

JUNE 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)

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

### Please join us for the WORLD ELDER ABUSE AWARENESS EVENT AND PROVIDER FAIR

Wednesday, June 12

11:30 a.m. to 4 p.m.

At the Klamath Basin Senior Citizens Center, 2045 Arthur St.,  
Klamath Falls

Chicken Fried Steak lunch will be provided for those 60 and older and/or disabled from 11:30 a.m. to 12:30 p.m. Bingo will begin at 2 p.m. One free Bingo card will be given out during lunch.

There will be resource information booths, guest speakers, music, free merchandise, refreshments and more.

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)

To learn more visit <https://ncea.acl.gov> or find ways to take action by visiting: <http://eldermistreatment.usc.edu/weaad-home>



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

# Celebrate relationships on special days

Both May and June bring special days of honor, Mother's Day and Father's Day. These are the days we dwell on our origins, our childhood, our siblings, all the lasting memories of growing up and what now makes us who we have come to be. For many of us our parents have passed, but, although we are each unique, we extend the lives of those that gave us our lives.

These two special days are opportunities to celebrate relationship and to share the wisdom passed down from our elders. Good family life is never an accident but the accomplishment of those who choose to share it.

You will find an article in this issue on pages 9 and 10 relating the many benefits of relationship to our health. It's good to know how the nature and diversity of our relationships can be of value and it is especially important that we embrace the opportunities we have to celebrate life, for we are far more than our unique selves, but also defined by relationships past and present.

The senior center's services and programs all contribute to keeping people connected with family, friends and community, that is the core of all that we do. At the close of this greeting letter and the close of all greetings past you will find the statement, "Join Us! We Celebrate Life." All are welcome.

Please take note of the Elder Abuse Awareness Day event coming up this month on Wednesday June 12. This event is primarily sponsored by the Department of Human Services and the Klamath Lake Counties Council On Aging.

Many other providers of services are participating and will have representatives at the event to explain their services. The event will be held at the senior center starting with lunch at 11:30 to 12:30. This event is for all ages and the whole community and will celebrate the value of relationship in preventing elder abuse and maintaining the good health of those who choose to share with others.

There are some changes to note this month in our exercise programs. Kim Carson is now expanding her yoga class offerings on Mondays to include a sit-down yoga class. This is especially noteworthy to those who may have hesitated to participate in some of our other classes for fear that they might fall or not be able to keep up. This is for you. As Nancy Carlson our health and wellness counselor frequently says, "If not now, when?"

Another change in schedule will be the temporary suspension of Tina Mahacek's Balance and Stability Class as she takes a well-deserved



Marc Kane, Center Director

summer vacation.

We continue to need volunteers for Meals-On-Wheels as that service continues to expand with a growing senior population. Center meal service is expected to grow to 93,000 meals this year, up another 10 percent.

Volunteering here is another opportunity to build relationships with seniors

We welcome a new member to the senior center board of directors this month. Drew Humphrey, a local attorney with the firm of Brandsness, Brandsness, and Rudd, was elected to the board in May. Welcome Drew! We continue to seek others who wish to serve on the board.

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*

## Have you visited our website?

Chris Purcell of Purcell Productions LLC and his associates recently assisted with revamping our website. We are thankful to Chris and his crew for volunteering many hours of service in improving our site.

We are interested in the quality of your experience at the website and encourage you to contact us regarding your experience. Do you find the site easy to navigate? Does it offer the information you are looking for? Would you use the donation features on this site to make a donation? How was your experience?

Here's the website address: [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)

Try it out and tell us what you think. You will find access there to a digital copy of this monthly publication in case you ever misplace it. Monthly menus and activity schedules are published there as well. We may even like to publish your story here if you ask and have something to share with others.

The main mission of the senior center is to build and maintain a community supportive of seniors. This is accomplished by offering many activities and services, but the core of all these services is to keep seniors connected to family, friends and the community in general.

We are hopeful the website will steer seniors and others to opportunities to share and connect. We are striving to bring the whole community together so that seniors can share not only with each other but in cross generational ways as well.

