

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



ELDER ABUSE AWARENESS DAY

Friday - June 15th

11:30 to 2:30

Veteran's Park Events/Information



Happy
Father's Day!
**CELEBRATE
FAMILY!**

See fishing article on page 6

**MID YEAR BINGO
EXTRAVAGANZA
COME PARTY JUNE 30TH**

**ANNUAL RUMMAGE SALE
July 6 & 7th**

Active Seniors

JUNE • 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

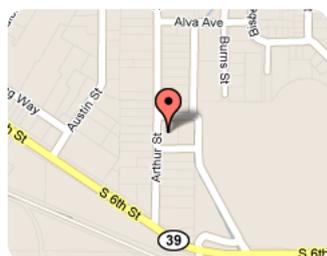
Medicare Counseling -
541.883.7171

Volunteer Opportunities -
541.883.7171

Executive Director-
Marc Kane: 541.883.7171 ext. 117

Website-
www.KlamathSeniorCenter.com

Where are we located?



The Klamath
Senior Center is
located at 2045
Arthur street

VOLUNTEER TODAY!

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

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

WE HAVE A JOB FOR YOU!

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Welcome

We are participating in a special event at Veterans Park this June 15th. It's an event both of mourning and celebrating. It's Elder Abuse Awareness Day and it's an opportunity to educate the public about both the incidence of elder abuse (which we mourn) and the progress that has been made (which we celebrate) in responding to abuse and the resources available to help reduce and treat this serious social problem.



Marc Kane, Center Director

Elder abuse is everyone's problem and must be met with a broad based societal response. Having the event at Veterans' Park at the end of Main Street will make it accessible to everyone and provide a great venue for people of all ages to connect. At the core of prevention is keeping our seniors connected to family, friends and the community so we seize on any opportunity here at the Senior Center to promote those connections even if it's just a few hours in the park.

You might be asking yourself just what is elder abuse. Well it comes in many forms some very blatant but others very subtle. Most people imagine physical injury when we say abuse, but it can also be very subtle in cases like long term emotional abuse. It may also manifest itself in the form of financial abuse which can happen in any family and in community commercial transactions.

I encourage everyone to stop by the park on Friday, June 15th. Learn about respecting our seniors and what we all can do to make certain our seniors are treated with dignity and have an opportunity to find purpose among us. It's how we all keep connected.

The Senior Center is ending one budget year this month and beginning a new one this July. Keeping the senior center funded is no small task as it seems the rapid growth of the senior population and the additional demands for service that come with it always outstrip our ability to fund them. One opportunity to support us is our Mid-Year Bingo Extravaganza. Bingo fundraising contributes much in supporting our senior services. Never tried Bingo? Come have a fun evening and discover something new to do.

Ask about party bingo. By the way the Bingo hall is air conditioned and newly equipped with state-of-the-art machines and displays. It all happens on Saturday, June 30th.

Please read Gary Hartter's story about his father and fishing. It reminded me so much about my own dad who sat with me on the shores of many ponds and rivers. Those were the best of times, but when he passed, like Gary, I also stopped fishing. Gary's story is very well written and presented. This story (page 6) is a true celebration of Father's Day.

Save the date! July will bring us our Senior Center Annual Rummage Sale scheduled for 6th and 7th. We have already started to collect items for the sale here at the Senior Center and will announce a location as soon as it is secured. Have a great summer.

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

Senior Center Public Transportation Services



Pictured are the six vehicles and transportation staff providing rides for seniors and the general public. Left to right are drivers Julie, Selena and Arthur; then our dispatcher Cindy and coordinator Randy and drivers Gary, Tina and Kelley. The vehicles were all funded through the Oregon Department of Transportation Department's Public Transit Division with Special Transportation Funds (State Cigarette Tax Revenue) or Federal Transportation funds combined with local matching dollars.

Transportation operation funding is provided in part by the STF revenue through the Basin Transportation Services District, the State Public Transit Division, the Area Agency on Aging, United Way and donations from patrons riding the service. The Center also conducts fundraising events that contribute to our transportation services.

What's Different About Senior Center Transportation Services?

The Senior Center works in collaboration with other providers such as BTS and the Klamath Tribes. BTS provides fixed route services utilizing passenger bus stops, and they also have a para transit service known as Dial-A-Ride which picks folks up at the curb in front of their home. Some seniors need more service and that's where the Senior Center service steps in. If you need assistance to the curb and back to your door and also need assistance getting your shopping goods inside we can help. We prioritize medical appointment rides but also can take you shopping, to recreational sites, to see a friend or nearly anywhere you may need to go within the Klamath Falls Urban Growth Boundary.

