



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

**FREE**  
Take  
One!

Above: Les Shively  
celebrating his 92nd birthday  
at the Klamath Senior Center



*Happy  
Valentine's Day!*

**Tickets Now  
On Sale for Our  
Annual Dinner  
Fundraiser  
SEE PAGE 14**

**Active Seniors**

FEBRUARY • 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.

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Marc Kane: 541.883.7171 ext. 117

Visit us at:  
[www.KlamathSeniorCenter.com](http://www.KlamathSeniorCenter.com)

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### Annual Valentine's Day Bake Sale

Sky Lakes Medical Center  
inside the Cafeteria

Specialty Cookies - Cakes - Pies  
Gifts - Flowers - Candy - Raffles



Specialty cookie orders and payment must be received by Klamath Hospice by 5 p.m. on February 10, 2017. Cookies are \$2.00 ea.

## 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!**

# Welcome

## Directors Greetings

February may be the shortest month of the year, but it is one of the more active ones at the Senior Center. Every fourth Friday in February, the 24th this year, we have our annual fundraising banquet. This will be our fourth annual and the event is growing from year to year. It centers around good musical entertainment, great food and drink, and an awesome opportunity to socialize. Although the cost is less than ever this year attendees will feel the added benefit of supporting the Senior Center and all the services we offer to our elderly neighbors. I hope to see you all there. It's a great party.



Marc Kane, Center Director

February is also the month we celebrate Valentine's Day a very special at the Senior Center. It is a great place to stay connected with others, one of our primary missions, and to meet new friends. No, we are not a dating service, but we have witnessed more than a few relationships blossom here at the Senior Center. Jeff and Debbie Plummer will be entertaining us at lunch this 14th.

Two things that bind people together are music and art, and I am happy to report that we are expanding both. The Klamath County Cultural Coalition has pitched in with a small grant to make things happen. The latest addition is a new Ukulele group led by local physician Jon McKellar. A good sized group, mostly inexperienced, gathered to learn ukulele at the first session on the fourth Tuesday in January. The group will continue to meet monthly as everyone in attendance expressed an interest in learning. Kudos to Dr. McKellar for stepping up to share his skills. He is a great and patient instructor. Bev Fairclo is also expanding her arts and exercise offerings as well. And the line dancing group has moved to Fridays and is expanding. Learn more by reading other announcements in this paper.

Construction on our new bus shelter funded with State and Federal Transportation grants will soon be completed. As we put the finishing touches on the structure new parking spaces will be opened up on the North end of the building and others reestablished on the East side of the bus shelter. There will be no loss in available spaces than before, so just exercise a bit more patience while we finish up.

More activity this month involves the Senior Center gift shop. After the retirement of Wava Weiskopf new management has wrapped their arms around this project in the most passionate way. Much reorganization and remodeling has occurred. Come see the new digs. Shopping with us is another way to support seniors.

Recent grantors are the Cow Creek Umpqua Indian Foundation and the Klamath Community Development Corporation. Thanks to our new and faithful supporters our fundraising campaigns are on track. Please consider your gift to our mission. I promise the Senior Center will make you proud to be part of what we do.

Enjoy our paper.

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.*

#### February

- 14th**      **Brain Injury and Illness Support Group**  
3:00-4:30 pm, SPOKES office
- 16th**      **SPOKES Recreation Group Event**  
Join us at the SPOKES office for recreation group fun! We will watch either movie, make a craft, or play games on the Wii. Lunch will not be provided. This event is open to all persons with disabilities.  
10:00am-12:00pm, SPOKES office
- 20th**      **SPOKES will be closed for President's Day**
- 22nd**      **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.

## Bulletin

### Balance and Stability Class

***"Who knew there were so many ways to improve your balance?"***

**T.M.**

- **Monday 10:30-11:30 AM**  
Klamath Lutheran Church,  
1175 Crescent Avenue
- **Wednesday 10:30-11:30 AM**  
1175 Crescent Avenue
- **Friday 11:30-12:30 AM**  
SENIOR CENTER



**Just come or call 541 274-1555**

**Tina Mahacek — Licensed Physical Therapist**  
Movement Improvement R US

## Feature

### Staff / Volunteer Focus

In recognition for our Senior Center Employees and Volunteers



### Carol Darling

This month we are introducing you to our volunteer, Carol Darling, who has been awarded for her achievements here at the Klamath Senior Citizens' Center. Her effort as a volunteer plays a great part in helping as she regularly volunteers for twenty five hours a week. She is in charge of distributing meal tickets every day, Monday through Friday, in our congregate meals dining room. She also volunteers as an office assistant filing, checking the mail and eagerly doing whatever is asked of her including helping with all of our fundraising events.

Carol has been with us at the Senior Citizen Center for over 8 years.

Born in Sparks, Nevada, Carol eventually then moved to Klamath Falls where she has lived most of her 40 years. Married for 36 years she has 5 children of her own and 5 step children she raised. There were 8 boys and 2 girls, 7 of which were teenagers at the time. That was quite an achievement in itself.

She enjoys knitting and putting together picture puzzles. Growing up she also enjoyed camping and fishing at Campbell Lake and Deadhorse Lake with all of her kids. She also loved to bike ride and plays her music. She played the drums at the Veterans of Foreign Wars for 4 years.

## Bulletin

### Senior Center Gift Shop Remodeled

After the retirement of Wava Weiskopf this last month from the Senior Center a new group of volunteers has embraced the task of managing the store. Wava had been volunteering with us since 2009 contributing nearly 9600 hours of service. Thank You Wava!!



The new volunteers have been busy reorganizing and remodeling. Although there is still work to be done the new shop is open for business and hours have been extended to cover lunch hour every weekday. New hours are Mon-Thurs. 10 am - 3 pm, Fri 10 am-2 pm.

