



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



Merry
Christmas!



**New Years Eve
BINGO Extravaganza
Sunday December 31**
Come party!

*Right: Volunteers from Klamath Community
College Associated Students who worked one
on one with seniors at the Senior Center to
improve computer and cell phone skills.
For volunteer opportunities, see page 4 & 5.*



Active Seniors

DECEMBER • 2017

SENIOR Center receptionist
Joanne Campbell



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.

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

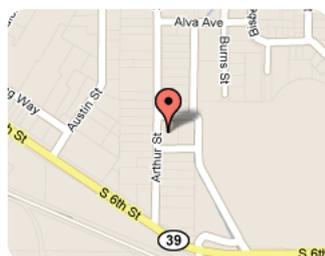
Bingo Information -
Linda Breeden:
541.883.7171 ext. 115

Medicare Counseling -
541.883.7171

Volunteer Opportunities -
541.883.7171

Executive Director
Marc Kane: 541.883.7171 ext. 117
www.KlamathSeniorCenter.com

Where are we located?



The Klamath
Senior Center is
located at 2045
Arthur street

VOLUNTEER TODAY!

Looking to make a contribution to your community in support of your elderly neighbors.

Join our 140 volunteers that are the foundation of the Senior Center. Training is provided. Call our Volunteer Coordinator at 541-883-7171.

WE HAVE A JOB FOR YOU!

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Welcome



Marc Kane, Center Director

The winter snows have arrived along with the some of the most beautiful scenery created by frosted trees. We are fortunate to live in a place where we actually experience the drama and beauty of changing seasons, and where we celebrate winter with a parade and special events. This last Sunday my wife and I attended the performance of the Klamath Chorale where nearly a hundred singers performed to an absolutely full Ross Ragland Theater. It was an extraordinary event that showcased the talent of our community and the spirit it seems you can only find in small towns like Klamath Falls. I appreciate where we live and encourage all to share my love for this very special place and its people.

I travelled quite a bit over the last two years and have had the opportunity to visit many senior centers in three different states. Some are huge modern places where every amenity imaginable is available. Others are small, some operating out of an old house, and focus on the essentials. There is no standard for what a senior center should be. It is very much driven locally by the desires of the community. For a community our size we are fortunate to have a center, albeit quite old, as large as it is and able to serve as many people as we do in so many ways. Our organization's age (close to fifty years), the size and breath of activities and support we are able to offer speak to the spirit again of our community and the character of where we live.

We provide much through the efforts of a small staff complemented by a much larger group of passionate and dedicated volunteers. We're fortunate to have attracted additional support in recent years in grants and contributions from both government and private foundations largely because both the needs of our community are recognized as well as the good stewardship provided by our board of directors and staff.

The senior center merits your support and offers many opportunities for your contribution whether it be with time and talent as a volunteer or expressed as monetary support. As the year comes to an end it is a good time to consider

a donation that may be tax deductible when you file your taxes next year, but more importantly will provide the satisfaction of having contributed to the needs of your elderly neighbors and our community. As we enter into the next year you may want to make that resolution to offer your time and talent as a volunteer. Whatever your talent we likely have a place for you to find your purpose in contributing to this fine community that we celebrate each day by sharing the gifts with which we have been blessed. If not at the senior center you may find your place in any number of other agencies that need your help.

Come party with us at our New Year's Eve BINGO Extravaganza !

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

Why Purpose Matters



Why Purpose Matters

People with purpose live longer, are happier and more productive.

Everyone wants “the good life.” Even though we don’t usually talk about its ingredients, a recent study states that we agree on what it takes to live it.

In 2009, the MetLife Mature Market Institute published a solid study titled “Discovering What Matters.” The study, based on the work of the Inventure Group founder, Richard Leider, and published in his best-selling book, “Repacking Your Bags,” proves there is a connection between purpose and a person’s health, happiness, and contentment. The vast majority of Americans describe “the good life” in terms of being healthy, having financial freedom, having the time to do what is important, and having a sense of purpose. In fact, a sense of purpose was the biggest differentiator between the people who reported that they were living “the good life” from those who said they were not. The study also showed that regardless of age, gender, financial status, or life stage, a majority of people assign the most importance to meaningful activities and, above all else, spending time with friends and family.

Younger people usually want to identify work that fits them. Midlife people are looking to discover a sense of meaning beyond a paycheck. And older people want to stay engaged in life and make a difference. Richard Leider asked retirees over age 65, **“If given the opportunity to live life over, what would you do differently?”** The majority of respondents said they would:

1. Hit the “pause button” to reflect on their lives to make the most of the time they had
2. Take more risks to pursue their dreams and life priorities
3. Find their purpose earlier in life

The bottom-line is that everyone wants their life to matter. Discovering a life purpose is the key to “the good life” for every person. It requires a willingness to invest in oneself and take a hard look at discovering what truly matters.

Individual Call to Action

From community residents, employees, high-school and college-aged youth, seniors, citizen volunteers, and other individuals, we ask you to make a difference where you live and work.

- Pledge to discover your purpose at bluezonesproject.com.
- Attend a Purpose Workshop and begin your purpose journey.
- Tell your family and friends and bring them to a workshop.
- Encourage your employer, faith organization, volunteer group, service club, or other community group to host a Purpose Workshop.

Learn more or find a Purpose Workshop

bluezonesproject.com

Brought to Oregon by



*Share a moment...
Change a life.*

WE NEED VOLUNTEERS TO:

- Make telephone calls
- Provide respite for caregivers
- Read to patients
- Record a patient’s life history
- Treasures Thrift Store



KLAMATH
HOSPICE

Start Today!

541-882-2902 ~ www.klamathhospice.org

Bulletin

Flu Season is Upon Us



Please Protect Yourself AND Others With A Flu Vaccination Many Seniors are vulnerable to infection and the flu can sometimes kill. Flu shots are not just for those that need to protect themselves, but also important so that we don’t infect others who may be vulnerable. Persons who are exposed to the public in general and who participate in public events should be especially conscious of the hazards of infectious disease.

Almost every pharmacy now provides flu vaccination and many other vaccinations such as Pneuovax, also recommended for seniors. Most will accept your insurance for the full cost. Many other employers and organizations also are sponsoring flu shot clinics this month. The Senior Center encourages everyone in the community to consult with their doctor for a recommendation regarding vaccinations.

VOLUNTEER OPPORTUNITIES FOR EVERYONE

Have you considered giving back to your community?

