

MAY 2019

**FREE**  
Take  
One!



# *Active* Seniors

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

FIND YOUR PURPOSE

## Volunteer opportunities for everyone

Have you considered giving back to your community? Volunteer opportunities at the Klamath Senior Center include:

- 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)

Saturday evenings)

Visit our WEB site at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)

com

Contact Shirley Hughes, executive director at 541-883-7171 Ext 128.



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 [marc.kane@kbscc.org](mailto:marc.kane@kbscc.org)



**WORLD ELDER ABUSE AWARENESS DAY**

Building Strong Support for Elders

### SAVE THE DATE

Please join us Wednesday, June 12, for the second annual World Elder Abuse Awareness Event and provider fair.



We'll have lunch, presenters, vendors and fun activities.

It's all at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, in Klamath Falls. For questions or to participate, call Shawn Georgiou at 541-885-7648.

Or email at [shawn.georgiou@dhsosha.state.or.us](mailto:shawn.georgiou@dhsosha.state.or.us)

## Shoes, shuffling, shoulds

### Let's go for a walk

Ah, it is that time of year for walking outdoors. Are you well-prepared? Over the past year, a few friends have experienced life-altering falls. In response, it's time to talk about choices and behaviors that contribute to falls.

**SHOES:** Athletic shoes typically have a lifetime of four to six months (~500 miles max). Buying a solid, well-fitting pair of shoes helps stability and balance while preventing injuries and falls. A couple brands offer slip-ons versus laces: Propet and New Balance. If your budget is tight, go for the best you can afford. Take your time with selection and fit. And, use that pair just for exercise.

**SHUFFLING:** With age comes a change in gait. Causes can include weak hips and leg muscles, arthritis pain, loss of flexibility in feet and ankles, decreased ability to maintain balance, changes in vision, fear of falling, slowed reaction time, effects of medication and worn or poorly-fitting shoes. Shuffling exacerbates falls and tripping. Some of us are hurrying not paying attention to our surroundings. Slow down! Be mindful!

**SHOULDERS:** Importantly, do take classes focused on strength and balance training. If you are housebound, the library offers Sit and Be Fit DVDs that



can be mailed to you: <https://klamathlibrary.org/adults/outreach-department> or phone: 541-882-8894.

Below are at home exercises to strengthen shins and ankles:

**Standing calf lifts:** Holding onto a wall or back of chair, slowly lift onto your toes 10-15 times; perform twice a day. Though not as effective, this can be done sitting.

**Sitting toe raises:** Lift the toes of one foot off the floor, hold for 2-3 seconds. Repeat 10-15 times for each foot; perform twice a day.

**Sitting alphabet:** With your big toe on the floor, write the alphabet. Your ankle should be twisting and turning throughout.

If you'd like to meet with me, leave your name and phone number with the Senior Center receptionist or email: [nancilea10@gmail.com](mailto:nancilea10@gmail.com).



SENIOR Center receptionist  
Joanne Campbell

### 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 —  
Shirley Hughes 541.883.7171,  
ext.128

Executive Director —  
Marc Kane: 541.883.7171  
ext. 117

Website —  
[www.KlamathSeniorCenter.com](http://www.KlamathSeniorCenter.com)

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.

Produced in conjunction with the Herald and News.

Welcome

# Center, like us, needs new parts

If you have been to the Klamath Senior Center you may notice that, like all of us, everything about the center building gets older.

And, like all of us we do our best to keep up a good appearance and keep as fit as we are able. And, like many of us we sometimes need new parts.

The center's roof and HVAC systems are now well beyond their expected useful life and requiring ever more repair. I'm encouraged as I talk with many seniors who have recently received a knee or hip replacement to see how well they are doing and I hope the same for our aging building.

It turns out those replacement parts work very well and operate with better efficiency. With a new furnace and cooling system will come reduced expenses. But finally, like all of us, we need to find the funding for these new parts. Unfortunately the building is not eligible for Medicare or a supplemental Medicare plan to cover the costs now estimated at \$175,000.

We're launching a capital campaign to replace our roof and HVAC systems, and are pleased to have received funds recently from the Klamath Lake Counties Council on Aging (KLCCOA) to get our campaign started. We have already raised nearly \$70,000.

KLCCOA is the agency that distributes funds from the federal Older Americans Act and the Medicaid Program to local senior services providers. Incidentally it is Congress that must authorize funding for the Older Americans Act which is now up for reauthorization in this session of congress. See related article on Page 6 and talk with your congressional representatives.

As with all the funds we receive from the Older Americans Act, we must find a local match or contribution. It has always been the intent of that program not to fund the whole bill but to require the participation of the whole community in funding the programs necessary to support its seniors. We have been fortunate here in Klamath Falls to have a community that recognizes the value of what the Senior Center does and is willing to provide the local contributions that are necessary to match the contributions of our supporting government agencies and private foundations.

I am confident that we will raise the funds we need and that, if you



Marc Kane, Center Director

read this far, you're considering a contribution. There is a giving coupon on this page that I hope you may find useful.

As always there are new programs developing here for me to talk about. This month take note of the announcement on Page 4 about the Better Breathers Club. This program sponsored by the American Lung Association has been introduced to us by the good folks at Cascade Health Alliance (CHA). We are proposing to collaborate with CHA to host this program which will be facilitated by CHA staff. Space will be limited so please let us know of your interest so we may schedule these meetings in our senior center conference room.