Aside from craft supplies and gifts you will find a great selection of all occasion cards as well. The shop will continue to offer consignment placements and new comers are encouraged.

Senior Center Board Member Kathy Morris has stepped up as a gift shop regular volunteer to assist Elaine Walters our managing volunteer. The gift shop is hoping to develop a group of ten volunteers or more to assist in keeping the store open. Those interested in helping should contact our volunteer coordinator, Theresa Criswell or Elaine Walters. Others who have already stepped up to volunteer are Crystal Breeden, Sharon Hudson, Pat Helmuth and Muriel Stoneburg.

## Feature

You may have seen the flowing postures and gentle movements of tai chi and wondered what it's all about. Tai chi is an ancient mind and body practice. While more research is needed, studies suggest that it may have many health benefits.

Tai chi is sometimes referred to as "moving meditation." There are many types of tai chi. They typically combine slow movements with breathing patterns and mental focus and relaxation. Movements may be done while walking, standing, or sitting.

"At its root, tai chi is about treating the whole person and enhancing the balance and crosstalk between the body's systems," says Dr. Peter

### By Popular Demand MORE TAI CHI CLASSES!!

Tuesdays - Senior Center		Wednesday - Senior Center	
Beginners	10:00-11:00am	Beginning	5:30-6:30 pm
Intermediate	9:00-10:00	Sets 1,2,3,4	6:30-7:30 pm
Advanced	12:10-1:10		

**WELCOME! JUST COME!**

Strength, Flexibility, Balance **541 274-1555**



## Tai Chi and Your Health

*A Modern Take on an Ancient Practice*

Wayne, a longtime tai chi researcher at Harvard Medical School. "It's a promising intervention for preserving and improving many areas of health, especially in older adults."

Several studies have found evidence that tai chi can increase balance and stability in older people and reduce the risk and fear of falls. Each year, more than 1 in 4 older adults falls, and 1 out of 5 of these falls causes a serious injury such as broken bones or a head injury.

"Trying to be careful can make you more prone to falls," Wayne says. "Tai chi may help you move more confidently and safely again." Some NIH-funded research suggests that tai chi may also improve balance and prevent falls in people with mild-to-moderate Parkinson's disease.

Research suggests that practicing tai chi might help improve posture and confidence, how you think and manage emotions, and your quality of life. Studies have found that it may help people with fibromyalgia sleep better and cope with pain, fatigue, and depression. Regular practice may also improve quality of life and mood in people with chronic heart failure or cancer. Older adults may find that tai chi can help improve sleep quality and protect learning, memory, and other mental functions.

Further study will be needed to fully evaluate and confirm the potential benefits of tai chi. But since the practice involves moving slowly and mindfully, there's little chance of harm when done correctly.

"Whether you're interested in trying tai chi to help with a chronic health issue or the stresses of everyday life, tai chi — if taught properly — can be a great complement to other ways of healthy living and rehabilitation," Wayne says. "I think we're all looking for tools to help us live productive, long lives with a little more grace and ease."

There are different styles and ways to practice tai chi, Wayne says. If you're interested in trying it, you can start simply. For instance, try standing behind and holding onto a sturdy chair for support, then mindfully rock back and forth to build awareness of all the parts of your body and their connections. Eventually, you might move on to practice more complex movements or sequences.

Want to learn more? Read the Wise Choices box to consider whether tai chi might be right for you. And watch NIH's online tai chi videos at [nccih.nih.gov/video/taichidvd-full](http://nccih.nih.gov/video/taichidvd-full).

### References

Tai chi and postural stability in patients with Parkinson's disease. Li F, Harmer P, Fitzgerald K, et al. *N Engl J Med*. 2012 Feb 9;366(6):511-9. doi: 10.1056/NEJMoa1107911. PMID: 22316445.

A randomized trial of tai chi for fibromyalgia. Wang C, Schmid CH, Rones R, et al. *N Engl J Med*. 2010 Aug 19;363(8):743-54. doi: 10.1056/NEJMoa0912611. PMID: 20818876.

Tai chi exercise in patients with chronic heart failure: a randomized clinical trial. Yeh GY, McCarthy EP, Wayne PM, et al. *Arch Intern Med*. 2011 Apr 25;171(8):750-7. doi: 10.1001/archinternmed.2011.150. PMID: 21518942.

Reprinted with permission from *NIH News in Health*, Dec 2016

## Bulletin

### How About An Evening Out?

Want an evening out for a little exercise and socializing in a positive, quiet environment? Come out with some old friends and make some new ones. We are starting an evening for line dance and couples classes; swing, 5-step, waltz, salsa etc. There will be open dancing as well. This will be every Friday night from 7:00pm-9:00pm at The Klamath Senior Center starting February 3rd. This is coordinated by; Dave Reed, Marieta Campbell, Manuella Pascual, and Fern Steers the former owner of the Bum Steer years ago.

A \$2-\$3 donation will help keep this going. Join us for a fun night out at The Klamath Senior Center. Young and Old, no children please. Beginning Friday Feb, 3rd.

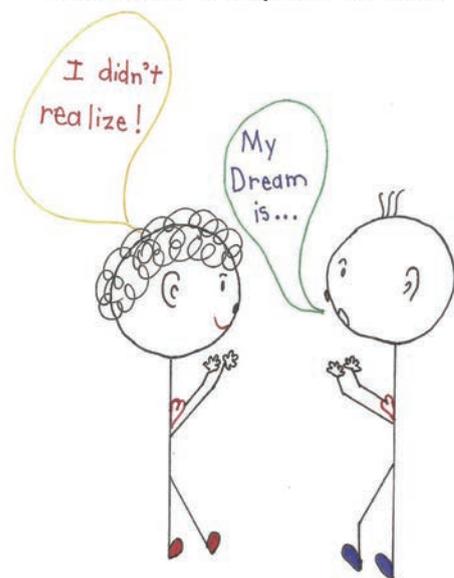
If there is enough interest we will have a dinner, dance and entertainment night every 2nd Friday of each month starting in March.

