



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

FREE
Take
One!

**MAY IS OLDER
AMERICANS
MONTH!**

Theme:
Engage At Every Age



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

Save The Date
**ELDER ABUSE
AWARENESS DAY**
Saturday - June 15th
11:30 to 2:30

Veteran's Park Events/Information
Raffle Tickets On Sale At The Senior Center

Active Seniors

MAY • 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

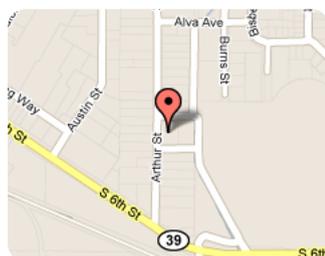
Volunteer Opportunities -
541.883.7171

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

May has been designated by the Administration On Community Living as Older Americans Month and it's not just about older Americans. The chosen theme this year is Engage At Every Age. It's no coincidence that the Federal Agency administering the Older Americans Act since 1969 changed its name from the Administration On Aging to the Administration on Community Living. It has long been recognized that isolating any particular age group is counterproductive and that communities that recognize and celebrate the interdependence of each sector of the community are far better off for doing so.



Marc Kane, Center Director

It's fitting that this month is also the month in which we celebrate Mothers Day. Great grandchildren, grandchildren and children will be honoring mothers, grandmothers, great grandmothers and more. Some families will gather with as many as five or six generations in attendance and will engage at every age, some groups spanning 100 years or more. Good family life and community life as well is the achievement of those who choose to share it, and it is everyone's responsibility to support communities that provide the opportunities to make that choice.

I am proud of the work we do here at the Senior Center to keep our seniors connected to family, friends and the community and we have expanded our services in so many ways to make this happen. Every program here, be it food service, transportation, writing class, exercise class, counseling services and more, has an underlying purpose – to keep us all connected as a vibrant and productive community. Our efforts serve both the individual and the community.

This morning I spent some time with Kathleen Rutherford, the new counselor from Klamath Basin Behavioral Health that has been stationed at the Senior Center each Tuesday and Thursday. We interviewed together on the radio with Paul Hanson, a very skilled interviewer who helped deliver the message that Kathleen's program and all our programs rest on the foundation of a contributing and engaged community. Kathleen appealed to the public to volunteer as companions for older folks who may be experiencing loneliness and depression. It's time to boost our connections with others! I pleaded for more Meals-On-Wheels drivers

so that this special group of volunteers may be able to not only deliver a meal, but spend more time with those who need a short visit from a friend.

The celebrations of this month will kick off with a new creative writing class on Wednesday the 2nd (with still one vacancy there for the lucky want-a-be writer), a Health Fair at the Senior Center from 10 to 1 on the 4th with over a dozen providers coming to share their resources and Dr. Bob's Remedy Band coming on Sunday the 6th at 2:00 pm. More details are available for each of these events in articles throughout this paper. Want to help us plan more events? Awesome! Call us we will be happy to work with you!

We (and you) assist seniors in need and we also assist any seniors in finding new purpose in community service as well.

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

Mindfulness Matters

Can Living in the Moment Improve Your Health?

At some point in your life, someone probably told you: “Enjoy every moment. Life is short.” Maybe you’ve smiled and rolled your eyes at this well-intentioned relative or co-worker. But the fact is, there’s something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called mindfulness. This ancient practice is about being completely aware of what’s happening in the present—of all that’s going on inside and all that’s happening around you. It means not living your life on “autopilot.” Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions.

“Many of us go through our lives without really being present in the moment,” says Dr. Margaret Chesney of the University of California, San Francisco. She’s studying how mindfulness affects health. “What is valuable about mindfulness is that it is accessible and can be helpful to so many people.”

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

One NIH-supported study found a link between mindfulness meditation and measurable changes in the brain regions involved in memory, learning and emotion. Another NIH-funded researcher reported that mindfulness practices may reduce anxiety and hostility among urban youth and lead to reduced stress, fewer fights and better relationships.

A major benefit of mindfulness is that it encourages you to pay attention to your thoughts, your actions and your body. For example, studies have shown that mindfulness can help people achieve and maintain a healthy weight. “It is so common for people to watch TV and eat snack food out of the box without really attending to how much they are eating,” says Chesney. “With mindful eating, you eat when you’re hungry, focus on each bite, enjoy your food more and stop when you’re full.”

Finding time for mindfulness in our culture, however, can be a challenge. We tend to place great value on how much we can do at once and how fast. Still, being more mindful is within anyone’s reach.