The Klamath Tribe operates the Quail Trail service which brings people into the City from outlying areas allowing them to transfer onto BTS or Senior Vans if needed.

How Can You Access the Senior Transportation System? What's the Fare?

Our system is very popular and availability also depends on the prioritization of rides by purpose. Call Cindy our dispatcher at 514-850-7315 two days in advance to schedule your ride. If you are a senior or person with a disability and you are coming directly to the Senior Center there will be no charge for your ride, but you are encouraged to make a donation if you are able. There is a fee for rides to other locations but the fee is based on income. The dispatcher will determine your fee at time of scheduling. Most who are low income pay little or no fee, although a donation is requested.

Hours of Operation

Transportation services are offered Monday through Thursday between 8:30 am and 3:30 pm and on Fridays from 8:30 am to 12:30 pm. We are closed on weekends and holidays.

All Vehicles Are ADA Accessible.

Every van pictured above has either a manual ramp or power ramp to accommodate folks in wheelchairs or walkers.

Should I Ride BTS or the Senior Transportation System?

BTS offers very reasonable fare for seniors, half that of regular fare. BTS also operates more hours per day and more days per week. So there are advantages to using the BTS program and we encourage all those that are able to use the regular route system or the BTS Dial-A-Ride. Those that need the extra services as described above should ride the Senior van. Those that do not need the extra door to door service as described above should leave room on the Senior van for those that truly need it and use BTS or other private transportation services.

Feature

Take a Smile to the Street and Share it with Everyone You Meet

By Joe Primm

I had a visit recently with my friend, Marc Kane, and I offered up this writing as an inclusion to the Active Seniors Supplement, a monthly publication.

At this stage of my life I suspect it is common to ponder one's life experiences. I share this testimonial with you, the reader.

I delivered my last meal on 10/25/2017 after having been a Meals on Wheels driver, delivery person for nearly six years. And what a positive experience it was. First and foremost was to get the prepared meal safely to the client. At that point the human connection took over and life experiences for me, flourished. I do know I helped many people have a better day than they would have had otherwise. They, in turn, made my day better. The clients as the recipients receive the driver/delivery person, as the bearer of all that is good. I don't want to get too philosophical here, but in my mind, nothing is more important than that. From time to time, certainly all the human emotions were experienced; sadness, frustration, happiness, and even anger. But the saving grace, so to speak re: the negative emotions was delivering the meal and making that all important connection. Connections that have served my life well and continue to do so at the age of 80 years. I want to say that all the employees and volunteers at KBSCC are of the same mind set---we care! Thanks go to those folks for allowing me to be a part of all that is good.

It is my hope a reader or readers of this writing will volunteer at the Senior Center and view the experience as positive as I did.

Post Note:

We desperately need more volunteers for Meals-On-Wheels deliveries as the increase in demand will cause us to add a sixth morning route to the existing five. That requires at least ten new volunteers.

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)

Visit Our WEB Site at

www.klamathseniorcenter.com

Now recruiting for a new volunteer Volunteer Coordinator

Contact Marc Kane, Executive Director at 541-883-7171 Ext 117



**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 Bill Patterson, Executive Director, 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:

Bill Patterson:

bpatterson@citizensforsafeschools.org

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

**Lake County Senior Citizens
Association Event Schedule**

June 2018 Events:

1st three Tuesdays, 7:30 AM, Klamath Falls Trips for Medical & Shopping (Stop in to sign up only \$20 donation)

First Tuesday, June 5th, join us for Tuesday Friends @ 2:00.

Friday, June 8th 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 from 10:00-2:00PM.

Tuesdays & Thursdays join us for the Strong People Program! 10:00-11:00AM (Register at the Extension Office.)

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

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

Tuesdays & Thursdays stop in for a puzzle swap. (Bring some to trade/share and take something new for you!)

Monday, Wednesday & Friday at 9:00-10:00 Free Tai Chi classes join anytime

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!

You can reach us at:

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

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

Housing

Guardianship actions

Long-term care

Health care

Protection from abuse or neglect

Utilities

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.

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...



Was your Dad bigger than life in your eyes
Giving guidance and love when you were 'pint-sized'?

Sharon (Johnston) Pappas ©

Dedicated to all Dads

Yes, Dad Was a Cowboy

By Sharon (Johnston) Pappas ©

Dad's levis were ironed
Cowboy shirt too
Tooled belt through the loops
With a winning buckle - brand new

A spur on his boot
"Just one," he said
It's enough for ole' Candy
And the team roping ahead

A one horse trailer
Behind the pick-up truck
His rope, saddle and family ready
For a weekend of good luck

Yes, Dad was a cowboy
Loved to rope and ride
Whether in the fields
Or gathering cows on the mountainside

Now our 'man of the earth'
Who seemed larger than life
Rides forever in heaven
With God at his side.

