



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

FREE
Take
One!

*Happy
Valentine's Day!*



***Celebrate Life!
Celebrate
Relationships!***

**SAVE THE DATE
ANNUAL BANQUET
FUNDRAISER
FRIDAY EVENING
APRIL 6TH**

Active
Seniors

FEBRUARY • 2018

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

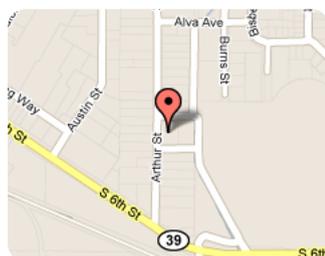
Volunteer Opportunities -
541.883.7171

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

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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!

Welcome

In years past the Senior Center has held a major fundraising banquet in February and we dubbed it the Winter Blues Event. It has been moved to April 6th this year and won't be called the Winter Blues Event. No loss I guess since we don't appear to be having a winter this year and not many folks experiencing winter blues, at least not so far. We will all be hoping for some winter yet and hope it comes on with a vengeance. We'll need the water this summer. We'll be ready to celebrate in Spring on April 6th and hope to gather a good crowd of folks supporting the Center at this major event with great food and entertainment at the County Fairgrounds Exhibition Hall. Watch future issues of this paper for more details.



Marc Kane, Center Director

The Center has had a good deal of success this past seven months with our annual campaign to raise \$100,000 from foundations, corporations and organizations. We are at about 51% of goal and need some others to step up to finish this campaign in support of services to our elderly neighbors. I was really pleased to see a new foundation, The Harvest Foundation, join our cause this year making what I believe is their first investment in the Klamath Basin. In addition three other major funders, the County, KMSB Foundation and Cow Creek Umpqua Indian Foundation all increased their funding making a statement that our services are valued as are the seniors we serve. This is also evident in the increasing numbers attending the new classes and services we have added over the last five years.

There are two feature pieces in this issue from the late Bob Black. Bob passed away recently and we will miss the benefit of the wisdom he passed along in his monthly column. One of the pieces was passed verbally to a friend at his hospital bedside and is intended to be published after his passing. The other is a piece I chose to be reprinted from our February issue of 2017. Join us in celebrating Bob's life and wisdom as you read these two contributions to our paper.

We continue to make improvements to our building. Come enjoy a brighter dining room as we have reopened two windows that had been boarded over years ago. In addition old bingo boards and small TV's have come off the walls to make way for big screen TV's and the walls have far less clutter. We continue to raise funds to remodel the beverage center on the West side of the dining room. Finally new lighting has been installed in the parking lot and will soon be followed by the installation of surveillance equipment.

This month we introduce a new combined calendar of events on page 8. This includes all health related classes and activities shaded in blue and other activities color coded as well. Let us know if you like it or have any suggestions for improvement.

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

Feature

Cold Weather Safety

Article submitted by Klamath Hospice



Did you know that being really cold can actually make you sick? According to the National Institution on Aging, as you age you lose body heat faster. Being cold can turn serious quite quickly when hypothermia sets in. As an older person, a body temperature

below 95°F can result in major health problems, including but not limited to heart attack, kidney issues, and liver damage.

Factors that can make it challenging to regulate body temperature include but are not limited to medications, diabetes, thyroid problems, Parkinson's disease, memory loss, and arthritis. It is always a good idea to remain aware of the signs of hypothermia as well as discuss with your primary care physician your risk of developing it.

Signs of hypothermia include, but are not limited to: cold hands and feet, puffy or swollen face, pale skin, shivering, slower than normal speech or slurred words, acting sleepy, increased confusion, trouble walking, stiff and/or jerky movements, slow heartbeat, slow/shallow breathing, and loss of consciousness. If you suspect someone is suffering from hypothermia, please call 911. While you are waiting for assistance it would be appropriate to try to move the person to a warmer place as long as it is safe to do so, wrap a blanket or coat around them, and/or give them something warm to drink (avoid alcohol or caffeine). Avoid rubbing the person's arms or legs, using a heating pad or placing them in a warm bath.

If you know that someone is struggling to pay their heating bills the National Energy Assistance Referral service could be a good starting point in seeking help – 1-866-674-6327. Additionally, the local area agency on aging, senior center and other social service agencies may be able to provide additional information on low income home energy assistance programs in our area.



Bulletin The YMCA AARP membership discount



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US...
IS A
POSSIBILITY

AARP®

Join Today!
AARP Discount, up to 50% off monthly membership!

The YMCA of Klamath Falls has partnered with AARP to offer memberships to AARP members who are committed to a healthy lifestyle. Here is the discount break down:

- Visit us 4 times a month and get 50% OFF your monthly membership fee
- Visit us 1-3 times a month and get 25% OFF your monthly membership fee. It's easy, stop in to The YMCA of Klamath Falls (1221 S Alameda Ave) to get started!

*One time joining fee of \$75 and additional fees for special programs, camps, trips and additional family members.

The Y. For a better us.

Bulletin



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.

