



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

FREE
Take
One!

Above:
*Maurine Loptete, one of
our receptionists and our
Creative Writing Class
instructor.*
Read more on page 14



**Let's be united,
give to the
United Way!**



INSIDE

**New Health
Promotion Class**

See Page 12

SEPTEMBER • 2016

Active Seniors

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 -
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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

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BINGO!
Every Thursday & Saturday
OPEN at 4:30pm & CALLING at 6pm
New Tuesday Afternoon
Paper Only Games
Casual meals & snacks available!
Best Payouts in Town!

**REMODELING
NO BINGO SEPT. 20**

**This fund-raising event depends
on volunteers. We need callers and
floor help! Call us!**

**Klamath Basin Senior Center
2045 Arthur Street
541-883-7171**

Welcome

Let's Be UNITED! United Way launches its annual fund drive this month. The Senior Center and seventeen other service agencies rely on United Way for funding, and United Way relies on the support of the entire community to make the campaign a success. It is an opportunity to work together, and in so doing to achieve more. Collectively United Way funded agencies work collaboratively to make Klamath Falls a better place to live by providing support to citizens in need of all ages. I strongly urge your support.



Marc Kane, Center Director

A Surprising Revelation: Maryann Kieffer visited with me this month to introduce her new video Balance For Life Now! with daily exercises that aim to improve your balance and prevent falls. The program includes a brief and simple test to see if your balance is in tune. I thought that's a great, for everyone else. After all I hike, walk and swim regularly and should be in great shape. Much to my surprise I took the test and discovered my ability to balance could use a lot of improvement. I'm already in my late sixties. Falling at this age or older can be devastating, and for many older adults can be the incident that will shorten their lives dramatically. Health classes at the senior center focus on balance. You might not think they are for you, but take the balance test. You may be surprised. Information about Maryann's new video will be available soon at the Senior Center.

Health Promotion: We continue to add health promotion opportunities at the Senior Center and wish to draw your attention to two features in this issue. The first is the article on page 12 introducing the Stretch and Tone class instructed by Bev Fairclo. This class has room for more and you can join the class at any time as it is ongoing throughout the year. Another feature to notice would be the promotion of the upcoming Blue Zones/Library sponsored health fair on October 1st. See page 9 for details. The fair provides education in the many opportunities now available in our community to improve your health and many things that you can just do for yourself that contribute to living longer and living better through better health.

Get Your Game Face On! New bingo equipment is coming this month. The Center earns much of its support through Bingo fundraisers on Tuesdays, Thursdays and Saturdays. New equipment this month will include an automated blower that reads each ball drawn and posts the bingo number without the ball having to be handled or even leaving the machine. In addition new individual machines, much like tablets, will replace the older machine players. The tablets will be easier to use than our present machines, and a lot more fun. We will of course continue to offer paper play as well. Next in October new displays will be added on the walls to replace the old bingo boards. Come see and play!

Join Us! We Celebrate Life!

Marc Kane, Executive Director

To make a fully tax-deductible contribution to
the Klamath Basin Senior Citizens' Center

Call (541) 883-7171

or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name:

Email:

Street Address:

City: State: Zip:

Amount of Contribution:

Does your employer have a matching gifts plan? Yes No

My check is enclosed payable to **KBSCC**.

Or charge my contribution to my:

Visa Mastercard AMEX Discover

Card # Exp. Date CSC

Recurring monthly contribution: Yes No

Signature



**Klamath Basin Senior
Citizens' Center**

BUILDING AND MAINTAINING A
SUPPORTIVE COMMUNITY FOR SENIORS

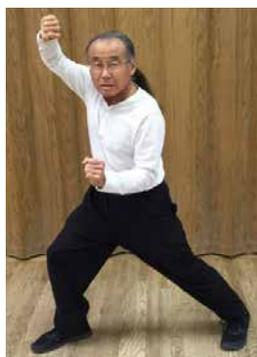
KBSCC is a 501 (c) 3 non-profit corporation

Bulletin

COME LEARN TAI CHI!!

Tuesdays -Senior Center
Beginning 10:00-11:00
Intermediate 9:00-10:00
Advanced 12:00- 1:00

Just Come
You are welcome



Feature

TAI CHI

By Sharon Hudson

She bowed in to her teachers
As the class began.

He put on the music, and
She turned on the fan.

She felt graceful as a Swan,
And her moves proved it true.
The more she did, the
More the feeling grew.

Slowly in sequence while
She closed her eyes,
Clearing her mind, and above
Distractions she had to rise.

Listening carefully to what
Her teachers said.

Removing stressful thoughts
That were in her head.

As she relaxed she let
The Tai Chi fill her inside,
Pushing out the darkness
That was trying to hide.

Before she knew it all
Four sets were done.
She bowed out with respect.
Her body and mind had become one!

Bulletin

Balance and Stability

WOW! MOVEMENT IMPROVEMENT!!

Get to know your muscles and bones as you target those stiff & sore spots with new movements & support.