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*

## Lake County Senior Citizens Association May event schedule

- First three Tuesdays, 7:30 a.m. — Klamath Falls Trips for Medical Appointments & Shopping. (\$20 donation when you sign up.)
- Tuesday Friends, May 7, at 1 p.m. at Senior Center
- Every Tuesday and Thursday our Thrift Shop is open 1 to 4 p.m., and second Saturday from 10 a.m. to 2 p.m.
- Birthday Lunch second Friday, May 10, at noon. Join us for birthday cake.
- Tuesdays and Thursdays stop in for a puzzle swap. (Bring some to trade or share and take something new for you!)
- Tuesdays & Thursdays join us for the Strong People Program! 10 to 11 a.m.
- Wednesdays, Noon to 1 p.m. — Lions: Lunch Meeting.

We rent rooms evenings and 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.

Contact us at: 11 North G Street, Lakeview, OR 97630 (541)947-4966, ext. 101.

We have a Volunteer position open for someone qualified to take Blood Pressures on Mondays before the lunch hour.

## Support groups offered for people with lung disease

The American Lung Association's Better Breathers Clubs are regularly scheduled in-person support groups for individuals with chronic lung disease including COPD, pulmonary fibrosis and lung cancer.

Learn ways to better cope with your diagnosis while getting the support of others in similar situations. These support groups give you the tools you need to live your best quality of life.

Led by an American Lung Association trained facilitator, the Better Breathers Club features educational presentations on a wide range of relevant topics, including:

- How COPD affects the lungs
- Breating techniques
- Exercise
- Talking with your physician
- Medications and other treatment options
- Medical tests
- Supplemental oxygen
- Home healthcare
- Lung transplants
- Air pollution

It feels good to talk with others who understand what you are feeling and can offer support and encouragement along the way.

Learn more about Better Breathers Clubs at 800-LUNGUSA.

You may register for the club at the Klamath Falls Senior Center reception desk, or call the center at 541-883-7171, to find out when the next class is scheduled.



### Carlson's Furniture





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KLAMATH EYE CENTER

New Patients  
Welcome

2640 BIEHN ST | KLAMATHEYECENTER.COM | 541.884.3148

## Stay Active and Independent for Life



### SAIL classes improve balance, mobility

Regardless of your age or physical condition, you can improve your balance and mobility. The slow, easy exercises that we do in the SAIL classes are a good way to start. The hardest part is doing something new. Once you see that you can do most of the moves right from the start, you will find yourself enjoying the classes. Everything you need to participate is provided.

Classes are at the Klamath Basin Senior Center, 8:45 to 9:45 a.m. every Monday, Wednesday and Friday. And from 10:15 to 11:15 a.m. every Monday, Wednesday, Thursday and Friday. Mary Noller and Suzan Phipps are the certified instructors.

A two dollar donation is suggested.

## SPOKES Unlimited

### Calendar of Activities

#### May

**21** — American Council for the Blind Meeting  
Noon to 2 p.m., Red Roosters Grill and Pub, 3608 S. 6th Street

**22** — Social Security Workshop, 2-3:30 p.m. in 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.

**27** — SPOKES Unlimited will be closed in observance of Memorial Day

All support groups follow confidentiality guidelines.

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.

### SPOKES Unlimited



A Resource Center for  
People with Disabilities

1006 Main St.  
Klamath Falls, OR  
97601  
541-883-7547 v/  
tty

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 or Dementia
- Feelings of isolation

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](http://www.KBBH.org)  
541.883.1030

# Older Americans Act up for reauthorization

The Older Americans Act — a primary source of funding for the Klamath Senior Center's services — is up for reauthorization this year.

Below are some excerpts from an AARP article published this last month on the subject. You can see from the chart attached that we have a huge challenge keeping funding to match the growth in the senior population.

The last OAA reauthorization took Congress five years. This time, despite the rancorous mood in Washington and a divided government, supporters hope it can pass before the current authority runs out on Sept. 30. However, even if the authority runs out, Congress can keep paying for the programs.

Still, just to get OAA funding back to 2010 levels would require a 30 percent increase. Meanwhile, 10,000 people a day turn 65. Because of those two curves (see chart) going in opposite directions, many area agencies on aging have waiting lists. If the funding doesn't grow, the waiting lists will.

How does the Federal Older Americans Act affect us?

## OAA's Wide Reach

- 1.3 million people were served by the OAA in 2016
- 145 million meals delivered to homes by programs like Meals on Wheels, and paid for in part by the OAA (requires local matching donations)
- 24 million rides provided to places like doctors' offices
- 40 million hours funded to pay personal-care aides
- 10.6 million hours of adult day care subsidized

## Helping those in need

About 11 million Americans receive direct assistance from programs provided under the act, from Meals on Wheels to transportation to doctors' offices. "The spectrum of services provided through the OAA — in conjunction with Medicare, Medicaid and Social Security — ensures that our nation's older Americans are not left behind in their golden years," says Rep. Bobby Scott (D-Va.), chairman of the House Education and Labor Committee. The legislation also pays for personal-care assistance and adult day care.