Bulletin

Find Your Purpose

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

We now have two volunteers sharing the volunteer coordinators position. Call Adena or Gloria at 541-883-7171



**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:
RMBeardsley@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

Bulletin

Annual Valentine's Day Bake Sale

Annual Valentine's Day Bake Sale

**February 14, 2018
7 a.m. to 2 p.m.**

Sky Lakes Medical Center Three River Rooms

**Specialty Cookies • Cakes • Pies
Gifts • Flowers • Candy • Raffles**

*** Specialty Cookie Orders ***

**541-882-2902 • www.klamathhospice.org/bakesale
\$2.00 each. Cookies must be ordered by Feb. 9. Pick up at
Sky Lakes Medical Center before 1:00 p.m. on Feb.14**

All proceeds benefit Klamath Hospice terminally ill patients and their families. Klamath Hospice is a non-profit United Way agency.

Help Support Our Senior Programs

Have Fun - Win \$\$\$

“BINGO”

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

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

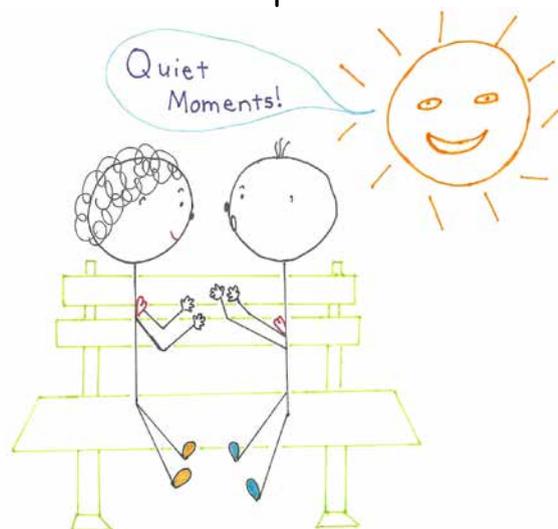
- Health and Exercise Classes and Pickleball Court
- Meals Programs
- Social Events
- Library
- Educational and Arts Classes
- Transportation
- Entertainment
- Information and Assistance
- Host to the Golden Age Club

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...



Quiet moments and a gentle touch
Keep love alive, they mean so much.

I Wondered...

Sharon (Johnston) Pappas ©

I watched and wondered
As it began to snow
Where would each delicate flake land
That I did not know

Gently drifting
Without a sound
Each unique...
Until touching the ground

Suddenly hills and trees
Glistened in white
The terrain transformed
During the silence of night

We too are distinct...
One of a kind
Affecting lives every day
With our hearts and mind

But when joined with others...
Hand in hand
It's Unity and Love
That renews our blessed land.

Your Eye's

By Sugar Crain

I woke up today hoping
My heart was still sleeping,
My mind was foggy and
My soul was weeping.
As the fog cleared and
My soul dried the tear,
My heart was beating to
A rhythm of you here
I have been told before
To follow my heart,
To where my mind asked
As my soul fall's apart.
There is no place we
Can all be together,
And stand as one in
This life forever.
My heart told my soul
Shhh and listen,
As my mind was still lost
Fogged in and missing.
We held each other's hand's
And shouted our cry's
We all came together with
Just one look in
Your eye's.

Winter's Clue

By Robert B. Pickel, Sr.

The snowflakes drop upon the ground
And whiteness fills the air around;
As silently a bed is built
Covering the earth with nature's quilt.
Valleys, bumps and crevices too,
Slowly appear – covering the clue,
To what is hidden far beneath,
Nature's treasure to bequeath.

The Fun Little Kid

By Sharon Hudson

The fun little girl who Resides within you, Is looking for an outlet, But she needs a clue.	Play a game of baseball, And you will find out, The little boy escapes, and Wants to holler and shout.
Buy a pair of shoes that Are young in style. They need to be comfortable And can be worn awhile.	Kick the old football, Because you know you can. Have fun and enjoy, because You are the very best man.
When you ride a train, Pretend you are the guide. There are many things to See on either side.	Your imagination could Whisk you away. What a wonderful state In the middle of the day!
Men have the good little Boy inside them too. It needs to be heard from, Also, just as girls do.	So smile and be happy as Your good child seems to do It will make life better, And you will have fun too.

Thursday Chuckle

Author Unknown

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.
I've also never been in Cognito. I hear no one recognizes you there.
I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.
I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.
I have never been in Doubt. That is a sad place to go, and I try not to visit there.
I've been in Flexible, but only when it was very important to stand firm.
Sometimes I'm in Capable, and I go there more often as I'm getting older.
One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!
And more and more I think of the Here After...several times a day, in fact. I enter a room and think "What am I here after?"

Donor List **Cow Creek Umpqua Indian and KMSB Foundations Both Grant \$10,000**

It is our pleasure to announce grants from the Cow Creek Umpqua Indian Foundation and the KMSB Foundation this past month. This is the second year of funding from the Cow Creek Umpqua Indian Foundation which increased the value their grant by 33%. KMSB has been an sustaining grantor from year to year and also increased their grant this year as well. We are always encouraged by repeat grants as they affirm the value of our services and the value that is placed on the people that we serve. Thank you to both of these fine foundations.