- **Monday 10:30-11:30**
KLAMATH LUTHERAN CHURCH,
1175 Crescent
- **Wednesday 10:30-11:30**
KLAMATH LUTHERAN CHURCH,
1175 Crescent
- **Friday 11:30-12:30 • SENIOR CENTER**

Just come, or call 541 274-1555
Tina Mahacek - Licensed Physical Therapist

Feature

Staff / Volunteer Focus

In recognition for our Senior Center Employees and Volunteers

CINDY DUPART



Cindy has been with us for 10 years. This month we are introducing you to our Employee who gives a lot of herself to the Senior Citizens Center. Her position is Dispatcher and Scheduler for our Transportation Department. Her duties include interacting with drivers for transporting patrons which keeps her very busy. Even with these responsibilities she exceeds at what she does.

Cindy was born and raised in Klamath Falls Oregon. Her activities include bicycling, hiking, kayaking, and camping. Her favorite hobby is designing and creating beautiful quilts. During her childhood years she enjoyed camping at the coast, going to Grand Canyon and visiting Disneyland. This summer Cindy and her husband, Tom, and her son, Tyler, went to Europe seeing the sites of Italy, France and Switzerland. Cindy and her family enjoyed a trip down the Venice Canal in a Gondola.

Cindy enjoys volunteering at her church interacting with the children.

Cindy always loved to spend time on her Grandma and Grandpa's ranch riding on her favorite horse. Once she was riding her horse enjoying the day and a 4-legged black with a white stripe varmint, known as a skunk, sprayed her and her horse. Both Cindy and the horse experienced a bath in tomato sauce soon after their encounter with the skunk.

Thank you Cindy for all the years you have been with the Senior Citizen Center. We appreciate your hard work and continued service with us.

Bulletin

You can help
The Klamath Senior
Center earn donations
just by shopping with your
Fred Meyer Rewards Card!



Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can search for us by our name or by our **non-profit number 94031**.
- Then, every time you shop and use your Rewards Card, you are helping The Klamath Senior Center earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.



Attend a FREE Living Well Workshop!

- ✓ Find practical ways to deal with pain and fatigue.
- ✓ Learn from others who are living with a chronic illness themselves
- ✓ Learn real life skills for living a full, healthy life while actively managing your health condition

Who should attend?

- ✓ Anyone with an ongoing health condition such as diabetes, arthritis, heart disease, high blood pressure, chronic pain, anxiety, or depression
- ✓ Or family or friend of someone living with an ongoing health problem

Pre-Registration requested

Call Valerie Franklin, Program Coordinator

@ 541-274-7252

or email Valerie.franklin@skylakes.org

UPCOMING FREE WORKSHOPS FOR FOR ALL AGES

Living Well with Diabetes

Mondays, October 3 - November 7

5:30pm-8:00pm

Tribal Health & Family Services

3949 S. 6th St., Klamath Falls, OR 97603

2017 Class schedule coming soon!

Contact Valerie Franklin for more information



Klamath Basin Senior Citizens' Center



advocacy | action | answers on aging



Feature

THE WATER CONTENT OF OUR FOODS

by Robert G. Black

The foods that we eat vary widely in their water content, as well as their nutritional value. By thinking about the water content of those foods you buy and consume, you can better plan your meals, your snacks, and your budget. Always remember that there are no calories in water. The calories are in the solid matter in each food item, the proteins, the fats, and the carbohydrates. Your body requires a lot of water in order to process all of the food items you consume, but buying that water in food items is not necessary.

All juices and drinks are mostly water, of course, and the food value in any drink is usually primarily in some form of sugar. All types of sugar are carbohydrates. In addition, if you add cream or sugar to a drink such as coffee, you are increasing the food value greatly. Still, most drinks are over 95% water.

Fruits and vegetables are also very high in water content. Most are over 90% water. The exceptions are fruits like avocados that have a high oil content. The fat content in fruits and vegetables is almost always in the form of liquid oils. Drying fruits and vegetables reduces the water content well below 50%. Note the reduction in size in dried apricots, prunes and raisins from the full sized fruit, and you can easily see how much water has been evaporated in the drying process. As a result, dried fruits are far more expensive than the fresh fruits, as a rule.

The water content of most meats is over 50%. Again, you can see the reduction in size of a piece of meat when it is cooked, as a substantial part of the water content is evaporated in the cooking.

The lowest water content found in any of our common foods is present in the nuts and seeds, including beans. Water is replaced by oils in many seeds, and our common cooking and salad oils are refined from soy beans, safflower seeds, sunflower seeds, and others. We generally use the term 'nuts' to describe the large seeds of many varieties of trees, and most nuts are high in oil content. Peanuts grow below the ground on the roots of the peanut plant, much as potatoes and yams do, but they are also very low in water content. Our common seeds and grains are usually below 5% in water content, while most nuts are below 3% water content.

Foods that are lowest in water content are usually the most expensive, except for the grains which can be grown so easily and extensively. With a basic knowledge of the water content of our common foods, you can see that the actual food value of some food items is extremely high, such as the nuts, and even though they may be rather expensive, when you consider the concentrated calorie value, nuts are the best nutritional buy available. On most other food items, you are paying mostly for water.



Robert G. Black

The author, Robert Black, is a member of the Center's Senior Advisory Council. Opinions and statements made in articles submitted for publication are those of the author alone and are not endorsed by the Klamath Basin Senior Citizens' Center, Inc.

