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the Senior Center

NOVEMBER 2018

Active **Seniors**

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

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

Hope you noticed the new look of our paper this month with a redesigned cover. It certainly conveys the message that we are a center of active seniors with much to do. Thanks to the Herald and News for providing this publication to the center and the community. It keeps us all connected.



Marc Kane, Center Director

The cover picture emphasizes the need to stay active and the need to maintain relationships as well. This is our purpose, to keep seniors connected and with opportunities to stay healthy. This also accounts for our close ties to the Blue Zones Project that our community has embraced so successfully. You might notice that the items shaded in blue on our activity schedule are all activities that will not only keep you connected but also keep you moving, both a focus of the Blue Zones Project.

Another Thanksgiving Day is upon us and I must say every year brings more blessings to the senior center. I was given a ride to work this morning in the car dealer's courtesy car. In conversation with the driver, she said, "I used to think that I would never go there because everyone is old, but when I went I found everyone friendly and so many things to do. It was a real eye opener and a very welcome place to be."

Her remarks reminded me of how far we have come in recent years in expanding all that we have to offer at the senior center, and to be thankful to everyone in our community that has made this possible. A special thanks goes out to the 150 volunteers that really make up the foundation of the center's' services and our staff who work for not much more than the minimum wage. All are providing a labor of love and dedication.

This is an "all are welcome" senior center. Please come join us.

I am writing this on the day before election day, and it will be distributed on the day after election day. I think we can all agree that we are glad it is over and there are no more political ads. I especially did not

like all the negative advertising.

Well, however it all turned out it was clear there was much at stake for the future of seniors and we must be vigilant of the political process as we move forward to be sure that our representatives, at whatever level of government, understand the needs of a rapidly growing senior population. Please don't wait for another election cycle to make your needs and views known. Keep in touch with elected officials all year long. Better to thank folks next election cycle than to have to say, "you should have done ..."

The annual senior center Christmas Bazaar is coming Dec. 1 . There will be well over 50 vendor tables there offering local crafts. This is the place to find that special locally made Christmas gift.

I wish you all a great Thanksgiving.

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:

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Card # Exp. Date CSC

Recurring monthly contribution: Yes No

Signature

klamathseniorcenter.com



**Klamath Basin Senior
Citizens' Center**

*BUILDING AND MAINTAINING A SUPPORTIVE
COMMUNITY FOR SENIORS*

KBSCC is a 501 (c) 3 non-profit corporation

SPOKES UNLIMITED

Calendar of Activities

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.

November

20 — American Council for the Blind Meeting, 12 -2 p.m., Red Roosters Grill and Pub, 3608 S. 6th Street

23-24 — SPOKES Unlimited will be closed for the Thanksgiving Holiday

28 — Social Security Workshop, 2-3:30 p.m., SPOKES office. 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.

New address

On Sept. 13, the SPOKES office flooded and we had to make an emergency move to a new office while construction is completed. You can now find us at 280 Main Street, right on the corner of Main Street and 3rd Street on the left hand side. If you have any questions, please call us. Thank you for your patience while we get settled in.

All support groups follow confidentiality guidelines.



Feature

Missing strands?

Dealing with hair loss

Hair loss is often associated with men and aging, but it can happen to women and children, too. Many people have thinning hair or bald areas on their head.

You can lose hair slowly or quickly. Whether or not your hair will eventually grow back depends on the cause. A family history of baldness, medical conditions or their treatments, and many other things cause hair loss.

The most common type of hair loss is called androgenetic alopecia, also known as male- or female-pattern baldness. It tends to run in families and causes your hair to fall out gradually. As men get older, they may start to lose hair in the front of their scalp. The pattern of hair loss for women is different. Their hair may thin out all over their scalp, but is often most obvious along the part.

Both men and women with androgenetic alopecia can apply medicines to their scalp to slow the progression of their hair loss. However, some medications are only FDA-approved for men. Some men (and occasionally women) opt for hair transplant surgery, in which tiny plugs of hair are moved from the back of the head to the front. This option depends on how much hair is available for a transplant.

Another type of hair loss

Another common type of hair loss is known as alopecia areata. Scientists recently discovered what causes this type of hair loss. Alopecia areata is an autoimmune disease. The immune system, which normally helps protect your body from disease, starts attacking hair follicles. Hair follicles are the part of the skin that hairs grow from. Usually, only small patches of hair on the scalp are lost. But in severe cases, hair all over the body may be lost. The hair loss may not be permanent because hair follicles are not destroyed. They are just stuck in a resting state.

