



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

**FREE**  
Take  
One!



*Right: Our receptionist, Joanne  
Campbell is shown placing a  
request card on the tree.  
For more info on our gift tree,  
see page 5*



*Merry Christmas  
and a  
Happy New Year!*

**DON'T MISS OUR  
NEW YEARS EVE  
BINGO  
EXTRAVAGANZA!**

# Active Seniors

SENIOR Center receptionist  
Joanne Campbell



## 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.

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**BINGO!**  
Every Thursday & Saturday  
**OPEN at 4:30pm & CALLING at 6pm**  
Tuesday Afternoon Paper Only Games  
**OPEN at 1:00pm & CALLING at 2:00pm**  
**NO BINGO**  
**December 20th, 24th and 29th**  
Don't Miss Our Annual  
New Year's Eve Extravaganza  
**TWO \$1000 BLACKOUTS**  
Advance Sales Are Now Available  
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

## Director's Greeting



Marc Kane, Center Director

*All are welcome at our Christmas Lunch on Friday, December 23<sup>rd</sup> with entertainment by Danny Hill.*

The year will soon end, but not before the Senior Center will offer much to serve the needs of area seniors, attract many residents to engaging activities and classes and we celebrate at

a special Christmas lunch on Friday the 23rd of December. All are welcome.

Then the very last event of the year will be our New Years Eve BINGO Extravaganza, our biggest BINGO fundraiser of the year. This year I am especially encouraging players to make advance reservations and come make it a party. Bring your group to a reserved table, decorate as you wish and party hardy playing BINGO and supporting the many programs we offer local elderly neighbors. As our Christmas gift to our BINGO supporters there will be two \$1000 blackouts on New Years Eve.

As the year ends you may want to consider a special gift to the Senior Center while you can still claim it as tax deductible for the year 2016. Please note the giving coupon on this page.

We were especially pleased this month to have received a sizable gift from the trust of Jim and Sheila Scott. These types of gifts are especially important to our future and can be arranged with your

*Come party with us on New Years Eve.*

*It's our annual bingo extravaganza with two \$1000 blackouts and special prizes.*

*Advance sales and reservations are now available.*

attorney or accountant. There are many ways to make a planned gift to the Center.

Finally my sincere and heartfelt thanks to all have supported the Senior Center this year and those who have also offered personal encouragement to myself , the staff and our volunteers in our continuing efforts to make the Senior Center one that addresses the needs of the whole community and makes this the place to be.

Merry Christmas and Happy New Year to all.

JOIN US! WE CELEBRATE LIFE !

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

### SPOKES Unlimited Schedule

#### SPOKES Unlimited

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

*All support groups follow confidentially guidelines.*

#### December

- 13th Brain Injury and Illness Support Group**  
3:00-4:30 pm, SPOKES office
- 15th SPOKES Recreation Group Event**  
Join us at the SPOKES office for recreation group fun! We will watch a Christmas movie, enjoy popcorn, and beverages. Lunch will not be provided. This event is open to all persons with disabilities.  
10:00am-12:00pm, SPOKES office
- 22nd SPOKES Office closed from 11:00am-5:00pm for Employee Meeting**
- 24th SPOKES Office closed for Christmas Holiday**
- 28th Social Security Workshop**  
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance is first come, first served.  
2:00-3:30 pm, 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.

## Feature

### Staff / Volunteer Focus

In recognition for our Senior Center Employees and Volunteers



#### Beckie Roff

This month we are introducing you to one of our employees, Beckie Roff, who interacts with many of our patrons. She works in the kitchen as one of our cooks making some of the best potato salad and desserts in the land. We pride ourselves with the great job the cooks are doing in the kitchen, especially making much of what we offer from scratch. Beckie has been with us for 13 years.

Beckie was born in Northern California in a small town of Durham. She has 2 girls which both live in Klamath Falls and she is also a proud grandma of 4 grandchildren.

Beckie's memories as a child growing up were "horse playing" with real horses. One of her favorite horses was named "Ace". She would race her horse from barn to barn with her siblings. Ace was quite a horse. When they would put a red sweater on her the horse would chase them, more horse playing, and they loved it. Another memory growing up was playing with their cousins swimming in creeks where the fish were climbing up on the fish ladder. She also lived next door to a farm where she milked the cows. In the process of milking the cows she spent time wadding around in the cow manure trying to get her boots out of the nasty cow dung. Sometimes losing her boots and waiting to find them come spring time.

Beckie likes working out in her garden in the summer along with camping, hiking, and swimming. Her hobby is sewing for the grandkids.

## Bulletin

### COME LEARN TAI CHI!!

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

**Just Come**  
**You are welcome**

**Call for holiday time changes**  
**541 274-1555**



## Bulletin

### New Ukulele Group To Meet In January

Local physician, Jon McKellar, is leading an effort to develop a Ukulele group. The Senior Center will be providing space and other support needed to manage this new musical gathering for seniors and others of all ages. It is expected that the group will offer peer to peer instruction as well as opportunities to gather for jam sessions. Jon hopes that a sufficient number of participants will sign up during December and early January to get a group started on Tuesday, January 24th. Beginners as well as accomplished ukulele musicians are encouraged to participate. A monthly meeting time is suggested to be the 4th Tuesday at 7:00 pm. Interested? Call the receptionist at the Senior Center to register at 541-883-7171. There will be no cost to participate, but donations will be accepted to help pay the costs of the facilities.



