

JULY 2019

**FREE**  
Take  
One!



# Active Seniors

The official monthly publication of the Florida Senior Citizens' Center

**FIND YOUR PURPOSE**



**VOLUNTEER OPENINGS**

**Treasures Thrift Store Volunteer**

Staffed with volunteers who donate their time to sort merchandise, run the cash register, and assist our community. All proceeds benefit Klamath Hospice patients and families. Treasures is open Monday - Saturday from 10:00 a.m. to 6:00 p.m.

**Patient/Family Volunteer**

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

**Bereavement Volunteers**

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

**Caring Companion**

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

**Life Stories**

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

**Start today!**

**Call Brenda at 541-882-2902**



**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)



**We – The Volunteer**

**By Bernie Lemon**

*Each night I pass my mirror and say,  
Have you done your fair share today?  
Have you helped with all the things you  
could?*

*Did you do the things you knew you  
should?*

*Did you stand and offer up you hand,  
To aide a friend or help the land?  
We know the things we must do,  
The deeds that must be done,  
We know there is a standard set,*

*By those who really care,  
And we know we'll always be  
By choice with those that do their share.  
We stand there smiling, eye to eye,  
Our grin runs ear to ear,  
And then again we speak as one:  
With pride we volunteer!*

— Submitted by BJ Matson, Rocky Mountain Elk Foundation Member, who reports that this poem was published by RMEF in memory of Bernie Lemon, the poems author and an extraordinary volunteer for their foundation.



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 life this Independence Day

**H**appy Independence Day! The senior center is closed today and we wish you all a great 4th of July.

Over the past month I have been reading and hearing much about elder hood. Perhaps you have heard the term before, but most have not. As the “boomers” begin to make up such a large portion of the population with most now retired we are learning that there is a whole new phase of life beyond adulthood. Dr. Bill Thomas wrote about this phase of our lives in his book, *Second Wind*. I would recommend it for anyone, especially boomers, because it outlines in detail how our current attitudes and cultures of aging developed over the years since the middle of the last century.

Dr. Thomas may not have the prescription you may be looking for how to live your new life in elder hood, but he will certainly help lead your way into a life of purpose in your elder years. Dr. Thomas and Kavan Peterson founded *ChangingAging.org* as a publishing platform to explore a new vision of aging in our culture. Check it out.

Wikipedia defines *Changing Wind* as a phenomenon in distance running, such as marathons or road running (as well as other sports), whereby an athlete who is out of breath and too tired to continue suddenly finds the strength to press on at top performance with less exertion. Applied to post-adulthood, retirement and now elderhood the term might just fit.

My wife recently retired and refers to her retirement as “preferment,” that time of life when she gets to do whatever she prefers. She continues to give much to all around her, but having left adulthood for elder hood she is no longer under some standard of production imposed by others. She chooses where to devote her time and talent and appears to do it with ease and always a smile. She values relationship wherever she is found.

Most importantly, Dr. Thomas also touts the value and role of relationship in retirement. Rather than viewing life in a linear way where dead is a certain end he points out how we circle around to where we began as we relate to our grandchildren and how our children now in adult hood relate to us in supporting our elderhood. We extend our lives



Marc Kane, Center Director

as we share our wisdom, talents and experience with those that will follow.

I like this new term elderhood as it seems to draw from the tribal culture that surrounds us here in the basin. Tribal members honor and celebrate their elders and draw from their experience. They are sensitive to their connection to the earth and universe and understand our oneness.

Celebrate life this Independence Day! Most of all celebrate the opportunity for inter-dependence and relationship with all those from whence you came and with all those who will follow. This is our purpose. Your elderhood will bring new life to those around you and will extend your life through theirs.

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 Assoc. July event schedule

- First three Tuesdays, 7:30 a.m. (July 2, 9, 16) — Klamath Falls Trips for Medical Appointments & Shopping. (\$20 donation when you sign up.)
- Tuesday Friends, July 2, at 2 p.m. at Senior Center
- Every Tuesday and Thursday our Thrift Shop is open 1 to 4 p.m., and second Saturday, July 13, from 10 a.m. to 2 p.m.
- Birthday Lunch second Friday, July 12, 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.**

# Falls resulting in death are increasing in older Americans

New scary fact: According to a study published last month in JAMA — The Journal of the American Medical Association, the number of older Americans who die following a fall is increasing. In fact, the death rate has more than doubled since 2000.