Currently, there are no approved drugs for alopecia areata. However, an NIH-funded study recently discovered that a class of drugs called Janus kinase (JAK) inhibitors can stop, and even reverse, the disease. Dr. Angela Christiano, a skin disease expert at Columbia University, showed that JAK inhibitors block the damaging effects of the immune system on hair follicles. Many people who took the drug had their hair grow back in her study. More clinical trials are now underway to determine how safe and effective JAK inhibitors are for treatment of alopecia areata.

"I think it's a hopeful time for patients with alopecia areata," says Christiano, who also has the disease. She hopes that the excitement around alopecia areata research will carry over to other types of hair loss, which tend to be understudied diseases. If you start losing clumps of hair or notice your hair thinning, check in with your doctor. They can help identify the cause, suggest possible treatments, and help you learn how to manage the condition.



Bulletin

Klamath Falls Senior Center

Tuesday

Beginning

9:45-10:30 a.m.

10:30-11:30 a.m.

Advanced/Intermediate

9:15-9:45 a.m.

Advanced

12:30- 1:30 p.m.

Wednesday

Evening Class at 5 p.m.

Call 541 274-1555

Tai Chi Classes



Mel Murakami,
Tai Chi Instructor

See HAIR, Page 12

Volunteers needed

Act as an advocate for people in long-term care facilities

Klamath County has 12 long-term care facilities including nursing homes, assisted living facilities, residential care facilities, adult foster homes and endorsed memory care facilities. The county has only one volunteer to act as an advocate for those residents.

Apply online to be a long-term care ombudsman at

www.oregon.gov/litco. Or, request a paper application. Training is beginning soon.



OREGON
LONG-TERM CARE
OMBUDSMAN

1-800-522-2602

www.oregon.gov/litco



Volunteers needed for Foster Grandparent Program

Do you know a neighbor, a friend, or a family member that would enjoy working with children? How about you?

Foster Grandparents are senior volunteers age 55 and older. They act as role models and mentors to children in local schools and community nonprofit programs. We are accepting applications today. Call (541) 892-4521 for more information.

One W Main Street
Suite 303
Medford OR 97051
(541) 857-7786



BENEFITS INCLUDE:
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PERSONAL TIME OFF AND MORE!

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

Volunteer offers time, skills to teach watercolor art

We are fortunate here at the senior center to have volunteers come with a passion to provide a wide array of assistance. Last month Katheine Benford made application to be a watercolor arts instructor. Well we checked her out like we do all our applicants and found that she is an extraordinary person and a very accomplished painter. We are thrilled to have her come to offer her time and talent in passing her skills along to others. You might want to go to her facebook page: watercolor for the fun of it. There you will find a wonderful collection of her work. Following is a statement she wrote to tell you just a bit about herself.

Watercolor for the fun of it

To see the colors of the ocean, rainbows and trees, and to be able to give names to these glorious colors, those were some of the reasons why I began to paint and study watercolor back in 2005. I had never studied art and never considered I would be able to paint; but it didn't matter. Those colors pulled me like a magnet. Watercolor lends itself to any subject, be it landscapes, animals, "still life" or human figures.

If this medium appeals to you, let me help you discover the fun and beauty of this ancient art form. I was fortunate to study with some of the best watercolor artists living today; now it gives me great joy to be able to share what I learned with others. My classes are geared to beginning/intermediate students who will learn techniques unique to the medium in a relaxed setting. Having been born and raised in the Northwest, I finally returned to Oregon after many years. In the few months I have lived in Klamath Falls, I have learned to love this little town and the beautiful scenery surrounding it. I look forward to exploring new subjects and making new friends. Regards to all,

Kat Benford

Interested in a class with Kat Benford? Sign up at the front desk with the senior center receptionist. Leave your contact information. If we get enough interest we will contact you with details. Kat may also be open to individual instruction. There may be assistance available with supply costs if we are able to get some funding from the Klamath County Cultural Coalition (application pending).



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



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



Edwin Tuhy, O.D.
Optometrist



Jennifer Sparks, O.D.
Optometrist

KLAMATH EYE CENTER
New Patients Welcome

2640 Biehn St. • 541.884.3148 • www.klamatheyecenter.com

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...



Celebrate, appreciate ... As blessings flow,
sharing joy and love wherever you go.

Sharon (Johnston) Pappas©

The Veteran

By Linda Breazeale

A call to arms his country gave
And his reply was firm and brave.
He served his country, served it well
Upon the sea, Pacific Hell.

He pledged his valor, pledged his life,
Preserving freedom for country and wife.
The war is done, he's home at last,
His restless dreams relive the past.

The years march by, his days are done.
Now taps ring out, midst echos of guns.
His dreams of war are finally past.
'Neath peaceful oaks he rests at last.

This folded flag the message tells.
He served his country, served it well.