Wish to send a message to your congressional representatives?

Here's the contact information:

### House of Representatives, Oregon, 2nd District

Hon. Greg Walden, U.S. House of Representatives, 2352 Rayburn House Office Building, Washington, D.C. 20515. Phone: (202) 225-6730. E-mail, [greg.walden@mail.house.gov](mailto:greg.walden@mail.house.gov). Medford: (Southern Oregon District,) 14 N. Central Ave., Suite 112, Medford, 97501; phone: 541-776-4646; fax: 541-779-0204; toll free: 800-533-3303. Bend: Jamison Building, 131 NW Hawthorne, Suite 201, Bend, OR 97701; phone, (541) 779-0104.

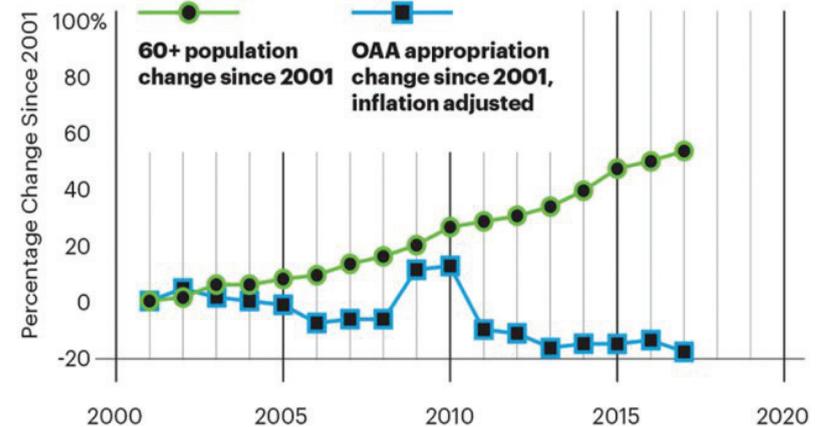
### U. S. Senate, Oregon

Hon. Ron Wyden, U.S. Senate, 516 Hart Building, Washington, D.C. 20515; phone: (202) 224-5244; Email, <http://wyden.senate.gov/contact/>. Portland, 1220 SW Third Ave., Suite 585. Portland, OR 97204-2805; (503) 326-7525. Bend, The Jamison Building, 131 N.W. Hawthorne Ave. Suite 107, Bend, OR , 97701, (541) 330-9142 . Medford, The Federal Courthouse, 310 West Sixth St. Room 118 , Medford, OR, 97501; (541) 858-5122.

Hon. Jeff Merkley, U. S. Senate, SDB-40B Dirksen Senate Office Building, United States Senate, Washington D. C., 20510; phone (202) 224-3753; fax (202) 228-3997. Oregon office: One World Trade Center, 121 SW Salmon St., Suite 1250, Portland, OR 97204; phone, (503) 326-3386; fax, (503) 326-2900. E-mail: [senator@merkley.senate.gov](mailto:senator@merkley.senate.gov).

## FUNDING GAP

More people over 60, but less money



## Active Seniors

Klamath Basin

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

2019

2018  
Publishes the First  
Wednesday of Every Month

Includes SEO Boost on [heraldandnews.com](http://heraldandnews.com)

The Official monthly publication of the Klamath Basin Senior Citizen's Center

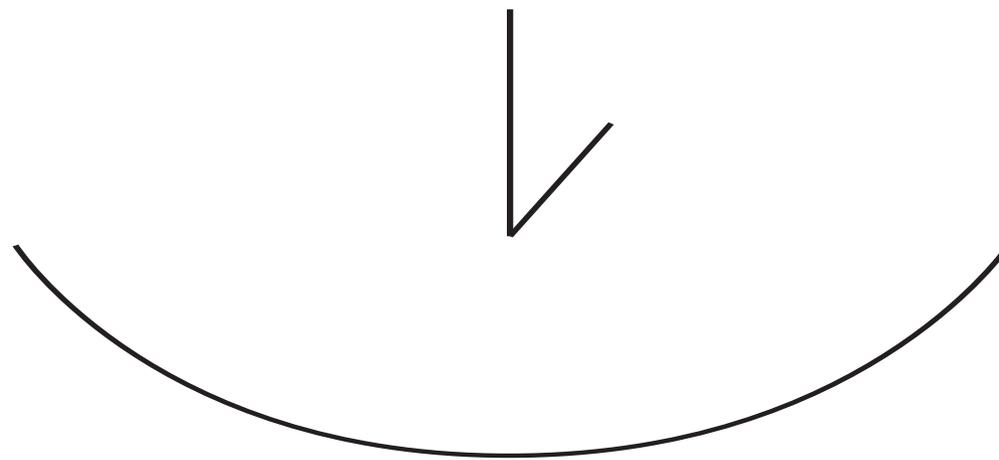
To advertise in this publication, contact Susan Belden at 541-885-4443, at the Herald and News.

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Genius 3D Mammogram coming in April. Call for appt.  
2900 Daggett Ave., Klamath Falls | 541-274-6740

# CALENDAR OF EVENTS

## Daily calendar for May 2019

The following are regularly scheduled classes and programs offered at the Senior Center.