Most likely reasons are: We are living longer with conditions that we might have died from in the past; and, we are on medications that can increase the risk of falling. Women are slightly more likely to fall than men; but, men are more likely to die from a fall.

The good news: Falls are not inevitable and are, in most cases, preventable.



What to do:

Exercise, exercise, exercise! Combine aerobic exercise (treadmill, fast walking, dancing, elliptical trainer, cycling, etc.) and weight training with an emphasis on leg strength. Try an upright or recumbent bicycle at the gym on a setting that puts stress on your leg muscles.

At home, an easy, effective leg-strength exercise is the “Sit and Stand.” Instructions on how to perform are on the CDC (Center for Disease Control) website: [https://www.cdc.gov/steady/pdf/Chair\\_Rise\\_Exercise-print.pdf](https://www.cdc.gov/steady/pdf/Chair_Rise_Exercise-print.pdf).

Add balance work. The June/July, 2019 AARP magazine, page 19, shows simple balance exercises you can do at home; and, they take 10 minutes! Then, there's the “king/queen” of balance work: Tai Chi, an excellent way to improve balance with its slow, purposeful movements which force the body to stay stable when in off-kilter positions. Studies show that those over 70 who practice tai chi twice a week for an hour for at least six months reduced falls by 58 percent. And, the Klamath County Library has several DVDs relative to balance work for seniors.

If the doctor prescribes a walker, use it. You will remain independent longer.

A kicker: medications for sleep compromise balance. Since metabolism slows in older adults, toxicity occurs from many sleep medications. They can cause dizziness and are extremely problematic for seniors. Speak with your doctor about alternatives.

Eyesight can contribute to falls. Bifocals and progressive lenses change depth perception outdoors. If you can afford it, get a pair of single-focus lenses for walking outside. Tip: there are some websites that offer glasses at substantially reduced prices.

Poor footwear choices contribute to falls. Buy sturdy lace up or Velcro-closing closed heel athletic shoes; replace every six months, if possible.

If you have any concerns for your own individual needs, leave your name and phone number with the front desk at the Senior Center or email me at [nancielea10@gmail.com](mailto:nancielea10@gmail.com).

## Nancie's Corner

By Nancie  
Carlson,  
Blues Zones  
reporter,  
health and  
wellness  
counselor

**KFOM**  
**KLAMATH FARMER'S  
ONLINE MARKETPLACE**  
*www.KFOM.org*  
Direct year-round access to local food.  
Produce • Meat • Eggs • Honey  
Orders due: Tuesdays 10 p.m.  
Pickup: Thursdays 5-7 p.m.  
at 2701 Foothills Blvd.  
Place your order at:  
[www.kfom.org](http://www.kfom.org)

**SNAP** Supplemental Nutrition Assistance Program  
SNAP & EBT ACCEPTED

**BLUE ZONES PROJECT**

1872013

# SPOKES Unlimited

## July Calendar of Activities

**4** — SPOKES will be closed in celebration of the Fourth of July holiday

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

**24** — 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. 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.



A Resource Center for  
People with Disabilities

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

## Smoking and your heart

Smoking tobacco can cause many health problems. Did you know that it can harm your heart and blood vessels?

Smoking is a risk factor for heart disease, which can lead to heart attack, heart failure and death. About one in every three people in the United States dies from heart disease.



Tobacco smoke contains many toxic chemicals. Once those chemicals get inside your body, they travel around in your blood. They can damage your heart and blood vessels. They also affect the cholesterol and fats in your blood.

All this damage can help fats and other debris build up on blood vessels. The blood vessels can become narrower. That prevents blood from flowing through as easily. Not as much oxygen and nutrients can get to the heart. That's how heart disease develops.

Those narrow blood vessels also raise your blood pressure. That pressure puts stress on your heart.

You can reduce your risk of heart disease by not smoking. Avoiding secondhand smoke also reduces your risk.