## 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



Listen to each other... You might be surprised

Dreams revealed... You didn't realize.

Sharon (Johnston) Pappas ©

### When You Think of Family

Sharon (Johnston) Pappas ©

What comes to mind  
When you think of family  
Of course, they're all one of a kind  
With characters filling each family tree  
For me, it's a bond so true  
When times are good or tough  
Open arms waiting for you  
Love... there's always enough  
A thousand little moments rolled into one  
A kiss as you're tucked into bed  
A heart filled with songs Mom has just sung  
And a simple prayer quietly said  
Running through the fields as Dad baled hay  
Helping to cook while on a stool by Mom's side  
Riding behind the feed truck on an old wooden sleigh  
The warmth of a hug soothing tears I cried  
Then comes the time to spread your wings  
Like a baby bird leaving the nest  
Armed with strength a family brings  
And a place of retreat for love and rest.

### My One Wish

By Dianna Hastings

This Christmas a babe  
Was born;  
On a cold and wintry  
Mom.  
  
To save us all from  
Sin;  
And to give us joy  
Within.  
  
And when we whisper  
A prayer;  
He is always listening  
There.  
  
My one wish is to  
Bow down at his feet;  
And then to let our  
Eyes meet

### A New Day Dawns

By Dianna Hastings

It's a new day and  
A new year.  
People are celebrating  
And loud noises  
Are all you can hear.

Fire crackers and guns  
Going off  
And were having tons  
Of fun.

Now the celebrating  
Is over and all done.  
People full of the spirit  
Each and everyone

The days are going by  
So fast  
People are showing kindness.  
And a feeling of Love in the  
Air that will last

And when it's over and  
All done  
We owe it all to Jesus  
The one and only  
Holy one

Thank him for all the  
Blessings that come

### Marigolds and Mom

By Rose Bowers

How I remember my Mother,  
Planting the flowers of summer  
and spring.  
Bright yellow marigolds she planted  
tucked into the corner of her yard.  
Each one she caringly planted  
for the beauty it could bring.  
To this day and long after  
she's been gone,  
When I see Marigolds,  
I still have a beautiful memory  
of marigolds and mom.

### PRESIDENTS DAY 2017

By Sharon Hudson

In the month of February, two  
Great presidents were born.  
They came when we needed them,  
And our country was born.

Leaders were born in  
A time of need.  
They were strong, sane-minded  
And planted the seed.

George Washington was the first.  
He led the way.  
For our nation to grow.  
He kept the British at bay.

He brought us order  
In chaotic times.  
People joined together. They  
Were less apt to commit crimes.  
He will always be remembered  
As being number one.  
In a new nation who needed  
Him to get the job done.

Abraham, Lincoln was born  
This month too.  
He brought freedom for all,  
And knew just what to do.

He freed the slaves and  
Changed the future for all,  
Who lived in our country.  
He headed the call

Our course was set, and  
We expanded our range  
To meet the Pacific  
Where everything was strange

We fought for our new land,  
And won much more.  
Thank God for these two leaders  
Who were thinking before.  
GOD BLESS AMERICA

## Donor List

### Cow Creek Umpqua Indian Foundation Makes First Grant to Klamath Senior Center

We are pleased to acknowledge that the Cow Creek Umpqua Indian Foundation has made their first grant to us this year for \$7500 to be presented in January. Funds will contribute to general operating expenses in support of nutrition programs, health promotion classes, transportation services, the arts and more.

The Center encourages planned giving and advises that contributors contact their accountants and/or attorneys to make these arrangements. This year we received a large contribution from the Jim and Sheila Scott Trust. Consider making support of the senior community part of your legacy.

A big thanks to all our 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.

*FOUNDATION  
AND CORPORATE  
CAMPAIGN  
CONTINUES.  
WE ARE 58% TO  
MEETING OUR  
GOAL OF \$100,000.*

December Donations of \$34,260 were received from the following organizations and individuals:

Anonymous Family Foundation	Dennis Vander Schaaf	Carol Darling
Jon Schnebly	Sharon Culver	Johnny Jones
J.L. Transitions	Howard McGee	Etta Holly
Winema Elevators	Dorothy Winters	Irene McLean
Phyllis Goebel	Anne Hartnett	Marcia Mitchell
Phyllis Sagers	Robert White	Joyce Moore
Christy Robinson	Bill Watson	Arthur Knight
Ida Lamb	Elvin Middleton	Marilyn Novak
Faith Tabernacle	Patricia Henderson	Phyllis McDiarmid
Ernie Palmer	Linda Bourcy	Ron and Karen Thomas
Lynette Harvey	Rose Chapman	Roger Dionne
Avril Fischer	Wilma Edwards	Pat Abel
	Cheryl Gibbs (1)	Golden Age Club

Unidentified contributions in December for Meals, Transportation and Other Services amounted to 4,295.