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 grateful to all who support the Senior Center. December Donations of \$24,910 were received from the following organizations and individuals:

rganizations and individuals:	Ernie Palmer	Rose Chapman
Cow Creek Umpqua Indian Foundation	Dennis Vander Schaaf	Linda Bourcy
The Harvest Foundation	Lynette Harvey	Glen Rohrbacker
George Nitschelm	Terrel Wagstaff	Don Conrad
Vernon Quick	Howard McGee	Cheryl Gibbs
Phyllis Goebel	Robert White	Jonny Jones
Chris & Susan Kandra	Jon Schnebly	Joyce Moore
Ida Lamb	Ramona Overson	Marilyn Novak
Faith Tabernacle	Dorothy Winters	Rose Kruezer
Geraldine Schindler	Albert & Delores Errecart	Constance Schuetze
	Burl Parrish	Ron and Karen Thomas
	Patricia Henderson	Alan Duyff
	Mary Lou Beach	Pat Abel

Unidentified contributions in December for Meals , Transportation and Other Services amounted to \$3,846.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2017 amounting to at least \$600 for the year. They were the following:

Amy Haack	Ernie Palmer	Lynette Harvey
Burl Parrish	Faith Tabernacle	Marta Stephens
Cheryl Gibbs	George Nitschelm	Mary Ellen Sargent
Chris & Susan Kandra	Geraldine Schindler	Patricia Henderson
Dorothy Winters	Howard McGee	Rose Chapman
	Jon Schnebly	

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.

Are you struggling with anxiety, depression, or grief? You are not alone.

Drop in at the Klamath Senior Center between 10am and 1pm on Tuesdays and Thursdays and talk to Kathleen Rutherford, LMSW, at no cost to you. Or call 541.883.7171 to make an appointment at the Senior Center.



2210 North Eldorado Avenue | 541.883.1030
KBBH.org

Call today if you experience any of the following symptoms:

- Anxiety
- Depression
- Grief and Loss
- PTSD
- Substance Abuse
- Loneliness
- Suicide Risk
- Alzheimers
- Feelings of isolation or Dementia

Klamath Basin Behavioral Health is here to help you with these challenges and more.

Medicare, Medicaid, and most insurance plans accepted.

A sliding fee scale is available.

No one is turned away for inability to pay.

All services are confidential.



2210 North Eldorado Avenue
Klamath Falls, OR 97601

www.KBBH.org
541.883.1030

Calendar of Events

FEBRUARY

HOT LUNCHESES MONDAY-FRIDAY 11:30-12:30 2045 Arthur St., Klamath Falls OR 541-883-7171 - Need Meals-On-Wheels ? Cal 541-205-5400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AARP TAXES ARE NOW TAKING APPOINTMENTS AT THE SENIOR CITIZEN'S FRONT DESK SCHEDULED TIMES FOR TAXES ARE 8:00-3:00 TUESDAY'S AND THURSDAY'S WE SUPPORT THE BLUE ZONES INITIATIVE! Keep Moving! Follow The Blue Scheduled Activities Come Be A Crafter! Look For Lavender Entries Support Us! Look For Green Fundraising Activities Want To Be Musical or Artsy - Follow the PINK Colored Entries Keep Looking For Other Activities in the Uncolored Listings!		7TH	8TH	9TH	10TH
		SAIL 8:45-9:45 and 10:15-11:15 Boost Your Brain 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	AARP Tax Prep 8:00-3:00 Craft Class 9-11	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30-1:00 Pickle Ball 1:00	NICKLE BINGO OPEN 10:00/CALL NOON
			Golden Age Bingo/Cards 12:30 County Library 1:30-4:00		BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
			Bingo Fundraiser 4:30/call 6:00 Paper Only	Line Dancing 7:00pm	
12TH	13TH	14TH	15TH	16TH	17TH
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans meet 10:00 Monday Muffins 10:30 Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Movie - Marshall 12:30 Yoga 5:00-6:00	AARP Tax Prep 8:00-3:00 Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Pickle Ball 2:00 Qi Gong 5:30-6:30pm	SAIL 8:45-9:45 and 10:15-11:15 Boost Your Brain 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	AARP Tax Prep 8:00-3:00 Craft Class 9-11 SAIL 10:15-11:15 Hearing J.D. Howell 10:15-12:00 Golden Age Bingo/Cards 12:30 County Library 1:30-4:00 Bingo Fundraiser 4:30/call 6:00 OPEN 4:30/CALL AT 6:00	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30-1:00 Pickle Ball 1:00 Line Dancing 7:00pm	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
19TH	20TH	21ST	22ND	23RD	24TH
CLOSED FOR PRESIDENT'S DAY	AARP Tax Prep 8:00-3:00 Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Pickle Ball 2:00 Qi Gong 5:30-6:30pm Ukulele 6:30 PM	SAIL 8:45-9:45 and 10:15-11:15 Boost Your Brain 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	AARP Tax Prep 8:00-3:00 Craft Class 9-11 SAIL 10:15-11:15 Golden Age Bingo/Cards 12:30 County Library 1:30-4:00 Bingo Fundraiser 4:30/call 6:00 OPEN 4:30/CALL AT 6:00	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30-1:00 Pickle Ball 1:00 Line Dancing 7:00pm	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
26TH	27TH	28TH	MARCH 1ST	MARCH 2ND	MARCH 3RD
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans meet 10:00 Monday Muffins 10:30 Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Movie - Wonder 12:30 Yoga 5:00-6:00	AARP Tax Prep 8:00-3:00 Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Pickle Ball 2:00 Qi Gong 5:30-6:30pm	SAIL 8:45-9:45 and 10:15-11:15 Boost Your Brain 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	AARP Tax Prep 8:00-3:00 Craft Class 9-11 SAIL 10:15-11:15 Golden Age Bingo/Cards 12:30 County Library 1:30-4:00 Bingo Fundraiser 4:30/call 6:00 OPEN 4:30/CALL AT 6:00	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30-1:00 Pickle Ball 1:00 Line Dancing 7:00pm	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
5TH	6TH	7TH	8TH	9TH	10TH
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans meet 10:00 Monday Muffins 10:30 Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Yoga 5:00-6:00	AARP Tax Prep 8:00-3:00 Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Pickle Ball 2:00 Qi Gong 5:30-6:30pm Ukulele 6:30 PM	SAIL 8:45-9:45 and 10:15-11:15 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	EVERY WEEKDAY OPPORTUNITIES <ul style="list-style-type: none"> • Assisted Transportation Services <ul style="list-style-type: none"> • Congregate Meals • Computer/Internet Access <ul style="list-style-type: none"> • Gift Shop • Pool Room (billiards) <ul style="list-style-type: none"> • Puzzleboarding • Socialization and Great Coffee 		