By Sharon Hudson

Thank you Lord for a
Roof over my head,
For a good nights' sleep
In my comfortable bed.

For food on my table
When I need to eat,
For the special times that
Include a special treat.

For the ones that love me
And show that they care.
There is nothing better, on
earth,
And on that I will swear.

For the fragrance of a flower,
As it delights my sense of
smell,
For blue skies and starry
nights
That I know so well.

Thank you Lord!

For the animals all around,
And their different ways.
For all of these things, Lord,
I give you praise.

You bring me peace when
there

Is turbulence in the air,
When I don't understand, and
Things just don't seem fair.

You give me strength when
I feel so weak.
When things in front of me
Look almost bleak.

Thank you for an abundance of
Water because I have a need,
And for the trees in the forest
that
Create oxygen that is freed.

For wisdom and knowledge,
As I love to learn.
You give me answers, and free

My mind of worry and concern.

For sunshine and clouds
In our beautiful sky.
For a rainbow so colorful, and
No need to wonder why.

I can enjoy its beauty
Until it disappears
Into the scenery, while the
Clouds shed their tears.

For the mountains in the
Distance, as they stand so tall.
And for forgiving my sins,
Lord, that's your call.

So please take my hand and
Guide me where you will.
I will follow your lead,
Like the ink from a quill.

I promise you Lord that
I will do my very best,
And thank you God,

Refined

By Sharon Hudson

Early in the morning,
Before the sun came up,
I could hear the birds, while
I washed my favorite cup.

Their song was enjoyable, and
They seemed busy as could be.
Chattering to each other, but it
Was still dark, and I couldn't see.

I put on a pot of coffee
Of my favorite brew.
Sat down and watched the
Weather as the smell of coffee grew.

Thirty minutes later, the
Sun made it bright.
I looked in the mirror, and
Gave myself a fright.

My hair looked as if I had
Been zapped in my sleep,
By a creature with a zap gun.
Who was really a creep.

My eyelids were puffy, and
I guess swollen a bit.
I laughed out loud, and
Just couldn't quit.

The thought occurred that I should
Clean up before going out.
I didn't want to scare people.
That's not what I'm about.

So I tamed my hair, and
Put on clean clothes,
I'm Happy that strangers didn't
See that laughable pose!
Thank you Lord!

Writer's Corner cont.

Reminisce

What are your memories
Of being a child
Close your eyes and reminisce
For just a little while

Did you laugh with friends
And set your imagination free
Becoming a super hero, princess
Or a silly monkey in a tree

Maybe you were a cowboy
Riding in a rodeo
Wearing boots, hat, and spurs
The star of the show

Were you warm and safe

When it was time for bed
Snuggling under the covers
As a story was read

A prayer and kiss
As you said Good Night
"Sweet Dreams," said Mom and Dad
As they turned out the light

A memory can make you smile
Or taste bittersweet
So cherish the ones you create today
For they will be your heart's retreat.

Sharon (Johnston) Pappas ©



Bulletin

Balance and Stability Class

Report from newest frontier: Fascial fitness

By Judith Jensen

Fascia is muscular connective tissue. Maybe you have heard of plantar fasciitis? Well, fascia exists not just in the foot but throughout the body. It is important for health, well-being, and mobility. It "transmits the power of the muscles, communicates with the nervous system, and protects internal organs." (Robert Schleip). We can learn to soften our fascia to free our movement.

Here are the latest comments from students in Tina Mahacek's new class on fascial fitness.

"You feel younger.

"Because I sense more, because I am more "sense-able", I don't have to pay such close attention to walking. I just live, don't have to panic."



image: npr.org

"Becoming more me."

"Not only do I move better, it helps my brain."

"Motion more fluid."
"For the first time in years, I can get off the floor."

"I feel like I am unwinding previous trauma."

"We do come because we have fun."

A final thought: If you brain works and you move well, how can you be old?

Ongoing Classes

*Monday and Wednesday 10:30-11:30+
Klamath Lutheran Church, 1175 Crescent Ave, Behind Klamath Union High School. Go to back entrance of church, down six stairs)
For information call Tina: 541-274-1555*