Comments can be directed by email to: [marc.kane@kbscc.org](mailto:marc.kane@kbscc.org)



**Klamath Basin Senior Citizens' Center**  
2045 Arthur Street, PO Box JE, Klamath Falls, OR 97602  
541.883.7171

## Lake County Senior Citizens Association June event schedule

- First three Tuesdays, 7:30 a.m. (June 4, 11, 18) — Klamath Falls Trips for Medical Appointments & Shopping. (\$20 donation when you sign up.)
- Tuesday Friends, June 4, at 1 p.m. at Senior Center
- Every Tuesday and Thursday our Thrift Shop is open 1 to 4 p.m., and second Saturday, June 8, from 10 a.m. to 2 p.m.
- Birthday Lunch second Friday, June 14, 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.

## Older broads work out too!

Including the two women in this article, working out is a regular routine for many of you.

Hopefully, this will inspire others who are in the “thinking about it” stage. One of those regulars is Cheri Schwartz, whom I see often in the cardio room of the YMCA — a contemporary who will turn 82 this year, one month after me.

### Nancie's Corner

Blues Zones reporter, health and wellness counselor

Cheri had quadruple bypass surgery about 14 years ago and has been exercising ever since. Her diet changed as well as her need for medication. Both she and her longtime partner,

Ray, focus on vegetables, lean protein and reduced starch.

She loves Italian food, but avoids pasta! Go figure.

Our workouts at the YMCA differ. I move from machine-to-machine, i.e., elliptical, treadmill, rowing machine, upright and/or recumbent bicycles, spending 15-20 minutes on 3 different machines each time. Cheri rotates between hour long extreme hill climbing on the treadmill; and on alternate days, an hour on the rowing machine. Both of us hit the Y often and early preferring to have more daytime hours for other pursuits.

Cheri continues to be employed 35 hours a week during league season at



Hanscam's Bowling Center. Her hours are substantially reduced in the summer when leagues take a break.

Me, I volunteer for several non-profits. It appears we both maintain a fairly high energy level; but, admittedly, fold in the late afternoon/evening hours.

Age should NOT be a barrier to exercise folks! Some, of course, are unable to exercise for good reasons; but what about those of you who are able, but haven't?

### Editor's Note:

New In-Chair or Sit-Down Yoga class with Kim Carson is now offered on Mondays. Check the class schedule on Page 8.



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



2640 Biehn St. • 541.884.3148 • [www.klamatheyecenter.com](http://www.klamatheyecenter.com)

# Learn to ride the bus event is June 25

A special bus ride event will be offered on Tuesday, June 25, to help new riders to the Basin Transit fixed route transportation service. Staff from both the senior center and the transit service will participate to orient participants. In addition board members of both the transit service and senior center have been invited to assist.

Participants should call to reserve a spot for this event. The first five older adults (age 65 or over) to sign up and participate who have not used the service previously will be given complimentary bus passes good for 50 free rides. Interested residents should call BTS at 541-883-2877 or the Senior Center at 541-883-7171 to reserve a space for this special event. Space is limited.



Participants will meet at the Senior Center at 9:00 am on the 25th for coffee, tea and refreshment and will depart on a BTS bus from the bus stop across the street from the senior center. The orientation ride will take about two hours. Participants will learn how to read and use the bus schedule, how to plan their trip, how to board and pay the correct fare, how to use a transfer when necessary and what reduced fares might be available to them.

Seniors needing a ride to the center to participate can schedule a ride from their home by calling the senior center three days in advance of the event date.

## SPOKES Unlimited

### June Calendar of Activities

#### 12 — World Elder Abuse Awareness Day

Please join us for the second annual World Elder Abuse Awareness Event and Provider Fair, 11 a.m.-3 p.m. at the Klamath Basin Senior Center

#### 14 — Klamath and Lake County Stand Down

8 a.m. to 2 p.m., Klamath County Fairgrounds Event Center

#### 18 — American Council for the Blind meeting,

12-2 p.m., Red Roosters Grill and Pub, 3608 S. 6th Street

22 — Daly Days Health Fair, 10 a.m.-2 p.m., Lake District Hospital, 700 South J Street, Lakeview

26 — 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.