THE PICKLEBALL COURT IS ACTIVE ON SUNDAYS AGAIN - OPEN AT 1:00 pm

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

Feature

Farewell For Now....

To my precious friends, faithful readers and dear acquaintances;

For when you read this you will know that my life will have already passed on into Eternity. Thank you, each one of you for having truly enriched my life by your beautiful smiles, delightful laughter, the kind words of gratitude for my writings; The genuine love of the Lord many of you shared with me, and our graceful dancing at the Senior Center each Wednesday.

I cherished each moment I had with you, and was honored that you shared your time with me, but for now... like the evening sunset, I too await the awakening of a new day dawning, that glorious day when God will have wiped every tear from our eyes, and there will be no more pain or death; nor crying or sorrow. For great is our eternal life to come, for us who believe, repent and trust in Yahweh's Divine Word in the Holy Bible.

So until that day... May God bless you all and keep you safely in His care with my eternal gratitude.

Bob

John 3:16

Bob Black's last (post mortem) column was related verbally to Lori C. in Bob's last month with us. Lori has passed his words on to the best of her recollection.

Feature

A Reprint Tribute in Bob Black's Memory

By Marc Kane

We will all miss the contributions of Bob Black to this publication. Bob passed away this past month and you will see another piece in this issue related by Lori C. in his memory as well. Bob had a great faith in what he frequently referred to as the "Creator". He was extraordinary at revealing the purpose of both the obvious and obscure and never failed to credit the Creator with the design of it all. He once offered up a column on the value of dirt. I chose a column that Bob offered up for us last February to reprint here in his memory. It is both representative of his unwavering faith and his knack to provide the most practical advice for us all in daily living. Thanks Bob. Your monthly column will be missed.

CONTROLLING YOUR MIND

by Robert G. Black (February 2017)

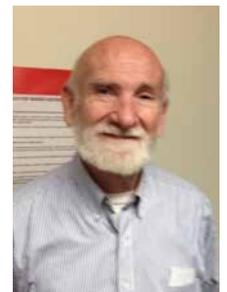
Your mind is a wondrous gift from our Creator that enables you to exist, to live, to work, and to create through each day you spend in a physical body on this physical Earth. This ability to create is one of our two greatest gifts – the other is our free will. During eons when education is not valued, this limits the mind to the creation of only the simplest physical things. This means that for most of our recorded history, daily living and existence was static, and people were only able to create or use the simplest items.

When education is most valued and even mandatory, as it has been for the last couple of centuries, the mind is freed, making it able to use that acquired knowledge to create the tremendous variety of physical items and labor-saving devices that make our daily, current lives so wonderfully blessed and easy.

Unfortunately, a lot of the daily anxiety that those spirits in physical human bodies feel is not about what has happened or about what is happening, but about what might happen. This is not logical, for it wastes much time and effort on worrying about something that doesn't even occur. If those living on this physical Earth would spend this amount of time and effort thinking of solutions and answers to actual problems, those problems would be much more rapidly and easily resolved. A mind and an imagination that is this much out of control is a hindrance and a drag on your creative efforts. Your imagination and your visualizations are the basis and the beginning of your creative efforts. When these actions and emotions are wasted on "maybe's" and "what if's", a great deal of your time and opportunities is totally wasted.

Thinking and planning are legitimate and valuable uses of your mind and your time. However, anxiety and worry are not, particularly when these emotions are directed to a mythical possibility rather than to an actual happening. Many do not even realize that they are spending so much of their time and daily effort on worry and anxiety about something that never happens. Be aware of your thoughts, your plans, your anxieties, and your worries, that they not be directed wastefully towards happenings that will never occur. Pay attention to your mind and its activities, to prevent any wasted effort on things and happenings that will never occur.

When you succumb to these groundless worries and fears, you do yourself a great disservice. In your daily thoughts and plans, always stand back, figuratively speaking, and look at your thoughts and anxieties to be certain that they are directed towards the actual problems and happenings of the day, rather than towards possible occurrences that may or may not happen. This will be a worthwhile exercise to assure that the day's thoughts and plans are most effectively utilized. Let the troubles of the day be sufficient for the day, and all will be well.



Robert G. Black

Weekly Grief Support Group

We are here to help you:

- increase your understanding of grief
- gain support
- find hope
- adjust to the loss
- gain self-awareness
- learn coping skills

One-on-one sessions
available upon request.