You can practice mindfulness throughout the day, even while answering e-mails, sitting in traffic or waiting in line. All you have to do is become more aware—of your breath, of your feet on the ground, of your fingers typing, of the people and voices around you.

Chesney notes that as people start to learn how to be more mindful, it’s common and normal to realize how much your mind races and focuses on the past and future. You can just notice those thoughts and then return to the present moment. It is these little, regular steps that add up and start to create a more mindful, healthy life.

So, before you roll your eyes again, take a moment and consider mindfulness.

Wise Choices

Being Mindful

The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Here are some tips to help you get started:

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating. Be aware of taste, textures and flavors in each bite, and listen to your body when you are hungry and full.
- Find mindfulness resources in your local community, including yoga and meditation classes, mindfulness-based stress reduction programs and books.

Reprinted with permission from NIH News in Health, January 2012, a publication of the National Institutes of Health, United States Department of Health and Human Services.

Bulletin

Providers Fair

PROVIDERS FAIR

AT THE SENIOR CENTER FROM 10AM-1PM

- 2045 Arthur Street -

FRIDAY, MAY 4TH

We invite individuals and family members to come learn about the variety of resources available to older adults and people with disabilities of Klamath County.

KLAMATH BASIN BEHAVIORAL HEALTH (KBBH)

Provides peer mentoring, community groups, and counseling

KLAMATH SENIOR CENTER

Supporting Seniors of Klamath county to live healthy lives through meals, transportation, and active groups.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Provides individual and family supports to those who are experiencing mental illness.

KLAMATH & LAKE COUNTY COUNCIL ON AGING

Promoting dignity, well-being, security, and independence for Southern Oregon senior citizens since 1969

KLAMATH HOSPICE

Provide quality care by improving the end-of-life experience for the terminally ill and their family.

HIGH DESERT HOSPICE

Provides compassionate care to individuals and their loved ones, so that they may complete their journey on this earth in comfort, dignity and harmony.

SPOKES UNLIMITED

Provides supports for independent living.

OREGON RELAY

Provides adaptive equipment for clear phone connections.

...AND MORE!

CHICKEN FRIED STEAK

WILL BE SERVED AT 11:30AM

Cost: For those age 60 and over a voluntary donation is requested for the meal, but not required. Those under 60 are required to pay the full cost of the meal which is currently \$7.00

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

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 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**

May 2018 Events:

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

First Tuesday, April 2nd, join us for Tuesday Friends @ 2:00.

Friday, May 11th 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 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 Lakeview Lions Club – Lunch Meeting.

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

Check out the Cookie Counter just inside the lobby!

3rd Monday, LCSCA Board Meeting

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

Klamath Hospice Volunteer Openings

VOLUNTEER OPENINGS

**Treasures Thrift Store
Volunteer**

Staffed with volunteers who donate their time to sort merchandise, run the cash register, and assist our community. All proceeds benefit Klamath Hospice patients and families. Treasures is open Monday - Saturday from 10:00 a.m. to 4:00 p.m.

Patient/Family Volunteer

Offer additional support for Klamath Hospice families through reading to patients, social visits and more.

Bereavement Volunteers

Provides a friendly shoulder to lean on; offering support through phone calls or home visits.

Caring Companion

Impart a supportive and calming presence during a patient's final hours.

Life Stories

Everyone has a story, help patient's record theirs.



**KLAMATH
HOSPICE**
since 1982

**Start Today!
Call Jennifer at
541-882-2902**

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...



What could be better than a hug from MOM
Filling your heart with LOVE from dusk to dawn!

Sharon (Johnston) Pappas ©

We'd Laugh

Dedicated to Moms Everywhere!

By Sharon (Johnston) Pappas ©

We'd laugh 'til we cried
Mom and I
Something would tickle us inside
Couldn't stop no matter how we'd tried

We held each others' secrets, deep in our hearts
Feelings and stories we needn't tell another
Our trust was true from the start
Best friends, this Daughter and Mother

Dreams and tears, we freely shared
While sipping coffee & having a chat
Each knew the other truly cared
Never a doubt about that

Our travels were fun, much to see
Creating memories to always hold near
From Hawaii to London then home with family
Times with Mom meant joy, nothing to fear

Now she's an angel, who sends her love
To this child's tender heart
Her message comes from 'High' above
Forever friends, never to part.

A Playful Kitty

By Sharon Hudson

The cat pounced on his
Unsuspecting prey.
The bouncy ball then
Went every which way.