### Mondays

- SAIL classes 8:45 to 9:45 a.m. and 10:15 to 11:15 a.m.
- Library 9:30 a.m. to 1 p.m.
- Vets Muffin Monday 10 a.m.  
Speakers at 10:30 a.m.:  
May 6 —Charlie Wyckoff, Farmers Market  
May 13 — Kathy Pierce, Veterans Administration  
May 20 — Cami, Klamath County Library
- Balance and Stability at Klamath Lutheran Church, 10 a.m.
- Watercolor class 10 to 11:30 a.m.
- Golden Age Club bingo and card games, 12:30 p.m.
- Movies at 12:30 p.m.  
May 13 — Christopher Robin
- Yoga 5 to 6 p.m.

### Tuesdays

- Tai Chi:  
Advanced/Intermediate 8:15 to 9:15 a.m.  
Intermediate 9:15 to 9:45 a.m.  
Beginner/Intermediate 9:45 to 10:30 a.m.  
Beginning 10:30 to 11:30  
Advanced 12:30 to 1:30 p.m.
- Watercolor class 10 to 11:30 a.m.
- Pickleball 2 to 4:30 p.m.
- Evening Tai Chi:  
Advanced 6 to 7 p.m.

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

### Wednesdays

- SAIL class 8:45 to 9:45 a.m. And 10:15 to 11:15 a.m.
- Balance and Stability at KLC 10 a.m.
- Dancing with the Take 4 Band 1 to 3:15 p.m.
- Qi Gong 4 to 5 p.m.
- Tai Chi 5 to 6 p.m.

### Thursdays

- Craft class 9 to 11 a.m.
- KBBH counseling 10 a.m. to 1 p.m.
- SAIL 10:15 to 11:15 a.m.
- Golden Age Bingo, 12:30 p.m.
- County Library 1:30 to 4 p.m.
- Bingo fundraiser (second Thursdays are paper only)  
Open at 4:30 p.m. Call at 6 p.m.

### Fridays

- SAIL 8:45 to 9:45 and 10:15 to 11:15 a.m.
- County Library 9:30 a.m. to 1 p.m.
- KBBH counseling 11 a.m. to 2 p.m., first, third, fourth and fifth week of each month; 12 to 2 p.m. second week of the month
- Dementia class for caregivers 11 a.m. to noon (second Friday only)
- Pickleball 1 p.m.
- Line dancing 7 p.m.

### Saturdays

- Nickle Bingo: open at 10 a.m., call at noon
- Bingo fundraiser: open 4:30 p.m., call at 6 p.m.



## Muffin Mondays

*Veteran's Group*

**Every Monday**

**10:30-11:30 a.m.**

Senior Center, 2045 Arthur St.

**Coffee • Muffins • Conversation**

## Special classes and events in May

- Ukelele classes, Tuesday, May 7 and 21, at 6:30 p.m.
- JD Howell, Hearing aid service, Thursday, May 16, 10:15 to noon
- Gala concert with Dr. Bob's Remedy Band and more, Sunday, May 19, at 2 p.m.
- Board of directors meeting, May 22, 10 a.m. to noon.

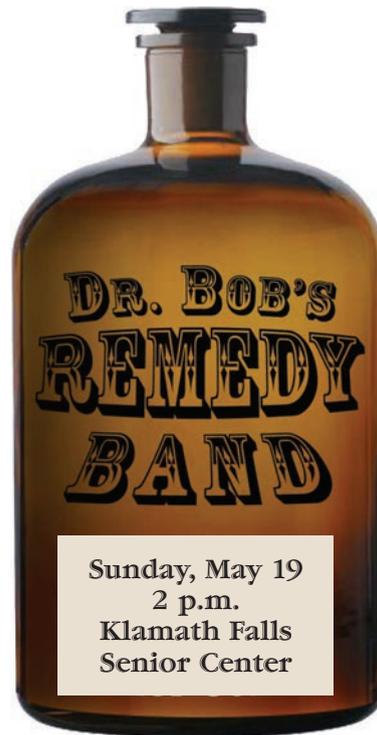
# Dr. Bob's Remedy honors leader with gala concert

Dr. Bob's Remedy Band, a talented hodgepodge of musicians from K Falls, Portland and even Arizona present "Dr. Bob's Variety Hour" at 2 p.m. on Sunday, May 19, at the Klamath Falls Senior Center.

D.B's Remedy Band will be in a celebratory mood to honor their recently passed and highly respected leader and banjo player Bob Dorsey, by sharing some of his favorites but especially playing tunes that bring smiles to people's faces as he would enjoy.

The band has added two very talented and even well-known musicians of the Klamath Basin. Robin Schwartz, long time director of the very popular Klamath Falls Chorale will be covering the bass part and will be featured on vocal more than few tunes.

Also, the band is honored to have added the excellent voice of vocalist Kathy Pope. Kathy will be featured on "Its Only A Paper Moon," "Blue Skies," and "Pennies From Heaven." Connie Coleman-Stone returns after a hiatus to do some backup vocals and be featured on



the very fun "Lollipop."

History may be in the making as there is some talk about recording for Youtube a Dr. Bob's Remedy original "In the Stillness of The Night," a cowboy tune. It is based on a poem written by the band's manager Vane Day a few years ago. It will be played by Henley graduates David Stone and Paul Stuart and on bass ... Robin Schwartz!