Advice From Grandma

By Sharon Hudson

Be thankful for what you have
My grandma always said,
And be sure to say your prayers
Before you go to bed.

Try to think good thoughts
As you fall off to sleep.
If you follow my advice,
Then I shouldn't hear a peep.

Tomorrow is another day, so
Keep good thoughts in your mind.

Be your gentle self, and I
Know you are kind.

Be strong, because you have to,
But don't lose the caring side.

Hold your head up, and
Walk with a happy stride.

Be mindful of others, and think
About the path you choose.

You don't want to get hurt, and
You don't want to lose!

Life is precious, and we are
Only here for a short while.

Be happy with yourself,
And go the extra mile.

It won't be easy, in fact
Sometimes it gets pretty tough.

Be on your guard in situations
That could get to be rough.

I will always love you. There
Should be no doubt about that.

You are a precious little girl,
And you look cute in that hat.

Fishing Boats

A Short Story by Gary Hartter



There was a light grey single story house, with an attached garage, located across the street from the building where I worked. The garage housed a gunmetal colored, flat bottom, aluminum fishing boat, sitting patiently on a black painted trailer.

The boat and the trailer were five feet too long for the garage. The garage door was half closed, held up in midair by the sides of the boat. The boat never showed any indication of being moved. Often, when I looked out my office window at the scene of boat, trailer, and garage, my vision turned inward and I was seeing instead the summer days I spent fishing with my Pop.

He was a retired, twenty-one year veteran of the Elkhart Indiana Police department, who lived with my Mom in a cottage on Waubee Lake in Indiana. During his service years, he studied and understood police work. In his retirement, he studied and understood fishing. My Pop had an aluminum Luner Classic pike boat with a forty-five horse Johnson outboard motor on the back and half horse trolling motor on the front. We fished for bass, trolling along the shore about fifty feet out and casting off each end of the boat toward the bank.

The shallows of Waubee Lake were a fresh water jungle. Weeds floated on the surface or lurked six inches below. You had to fish with lures that ran like machetes. Rapala lures and other treble hook rigs stuck like Velcro in a pile of wool sweaters. The lure my Pop chose was a Bass Buster Beetle Spinner. He worked that lure through the weeds as smooth as your best gardener clipping hedges into bass shaped statues. The Waubee Lake jungle was my Pop's personal topiary. >>>

Writer's Corner cont.

My lure of choice was a middle sized, weedless, Johnson Silver Spoon with a chartreuse pork rind bass strip flowing off the hook. Being the rookie, I needed that kind of advantage. My Pop and I fished that boat and those silly looking lures right through years of summers that I thought would never end.

They did end, of course, with the final day coming one late April weekend when my Pop was too sick from cancer to fish with me. He wanted to, was probably even able, but he had finally accepted what the doctors told him. He was living like a dying man. He had filleted out his life to conserve energy for the everyday activities that now drained his strength.

The month of June saw him laid to rest in a simple walnut coffin, fit for a fisherman, as my Mom said. The wood grain on the lid formed the familiar V pattern of the wake of a fishing boat. On the sides, below the lid, were mahogany colored stripes, like those found in the deep brown and green colors on the flanks of a bass.

I quit fishing.

The pike boat was sold.

My tackle was packed away in the basement of my home.

I was left with fishing memories that gathered, like autumn leaves around the gravestones in the cemetery on the hill at Waubee Lake. Sometimes I remembered the fishing trips we didn't make. I missed them too.

I wondered what happened to the owner of the boat across the street. How did he feel, coming home from work every day, parking his car in front of a garage he couldn't use because his boat was poking its nose out of the door, like dog with a leash in its mouth? Did he think of the fishing trips he's been on? Of all the trips he'd missed because he didn't have the time, or it was too much trouble that day to hook up the boat and drag it to the lake. Or now it was winter and the lakes are frozen over, but you can't tell that to a fishing boat because it won't understand and it keeps poking its damn nose out of the garage in the falling snow, and where in hell did the summer go anyway?

What happens to us when we give up, even though we really don't want to; when the heart tugs like a fishing boat tethered to a mind deeply anchored?

Once, my Pop visited me at work. We were talking on the lawn in front of my building when he said something that now, with my heart, I understand as clear as he understood police work or the ways of fishing. Glancing across the street, he regarded the house, the garage door, and the front of the fishing boat. "That boat," he said, "wants to go fishing."

Happy Father's Day Pop. I love you and I miss you.