It came back and bounced
Off of his head.
He jumped straight up,
In surprise, and said...

Meow, he repeated himself a
Few times before settling down.
The ball finally stopped, and
The cat gave it a frown.

What just happened, he
Knew he didn't like!
Should he go at it again,
And get another strike.

He decided not to pursue,
And gave it a dirty look.
He started cleaning himself,
When he noticed a big book.

On top of the book was
A cellophane wrapper,
It moved with the wind, and
Made noise like a zipper.

He slinked up quietly and
Grabbed it with his claws,
Ripped it to shreds, then
Pounced on it with his paws.

He felt like a mighty warrior,
And was proud of himself.
Then he looked up to see
What was on the shelf.

Nothing looked exciting, so
He decided to get a snack.
All while he was eating, he
Looked for something to attack.

Quiet was the day, and sleepy
Seemed to set in,
So he got into his bed, and
Seemed to have a grin.

The warmth of the sun
Was shining on him,
That made it better, and would
Help restore his vigor and vim.

Mothers Legacy

By Kristy Fowler for her mother, Elsin Chris Hawley

You have wondered what your legacy would be.

To me it will be many, many things.

Your example of great strength of character;

Your deep devotion to God and Nature;

Your dedication to any worthy cause that is presented to you;
Your thoughtfulness and loyalty to friends, family, and community;
Your intelligence and your wisdom; your passion for what is right;

Your honesty and integrity;

Your discipline in taking care of your health
And the health of those dependent upon you;

And most of all

From the perspective of your children
And grandchildren and great-grandchildren,
Your complete and unconditional Love for us.

It is never in question.

And all is enhanced by your humor and kindness.

This is the legacy that we will always have with us.

It will live in our hearts and, hopefully,

Be reflected in our spirits...in different ways...from each of us.

Yours is a living legacy that is with us all every day of our lives.

Of this fact I hope you will never have any doubts.

Hunter's Heaven

By Linda Breazeale

Where hunters go when life is done
Is not through pearly gates
But down a road all bumps and ruts
To see what game awaits.

O'er mountain high and canyon deep
The hunter tracks his prey.
From early morn 'til dusk at night
Undaunted, undismayed.

It does not end with final shot
Or with the carcass hung
But with the stories by the fire
All memories fresh and young.

Now days are done, he has passed on
Beyond our sight and touch.
He walks with God and his rewards
Are trails he loved so much.

No golden street or mansions large
But piney woods and streams
A home to elk and home to deer
A hunter's heavenly dream.

Donor List

Foundation/Corporate Campaign Needs a Boost

With just two months to go before the end of our fiscal year our foundation/corporate giving campaign has stalled with just 55% of our \$100,000 goal in hand. Meanwhile the demand for services has increased almost astronomically, especially in our meals program where we expect to serve 11,000 more meals this next year than the 62,000 we have served in the past each 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. March Donations of \$3,330 were received from the following organizations and individuals:

Amy Haack	Victor Creed	Joyce Moore
Geraldine Schindler	Linda Bourcy	Albert & Delores Errecart
Faith Tabernacle	Sojourners	Etta Holly
Susan Hughes	Rose Chapman	Alan Duyff
Lynette Harvey	Patricia Henderson	Rose Kruezer
Jon Schnebly	Lyle Ficken	Charlotte Moseley
Mary Ellen Sargent	Jonny Jones	Constance Schuetze
Ernie Palmer	Cheryl Gibbs	Ron and Karen Thomas
Dorothy Winters	Wilma Petrik	Roger Dionne
Howard McGee	Zelda Langdale	Mary Waters
John Kouros	Linda Powell	Golden Age
Duckworth Family	Samuel Hawley	

Unidentified contributions in March for Meals , Transportation and Other Services amounted to \$4,303.