Volunteer Opportunities At The Klamath Senior Center:

- **Meals-On-Wheels Drivers and Kitchen Helpers**
- Transportation Drivers Using Senior Center Vans
- Computer and Tech Skills Instructors
- Gift Shop Clerks and Helpers
- Bingo Callers and Floor Helpers (Thursday and Saturday Evenings)

*The Senior Center is recruiting for a volunteer Volunteer Coordinator!
Call us at 541-883-7171 Ext 128*

Visit Our WEB Site at www.klamathseniorcenter.com



**Citizens For Safe Schools
Volunteer Opportunities Mentor
One Child, Change Two Lives**

For only one hour a week, you can give valuable time to a child in need in the Klamath Basin. Spend time simply “hanging out”; going bowling, volunteering, going for a walk, playing games, checking out Crater Lake... the possibilities are endless! Simply showing a youth that you care enough to give your undivided time to them each week can make a lasting difference in their young life. We have a list with children waiting to be your friend!

Contact Margot Durand, Program Manager, P.O. Box 243, Klamath Falls, OR 97601, 541-882-3198 to apply as a volunteer.

www.CitizensForSafeSchools.org
www.facebook.com/citizensforsafeschools

The School Guardian Project at Ponderosa Middle School and the **Citizen Advisory Board of the Coalition for Safe Learning Environments (CSLE)** is looking for volunteers.

This groundbreaking initiative in support of public schools is helping locate opportunities for the community in our schools. Commitment levels vary from 1 hour a month to board member support, and as many hours as volunteers would like to donate to our local students.

For more information please contact:
Rose Beardsley, CSLE coordinator:
RMBeadsley@charter.net • 541-880-4262

FIND YOUR PURPOSE IS A RECURRING COLUMN. WE INVITE ANY AGENCY THAT HAS VOLUNTEER OPPORTUNITIES TO SUBMIT INFORMATION TO BE PUBLISHED IN FUTURE COLUMNS. WE ARE ESPECIALLY INTERESTED IN OPPORTUNITIES FOR SENIORS AND VOLUNTEER EVENTS THAT BRING SENIORS AND OTHERS TOGETHER TO SUPPORT OUR COMMUNITY. PLEASE SUBMIT REQUESTS TO MARC KANE AT THIS EMAIL: marc.kane@kbscc.org

2017/2018 BUDGET

Klamath Lake Counties Council on Aging	221,332
State/Federal Transportation Grants	217,489
Other Government Funding	118,924
Foundation/Organization Grants	100,000
Bingo Fundraisers (net after payouts)	172,200
General Contributions and Fundraisers	48,000**
United Way	40,038
Program Donations from patrons	74,000
Concessions/rents/fees/interest	67,625
Refunds/Single Payments/Misc	3,000
TOTAL	\$1,062,608

**** Your Individual
Contribution Is Needed.
Make One Today!!**

Credit and Debit Cards Accepted (See Coupon on Page 3)
The Center Provides more than 62,000 meals, 12,500 specialized transportation rides, 8500 health promotion classes each year and many more activities to area seniors. Please note our schedules of classes and activities in this issue.



You can help
The Klamath Senior
Center earn donations
just by shopping with your
Fred Meyer Rewards Card!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can search for us by our name or by our **non-profit number 94031**.
- Then, every time you shop and use your Rewards Card, you are helping The Klamath Senior Center earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

You probably know there is an Alzheimer's gene.

I have it.

You probably also know that for each gene, we have two alleles, one from our father and one from our mother. I am lucky to have only one Alzheimer's allele. Could be from my mother. My grandmother and an uncle both died with debilitating dementia. Could be from my father. But he disappeared when I was two. Who knows?

About two years ago, I started noticing signs of cognitive decline, especially memory issues. There were several reasons I was ready to spring to action. First, I was planning a trip to India and wanted to be sure I could cope. Second, as a widow without family, elder care is pretty much in my lap. Third, and most important, I have some writing projects that I want to finish before I die.

So in late 2015 I went to the University of California San Francisco to be checked out and came out "normal". The 2016 trip to India went well as did a second India trip in early 2017. However in summer 2017, I began to notice further decline, mostly difficulty handling complex ideas necessary for my writing.

My Klamath Falls GP prescribed Aricept/Donepezil saying that it might take several weeks to kick in - but that it was unknown how long it would last. WOW! The next morning - bright brain clarity. I was ecstatic and went back to work.

However, within two months, the effects of Donepezil began to lessen. Miracle upon miracle, a friend was listening to NPR and alerted me to a new program to treat Alzheimer's. UCLA's Dr. Dale Bredesen's book, "The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline" is available at the Klamath Falls Library and on Amazon. I ordered the book and found that his project made sense to me. The basic idea is that Alzheimer's results from multiple, coexisting causes. The Bredesen Protocol calls for major changes in diet, exercise, and an extensive panel of blood tests (for example: lipids, hormone and vitamin levels, biotoxins, infections, metals). After the test results come prescriptions and supplements. Bredesen's point is that the causes of Alzheimer's can be compared to 46 holes in the roof. Diet, exercise, and supplements are the way to plug one hole after another. He cites case studies which present turn-arounds for Alzheimer patients.

So I decided to go for it. No one else is offering any hope. And he's from UCLA, not a space case.

I made an appointment with a doctor in LA who works with Bredesen and started the diet and upped my exercise level. The diet is horrible: no sugar, no grain of any kind, and no dairy. For the first three days, I felt awful and could not sleep. Everyone helped out by telling me just how terrible I looked. Luckily a wise friend said "Wait 21 days on any new regime before judging it." So I stuck with it.

After two months of the new diet and increased exercise, and by the time I had the appointment with the LA doctor, I had experienced the following improvements:

- No more "blank outs" between tasks
- No more spacing on "chunks" of experience
- Cognitive maps for driving came back
- Complex material became understandable and interesting
- Processing speed improved
- Remembering names, words, and numbers improved somewhat

This past week I flew to LA and met with my doctor for the first time. I was distressed to hear that my diet was not strict enough. No more going to restaurants and enjoying their Caesar dressing on salads. But, more important, I got the results of my 50 odd blood and urine tests. The results were complicated and I am now trying to understand just what was tested and how my newly ordered supplements and prescriptions relate to the results.

However, I have to say that I was somewhat relieved that there were, for me, unexpected issues revealed, among them high inflammation, biotoxins, metals, as well as vitamin and hormone imbalances.

You may wonder why I was relieved. The reason is that I am hoping for further improvement resulting from the coming battery of supplements and prescriptions.

