesday: Roast Pork & Potatoes, Veggie, Salad Bar, Dessert

NOTE: The menu is subject to change, depending upon availability of supplies. Tea, coffee, milk & juice are available at each meal. Sugar free desserts and salads available for diabetics.

Our team is always ready and willing to help.



A Senior Lifestyle Community

541.631.0085

Stop by to meet our new Executive Directors:
Kay Shanahan and Bobbie Barnum

Quail Park of Klamath Falls

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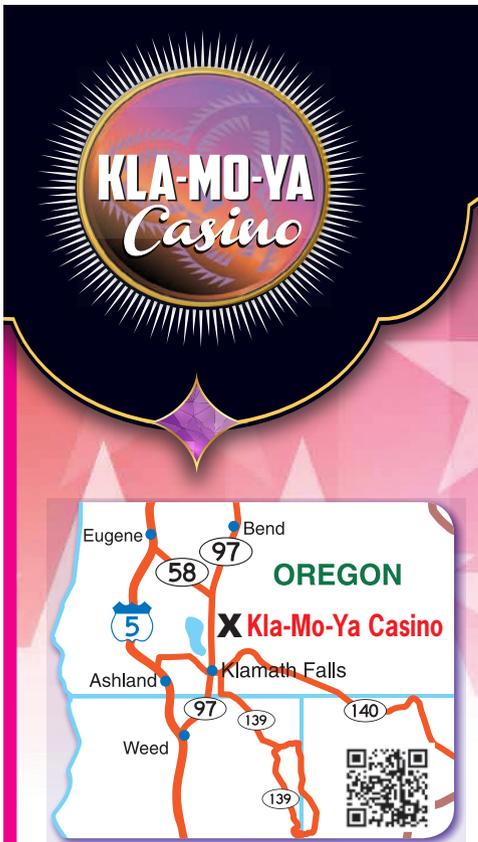
RESIDENCES
of Klamath Falls

A Senior Lifestyle Community

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Must be at least 21 and a Bonus Club member to participate. Management has the right to revise, review or cancel this promotion at any time. Restrictions apply. See Bonus Club for complete details.

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