The talented Naomi Leyva, piano, Steve Orcutt, jazz piano/vocal, make this group a complete and happy ensemble. Naomi has several features, one being the often-requested "Honky Tonk Boogie." Steve will sing the ever popular "Chattanooga Choo Choo."

The concert is free, though donations are heartily encouraged and accepted, with all money going to the Klamath Falls Senior Center. Suggested donation is \$5-10, though any amount affordable is perfect, less or greater.

Join the fun this group always shares. It happens but once a year. A few smiles, a laugh, a fond memory 'here and there' is for you to have.

## GIVE BACK DAY

Give Back. Get Back.

A COMMUNITY-WIDE DAY OF  
VOLUNTEERING

Save the Date:

Thursday, May 16, 2019

Questions? [BlueZonesProject@HealthyKlamath.org](mailto:BlueZonesProject@HealthyKlamath.org)

[HealthyKlamath.org/GiveBackDay](http://HealthyKlamath.org/GiveBackDay)



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# Program makes produce more accessible

Submitted by Kendra Santiago

PR & marketing manager for Blue Zones Project-Klamath Falls  
and Niki Sampson

Executive director for Klamath-Lake Counties Food Bank

**D**o you suffer from a chronic illness? Are you having a rough time accessing enough healthful foods with your current budget?

One great resource available to Klamath and Lake County residents is the "Produce Connection." Now in its fifth year, the Klamath-Lake Counties Food Bank program provides equal access to anyone who may be struggling to put food on their table.

About 15,000 people benefit from the program, stretching their food budgets, as well as having the ability to try new types of produce and adding them to their grocery list for purchase.

According to Niki Sampson, director of the Food Bank, "When people living on small, fixed incomes have access to fresh produce, they don't have to rely on food boxes as often. We've actually seen about a 22 percent decrease in food-box need since 2016, because of this great program."

In 2018, the local Food Bank distributed a million pounds of produce, with the help of hundreds of volunteers. "In the United States, nearly 30 percent of perfectly edible produce ends up in a landfill or



Cascades East Produce Connection volunteers are pictured above.

compost pile. If we can prevent some of that waste and feed people, it's a win-win for all," Sampson said.

The Produce Connection is made possible thanks to the Oregon Food Bank, local home gardeners, local growers and all the hard work of volunteers.

Last year, 1,250 volunteers gave 28,000 hours of their time to distribute produce and other food products. If you're interested in volunteering, even for a couple hours, the Food Bank welcomes you.

For more information about the Produce Connection, or to see what locations are currently operating, please call the Food Bank at 541-882-1223 or visit their website at [www.klamathfoodbank.org](http://www.klamathfoodbank.org).

## PRODUCE CONNECTION DISTRIBUTION SITES 2019

The Klamath/Lake Counties Food Bank is partnering with the following distribution sites to provide fresh produce to area residents. Locations and times are listed below.

### Thursday

Chiloquin Care Program	225 Hwy 422 South, Chiloquin	10:30-12 p.m.
Refuge Church, Malin	2404 5th St, Malin	12-1 p.m.
Family Resource Ctr.	810 Main St, Tulelake, CA	1-3 p.m.
Sky Lakes Wellness Ctr.	128 S. 11th St, Klamath Falls	12-1 p.m.
Merrill Presbyterian Church	210 W 2nd St, Merrill	2-3 p.m.
IYS Youth Center	601 E. Main St, Klamath Falls	5-5:30 p.m.

### Friday

Salvation Army	2960 Maywood Dr., Klamath Falls	9:30-12 p.m.
Open Door	2074 S. 6th St, Klamath Falls	10 a.m.-12 p.m.
Sprague River Pantry	23411 Sprague River Rd	12-2 p.m.
Bonanza Cares	31441 Hwy 70, Bonanza	12:30-2:30 p.m.
Klamath Works	1930 S 6th St, Klamath Falls	1:30-3:30 p.m.



**FNR**  
Fisher Nicholson Realty, LLC

403 Main St, Klamath Falls, Or. 97601  
541-891-6481 cell  
541-884-1717 Office  
susie.spratt@fnrhomes.com

## Thinking IT'S TIME TO MOVE?

TOO MUCH HOUSE?  
NOT ENOUGH ENERGY?  
BETTER THINGS TO DO  
WITH YOUR TIME?  
DON'T HAVE THE TIME?  
LET ME HELP!

**Susie Spratt**  
Oregon Licensed  
Real Estate Broker  
**541-891-6481**



**What do you want 2019 to look like? Let me help you with all the details... from list thru sale, inspectors, handymen, house keepers, and even an estate sale if needed, I am here to help arrange it all!!! Let's sit down and talk. If you are thinking of moving and just don't know where to start... let's have a conversation. I know this is a big deal and I specialize in all the details that come with your sale. I look forward to meeting you. Susie Spratt**

Stacy Ellingson - Designated Principal Broker

## Education / Transformation

Klamath Community College is presenting stories of courage and determination as told by eight students who have succeeded in college in spite of:

- Physical and mental disabilities
- PTSD in the wake of service in the military
- Recovery from substance abuse
- Experiences of physical abuse
- Being a non-native speaker of English
- Attending college as an older student

This free program includes two performances. On Thursday, May 16, the presentation is at 5 p.m. at KCC Building Seven. And, on Sunday, May 19, the show is at 2 p.m. at the First Presbyterian Church, 601 Pine St.