Here are some of my goals for this next round:

- Improve remembering names, words, and especially numbers
- Improve scanning to find objects
- Remember content and sources for complex material
- Increase processing speed
- Memorize poetry
- Resume language learning
- Be less tired
- Improve sleep

This is my progress to date. This is not an easy path and I hope to report further improvements.

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 January 10th, 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 weekly scheduled sessions. The program will be presented at the Klamath Basin Senior Center on eight consecutive Wednesdays 10 to 11:30 A.M., beginning January 10th. The cost is \$8.00 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. Both have worked in health care in Klamath Falls for many years.



**Class starting:
Wednesday, January 10th
from 10 to 11:30 am
at the Senior Center.**



Feature

"I Believe"

by Robert G. Black

Many years ago, "I Believe" was the beautiful and inspiring title of a song that became very popular. Several singers in the last century presented slightly different versions of the song at different times. The lyrics or words to this song were not only inspiring, but memorable, and they made you stop and think "What do I really believe?" Many of you who lived the many years that I have lived will remember this song well, as well as the inspirational words and thoughts that the song contains.

Yes, stop for a few minutes in the complicated tasks and activities of each day to ask yourself what you really believe. Each church and denomination has a defined set of beliefs, of course, designed to assist their believers along the path of life. Some individuals have their own set of ideals and beliefs to guide them through each day and along the path of life.

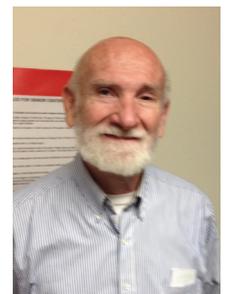
If you have been carefully reading the information that I have placed in these columns over the past few years, you have a very good idea of my own set of beliefs. Hopefully, many of the ideals discussed here have influenced your own life and beliefs positively. Primary among my own beliefs are the extreme value of positive thinking, supplying adequate nutrients to your physical body to keep it in full health and operating perfectly and getting adequate physical exercise each day.

My primary source of joy and happiness in this life is to be able to teach something new to a friend, something valuable and useful that they were previously totally unaware of. For two good friends here in Keno, where we live, the new information that I presented was extremely valuable and worthwhile for them. In return they were able to do things for me that was impossible for me at the time.

Through this column, I have tried to teach the value and usefulness of such things as positive thinking, the value in nutritional knowledge and the value of daily exercise and physical activity to all of the readers of the senior section of the Herald and News. Teaching something you know well and learning from others what they might know and you don't know are all a vital part of what you believe.

As you go through each day of creative projects and activities, try to visualize the successful completion of each project. This is a strong point that enable you to see the end before the beginning and it is an ability that you have developed as a part of your vital spiritual growth during this lifetime.

The coming year will present many opportunities for exercising your creativity and learning and my initial column for January will be a message from our God and Creator covering our creation, our learning and our future.



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.

Help Support Our Senior Programs

Have Fun - Win \$\$\$ “BINGO”

KLAMATH BASIN SENIOR CITIZENS' CENTER
2045 ARTHUR STREET, KLAMATH FALLS, OR

Holiday BINGO Schedule

CLOSED Thursday - December 7th

See You At The Snow Flake Parade

CLOSED Saturday December 30th

See You New Year's Eve - December 31st

THURSDAY AND SATURDAY EVENINGS
GAMES START AT 6:00 pm
DOORS OPEN AT 4:30

NEW YEARS EVE BINGO EXTRAVAGANZA!

SUNDAY DECEMBER 31ST

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!

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



RESIDENCES
of Klamath Falls

A Living Care Lifestyles Community

...always nurses available.

541.238.2166



Quail Park Memory Care Residences of Klamath Falls

The Only Place to Be! 🐦🐦🐦

QuailParkMCKF.com/HeraldandNews | 320 Jade Terrace | Klamath Falls, OR 97601 |  



December 2017 Events:

CLOSED Monday December 24th! Merry Christmas!

- 1st four Tuesdays, 7:30 AM, Klamath Falls Trips for Medical & Shopping** (Stop in to sign up only \$10 donation)
- First Tuesday this month, Dec. 5th, join us for our Friends class @ 2:00.**
- Friday, December 8th is our Birthday Lunch. Just come and join us for lunch & Birthday Cake.**
- Every Tuesday & Thursday the Outback Thrift Store is open 1:00-4:00PM.**
- Tuesdays & Thursdays stop in for a puzzle swap.** (Bring some to trade/share and take something new for you!)
- Tuesdays & Thursdays join us for the Strong People Program! 10:00-11:00AM**
- Wednesday 12:00-1:00 PM Lions – Lunch Meeting.**
- Every Monday Bingo at 1:00** (right after lunch)

We rent rooms, evenings & weekends. For space during working hours, call to reserve a space for your crafting group, card players, nonprofit, etc. We appreciate donations. We have plenty of space to share, call and see how we could work together.

We serve fresh, hot meals to everyone Monday, Wednesday and Friday. It's only \$7 for those under 60 and we request a \$5 donation for those over 60. We provide home delivered meals weekly. Lunch is served at noon. Come Join us!

You can reach us at:
 11 North G Street, Lakeview Oregon 97630
 (541)947-4966 x101



This year, do something for you!

Discover your purpose and live 7 years longer, happier.

- Take a deeper look at the things that add meaning to your life.
- Revisit your values, passions, gifts, and talents.
- Think about what you really love to do and take the steps to do it.



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Our Qigong Poster Boy



This is Jim, he is 88yrs old. He has been practicing Qigong for about eight months. When he started he was very stiff and had poor balance. When attempting to touch his toes he was only able to reach his knees. He is currently able to come within a couple of inches of his toes. He is also able to briefly balance on one foot.

He showed me a video of an outing with his grandchildren this summer. He was paddling on a paddle board and able to keep his balance until one of the grand kids threw a football in his direction. He said he owes his improved health, progress and improved balance to the Qigong exercises.

Qigong exercise requires commitment. It is not an instant way to improve. The continued slow exercise will improve your overall well being and life. Jim is a great example of what can be done.

Qigong is scheduled at 4:30 every Wednesday at the Senior Center. Come join us!



Turning 65 soon?
 Call us to learn about all of your options for medicare



Annual Enrollment for Medicare Advantage Plans and Medicare Rx Plans, continues until December 7th

During this time you can enroll in a Medicare Advantage Plan or a Medicare Rx Plan to be effective January 1st, 2018.

Please call with any questions.