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

Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOST YOUR BRAIN 8 WEEK CLASSES CONTINUING MAY 3RD TO JUNE 14TH 2:00-3:30pm		2ND	3RD	4TH	5TH
		SAIL 8:45-9:45 and 10:15-11:15	Craft Class 9-11	SAIL 8:45-9:45 and 10:15-11:15	NICKLE BINGO OPEN 10:00/CALL NOON
		Creative Writing Class 10:00-11:30	DEFENSIVE DRIVING 9-12	County Library 9:30-1:00	
		Balance & Stability at KLC 10:30	Behavioral Health 10:00-1:00	Senior Health Fair 10-1	
		Dancing 1:00-4:00 With The Take Four Band	SAIL 10:15-11:15	Pickle Ball 2:00	
		Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	Golden Age Bingo/Cards 12:30 County Library 1:30-4:00	Line Dancing 7:00pm	
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 for development and information.					
7TH	8TH	9TH	10TH	11TH	12TH
SAIL 8:45-9:45 and 10:15-11:15	Tai Chi	SAIL 8:45-9:45 and 10:15-11:15	DEFENSIVE DRIVING 9-12	SAIL 8:45-9:45 and 10:15-11:15	NICKLE BINGO OPEN 10:00/CALL NOON
Library 9:30-1:00	Intermediate 8:00	Creative Writing Class 10:00-11:30	Craft Class 9-11	County Library 9:30-1:00	
Legal Services 10-12	Beginner 2 9:00	Balance & Stability at KLC 10:30	Behavioral Health 10:00-1:00	Pickle Ball 1:00	
Veterans/ Muffin Mondays 10:00	Beginner 1 10:00	Dancing 1:00-4:00 With The Take Four Band	SAIL 10:15-11:15		
Balance & Stability at KLC 10:30	Advanced 12:10	Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	Golden Age Bingo/Cards 12:30 County Library 1:30-4:00	Line Dancing 7:00pm	
Golden Age Club Bingo/Cards 12:30	Behavioral Health		Boost Your Brain 2:00-3:30		
Yoga 5:00-6:00	Councilor available 10-1		Bingo Fundraiser 4:30/call 6:00		
	Qi Gong 5:30-6:30pm		OPEN 4:30/CALL AT 6:00		
14TH	15TH	16TH	17TH	18TH	19TH
SAIL 8:45-9:45 and 10:15-11:15	Tai Chi	SAIL 8:45-9:45 and 10:15-11:15	Craft Class 9-11	SAIL 8:45-9:45 and 10:15-11:15	NICKLE BINGO OPEN 10:00/CALL NOON
Library 9:30-1:00	Intermediate 8:00	Balance & Stability at KLC 10:30	Behavioral Health 10:00-1:00	County Library 9:30-1:00	
Legal Services 10-12	Beginner 2 9:00	Dancing 1:00-4:00 With The Take Four Band	SAIL 10:15-11:15	Pickle Ball 1:00	
Veterans/ Muffin Mondays 10:00	Beginner 1 10:00	Qi Gong 4:15-5:15pm Tai Chi 5:30-6:30pm	Hearing J.D. Howell 10:15-12:00		
Balance & Stability at KLC 10:30	Advanced 12:10		Golden Age Bingo/Cards 12:30 County Library 1:30-4:00	Line Dancing 7:00pm	
Golden Age Club Bingo/Cards 12:30	Behavioral Health 10:00-1:00		Boost Your Brain 2:00-3:30		
Movie - Only the Brave 12:30	Pickle Ball 2:00		Bingo Fundraiser 4:30/call 6:00		
Yoga 5:00-6:00	Qi Gong 5:30-6:30pm		OPEN 4:30/CALL AT 6:00		
	Ukulele 6:45 PM				

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

Bulletin

Caring For Someone With Dementia?

New Caregiver Support Group

Kathleen Rutherford from Klamath Basin Behavioral Health will be facilitating a new caregiver support group for those caring for people with Dementia.

The group will be meeting the **2nd Friday of each month starting May 11th at 10:00 AM** in the Senior Center's conference room at 2045 Arthur Street, Klamath Falls.

For more information call Miss Rutherford at KBBH, 541-883-1030

Bulletin

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.

Weekly Meeting (unless otherwise indicated)

*Every Tuesday
4:00 p.m. - 5:00 p.m.*

*Klamath Hospice
4745 S. 6th Street
Klamath Falls, Oregon*

Your care. Our mission.



KLAMATHHOSPICE
since 1982

*For more information: 541-882-2902
www.klamathhospice.org • tgarlock@klamathhospice.org*