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...



It happens each day...
Memories are created at work and play.

Sharon (Johnston) Pappas©

Do You Remember?

By Sharon (Johnston) Pappas

Do you remember the first day of school
Were you shy or ultra cool

Walkin' up to the front door
Butterflies in your tummy... galore

Will it be hard, will I have friends
Will I be happy when the school day ends

We grow up but the feelings remain
For beginning a new job is always the same

Encouragement and praise give us strength
To take those steps, no matter the length

Give it freely and from the heart
Do you remember... it's the best way to start!

Untitled

By Myrna Webb

A sunbeam tapped me on the shoulder,
Then danced around the meadow
It flittered and flew over the flower tops
Before poking small holes in my shadow

The scarlet sky closed in on me
As I stood on the desert sand.
Then a gentle breeze enshrouded me
And welcomed the nite with invisible hands.

NATURE AT ITS BEST

By Sharon Hudson

The water is sparkling
From the rays of the sun.
The Blue Heron is moving
Slowly, now this is fun!

The wind is blowing through
The trees, that's all I can hear.
I'm sitting on a park bench,
And it's all very clear.

The breeze refreshes my lungs
And it blows through my hair.
A little Nuthatch is eating bugs
From the tree over there.

The geese never left, they
Are still here and close by.
A chipmunk and a squirrel
Show that they are quite shy.

MADALYN'S DOGS

By Sharon Hudson

The two of them were the cutest
Sight that I have seen in awhile.
They were in the back of a car,
And I just had to smile.

I told them from a distance
How adorable they were.
They looked as if saying than
You, but they didn't stir.

They're little eyes blinked and
They had that look on their face,
That melted my heart and
Put me in a happier place.

I love dogs. They mean
So much to me.
When I am sad, and see
A happy dog, it sets me free.

At least for a moment
My burdens are gone.
I get a reprieve so
Now I can go on.

Donor List

Airport Chevrolet Grants \$500 Individual Donations Need a Boost

We were pleased to receive a donation this past month from Airport Chevrolet. This business stepped up on their own initiative without being asked. It's encouraging when our services are recognized in this way.

Unfortunately individual donations decreased significantly in July and we can only hope that is a seasonal phenomena. This happens in the churches too when folks are busy vacationing. If you missed your regular gift in July we hope you will catch up this month. Individual local donations are the most important of all. When corporations and foundations assess whether to give they frequently look to see how much local support we have. If it is significant they are more likely to make their gift more significant as well. So what you give is likely to lever other gifts making your dollar generate more. For every individually donated dollar the Center is able to collect as much as nine other matching dollars. So please Klamath keep your individual donations up.

Again, a big thanks to all listed below for their monetary support and to those who make donations when participating in programs that don't expect to be acknowledged by name. We are most grateful to all who support the Senior Center.

July Donations of **\$2,484** were received from the following individuals:

Airport Chevrolet	Phyllis McCasland	Johnny Jones
Faith Tabernacle	Ramona Overson	Joyce Moore
Geraldine Schindler	Jahalla Shaffer	Samuel Hawley
Lynette Harvey	Burl Parrish	Elvin Middleton
Ernie Palmer	Linda Bourcy	Elizabeth Western
Virginia Hone	Rose Chapman	Constance Schuetz
Dorothy Winters	Connie Boone	Phyllis McDiarmid
Bill Watson	Cheryl Gibbs	Roger Dionne
Jon Schnebly	Carol Darling	

Unidentified contributions in July for Meals, Transportation and Other Services amounted **\$3,935**

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2015 amounting to at least \$600 for the year. They were the following:

Avril Fisher	Etta Holly	Jon Schnebly
Bill Watson	Samuel Hawley	Lynette Harvey
Burl Parrish	Faith Tabernacle	Patricia Henderson
Carol Darling	First Presbyterian Church	Rose Chapman
Dorothy Winters	Geraldine Schindler	Stan Neitling
Elvin Middleton	Howard McGee	Walter and Kay
Ernie Palmer	Jahalla Shaffer	Duckworth

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3 of this publication.

Do you or someone you know struggle with anxiety, depression, or substance abuse?

Would you like to ask for help for yourself, a family member or friend?

Here is how you can do that.

Call Klamath Basin Behavioral Health at 541-883-1030 ...
email us at info@kbbh.org ...
or talk to Jerry Gilmer at the Klamath Basin Senior Citizens' Center.
Mr. Gilmer will be there Tuesday and Thursday mornings.

There are many ways we can help from counseling to substance abuse counseling, and MORE. If you or a loved one is in need, we will find a way to help. Contact us today.



2210 North Eldorado Avenue | 541.883.1030
KBBH.org

Do you or someone you know struggle with:
(check any that apply)

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Child Behavioral Issues |
| <input type="checkbox"/> PTSD | <input type="checkbox"/> Substance Abuse | <input type="checkbox"/> ADHD |
| <input type="checkbox"/> Suicide Risk | <input type="checkbox"/> Alzheimers or Dementia | <input type="checkbox"/> Psychosis or Schizophrenia |
| <input type="checkbox"/> Other | | |

REFERRALS ARE 100% CONFIDENTIAL!