## Feature

### Badger Run Wildlife Rehab

Submitted by Laura Hale



Badger Run Wildlife Rehab is a 501(c)3, not-for-profit organization, dedicated to the care and treatment of injured and orphaned wildlife. We strive to return these creatures back to the wild, where they belong. For those unable to live free, yet able to live without pain or suffering, we provide life-long care at our facility. We use some of these birds and animals as ambassadors, to help educate the public. Through our education programs, we try to instill a love and caring for all things wild, illustrate the importance of each interdependent organism in an ecosystem, and educate the public in good stewardship of the environment.

**Badger Run Wildlife Rehab is looking for volunteers.** We are particularly interested in volunteers who: 1) are interested in wildlife, 2) are available during the day on at least one weekday, 3) have access to regular transportation, 4) can walk safely on uneven ground, and 5) can commit to a regular 3-4 hour shift each week. We are currently in need of folks who can learn to do food preparation and the feeding of our patients and animal ambassadors. Since training can take up to 6 months for this work we require a 2 year commitment. No experience is needed, just a willingness to learn.

If you think you're interested in joining the Badger Run team check out our website:

**[www.badgerrun.org](http://www.badgerrun.org), and our Facebook Page:  
[www.facebook.com/BadgerRunWildlifeRehab/](https://www.facebook.com/BadgerRunWildlifeRehab/)**

You can also print out a volunteer application on our website at:

**<http://www.badgerrun.org/wp-content/uploads/2016/08/Badger-Run-Volunteer-Application.pdf>**

## Feature

### Handling Common Caregiver Conflicts

Respectfully submitted by Klamath Hospice

Disagreements amongst caregivers are not uncommon, especially when caregivers are children caring for their elderly parent.

#### Sibling Rivalry

Differences in beliefs as to what is best for their parent, who will perform certain tasks, and how needs will be paid for are all common areas of discord. Here are a few quick tips for resolving conflicts:

- *Establish clear roles.* Hold a family meeting to evenly distribute responsibility for tasks and devise a plan for continued open communication to take place.
- *Engage a mediator.* Sometimes it is necessary to have an impartial presence depending on the nature of a conflict. Mediators are a great resource to utilize to help keep tension to a minimum.

#### Refusal of Care

Sometimes our family members are resistant to having medical care, taking prescriptions, or allowing caregivers to come into the home. Here are a few tips to help guide you through this:

- *Pick a good time for the discussion.* Determine a time when everyone is feeling calm. Holding a conversation in the middle of a crisis when stress and emotions are high can result in greater resistance.
- *Point out the positives.* When you are met with resistance, take a moment to pause and explain the benefits.
- *Don't force it.* While your loved one is healthy, allow them to make decisions. If they are not cognitively able, and you have power of attorney it is your responsibility to ensure decisions are made that reflect the best interest of your loved one.



## Bulletin

### VISIT OUR CHRISTMAS GIFT TREE

Gifts are requested for seniors in need at Christmas. Please visit our Christmas Tree in the entrance of the Senior Center, pick a gift card with instructions of what to shop for and bring a gift back no later than December 16th. A receipt for your donation may be requested from the front desk at the Senior Center. Our receptionist, Joanne Campbell is pictured placing a request card on the tree.



## Feature

### How The Senior Center Is Funded

#### 2016/2017 BUDGET

OLDER AMERICANS ACT /AAA .....	\$ 194,417
State/Federal Transportation Grants .....	\$ 109,869
Other Government Funding .....	\$ 122,345
Foundation/Organization Grants .....	\$ 100,000
Bingo Fundraisers (net after payouts) .....	\$ 151,750
General Contributions and Fundraisers .....	\$ 52,000

**YOUR INDIVIDUAL CONTRIBUTION IS VERY MUCH NEEDED**  
**Every Individual Contribution Dollar Helps Us Leverage**  
**An Additional \$11.00 In Support From Other Sources.**

United Way.....	\$ 43,313
Program Donations from patrons .....	\$ 81,500
Earned Income (facility use fees) .....	\$ 15,025
Refunds/Single Payments/Misc. ....	\$ 3,000
<b>TOTAL.....</b>	<b>\$ 873,219</b>

The Center Provides more than  
 62,000 meals, 12,000 assisted transportation rides,  
 8500 health promotion classes and numerous social, educational, and  
 recreational opportunities each year to area seniors.

## Feature

### Local Senior Center a Great Place To Go

*Reprinted from Letters to the Editor –  
Herald and News, Friday, November 18, 2016*

Thank you, Klamath Falls for having such a wonderful Senior Center.

I have lived in different places and gone to four senior centers, counting this one, and this one is the best, by far.

You have a wonderful exercise class, taught by Mary, who makes it a lot of fun. You also have a very nice gift shop. The only other gift shop I saw was in Salem and it was about one-fourth the size of this one.

When I come in the door, I'm always greeted by smiling faces letting me know that I'm welcome here.

I'm not a Bingo person but after reading the letter to the editor Oct. 22, I thought I would give it a try. I had a great time. Everyone was friendly and very nice. I've even been invited to their Christmas Party and I'll continue to play Bingo at the center.

Thank you again, Klamath Falls Senior Center, for being a great place to go and make friends.