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CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARE GIVING SUPPORT GROUP FOR DEMENTIA CLIENTS WITH BEHAVIOR HEALTH EVERY SECOND FRIDAY 10 a.m.-12 p.m.. 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. NEW HOURS FOR WEDNESDAY'S TAI CHI - 5-6 pm		7th	8th	9th	10th
		SAIL 8:45-9:45 and 10:15-11:15	Craft Class 9-11 a.m. Behavior Health 10 a.m.-1 p.m.	SAIL 8:45-9:45 and 10:15-11:15	
		Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30	Boost Your Brain 10-11:30 SAIL 10:15-11:15 a.m.	County Library 9:30 a.m.-1 p.m.	NICKEL BINGO OPEN 10 a.m./CALL NOON
		Dancing 1-4 p.m. With The Take Four Band	Golden Age Bingo/Cards 12:30 County Library 1:30-4 p.m.	Pickleball 1 p.m.	
		Qi Gong 4-5: p.m. Tai Chi 5-6 p.m.	Bingo Fundraiser OPEN 4:30/CALL AT 6 p.m.	Dancing 7 p.m. With The Take Four Band	BINGO FUNDRAISER OPEN 4:30/CALL AT 6 p.m.
12th	13th	14th	15th	16th	17th
CLOSED in honor of Veterans Day Thank you for your service	Tai Chi Advanced/Intermediate 8:15 Intermediate 9:15-9:45 Beginner 2 8:45-10:30 Beginning 10:30 Advanced 12:30-1:30.	SAIL 8:45-9:45 and 10:15-11:15	Craft Class 9-11	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30 a.m.-1 p.m.	NICKEL BINGO OPEN 10 A.M./CALL AT NOON
	Behavior Health 10 a.m.-1 p.m.	Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30	Boost Your Brain 10-11:30 SAIL 10:15-11:15 a.m.	Pickleball 1 p.m.	BINGO FUNDRAISER OPEN 4:30/CALL AT 6 p.m.
	Pickleball 1 p.m.	Dancing 1-4 p.m. with Take 4 Band	Golden Age Bingo/Cards 12:30 County Library 1:30-4 p.m.	Dancing 7 p.m.	
	Tai Chi advanced 6-7 p.m.	Tai Chi 5-6 p.m.	Bingo Fundraiser OPEN 4:30/CALL AT 6 p.m.		
19th	20th	21st	22nd	23rd	24th
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1 p.m. Legal Services 10-12 Qi Gong 10-11 a.m. NEW Vets/ Muffin Mondays 10 a.m. <i>Speaker: Dutch Bros.</i> Balance & Stability at KLC 10 a.m. Golden Age Club Bingo/Cards 12:30 Yoga 5-6 p.m.	Tai Chi Advanced/Intermediate 8:15 Intermediate 9:15 Beginner/Intermediate 9:45 Beginning 10:30 Advanced 12:30 and 6-7 p.m. Pickle Ball 2:00 Ukulele 6:30 p.m. Behavior Health 10 a.m.-1 p.m	SAIL 8:45-9:45 and 10:15-11:15 Balance & Stability at KLC 10 a.m. Dancing 1:00-4:00 With The Take Four Band Qi Gong 4-5 p.m. Tai Chi 5-6 p.m.	Closed Thanksgiving Day	Closed for the Holiday	NICKEL BINGO OPEN 10 a.m./CALL NOON BINGO FUNDRAISER OPEN 4:30/CALL AT 6 p.m.