Name of Referral Phone Number Address (Optional)

Klamath Basin Behavioral Health is here to HELP with all these issues and more.

**A sliding fee program is available.
No one is turned away for inability to pay.**



Clip and return to:

2210 North Eldorado Avenue
Klamath Falls, OR 97601

CALENDAR OF EVENTS

Body Recall/ SAIL Classes: Every Monday, Wednesday and Friday from 8:45 a.m. to 9:45 a.m. & 10:15 a.m. to 11:15 a.m. Thursday from 10:15 a.m. to 11:15 a.m.

KBSCC Board of Directors: Wednesday, September 28th, 10:00 a.m. to 12:00 p.m.

KBSCC Council Meeting:
Next meeting in October, 9:00 a.m. to 10:00 a.m. at the Senior Center.

Hearing Aid Checks: Thursday, September 15th from 10:15 a.m. to 12 noon.

Blood Pressure Checks: KBSCC now has a Blood Pressure Machine in the LOBBY for checking your pressure from 9:00 a.m. to 2:00 p.m. Ask for assistance if you need it.

Parkinson's Support Group: Tuesday, September 20th, Elmer's Restaurant at 11:00 a.m.

American Council of the Blind: Tuesday, September 20th, Red Rooster at 12:30 p.m - 2:30 p.m.

Senior Veterans Social Club: Thursdays, 10:00 a.m. to 11:30 a.m.

Golden Age Club Bingo & Pinochle: Every Monday and Thursday afternoon from 12:30 p.m. to 4:00 p.m. **NO GOLDEN AGE BINGO ON THE 22ND.**

KBSCC Bingo: Every Thursday and Saturday, doors open at 4:30 p.m. Games start at 6:00 p.m.

Paper only Bingo: Second Thursday of the month at 4:30 p.m., open and call @ 6:00 p.m. Tuesday afternoon paper bingo at 1:00 p.m.
NO PAPER BINGO TUESDAY SEPTEMBER 20TH

Nickel Bingo: Every Saturday from 12:00 p.m. to 3:30 p.m.
NEW BINGO MACHINES STARTING THURS. SEPT. 22ND

SHIBA Medicare Counseling (*Prescription Drug Eligibility Assistance*): By Appointment Only. Call 541-883-7171 to arrange an appointment.

Hot meals are served Monday through Friday at the Senior Center (2045 Arthur Street). Serving starts at 11:30 a.m. and is over at 12:30 p.m.

Transportation: Monday through Friday, Medical appointments have priority. Open to the general public as space is available. For more information regarding the transportation program call Cindy at 541-850-7315.

Gift Shop: Inside the lobby of the Senior Center, 2045 Arthur Street, Klamath Falls. It's open Monday through Thursday from 9:00 a.m. to 4:00 p.m. Fridays 9:00 a.m. to 2:00 p.m.

Senior Dance Day: In the Ballroom, Wednesdays at 1:00 p.m. to 3:30 p.m.

Craft Group: Thursdays from 9:00 a.m. to 11:00 a.m.

Tai Chi Class:
Tuesdays Intermediate class 9:00 a.m. to 10:00 p.m.
beginner class 10:00 a.m. to 11:00 a.m.
Advanced class from 12:00 p.m. to 1:00 p.m.

Balance and Stability Class:
Klamath Lutheran Church(175 Crescent Ave.): Mondays from 10:30 a.m. to 12:00 p.m., Wednesdays from 10:30 a.m. to 12:00 p.m. At the Senior Center (2045 Arthur Street): Fridays from 11:30 a.m. to 1:00 p.m.

NEW: Stretch and Tone Class: Every Thursday, 9:00 a.m. to 10:00 a.m.

NEW: Line Dancing class: Every Tuesday from 5:30 p.m. to 6:30 p.m.

Creative Writing Club: Wednesdays - Sign-up sheet for September 21st, 10 a.m. to 11:30 a.m

Walk With Ease: Scheduled when registration warrants a new class. Call to sign up.

Movies: 12:30 p.m. Monday, September 12th - 'Truth' & September 26th- 'Me Before You'

Open Pool Playing: Monday thru Thursday 8:00 a.m. to 4:30 p.m., Friday 9:00 a.m. to 2:00 p.m.

Living Well: Enrollment always open for new classes. Call Valerie Franklin to register at 541-274-7250

Pickleball by reservation: Friday and Sunday, 2:00 p.m. to 5:00 p.m. Reserve court by Thursday.

Pickleball for Beginners:
Tuesdays, 2:30 p.m. to 4:30 p.m. Walk-ins welcome.

NEW Boost Your Brain & Memory: Thursdays, 10:30 a.m. to 11:30 a.m. Still time to register.

Klamath County Library Services Branch: Mondays and Fridays, 9:30 a.m. to 1:00 p.m. Thursdays 1:30 p.m. to 4:00 p.m.

Wii classes (pronounced 'we'): Thursdays from 1:30 p.m. to 4:00 p.m.

Yoga Classes: Mondays, 5 p.m. at the Senior Center.