Every Tuesday

(unless otherwise indicated)

4:00 p.m. - 5:00 p.m.
at Klamath Hospice
4745 S. 6th Street



KLAMATH HOSPICE
www.klamathhospice.org - 541.882.2902

Bulletin **Blue Zones Project Walking Moai**

Join The Blue Zones Project Walking Moai

When: Wednesdays at 5:30 p.m.

Where: Mike's Fieldhouse in Steen's Sports Park

Boost your New Year's Resolution by joining our Walking Moai and connecting with likeminded people every Wednesday at 5:30 p.m. inside Mike's Fieldhouse. The word "Moai" comes from Okinawa, Japan and means "meeting for a common purpose." Blue Zones project adopted this and creates Moai Walking Teams to provide social interaction and support that are just as important as the physical exercise they're getting during their walk. The Wednesday Walking Moai is a fun group of people who enjoy the common purpose of connecting with new people, friendly conversations, and of course, walking. We're looking forward to seeing you at 5:30 p.m. on Wednesdays!



Feature

Mindfulness, The Real Deal

by Judith Jensen

What's all this talk about consciousness and mindfulness?

Consciousness registers what we see, hear, taste, and touch. It is our emotions, desires, intentions, beliefs, reactions, judgements, and reasoning. Our consciousness is this stream of thoughts that constantly runs through each of our minds. My consciousness is who I am.

Mindfulness is a method for you to clean up your consciousness. Literally thousands of articles, books, and posts attest to the benefits of mindfulness. These benefits include reduction of anxiety, stress, depression, emotional reactivity, as well as increase in working memory, cognitive flexibility, compassion, and quality of relationships. So exactly what is mindfulness? Also called meditation, it calls for one to be still, to observe one's thoughts, and to let go of these thoughts, good and bad, and come to a peaceful state of mind. This practice robs negative thoughts of their power.

Jon Kabat-Zinn, student of the famous Zen master Thich Nhat Kahn, stripped meditation of religion and introduced it to the American public as mindfulness. His 2006 bestselling book, *Full Catastrophe Living; How to Cope with Stress, Pain, and Illness Using Mindfulness Meditation*, opened widespread public awareness. Today Amazon lists 101 pages of Mindfulness titles.

It's free, all you need is your brain. You can do it anywhere. Information and classes abound. So why isn't everyone doing it? For various reasons, we find it difficult to observe and let go of our thoughts.

Perhaps it is hard to believe the value of separating ourselves from our thoughts. Negative thoughts can be hard to acknowledge although all human beings, even saints, have them. Several years ago when I was teaching comparative religion, I brought up the idea that meditation, in different forms, was common to all religions. A young woman objected saying that meditation was not a good idea because it was an opening for the devil, all these bad thoughts tempted one to action. Mindfulness calls upon us to acknowledge our negative thoughts to lessen their impact.

Some people treasure negative thoughts such as anger and hatred, but these eat away at our essence. One does not have to hate to defend one's cause.

Others say mindfulness is boring. So it will seem if you are continually in a hurry, on to the next event, the next pleasure, worry, stress, or anxiety. Just sitting will seem boring.

However, if you want to decrease worries, stress, and anxiety, you can interest yourself in the content of your own consciousness. What do you habitually think about? It becomes interesting to identify your patterns of unhappiness.

But it is hard to get out of the way. You need to find motivation to call yourself back when distracted by yet another stream of thought, be it mundane, terrible, or wonderful. Gradually you will establish habit and with habit comes control.

For some people stress, pain or illness is enough motivation to persevere. Others may be dissatisfied with unhappiness.

It would help if you can believe it will work. So go read the articles.

Bulletin **Legal Services for Seniors (60 Or Older)**



Legal services are available for seniors with a social or economic need through local Area Agencies on Aging (AAAs) and are available for legal issues related to:

- | | |
|-----------------------------------|---|
| Income and public benefits | Health care |
| Housing | Protection from abuse or neglect |
| Guardianship actions | Utilities |
| Long-term care | Age discrimination |

Mike Spencer will be working with Mark Runnels, another Klamath Falls attorney, to provide these services in Klamath and Lake Counties. If you want to meet with one of them, please call:

Mike Spencer 541-891-9426 or

Mark Runnels 541-891-2956

*Legal services provided do not generally include litigation, drafting of estate planning documents or the like. These services are available at a reduced rate.



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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Physician/Surgeon of the Eye



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



Edwin Tuhy, O.D.
Optometrist



Jennifer Sparks, O.D.
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Bulletin

Gift Shop News

The Gift Shop continues to do well. There are always new consignment items, special craft items, lots of new yarn and updated displays.

We are in need of fabric. If you have any lying around you are not going to use, please donate it to the Gift Shop. We have shoppers coming in looking for new fabric and craft items. The money we make from the sale of items donated goes to support the programs at the Senior Center, so your donation may be tax deductible.

The staff and volunteers have been working hard this month cleaning and rearranging (again) the gift shop. Items are much easier to view and find. Come in and look around, there might be a treasure waiting for a new home. Supplies are now arranged for easier selection as well.

Thanks to all of those who donate their items, and to those who purchase items from the Gift Shop. Without you, the Gift Shop would be an empty space at the Senior Center.

PLEASE - DONATIONS SHOULD ONLY BE LEFT WHEN THE GIFT SHOP IS OPEN AND WE ARE ABLE TO PROPERLY SECURE AND STORE THEM. ITEMS SHOULD NOT BE LEFT AT THE DOOR AFTER HOURS.