SPECIAL MID YEAR

# BINGO

# EXTRAVAGANZA

## Saturday, July 6

*At the Senior Center — 2045 Arthur Street*

Featuring  
**Two \$1,000 blackouts**

*Advance purchase now available at the Senior Center  
Reserve a table and come party with us!*

**\$10 gets you  
20 cards**

**Concessions available**

Must be 18

**Doors open at 4 p.m. ~ Call at 6:30 p.m.**

*This is one of the biggest BINGO fundraisers  
of the year. Benefits the Senior Center meals  
and other programs.*



SHIP TALK

# Medicare Part D

*Seems most troubling for consumers*

Once again it's time to talk about Medicare Part D. It's complex and seems to be the most troubling to consumers. Prescriptions change all the time and so do the prices and formularies of the various plans. Let's review:

You become eligible for Part D drug insurance as soon as you have Part A or B or both. Medicare Part D plans are provided by private insurance companies. Nonetheless, you are required to purchase a drug plan or be penalized 1 percent per month for every month you wait to purchase. However, you will not be penalized for delaying Part D if you have "creditable" drug insurance through other means, such as an Employer Group Health Plan, Veterans, union, etc.

Part D drug plans can only be changed during open enrollment period (October 15 – December 7) unless you are low income and eligible for Extra Help. (See below.)

Social Security offers a Low Income Subsidy (LIS), more commonly known as Extra Help, to reduce or even eliminate your premiums and co-pays for your prescriptions.

And with Extra Help you can sign up for and/or change plans any time of the year, without penalty.

Check with SHIBA if you think you may qualify. We'll check the eligibility tables, ask the right questions, and sign you up for the program if we think you'll qualify.

If you're not low income but still have a drug that's not covered, there are other resources out there that may help. We especially recommend the Oregon Prescription Drug Program and GoodRx. These are not insurance plans; they are discount programs, but can be very helpful. They cannot be used in conjunction with your drug plan — only if you do not have coverage for a particular drug. It's one or the other.

Everyone is pretty familiar with the "donut hole" by now. But the good news is that health-care reform is phasing out the donut hole. This year (2019), for brand name drugs, you pay just 25 percent of the retail price while the drug company is discounting 70 percent of the cost. The plan pays 5 percent. For generics 63 percent is paid by the plan, 37 percent by you.

Remember, the drug company's discount payment counts toward your "out of pocket" costs. And, once your total "out of pocket" costs for the year reach \$3,834, you're out of the donut hole and into "catastrophic coverage, which is 95 percent of the retail cost. It can happen quite fast if you have an expensive drug.

Anyone can go into Medicare.gov and do a drug plan search to see which plan would work best. SHIBA counselors do this regularly for clients on-site. Bring in a complete list of drugs and dosages you take and we'll help you narrow down your search for what plan is best for you. The search is anonymous.

Just call the Klamath Basin Senior Citizens Center at 541-883-7171 and ask for a SHIBA appointment with one of our trained and certified counselors.

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

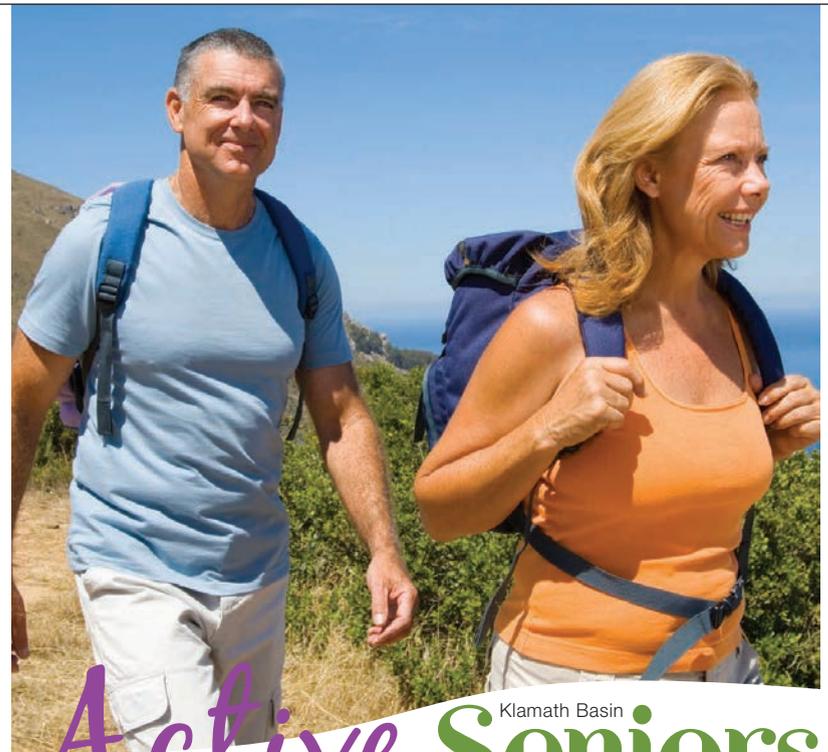


## Save the date! Saturday, August 10 Annual Senior Center Rummage Sale



Aug. 8 and 15  
AARP Safe  
Driving classes  
Sign up at front  
desk.