Mary Kincheloe

## Help Support Our Senior Programs

### Have Fun - Win \$\$\$

# “BINGO”

2045 ARTHUR STREET, KLAMATH FALLS, OR TUESDAY AFTERNOONS

GAMES START AT 2:00 PM - DOORS OPEN AT 1:00

THURSDAYS AND SATURDAYS EVENINGS

GAMES START AT 6:00 pm - DOORS OPEN AT 4:30

**NEW YEARS EVE BINGO EXTRAVAGANZA!**

**ADVANCE TICKETS NOW ON SALE.**

**SEATING IS LIMITED TO THE FIRST 300. SPECIAL PRIZES, GAMES AND RAFFLES.**

**TWO \$1000 BLACKOUTS.**

**IT'S THE PLACE TO BE ON NEW YEARS EVE !**

### KLAMATH BASIN SENIOR CITIZENS' CENTER

- Health & Exercise Classes
- Meals Programs
- Social Events
- Library
- Educational Classes
- Transportation
- Entertainment
- Information & Assistance
- Host to the Golden Age Club

### Holiday BINGO Schedule for Christmas Week:

**BINGO Closed Saturday Christmas Eve  
and Tuesday and Thursday after Christmas.**

## Donor List

### Pickled Beets Society Donates



Pictured are two Meals-On-Wheels drivers, Marta Steed (second from left) and Gary Terpening (third from the right), receiving a donation to the Senior Center from members of the Pickled Beets Society, left to right Julie Rajnus, Pam Greene, Courtney Griffith and Edie Brown-Vieyra.

A small band of community conscious citizens calling themselves The Pickled Beets Society arrived this month to make an unsolicited donation to the Senior Center. The group makes a donation to a local charity each month and has chosen the Senior Center for their December gift each year. They hope to grow their group and are encouraging others to join. Interested women may contact Edie Brown-Vieyra for more information at 209-402-7045. They also have a WEB Site at [www.pickledbeetsociety.com](http://www.pickledbeetsociety.com). The Center strives to build a collection of local service clubs and businesses willing to make annual gifts to support the Center which must raise over a \$100,000 each year in such gifts and grants to sustain the Center's efforts to serve local seniors. Thank you ladies of the Pickled Beets Society.

**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.**

October Donations of \$6,925 were received from the following organizations and individuals:

US Bank	Burl Parrish	Carol Darling
Stan Neitling	Wilma Petrik	Cheryl Gibbs
Geraldine Schindler	Webb Wilson	Samuel Hawley
Faith Tabernacle	Johnny Jones	Joyce Moore
Avril Fischer	Connie Boone	Etta Holly
Ernie Palmer	Rose Chapman	Elvin Middleton
Howard McGee	Linda Bourcy	Rose Kruezer
Dorothy Winters	Mary Ellen Sargent	Ron and Karen Thomas
Bill Watson	Patricia Henderson	Pat Abel
Jon Schnebly	Phyllis McDiarmid	Elizabeth Western

Unidentified contributions in October for Meals , Transportation and Other Services amounted to 4,075.00.

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 Duckworth
Ernie Palmer	Jahalla Shaffer	

**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](mailto: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

**CLOSED MONDAY DECEMBER 26TH  
AND JANUARY 2ND**

### Hot Lunches Served Daily

Monday thru Friday 11:30 am-12:30 pm

### NEW Art Classes (Bev Fairclo) New classes Water

Colors Tuesdays December 6th and 13th 9:00am-11:00am

January 7th 9:00am-11:00am

**Ink and Alcohol** Saturday December 17th 9:00am-11:00am

Tuesday December 20th 9:00am-11:00am

### Balance and Stability Classes (Tina Mahacek)

Mondays & Wednesdays at Klamath Lutheran Church

located at 1175 Crescent Avenue 10:30am-11:30

Fridays at the Senior Center, 2045 Arthur Street

11:30 am-12:30 pm

### Billiard Room Open

Monday thru Thursday 8:00 am-4:30 pm Friday 9:00 am-2:00 pm

### Blood Pressure Machine

Monday thru Friday in the Lobby 9:00 am - 2:00 pm

### SAIL / Body Recall ( Exercise)

(Mary Noller) Mon-Wed-Friday Classes

8:45 am to 9:45 am 10:15 am to 11:15 am

### SAIL / Body Recall (Exercise)

(Suzan Phipps) Thursdays Only 10:15 am-11:15 am

### Boost Your Brain and Memory

Enquire About Future Classes-10:00 am-11:30 am

### Creative Writing Class

New Class planned for late Spring 10:00 am-11:30 am

### Computers Available For Senior Use

Upon Request

### Computer Training one on one

*New Volunteers Now Ready to Work With You*

By Appointment

### Craft Group

Every Thursday 9:00 am-11:00 am

### Senior Dance Day in the Ballroom

Every Wednesday 1:00 pm-3:30 pm

### Gift Shop

Monday through Thursday 9:00 am-4:00 pm

Fridays 9:00 am-2:00 pm

### Golden Age Club (Pinochle & Bingo)

Mondays & Thursdays 12:30 pm - 4:00 pm

### Klamath County Library Services Branch

Mondays and Fridays 9:30 am to 1:00 pm

and Thursdays 1:30 pm - 4:00 pm

### Line Dancing

Every Tuesday 5:30 pm-6:30 pm

### Living Well

Enrollment always open for new classes

Call for class time

Call Valerie Franklin to Register at 541-274-7250

Call for class time

### Monday Muffins

Every Monday 10:30 am to 11:30 am

(hosted by Klamath Hospice to honor Veterans - all are welcome)