All support groups follow confidentiality guidelines.

All meetings/events listed are held in a wheelchair accessible location.

**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

SHIP TALK

# Getting help with your Medicare costs

Just for review, there are four parts to Medicare. Part A (hospital) is free. Part B (medical) has a premium. The premium this year (2019) is \$135.50/month.

This is automatically taken out of your social security check. If you are not yet taking your Social Security, you will be billed every quarter.

You must take Part B (unless you have other creditable health insurance such as an Employer Group Health Plan) or you will be penalized.

Part C is a choice you can make to have your coverage packaged into a managed care program. These are called Advantage plans. In Klamath County we have just two Advantage plans — Moda and Atrio.

Part D is prescription drug insurance and is sold by private companies. You pay the private insurance company or it also can just be automatically deducted from your social security check. Like Part B, you must purchase a drug insurance or be penalized. If you choose to go with an Advantage plan, your drug insurance will be part of the package.

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

1. The Medicare Savings Program (MSP) can help with monthly Medicare Part B premiums. This program is administered by the local Aging and People with Disabilities office. To be eligible this year (2019): Your monthly income must be less than \$1,426 (single) or \$1,923 (couple). If your monthly income is even lower, (\$1,061 single and \$1,430 couple) you may even qualify for Medicaid as a secondary to Medicare. There are no resource or asset limits.

2. The Low Income Subsidy program (LIS) is commonly known as Extra Help and is administered by Social Security. It helps with Part D prescription drug premiums and co-pays. Income must be below \$1,581/mo. (single) and \$2,134/mo. (couple). Your resources, such as stocks, bonds, savings in the bank, etc., must be less than \$xxxx (single) and \$xxxxxx married and living together. Certain things you own, like your house, car, life insurance and up to \$1,500 in burial expenses do not count as resources. Even better, if you qualify for the MSP program described above, you automatically qualify for Extra Help, no matter what your resources are.

Finally, anyone can get the Oregon Prescription Drug Program (OPDP) card which provides discounts on drugs that may not be covered by your plan. Just go to the [www.oregon.gov](http://www.oregon.gov) website and type in Oregon Prescription Drug Program in their search space and it will pop up for you. There are several other drug discount cards available and we especially recommend you check out GoodRx.com.

These discount cards cannot be used in conjunction with Medicare Part D — only if you have drugs that are not covered by your insurance, or if you have no Rx insurance. If you have questions or need help or guidance with any of these options, make an appointment for SHIBA assistance at the Klamath Basin Senior Citizens Center: 541-883-7171.

— Anne Hartnett,  
SHIBA Coordinator, Klamath Basin Senior Citizens Center



## Drew Humphrey joins Senior board

The Senior Center Board of Directors elected Drew Humphrey to the board at its May meeting. Drew is an attorney with the firm of Brandsness, Brandsness and Rudd of Klamath Falls. He earned his bachelor's degree from Bradley University and a JD from the Willamette University School of Law. In his board application Drew stated, "I'm simply looking for an opportunity to get involved in the Klamath Falls community. I believe each person has a responsibility to be of service to their community. I believe senior citizens are a greatly under-served group for whom a small amount of help can go a long way to improving their quality of life."

Drew's wife Brienne is a branch manager in Klamath Falls for First Interstate Bank and also volunteers her time at the Senior Center as a Meals-On-Wheels driver. We thank them both for leading by example in volunteering at the Senior Center.

The center continues to seek new board applications. Interested persons should contact the Executive Director, Marc Kane, at 541-883-7171 or email to [marc.kane@kbscc.org](mailto:marc.kane@kbscc.org).



Humphrey



## 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.



## VOLUNTEER PROGRAM



## SEEKING VOLUNTEERS TO WORK WITH SENIORS

The Long-Term Care Ombudsman program is an independent state agency that serves long-term care facility residents through complaint investigation, resolution and advocacy for improvement in resident care.