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 FEBRUARY 20TH FOR PRESIDENTS' DAY**

### Hot Lunches Served Daily

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

**NEW Art Classes (Bev Fairclo) New classes**

**Water Colors** Saturday February 11th and 18th 9:30 am - 11:30am

**Ink Alcohol Art** Thursday February 16th Upstairs Conf. Rm  
10:30am - 11:30am

**Beginning Beading** Saturday February 11th 10:30am - 11:45am

### 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 11:30am - 12:30pm

### Billiard Room Open

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

### Blood Pressure Machine

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

### SAIL / Body Recall ( Exercise) (Mary Noller)

Mon - Wed - Friday Classes 8:45am to 9:45am  
10:15 am to 11:15 am

### SAIL / Body Recall (Exercise) (Suzan Phipps)

Thursdays Only 10:15am-11:15am

### Computer Training one on one

*New Volunteers Now Ready to Work With You*

By Appointment

### Craft Group

Every Thursday 9:00am-11:00am

### Dance Day in the Ballroom

Every Wednesday with the Take Four Band 1:00pm - 3:30pm

### Family Bingo

Second Sunday in March, July and October Open at Noon

Next Family Bingo is March 5th Call at 1:30pm

### Gift Shop

Monday-Thurs 10:00am to 3:00pm, Fri 10am to 2pm

### Golden Age Club (Pinochle & Bingo)

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

Klamath County Library Services Branch

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

and Thursdays 1:30pm - 4:00pm

### Line Dancing

Every Friday **NEW DAY** 7:00pm-9:00pm

### Living Well

Call Valerie Franklin to Register at 541-274-7250

Call for class time

### NEW DANCE EXERCISE CLASS

### Low Impact Dance Exercise (Bev Fairclo)

Tuesdays 4:45pm - 5:45pm

### Monday Muffins

Every Monday 10:30am to 11:30am

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

### Movies

Monday - Feb. 13th Breakfast at Tiffany's 12:30pm

Monday - Feb 27th Queen of Katwe 12:30pm

### Pickle Ball

Sundays: sign-up to reserve court by Thurs 2:00pm-5:00pm

Fridays - Open Court 2:00pm through 5:00pm players  
here by 2:00

### Pickle Ball for Beginners

Every Tuesday - Walk-Ins Welcome

2:30pm - 4:30pm

### Senior Veterans Social Club

Every Thursday 10:00am-11:30am

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

Every Thursday *Openings Available*

9:00am to 10:00am

### SHIBA Medicare Insurance Counseling - Prescription

### Drug Eligibility Assistance

By Appointment

### NEW: Ukulele group

4th Tuesday at 7 pm, all ages welcome

### Tai Chi Classes

Tuesdays Intermediate 9:00am-10:00am

Beginners 10:00am-11:00am

Advanced 12:10pm-1:10pm

**NEW** Wednesdays Evenings

Beginners 5:30-6:30pm

Sets 1, 2, 3, & 4 6:30-7:30pm

### 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

Mondays 5:00pm - 6:00pm

### Sign Up For Living Well Class - New Classes

### Starting Every Month

Call Valerie Franklin at Sky Lakes Community Health - 541-274-  
7250 to register

### AARP Taxes start Thursday February 2nd

Evening Bingo Games are Every Thursday and Saturday at  
4:30pm - first call at 6:00pm

### Bingo Thursday February 9th-Paper Only

### Senior Center Board of Directors Meetings

Wednesday February 22nd 10:00am-12:00pm

### Hearing Aid Assistance

J.D. Howell - Hearing Aid Check - Thursday February 16th  
10:15am - 12:00pm

### ACB - American Council of Blind

Tuesday, Feb 21st at Red Roosters Restaurant 12:30pm - 2:30pm

Call Barbara 541-882-8517 for information and

rides to the ACB Meetings

### February Birthdays

Tuesday February 14th 11:30am

### SENIOR CENTER

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

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

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Quality &  
Commitment make a Difference



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- 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



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Certified Foot Care Nurse  
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1525397

Feature

FIND YOUR PURPOSE

VOLUNTEER OPPORTUNITIES FOR EVERYONE

Have you considered giving back to your community?

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

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 (See article on page 4)
- Bingo Callers and Floor Helpers (Thursday and Saturday Evenings)
- Snow Shovelers for Senior Homes

The new Senior Center Volunteer Coordinator, Theresa Criswell is available on Monday and Wednesday afternoons after 1:30 pm. Call her at 541-883-7171 Ext 128

Visit Our WEB Site at [www.klamathseniorcenter.com](http://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.

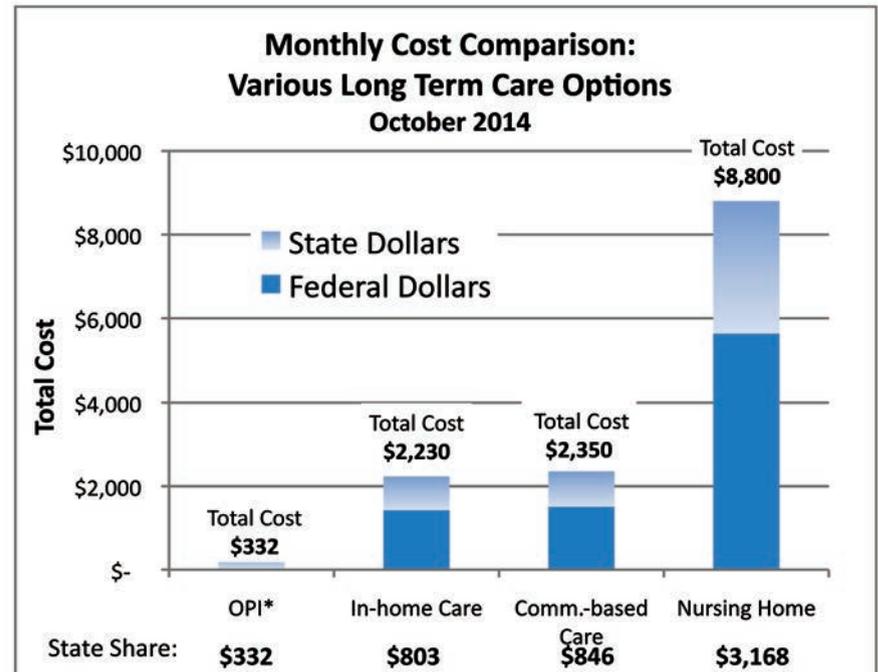
[www.CitizensForSafeSchools.org](http://www.CitizensForSafeSchools.org)  
[www.facebook.com/citizensforsafeschools](http://www.facebook.com/citizensforsafeschools)