Feature

Nancie's Corner Blues Zones Reporter Health and Wellness Counselor

MEET RUDY THOMPSON, 105 YEARS OF AGE!



I was in Rocklin, CA in early May visiting friends of a friend. During our stay, the hosts threw a festive Cinco de Mayo celebration with their Sons of Norway friends—one of whom was Rudy.

Rudy was born in October, 1912 in Chitwood, Oregon. Following high school, he worked various jobs--saw mill, salmon hatchery, rip-rapping and building breakwater before joining the Navy during WWII. There, he loaded aircraft carriers, was on a crash boat crew and did salvage diving laying nets to protect ships. He met his wife on a three-day pass from the Navy Net Depot, Tiburon, CA.

The G.I. Bill helped him earn a degree in Industrial Arts from Oregon State. He spent his teaching years at the San Leandro School District until retirement at age 63.

He's the sole remaining charter member of his Sons of Norway chapter. His lifelong interests have included backpacking, hunting, lapidary & jewelry making, carving, painting and writing. Rudy has authored four books, two published by Amazon: *Olaf* (2016) and *Bouncing Rocks* (2018). The fourth book, a Navy story, is nearing publication.

A widower, he lives alone. He continues to drive, shop and cook his own meals and even hosts dinners for his women friends. He's always been slender and focuses on light, balanced meals. He exercises at a local gym, takes a full-size aspirin daily since a heart attack last year, plus a couple other meds. He hasn't had any joint replacements, but did give up hunting a few years ago due to bad knees. He has Scotch around 5:00 and red wine later in the evening. And, he recently became a participant in the Boston University's Centenarian Study of people 105+.

It was an honor to speak with Rudy who is extremely sharp and articulate. His lifestyle indeed personifies many Blue Zones' principles: having a sense of purpose, hanging with the right tribe, exercising naturally, eating less (80% rule), wine at 5:00 (or later), and belonging. He says, he picked good parents and he's likely right about that!

Nancie Carlson, *Health & Wellness Counselor*
Call for an appointment – 541-883-7171

Calendar of Events

JUNE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRIVER SAFETY COURSE Thursday, June 21st & 28th • 9:00-12:00 <i>Need to attend both classes</i>		6TH	7TH	8TH	9TH
TAI CHI CANCELED WEDNESDAY'S New Qi Gong Class Wednesdays 4-5 pm		SAIL 8:45-9:45 and 10:15-11:15 Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30	Craft Class 9-11 Behavioral Health 10:00-1:00 SAIL 10:15-11:15 Golden Age Bingo/Cards 12:30 County Library 1:30-4:00 Boost Your Brain 2:00-3:30 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 NO Pickle Ball Dementia Care Giver Group 10:00-12:00 EagleRidge High School Graduation Dinner 5:00pm NO Line Dancing	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
CARE GIVING SUPPORT GROUP FOR DEMENTIA CLIENTS WITH BEHAVIOR HEALTH FRIDAY JUNE 8TH 10:00-12:00		Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:00-5:00pm <i>instructor Rachel Stephens</i>			
11TH	12TH	13TH	14TH	15TH	16TH
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans/ Muffin Mondays 10:00 <i>Eating fruit & veggies</i> Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Movie - remake of Murder on the Orient Express 12:30 Yoga 5:00-6:00	Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Behavioral Health Councilor available 10-1	SAIL 8:45-9:45 and 10:15-11:15 Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:00-5:00pm <i>instructor Rachel Stephens</i>	Craft Class 9-11 Behavioral Health 10:00-1:00 SAIL 10:15-11:15 Golden Age Bingo/Cards 12:30 County Library 1:30-4:00 Boost Your Brain 2:00-3:30 Bingo Fundraiser Paper Only Night 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
18TH	19TH	20TH	21ST	22ND	23RD
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans/ Muffin Mondays 10:00 Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Yoga 5:00-6:00	Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Behavioral Health Pickle Ball 2:00 Ukulele 6:45 PM	SAIL 8:45-9:45 and 10:15-11:15 Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1:00-4:00 With The Take Four Band Qi Gong 4:00-5:00pm <i>instructor Rachel Stephens</i>	DEFENSIVE DRIVING 9-12 Craft Class 9-11 Behavioral Health 10:00-1:00 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	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
25TH	26TH	27TH	28TH	29TH	30TH
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans/ Muffin Mondays 10:00 Movie - 15:17 to Paris 12:30 Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Yoga 5:00-6:00	Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Behavioral Health 10:00-1:00 Pickle Ball 2:00	Board of Directors meeting 10:00-12:00 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 4:00-5:00pm <i>instructor Rachel Stephens</i>	DEFENSIVE DRIVING 9-12 Craft Class 9-11 Behavioral Health 10:00-1:00 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 MID YEAR BINGO EXTRAVAGANZA Two \$1000 Black Outs OPEN 4:30/CALL AT 6:00
JULY 2ND	JULY 3RD			FAMILY BINGO SUNDAY JULY 8TH 12:00 OPEN/CALL 1:30 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 Classes/Support Groups for development and information.	
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1:00 Legal Services 10-12 Veterans/ Muffin Mondays 10:00 <i>JoAnne Carson talks Fur Ball</i> Balance & Stability at KLC 10:30 Golden Age Club Bingo/Cards 12:30 Yoga 5:00-6:00	Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Behavioral Health 10:00-1:00 Pickle Ball 2:00 Ukulele 6:45 PM				