Certified Ombudsman Volunteers are independent citizen advocates who listen to and address the concerns of residents living in long-term care facilities. They investigate concerns and complaints, work with those involved to resolve problems, and help to ensure resident rights and dignity. Matters can range from the food service to issues with daily care. Respect for the residents, their privacy, and confidentiality is paramount.

### QUALIFICATIONS

Volunteers must be at least 21 years old, have available transportation, and be able to pass a criminal records check and the conflict of interest screening.

### COMMITMENT

4 hours a week for one year.

### TRAINING

An initial five-day certification training is provided in your community. Training includes classroom, self-study, and an in-facility visit. On-going training and support from staff is provided.

To learn more about volunteering, or to report a concern at a long-term care facility, call 1-800-522-2602 or visit [www.oltco.org](http://www.oltco.org)

# CALENDAR OF EVENTS

## Daily calendar for June 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.:  
June 10 — Charlie Wyckoff, Farmers Market  
June 17 — Kathy Pierce, Veterans Administration  
June 24 — Cami, Klamath County Library
- 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.  
June 10 — Arctic  
June 24 — Stand In Ollie
- 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.
- Ukelele 6:30 p.m. (First and third week)

HOT LUNCHES 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.
- Dancing with the Take 4 Band 1 to 3:15 p.m. (No dancing on June 12)
- Creative Writing class 10 to 11:30 a.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.
- Defensive driving, June 6 and 13, 9 a.m. to noon (Must take both classes)
- SAIL 10:15 to 11:15 a.m.
- J.D. Howell, 10:15 a.m. to noon (Third week of month)
- Golden Age Bingo, 12:30 p.m.
- Library 9:30 a.m. to 1 p.m.
- Bingo fundraiser: open 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. (No class June 7)

### 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 June

- Defensive Driving class, starting Thursday, June 6, and Thursday, June 13, 9 a.m. to noon. Must attend both classes.
- Medicare 101 class at the Senior Center, June 5, 9 to 11 a.m. Call 503-947-7088 to sign up.
- Elder Abuse Awareness day, June 12, 11:30 to 4 p.m. See flyer on page 2.
- Balance and Stability classes discontinued until fall.
- Gift shop open Monday-Friday, 10 a.m. to 3 p.m.

# Do social ties affect our health?

## Exploring the biology of relationships

**C**uddles, kisses, and caring conversations. These are key ingredients of our close relationships. Scientists are finding that our links to others can have powerful effects on our health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.



Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death. Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact—from hand-holding to sex—can trigger release of hormones and brain chemicals that not only make us feel great but also have other biological benefits.

Marriage is one of the most-studied social bonds. “For many people, marriage is their most important relationship. And the evidence is very strong that marriage is generally good for health,” says Dr. Janice Kiecolt-Glaser, an expert on health and relationships at Ohio State University. “But if a relationship isn’t going well, it could have significant health-related consequences.”

Married couples tend to live longer and have better heart health than unmarried couples. Studies have found that when one spouse improves his or her health behaviors—such as by exercising, drinking or smoking less, or getting a flu shot—the other spouse is likely to do so, too.

When marriages are full of conflict, though, such health benefits may shrink. In NIH-funded studies, Kiecolt-Glaser and her colleagues found that how couples behave during conflict can affect wound healing and blood levels of stress hormones. In a study of more than 40 married couples, the researchers measured changes to body chemistry over a 24-hour period both before and after spouses discussed a conflict. The troublesome topics included money, in-laws, and communication.

“We found that the quality of the discussion really mattered,” Kiecolt-Glaser says. Couples who were more hostile to each other showed much larger negative changes, including big spikes in stress hormones and inflammation-related molecules. “In the more well-functioning marriages, couples might acknowledge that they disagree, or find humor in the situation, but they don’t get sarcastic or roll their eyes when the other is talking,” Kiecolt-Glaser says. In a related study, blister wounds healed substantially more slowly in couples who were nastier to each other than in those who were kinder and gentler during difficult discussions.

See **RELATIONSHIPS**, Page 10



## BINGO, BINGO, BINGO

Have you been waiting for MID YEAR BINGO?