A reception will follow each of the performances. The presentation is funded by the Oregon Arts Commission and the Klamath County Cultural Coalition



# BINGO

**Thursdays & Saturdays!**

**OPEN at 4:30pm**

**CALL at 6:00pm**

**GUARANTEED BLACKOUT**

**Thursday ~ \$500.00**

**Saturday ~ \$1000.00**

*This fund-raising event depends on volunteers.  
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**Klamath Basin Senior Center**

2045 Arthur Street

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*18 plus welcome*



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## 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.

### THE 'KNIT-WIT'

(Ode to my sister-in-law)

I don't know when she started and I don't know when she'll quit.  
She makes lots of things with needles and she really loves to knit.

She makes all kinds of presents, even trinkets for the tree.  
I don't find them very useful...at least the ones she makes for me!

I'm no longer very active and I'm not much into sports,  
But I have covers for my golf clubs, and fringes on my shorts.

I have several varied-colored hats and even socks to match,  
If I wore them out in public, I'd be in the booby-hatch.

Now...the things she makes for girly-girls, bed spreads, table cloths and such,  
Will bring out many ooh's and ahh's and "Oh...Thank you very much."

I guess I should be thankful and appreciate the thought,  
But I'd thank her more profusely if she'd knit me up a yacht.

A useful thing that she could make to help out all our yanks,  
Is knitting up some camouflage to cover all the tanks.

Or make the longest scarf she's ever made and also very wide,  
For the boats down in the gulf to toe to draw the oil from the tide.

She's probably used enough knitting thread to reach from Reno To L.A.,  
Not across California, but around the world the other way!

She could have earned a lot of money if she had labored just for pay,  
If you added all the hours put into all the gifts she gave away,

If she went back to the beginning, to the starting of this game,  
It wouldn't be much different...she would do it all the same.

When her hands no longer function and her legs won't hold her weight,  
I think her only question when she approaches the pearly gate...

That question, when she's ready, looking back on the life she's led...  
The first words that she will utter are: "Where can I buy some thread?"

— By Sidney Harris

## Mumkin's Recipes For Life...



Mom is love and sunshine ... rolled into one.  
Take a moment to thank her for all she has done!  
Sharon (Johnston) Pappas©

## It's a New Day

It's a new day things are  
Going my way

Cause Jesus is in my heart  
To stay

And unto him I will get down  
On my knees and pray

I will follow him and not  
The people of this world

And he teaches me a new  
Song to sing

All praise to Jesus my  
Savior and King

And when it's that glorious day  
I will be with him and sleep away

— By Dianna Hastings



## All Grown Up

He pressed his heels against the wall

And jutted out his chin

He stiffened up his little back

And sucked his tummy in

"Am I bigger, mama?"

"Can you tell?"

"Did the mark move very far?"

As mama lined the yardstick up

And drew a little star

It seems like only yesterday

My little boy was three

And safely snuggled on my lap

Or playing at my knee

Time has a way of slipping by

Too soon we're made aware

The little boy has disappeared

And now a grown man's there.

— By Vaudine Cullins

## Writer's Corner ... continued

### Hope

Hands are for eating, and  
For making things with clay.

To comb our hair, and to  
Brush our teeth every day.

To put on our cloths, fold our  
PJ's, and for making our bed.  
Make a lunch for a midday meal  
While thinking in our head.

Minds are for creating, and  
Thinking things out.  
To calculate with precision  
Leaving no room for doubt.

Eyes can see and focus  
Where ever you like.  
To guide you on your journey,  
And the path that you hike.

But hurting others I can't  
Quite understand.  
However it is prevalent  
Across our beautiful land.

I want to help, but I  
Don't know where to begin.  
If we could love each other,  
Then we could all win!



The abuse would stop, and  
Hate would disappear.  
Our children would benefit, and  
Our purpose would be clear!

— By Sharon Hudson

### What Does Your Mom Mean to You?

Maybe she's an angel  
Where memories fill the air  
Living in your heart  
With you ... Everywhere

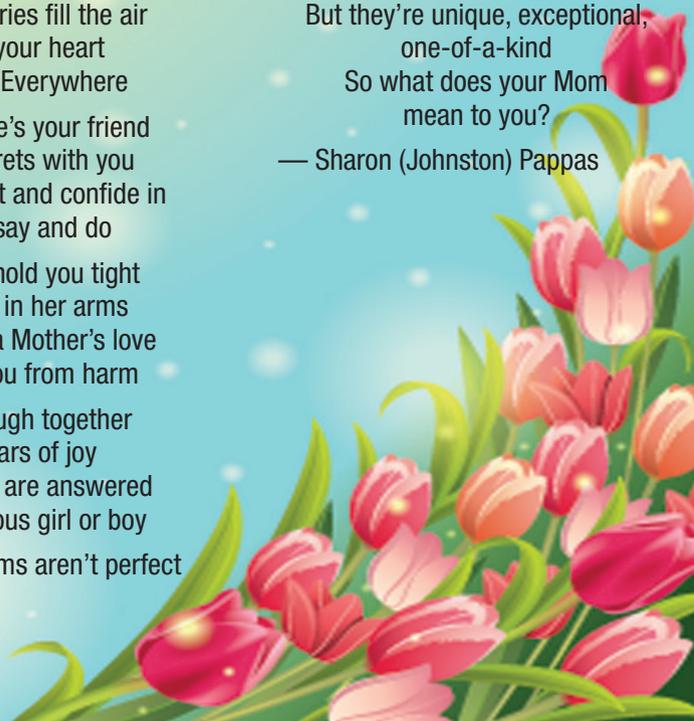
Perhaps she's your friend  
Sharing secrets with you  
The one to trust and confide in  
In all you say and do