Monday Muffins: Mondays, 10:30 a.m. - 11:30 a.m. (hosted by Klamath Hospice to Honor Veterans. All are welcome)

Computers are available for senior use upon request

One-on-one Computer training:
New Volunteers Now Ready to Work With You.
By appointment.

Living Well Class: New classes starting every month. (6-week classes to help manage chronic medical conditions.) Call Valerie Franklin to register - 541-274-7250

VOLUNTEERS WANTED: Call 541-883-7171 for more information.

When Caring, Quality & Commitment make a Difference



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KLAMATH FALLS, OR 97601
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Tamera Bancroft, RN
Certified Foot Care Nurse
541-497-3978



Specializing in nail care of the older adult

Feature

Nancie's Corner/ Blue Zones Report

Blue Zones Power 9 Food Principles

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.” ~Doug Larson

By now, many of you have heard about the Blue Zones Projects' Power9 Principles which include two that focus on eating. One is to eat mindfully and stop when you are 80% full (yep, I know – how do you know when you are 80% full?— see below). The other one is that of choosing a “Plant Slant.”

Digest, if you will, the following food guidelines from the Blue Zones Project:

- 95/5 Rule means that 95% of your food should come from fruits, veggies, grains, greens and beans.
- Limit meat to one or two times a week, while avoiding hot dogs, bacon and sausage.
- Eat fish 2-3 times a week while limiting portion size such as wild caught salmon, smaller fish such as sardines, trout, snapper, cod and anchovies.
- Avoid dairy where possible with the exception of sheep or goat cheese. Limit eggs to 3/times week.
- Eat beans which offer protein servings that replace the meat you are giving up. This

includes tofu, a soybean product.

- Limit sugar to no more than 7 teaspoons a day.
- Snack on a handful of almonds, pistachios, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, Brazil nuts and peanuts. Note it says handful!
- Eat 100% whole grain, preferably authentic sourdough bread made from live cultures.
- Eat whole foods or processed foods with fewer than five ingredients.
- Drink mostly water; avoid sugar-sweetened and diet sodas.

A dietary change such as this challenges those of us who grew up on meat, potatoes and gravy (our generation) and can figuratively cause heart burn just thinking about it. I am working on this. I've found great recipes, particularly making “bowls” heaped with brown rice, quinoa or other grains on the bottom, chopped fresh veggies over the top, including cubed, baked tofu (easy to do) or beans, topped with salad greens and dressing of oil and vinegar or one of your choice. The library is my “go-to” place for vegetarian cookbooks. Think outside the box--in this case, packaged foods!

How to stop eating when you are 80% full—

called “Hara Hachi Bu” from Okinawa, Japan.

Most of us were taught to clean our plates and know what it is to feel full, at times uncomfortably. A suggestion: eat about half of what's on your plate and then see how you feel. Add a little more if you are still feeling hungry, but STOP before cleaning your plate. Give it a go – being mindful while focusing on how your stomach feels as you eat. Easier: reduce serving sizes.

I hope you haven't stopped reading because this is where I plug a free Health & Wellness Fair at the downtown Klamath County Library on Saturday, October 1 from 2:00 to 4:00pm, sponsored by the Blue Zones Project, the Klamath County Library and Friends of the Library. Watch a food demonstration by the Sky Lakes Wellness Center; sample vegan & grain salads from Leap of Taste; taste an easy-to-make trail mix from the OSU Extension Service; and, pedal your way to a blended smoothie sampling on the Smoothie Bike! The library will feature vegan and vegetarian cookbooks, health fitness DVDs and meditation, faith and spirituality offerings. The Blue Zones Project, the Senior Center and lots of health and fitness related exhibitors will be on hand. Don't miss it!

Nancie Carlson, Health & Wellness Counselor

For an appointment with me, leave your name & contact information with the front desk at the Senior Center.

Bulletin



HEALTH + WELLNESS FAIR

SATURDAY, OCTOBER 1ST

2-4PM AT THE KLAMATH COUNTY LIBRARY

126 SOUTH THIRD STREET

PLEASE BRING A HEALTHY, NON-PERISHABLE ITEM FOR THE KLAMATH-LAKE COUNTIES FOOD BANK

friends
of the
Klamath County Library

KLAMATH COUNTY
LIBRARY
www.klamathlibrary.org

BLUE ZONES PROJECT™
by HEALTHWAYS

Bulletin **SPOKES Unlimited Schedule**

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

September 2016

- 13th Traumatic Brain Injury/Illness Support Group**
1:00-2:00 p.m., SPOKES office
- 15th SPOKES will be closed for staff development**
From 11:30 am- 5:00 pm
- 16th SPOKES will be closed for staff meetings**
All Day
- 23rd SPOKES will be closed for staff meetings**
All Day
- 26th SPOKES Board of Directors Meeting**
4:00 pm- 5:00 pm, SPOKES office

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

Bulletin **Grief Support Group**

We invite you to attend....
"Seasons of Change"
4-week Grief Support Group

An opportunity to explore the dynamics of the
grieving process in a safe and confidential environment.
Pre-registration appreciated, but not required.

Where: Klamath Hospice, 4745 S 6th St

When: Sept. 13 - Oct. 4
(Tuesdays only)
5:30 p.m. - 7:00 p.m.