**Mid Year Bingo is July 6th**  
featuring **TWO \$1000 Blackouts** and extra giveaways!

Starting June 1 you can pre-pay for your Mid Year Bingo

Open 4 p.m. Call at 6 p.m. until around midnight.  
Come party with us  
Advance table reservations available

## Sleep Better Tonight

You can protect the ones you love and still stay within your budget.



We offer dozens of life insurance options from final expense to policies that can pay the bills should the unexpected happen.

We also specialize in guiding you through Medicare planning. Working with a wide variety of companies, we’ll find the policy that’s just right for you!

Call Linda Clarkson at (541) 973-2122



[www.lindaclarkson.com](http://www.lindaclarkson.com)  
[lindaclarkson@ffig.com](mailto:lindaclarkson@ffig.com)



Couples with the “double-whammy” of hostile marriages and depression may also be at risk for weight problems. After eating a high-fat meal and discussing a difficult topic, these troubled couples tended to burn fewer calories than less hostile counterparts. “The metabolism in these couples was slower in ways that could account for weight gain across time,” Kiecolt-Glaser says. Compared to the kinder couples, the distressed spouses had signs of more fat storage and other risks for heart disease.

The quality of a marriage—whether supportive or hostile—may be especially important to the health of older couples. Dr. Hui Liu at Michigan State University studied data on the health and sexuality of more than 2,200 older people, ages 57 to 85. Good marriage quality, she found, is linked to reduced risk of developing cardiovascular disease, while bad marriage quality is tied to increased risk, particularly in women. “The association between marriage quality and heart health becomes increasingly strong at older ages,” Liu says.

Liu and colleagues are also looking at the links between late-life sexuality and health, including whether sex among the very old is beneficial or risky to heart health. “Some people assume that sex isn’t important in older ages, so those ages are often overlooked in research studies related to sex,” Liu says. “But our studies suggest that for many older people, sex quality and sex life are important to overall quality of life.”

In one recent analysis, Liu and co-workers found that older women who reported having a satisfying sex life were at reduced risk for high blood pressure 5 years later. But the researchers also found that some older men, ages 57 to 85, were at increased risk for certain heart-related problems after 5 years if they reported having frequent (at least once a week) or extremely enjoyable sex. The reasons for these increased risks aren’t clear and are still under study. Experts suggest that older men and women talk with their doctors about concerns related to sexual issues or potential health risks. Learn more about sexuality in later life at [www.nia.nih.gov/health/publication/sexuality-later-life](http://www.nia.nih.gov/health/publication/sexuality-later-life).

Other types of relationships are important, too. These can include friends, family, neighbors, co-workers, clubs, and religious groups. Studies have found that people who have larger and more diverse types of social ties tend to live longer. They also tend to have better physical and mental health than people with fewer such relationships. Social support may be especially protective during difficult times.

Dr. Sheldon Cohen, a psychologist at Carnegie Mellon University in Pittsburgh, has been exploring the links between relationships and health for more than 3 decades. In one study, his team exposed more than 200 healthy volunteers to the common cold virus and observed them for a week in a controlled setting. “We found that the more diverse people’s social networks — the more types of connections they had — the less likely they were to develop a cold after exposure to the virus,” Cohen says. He and his team have since found evidence that people with more types of connections also tend to have better health behaviors (such as not smoking or drinking) and more positive emotions.

“People who have high levels of conflict and low levels of social support are much more likely to get sick when exposed to a virus. But those with high conflict and high levels of social support seem protected.” In addition, hugging seemed to shield against stress. People who reported having more frequent hugs were less likely to develop an infection after viral exposure.

*“We found that the more diverse people’s social networks — the more types of connections they had — the less likely they were to develop a cold after exposure to the virus.”*

— Dr. Sheldon Cohen,  
psychologist, Carnegie  
Mellon University, Pittsburgh

## DONORS REPORT

# Howell leads donations to new-roof campaign

We recently launched an appeal for funds to replace the roof on the Senior Center and the heating and cooling systems as well. The project is expected to cost \$180,000. The city and county have been asked to pitch in along with foundations as well. This month as we are starting to receive contributions to the campaign from our patrons, Marilyn Howell is leading the patrons’ pack with a \$1,865 donation. Contributions of any size are welcomed from our patrons and the general public. Checks may be made out to the Klamath Senior Center with a note stating “roof and HVAC fund.” Thank you, Marilyn!