541.882.6476
 4509 S. 6th St., Suite 201
 Klamath Falls, OR 97603

Your Local Health & Medicare Agents
 Since 1980

Please call and set up an appointment.

1702501

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.

Mumkin's Recipes For Life...



Give of Yourself this Christmas season
Share Love and remember Jesus is the reason!

Sharon (Johnston) Pappas ©

Close My Eyes

Sharon (Johnston) Pappas ©

The fragrance of home at Christmas time
Returns when I close my eyes
A tree freshly cut, the scent of pinecones
Turkey, cookies and warm pumpkin pie

I see lights twinkling so bright
Reflecting off the snow
Mom in the kitchen, gifts tied in ribbons
And the toasty fire all aglow

I hear cows outside the window
Munching on bales of hay
As Dad in his truck drives up the hill
Feeding the herd - all winter - Every day

The taste of hot cocoa with milk from our cow
And toast with homemade jam and bread
Filled the tummies of us three little kids
As excitement of Santa whirled in our heads

The touch of love as we were tucked into bed
To dream of what's to come
A kiss goodnight still fills my heart
That chapter of life forever lives on.

Jesus

By Sharon Hudson

In a manger laid Jesus
The savior of man.
That is how Christmas started.
It was all in Gods' plan.

The Gift of Christmas

By Sharon Hudson

Bethlehem is the place
Of Jesus' birth.
Our wonderful savior who
Grew up and proved his worth.

Mary and Joseph were gifted by
Being parents that night.
The others were guided by a
Star, so very very bright.

Love is in the air,
As Christmas began.
A savior is born who will
Make things better for man.

Respect

By Robert Pickel

When things get tight
As the air turns blue,
Family discussions
Are the thing to do.
Setting the stage
At an early age,
Makes it easier
To settle this rage.
Options and options
For both sides now,
Will foster the love
And respect that binds.
A loving hand that
Now takes "a five",
Helps perpetuate
A trust that is live.
Rising from the table
For a downtown treat,
Has turned this discussion
Into a triumphant feat.

The Train

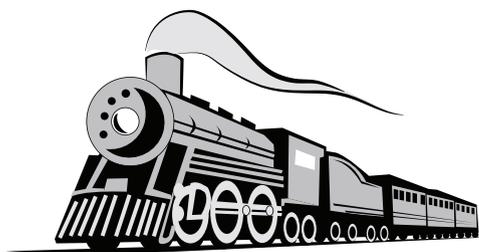
By Robert Pickel

I love to hear the train go by.
Its wailing whistle tells me why.
Beware! Beware! Of those red lights!
Do not encroach upon these sights.

Sometimes we count the cars
-nine at holiday times.
From our backyard we wave
to the engineer as he rumbles by.

The dinner train is a delight.
We have a delicious meal on site.
A new perspective is given to the Cape
as we pass bogs and backyards too.

I love to hear the train go by.
Its wailing whistle tells me why.
Beware! Beware! Those red lights!
Do not encroach upon these sights.



Donor List

KIWANIS CLUB OF KLAMATH FALLS CONTRIBUTES!

Contributions remain tax deductible for most contributors.

December is here and for most tax payers that is the last month to make a tax deductible donation to be taken on your 2017 tax year. We hope you will consider a generous donation to the Senior Center as the demand for our services continues to increase as the "boomers" come of age. Much of what we do is managed by volunteers but we still need to keep the lights on and the building maintained and warm in the winter. So please think of us this Christmas and give to the Senior Center.

A big thanks to all our individual contributors 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. We are most thankful this month to the Kiwanis Club of Klamath Falls for their support. October Donations of \$4,270 were received from the following organizations and individuals:

Kiwanis Club	Marta Stephens	Joyce Moore
Mary Noller (SAIL)	Sheila Fabrizio	Albert & Delores Errecart
Faith Tabernacle	Burl Parrish	Irene McLean
Geraldine Schindler	Patricia Henderson	Alan Duyff
Ernie Palmer	Mary Ellen Sargent	Linda Seater
Dorothy Winters	Linda Powell	Ron and Karen Thomas
First Interstate Bank	Rose Chapman	Constance Schuetze
Duckworth Family	Cheryl Gibbs	Phyllis McDiarmid
Howard McGee	Linda Bourcy	Pat Abel
Lynette Harvey	Jonny Jones	Roger Dionne

Unidentified contributions in October for Meals , Transportation and Other Services amounted to \$3,724.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2016 amounting to at least \$600 for the year. They were the following:

Jon Schnebly	Lynette Harvey	Howard McGee
Faith Tabernacle	Ernie Palmer	Carol Darling
Geraldine Schindler	Emmett's Line-up & Auto	Burl Parrish
Stan Neitling	Repair	Rose Chapman
J.L. Transitions	Bill Watson	Jahalla Shaffer
Avril Fischer	Dorothy Winters	Elvin Middleton

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.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

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

Talk to Jerry Gilmer between 10am and 1pm Tuesdays and Thursdays at
NO COST TO YOU while at the Senior Center