2045 Arthur Street  
Just west of the County Fairgrounds



## 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

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.

# Building a healthier Klamath community

By Kendra Santiago  
PR & Marketing  
Manager for Blue  
Zones Project —  
Healthy Klamath

You may already be aware of Blue Zones Project and the work that we have partnered on in Klamath Falls. While some of the more visible accomplishments of our partnerships have led to things such as healthy check-out lanes at Sherm's Thunderbird, healthier options taking a more prominent position on local menus, and the introduction of smoke-free city parks, there is another facet to our work called "Built Environment" that likely isn't as familiar.

The term Built Environment refers to the man-made infrastructure in our community that makes up the spaces where we live, work, learn, and play. This includes things like housing, streets, sidewalks, buildings, parks, and open spaces. There is an important connection between these infrastructures and our health. From the availability of safe, sanitary housing to having more parks and greenspaces available, it is understandable that this is a key part of our personal well-being. Simply put, if there isn't a sidewalk to walk on, we're probably not going to go for a walk.

Blue Zones Project — Healthy Klamath has a Built Environment Committee made up of representatives from the community including local city and county government. The group meets regularly, with current initiatives focusing on topics such as trail connectivity, improving the walkability of our community, bike lanes, and ways



H&N file photo

Residents explore displays describing Kiva Sugarman's department store at Sugarman's Corner in Downtown Klamath Falls during Labor Day weekend last year.

to improve the vibrancy of downtown. Research has shown that the risk of chronic diseases such as heart disease and diabetes decrease when people have equitable access to things that promote physical activity and social connections.

So, what does an ideal community look like? According to Built Environment Expert, Dan Burden, some key features of a healthy neighborhood feature sidewalks, trees, bike lanes, parks with houses that overlook them, and beautiful downtowns that encourage people to park their cars and see the sites.

All of these things contribute to a sense of safety and community, and promote a healthier lifestyle by offering a neighborhood where we enjoy getting out and getting to know our neighbors.

We encourage you to head downtown, park your car and see the sights, visit the new park that's opening on July 1, check out the new piano project, have a picnic at Sugarman's Corner, go to Third Thursday, or take your bike out on the separated bike lane. People in our community are making investments in our community to ensure our environment is contributing to all of our well-being.

Are you struggling with anxiety, depression, or grief?  
You are not alone.

Drop in at the Klamath Senior Center between 10am and 1pm on Tuesdays and Thursdays and talk to Kathleen Rutherford, LMSW, at no cost to you. Or call 541.883.7171 to make an appointment at the Senior Center.



2210 North Eldorado Avenue | 541.883.1030  
KBBH.org

Call today if you experience any of the following symptoms:

- Anxiety
- Depression
- Grief and Loss
- PTSD
- Substance Abuse
- Loneliness
- Suicide Risk
- Alzheimers
- Feelings of isolation or Dementia

Klamath Basin Behavioral Health is here to help you with these challenges and more.

Medicare, Medicaid, and most insurance plans accepted.

A sliding fee scale is available.

No one is turned away for inability to pay. All services are confidential.



2210 North Eldorado Avenue  
Klamath Falls, OR 97601

www.KBBH.org  
541.883.1030

# CALENDAR OF EVENTS

## Daily calendar for July 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.:  
July 1 — Klamath Freedom Celebration, Doug Brown  
July 8 — Third Thursday, Charlie Wyckoff  
July 15 — Klamath Chamber of Commerce, Heather Tramp  
July 22 — Veterans Affairs, Kathy Pierce  
July 29 — Brews, Brats and Blues Festival, Todd Kellstrom
- 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.  
July 8 — The Upside  
July 22 — Glass Castle
- NEW Sitting Yoga 4 to 5 p.m.
- 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.