**FIND YOUR PURPOSE** IS A NEW COLUMN THIS MONTH. WE INVITE ANYONE WHO 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](mailto:marc.kane@kbscc.org)

Feature



Oregon Project Independence: *Serving Oregon's Neediest Seniors*



Oregon Project Independence has successfully kept at-risk seniors in their own homes and away from expensive Medicaid services. **The financial pay-off is immediate.** It costs Oregon \$332 per month in state funds to serve a client through OPI, \$803 per month in **state funds** to serve a Medicaid in-home service client; \$846 in **state funds** per month to serve a Medicaid client in a community-based care facility; and \$3,168 per month in **state funds** to serve a Medicaid client in a nursing facility.

- **Seniors with more than \$3,923 in monthly income pay 100% of the cost of their OPI service.** In FY 2014, OPI collected \$116,723 in program co-pay fees. Only seniors with incomes of less than \$1,471 per month are exempt from co-pays. People pay progressively higher co-pays as their income increases, until at \$3,923 per month people pay the full amount.
- Over **96%** of all OPI clients are at income levels that would qualify them for Medicaid services, which is at or below 200% of the Federal Poverty Level. The federal poverty level is now \$980 per month.
- Medicaid long-term care clients also receive the Oregon Health Plan benefits, at an additional cost to the state. OPI clients do not receive these benefits.

**The cost to the state of OPI services is 10% the cost of residence in a nursing facility.**

For more information, please contact Nicole Palmateer: [nicole@o4ad.org](mailto:nicole@o4ad.org)

\*October 2014.

Other Data Sources: for In-home, CBC, and NF services, DHS, February 2014, "2015 Ways and Means Human Services Subcommittee, Aging and People with Disabilities" (PowerPoint). Federal poverty is for 2015. OPI fee collection number from DHS "OPI Allocation-Expenditures Analysis April 2015."

## Bulletin

## Lake County Senior Center

### February 2017 Events:

**Monday - Blood Pressure Checks - 11:00 - 12:00**  
**Most Tuesdays, 7:30 AM Klamath Falls Trips for Medical & Shopping**  
(Stop in to sign up only \$10)  
**Tuesday, (1st), @ 2:00, Join us for Tuesday Friends**  
**Tuesdays & Thursdays join us for Strong People Program! 10:00**  
**Tuesdays & Thursdays - Outback Thrift Shop opens @ 1:00- 4:00**  
**Wednesday - 12:00 - 1:00 PM - Lions - Lunch & Meeting**  
**Friday (2nd) - BIRTHDAY LUNCH**  
**Every Friday 12:30 (after lunch) Stock up for the weekend food item sale.**  
**3rd Monday, January 23rd Board Meeting @ 4:00 PM**  
**Every 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 \$7.00 for those under 60 and a suggested donation of \$5.00 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**

## Feature

## STUDENT STORY

*Reprinted from The United Way  
of the Klamath Basin Volunteer Publication*



**Klamath Basin Senior Citizens' Center**  
*by Ivy Grant, Junior*  
*Klamath Union High School*

I've always loved the elderly. My parents always said, respect your elders. So learning more about the senior citizens of Klamath County interested me highly. The senior citizens center here in Klamath Falls is an amazing place. It not only provides the elderly with food, fun, and companionship, but it also provides technical support with computers and cellular devices. The agency provides relationships with each individual person they serve.

The Senior Center provides a variety of program services aimed at helping keep seniors healthy and active. The organization receives funding from many government sources such as the Older Americans Act, Medicaid, and the Oregon Department of Transportation. United Way financial support is used to help provide transportation services and health promotion programs.

About 350 people each year utilize the Senior Center's transportation service. The bus comes to the senior's residence and takes them either to the Center for a hot lunch or it takes people to their medical appointments, the grocery store, or destinations upon request.

The health promotions programs include the Meals-On-Wheels (home delivered meals) program and the Congregate Meals Site program that serves nearly 67,000 meals each year to seniors at the Center itself. That's nearly 235 meals a day. Those persons 60 years of age and older eat lunch for free, but the agency does ask for donations. All others wishing to have lunch are asked to pay \$7.00.

The Senior Center has 14 staff members and 140 volunteers. The majority of these volunteers help out with the Meals-On-Wheels program. These volunteers deliver about 135 hot meals per day (five days a week) and two frozen meals are included for the weekend. These seniors are considered home bound and the drivers do more than just deliver them a meal. These volunteers establish a close relationship with each senior, checking up on them and making sure they are feeling okay. For many of these seniors the hot meal they receive is the only hot meal they'll eat that day.

The agency also hosts a variety of health activity classes, dance programs, bingo, and other activities to keep the seniors engaged and healthy. The Senior Center is also a partner in the Klamath Falls Blue Zones project. Volunteers at the Senior Center contribute about 23,000 hours during the year.

If interested in lending a helping hand, youngsters are always needed to help teach those in need of basic computer skills and how to stay connected with their loved ones and the community. The Senior Center runs a special tabloid insert in the Herald and News every first Wednesday of the month showing the schedule of all its activities and the cafeteria menu.