### Movies

Monday December 12th-"Holiday" Inn 12:30 pm

With Bing Crosby 12:30 pm

### Pickle Ball

Sundays sign-up sheet to reserve court by

Thurs 2:00 pm-5:00 pm

Fridays - Open Court 2:00 pm through 5:00 pm

Must have players by 2pm to keep court open

### Pickle Ball for Beginners

Every Tuesday - Walk-Ins Welcome 2:30 pm - 4:30 pm

### Senior Veterans Social Club

Every Thursday - 10:00 am-11:30 am

### NEW: Stretch and Tone Class (Bev Fairclo)

Every Thursday

*Openings Available*

9:00 am to 10:00 am

### SHIBA Medicare Insurance Counseling - Prescription Drug Eligibility Assistance

By Appointment

### Tai Chi Classes

Tuesdays

Intermediate 9:00 am-10:00 am

Beginning 10:00 am-11:00 am

Advanced 12:10 pm-1:10 pm

Wednesdays - Look for new evening class beginning in January

### Wii Activities

Thursdays 1:30-4:00

**Walk-With-Ease:** Classes are scheduled when registration warrants a new class. Call to sign up.

**YOGA classes:** Monday's at the Senior Citizen Center 5:00 pm - 6:00 pm

### Sign up for Living Well Class - New Classes Starting Every

**Month:** (these are six week classes designed to help you manage chronic medical conditions) Call Valerie Franklin at Sky Lakes Community Health - 541-274-7250 to register

### New Bingo Machines and Displays Just Installed:

Evening Bingo Games are Every Thursday and Saturday at

4:30 pm - first call at 6:00 pm

Bingo Tuesday - Opens at 1:00 pm-First Call at 2:00 pm

**We will be closed December 26th for the Christmas Holiday**

**No BINGO December 20Th, 24Th & 29Th**

**Thursday December 15Th - Paper Only**

### Senior Center Board of Directors Meeting

Wednesday December 7th and January 25th - 10:00 am-12:00 pm

### Senior Center Advisory Council

Next meeting is in December 21st 9:00 am - 10:00 am

### Hearing Aid Assistance

J.D. Howell - Hearing Aid Check - Thursday December 15th

10:15 am - 12:00 pm

### Parkinson's Support Group

Tuesday, December 20th at Elmer's Restaurant - 11:00 am-Noon

### ACB - American Council of Blind

Tuesday, December 20th at Red Rooster Restaurant

12:30 pm - 2:30 pm

Call Barbara 541-882-8517 for information and rides to the

ACB Meetings

### December Birthdays

Tuesday, December 13th 11:30 am

### SENIOR CENTER

Front Desk Hours - Monday-Thursday 8:00-4:30

Friday 9:00-2:00 - Call 541-883-7171

*When Caring,  
Quality &  
Commitment make a Difference*



**Also Call Today for Your FREE Assessment,  
Providing Personalized In-Home Care 24/7**

- Personal Care
- Housekeeping
- Appointments
- Bathing
- Companionship
- Respite Care
- Errands
- Memory Care
- Cognition
- OPI, SPD and PD Certified

- Groceries
- Blood Pressure Checks
- Meal Preparation
- Laundry
- Home Care
- Grooming
- Medication Assistance
- Insurance Billing
- Insured, Bonded, Licensed

905 MAIN STREET, SUITE 512  
KLAMATH FALLS, OR 97601  
(541) 880-5594 • FAX: (541) 273-0156



**NURSE ON THE GO!**  
Nursing services in the privacy of your home

**Tamera Bancroft, RN**  
Certified Foot Care Nurse  
**541-497-3978**



*Specializing in nail care of the older adult*

## Feature

# Aarp Tax-Aide Provides Free Tax Training And Volunteer Opportunities



KLAMATH FALLS/KLAMATH COUNTY — AARP Tax-Aide, the nation's largest, free, volunteer-run tax counseling and preparation service is looking for volunteer tax counselors. Each year from February 1 through April 15, AARP Tax-Aide volunteers prepare federal and state tax returns for middle and low-income taxpayers, with special attention to those aged 55 and older. **Volunteers are needed to assist with preparing and electronic filing of tax returns. Volunteers of all ages and backgrounds are welcome. You don't need to be an AARP member or be a retiree to volunteer (or to receive assistance from AARP Tax-Aide volunteers). We also have a need for Spanish interpreters.**

"The AARP Tax-Aide program is a wonderful resource for the American taxpayer," said Keith Weaver, 15 year veteran counselor, "AARP Tax-Aide volunteers get a great deal of satisfaction helping people deal with the challenges of preparing their tax forms. If you want to help yourself and others with their tax returns, this is the program for you."

Last year nationwide, more than 35,000 AARP Tax-Aide volunteers prepared more than 3.7million returns with a 94% accuracy rate. The program is offered at over 5,000 sites around the country including senior centers, libraries and other convenient locations. Klamath County has 4 locations: the Klamath Basin Senior Center, St Paul's Episcopal Church, Main branch and Chiloquin branch of the Klamath County Library. These sites helped more than 1500 taxpayers file their 2015 tax returns.

AARP Tax-Aide tax counselor volunteers receive comprehensive training in tax law, TaxSlayer Pro (tax filing computer program) and the use of computers to file taxes in cooperation with the Internal Revenue Service. All training materials are provided free to all volunteers. Training will begin January 5, 2017. Volunteers are reimbursed on a limited basis for qualified program-related expenses. For more information about becoming a local AARP Tax-Aide volunteer, call Donna Hill at 541-882-4362.

AARP Tax-Aide is administered through the AARP Foundation in cooperation with the Internal Revenue Service. The AARP Foundation is an affiliated, 501 (c) (3) nonpartisan charitable organization.