HOT LUNCHESES 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
21ST	22ND	23RD	24TH	25TH	26TH
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 Councilor available 10-1 Pickle Ball 2:00 Qi Gong 5:30-6:30pm	Board of Directors meeting 10:00-12:00 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 4:15-5:15pm Tai Chi 5:30-6:30pm	Craft Class 9-11 Behavioral Health Councilor available 10-1 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 Pickle Ball 1:00 Line Dancing 7:00pm	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
28TH	29TH	30TH	31ST	JUNE 1ST	JUNE 2ND
CLOSED FOR MEMORIAL DAY	Tai Chi Intermediate 8:00 Beginner 2 9:00 Beginner 1 10:00 Advanced 12:10 Behavioral Health Councilor available 10-1 Pickle Ball 2:00 Qi Gong 5:30-6:30pm	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 4:15-5:15pm Tai Chi 5:30-6:30pm	Craft Class 9-11 Behavioral Health Councilor available 10-1 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 Pickle Ball 1:00 Line Dancing 7:00pm	NICKLE BINGO OPEN 10:00/CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6:00
JUNE 4TH	JUNE 5TH	JUNE 6TH	JUNE 7TH	SPECIAL MUSIC CONCERT SUNDAY MAY 6TH at 2:00pm Music of the Swing Years and Beyond with Dr. Bob's Remedy Band	
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 10:00-1:00 Pickle Ball 2:00 Qi Gong 5:30-6:30pm 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 4:15-5:15pm Tai Chi 5:30-6:30pm	Craft Class 9-11 Behavioral Health Councilor available 10-1 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		

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

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

GREAT DEAL!!!

ADVERTISE IN

Active Seniors

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

Bulletin

Tai Chi Classes

TAI CHI CLASSES - KF Senior Center

**Klamath Falls
Senior Center**

Tuesday

Beginning

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

9-10 am (Set 2)

Intermediate

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

Advanced

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

Wednesday Class

Beginning 5:30-6:30pm

Call 541 274-1555



**Mel Murakami,
Tai Chi Instructor**

Bulletin

SAIL Classes

Stay Active and Independent for Life



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.

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

Feature

Balance and Stability Class

Feet, Ankles, Knees and Hips, Your Foundation for Balance and Movement Improvement



Sore feet? Knees hurt? Stiff hips? Problems with any one or more of these can impede your balance and make movement difficult.

Sometimes we don't even realize which parts of our body work against us just because they are stiff. Tina Mahacek's new set of classes is designed to get these parts to work together to improve movement.

Maybe you did not know that knee is held hostage by the foot/ankle and hip? Thus, the most effective order of classes is to address foot/ankle and hip issues before knee issues.

Any work done with the feet, ankles, knees, and hips can only help balance and decrease the probability of falling.

Report on Tina's Just Completed Falling Class and Teaching Style

Students reported learning confidence; stability exercises; how to fall less, and if necessary, how to twist and turn, tuck and roll to fall gracefully; as well as the importance of paying attention to uneven surfaces.



Students respected Tina's teaching and liked the class atmosphere. Comments

included "knowledgeable," "informative," "easy to understand," and "excellent teaching system." They found the class "nonthreatening" and "inclusive."

She is "charmingly quirky and absolutely riveting to learn from." "I get more laughs in the hour with Tina than I get all week."

Over and over Tina will say "You are not stuck, no matter how old you are. Your movement can improve." Her students report this is something she can help you believe and experience.

CLASS INFORMATION:

Tina is a licensed physical therapist, Feldenkrais and Ruthy Alon Graduate, and has studied many other movement disciplines.

Classes are Monday and Wednesday, 10:30-11:30

Klamath Lutheran Church, 1175 Crescent,

Entrance at Back of Church, 6 steps down.

Requested donation: \$5 per week (ok to attend both classes)

Call Tina at 541 884-2480 for more information



Feature

SHIP TALK (Senior Health Insurance Program)

GETTING HELP WITH YOUR MEDICARE COSTS

Just for review, there are four parts to Medicare. Part A (hospital) is free. Part B (medical) has a premium. The premium is \$134.00/month. This is automatically taken out of your social security check. If you are not yet taking your Social Security, you will be billed every quarter. You must take Part B (unless you have other creditable health insurance such as an Employer Group Health Plan) or you will be penalized. Part C is a choice you can make to have your coverage packaged into a managed care program. These are called Advantage plans. In Klamath County we have only two Advantage plans – Moda and Atrio. Part D is prescription drug insurance and is sold by private companies. You pay the private insurance company and it also can just be automatically deducted from your social security check. Like Part B, you must purchase a drug insurance or be penalized. If you choose to go with an Advantage plan, your drug insurance will be part of the package.

There are two ways you may be able to get government help paying for your Medicare premiums. Let's look at them.