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



The Ymca Of Klamath Falls Senior Excursion Friday, June 22

YREKA HERE WE COME!

Come and explore the beautiful and historic town of Yreka! We will make our way to the drive-thru museum, featuring homes built in 1800's and early 1900's. There will also be time to check out Yreka's Gold Rush History, shops, and Shasta's Chocolate Emporium. Join us as we find out about Yreka's Gold Rush history!

Bring money for lunch and whatever spending you want to do.

Lunch

We will stop at the new Rain Rock Casino for lunch.

We will leave the Y parking lot at 9am sharp and return around 6pm.

Cost includes lunch and entry fee into the park.

\$26.50 for Y Members • \$32.50 for Community

Registration Deadline June 18

Participants: 10 minimum and 14 maximum



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

ELDER ABUSE AWARENESS EVENT FRIDAY JUNE 15 11:30 AM TO 2:00 PM VETERAN'S PARK

On behalf of the Department of Human Services Aging and People with Disabilities, the Area Agency on Aging as well as additional partner agencies, we invite you to attend this important event.

There will be resource information booths, Elder Abuse Awareness guest speakers, music, free merchandise, refreshments and more. There will also be lunch options for purchase from Backyard Bento, Tom's Bar B Que and Slice it Up for your enjoyment.

To learn more visit <https://ncea.acl.gov>,
or find ways to take action here

<http://eldermistreatment.usc.edu/weaad-home>

Everyone has a right to know about and use Department of Human Services (DHS) programs and services. DHS provides free help. Some examples of the free help DHS can provide are:

- Sign language and spoken language interpreter
- Written materials in other languages
- Braille
- Large print
- Audio and other formats

If you need help or have questions, please contact: DHS APD at 541-883-5551, 711 TTY at least [amount of time, usually 48 hours] before the meeting.

NCEA
National Center on Elder Abuse

DHS
Oregon Department
of Human Services

Bulletin

Tai Chi Classes

TAI CHI CLASSES - KF Senior Center

Klamath Falls Senior Center

Tuesday

Beginning

10:00-11:00am (set 1)

9-10 am (Set 2)

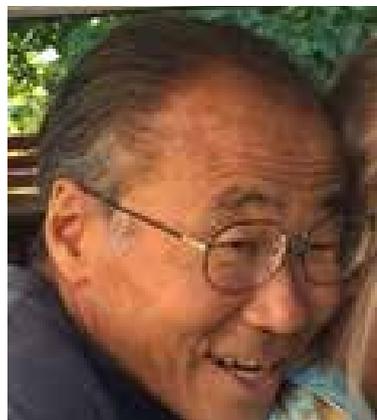
Intermediate

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

Advanced

12:10- 1:10pm (Sets 1-4)

**Wednesday Evening Classes Have
Been Cancelled.** Look for Qi Gong on
Wednesdays with Rachel Stephens



Mel Murakami,
Tai Chi Instructor

Call 541 274-1555

Bulletin

SAIL Classes

Stay Active and Independent for Life



Everyone needs exercise in order to function properly. Those who retire and think they can take it easy, soon realize that their bodies need exercise to stay healthy. SAIL classes make it fun and easy to get the exercise we need. The SAIL program emphasizes fall

prevention with exercises that strengthen your legs and improve balance and coordination. Give SAIL a try. Your body will thank you!

There are 7 classes every week. All classes are at the Senior Center. The program is the same for all seven classes, so you can choose the classes that best fit your schedule.

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

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

Call me, Mary Noller for more information at 541-281-3810.

Mary Noller & Suzan Phipps are the Certified Instructors.

A two dollar donation is suggested.

Feature

SHIP TALK

(Senior Health Insurance Program)

New Medicare Cards Are On Their Way

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers from all Medicare cards by April 2019. A new, unique Medicare Number will be assigned to you and your new card will be mailed to you. CMS has set up a regional mailing schedule – Oregon cards actually began to mail in May 2018. And Medicare has provided a list of things you need to know.