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					DECEMBER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Closed on Sundays Except for New Years Eve Bingo</p> <p>Closed Monday December 25th & January 1st</p> <p>GIFT SHOP OPEN 10:00am to 3:00pm MONDAY THROUGH THURSDAY AND FRIDAY 10:00am to 2:00pm</p>		<p>6TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Balance & Stability 10:30–11:30 am at KLC Dancing 1–4pm Qigong 4:15pm Tai Chi Beginner 5:30–6:30pm</p>	<p>7TH</p> <p>SAIL 10:15–11:15am Defensive Driving 9am–12pm Stretch and Tone 9–10am Craft Class 9–11am Golden Age Club Bingo/Cards 12:30pm County Library 1:30–4pm Evening Bingo Closed for Snow Flake Parade</p>	<p>8TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am High School Band Plays 11:30 am Pickle Ball 1pm County Library 1:30–4pm No Line Dancing</p>	<p>9TH</p> <p>NICKEL BINGO OPEN 10:00 CALL AT NOON</p> <p>Bingo Fundraiser 4:30pm /call 6pm</p>	
		<p>11TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Legal Services 10am–12pm Muffin Mondays 10:30am Veterans meet 10pm Balance & Stability 10:30–11:30 am at KLC Golden Age Club Bingo/Cards 12:30pm Movies–Glass Castle 12:30 Yoga 5pm</p>	<p>12TH</p> <p>Tai Chi <i>Intermediate</i> 8am <i>Beginner 2</i> 9am <i>Beginner 1</i> 10am <i>Advanced</i> 12:10pm Pickle Ball 2pm</p>	<p>13TH</p> <p>OIT DENTAL HYGIENE 9–11am SAIL 8:45–9:45am and 10:15–11:15am Balance & Stability 10:30–11:30 am at KLC Dancing 1–4pm Qigong 4:15 pm Tai Chi Beginner 5:30–6:30pm</p>	<p>14TH</p> <p>SAIL 10:15– 11:15am NO STRETCH AND TONE Craft Class 9–11am Golden Age Club Bingo/Cards 12:30pm County Library 1:30–4pm Bingo Fundraiser 4:30pm/call 6pm</p>	<p>15TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Pickle Ball 1pm County Library 1:30–4pm No Line Dancing</p>
<p>18TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Legal Services 10am–12pm Muffin Mondays 10:30am Veterans meet 10pm Balance & Stability 10:30–11:30 am at KLC Golden Age Club Bingo/Cards 12:30pm Yoga 5pm</p>	<p>19TH</p> <p>Tai Chi <i>Intermediate</i> 8am <i>Beginner 2</i> 9am <i>Beginner 1</i> 10am <i>Advanced</i> 12:10pm Pickle Ball 2pm</p>	<p>20TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Balance & Stability 10:30–11:30 am at KLC Dancing 1–4pm Qigong 4:15pm Tai Chi Beginner 5:30–6:30pm</p>	<p>21ST</p> <p>SAIL 10:15– 11:15am NO STRETCH AND TONE Defensive Driving 9am–12pm Craft Class 9–11am Hearing J.D. Howell 10:15am–12pm Golden Age Club Bingo/Cards 12:30pm County Library 1:30–4pm Bingo Fundraiser 4:30pm/call 6pm</p>	<p>22ND</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Pickle Ball 1pm County Library 1:30–4pm No Line Dancing</p>	<p>23RD</p> <p>NICKEL BINGO OPEN 10:00 CALL AT NOON</p> <p>Bingo Fundraiser 4:30pm /call 6pm</p>	
<p>25TH</p> <p>CLOSED FOR CHRISTMAS</p>	<p>26TH</p> <p>Tai Chi <i>Intermediate</i> 8am <i>Beginner 2</i> 9am <i>Beginner 1</i> 10am <i>Advanced</i> 12:10pm Pickle Ball 2pm</p>	<p>27TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Balance & Stability 10:30–11:30 am at KLC Dancing 1–4pm Qigong 4:15pm Tai Chi Beginner 5:30–6:30pm</p>	<p>28TH</p> <p>SAIL 10:15– 11:15am Craft Class 9–11am No Stretch and Tone Golden Age Club Bingo/Cards 12:30pm County Library 1:30–4pm Bingo Fundraiser 4:30pm/call 6pm</p>	<p>29TH</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Pickle Ball 1pm County Library 1:30–4pm No Line Dancing</p>	<p>30TH</p> <p>NICKEL BINGO OPEN 10:00 CALL AT NOON</p> <p>No Evening Bingo See You New Years Eve</p>	
SUNDAY 31ST						
NEW YEARS EVE BINGO EXTRAVAGANZA AND PARTY OPEN 4:30 - Call 6:00 PM						
<p>January 1st</p> <p>CLOSED FOR NEW YEARS</p>	<p>January 2nd</p> <p>Tai Chi <i>Intermediate</i> 8am <i>Beginner 2</i> 9am <i>Beginner 1</i> 10am <i>Advanced</i> 12:10pm Pickle Ball 2pm</p>	<p>January 3rd</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Balance & Stability 10:30–11:30 am at KLC Dancing 1–4pm Qi Gong 4:15pm Tai Chi Beginner 5:30–6:30pm</p>	<p>January 4th</p> <p>SAIL 10:15– 11:15am Craft Class 9–11am No Stretch and Tone Golden Age Bingo/Cards 12:30pm County Library 1:30–4pm Bingo Fundraiser 4:30pm/call 6pm</p>	<p>January 5th</p> <p>SAIL 8:45–9:45am and 10:15–11:15am Pickle Ball 1pm County Library 1:30–4pm Line Dancing 7pm</p>	<p>January 6th</p> <p>NICKEL BINGO OPEN 10:00 CALL AT NOON</p> <p>Bingo Fundraiser 4:30pm /call 6pm</p>	

Abbreviations with KLC indicate classes will be held at Klamath Luthern Church 1175 Crescent Ave Klamath Falls

Bulletin

Tai Chi Classes

TAI CHI CLASSES - KF Senior Center

Klamath Falls Senior Center

Tuesday

Beginning

10:15-11:15am (set 1)

9-10 am (Set 2)

Intermediate

8:00-9:00am (Set 3)

Advanced

12:15- 1:15pm (Sets 1-4)

Wednesday Class

Beginning 5:30-6:30pm

Call 541 274-1555



Mel Murakami,
Tai Chi Instructor

Bulletin

Nine Tips to Help Someone Grieving During the Holidays

Article respectfully submitted by Klamath Hospice

Hospice Professionals Offer Advice

For many people, the holiday season is a special time of year marked by celebrations and gatherings with family and friends. For those struggling with the death of a loved one, the holidays may be a difficult time full of painful reminders that emphasize their sense of loss.

Hospice professionals, who are experienced at helping people deal with grief and loss, offer some suggestions:

1. Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to avoid customs of the past and do something new. It's okay to do things differently.
2. Offer to help the person with decorating or holiday baking. Both tasks can be overwhelming for someone who is grieving.
3. Offer to help with holiday shopping. Share catalogs or online shopping sites that may be helpful.
4. Invite the person to join you or your family during the holidays. You might invite them to join you for a religious service or at a holiday meal where they are a guest.
5. Ask the person if he or she is interested in volunteering with you during the holidays. Doing something for someone else, such as helping at a soup kitchen or working with children, may help your loved one feel better about the holidays.
6. Donate a gift or money in memory of the person's loved one. Remind the person that his or her loved one is not forgotten.
7. Never tell someone that he or she should be "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.
8. Be willing to listen. Active listening from friends and family is an important step to helping some cope with grief and heal.
9. Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.

In general, the best way to help those who are grieving during the holidays is to let them know you care and that their loved one is not forgotten.

Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss.

More information about grief is available from Caring Connections:
www.caringinfo.org/grief.



Bulletin

SPOKES Unlimited Schedule



SPOKES Unlimited

1006 Main Street, Klamath Falls, OR 97601

541-883-7547 v/tty

All support groups follow confidentiality guidelines.