I also want to thank all of the volunteers who work very hard everyday in the Gift Shop with our volunteer manager and board member Kathy Morris. You are very much appreciated.

Marc Kane, *Executive Director*

The Gift Shop is open 10-3 Monday-Thursday and 10-2 Friday

Bulletin

SPOKES Unlimited Schedule



SPOKES Unlimited

1006 Main Street, Klamath Falls, OR 97601

541-883-7547 v/tty

All support groups follow confidentiality guidelines.

February 2018

- 19th** SPOKES Unlimited will be closed for the President's Day holiday
- 20th** **American Council for the Blind Meeting**
12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street
- 28th** **Social Security Workshop**
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance is first come, first served. 2:00-3:30 pm, SPOKES office

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

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)

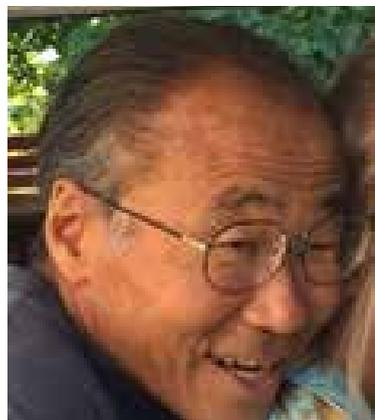
Advanced

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

Wednesday Class

Beginning 5:30-6:30pm

Call 541 274-1555



Mel Murakami,
Tai Chi Instructor

Feature From the Volunteer Coordinator's Desk

By Adena Huhmann

Every Senior Citizen Has A Story To Tell

I remember some of the elderly I knew growing up; how some of them remembered relocating to a new region via horse and wagon, and remembered the first automobile they saw, and were perhaps a part of history such as a combat veteran, etc. I remember the first time I saw a television set (a big, wooden box with about a 4" black and white, snowy screen), where I was when I heard of the Kennedy assassination (Mrs. McKee's Spanish class), and other major events. Young people of today will someday remember the newest technological advances and historic events of their respective times.

Mahatma Ghandi (10/02/1869 – 1/30/1948, an Indian activist who was the leader of the Indian independence movement against British rule by nonviolent civil disobedience) said "A nation's greatness is measured by how it treats its weakest members". In Matthew 25:31 – 46 Jesus charges us to take care of the "poor and marginalized". Does our society truly measure up to that hallmark?

We have come a long way since earlier times. We have Social Security, which is meant to be a supplement to other retirement incomes. We have Medicare, for now anyway. We have child and adult protective services and many other government programs designed to assist those in need.

But what we also need is on the individual level. Shouldn't we as individual members of our society actively strive to assist those in need? Volunteering is a great way to do that. The Klamath Basin Senior Citizens Center is staffed almost entirely by volunteers, and provides a wide range of services for senior citizens including Meals on Wheels, the Senior Meal Site five days per week, many health and wellness classes for seniors, snow shoveling for seniors, and many more programs for the health and wellbeing of the area's senior citizens. But we need volunteers to make all these things happen. Currently we are in need of Meals on Wheels drivers, but can also use volunteers for transportation of seniors to various destinations, kitchen assistants, bingo callers/helpers and other activities for our active seniors. Seniors are not just here to be supported, but we are a place where anyone, seniors and others alike, can find their purpose and a place to serve.

And remember, when you see a Senior Citizen, where ever you go, and that no matter their personal circumstances now, that person was a fireman, farmer, physician, teacher, principal, mechanic, nurse, homemaker, astronaut, waitress, race car driver, or maybe a New York Rockette. Always be respectful, be courteous. In other words, show civility to those around you. It makes the world a better place.

Bulletin

SAIL Classes

Stay Active and Independent for Life



Here are some comments from one of the participants of the SAIL classes:

Attending the classes regularly has helped to strengthen my body and keep it flexible, even though I am diagnosed with rheumatoid arthritis and osteoarthritis. The exercises are slow and gentle, but have a powerful effect.

There are various ways that we exercise. We use stretch bands, small foam balls, wands, large bouncing balls, weights, a parachute, music and dance to strengthen our bodies and minds.

If you want to start doing something good for your body, soul, and spirit, I encourage you to come to SAIL. You'll be glad you did.

Mon. Wed. & Fri., - 8:45 to 9:45

Mon. Wed. Thurs. & Fri. - 10:15 to 11:15

A two dollar donation is suggested.

Mary Noller & Suzan Phipps are the Certified Instructors.

Feature

Afraid of Falling?

By Judith Jensen

A Six-week Course with Tina Mahacek – Less Fear, Fewer Falls, and How to Fall If It Is Just Going to Happen

Stepping out of the car and putting your foot on an icy street is unnerving. But what if you could roll with it?

Since weather in Klamath Falls is unpredictable, it is hard to say how much ice we will have. However, the fact is, **most falls occur in the home.** Falls are the Number 1 cause of injury to seniors. One of every three of us can expect to fall this year.

Offered through the Senior Center, this course will include simple suggestions to make your house safe as well as teach you how to fall. The class is designed for different levels of ability and will be accompanied by fun and laughter.



The heart of the course is physical experience. There will be exercises to tune up your muscles and sense of balance. With props, you will learn to pay attention and accustom yourself to changes in surfaces and levels. You will learn techniques to adapt to surprising unseen objects. You will practice falling on a bed (tuck and roll) and will be given homework to practice on your own bed. To lessen fear, you will practice getting your body used to abrupt change and impact. You will learn to increase ankle and hip flexibility to increase agility as you step forth with less fear, wearing, of course, the proper footwear.