1. Your new card will automatically come to you. You don't need to do anything. So make sure your address is up to date. Medicare uses the number you have on file with Social Security. If you need to update your address, visit ssa.gov or call 1-800-772-1213. If you go on line to Social Security, you will probably be asked to set up an account – a good idea. Also you can call the Medford Social Security office for quicker answering response at 1-866-931-7943.
2. Your Medicare coverage and benefits will stay the same.
3. Mailing takes time. Your new card may arrive at a different time than your friend's or neighbor's.
4. Once you get your new card, destroy your old card and start using the new card immediately.
5. If you're in an Advantage plan, the plan's card will still be used for your medical visits. But you must keep the new Medicare card – same as before. Nothing will change with your Medicare Part D or your supplemental plans. Keep and use these cards as usual.
6. Doctors and health care providers know the new cards are coming and will ask for your new card, so be sure and carry it with you. If you forget your new card, your health care providers may be able to look it up.
7. Only give your new card number to doctors, pharmacists, or other health care providers, your insurers, or other people who work with Medicare on your behalf.
8. **Watch out for scams. Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare card number and/or card.** Scammers may try to get personal information by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share information, **HANG UP**, but first tell them you know they're a scam.

As always, SHIBA volunteers are here to help you with any Medicare related questions you may have. Just call for an appointment with a trained and certified counselor at the Klamath Basin Senior Citizens Center at 541-883-7171.

Respectfully submitted, Anne Hartnett, SHIBA Coordinator

Donor List Sky Lakes Foundation and Soroptimist Club Newest Contributors

With less than month to go before the end of our fiscal year our foundation/ corporate giving campaign got a boost from Sky Lakes Medical Center Foundation and the local Soroptimist Club bringing us up to \$64,000 and \$36,000 to go to reach our goal of \$100,000. We are still waiting on a number of pending grants and hope to come closer to the goal before year end. Meanwhile the demand for services has increased almost astronomically, especially in our meals program where we expect to serve 12,000 more meals this next year than the 68,000 we will serve this year. The "boomers" are booming with the number of residents aged 65 and over growing faster than any other sector, and this puts more pressure on our programs. Individual donors continue to do their part but we need more support from the foundation and corporate grantors. If you are able please do what you can to pitch in over the next two months.

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. April Donations of \$8,343 were received from the following organizations and individuals:

Washington Federal Foundation	Valerie Howard	Jolene Howell
Pacific Power Foundation	Howard McGee	Joyce Moore
Save Our Rural Oregon	James Allen	Albert & Delores Errecart
Avangrid	Donna Willard	Charlotte Moseley
Pat Connell	Mary Ellen Sargent	Dorothy Klein
Faith Tabernacle	James Cope	klamath Cascade
Marta Stephens	Anonymous	Carol Griffith
Geraldine Schindler	Judith Matthews	Rose Kruezer
Dorothy Winters	Rose Chapman	Alan Duyff
Burl Parrish	Jonny Jones	Ron and Karen Thomas
Donna Hill	elizabeth Riley	Constance Schuetze
Ernie Palmer	Susan Pratt	Sandra George
Jon Schnebly	Connie Boone	
	Cheryl Gibbs	

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$3,826.

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

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

Bulletin

SPOKES Unlimited Schedule



SPOKES Unlimited
 1006 Main Street, Klamath Falls, OR 97601
 541-883-7547 v/tty
All support groups follow confidentiality guidelines.

June 2018

- 15th Elder Abuse Awareness Event**
 11:30am-2:00pm, Veteran's Park
 This is a free event hosted by DHS; Aging and People with Disabilities, The Area on Aging, and additional partner agencies. There will be resource information booths, music, guest speakers, and free merchandise. There will also be food trucks on site for lunch purchases.

- 15th Klamath County Stand Down**
 8:00am-2:00pm, Klamath County Fairgrounds Event Center.
 This is a free event for Veteran's that provides a variety of services on site as well as information and referral for community partners.

- 19th American Council for the Blind Meeting**
 12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street.

- 27th Social Security Workshop**
 Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance is first come, first served. 2:00-3:30 pm, SPOKES office.

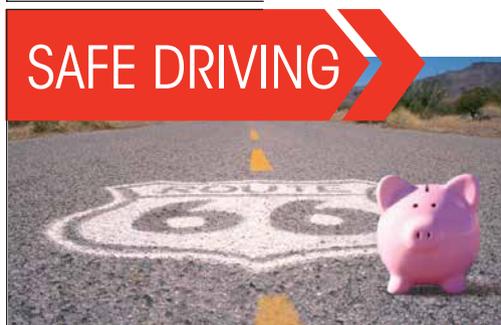
- 29th Project Family Connect**
 This is a free event designed for low-income families/ individuals and persons who are homeless or at risk of being homeless. There will be a variety of community partners offering information and resources, clothing, food, haircuts, and vet care for companion pets.