December

- 8th **SPOKES Unlimited will be closed all day for staff enrichment**
- 19th **American Council for the Blind Meeting**
12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street
- 25th **SPOKES Unlimited will be closed for the Christmas Holiday**
- 27th **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

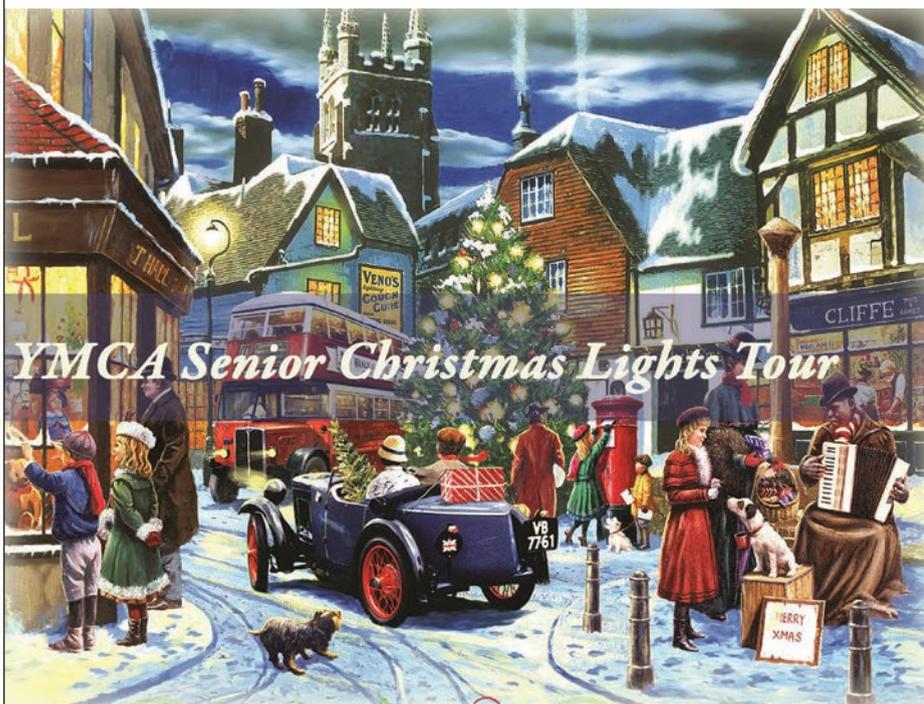
Please Note:

The Tramatic Brain Injury and Illness Group has been cancelled until further notice.

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.

Bulletin

The YMCA December Senior Excursion



SATURDAY, DECEMBER 16, 2017

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?

We will meet in the Denny's parking lot at 6:30 pm sharp and return around 9:30pm

\$10 for Y Members

\$15 for Community

Registration Deadline by 6pm Wednesday, December 13

Participants: 10 minimum and 13 maximum



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE YMCA OF KLAMATH FALLS
1221 S Alameda Avenue Klamath Falls OR 97603
(541) 884.4149 www.kfallsymca.org

Bulletin Holiday Drop In Grief Support Group



We invite you to attend "Seasons of Change"

Holiday Drop In Grief Support Group

An opportunity to explore the dynamics of the grieving process during the holidays in a safe and confidential environment.

Registration not required.

Date:

December 14 at 4:00 p.m.

Location:

4745 South 6th Street

**** Open to all community members ****

"Grief isn't something you get over. It's something you go through."

- Alan Pedersen

For more information:

541-882-2902

tgarlock@klamathhospice.org

www.klamathhospice.org



KLAMATH
HOSPICE

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



WE HONOR VETERANS

Bulletin

Klamath Senior Center – Health Promotion Activities And Classes December 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>KLC: Balance / Stability Tina Mahacek 10:30am to 11:30am (10)</p> <p>SC YOGA Kim Carson 5:00 to 6:00 PM</p>	<p>SC: Tai Chi Mel Murakami & Tina Mahacek Intermediate 8:00 to 9:00 am (25) Beginner 2 9:00 to 10:00 am (25) Beginner 1 10:00 to 11:00 am (25) Advanced 12:10 to 1:10 pm (25)</p>	<p>SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>KLC: Balance / Stability Tina Mahacek 10:30 to 11:30am (10)</p> <p>SC: Dancing Live Music from the Take Four Band 1:00 to 4:00 pm</p> <p>Qi Gong Jimme Alcorn 4:15 to 5:15 pm (25)</p> <p>Tai Chi Mel Murakami and Tina Mahacek Beginners 5:30 to 6:30 pm (25)</p>	<p>SC Stretch and Tone <i>Will be continued at a later date (25)</i></p> <p>SC: SAIL Exercise Suzan Phipps 10:15 to 11:15 am (32)</p> <p>Living Well with Chronic Medical Conditions To Register for Future Classes Call Valerie Franklin at Sky Lakes Community Health 541-274-725</p>	<p>SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>SC: Line Dancing Class Fern Steers 7:00 pm to 9:00 pm <i>Meets December 1st ONLY in December.</i> <i>Class resumes in January on the 5th.</i></p> <p>SC: Boost Your Brain & Memory Coming in January on Wednesdays Kate Murphey/Dawn Wallace Sign up for class - 8 sessions 10:00 am to 11:30 am (12)</p>

INDOOR PICKLEBALL COURT
Tuesday Class open to walk-ins 2:00 pm
Friday, Open Court, Arrive 1 pm
Want to reserve the court?
Call us for available days and times. 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). 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.

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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 Nursing services in the privacy of your home

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Specializing in nail care of the older adult

Bulletin

Spaghetti Feed

SPAGHETTI FEED

FRIDAY, JANUARY 12TH AT 5:30PM



SUPPORT THE SENIOR CENTER

Enjoy a delicious
Italian dinner and live music!

Tickets: \$10 for adults or
\$5 for children under 10

Raffles, Live Music, and Dancing!!

Klamath Senior Center
2045 Arthur St
Klamath Falls, OR 97601
541-883-7171

TICKETS AVAILABLE AT
THE SENIOR CENTER

Feature

Meet Pat Thomas

This month we are introducing you to one of our long-time patrons, Pat Thomas. She has been coming to the Senior Citizens Center for 12 years. She is a sweet lady of 100 years old. She was married to Jim for 67 years before he passed away 9 years ago.

Jim and Pat were married 6 months before he joined the Navy when WWII broke out on December 7, 1941. He served in the Navy for 20 years. They lived 12 years in Kansas, 12 years in Colorado and 12 years in Klamath Falls. Being a wife of a Navy serviceman she traveled every state in the United States and many countries.