Does she hold you tight  
Like a baby in her arms  
Showing you a Mother's love  
Protecting you from harm

Do you laugh together  
Or cry tears of joy  
When prayers are answered  
For her precious girl or boy  
Of course, Moms aren't perfect

We know it's true  
But they're unique, exceptional,  
one-of-a-kind  
So what does your Mom  
mean to you?

— Sharon (Johnston) Pappas



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## POLST

# Make decisions now on interventions, resuscitation

Submitted by Klamath Hospice

Completing a POLST, Physician for Life Sustaining Treatment, is always voluntary. A POLST is a medical order that you can complete with your primary care physician when you are facing a serious and life-limiting illness. This order is signed by a physician and you are encouraged to sign it as well, showing that you are in agreement with the choices made.

There are a couple of decisions that will need to be made in order to complete the POLST form.

### Section A: Cardiopulmonary Resuscitation (CPR)

In this section, you will need to choose between “Attempt Resuscitation/CPR” and “Do Not Attempt Resuscitation/DNR” if you were found to be unresponsive, without a pulse and not breathing.

### Section B: Medical Interventions

In this section, you will need to choose between three options if you were to be found to have a pulse and breathing.

**Comfort Measures Only/Allow Natural Death** — This option focuses on maximizing comfort. The treatment plan would include the use of medications, basic medical equipment and interventions to minimize pain and suffering. It declines transfer to a hospital, unless symptoms are unable to be controlled at home.

**Limited Treatment** — This option focuses on a treatment plan that includes the above comfort measures, but would allow for the use of antibiotics, IV fluids and cardiac monitors when indicated. It would decline the use of intubation, advanced airway interventions and/or mechanical ventilation.

**Full Treatment** — This option focuses on providing all life-sustaining treatments possible.

It can be overwhelming; remember that it is okay to ask questions if you are unclear and be honest about what medical interventions you would or would not like. Make sure to communicate your wishes with your loved ones, so that they can be your advocate when you cannot speak for yourself.

For more information on advanced care planning, please visit [www.caringinfo.org](http://www.caringinfo.org).



## DONORS REPORT

# KLCCOA grant to fund building maintenance

Our Area Agency On Aging, Klamath Lake Counties Council On Aging, recently provided a significant contribution that will assist the Senior Center with the replacement of its roof and HVAC equipment, both long overdue for replacement. The project is expected to cost as much as \$175,000. With about 40 percent of the necessary funds in hand, the search begins for grantors to fund the remaining \$105,000. In addition, the center hopes to acquire funding for a solar project to reduce energy expenses.

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 \$11,610 were received from the following organizations and individuals:

Unidentified contributions March for Meals, Transportation and Other Services amounted to \$4,167.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2018 amounting to at least \$600 for the year. They were the following:

KMSB Foundation	Klamath Community Development	Linda Bourcy
Klamath Cultural Coalition	Washington Federal Foundation	Cheryl Gibbs
Soroptimist Club	Mary Ellen Sargent	Ernie Palmer
Geraldine Shindler	Marta Stephens	Rose Chapman
Refuge City Church	Patricia Palone	Jonny Jones
Lynette Harvey	Jessica Davis	Gilbert Medina
Donna Maloney	Donna Willard	Shirley Mason
Dorothy Winters	Leila Baker	Anita Clawson
Patricia Henderson	Jennifer Little	Judith Matthews
Jon Schnebly	Donna Hill	Etta Holly
Howard McGee	Burl Parrish	Samuel Hawley
Pacific Power Foundation		Albert & Delores Errecart

Unidentified contributions in March for meals, transportation and other services amounted to \$4,167.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2018 amounting to at least \$600 for the year. They were the following:

Amy Haack	Ernie Palmer	Jon Schnebly
Burl Parrish	Faith Tabernacle	Lynette Harvey
Cheryl Gibbs	Geraldine Schindler	Mary Ellen Sargent
Dorothy Winters	Howard McGee	Patricia Henderson

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.

# Menu

## May 1, Wednesday

Cheeseburgers, French fries, veggie, salad bar, dessert

## May 2, Thursday

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

## May 3, Friday

Roast pork, veggie, salad bar, dessert

## May 6, Monday

Chili dogs, French fries, veggie, salad bar, dessert

## May 7, Tuesday

Spaghetti, garlic bread, veggie, salad bar, dessert. Birthday cake and ice cream.