Cost: Free

**** Open to all community members ****

For more information:

541-882-2902

tgarrow@klamathhospice.org
www.klamathhospice.org



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

Feature

Diabetes Awareness

Respectfully submitted by Klamath Hospice

The Center for Disease Control and Prevention estimates that 1 out of every 11 people have diabetes. Diabetes is currently ranked 7th in the leading causes of death in the United States.

What is diabetes? Simply put, diabetes is when blood glucose (sugar) levels are higher than normal. This happens because the body is not making enough insulin or isn't using it like it should which results in sugar building up in your blood.

Signs and symptoms of diabetes could include: increased thirst, frequent urination, unexplained weight loss, slow healing sores, frequent infections, extreme hunger, blurred vision, increased fatigue, irritability, and tingling/pain/numbness in hands/feet.

Complications of diabetes can be serious. They could include, but are not limited to, heart disease, blindness, kidney failure, and lower-extremity amputation.

Risk factors for developing diabetes can include: age, obesity, family history, prior history of gestational diabetes, impaired glucose tolerance, lack of physical activity, and race/ethnicity.

Suggestions for prevention include:

1. **Increase physical activity.** Aerobic and resistance training can help reduce the risk of and control diabetes.
2. **Eat enough fiber.** Foods high in fiber include fruits, vegetables, beans, whole grains, nuts, and seeds.
3. **Increase consumption of whole grains.** Whole grains may reduce the risk for diabetes and help to maintain blood sugar levels.
4. **Lose extra weight.** Being overweight increases the risk of developing diabetes. Focus on losing weight slowly, and by making healthy food choices not by taking part in fad diets.

Contact your primary care physician to discuss your risk factors for developing diabetes, and for guidance in taking steps to reduce your risk or manage this disease.



Bulletin

September 2016 Health Class Schedule

JOIN US! WE CELEBRATE LIFE! • Marc Kane, Executive Director • 541-883-7171 Ext 117

LOCATIONS: **KLC** = Klamath Lutheran Church 1175 Crescent Avenue **SC** = Senior Center 2045 Arthur Street **(##)** = Capacity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>KLC: Balance/Stability Tina Mahacek 10:30 am to 12:00 pm (10)</p> <p>SC: YOGA Kim Carson 5:00 to 6:00 pm</p>	<p>SC: Tai Chi Mel Murakami Intermediate 9 to 10am (25) Beginner 11 to 12 noon (25) Advanced 12 to 1 pm (25)</p> <p>SC: Line Dancing Tara Gallager 5:30 to 6:30 pm New Day and Time</p>	<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>KLC: Balance/Stability Tina Mahacek 10:30 am to 12:00 pm (10)</p> <p>SC: Dancing Live Music from the Take Four Band 1:00 to 4:00 pm (Dance Club Ask for a \$4.00 fee)</p>	<p>SC NEW Stretch and Tone Bev Fairclo 9:00 to 10:00 AM (25) Registration open</p> <p>SC: SAIL Exercise Suzan Phipps 10:15 to 11:15 am (32)</p> <p>SC: Boost Your Brain & Memory Kate Murphey 10:00 to 11:30 am (12) Classes now in progress. To register for future classes Call 541-883-7171</p>	<p>SC: SAIL Exercise Mary Noller Class 1 8:45 to 9:45 am (32) Class 2 10:15 to 11:15 am (32)</p> <p>SC: Balance/Stability Tina Mahacek 11:30 am to 1:00 pm (20)</p> <p>SC: Living Well with Chronic Medical Conditions Classes now in progress. To register for future classes Call 541-274-7250 New Registration Number now at Sky Lakes Community Health</p>

INDOOR PICKLEBALL COURT
Fridays and Sundays from 2 to 5 pm
 available by reservation only.
Tuesday Beginners Class open to walk-ins 2:30 to 4:30 pm
 Court shoes required.

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

Fees and Donation Information:

Participants are requested to make a donation of \$2.00 to \$4.00 dollars (donate what you can). Tai Chi participants are asked to pay \$5.00/class or \$20.00/month. **No one refused for inability to make a donation. Participants under 60 pay the estimated class cost.**

Enrollment:

Generally classes are fully subscribed well before start dates. Early enrollment is encouraged. Class start and end dates are announced in this publication and at the Senior Center and Community Lounge. Information is also available from our receptionist at 541-883-7171.



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Bulletin The Lake County Senior Center

11 North G Street – Lakeview, OR 97630
(541) 947-4966 • Fax: (541) 947-6085
Monday, Wed, Friday- 9:00 am to 2:00 pm
Tuesday, Thursday- 9:00 am to 12:00 pm

Some things we have coming up in **September** are:

Tuesdays, September 13th & 27th 7:30 AM - Klamath Falls Shopping Trip (Stop in to sign up only \$10)

Thursday, September 8th & 23rd - Bend trip (7AM depart)

Friday, September 9th is our Birthday Celebration! (Join us to celebrate in western style!)

Saturday, September 10th 6:00 PM - Ice Cream Social!

Saturday, September 17th 9:00 AM-2:00 PM - Thrift Store Free Sale Give-away!