If you are or have a friend that is a woman, with a disability, and suffer from depression contact SPOKES about our upcoming 14 week class, Healing Pathways. Not only is this a safe place to get community support, but learn tips and tricks for dealing with many of the issues you struggle with. We provide a lunch, fellowship and social interaction! Call Karen at 541-883-7547 to get more information about the upcoming class!

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

Safe Driving Course



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

Can Save You Money

Drive smart. Save smart.

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

CLASSROOM COURSE

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

June 21st & 28th • 9:00AM – 12:00PM
Klamath Basin Senior Citizens' Center
 2045 Arthur Street, Klamath Falls

You can register at the Klamath Senior Center 's Reception Desk or contact AARP directly.

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

Bulletin

ADVERTISE IN

Active Seniors

GREAT DEAL!!!

Ad Sizes	Open Rate	1 year Rate
1/8 page	\$79	\$55
1/4 page	\$99	\$79
1/2 page	\$199	\$150

Call 541-885-4410 for more information

BINGO

MID-YEAR BINGO EXTRAVAGANZA

Saturday, June 30th

Open 4:00pm/Call 6:00pm

Advanced Sales for Mid-Year Bingo now available at the front desk.

FAMILY BINGO

JULY 8TH • Open at 12, call at 1:30

Children 7 or over are welcome when accompanied by a parent or guardian.

LOTS OF FUN AND SPECIAL PRIZES!

Food concession will be open.

This special event is offered quarterly on the Second Sunday of January, April, July and October

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

PAPER ONLY NIGHTS
EVERY SECOND THURSDAY

SATURDAY NICKLE BINGO AT 11am, CALL AT 12

BEST PAYOUTS IN TOWN!
SATURDAY \$1000 BLACKOUT GAME

- 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

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.



Now accepting applications!

August 20-24

A free camping experience for children ages 8 through 16 who have faced the death of a loved one.

Refer a camper today!

541-882-2902
www.klamathhospice.org



KLAMATH HOSPICE
since 1982

Feature

Supporting the Grieving Child

Article respectfully submitted by Klamath Hospice

Children are often considered the “forgotten mourners” when a loss occurs. **Common myths about children and their grief include:**

- Children do not grieve.
- Even a very young child will grieve. Adults may mistake a child’s ability to play as a sign that a child is not grieving or does not care; however this is a false assumption. Children will often grieve very intensely and then take a break from the pain and play.
- Children get over a loss quickly.
- Loss is not something that we “get over”. Children will often re-visit their loss at various developmental stages throughout their lives as their understanding of death, dying and grief mature.
- Children will be permanently scarred by their loss.
- Children are resilient, and with support, children can cope with their grief.
- Children must talk about their loss in order to work through it.
- Talking is only one way in which children communicate and cope with loss. By engaging in play, music, dance and art children are expressing their feelings surrounding their loss as well.

How do you help a grieving child?

- **Be available.** Let the child know that you are available anytime to talk, give a hug or just listen.
- **Listen.** Answer questions (perhaps the same questions) as honestly and age appropriate as possible. Don’t be afraid to use words such as “death” or “died”. Verbiage such as “sleeping” or “gone away” are confusing and can cause unnecessary fears to arise.
- **Observe.** A child’s behavior will often reveal a great deal about their emotions.
- **Get back to routines.** Children tend to thrive when good routines are in place and things remain as consistent as possible. Try to get back to a “normal” routine as soon as possible.
- **Utilize community resources.** Connecting with resources in your community can be beneficial not only to the child, but others within the family system. Look for resources available from family members, friends, schools, hospice organizations, counselors, peer support groups and grief camps, such as Klamath Hospice’s Camp Evergreen. All of which are excellent resources to help supplement the coping tools being taught at home.

Remember there is no “right” way to grieve, but you can help to provide positive coping tools to children that will give them permission to grieve in a way that is best for them.



KLAMATH
HOSPICE

Bulletin



Muffin Mondays!

Veteran’s Group

Every Monday

10:30-11:30 a.m.

Senior Center, 2045 Arthur St.