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

- Evening Tai Chi:  
Advanced 6 to 7 p.m.
- Ukelele 6:30 p.m. (First and third week)

### 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.
- Qi Gong 4 to 5 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.
- J.D. Howell, 10:15 a.m. to noon (Third week of month)
- Golden Age Bingo, 12:30 p.m.
- Library 1:30 to 4 p.m.
- Bingo fundraiser: open 4:30 p.m., call at 6 p.m. (Closed on July 4)

### 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 June

- **Mid Year Bingo, Saturday, July 6. Open at 4:30, call at 6:30 p.m. No Bingo Thursday, July 4.**
- Senior Center is closed July 4 in celebration of Independence Day
- Board of Directors meeting July 10, 10 a.m. to noon
- Balance and Stability classes discontinued until fall.
- Gift shop open Monday-Friday, 10 a.m. to 3 p.m.



Pictured Below: Employees from Basin Transit Service, Klamath Basin Senior Center, Klamath County Public Health, Blue Zones Project, and Sky Lakes Outpatient Care joined with community members to learn the ins and outs of public

## Community, organizations learn to ride the bus

On June 25, the Klamath Basin Senior Center and Basin Transit Service partnered to host a Learn to Ride the Bus Event. Seventeen community members attended the event which began with refreshments and a brief presentation at the Senior Center from Director Marc Kane, followed by instruction from Paula Quinn, assistant general manager with Basin Transit Service and Tina Armbruster, a Senior Center driver and transportation coach. Representatives from Sky Lakes Outpatient Care, Klamath County Public Health and the Blue Zones Project also joined the group.

Public transportation serves as the primary source of transportation to many students, families, and seniors in Klamath Falls, and as such is a critical component in ensuring people have access to the places that provide services they need.

According to the American Community survey, 12 percent of households in Klamath Falls are without a vehicle, compared to 7.7 percent of households across Oregon.

Many people use the bus as a way to get to and from work, the grocery store, medical appointments, and to attend events or social gatherings.

“Transportation is a critical component to health and wellbeing,” said Jennifer Little, Klamath County Public Health Director. “Transportation allows people to have access to the community whether it’s school, work, a service organization, or social gatherings. It’s great to see Basin Transit Service offering these Learn to Ride events so people can feel confident riding the bus.”

It is clear that Basin Transit Service has our community’s needs in mind. There are a number of routes, and stops all across the community at locations such as Steen Sports Park, Oregon Tech, Klamath Community College, Sky Lakes Medical Center, and all of Klamath’s major grocery stores.

“What impressed me is that there is a bus stop near every major park in our community. Not only do people need to get to their appointments and buy groceries,

but it shows that Klamath Falls realizes that recreation and access to outdoor spaces is just as important,” said Kendra Santiago, Blue Zones Project PR & Marketing Manager.

“I’ve lived in Klamath Falls nearly all my life and have never rode the bus. This was a less intimidating way to learn about the bus system, and gain insights into how it serves the community.”

Basin Transit Service plans to host additional “Learn to Ride the Bus” events in partnership with other organizations each quarter moving forward. With additional funding coming from the state level, the organization hopes to continue to grow the ridership and improve ease of access to public transportation.

Questions regarding the bus schedule and rates can be directed to the BTS’s main office at 541-883-2877 or by email at Ask@Basintransit.com.



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



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



Edwin Tuhy, O.D.  
Optometrist



Jennifer Sparks, O.D.  
Optometrist

**KLAMATH EYE CENTER**  
New Patients Welcome

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

1525292

# HOW THE SENIOR CENTER IS FUNDED

## 2019/2020 BUDGET

Klamath Lake Counties Council on Aging	\$ 312,474
Government transportation funding.....	\$ 189,175
Other government funding.....	\$ 162,700
Foundation/organization grants.....	\$ 100,000
Bingo fundraisers (net after payouts).....	\$ 180,000
General contributions, fundraisers...	\$ 50,000 **
United Way.....	\$ 35,888
Program donations from patrons.....	\$ 63,000
Concessions/rents/fees/interest .....	\$ 63,925
Refunds/single payments/misc. ....	\$ 3,000
In-kind volunteer services / supplies.....	\$ 320,000

**TOTAL \$1,480,162**

## Meals-On-Wheels funding reductions have been announced by the Area Aging On Aging.

Additional donations are critically needed to prevent our seniors from going without a meal.

See our contributions coupon on page 3.

You can also go online to our WEB Site

to make a donation at

[www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)

## DONORS REPORT

# City grants \$7,000 toward Senior Center roof repair

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 responded with \$7,000 and Klamath County is also considering a grant for this project. In addition, three local foundations are also reviewing requests for support. When all is said and done it is our hope that local residents and patrons will finish the campaign with \$30,000 to \$40,000. 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." Join us in keeping a roof over our heads.