1. The Medicare Savings Program (MSP) can help with monthly Medicare Part B premiums. This program is administered by the local Aging and People with Disabilities office. To be eligible this year (2018): Your monthly income must be less than \$1,386 (single) or \$1,872 (couple) – married and living together. If your monthly income is even much lower, you may even qualify for Medicaid as a secondary to Medicare. There are no resource or asset limits.
2. The Low Income Subsidy program (LIS – administered by Social Security) is available to help with Part D prescription drug premiums and co-pays. This program is commonly known as **Extra Help**. Income must be below \$1,538/mo. (single) and \$2,078/mo. (couple). Your resources, such as stocks, bonds, savings in the bank, etc. must be less than \$14,100 (single) and \$28,160 married and living together. Certain things you own, like your house, car, life insurance and up to \$1,500 in burial expenses do not count as resources. If you qualify for the MSP program described above, you automatically qualify for Extra Help, no matter what your resources are.

Finally, anyone can get the Oregon Prescription Drug Program (OPDP) card which provides discounts on drugs that may not be covered by your plan. Just go to the www.oregon.gov website and type in Oregon Prescription Drug Program in their search space and it will pop up for you. There are several other drug discount cards available and we also recommend you check out GoodRx.com. These discount cards cannot be used in conjunction with Medicare Part D – only if you have drugs that are not covered by your insurance, or if you have no Rx insurance. If you have questions or need help or guidance with any of these options, make an appointment for SHIBA assistance at the Klamath Basin Senior Citizens Center – 541-883-7171.

Respectfully submitted, Anne Hartnett, *SHIBA Coordinator*

Feature

Nancie's Corner Blues Zones Reporter Health and Wellness Counselor

World's Longest Living Women Okinawa, Japan

In late April, the longest living woman in the world, Nabi Tajim from Japan, died at the age of 117. Among the living supercentenarians—those over 110 years of age—all but one of them are women and half live in Japan. This calls for our attention!

Okinawa, Japan is a chain of islands about 400 miles off the east coast of Japan. It is a Blue Zones designated location. When Founder of Blue Zones, Dan Buettner, visited Okinawa he met several women over 100 years of age—highly active women, living alone in simple housing, gardening and cooking their own meals. He calls their food “longevity supplements,” i.e., nutritionally dense foods and natural herbs. Additionally, these women maintain strong, lifetime support networks which are called Moai's, a term you may have heard uttered by a local Blue Zones representative!

Buettner's research piggybacks onto the Okinawan Centenarian Study performed by Drs. Bradley and Craig Willcox and Dr. Makoto Suzuki, cardiologist and geriatrician. Dr. Suzuki is the Principal Investigator of the study which is funded by the Japan Ministry of Health. It is entering its 36th year and is the longest continuously running centenarian study in the world.

What's important about this study? Okinawans consume about 700 calories less than what is recommended in the standard U.S. calorie tables. But, they choose food with caloric density—plant based and complex carbohydrates with more fiber and water. Participants are slightly underweight by our standards and they maintain that same weight throughout their lives. They eat more, but consume fewer calories. And, they live actively!

Their diet includes purple sweet potatoes, seaweed, bitter melon, tofu, daikon (radish), garlic, brown rice, green tea, shiitake mushrooms, miso, jasmine tea, turmeric, burdock root, green papayas and sometimes fish or meat in small quantities. They mimic calorie restriction, a digestive survival mode that has longevity benefits. They call this Hara hachi bu, a Confucian adage that reminds them to stop eating when they are 80 percent full.

Okinawan centenarians personify many Blue Zones' Principles: a regimen of mostly plant-based foods, moving naturally, faith practice (Eastern), eating until 80% full, maintaining a support group or Moai and being in the “right tribe.”

The younger generation of Okinawans isn't faring as well, but their stats are still better than the U.S. Western influences have slowly crept into their traditional lifestyle.

My question is, “How might you make small changes in your life based upon research and the Blue Zones' Principles?”

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

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.

Bulletin SPOKES Unlimited Schedule



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

May 2018

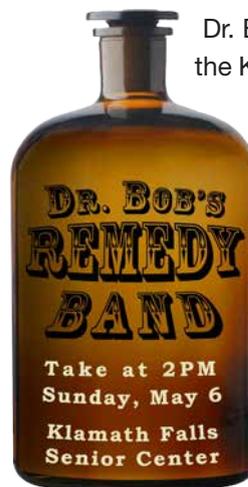
- 4th SPOKES Unlimited will be closed for Community Partner Meeting**
- 15th American Council for the Blind Meeting**
12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street
- 23rd Social Security Workshop**
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance
- 4th SPOKES Unlimited will be closed for the Memorial Day holiday!**

If you or a friend are 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.

Feature Dr. Bob's Remedy Band Offers Solution for Fun!