For more information, or to volunteer please contact the Klamath Basin Senior Citizens' Center at 541-883-7171, or stop by for lunch at 2045 Arthur Street. Volunteering is very important. It helps and makes you feel good about yourself. The Senior Center is a great place to volunteer. If you care about your community why not give back to those who helped build it.

## Feature

### Huh? What did you say?

*Respectfully submitted by Klamath Hospice*

Hearing loss is being more and more prevalent in people in their 30s, 40s and 50s for a variety of reasons that may include damage due to one's occupation, riding ATVs or listening to loud music. This type of hearing loss was once seen primarily in people in their 60s. It is estimated that 20% of Americans, 48 million, report having some level of hearing loss. By age 65, one in three people will experience hearing loss.

#### Did you know?

- Hearing loss is the third most common physical health condition next to arthritis and heart disease.
- There are degrees of hearing loss: mild, moderate, severe, and profound.
- Age-related hearing loss (presbycusis) is caused by changes in the inner ear often resulting in a steady, permanent loss of hearing.
- Noise-related hearing loss is caused by exposure to everyday noises for example, listening to loud music, noisy work environment, using power tools or lawn mowers over many years.
- Sudden noise-related hearing loss is a result of sudden loud noise for example, gunfire or explosives.

Signs of hearing loss include, but are not limited to: frequently asking for things to be repeated, cannot hear when you are spoken to from a different room, feeling as though people are mumbling, trouble participating in a conversation in a group setting especially if there is background noise, needing to turn up the volume on the television or radio, and/or favoring one ear over other.

Seek the professional guidance of your physician and audiologist if you find yourself struggling to hear or if a family member or friend has noticed you struggling. They will be able to figure out your hearing ability and level of loss, which will allow them to determine an appropriate plan.



Bulletin

Klamath Senior Center – Health Promotion Activities And Classes February 2017

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>FEBRUARY 20TH FOR</b>  <b>PRESIDENTS DAY</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 NEW NEW</b>  <b>Low Impact Dance</b>  <b>Exercise Class</b>                      Bev Fairclo                      4:45 to 5:45 pm                      Starting February 7th</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>KLC:</b>  <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>KLC:</b>  <b>NEW EVENING CLASSES</b>  <b>Tai Chi</b>  <b>Beginners</b>                      5:30 to 6:30 pm (25)  <b>Sets 1, 2, 3, 4</b>                      6:30 - 7:30 pm (25)</p>	<p><b>SC</b>  <b>Stretch and Tone</b>                      Bev Fairclo                      9:00 to 10:00 AM (25)</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; Memory</b>                      Kate Murphey                      10:00 am to 11:30 (12)                      Enrollment is open.                      Dates to be announced                      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>SC:</b>  <b>NEW DAY</b>  <b>Line Dancing Class</b>                      Fern Steers                      7 pm to 9 pm</p> <p><b>Living Well with Chronic Medical Conditions</b>                      To Register for Future Classes                      Call Valerie Franklin at Sky                      Lakes Community Health                      541-274-7250</p>

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

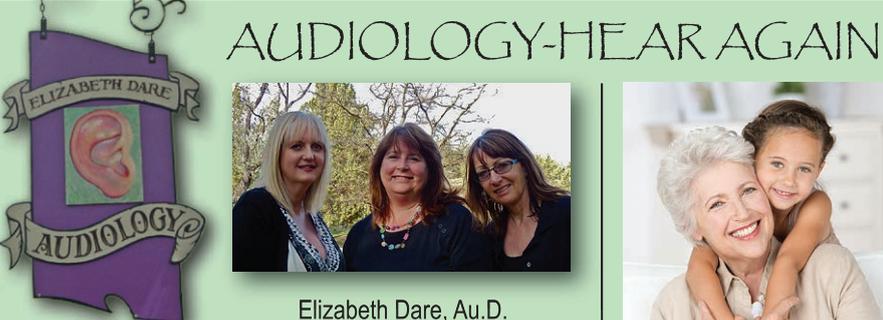
**Need Help Deciding Which Class Is Right? Make an appointment with our Health and Wellness Counselor! If Not Now, When?**

**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.



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**May 13, 2017**  
**9:00 a.m.**  
 (Race Day Registration Starts at 8:00 a.m.)  
**Wiard Park**

Remembrance  
Run/Walk

Kid's Event • 1 Mile Walk • 5K Walk/Run • 10K Run  
 Community Booths • Drawings and More!

**WAYS TO PARTICIPATE:**

- › Sign up to run/walk
- › Donate in honor/memory of a loved one for their name to be displayed on a lantern
- › Become an event sponsor
- › Volunteer
- › Attend the event and cheer on the participants

**Register Today!**

**541-882-2902**

[www.klamathhospice.org/run](http://www.klamathhospice.org/run)

All proceeds benefit our community through the services that Klamath Hospice provides.

Your care. Our mission.