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. May donations of \$4,838.50 were received from the following organizations and individuals:

Marilyn Howell	Marta Stephens	Jonny Jones
Avangrid	Howard McGee	Pickleball
Refuge City Church	Burl Parrish	Etta Holly
Alfredo Rodriguez	Linda Bourcy	Samuel Hawley
Mary Ellen Sargent	Leila Baker	Karen Walther
First Presbyterian Church	(anonymous)	Albert & Delores Errecart
Gary Mize	Constance Schuetze	Joyce Moore
Jon Schnebly	Cheryl Gibbs	Art & Janet Luttig
James Allen	Wilma Petrik	Roger Dionne
Donna Hill	Rose Chapman	Mary Waters
Lynette Harvey	Ernie Palmer	
	Patricia Henderson	

Unidentified contributions May for meals, transportation and other services amounted to \$4,408.00.

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.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

# SAIL benefits osteoarthritis

If you have osteoarthritis, exercise is an important part of any comprehensive treatment plan. Exercise improves joint mobility, muscle strength and helps you maintain a healthy weight. Building muscle strength helps to support weak joints. Exercise also releases endorphins which can decrease arthritis pain and help you to have a better mood.

I encourage you to try a SAIL class. The exercises are easy to do. If you participate three times a week, you will start seeing good results right away.

There are seven classes every week. All classes are at the Senior Center. The program is the same for all seven classes, so you can choose the classes that best fit your schedule: 8:45 to 9:45 a.m. Monday, Wednesday and Friday; 10:15 to 11:15 a.m. Monday, Wednesday, Thursday and Friday.

You can start right away. A \$2 donation is suggested.

Mary Noller and Suzan Phipps are the certified instructors.



**Stay Active and  
Independent for Life**

## 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



# ENHANCING THE LIVES OF AGING ADULTS AND THEIR FAMILIES

- Companionship
- Transitional Care
- Personal Care
- Escort to Shopping and Errands
- Complimentary Consultations and Safety Visits.



- Now Accepting VA Benefits and Medicaid
- Light Housekeeping
- Respite Care
- Alzheimers and Dementia Care
- Medication Management and Assistance

Serving Southern Oregon • 541-734-2700 • HomeInstead.com

## Writer's Corner

## Expressions of Heart and Mind

Please submit something for us to consider printing in our next issue. Submittals should be sent to the attention of Marc Kane, Executive Director, Klamath Basin Senior Citizens Center.

### Sometimes

*Sometimes a sorrow  
Begins to seep  
Within your soul  
Where 'loved ones' you keep*

*It's a longing to touch  
What you once had  
Hugs, chats, laughter  
And tears dried when you were sad*

*The memories rise up  
Like the mist on a pond  
One moment they're real  
Then... fade away... and are gone*

*But wait... what you feel  
Is a visit from the past  
Hidden treasures,  
Blessings, that forever will last*

*Like the rising of the sun  
Each new day  
Embrace that 'it' happened  
For those we love... never go away.*

Sharon (Johnston) Pappas ©

## Mumkin's Recipes For Life...



*Laughter and joy linger in the air  
Children and summertime .. Life without a care!  
Sharon (Johnston) Pappas©*

### The Rhythm of Life

*Beavers, and bears, and  
Cats on the prowl.  
Skunks, and raccoons, and  
Maybe an owl.*

*The deer roam freely, and  
Eat hardy in the spring.  
They just don't know what  
Next winter will bring.*

*Squirrels, and rock chucks,  
And coyotes that yip.  
Housecats beware, they  
Do more than nip.*

*The elk are majestic, with  
Antlers held high.  
Almost as if they are  
Reaching for the sky.*

*Many variety of birds  
Live in the trees.  
They can be noisy, and*

*They get around with ease.*

*The bats fly at night,  
When most are asleep.  
The frog jumps from one rock to  
Another, in a single leap.*

*There are fish in the river, and  
Otters live there too.  
They both like to swim,  
It's what they do.*

*There is a rhythm to life  
That is amazing to me.  
They all came from above,  
And that is easy to see.*

*Inspired by God, I live  
Through him.  
That being said, a bright  
Future out shadows a dim.*