Article submitted by Paul Stuart



Dr. Bob's Remedy Band is playing May 6th at 2:00pm at the Klamath Senior Center. The "Remedy" rarely presents as musicians gather from as far away as Portland to the North and Arizona to the South. The band gets its name from the well-respected and most elderly player in the band, Bob Dorsey. Among Mr. Dorsey's other claims to fame is his book titled "growing Up in Wheeler Ridge".

According to Manager Vane Day, the band will feature several tunes of the past and present. Among those will be Scott Joplin's "Maple Leaf Rag", a piano solo played by Naomi Leyva; "Winchester Cathedral" sung by former Klamath Falls attorney Steve Orcutt, and "I'm An Old Cowhand", a Bing Crosby hit of the 30's performed by David Stone, also a former resident of Klamath Falls.

Paul Stuart, longtime resident and former Senior Center board member will be the drummer. Connie Coleman will be the featured female vocalist. "The Band exists because they love playing together and they enjoy putting smiles on the faces of those listening", says Mr. Day. At some junctures in the program the audience may be asked if they would like to participate from their seats, or perhaps dance, but active participation is not essential in having a good time.

This is a benefit concert for the Senior Center with all proceeds going to that purpose.

Feature Older Americans Month 2018



ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Feature

God's Plan for Aging

Submitted by Ernie Palmer



Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are, walking from room to room more, getting up and down more, getting excited more, deep breathing more, remember — it's God's will. It is all in your best interest even though you continually mutter under your breath.

Nine Important Facts To Remember As We Grow Older

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years unless you give them your email address.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom.

Remember . . .

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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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Klamath Hospice
6th Annual
Remembrance Run/Walk

Remembrance Walk - 5K Walk/Run - Kids Event

WHEN:
June 2, 2018 at 9:00 a.m.

WHERE:
Harbor Isles Fitness Center
2805 Front Street

REGISTRATION:
Event day at 8:00 a.m.
Pre-register at www.klamathhospice.org/run

ENTRY FEE:
Until May 18 - \$20
May 19 to June 2 - \$25

Questions? Contact Tara at:
tgarlock@klamathhospice.org ~ 541.882.2902



Feature

Skin Cancer Prevention

Article submitted by Klamath Hospice

Warmer days are just around the corner, which means more time outside enjoying the sun! This enjoyment can come with a price though.

May is Skin Cancer Awareness Month. Skin cancer is the most common form of cancer in the United States, with an estimated 1 in 5 Americans developing it in their lifetime (more than 3 million cases per year!). The most common forms that develop are typically basal cell carcinoma, squamous cell carcinoma and melanoma. The good news is that there are many preventative measures that can be taken to reduce you and your family's risk.

Preventative tips include, but are not limited to:

- Avoid prolonged exposure to the sun, especially between the hours of 10 a.m. and 2 p.m. when the rays of the sun are strongest.
- Use sunscreen with a minimum SPF 15 ensuring to pay special attention when applying it to ears, scalp, lips, neck, tops of feet and backs of hands.
- Do not forget to reapply sunscreen.
- Wear hats, sunglasses and clothing with a tight weave or SPF protection.
- Take breaks from direct sunlight.
- Perform regular skin self-exams to detect issues and seek treatment early.

Indicators of skin cancer include, but are not limited to:

- Irregular borders on moles
- Itchy, bleeding or painful moles
- New moles
- Sores that do not heal
- Red patches and/or bumps
- Nonsymmetrical moles
- Moles not uniform in color

If you have concerns about changes in areas of your skin, please seek the advice of your primary care provider or dermatologist.



Feature

Thank You Fundraiser Supporters!

The Klamath Basin Senior Citizens' Center Board of Directors would like to thank the following businesses and people for the generous donations and assistance in making this year's even a success:

Adora Salon, Avalon Salon, Basin Tire Company, Bi-Mart, Tupperware/Cindy Roberts, Coming Attractions Theater, Community Corrections, El Palacio Restaurant, The Favell Museum, Green Blade Bakery, Heart of the Basin Quilters, Holliday Jewelry, Jalapenos Taco Shop, Janell Cotterman, Klamath Community College, Klamath Eye Center, The Klamath Grill, Paul Hansen, Legacy Furniture, Linkville Playhouse, Main Street Jewelers, Mermaid Café, Next of Kiln, Old Town Pizza, Oregon Duck's Gift Store, Oregon Shakespeare Festival, Pamela Ruddock Consulting, Periwinkle, PhotoArt by Aurora, Poppy, Red Rooster Restaurant, Rodeo Pizza, Rogue Regency Inn, Ross Ragland Theater, Sky Lakes Wellness Center, Michelle Tyree, The Daily Bagel, US Cellular, Wild Pigments, Papa Murphy's Pizza, House of Shoes, Elmer's Restaurant, Subway, Colette Fleck, Craig Fleck, Dr. Stewart Decker, Lighthouse Yogurt, Happy Pet Vet, Mount Mazama Spring Water, Shield Crest Golf Course, Orley's & JEM Services, Leap of Taste, Kathy Young and the Klamath County Fairgrounds.