## Feature

# The Universe Demands Balance

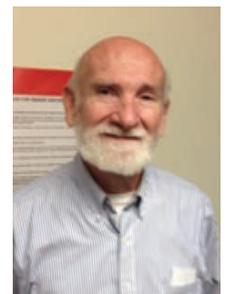
by Robert G. Black

Love is the most powerful force in the Universe. Love created the nurturing surface of our Mother Earth and the variety of terrains and climates to suit the needs or desires of any life form. Love created the spiritual and physical lifewaves in an endless symphony of growth, experience and development. Love surrounds and sustains each human spirit through every day and every experience. Love can overpower any evil and transmute any hatred, if only love is sent and has the chance. Difficult as it may be for you to send love where none seems to exist, this is precisely why you should send the love. Understand that enough love sent can and will overwhelm even the greatest evil. Understand that it is only on this dense Earth that love and this abiding hatred can even exist side by side. In all other areas of the Universe, the Law of Attraction repels hatred from love and isolates it, impotent. Those of abiding love must see, experience and understand hatred on this Earth, for this is impossible anywhere else the human spirits reside. If you had never seen nor experienced true evil, how could you possibly understand what it is? You must learn this on this physical Earth. Nowhere else is it possible to learn this.

Yes, the pockets of hate that still exist spread their evil throughout the world, but the vast majority of those now in physical form are now just smoothing off the rough edges. Only the tiny minority, probably less than one in one thousand, now have the deep imperfections to the spirit that will take many, many lifetimes to correct. Those who habitually kill, who make a lifetime occupation of stealing, who torture both body and spirit of those around them, have much, very much yet to atone for. None are condemned, but the balance of the Universe must and will be restored. We who are mired in the physical world cannot now see the imbalance in the Universe that the hateful actions cause.

The more vicious or violent the hate and intolerance, the longer the spirit locks itself into the cycle of karmic repayment. And God's Universe will accept nothing less than perfect balance. Each one who kills must be killed similarly; each one who robs must be the one robbed; each who hates must in turn feel hatred. How rapidly would most become perfect, if only they could understand this simple fact: The Universe Demands Balance. Balance in all things. Who would torture and kill a small child if they knew with certainty that down the line they must then also be tortured and killed as a small child? This law of balance can also be called the Law of Cause and Effect. It is a basic law of the Universe, and all are governed by it — great or small.

In our own daily lives, we seek balance in all things; balance in food intake, balance in our finances, and balance in our activities. Balance is a built-in need in all of us.



Robert G. Black

*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.*

## Bulletin The Lake County Senior Center

### December 2016 Events:

**Blood Pressure Checks Mondays from 11:30-12:00 PM** (Thank you Barbara!)  
**Most Tuesdays, 7:30 AM Klamath Falls Trips for Medical & Shopping**  
(Stop in to sign up only \$10)  
**Friday, December 9th is our Birthday Celebration!** (Come and celebrate in Ugly Sweater Style)  
**Saturday, December 10th Free Sale!** (Inside the Senior Center)  
**Friday/Saturday December 2nd & 3rd Join Us At The Holiday Fair!**  
(We will be raffling off the Ties to Lake County Quilt)  
**Monday, December 26th Closed for the Christmas Holiday**  
**Friday, December 30th Game Day!** (Following lunch)  
**Tuesday, December 6th Join Us For Tuesday Friends at 2:00**  
**Every Tuesday & Thursday our Thrift Shop is open 1:00-4:00PM.**  
**Every Friday 12:30 (after lunch) Stock up for the weekend food item sale.**  
**Tuesdays & Thursdays join us for the Strong People Program! 10:00-11:00AM**  
**Monday, December 19th Board Meeting 4:00 PM**  
**Wednesday 12:00-1:00 PM Lions – Lunch Meeting**  
**Every Monday Bingo at 1:00 (right after lunch)**

***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, join us! Seniors and disabled may request local medical transportation with two days notice.

You can reach us at: 11 North G Street, Lakeview Oregon 97630  
(541)947-4966

## Bulletin



Choose from two tour dates:

✧ Friday, December 16

✧ Friday, December 23

See the local Christmas light displays around town, and leave the driving to us! Just sit back, chat with your friends, and maybe even sing a Christmas Carol or two. What could be more fun than that?

For Y Members & Community 55 and older

Meet at Denny's Parking Lot at 6:30pm to load the van. Van returns to Denny's by 9pm

**Cost**  
Y Members - \$9  
Community - \$13

Max capacity for each tour: 13

**Must Register by Tuesday, December 13 for the DECEMBER 16 TOUR**  
OR

**Must Register by Tuesday, December 20 for the DECEMBER 23 TOUR**



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

## Bulletin

### Balance and Stability

#### **“No bad news here!**

*Been coming for months & just getting better.” Barbara*



- 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 541 274-1555**  
**Tina Mahacek – Licensed Physical Therapist**

## Bulletin

### **SAVE THE DATE!**

Friday, February 24th

**4th Annual Fundraising Banquet  
To Support Our Community Senior Center  
Great Food! Great Music!  
A Great Evening Out!  
Details In Our Next Issue!**