After taking a couple of short sessions on falling from Tina two years ago, I was getting out of the back seat of my stepson's VW bug when the seat belt caught my ankle. As I catapulted head first out of the car, something magical happened. I tucked and rolled and came to rest quite comfortably on the driveway. He was as shocked as I was.

Tina Mahacek is a licensed physical therapist and Feldenkrais graduate. She has completed trainings in fall prevention from four different experts. Tina has taught Tai Chi and balance/stability classes in Klamath Falls for the last seven years.

Students must be able to go up and down six steps to reach class location.

COURSE INFORMATION

COST: \$30 for the six session course. Pay if you are able or donate whatever you can. No one refused. **PLACE:** Klamath Lutheran Church, 1175 Crescent Ave, KF, OR (Use entrance at back of church); **DATE:** Choose either **six Mondays** (Feb. 5,12,19,26, Mar. 5,12 or **six Wednesdays** Feb. 7, 14, 21, 28, Mar 7, 14: **TIME:** 10:30-11:30. (You are welcome to attend both sessions for extra practice and no additional cost)

Call Tina for more information: 541 274-1555

(For Fun, Google: New York Times "Afraid of Falling? For Older Adults, the Dutch Have a Cure")

Feature

Nancie's Corner Blues Zones Reporter Health and Wellness Counselor

ARE YOU IMMOBILE?

If you are sitting most of the day, generally not moving much, that is immobility and those of us who've been in the health & fitness industry know that *immobility* creates *immobility*—something I ask you to ponder.

There's been a fair amount of research on how sitting too long can jeopardize both mental and physical health: decreased mental health; lower energy levels; higher risk of death from heart disease and/or high blood pressure; higher risk of becoming disabled; foggy brain; muscle degeneration; leg disorders (poor circulation); and a bad back--an inflexible spine. Need I say more?

In fact, the Mayo Clinic reports: "One study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

- A nearly 50 percent increased risk of death from any cause
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack"

What can you do?

- If you are working in front of a screen at a desk all day, sit on an exercise ball (those large balls used in exercise classes). They force your core muscles to work.
- Periodically stand and stretch your legs--hip flexors, calves, hamstrings, arms, shoulders and neck.
- Walk during commercials or try more vigorous movements.
- Alternate between sitting and standing every 30 minutes. Use cues to remind you to get out of your chair. Those of you who are readers have the same challenge as TV viewers.
- Try yoga poses--the cow and cat poses performed on hands and knees. Stretches your back and neck.

One of the nine principles of the Blue Zones Project is to move naturally: take a walk outside, clean your house, rake leaves, shovel snow, garden, walk your dog. Or, use stairs instead of elevators and escalators, park at the far end of the lot or a few blocks from your destination, avoid household machines that make life easier (I'm thinking those little robot vacuums over pushing one), walk to the coffee shop or restaurant when you meet friends, hike in the woods; and, finally stand up as much as possible!

Nancie Carlson, *Health & Wellness Counselor*

Bulletin

Lake County Senior Citizens Association Event Schedule

February 2018 Events:

1st four Tuesdays, 7:30 AM, Klamath Falls Trips for Medical & Shopping (Stop in to sign up only \$10 donation)

First Tuesday this month, join us for Tuesday Friends @ 2:00.

Friday, February 9th is our Birthday Lunch. Join us for lunch & Birthday Cake.

Every Tuesday & Thursday the Outback Thrift Store is open 1:00-4:00PM. Also open on the second Saturday of the month.

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 (Register at the Extension Office.)

Wednesday 12:00-1:00 PM Lions – Lunch Meeting.

Every Monday Bingo at 1:00 (right after lunch)

Saturday, February 10th, come to the February Festival of Fun! 10:00-2:00PM. Great vendors, food and fun!

Check out the Cookie Counter just inside the lobby!

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 what's available for your group.

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. Don't miss lunch at noon!

We would like thank our community for its generous support in 2017.

Our donations come in all shapes and sizes!

They range from a fair pig and leftover food from the 4-H food booth to donated labor from local high school students. We received the always needed cash donations, but we also received cases of copy paper, a flat screen TV, assistance with our AC repair costs, donated vehicle labor, donated man hours from the Forest Service, 147 lbs of ground beef AND two new freezers to store the donated meat! LCSCA has been the recipient of many wonderful donations in 2017, in fact too many to list. If you contributed to our success in 2017, we thank you!

As a nonprofit organization, we rely on donations from our community for our many programs. Lake County seniors benefit when you donate! 2018 is off to a great start with the donation of ½ a beef from a local rancher! We thank you!

The Lake County Senior Citizens Association



You can reach us at:

11 North G Street, Lakeview Oregon 97630 • (541)947-4966 x101

Feature

Importance Of Pets To Senior Adults

By Adena Huhmann

Studies have proven that having a pet provides an important health benefit for people of all ages as it reduces blood pressure and cholesterol, and also encourages exercise by caring for a pet. This is especially true for Senior Citizens for whom a pet may be the only companion throughout the day. Pets reduce the body's production of cortisol, a stress hormone, and increase the production of serotonin, a "feel good" hormone. Pets also provide a Senior Citizen with purpose - a reason to get up in the morning.