The Board President, Pamela Ruddock would like to personally thank the Development Committee: Jennifer Little, Colette Fleck, Kathy Morris, and Lynn Pritchett for all their hard work on the event as well as KBSCC staff. We could not have had a successful event without you.

Next year's event is scheduled for February 1, 2019 at the Klamath County Fairgrounds. Get it on your calendar as the committee is already in the works to refresh the event with some exciting new ideas that are sure to make this a real fun event!

Keep a look out for additional fundraisers throughout the year. The Committee is already working on a Chili Feed fundraiser to be held in October of this year.



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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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

Menu

May 2, Wednesday

Baked Pasta, Veggie, Salad Bar, Dessert

May 3, Thursday

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

May 4, Friday

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

May 7, Monday

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

May 8, Tuesday

HAPPY BIRTHDAY!
Pizza Mac, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

May 9, Wednesday

Baked Potato, Bar, Veggie, Salad Bar, Dessert

May 10, Thursday

Spaghetti, Garlic Bread, Veggie, Salad Bar, Dessert

May 11, Friday

HAPPY MOTHER'S DAY, Roast Turkey Breast, Stuffing & Gravy, Veggie, Salad Bar, Dessert

May 14, Monday

Mac & Ham, Veggie, Salad Bar, Dessert

May 15, Tuesday

Chili & Cornbread, Veggie, Salad Bar, Dessert

May 16, Wednesday

Baked Chicken, Veggie, Salad Bar, Dessert

May 17, Thursday

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

May 18, Friday

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

May 21, Monday

Vegetable Stew, Cornbread, Veggie, Salad Bar, Dessert

May 22, Tuesday

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

May 23, Wednesday

Sloppy Joes, Veggie, Salad Bar, Dessert

May 24, Thursday

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

May 25, Friday

Fish & Chips, Veggie, Salad Bar, Dessert

May 28, Monday

CLOSED FOR MEMORIAL DAY

May 29, Tuesday

Chili Dogs, Veggie, Salad Bar, Dessert

May 30, Wednesday

Chicken Casserole, Veggie, Salad Bar, Dessert

May 31, Thursday

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

June 1, Friday

Sloppy Joes, Veggie, Salad Bar, Dessert

June 4, Monday

Polish Sausage & Sauerkraut, Veggie, Salad Bar, Dessert

June 5, Tuesday

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

June 6, Wednesday

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

NOTE: The menu is subject to change, depending upon availability of supplies. Tea, coffee, milk & juice are available at each meal. Sugar free desserts and salads available for diabetics.



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



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

This institution is an equal opportunity provider and employer.

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lindaclarkson@ffig.com



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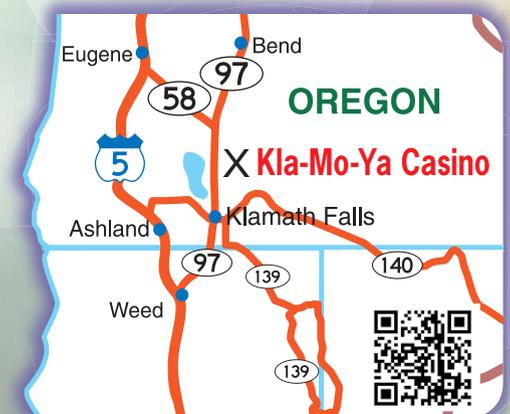
CinCo De Mayo \$5,000 Cash HOT SEAT DRAWINGS May 5th 6-10PM

Come enjoy a fun night out! You could walk away a big winner! Hot Seat Drawings every half hour. Total of \$5,000 in Cash! Food and drink special in the Peak to Peak Restaurant.

Mother's Day 13th \$500 in Prize Money!

Free Slot Tournament for all the women! Sorry guys you will have to pay a \$5 Buy-in. Starts at 3pm~sign ups open at 2pm.

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