Coffee • Muffins • Conversation



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



WE HONOR VETERANS

Bulletin

Klamath Hospice Summer Kick-off Party



June 9th • 11 a.m.-2 p.m
Treasures • 3226 S. 6th Street

FASHION SHOW
Drawings • Sweet Treats

**Shop your Fashion Show favorites...
and SAVE BIG!**

Presented by:

Treasures
A UNIQUE THRIFT STORE
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Scott Stevens, M.D.
Physician/ Surgeon of the Eye



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



Edwin Tuhy, O.D.
Optometrist



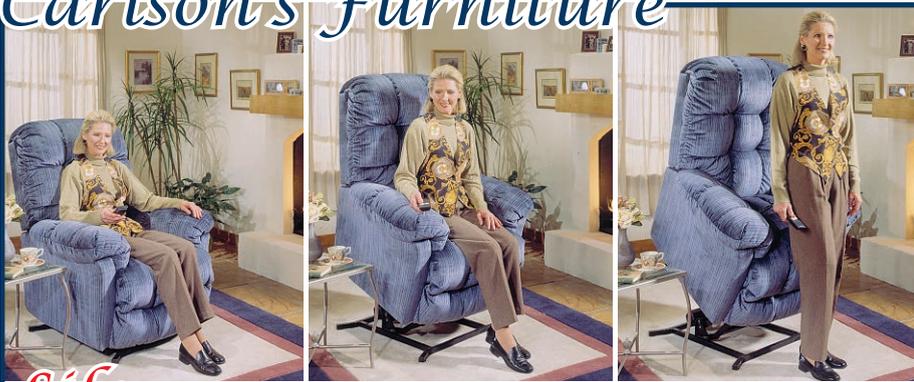
Jennifer Sparks, O.D.
Optometrist

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

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✦ of the ✦

GOOD SHEPHERD
The Different Funeral Home

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

Menu

June 6, Wednesday

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

June 7, Thursday

Chicken Strips and Fries, Veggie, Salad Bar, Dessert

June 8, Friday

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

June 11, Monday

Chili Mac, Veggie, Salad Bar, Dessert

June 12, Tuesday

HAPPY BIRTHDAY!

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

June 13, Wednesday

Split Pea, Soup, Veggie, Salad Bar, Dessert

June 14, Thursday

Spaghetti, Garlic Bread, Veggie, Salad Bar, Dessert

June 15, Friday

HAPPY FATHER'S DAY, Roast Pork, Veggie, Salad Bar, Dessert

June 18, Monday

Mexican Dinner, Spanish Rice, Veggie, Salad Bar, Dessert

June 19, Tuesday

Macaroni and Ham, Veggie, Salad Bar, Dessert

June 20, Wednesday

Chicken And Rice, Veggie, Salad Bar, Dessert

June 21, Thursday

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

June 22, Friday

Potato Soup, Veggie, Salad Bar, Dessert

June 25, Monday

Salisbury Steak and Noodles, Veggie, Salad Bar, Dessert

June 26, Tuesday

Chili Dogs, Veggie, Salad Bar, Dessert

June 27, Wednesday

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

June 28, Thursday

Meatloaf, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

June 29, Friday

Fish And Chips, Veggie, Salad Bar, Dessert

July 2, Monday

Polish Dogs and Sauerkraut, Veggie, Salad Bar, Dessert

July 3, Tuesday

Potato Bar, Veggie, Salad Bar, Dessert

July 4, Wednesday

CLOSED FOR INDEPENDENCE DAY

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.

Insurance Agency
MICK

541.882.6476

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Klamath Falls, OR 97603

"Turning 65 Soon?" Call us to learn about all of your options for Medicare

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



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541.947.2114 | 1.866.543.4325
www.lakeviewgardens.org

This institution is an equal opportunity provider and employer.

Happy Birthday!

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lindaclarkson@ffig.com



CELEBRATING OUR 21ST ANNIVERSARY!!

We want to invite everyone to our weekend long celebration giving away CASH, FREE PLAY, T-SHIRTS and don't forget the CAKE!

Giving away THOUSANDS in cash and prizes!

FRIDAY JUNE 22ND

Ticketed Drawings 6pm-10pm. Earn entries starting May 1st by Tiered Rewards or playing the Kiosk.

9 Drawings, each winner will win Cash!

The last winner will win \$2,100 CASH!!

SATURDAY JUNE 23RD

Hot Seat Drawings 12-4pm and 6-10pm. Must be playing with your Bonus Club Card in the machine. Each winner will win Cash every 30 minutes! The last winner will win \$2,100 CASH!! Free T-shirt giveaway @ 5pm sizes and quantity are limited! Cake @ 12 pm, 4pm, 6pm and 8pm.

SUNDAY JUNE 24TH

Blackjack Hot Seats 12-4pm Drawings every half hour!!

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