## May 8, Wednesday

Roast chicken, veggie, salad bar, dessert

## May 9, Thursday

Salisbury steak with noodles, veggie, salad bar, dessert

## May 10, Friday

Happy Mothers Day!  
Turkey and dressing, veggie, salad bar, dessert

## May 13, Monday

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

## May 14, Tuesday

Polish sausage and sauerkraut, veggie, salad bar, dessert

## May 15, Wednesday

Liver and onions, mac and cheese, veggie, salad bar, dessert

## May 16, Thursday

Meatloaf, mashed potatoes and gravy, veggie, salad bar, dessert

## May 17, Friday

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

## May 20, Monday

Vegetable beef stew, veggie, salad bar, dessert

## May 21, Tuesday

Sloppy Joes, veggie, salad bar, dessert.

## May 22, Wednesday

Split pea soup with cornbread, veggie, salad bar, dessert

## May 23, Thursday

Spaghetti, garlic breadsticks, veggie, salad bar, dessert

## May 24, Friday

Fish and chips, veggie, salad bar, dessert

## May 27, Monday

Closed for Memorial Day. We support our men and women in uniform.

## May 28, Tuesday

Chicken strips, French fries, veggie, salad bar, dessert.

## May 29, Wednesday

Beef goulash, veggie, salad bar, dessert

## May 30, Thursday

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

## May 31, Friday

Beefy bean soup with cornbread, veggie, salad bar, dessert

## June 3, Monday

Chili dogs, French fries, veggie, salad bar, dessert

## June 4, Tuesday

Spaghetti, garlic bread, veggie, salad bar, dessert. Birthday cake and ice cream.

## June 5, Wednesday

Roast chicken, 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.

## Medical equipment needed

The Senior Center is providing good used medical equipment to those in need. We have a medical equipment room which contains wheel chairs, walkers, raised toilet seats, transfer benches, shower chairs, canes, crutches, and commodes. These items are loaned out when available. There is always a good supply of canes, crutches and walkers.

We ask those people that have these items at home to donate them to the center when there is no longer a need for them. It would be a big help to those in need who may not have the resources to purchase new equipment. We do ask for the medical equipment to be cleaned and in good shape. We do not have any volunteers to fix the equipment so please make sure the mechanics of your equipment is working order. We do not accept braces or rails for the bed. In addition to equipment we do accept unopened depends, pads, bed protectors and other supplies.

Please come to the front desk to donate medical equipment and supplies.

## NEW computer classes at the Senior Center

Learn how to use — or better use — your computer, cell phone or android tablet in the Senior Center's new computer classes. The center is offering one-on-one tutoring for one hour on Tuesday or Wednesday from 9-10 a.m. and 10-11 a.m. with instructor Susan Cantrell.

Tutoring is limited to four classes for each student, when available on the appointment book. Sign-up sheets are at the front desk





**7th ANNUAL**  
Klamath Hospice  
Remembrance  
Run/Walk

**TIME**  
RACE DAY REGISTRATION - 8 A.M.  
EVENT KICK OFF - 9 A.M.

**COST**  
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# June 1

## REGISTER ONLINE

[www.klamathhospice.org/run](http://www.klamathhospice.org/run)  
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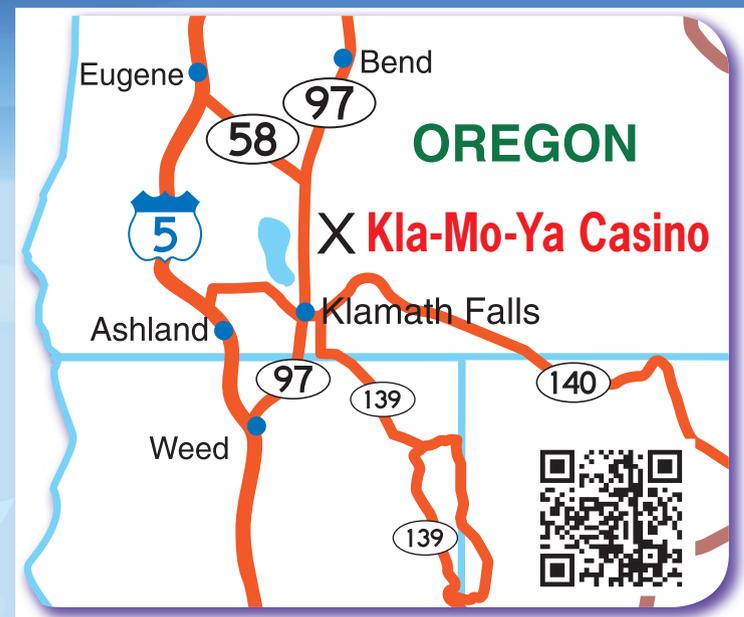
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### Mega May Moola

Friday May 3<sup>rd</sup> and Saturday May 25<sup>th</sup> from 6p.m to 10p.m Hot Seat and Manual Ticketed Drawings. Win cash or freeplay at the top of the hour by playing with your club card in the machine and every half hour win cash or freeplay by manual ticketed drawing. Come join us for your chance to win CASH there will be 3 \$1000 winners with prizes in-between. Bonus club members can win one hot seat and one manual drawing during the promotion. Redeem 25 points for one manual ticket. Must be present to win. Redemption of points ends at 5:00pm.



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