Bulletin

Klamath Senior Center – Health Promotion Activities And Classes December 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SC:</b>  <b>SAIL Exercise</b>                      Mary Noller  <b>Class One</b>                      8:45 to 9:45 am (32)  <b>Class Two</b>                      10:15 to 11:15 am (32)</p> <p><b>KLC:</b>  <b>Balance / Stability</b>                      Tina Mahacek                      10:30am to 11:30am (10)</p> <p><b>SC</b>  <b>YOGA</b>                      Kim Carson                      5:00 to 6:00 PM (32)</p> <p><b>CLOSED MONDAY</b>  <b>DECEMBER 26TH AND</b>  <b>JANUARY 2ND.</b></p>	<p><b>SC:</b>  <b>Tai Chi</b>                      Mel Murakami  <b>Beginner</b>                      10:00 to 11:00 am (25)  <b>Intermediate</b>                      9:00 to 10 am (25)  <b>Advanced</b>                      12:10 to 1:10 pm(25)</p> <p><b>SC</b>  <b>Line Dancing Class</b>                      Fern Steers                      5:30 to 6:30 pm</p>	<p><b>SC:</b>  <b>SAIL Exercise</b>                      Mary Noller  <b>Class One</b>                      8:45 to 9:45 am (32)  <b>Class Two</b>                      10:15 to 11:15 am (32)</p> <p><b>KLC:</b>  <b>Balance / Stability</b>                      Tina Mahacek                      10:30 to 11:30am (10)</p> <p><b>Dancing</b>                      Live Music from the  <b>Take Four Band</b>                      1:00 to 4:00 pm                      (Dance Club Asks                      for a \$4.00 fee)</p>	<p><b>SC</b>  <b>NEW</b>  <b>Stretch and Tone</b>                      Bev Fairclo                      9:00 to 10:00 AM (25)  <b>Registration open,</b>  <b>Many openings remain</b>  <b>available.</b></p> <p><b>SC:</b>  <b>SAIL Exercise</b>                      Suzan Phipps                      10:15 to 11:15 am (32)  <b>KLC</b></p> <p><b>SC:</b>  <b>Boast Your Brain &amp;</b>  <b>Memory</b>                      Kate Murphey                      10:00 am to 11:30 (12)  <b>Class in progress.</b>                      Enrollment is open.                      541-883-7171</p>	<p><b>SC:</b>  <b>SAIL Exercise</b>                      Mary Noller  <b>Class One</b>                      8:45 to 9:45 am (32)  <b>Class Two</b>                      10:15 to 11:15 am (32)</p> <p><b>SC:</b>  <b>Balance / Stability</b>                      Tina Mahacek                      11:30 to 12:30 (20)</p> <p><b>Living Well with Chronic</b>  <b>Medical Conditions</b>                      To Register for Future Classes                      Call 541-274-7250  <b>New Registration Number</b>  <b>now at Sky Lakes</b>  <b>Community Health</b></p>

**INDOOR PICKLEBALL COURT**  
**Tuesday Beginners Class open to walk-ins 2:30 to 4:30 pm**  
**Friday, Open Court, Arrive between 1 and 2 pm and play to 5:00pm**  
**Want to reserve the court?**  
**Call us for available times.**

**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). Tai Chi participants are asked to pay \$5.00/class or \$20.00/month. **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 *Active Seniors* (the monthly newsletter of the Senior Center distributed on the first Wednesday of each month with the Herald & News) and at the Senior Center. Call our receptionist at 541-883-7171.

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## Feature

### SHIP TALK (Senior Health Insurance Program)

#### FINDING YOUR PURPOSE

A couple of weeks ago I was privileged to host a booth at a Blue Zone sponsored volunteer fair. I was surrounded by many other organizations which help local residents and who were also looking for volunteers — a truly beneficial experience. This got me thinking about our own SHIP program and how we can and do impact the communities we live in.

A distinguishing characteristic of SHIP is that it is a program that relies on the services of volunteers almost entirely. Government funding goes to the state for overall coordination, research, training, and administration, but almost all of the individual counseling is done by volunteers. Why is this so important? Obviously, the answer may come up that it saves the government money, which is true. But that's not the primary reason the purposeful decision was made to rely on volunteers. Volunteers are in a position to actually do a better job of educating and assisting people with their Medicare and related insurance decisions.

Many beneficiaries that come to SHIP are confused, frustrated, and angry. Some have no affection or trust in the institutions that try to help them. Some are afraid that what they say will be used against them. In short, clients often do not trust the motives of paid staff attempting to help them. Also paid staff will not be able to give them the time they need to thoroughly understand their options.

Volunteers seem able to cross this barrier, forging the connection that gets the client to both accept services and to pay attention to advice and information offered. Volunteers achieve this rather incredible feat simply through explaining who they are and why they're doing this — "No one is paying me to do or say this; I am here because I care and want to help."

So what does it take to become a SHIP volunteer? There are no special requirements, just that you find the topic interesting and are willing to learn how the Medicare system works. First, you definitely do have to do some studying and learning. Excellent study modules are available to teach you all you need to know. Then you are tested (on-line). Then you must attend a live and personal training for two days presented by the state staff. (This will require out-of-town attendance for us here in Klamath Falls.) You also must be present for at least 10 hours of counseling by a current certified counselor for some "on the job" training. Last, but probably not least, you must be computer literate. Yes, the training is fairly extensive and in depth, but you will come out certified and ready to go. Eight hours of continuing education is necessary each year you continue to volunteer.

One way to ascertain how you might feel about volunteering is to simply come in and talk with us here at the senior center to see what we do and to examine your own aptitude for the job. Perhaps you may want to bring in your own Medicare questions and problem solving and see what information is provided and what it does for you.

Finally, even if you aren't interested in becoming a volunteer, remember, as always, we're here to help you with your own questions and decisions regarding Medicare. Just call the Klamath Basin Senior Citizens Center at 541-883-7171 to make an appointment.

Anne Hartnett, SHIBA Coordinator, Klamath Basin Senior Citizens Center

## Feature

### NANCIE'S CORNER Health and Wellness Counselor BLUE ZONE Reporter

#### Blue Zones Personal Pledge — The What, Why And Where

Blue Zones is focused on improving the well-being of the entire community which includes you, seniors! Improvement — meaning change for some of us — is sometimes difficult. Yet, giving consideration to what follows will help increase the quality, purpose, friendships and longevity of your life.

Those interested in the Blue Zones Project are asked to sign a Personal Pledge and to select least five actions (out of thirteen) to complete within the next six months. Some actions require simple modifications in your lifestyle; others require active outreach.