Monday, September 19th 4:00 PM - Board Meeting

Sunday, September 25th - Alturas Casino Trip!

Every Monday 1:00 PM - Bingo (right after lunch)

Mondays 11:30-12:00 PM - Blood Pressure Checks from

Every Tuesday & Thursday 1:00-4:00PM - our Thrift Shop is open. We take donations anytime the store or center are open!

Tuesdays & Thursdays 10:00-11:00AM - join us for the Strong People Program!

Every Wednesday 12:00-1:00 PM - Lions Lunch Meeting

***We transport Veterans!
Just call to get on our schedule!***

We serve hot meals to everyone Monday, Wednesday and Friday. It's only \$6 for those under 60 and we request a \$4 donation for those over 60. We also provide home delivered meals to those that qualify. Lunch is served at noon, but to-go orders can be picked up by 12:30. Join us for lunch! Seniors and disabled may request local medical transportation with two days notice.

Bulletin

KLAMATH AND LAKE COUNTIES 2017-2020 AREA PLAN



A draft of the 2017-2020 Area Plan for Klamath and Lake Counties has been developed for older adults 60 years and older or persons with a disability. The Area Plan was developed by the Klamath and Lake Counties Council on Aging (KLCCOA). The plan includes the priorities for funding, target

populations, services to be provided, focus areas with goals and objectives, proposed budget and list of services and method of delivery.

The public is invited to review the plan and give comments at the next Klamath and Lake Counties Council on Aging Advisory Board meeting. The meeting will be held at the KLCCOA business office at 404 Main St., Suite 6, Klamath Falls, OR 97601 on Sept. 15, 2016 from 1:30 to 2:30 p.m. A phone conference number is available for outlying areas if you can't attend in person. Please call the KLCCOA office for the conference number. For more information, please call KLCCOA at 541-205-5400.

ADRC
Aging and Disability
Resource Connection
of OREGON

Feature

STRETCH AND TONE CLASS

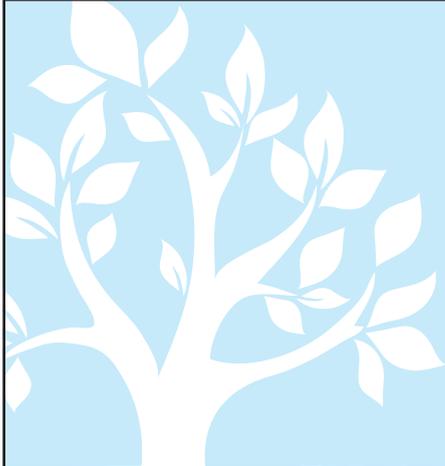


For nearly 50 years Bev Fairclo has offered personal training and martial arts classes. She has instructed in no less than seven YMCA's throughout Oregon and Washington including fifteen years as a water aerobics instructor. The Senior Center is pleased to announce that she has recently joined our group of instructors at the Senior Center to offer a Stretch and Tone Class on Thursday mornings at 9:00 AM. Registration is open and the class can be joined at any time.

Bev is passionate about what she has to offer stating that she receives a great deal of joy in teaching people to help themselves. She approaches her class in what she describes as the Asian way that has proven itself for thousands of years. Bev notes that she has seen many seniors in pain that have found relief through her instruction and their own diligence in doing the prescribed exercises. The class focuses on walking areas like ankle strength and the lumbar core and is aimed at injury prevention.

Bev's class is tailored to seniors. She has experience teaching seniors choreography and chair exercises as well as water aerobics. Bev has a Physical Education degree from Southern Oregon State College in Ashland. Come on in seniors. Bev stresses that this is a gentle class. So as our health and wellness counselor says, "If not now, when? You can register at the front desk any weekday or at the class on Thursdays.





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Feature

SHIP TALK
(Senior Health Insurance Program)
SAVING SHIP (PART TWO)

Last month we alerted you to the funding problems for the 2017 budget regarding SHIP. To briefly recap: The Senate budget committee actually eliminated SHIP from the Older Americans Act (OAA), while funding all the other many OAA programs. The House Appropriations committee thankfully restored funding for SHIP, albeit at a reduced level. I also promised you in last month's column that I would provide national, Oregon and local statistics for the SHIP program and provide information regarding who to contact to support this program, if you are so inclined.

1. Nationwide, 10,000 Americans become eligible for Medicare each day – significantly increasing the need and demand for SHIP services. Last year over 7 million people received help from SHIPs. Individualized assistance provided by SHIP's has almost tripled over the past 10 years. SHIPs offer increasingly critical services that cannot be supplied by 1-800-Medicare or on-line. In fact, approximately one third of all referrals come from the Center for Medicare and Medicaid Services (CMS), Medicare Advantage and Prescription Drug plans, local and state agencies, Social Security, and members of Congress. In addition, all of the above include SHIP contact information on their websites. Talk about respect! Talk about cost effective!
2. In Oregon we have some pretty impressive statistics. In 2015 SHIBA had 32,000 client contacts and contacts have increased 420% since 2005. 32% of these contacts served beneficiaries with incomes below 150% of the poverty level. We provide complete information on all 26 prescription drug plans, 98 advantage plans, and 39 Medigap supplemental plans licensed to do business in Oregon. 20,500 volunteer counseling hours were logged in 2015.
3. Here in Klamath and Lake counties we also had a busy year. During our program year we had 283 client contacts and logged 350 hours on client contacts. (As is true above for state statistics, this does not count all the time spent on training, studying, meetings, outreach, coordination, etc.) 87% of these contacts were face-to-face counseling, the remaining 13% over the telephone. Approximately 20% of our clients had used SHIBA previously; the remaining 80% were new clients. All in all - a great year!