The Dr. Bob’s Remedy Band event this last month raised nearly \$400. Thank you to those band members, especially those who traveled from afar to participate.

A big thanks to all our individual contributors for their monetary support of our ongoing programs and to those who make donations when participating in programs that don’t expect to be acknowledged by name.

We are grateful to all who support the Senior Center. April donations of \$3,045 were received from the following organizations and individuals:

Jim Calvert	Burl Parrish	Golden Age
Waste Management	Linda Bourcy	Rose Kruezer
Geraldine Schindler	Anonymous	Art & Janet Luttig
Dorothy Winters	Lyle Ficken	Betty Aranyos
Jon Schnebly	Hazel Lewis	Robert Davies
Howard McGee	Ernie Palmer	Albert & Delores
Donna Maloney	Cheryl Gibbs	Errecart
Carolyn Hartley	Rose Chapman	Barbara Meracle
Victor Creed	Jonny Jones	Roger Dionne
Lynette Harvey	Samuel Hawley	Mary Waters
Patricia Henderson	Etta Holly	
Donna Hill	Joyce Moore	

Unidentified contributions in March for meals, transportation and other services aUnidentified contributions April for Meals , Transportation and Other Services amounted to \$3,811.

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.



## Robbie Gardner and son volunteer to refinish ballroom floor

Over the past month, Robbie Gardner and son Jeff have worked diligently volunteering to refurbish our great ballroom floor and pickleball court. In addition, the floor of the pool room has also received their attention. It was an interesting and simple process but required a great deal of effort, better than 20 hours of hard labor. First, the floor is washed with vinegar and water and then covered with a mixture of mineral oil and sawdust. Most of the sawdust disappears and the rest swept up. Voila! A great looking floor.

Robbie is a regular in our pool room and at other senior center events as well as a regular volunteer at the Linkville Theatre.

Thank you Robbie and Jeff. We hope you have inspired others to pitch in at the senior center.

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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.

### Beauty and Nature

The butterfly opened his wings  
And the gentle breeze gave him a lift,  
From the pedal of the flower.  
The art of flying was his gift.

He loved the free feeling that  
He got when a loft.  
The air was fresh, and the  
Pedals of the flower were soft.

He met with a squirrel  
Who gave him a grin.  
His mouth was so full,  
He didn't seem to have a chin.

The snail went slow and  
Left a trail behind.  
He couldn't move fast, and  
At times it left him in a bind.

The deer ate the new grass.  
It was quite a treat.  
Winter was over, and  
It tasted so sweet!

The sun's rays made its way through  
The trees, and gave light all around.  
It highlighted the beauty, and was  
Visible clear to the ground.

New growth sprouted from  
The ends of the old.  
It was a lighter green as  
It began to unfold.

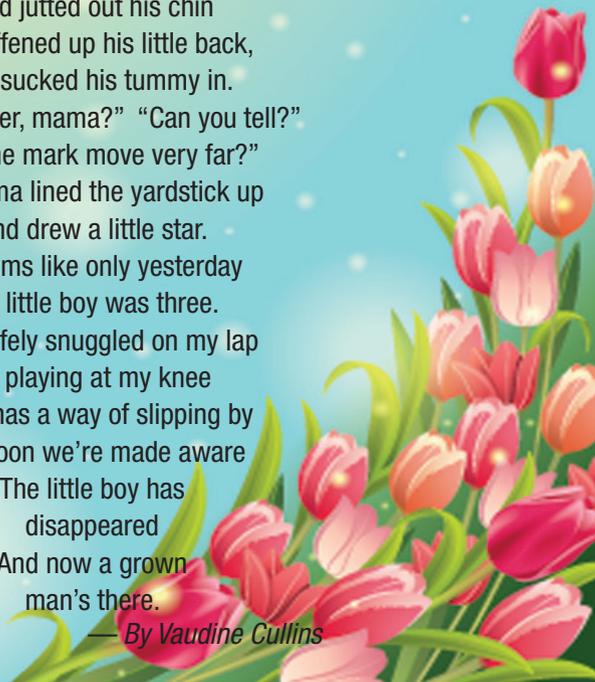
If you look for the beauty,  
It is definitely there.  
Take your time, and notice,  
And remember to care.