Besides being a companion dogs especially can be trained as service animals to detect a low sugar situation, or other common medical concern. They also can "announce" a visitor (or intruder) when the Senior is not able to hear someone at the door.

Of course the right pet will make a difference. A smaller person who is somewhat frail and living alone might not want a Great Dane; but a smaller dog, a cat or maybe a bird will provide that person with someone to talk to, to care for, and to care about.

All pets (dogs and cats) should be spayed or neutered, and this is especially important for pets belonging to Senior Citizens as all those litters can get easily out of hand. Another important issue is that Seniors are typically on a fixed income, and while Fido gives them much needed purpose in their lives, being able to afford to feed Fido may be a problem. Dogs and cats that are not fed on a regular basis can become aggressive. A couple of good ideas forwarded to KBSCC recently is for Seniors who may forget to feed a pet, have a chart kept where the animal's food is kept, which can be checked off, a sticker added, or whatever to remind the person to feed the pet. For small animals such as birds or fish, food can be kept in a regular, weekly pill reminder so the pet is fed daily but not over fed.

The Klamath Basin Senior Citizens Center (KBSCC), through the Meals on Wheels Program, finds many home bound Seniors with pets who may need a little extra help with feeding them. If you have extra dog or cat food, or just want to donate some, the staff of the KBSCC will see that it goes to a homebound Senior for his/her pet, helping a Senior have a reason to get up in the morning.

Bulletin



Muffin Mondays!

Veteran's Group

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

Senior Center, 2045 Arthur St.

Coffee • Muffins • Conversation

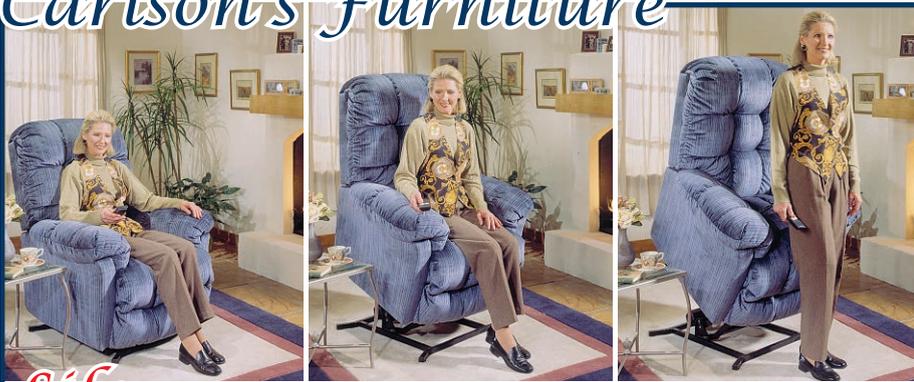


For more information:
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Menu

February 7, Wednesday

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

February 8, Thursday

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

February 9, Friday

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

February 12, Monday

Chili Mac, Veggie, Salad Bar, Dessert

February 13, Tuesday

HAPPY BIRTHDAY!

Cheese Burger and Fries, Veggie, Salad Bar Dessert, Birthday Cake & Ice Cream

February 14, Wednesday

Split Pea Soup, Veggie, Salad Bar, Dessert

February 15, Thursday

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

February 16, Friday

Sloppy Joes, Veggie, Salad Bar, Dessert

February 19, Monday

CLOSED FOR PRESIDENT'S DAY

February 20, Tuesday

Macaroni And Ham, Veggie, Salad Bar Dessert

February 21, Wednesday

Roast Chicken, Veggie, Salad Bar, Dessert

February 22, Thursday

Spaghetti, Garlic Bread, Salad Bar, Dessert

February 23, Friday

Potato Soup, Veggie, Salad Bar, Dessert

February 26, Monday

Chicken, Casserole, Veggie, Salad Bar, Dessert

February 27, Tuesday

Chili Dogs, Veggie, Salad Bar, Dessert

February 28, Wednesday

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

March 1, Thursday

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

March 2, Friday

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

March 5, Monday

Potato Bar, Veggie, Salad Bar, Dessert

March 6, Tuesday

Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

March 7, Wednesday

Roast Chicken, Sliders, 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.

Happy Birthday!

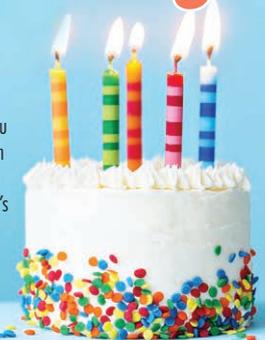
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Self-Management Workshops

Gain information and new skills to better manage your chronic pain, chronic disease, diabetes, and keep active and live healthier. These workshops help people who are experiencing a wide range of chronic conditions such as musculoskeletal pain, arthritis, COPD, fibromyalgia, and many others. The workshops are for adults of all ages living with these and other conditions, and their family members and caregivers.



The six-week session consists of one 2½-hour workshop each week. Classes are offered mornings, afternoons, and evenings. Participants receive incentives every week. New classes begin every month.

For information or to register please contact Valerie Franklin at (541) 274-7252 email Valerie.franklin@skylakes.org



Valentine's Special

Starting at 3pm Bring that special person in and receive a \$10 Match bet for the Blackjack tables and earn 5 points on your players card and get \$5 Free Play also for each couple

Will receive one flower for that special someone! White supplies last

Blazin Hot Blackjack

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Saturday February 10th & 24th

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