You can support SHIBA by contacting Oregon congressional representatives. It's quick and easy on-line.

- Representative Greg Walden: www.walden.house.gov/contact-greg/email-me
- Senator Ron Wyden: www.wyden.senate.gov/contact
- Senator Jeff Merkley: www.merkley.senate.gov/contact

These websites also have complete information on physical mailing addresses, phone numbers, etc. They're very easy to navigate.

Thank for your support for the Older Americans Act - and SHIP in particular. We're proud of our work and the many people that are assisted in helping themselves - with information they would otherwise not have.

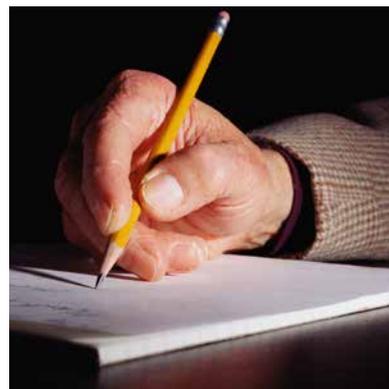
In the meantime, we're open for business as always. Just call the senior center at 541-883-7171 to make an appointment with a certified counselor to help you with Medicare information and related questions.

Anne Hartnett, SHIBA Coordinator, KBSCC

Feature

NEW CREATIVE WRITING CLASS

BEGINS SEPTEMBER 21 2016



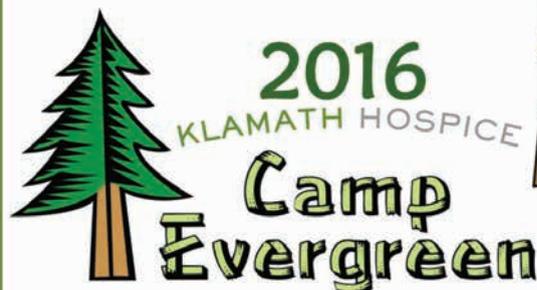
Seniors and others are encouraged to sign up for the next Creative Writing Class at the Senior Center funded in part by the Klamath County Cultural Coalition. Have you ever considered putting your feelings down on paper, or maybe you have always wanted to document that special occasion or experience. Do you have a passion you would like to share? How about that family tree? Do you have stories about life in this ever changing world and how it is affecting your family or how you are managing coping skills for survival? Sharing

ideas and thoughts can be very therapeutic and expressing your feelings can have a cleansing effect on the mind and body. It can help us all feel connected to one another and the world around us. Maurine Loprete will again instruct this class and she hopes that she can entice you or someone you know to put pen to paper or fingers to the keyboard and join us for this most rewarding class.

Please register at the Senior Center Reception Desk. Class size is limited to no more than twelve. Register as early as possible. Class begins September 21st. There is a small materials charge for the eight weekly classes. Sixteen dollars is due at registration time.

THANK YOU!

A **BIG** thank you to all our donors, volunteers and guests for making this year's Camp Evergreen a huge success and for making a difference in the lives of our community's youth.



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Menu

September 7, Wednesday:

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

September 8, Thursday:

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

September 9, Friday:

Polish Sausage & Sauerkraut, Veggie, Salad Bar, Dessert

September 12, Monday:

Lasagna, Garlic Bread, Veggie, Salad Bar, Dessert

September 13, Tuesday: HAPPY BIRTHDAY.

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

September 14, Wednesday:

Chicken Casserole, Veggie, Salad Bar, Dessert

September 15, Thursday:

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

September 16, Friday:

Fish & Chips, Veggie, Salad Bar, Dessert

September 19, Monday:

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

September 20, Tuesday:

Bbq Chicken, Veggie, Salad Bar, Dessert

September 21, Wednesday: Pasta & Meat Sauce, Garlic Bread, Veggie, Salad Bar, Dessert

September 22, Thursday: Meat Loaf, Mashed Potatoes, Veggie, Salad Bar, Dessert

September 23, Friday: Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

September 26, Monday: Baked Potato Bar, Broccoli & Cheese, Veggie, Salad Bar, Dessert

September 27, Tuesday: Sloppy Joes, On Whole Wheat Bun, Veggie, Salad Bar, Dessert

September 28, Wednesday: Roast Chicken & Potatoes, Veggie, Salad Bar, Dessert

September 29, Thursday: Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

September 30, Friday: Tuna Casserole, Veggie, Salad Bar, Dessert

October 3, Monday: Mac & Ham, Veggie, Salad Bar, Dessert

October 4, Tuesday: Swiss Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

October 5, Wednesday: Teriyaki Chicken & Rice, 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.



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Physician/ Surgeon of the Eye



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