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- Rehabilitation



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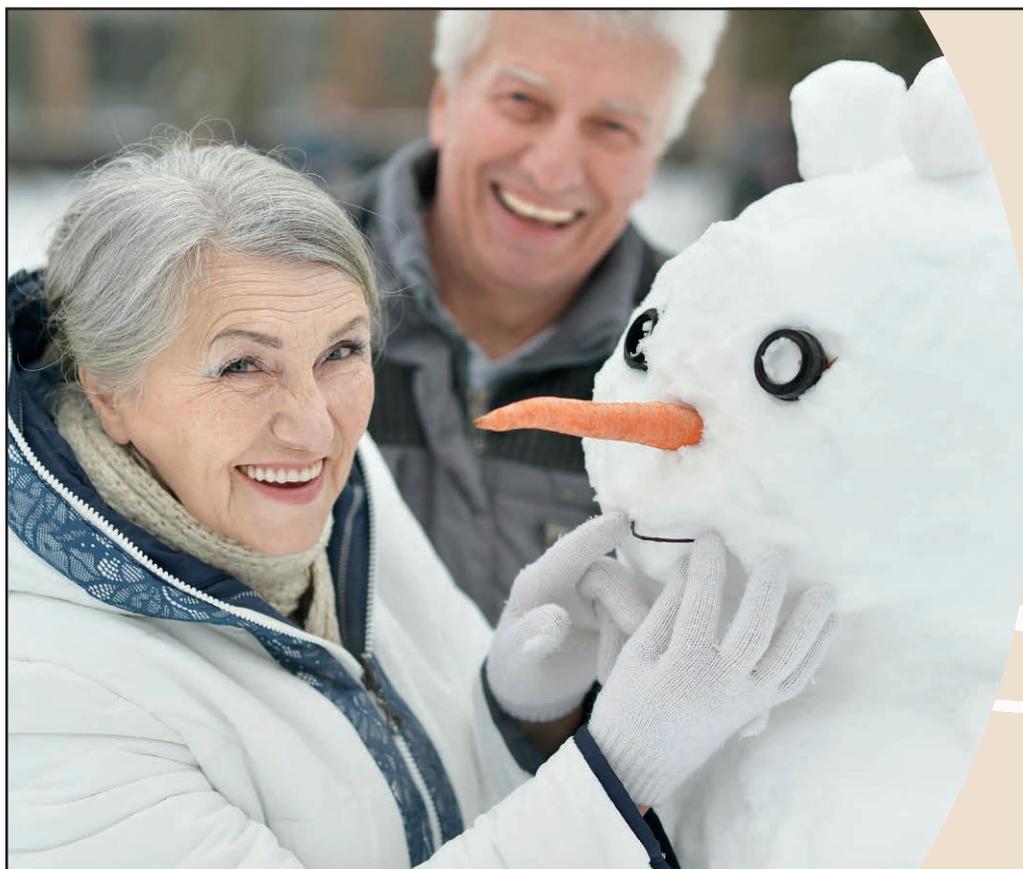
541.947.2114 | 1.866.543.4325

[www.lakeviewgardens.org](http://www.lakeviewgardens.org)



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**Quail Park**  
of Klamath Falls



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**Quail Park of Klamath Falls**

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## Bulletin

### Why ask AARP volunteers to do Your Taxes?

- It's Free
- You don't need to be an AARP member
- There are no income or age limitations
- AARP Volunteers are IRS sponsored & well-trained
- All returns are quality-reviewed before e-filing  
(We don't do farm or rental income.)

Find us here, in Klamath Falls:

Klamath Basin Senior Center	St. Paul's Episcopal Church	County Library
8:30 – 2:00	9:00 – 2:00	1:00 – 7:00
Tues. & Thurs.	Tues. Thurs.-Sat.	Wednesday
By Appointment	Walk-ins	Walk-ins
Call 541-883-7171	access by elevator	Klamath

## Bulletin

# SAIL

## Stay Active & Independent for Life

It is easy to stay fit and healthy. Come and enjoy the SAIL classes for one hour, seven times a week. You will improve your balance and coordination as well as your strength and flexibility. Come and meet the friendly people who have discovered the benefits of regular attendance. You don't have to wait to join in the fun. New students are always welcome.

**Suggested donation is \$2.00 per class.**

**Classes are at: 8:45 Mon. Wed. & Fri. and 10:45 Mon. Wed. Thurs. & Fri.**



## Feature

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

### Avoid Isolation / Build a Strong Social Network

According to 2014 census data, there are 46.2 million of us over the age of 65 and roughly 12.6 million of us live alone. I am one of them and I suspect many of you are too. Some of us have conquered living alone, finding purposeful activities and a variety of friends. However, others are living in isolation.

Our social networks diminish as we age for many reasons. We retire; we move; our children are grown and are focused on their own lives; we've lost spouses, friends or pets; or, we might be challenged by illness or mobility issues. We are even further limited if we've had to give up driving.

If you are experiencing isolation, consider rebuilding the social connections you've lost. Why? Because you are more likely to live a longer, healthier and higher quality of life! You've heard all about eating right, exercising regularly, avoiding tobacco and drinking moderately. But, health officials now tell us that a supportive group of friends is just as important. After all, who can you share laughs or a stimulating conversation with, where can you let off steam, who will listen, who will call a doctor when you're in trouble, who will run errands or pick up a prescription if needed, and lastly, who will you go out to play with?

When you're socially isolated you are more likely to:

- be pessimistic
- face depression
- have high blood pressure
- deal with long-term illness
- need long-term care
- suffer quicker cognitive decline and be at risk of dementia
- engage in unhealthy behavior (eating less or not right, smoking, inactivity)

There's not a specific threshold on the number of friends, but research suggests that folks who have a complex social network have higher rates of survival. The challenge for those in isolation lies in stepping up and taking risks. Opportunities are numerous and not limited to the following: fellowship at faith-based organizations; volunteering for civic organizations; dance, cooking or exercise classes; classic car clubs; bunco, chess or bridge groups; neighborhood walking groups; potlucks or coffee dates with new friends; and, library programs, lectures, book and movie discussions.

In Blue Zones Project parlance, it is called finding the "Right Tribe"—connecting regularly with people who share common interests, at the same time promoting your own well-being. Take that first step!

Nancie Carlson  
 Health & Wellness Counselor

## Feature

### 4th Annual Senior Center Fundraiser

Benefitting the Klamath Basin Senior Citizens' Center

FEBRUARY 24, 2017

Klamath County Fairgrounds

#### EXHIBIT HALL #1

##### No Host Social

5:00 – 6:00 p.m.