Take a look at the following items in the actual Personal Pledge to determine where you might make changes. And, if you haven't seen a Blue Zones Project Engagement speech or seen the Personal Pledge, let Marc Kane know or make an appointment with me.

- **Keep a comfortable pair of walking shoes or a bike in plain sight** (like by your door).  
Provides incentive to move naturally
- **Adopt a dog.**  
Why? Increases activity and can keep weight down.
- **Attend a Blue Zones Project Purpose Workshop\***  
Seniors sometimes feel at loose ends following retirement or a personal loss. This 2-hr workshop will help you find meaning in and direction to your life. See below for two upcoming Purpose Workshops.
- **Remove all computers and electronics from your bedroom**  
You'll get better sleep, feel better and possibly weigh less.
- **Designate a space in your home for a quiet time, meditation or prayer**  
Sheds stress, a major contributor to inflammation and disease.
- **Stock your cupboard with 10-inch dinner plates**  
You will eat fewer calories.
- **Remove TVs and computers from the kitchen and dining areas**  
Leads to consumption of needless calories.
- **Own a bathroom scale, put it in plain sight and weight yourself regularly**  
Helps to maintain a healthy weight.
- **Attend a plant-based cooking class**  
Increases the quality and nutritional density of your meals. See opportunities below.
- **Grow a garden or adopt a plot at a community garden**  
Reduces stress and increases intake of fruits and vegetables.
- **Schedule a weekly time with friends, i.e., happy hour**  
Reduces stress and increases social connections.
- **Have a conversation about getting older**  
Prepare for end-of-life with your family; relieves future stress for everyone.
- **Actively participate in a faith-based, spiritual organization or try a new one**  
Belonging can increase your lifespan.

#### How about it? Are you game?

The next Purpose Workshop is Wednesday, December 14, noon to 2:00pm. Sign-up at this website: <http://whoozin.com/MWD-V99-UGCE>; or phone Cort Cox at the Blue Zones Project Office: 541-539-8053. The Friends of the Klamath County Library is sponsoring a Purpose Workshop on Wednesday, January 18, from 2:00-4:00pm. The website registration isn't posted yet, but you can register through Cort for that as well. Space is limited; sign up early.

Vegan Cooking Classes are offered 2nd Tuesday of the month — 6:30pm at the Seventh Day Adventist Church. Call the church for details: 541-882-2366. The Vegan Chef, Liz Arraj at Leap of Taste will be offering vegan — with vegetarian options — classes at KCC Spring Quarter. Watch for the KCC brochure in your mail.

If you wish to meet with me for guidance around your exercise program or wish to start a program, please make an appointment at the Senior Center front desk.

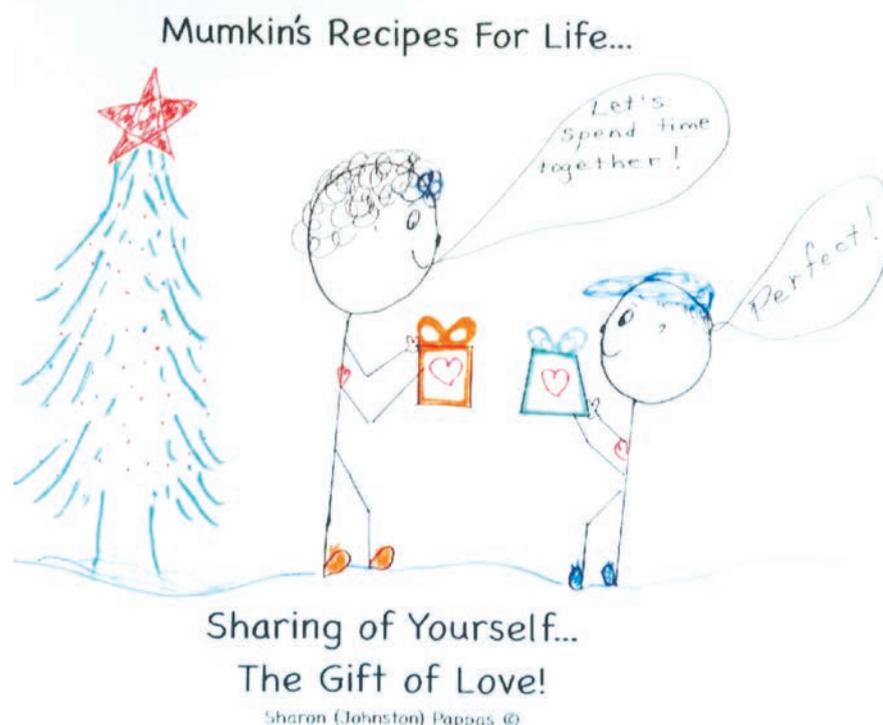
Wishing you all a warm, happy Christmas Season!

Nancie Carlson

## Writer's Corner

## Expressions of Heart and Mind

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.



### Christmas Memories

Sharon (Johnston) Pappas ©

Remember Christmas when you were young  
Seems like not so long ago  
Suspense and excitement all rolled into one  
But the arrival... Oh so slow  
We'd cut the perfect tree  
Out in the soft deep snow  
Hung tinsel and lights for all to see  
By the living room fire's warm glow  
At 'J.W. Kerns', Santa appeared  
A store transformed for the holiday  
We sat on his lap, without any fear  
With aisles of toys on display  
Mom was busy making gifts  
Sewing, canning and baking galore  
Dad fed cows, amid the snow drifts  
While we kids finished our chores  
Finally, the day arrived, excitement  
filled the air  
Presents were opened with joy  
A moment in time without any care  
For every little girl and boy  
So as YOUR memories of Christmas drift by  
There's one thing that remains true  
The Spirit of Love is alive  
In the 'inner' child... of Me and You!