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

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

NOVEMBER

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
26th	27th	28th	29th	30th	DECEMBER 1st
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1 p.m. Legal Services 10-12 Veterans/ Muffin Mondays 10 a.m. <i>Speaker: Snowflake Festival - Ed</i> Qi Gong 10-11 a.m. NEW Balance & Stability at KLC 10 a.m. Movie 12:30 - The Children Act Golden Age Club Bingo/Cards 12:30 Yoga 5-6 p.m.	Behavior Health 10 a.m.-1 p.m. Tai Chi <i>Advanced/Intermediate</i> 8:15 <i>Intermediate</i> 9:15 <i>Beginner/Intermediate</i> 9:45 <i>Beginning 10:30</i> <i>Advanced</i> 12:30 p.m. Pickleball 2 p.m. Advanced Tai Chi 6-7 p.m.	SAIL 8:45-9:45 and 10:15-11:15 Board of Directors 10 a.m.-Noon Creative Writing Class 10-11:30 Balance & Stability at KLC 10 a.m. Dancing 1:00-4:00 With The Take Four Band Qi Gong 4-5 p.m. Tai Chi 5-6 p.m.	Craft Class 9-11 Behavior Health 10 a.m.-1 p.m. SAIL 10:15-11:15 Golden Age Bingo/Cards 12:30 County Library 1:30-4 p.m. Bingo Fundraiser OPEN 4:30/CALL AT 6:00	SAIL 8:45-9:45 and 10:15-11:15 County Library 9:30-1 p.m. Pickleball 1 p.m. Dancing 7 p.m.	CHRISTMAS BAZAAR 8:30 a.m. - 3 p.m. BINGO FUNDRAISER OPEN 4:30/CALL AT 6 p.m.
DEC. 3RD	DEC. 4TH	DEC. 5TH	<p>Tai Chi New hours during the day <i>Advanced/Intermediate 8:15-9:15</i> <i>Intermediate 9:15-9:45</i> <i>Beginner/Intermediate 9:45-10:30</i> <i>Beginning 10:30-11:30</i> <i>Advanced 12:30-1:30 p.m.</i></p>		<p>Tai Chi New evening times TUESDAY ADVANCED 6 - 7 P.M. WEDNESDAY 5 - 6 P.M.</p>
SAIL 8:45-9:45 and 10:15-11:15 Library 9:30-1 p.m. Legal Services 10-12 Veterans/ Muffin Mondays 10 a.m. <i>Speaker: Blue Zones - Merritt</i> Qi Gong 10-11 a.m. NEW Balance & Stability at KLC 10 a.m. Golden Age Club Bingo/Cards 12:30 Yoga 5-6 p.m.0	Tai Chi <i>Advanced/Intermediate</i> 8:15 <i>Intermediate</i> 9:15 <i>Beginner/Intermediate</i> 9:45 <i>Beginning 10:30</i> <i>Advanced</i> 12:30 p.m. Behavior Health 10 a.m.-1 p.m. Pickleball 2 p.m. Tai Chi Advanced 6-7 p.m. Ukulele Class 6:30 p.m.	SAIL 8:45-9:45 and 10:15-11:15 Creative Writing Class 10:00-11:30 Balance & Stability at KLC 10:30 Dancing 1-4 p.m. With The Take Four Band Qi Gong 4-5 p.m. Tai Chi 5-6 p.m.			
<p>CHRISTMAS BAZAAR SATURDAY DEC. 1 8:30 a.m. to 3 p.m.</p>			<p>Legal services for seniors Offered through local Area Agencies on Aging Call Mike Spencer 541-891-9426 or Mark Runnels 541-891-2956</p>		<p>HAPPY PET DAY Thursday, Dec. 6 10 a.m. - 12 p.m.</p>
			<p>Safe Driving Classes Thursdays, DEC. 6 and 13 Sign-up sheets at front desk Must attend</p>		<p>Care Giving Support Group for dementia clients With Behavior Health every 2nd Friday 10 a.m. to Noon</p>

Bulletin

Grief Support Group



Every Tuesday 4 p.m

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

We are here to help you:

- increase your understanding of grief
- Gain support • Find hope • Adjust to loss
- Gain self-awareness • Lean coping skills



For more information: **541-882-2902**

www.klamathhospice.org • tgarlock@kllamathhospice.org

Bulletin

ADVERTISE IN

Active Seniors

GREAT DEAL!!!

Ad Sizes	Open Rate	1 Year Rate
1/8 page	\$84	\$60
1/4 page	\$104	\$84
1/2 page	\$204	\$155
Full page	\$408	\$360

Call 541-885-4410 for more information

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
Save the Date: FAMILY BINGO SUNDAY JANUARY 13

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

Feature

SHIP TALK
 (Senior Health Insurance Program)

Open enrollment is now

Because this is such an important time of year for insurance, I'm running a repeat of last month's column. Don't wait until the very end because we're running busy down at the senior center. **Open enrollment ends December 7, 2018.**

Here are the things you need to check out. Probably the most commonly changed plans are the Medicare Part D prescription drug plans. Every drug plan is different – and has a different price tag. And they all seem to change every year. By now you should have received your notice of 2019 pricing and formulary from your current drug plan. Be sure and check it out carefully and make sure you want to keep it. Perhaps it's increasing its premium substantially. We can help you hunt for another one that might be cheaper and still meets your needs. Make sure your plan's formulary hasn't changed and all your drugs are still covered. Or perhaps you've added some new drugs which your current plan doesn't cover. Or, even better, perhaps you no longer need to take that very expensive drug which required you to get a more costly plan.



When you make an appointment with SHIBA to check out drug plans, you'll need to bring in a complete list of the drugs and dosages you're taking. Changes made during the open enrollment period will become effective January 2019. (Please note that if you're receiving Extra Help, the Low Income Subsidy (LIS), you can change your drug plan at any time of the year.)

The other change that people can make only during open enrollment period is switching from regular Medicare to an Advantage plan. An Advantage plan covers the same benefits that regular Medicare offers but with a different price tags and co-pays. You can also include your prescription drug package in the Advantage plan. For some people it can prove to be more economical since they seldom go to the doctor. If you're just curious to see how it works and what's offered, you may want to come in during open enrollment period and check it out.

If you are currently in an Advantage plan and would like to change into regular Medicare plus a supplement and a stand-alone drug plan, this is the time to do it. Again, new coverage will be effective January 1, 2019. You'll also have another chance to switch from an Advantage to Original Medicare from January 1 through February 14, 2019. However, the change will not take place until April 1, 2019.