— By Sharon Hudson



*Do You Love Helping Senior Citizens?  
Want to give back to your community?*

## **Become Village Volunteer**

For more information call:  
Klamath & Lake Counties Council on Aging

(541) 205-5400

[klamathlakevillagevolunteers.com](http://klamathlakevillagevolunteers.com)



403 Main St, Klamath Falls, Or. 97601  
541-891-6481 cell  
541-884-1717 Office  
[susie.spratt@fnrhomes.com](mailto:susie.spratt@fnrhomes.com)

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



## **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!**

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 Ellington - Designated Principal Broker

Insurance Agency  
**MICK**

**541.882.6476**

4509 S. 6<sup>th</sup> Street, #201  
Klamath Falls, OR 97603



**“Turning 65 soon or already on Medicare? Call us to learn about all of your options”**

**Your Local Health & Medicare Agents**  
Since 1980

**“We are LOCAL & here to help BEFORE & AFTER the sale”**

[mickinsagency.com](http://mickinsagency.com)

1872002

## **Remember . . .**

Davenport's is there to help as you search for the right way to honor your love one's memory



We can help you select Urns in large or small, simple or elaborate to capture your memories for all time.

**DAVENPORT'S CHAPEL**

Trusted  
Since 1978



✦ of the ✦

**GOOD SHEPHERD**  
The Different Funeral Home

**New Location: Klamath Memorial Park • 541-883-3458**

# Make exercise part of your everyday life

SUBMITTED BY KLAMATH HOSPICE

Many of us have a million excuses as to why we don't exercise regularly. Few of us have integrated exercise into our daily lives. As we know, the health benefits are numerous, including:

- Easing stress and anxiety
- Lifting your mood
- Sharpening brainpower
- Improving self-esteem
- Boosting energy levels

Here are some easy tips to guide you in integrating exercise into your daily life.

- Move more in your daily life (garden, go for a short walk after dinner, take a beloved pet for a stroll....)
- Start slowly — a little is better than nothing
- Make exercise something fun — try dance, yoga, make a deal that while you watch your favorite TV program you are on the treadmill or stationary bike, workout with a buddy and then enjoy a coffee date afterwards
- Stay motivated — set goals for yourself, be consistent, keep records of your progress, mix up your workouts to keep your interest level high, get inspired perhaps by a friend, co-worker or family member

Special considerations before you begin:



- Get clearance from your primary care physician.
- Remember to stretch, no matter what exercise you participate in.
- Ensure that you drink plenty of water.



## Weekly Grief Support Group

*We are here to help you:*

- increase your understanding of grief
- gain support
- find hope
- adjust to loss
- gain self-awareness
- learn coping skills

One-on-one sessions available upon request.

For more information:

541-882-2902  
[www.klamathhospice.org](http://www.klamathhospice.org)  
[tgarlock@klamathhospice.org](mailto:tgarlock@klamathhospice.org)

## Weekly Meeting

(unless otherwise indicated)

Every Tuesday  
4:00 p.m.

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

Your care. Our mission.

**KLAMATH HOSPICE**  
since 1982

## Bit of This & Bit of That

### SALE

A Community Craft & Rummage Market

Saturday, August 31, 2019  
10 a.m. - 5 p.m.

Treasures Thrift Store ~ 3226 S. 6th St.

Calling all craft & rummage vendors  
or those who create crafts from rummage!

Rent a spot for \$25 and sell your goods.

Space is limited. Rent a spot today!

For more info or to rent a spot contact

Lauren @ Treasures Thrift Store 541-880-0596.

# Menu

## July 3, Wednesday

Hot dogs, baked beans, sauerkraut, veggie, salad bar, dessert

## July 4, Thursday

Senior Center is closed. Happy Independence Day!

## July 5, Friday

Fish and chips, veggie, salad bar, dessert

## July 8, Monday

Cheeseburgers, French fries, veggie, salad bar, dessert

## July 9, Tuesday

Beefy bean soup with cornbread, veggie, salad bar, dessert. Birthday cake and ice cream.