### I Thrive on Your Never Ending Love

By Dianna Hastings

I bow down at your feet  
And I praise everyday with  
My love  
And I can't wait to meet  
You face to face;  
Where sin has not left  
It's trace.  
When I am sad and feeling Blue;  
I meditate on your love  
and the Love I have for you.  
When I meditate on you  
And I picture you coming  
Out of the tomb  
My heart is no longer empty  
For now for you I  
Have plenty of room

I look up to you and  
Give you my praise  
Each and every day.

And your Holy Spirit  
Shows me the way.

I bathe in your glory  
And I spread your love  
You're protecting me in  
My dreams and in Sleep  
And in the day I think  
Of the promises you keep

Now and every day you  
Place a new song in My heart;  
And nothing can keep  
Us apart.

I had a dream like  
Mary bowed down  
And washes your feet  
With her tears  
And dried them with her Hair;  
She knew and I know  
You will always be there.

When I give my testimony  
And all in truth;  
I think of the day I felt  
Your spirit in my heart  
From way back in the  
Years of my youth.

You just keep giving me  
More and more words  
To say;  
Until I meet you on  
My final day

When I feel your  
Amazing grace  
And I see you  
Face to face

### Christmas Hope

By Sharon Hudson

It is the season of Love, and  
It is the season of Hope.  
The season of giving and  
The season of the winter slope.

Twinkle lights and Christmas trees  
Are now on display.  
Christmas cards and candy canes  
Can brighten up the day.

Happy should be the tone for  
The season as a whole.  
When you feel it in your heart,  
In your body and in your soul.

Miracles happen and are the  
Last thing you expect.  
Just enjoy them and in  
Your heart accept.

Presents to buy, wrapping  
Paper and ribbon too,  
Will keep you busy and  
Are the things to do.

Many find this season a very  
Stressful time of year.  
Stressful money, and trying  
To please — well "oh dear."

Christmas carols that were  
Written long, long ago,  
Are still sung today and in  
Harmony they will flow.

A warm fire and candle light  
Appeal to almost everyone.  
Sipping hot chocolate and warm egg  
Nog, say the Christmas season has begun.

The weather is cold out and  
It makes cuddling more fun.  
We see less blue sky and  
We see less of the sun.

Love is the word that shines  
In a colorful way.  
The birth of Jesus is what  
Makes Christmas day!

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## Menu

### December 1, Thursday:

Taco Pie, Spanish Rice,  
Veggie, Salad Bar, Dessert

### December 2, Friday:

Breakfast For Lunch, Scrambled Eggs,  
Biscuits & sausage Gravy,  
Veggie, Salad Bar, Dessert

### December 5, Monday:

Potato Bar, Veggie,  
Salad Bar, Dessert

### December 6, Tuesday:

Mac & Ham, Veggie,  
Salad Bar, Dessert

### December 7, Wednesday:

Fish & Chips, Veggie,  
Salad Bar, Dessert

### December 8, Thursday:

Salisbury Steak,  
Mashed Potatoes & Gravy,  
Veggie, Salad Bar, Dessert

### December 9, Friday:

Beans & Ham, Cornbread,  
Veggie, Salad Bar, Dessert

### December 12, Monday:

Tuna Casserole, Veggie,  
Salad Bar, Dessert

### December 13, Tuesday:

*Happy Birthday*  
Meatloaf, Veggie,  
Salad Bar, Dessert

### December 14, Wednesday:

Baked Chicken, Veggie,  
Salad Bar, Dessert

### December 15, Thursday:

Roast Pork, Veggie,  
Salad Bar, Dessert

### December 16, Friday:

Spaghetti, Veggie,  
Salad Bar, Dessert

### December 19, Monday:

Broccoli Chicken, Veggie,  
Salad Bar, Dessert

### December 20, Tuesday:

Au Gratin Potatoes With Ham,  
Veggie, Salad Bar, Dessert

### December 21, Wednesday:

Chicken Fried Steak, Veggie,  
Salad Bar, Dessert

### December 22, Thursday:

Polish Dogs and Sauerkraut,  
Veggie, Salad Bar, Dessert

### December 23, Friday:

*Christmas Dinner*  
Veggies, Dessert

### December 26, Monday:

*Closed For Christmas*

### December 27, Tuesday:

Chicken Strips, Veggie,  
Salad Bar, Dessert

### December 28, Wednesday:

Sloppy Joes, Veggie,  
Salad Bar, Dessert

### December 29, Thursday:

Chili, Veggie, Salad Bar, Dessert

### December 30, Friday:

Lasagna, Veggie,  
Salad Bar, Dessert

### January 2, Monday:

*Closed For New Years*

**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.



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



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



Edwin Tuhy, O.D.  
Optometrist

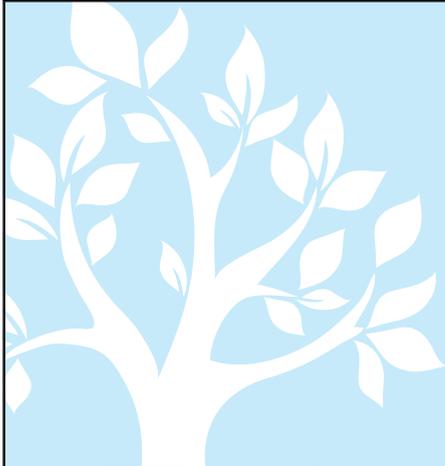


Jennifer Sparks, O.D.  
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