— By Sharon Hudson

### 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



### Mumkin's Recipes For Life...



A pinch of love, dash of hope  
If you don't make a plan, your  
Dreams go up in smoke.  
Sharon (Johnston) Pappas ©

### The Tractor

(Dedicated to Dad)

The worn out tractor sat silent inside the barn  
Remembering days of a life on the farm  
Its' wheels haven't turned since being parked that day  
After years in the field, with the help of a stick,  
Its' master walked away

In the beginning before the days flew  
Its' cushion was soft, shiny and new  
Days ticked by as round the field they'd go  
The cushion gave way to a pillow,  
Hands on the wheel, stiff and slow

The fields are still touched by the sun and rain  
Only memories of the tractor and the man remain  
But sometimes in the wind and where the hawk flies  
There's the sound of the tractor  
And its' master beneath the blue skies.

Sharon (Johnston) Pappas ©



# SAIL

## A different kind of exercise

You may think of exercise as something that makes you sweat, causes sore muscles, and is repetitious and boring. SAIL classes are totally different.

The exercises and activities we do are slow and gentle. They were developed specifically for older adults to help develop strength, flexibility, balance, and coordination. For good results we recommend doing three classes per week.

You can start right away. Classes are at the Senior Center at 8:45 a.m. on Monday, Wednesday and Friday, and 10:15 a.m. on Monday, Wednesday, Thursday and Friday.

Mary Noller and Suzan Phipps are the certified instructors. A \$2 donation is suggested but not required per class.



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# Summer fun, putting family first

By Kendra Santiago

PR & Marketing Manager for Blue Zones Project – Healthy Klamath

In a few short weeks, school will be out and children will be ready to enjoy the summer.

For many parents and grandparents, summer vacation provides an opportunity to spend more time with our loved ones.

It seems timely to use this month's article to focus on the Blue Zones Project's Power 9® Principle: Putting Loved Ones First.

Dan Buettner's research in the longest lived cultures identified how important a strong social network is to our overall well-being.

Families represent the highest degree of social network. In his book, *The Blue Zones*, he says that parents and grandparents can provide "a sense of reality, of how to behave healthwise, (and) offer a sense of goals and purpose."

Grandparents can be a grounding presence in the lives of the younger generations, offering wisdom that only comes from life experience.

The benefits of putting family first are twofold; studies have shown that elders who are strongly tied to their children and grandchildren "are less susceptible to disease, eat healthier diets, have lower levels of stress, and have a much lower incidence of serious accidents."

In our culture, family time can be hard to come by, with parents often both working outside the home, busy schedules, and active kids.

Fortunately, in the Klamath Falls community we have a plethora of options available, and the summer months typically offer great weather.



Three generations enjoy making giant bubbles at Third Thursday in downtown Klamath Falls.



## SUMMER ACTIVITIES

Event/Place	Type of Activity	Schedule
<b>Badger Run Wildlife Center</b> www.badgerrun.org 541-891-2052	Wildlife animal rehabilitation and rescue.	Tours are available by appointment.
<b>Ella Redkey Pool</b> www.ellaredkeypool.com 541-274-1447	Swimming	Call or visit their website for details on their summer schedule.
<b>Farmer's Market</b> www.klamathfallsfarmersmarket.org 541-273-1102	Open air market featuring local growers, producers, and artisans	June – October, every Saturday 9 am – 1:30pm
<b>Fish Hatchery in Fort Klamath</b> www.myodfw.com/klamath-hatchery-visitors-guide 541-381-2278	Feed trophy-sized trout, wildlife viewing, great picnic place as well	7:30 a.m. - 4:30 p.m. daily
<b>Next of Kiln</b> www.facebook.com/NextofKilnKlamath 541-885-5568	Paint your own pottery	Closed Mondays, hours vary throughout the week
<b>Third Thursdays</b> www.downtownklamathfalls.org/thirdthursday.html	Street fair in downtown Klamath Falls	June - August, begins at 6 pm, on the 3rd Thursday of the month.