## July 10, Wednesday

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

## July 11, Thursday

Salisbury steak with noodles, veggie, salad bar, dessert

## July 12, Friday

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

## July 15, Monday

Vegetable beef stew, veggie, salad bar, dessert

## July 16, Tuesday

Polish sausage and sauerkraut, veggie, salad bar, dessert

## July 17, Wednesday

Brunch: breakfast for lunch, veggie, salad bar, dessert

## July 18, Thursday

Spaghetti, garlic breadsticks, veggie, salad bar, dessert

## July 19, Friday

Roast pork, veggie, salad bar, dessert

## July 22, Monday

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

## July 23, Tuesday

Sloppy Joes, French fries, veggie, salad bar, dessert.

## July 24, Wednesday

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

## July 25, Thursday

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

## July 26, Friday

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

## July 29, Monday

Beef goulash, veggie, salad bar, dessert

## July 30, Tuesday

Baked potato bar, veggie, salad bar, dessert.

## July 31, Wednesday

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

## August 1, Thursday

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

## August 2, Friday

Roast pork, veggie, salad bar, dessert

## August 5, Monday

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

## August 6, Tuesday

Spaghetti, garlic bread, veggie, salad bar, dessert

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

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



SEE THE WORLD'S TOP GROSSING EAGLES TRIBUTE BAND at the KLAMATH COUNTY EVENT CENTER!

FUN FOR THE WHOLE FAMILY

JULY 4TH AT 7:30 PM!

## GET YOUR TICKETS AT:

Herald and News Main Office

[heraldandnews.com/eaglemania](http://heraldandnews.com/eaglemania)

A Better Way

- 4449 Homedale Rd
- 3301 Washburn Way
- 5800 South 6th St

Any Of These 6 Fast Break Locations:

- 3730 US-97
- 41501 US-97, Macdoel
- 104 E Front St, Merrill

**\$20 Bleachers**  
(first come first served)

**\$25 Floor**  
(bring your own chair)





## A Culture of Genuine Care

Crystal Terrace is a welcoming, secure place for seniors to enjoy a low-maintenance lifestyle and feel supported with a full continuum of care and friendly staff in a beautiful 20-acre hillside location with lake and mountain views. We are the only senior living community in the Klamath Falls area where residents don't need to worry about moving if their needs change. A variety of options include one- and two-bedroom apartments and two-bedroom cottages with garages for independent living, private suites for assisted living or our comfortable memory care suites.

 **Crystal Terrace**  
of Klamath Falls  
MBK SENIOR LIVING

Join us for complimentary lunch for two.  
Call (541) 298-2518 to RSVP today!

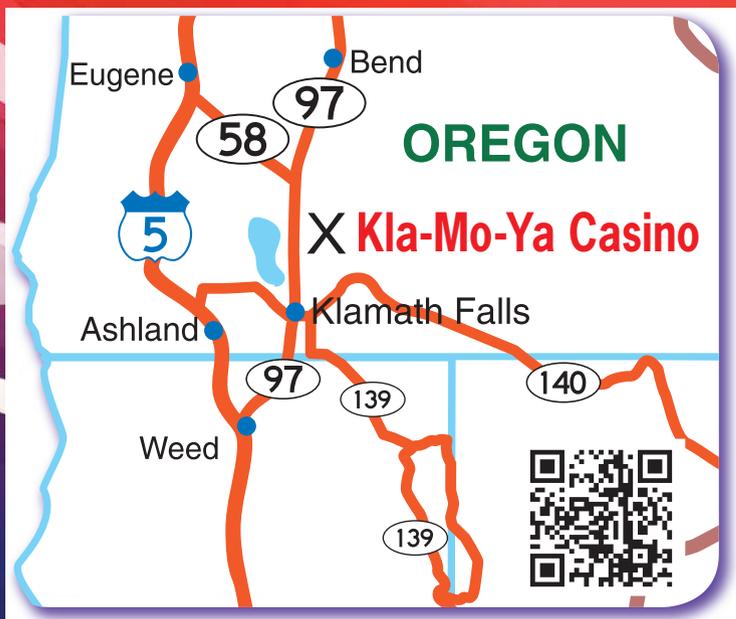
INDEPENDENT & ASSISTED LIVING • MEMORY CARE

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



## Stars and Stripes Giveaway

Join us on July 5th from 6pm to 10pm for Hot Seat Drawings. You could win CASH or FREEPLAY. Just play with your Bonus Club Card in a machine and you could be the next Winner. Must have valid ID to win.



**JUST 27 MILES NORTH OF KLAMATH FALLS ON HWY 97**  
**541.783.7529 • [WWW.KLAMOYACASINO.COM](http://WWW.KLAMOYACASINO.COM)**