Dinner – 6:30 p.m.

##### Ticket Prices:

\$35.00 – Single

\$60.00 – Couple

\$150.00 – Table of 6

Food provided by  
Yummy's Catering

RAFFLE

Basin Martini  
Bar!

Music by:  
Robin Schwartz  
Aka Tony Bennett



#### Silent Auction

Tickets are Available:

Klamath Basin Senior Citizens' Center  
2045 Arthur Street,  
541-882-7171

## Feature

### LETTERS OF SUPPORT



#### Dear Mr. Kane and Meals on Wheels Staff

It is with pleasure that I write this letter to thank all of you for your wonderful service to seniors who need assistance with meals, such as me.

The meals are always well prepared, delicious and nourishing. Not to mention well balanced and attractive.

Then there are the people who deliver them, always a cheery "good morning" and a smile to help give a good start to the day.

Mr. Kane, I can't say enough good things about everyone associated with Meals on Wheels. You folks are a God send! Thank you one and all.

Sincerely,

Coral DeVore

## Help Support Our Senior Programs

### Have Fun - Win \$\$\$ "BINGO"

2045 ARTHUR STREET, KLAMATH FALLS, OR

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

PAPER ONLY NIGHTS  
EVERY SECOND THURSDAY

Tuesday Afternoon Bingo Games are Discontinued

**BEST PAYOUTS IN TOWN !**  
**SATURDAY \$1000 BLACKOUT GAME**

#### KLAMATH BASIN SENIOR CITIZENS' CENTER

- 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

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**

# Carlson's Furniture



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- 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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## Menu

### February 1, Wednesday:

Roast Chicken & Potatoes, Veggie, Salad Bar, Dessert

### February 2, Thursday:

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

### February 3, Friday:

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

### February 6, Monday:

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

### February 7, Tuesday:

Pasta With Meat Sauce, Veggie, Salad Bar, Dessert

### February 8, Wednesday:

Chili Dogs, Veggie, Salad Bar, Dessert

### February 9, Thursday:

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

### February 10, Friday:

Veggie Beef Stew, Veggie, Salad Bar, Dessert

### February 13, Monday:

Baked Potato Bar, Broccoli & Cheese, Veggie, Salad Bar, Dessert

### February 14, Tuesday:

**HAPPY VALENTINE'S DAY**

Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert  
Birthday Cake & Ice Cream

*Musical entertainment by Jeff and Debbie Plummer*

### February 15, Wednesday:

BBQ Chicken Sliders, Veggie, Salad Bar, Dessert

### February 16, Thursday:

Meat Loaf, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

### February 17, Friday:

Chili Cornbread, Veggie, Salad Bar, Dessert

### February 20, Monday:

**CLOSED FOR**

**PRESIDENTS' DAY**

### February 21, Tuesday:

Beef Stroganoff & Noodles, Veggie, Salad Bar, Dessert

### February 22, Wednesday:

Potato Soup, Quiche, Veggie, Salad Bar, Dessert

### February 23, Thursday:

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

### February 24, Friday:

Fish & Chips, Onion Rings, Veggie, Salad Bar, Dessert

### February 27, Monday:

Mac & Ham, Veggie, Salad Bar, Dessert

### February 28, Tuesday:

Cheeseburgers, French Fries, Veggie, Salad Bar, Dessert

### March 1, Wednesday:

Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

### March 2, Thursday:

Chicken Fried Steak, Mashed Potatoes & Gravy, 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.



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



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



Edwin Tuhy, O.D.  
Optometrist

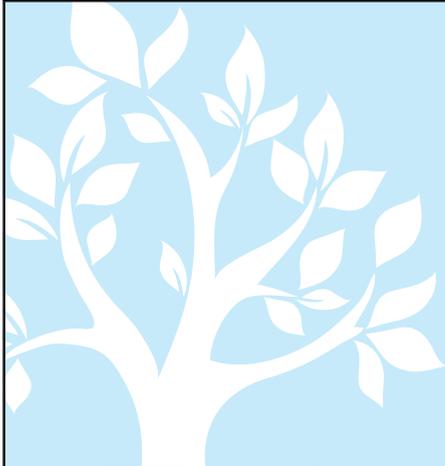


Jennifer Sparks, O.D.  
Optometrist

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ALTURAS, CA

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[www.modocmedicalcenter.org](http://www.modocmedicalcenter.org)



## LET IT RIDE SENIOR WHEEL EVERY MONDAY

Random hot seats will be drawn every half hour every Monday thru January - February 12 noon - 3 p.m. You can win CASH or FREE PLAY. To qualify, simply be playing with your Bonus Club card inserted into any slot machine. The winner will then have two chances to spin the prize wheel. You get to pick if you want to stay or let it ride to get a higher prize!

Restrictions apply. Management reserves the right to review, revise or cancel this promotion at any time. See Bonus Club for Details.

## TAG A FRIEND WEDNESDAYS

**MORE WINNERS & MORE FUN!**

**RANDOM HOT SEAT DRAWINGS 12 NOON - 2 P.M. & 5 P.M. - 7 P.M.**

No entries needed: simply play your favorite slot machines with your Bonus Club Card to qualify. Each winner will win Cash or Free Play and to make it even more fun we will share the wealth and you can tag a friend to win a prize!

Restrictions apply. Winner may not keep both prizes. Management reserves the right to review, revise or cancel this promotion at any time. See Bonus Club for Details.

JUST 27 MILES NORTH OF KLAMATH FALLS ON HWY 97 • 541.783.7529 • [WWW.KLAMOYACASINO.COM](http://WWW.KLAMOYACASINO.COM)