If you have a Medigap (Medicare supplement) that has raised its rates substantially and you're interested in changing into another plan, you can do this at any time in the year. But remember, Medicare supplemental plans can refuse to insure you if you have pre-existing health conditions — with one important exception. During the 30 day period following your birthday date, you have guaranteed issue to switch plans — meaning they can't turn you down during this time period. (This is known as the Birthday Rule.)

Hopefully this information will be helpful for those of you who are uncertain how to handle all the information you're getting in the mail. Remember, they're just ads. If you think you might need help with your Medicare options and decisions, be sure and call the Senior Center at 541-883-7171 and ask for an appointment with a certified SHIBA counselor.

Remember . . .

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Anne Hartnett, SHIBA Coordinator



What's walking got to do with it?

Moving naturally is one of the nine Power Principles for Blue Zones Health and Wellness. By nature of their lifestyles, folks living in Blue Zones' areas move consistently throughout each day. That, however, doesn't describe a typical day for many of us. How can we change that? The simplest and easiest way is to build walking, not strolling, into our daily routine.

Nancie's Corner

Blues Zones reporter, health and wellness counselor

Research described in the British Journal of Sports Medicine this year indicates that the positive effects of walking is even more pronounced in older populations. Average paced walkers over 60 years of age experienced a 46 percent reduction in premature mortality and cardiovascular disease and fast paced walkers a 53 percent reduction. What, you might ask, is considered fast pace? It is walking between 3 to a little over 4 miles per hour. If that isn't doable for you, walk at a pace that makes you slightly out of breath or sweaty when sustained.

Where to walk in Klamath Falls? Right outside your front door is an obvious choice if sidewalks are available and safety isn't a concern. The OC&E trail is another. For those who live at Running Y, a vast paved trail system awaits. Moore Park provides another excellent opportunity for walking and offers some hilly terrain. Suggest you find a buddy to walk with you there. In winter, treadmills with speed and gradient levels abound at nearby fitness centers.

The indoor walking program in Mike's Fieldhouse at Steen Sports Park is open on Tuesday 6 to 9 a.m. and 5:30 to 7 p.m., Wednesday noon to 1 p.m. and Thursday 6 to 9 a.m. Check out the newly dedicated 1.5 mile Fit Trail with exercise stations. It is suitable for all fitness levels and surfaced with all-weather gravel. Plus, there's an optional 1.5 mile loop at the southern end of the park.

Go for it, an opportunity to pick up the pace and add steps to your day all the while performing "preventative maintenance" on your body.

If you'd like a private consultation with me, please provide your name and phone number at the front desk of the Senior Center.

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

Hair | from Page 4

Coping with the effects of hair loss on your head can be difficult, but there are many things you can do. “Find somebody that you trust and just talk about what’s going on,” advises Kathleen Baxley, who is the chief of social work at the NIH Clinical Center. She oversees a team that counsels people in clinical studies, including those who lose their hair because of a treatment. “It really helps folks a lot of the time just to tell their story. You can speak with a family member or close friend. Or, you can reach out to a counselor.”

“Sometimes finding support groups helps,” Baxley adds. Support groups meet in person or have discussions online. For other tips on how to manage hair loss, see the Wise Choices box.

References

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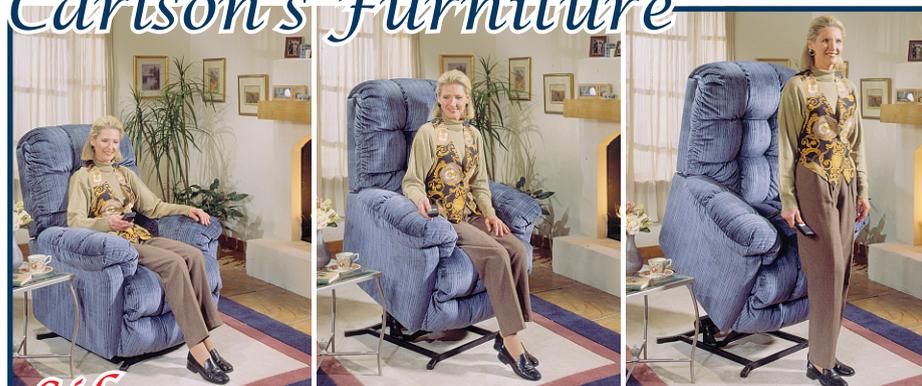
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Feature

Yoga may help treat chronic back pain

A carefully adapted set of yoga poses, practiced under the guidance of a well-trained instructor, may help reduce chronic low back pain and improve function.