# Menu

## June 5, Wednesday

Cheeseburgers, French fries, veggie, salad bar, dessert

## June 6, Thursday

Chicken strips, mashed potatoes and gravy, veggie, salad bar, dessert

## June 7, Friday

Fish and chips, veggie, salad bar, dessert

## June 10, Monday

Baked potato bar, veggie, salad bar, dessert

## June 11, Tuesday

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

## June 12, Wednesday

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

## June 13, Thursday

Salisbury steak with noodles, veggie, salad bar, dessert

## June 14, Friday

Happy Fathers Day!  
Roast pork, veggie, salad bar, dessert

## June 17, Monday

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

## June 18, Tuesday

White bean chicken chili with cornbread, veggie, salad bar, dessert

## June 19, Wednesday

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

## June 20, Thursday

Sloppy Joes, French fries,

veggie, salad bar, dessert

## June 21, Friday

Roast chicken, veggie, salad bar, dessert

## June 24, Monday

Polish sausage and sauerkraut, veggie, salad bar, dessert

## June 25, Tuesday

Meat Loaf, mashed potatoes and gravy, veggie, salad bar, dessert.

## June 26, Wednesday

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

## June 27, Thursday

Goulash, garlic bread, veggie, salad bar, dessert

## June 28, Friday

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

## July 1, Monday

Taco bar, refried beans, Spanish rice, veggie, salad bar, dessert

## July 2, Tuesday

Mac and ham, veggie, salad bar, dessert.

## July 3, Wednesday

Roast chicken, veggie, salad bar, dessert

## July 4, Thursday

Closed for Independence Day!

## July 5, Friday

Fish and chips, 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.

## Come Celebrate America's Birthday! 4th of July Family Concert with EAGLEMANIA



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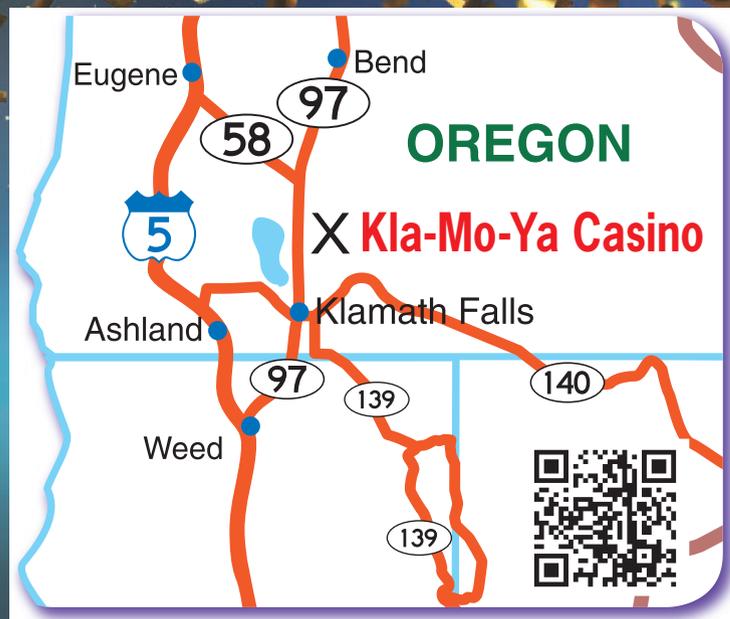
1000 Town Center Dr., Klamath Falls, OR 97601 • [MBKSeniorLiving.com](http://MBKSeniorLiving.com)



## Anniversary Giveaway

We are CELEBRATING our 23rd year at KLA-MO-YA. Come join us June 21st, 22nd and 23rd for your chance to win MONEY.

We will be having Hot-Seat drawings on the 21st from 6pm-9pm, 22nd from 6-9pm and the 23rd from 12pm to 4pm.



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