Pat has 1 son, Scott Aaron Thomas and 1 daughter, Pamela Rose Mallory and a grandparent to 2 granddaughters. Her son lives in Chiloquin and the daughter lives in Cave Junction. Her granddaughter and her 3 great granddaughters are living with her. She is proud of being the grandmother of 8 great grandchildren and 2 great-great grandchildren. Her daughter of 15 years was the youngest Honor Queen for "Job Daughters".

As a young mother Pat was a Brownie and Girl Scout Leader, a Den Mother and helped with Cub Scouts. She was an accomplished singer singing for radio stations. She loved dancing, playing cards, going to the movies, horse riding, camping and fishing. One of her fond memories was when her husband and she were fishing in the Sacramento River and she pulled in a 72 lb. Sturgeon which was a challenge in itself. She also worked in a cafeteria when she was 19 years old and made 15 cents per hour.

Thank you for Pat for being a devoted patron to our Senior Citizens. We love having you and so do the other Patrons that come here.

Bulletin

Balance and Stability Improvement

NEW CLASS
**YOUR NERVOUS SYSTEM HAS THE
CAPACITY TO REMODEL YOUR BODY**

Monday & Wednesday 10:30-11:30
Classroom at
KLAMATH LUTHERAN CHURCH,
1175 Crescent



*"You are NOT stuck
where you are!"*

Call 541 884-2480

**Tina Mahacek - Licensed
Physical Therapist**

Feature

SHIP TALK (Senior Health Insurance Program)

WHERE DO I START?

Open Enrollment ends tomorrow – and we hope you took advantage of it and were able to improve your position. So now it's time to turn to other things.

The Baby Boomers are turning 65 – at a rate the U. S. has never seen before! And we're also seeing this population increase their visits to SHIBA to try and figure out what they want and/or need to do.

Along with increasing numbers of 65ers, we're also seeing an increase of those who are still working. If that scenario fits you or someone you know, here are some intricacies you need to consider: Is your employer still willing to pay your insurance now that you're eligible for Medicare? Also, is employer still willing to pay spousal coverage? Does your company have more than 20 employees? If employer will keep paying, what is your contribution? Would joining Medicare instead cost you less? Do the math. You definitely need to understand your position with your employer before applying for Medicare. Also, if you'll be applying for Medicare, be sure and bring in a complete list of drugs and dosages so we can find the drug plan that suits you best. You're required to have drug insurance.

If you're on the Oregon Health Plan (OHP) and it ends because you're now 65 and eligible for Medicare, you're probably in for an unwelcome surprise. Medicare pays only 80% of the bill, unlike OHP, which pays 100%. Medicare does not cover dental. Medicare Parts A and B do not cover drug insurance. But you are required to purchase a drug plan or face penalties. When you come in to get your Medicare started, be sure you bring up-to-date and accurate information regarding your gross income. If you're on OHP, you may be eligible for the Low Income Subsidy program (Extra Help) to help pay for drug premiums and co-pays. You also might be eligible for the Medicare Savings Program in which the State pays for your Part B premium. Again, you also need to bring a complete and accurate list of the drugs and dosages you take so we can find the drug plan that suits you best.

If you're insured by the Affordable Care Act, you must give that up when you turn 65 and take Medicare instead, assuming you have a work record that makes you eligible for Medicare. Again, you will have to purchase Part B (Medical) and Part D (drugs). You receive Part A (Hospital) free.

You can come in and talk with a trained and certified SHIBA counselor to help you understand your options and your requirements. – and there are many. Call the Klamath Basin Senior Citizens Center (541-883-7171) and make an appointment.

Respectfully submitted, Anne Hartnett, *SHIBA Coordinator*

Feature

Nancie's Corner Blues Zones Reporter Health and Wellness Counselor

Food, Fitness and Choices *For the holidays and all year long*

We've just put Thanksgiving behind us with its boundless food choices; and, now we face Christmas with gatherings that challenge our restraint. Plus, the weather is changing, our lives are busier and we may have slacked off on exercise. Or worse, we aren't exercising at all.

I recently came across a series of books with the title: "Younger Next Year," subtitled "Live Strong, Fit and Sexy—Until You're 80 and Beyond." Sounds good eh? The different books in the series include focus on: Women, Men, Back Pain, an Exercise Program and a Journal.

So what are we to do around the holidays or anytime of the year according to authors, Chris Crowley and Henry S. Lodge, MD? They say that our bodies are either in a state of growth or in a state of decay. If you are sedentary, your body is in decay. **If you are making poor food choices, your body is in decay.** This is a straight forward premise and especially apt during the holidays.

A direct quote on exercise from Dr. Lodge stands out: "The point of exercise is not to "burn off" calories, but rather to tell every part of your body to grow, to invest in building new tissue, and to run at a higher metabolic rate all day and all night long."

Their recommendations include: Forget about weight loss. Instead, exercise 6 days a week; quit eating "crap;" and, manage portions. Eliminate all fast and processed foods including sugared breakfast cereals (plain Cheerios and Shredded Wheat are okay), sugar laden soft drinks, all white foods: sugar, potatoes frequently eaten as French fries, white rice and pasta. Go for color: fruits, veggies and whole grains that provide fiber and micronutrients. This fits well with the Blue Zones recommendations of eating mostly plant based foods, moving naturally and stopping when you are 80% full.

The books are far more comprehensive than the snippets provided here. Buy one for yourself as a Christmas gift, or borrow from the Klamath County Library.

May you have a healthy, active, hearty and joyful Christmas Season!

Let's all lower the chance of injury!