Many people experience low-back pain over their lifetime. For those who don't recover quickly, the discomfort can become chronic, lasting for months or even years.

NIH-funded researchers have been looking for new ways to treat long-lasting low-back pain. A new study shows that yoga may help relieve moderate to severe low-back pain. The research team recruited 320 people with chronic low-back pain from diverse backgrounds and underserved communities. More than half of the study's participants were non-Hispanic black and earned less than \$30,000 per year.



YOGA CLASS is offered at the Klamath Senior Center every Monday evening at 5 p.m.

The participants were randomly assigned to three groups. The first group took 12 weekly yoga classes designed for people with low-back pain. The second group had 15 physical therapy sessions over 12 weeks. These included exercises to strengthen back and core muscles.

The third group received a self-help book and newsletters to learn how to deal with back pain.

The results suggested that a structured yoga class may be an option for treating chronic low-back pain. All three groups reported improvement in physical function and pain reduction. However, people in the yoga and physical therapy treatment groups were more likely than those in the education-only group to stop taking pain relievers after a year.

“Chronic low-back pain disproportionately impacts those who are economically disadvantaged,” says research team leader Dr. Robert Saper of the Boston University School of Medicine and Boston Medical Center. “Therefore, we feel that it was important to test whether the yoga would be received well by an underserved population as well as being effective.”

References: Yoga, Physical Therapy, or Education for Chronic Low Back Pain. Saper RB, Lemaster C., Delitto A, Sherman KJ, Herman PM, Sadikova E, Stevans J, Keosaian JE, Cerrada CJ, Femia AL, Roseen EJ, Gardiner P, Gergen Barnett K, Faulkner C, and Weinberg J. *Ann Intern Med*. 2017 Jun 20. doi: 10.7326/P17-9039. [Epub ahead of print]. PMID: 28631006.

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Bulletin

SAIL classes

Stay Active & Independent for Life

This is what participants say about SAIL classes:

Fred says "It's the fountain of youth!"

Ann — "Much gain with no pain."

Jack — "It works every muscle and joint."

Paul — "I was able to reduce my pain meds!"

Barbara — "It is not aerobic. We don't sweat."

Linda — "It's fun to exercise with other people."

Mary — "It helps my balance and prevents falls."

Steve — "The instructors are very cordial and knowledgeable."



So what are you waiting for? Come join us. You'll be glad you did!

Classes are:

Mon. Wed. & Fri. from 8:45 to 9:45

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

You can start right away. A two dollar donation is suggested.

Mary Noller & Suzan Phipps are the Certified Instructors.

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HAVING A
SERIOUS ILLNESS
MAY NOT BE
YOUR CHOICE...
HOW YOU LIVE IS.



LEARN MORE ABOUT
HOW WE CAN HELP.

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Bulletin

Lake County Senior Citizens Association November event schedule

■ **First three Tuesdays, 7:30 a.m.** — Klamath Falls Trips for Medical Appointments & Shopping. (\$20.00 donation when you sign up.)

■ **First Tuesday, November 6** — Join us for Tuesday Friends at 2:00.

■ **Every Tuesday & Thursday** — our Thrift Shop is open 1 to 4 p.m. and second Saturday from 10 a.m. to 2 p.m.

■ **Birthday Lunch** — 2nd Friday, November 9. Thanksgiving theme. Come join us and have birthday cake.

■ **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 to 11 a.m.

■ **Wednesdays 12 to 1 p.m.** — Lions: Lunch Meeting.

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

We serve hot meals to everyone Monday, Wednesday and Friday. It's only \$7 for those under 60 and we request a \$5 donation for those over 60. We provide home delivered meals weekly. Lunch is served at noon. Join us! Seniors and disabled may request local medical transportation with advance notice.

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

We have a Volunteer position open for someone qualified to take blood pressures on Monday's before the lunch hour.

Bulletin

Safe Driving Course

SAFE DRIVING

Can Save You Money

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

December 6 and 13 • 9 a.m. – Noon
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.*



Annual Caregiver Appreciation Event

Nov. 28, 2018 Noon to 3 p.m.
2200 N. El Dorado St.
Klamath Falls, OR 97601

Klamath Falls Caregiver Resource Fair

Brought to you by the Caregiver Support Program at VA SORCC in conjunction with Sky Lakes Community Education Center

Join the Caregiver Support Program Staff and local vendors as we bring you important information relevant to caregiving for your loved one. Bring your questions and plan on visiting with others in celebration of what you do.