Nancie Carlson, *Health & Wellness Counselor*

Bulletin

Klamath Works



Klamath Works
541-887-8495
1930 S. 6th Street

We at Klamath Works are here to help, by offering:

- A personal Organization Makeover
- Stress Management
- Career Decision Advise
- Exploring Joyful Life Experiences
- Job-Soft Skills
- Help Finding that DREAM Job
- Family Meal Planning and Cooking in the Teaching Kitchen
- Money Management
- Tasty Grocery Shopping on a Budget
- Scoping out local businesses to see what is out there

And MUCH MUCH MORE!!
For more information
please call 541-887-8495
or just stop by

Bulletin Klamath Farmer's Online Marketplace



KLAMATH FARMER'S Online Marketplace

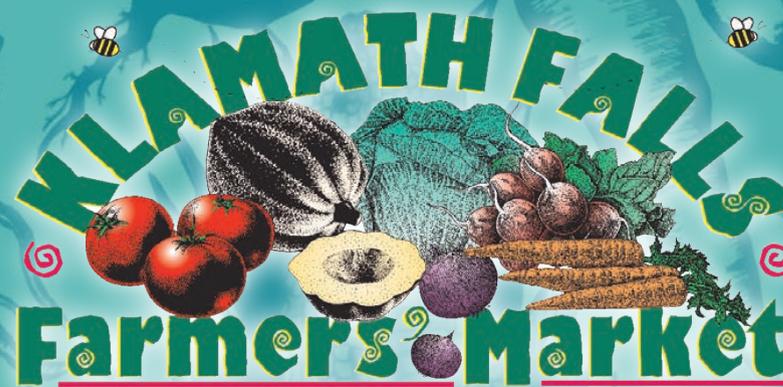
Do you want year-round access to local produce, dairy, meat, & eggs? Extend your farmer's market experience at KFOM.org! Local farmers & ranchers have food for you year-round.

Visit KFOM.org to learn more and pre-order direct from local farmers. Pick up your order every Thursday evening at the downtown Klamath Tool Library (1221 Main Street)

Questions? Contact Katie Swanson at katie.swanson@sharecare.com or 541.827.9442



SNAP & EBT ACCEPTED



Bulletin

SAIL Class



If you have osteoarthritis, exercise is an important part of any comprehensive treatment plan. Exercise improves joint mobility, muscle strength and helps you maintain a healthy weight. Building muscle strength helps to stabilize weak joints. Exercise also releases endorphins which can decrease arthritis pain and help you to have a better mood.

I encourage you to try a class. If you participate three times a week, you will start seeing good results right away.

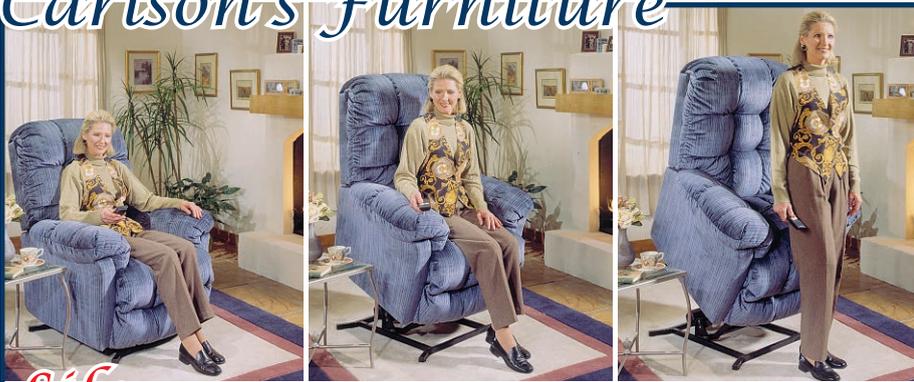
There are seven classes every week. All classes are at the Senior Center. The program is the same for all seven classes, so you can choose the classes that best fit your schedule.

Mon. Wed. & Fri., - 8:45 to 9:45
Mon. Wed. Thurs. & Fri. - 10:15 to 11:15

You can start right away. A two dollar donation is suggested.
Mary Noller & Suzan Phipps are the Certified Instructors.



Carlson's Furniture



*Life...
as easy as one, two, three
with a Lift Chair from*

Best
Home Furnishings®

- Press a button to lift or fully recline the chair
- In stock in four beautiful colors

The Brosmer Lift Chair matches other rocker recliners and wall loungers that we have in stock. Stylish good looks and plushly padded deep comfort make this lift chair stand out from it's competitors. Covered in a durable, easy to clean action velvet. Easy credit terms make The Brosmer affordable for almost any budget. Stop in to Carlson's Furniture today!

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541-884-1335

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1525408

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.

DAVENPORT'S CHAPEL

Trusted
Since 1978



✦ of the ✦

GOOD SHEPHERD
The Different Funeral Home

New Location: Klamath Memorial Park • 541-883-3458

Menu

December 6, Wednesday

Bbq Chicken Sliders, Veggie, Salad Bar, Dessert

December 7, Thursday

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

December 8, Friday

Fish & Chips, Veggie, Salad Bar, Dessert

December 11, Monday

Cheeseburgers, French Fries, Veggie, Salad Bar, Dessert

December 12, Tuesday

HAPPY BIRTHDAY!
Spaghetti & Meat Sauce, Garlic Bread, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

December 13, Wednesday

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

December 14, Thursday

Chicken Fried Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

December 15, Friday

Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

December 18, Monday

Potato Soup, Veggie, Salad Bar, Dessert

December 19, Tuesday

Sloppy Joes, Veggie, Salad Bar, Dessert

December 20, Wednesday

Roast Chicken, Veggie, Salad Bar, Dessert

December 21, Thursday

Baked Pasta, Garlic Bread, Veggie, Salad Bar, Dessert

December 22, Friday

Christmas Dinner, Veggie, Salad Bar, Dessert

December 25, Monday

CLOSED CHRISTMAS DAY

December 26, Tuesday

Potato Bar, Veggie, Salad Bar, Dessert

December 27, Wednesday

Chicken Fried Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

December 28, Thursday

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

December 29, Friday

Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

January 1, Monday

CLOSED NEW YEARS DAY

January 2, Tuesday

Mac & Ham, Veggie, Salad Bar, Dessert

January 3, Wednesday

Baked Pasta, 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.



Lakeview Gardens offers a home for seniors, for Long term Care and now Assisted Living! Medicare Skilled Care, Physical Therapy and Rehab are still offered in our new home setting.



700 South J Street | Lakeview, OR
541.947.2114 | 1.866.543.4325
www.lakeviewgardens.org

This institution is an equal opportunity provider and employer.

*From our family to yours...
Happy Holidays!*



Celebrating 35 years. 
KLAMATH HOSPICE
www.klamathhospice.org - 541.882.2902



Santa's Big Christmas Giveaway

**DECEMBER 19TH-21ST 1-4PM &
22ND-25TH 6-9PM HOT SEATS**

Put some magic into your Christmas and walk away a big winner! Each drawing day we will giveaway a 65" Television, Cash and Free Play! So let's make this Christmas magical!!

NEW YEAR'S BASH!

GIVING AWAY A TOTAL OF \$10,000 CASH!

December 31st 8pm-12am

Countdown with a champagne or cider toast

Party Favors for everyone! Hot seat drawings every half hour.

Also extra Blackjack hot seats 8pm, 9pm, 10pm and 11pm

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