All family caregivers are invited

Please RSVP to Michele Simmons at 541-826-2111, Ext. 3927 Or email to Michele.simmons2@va.gov

Donor List

Hope Lutheran Church hosts meals fundraiser; Green Diamond Resources Co. donates

Recognizing the challenges we face this year with so many new seniors needing Meals-On-Wheels, the Hope Lutheran Church dedicated the proceeds of its annual Oktoberfest to the senior meals program. Thank you to those fine folks. Their event is limited to 100 attendees each year and raised more than \$2,364. Our hopes are up that other organizations in the basin will also step up with some additional support.

The Green Diamond Resources Company also delivered a grant check recently for \$5,000 to assist with the renovation of our dining facilities at the senior center. We always appreciate our corporate good neighbors. Nearly twenty grants each year in a campaign to raise \$100,000 or more each year. Local and corporate gifts are needed to match the government support of the center.

A big thanks to all our individual contributors for their monetary support and to those who make donations when participating in programs that don't expect to be acknowledged by name. We are grateful to all who support the Senior Center. September donations of \$ 1,900 were received from the following organizations and individuals:

Geraldine Schindler	Cheryl Gibbs (1)	Joyce Moore
First Presbyterian Church	Ernie Palmer	Rose Kruezer
Lynette Harvey	Donna Maloney	Charlotte Moseley
Jon Schnebly	Etta Holly	Ron and Karen Thomas
Donna Hill	Patricia Henderson (anonymous)	Constance Schuetze
Dorothy Winters	Wilma Petrik	Art & Janet Luttig
Howard McGee	Jonny Jones	Roger Dionne
Mary Ellen Sargent	Samuel Hawley	Mary Waters
Carolyn Hartley	Albert & Delores Errecart	
Burl Parrish		

Unidentified contributions in September for meals, transportation and other services amounted to \$3,147.00

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

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

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.

Menu

November 7, Wednesday

Baked pasta, garlic bread, veggie, salad bar, dessert

November 8, Thursday

Chicken strips and fries, veggie, salad bar, dessert

November 9, Friday

Beans and ham, cornbread, veggie, salad bar, dessert

November 12, Monday

Closed for Veterans Day

November 13, Tuesday

Cheeseburger and fries, veggie, salad bar, dessert. Birthday cake and ice cream

November 14, Wednesday

Split pea soup, veggie, salad bar, dessert

November 15, Thursday

Meat loaf, mashed potatoes and gravy, veggie, salad bar, dessert

November 16, Friday

Sloppy Joes, veggie, salad bar, dessert

November 19, Monday

Roast chicken, veggie, salad bar, dessert

November 20, Tuesday

Macaroni and ham, veggie, salad bar, dessert

November 21, Wednesday

Thanksgiving dinner: Turkey and dressing, veggie, salad bar, dessert

November 22, Thursday

Closed for Thanksgiving holiday

November 23, Friday

Closed for Thanksgiving holiday

November 26, Monday

Chicken casserole, veggie, salad bar, dessert

November 27, Tuesday

Chili dogs, veggie, salad bar, dessert

November 28, Wednesday

Au gratin potatoes and ham, veggie, salad bar, dessert

November 29, Thursday

Chicken-fried steak, mashed potatoes and gravy, veggie, salad bar, dessert

November 30, Friday

Spaghetti with meat sauce, garlic bread, veggie, salad bar, dessert

December 3, Monday

Au gratin potatoes and ham, veggie, salad bar, dessert

December 4, Tuesday

Baked pasta, garlic bread, veggie, salad bar, dessert

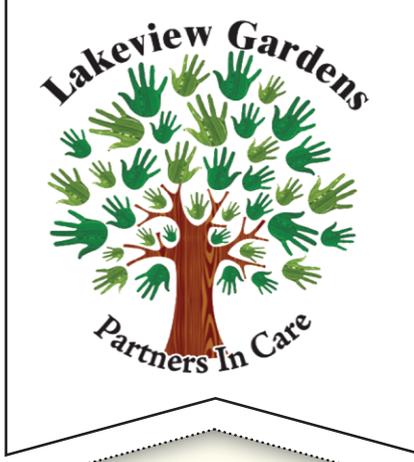
December 5, Wednesday

Roast chicken, veggie, salad bar, dessert

December 6, Thursday

Salisbury steak, mashed potatoes, 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
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www.lakeviewgardens.org

This institution is an equal opportunity provider and employer.

Happy Birthday!

Oregon has given you the gift to shop around for a new Medicare supplement during your birthday month.

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- Get the same coverage
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We don't believe one size fits all and you shouldn't either. Futurity First works with dozens of carriers representing hundreds of products so we can create a plan that's perfect for you!



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Join us for lunch! **Call 541.238.2518**
to experience what makes us unique



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1809897



Thanksgiving

STUFFING your pockets!

November 22nd 6-9PM

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on the half hour we are giving away \$500!

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