FREE Take One!

AUGUST 2019

Active Seniors

The official monthly publication of the Klamath Basin 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

KLAMATH HOSPICE since 1982

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

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

VOLUNTEER

We need individuals who want to make a positive difference in the life of a senior citizen or an adult with a disability. Donating an hour or two of your time each month can make a great difference!

Please contact us:

Klamath Village Volunteers in Action Call: (541) 205-5400 or email: lisa.bertash@klccoa.org

Find Us on Facebook: Klamath Lake Villages

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*

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

Senior Center to get Culture of Health funds

I am pleased to report that the Klamath Senior Center has been selected as one of seven recipients locally of the Culture of Health Prize funds that were awarded to our community from the national competition for the Robert Wood Johnson Culture of Health Prize granted earlier this year.

Marc Kane, Center Director

Our community was one of four recipients nationally and received $25,000, funds that are to be distributed to local applicants. The Klamath Senior Center has been named one of seven recipients and will receive $3,400 to assist with the development of an outdoor recreational and gathering space on the north end of its premises. We are proud to be active participants in Healthy Klamath and the Blue Zones projects and of our efforts to help improve opportunities for residents to participate in a more active and healthy lifestyle.

I also want to thank the Klamath County Cultural Coalition for their contribution of funds earlier this year to help the center expand programs in the arts. This year, in addition to continued funding for our creative writing program, funds were also used for the new water color classes being taught by Kat Benford. Water color class supplies can be expensive, so for those participants who could not meet the expense requirement we have used some of the grant from the Cultural Coalition to help subsidize supply costs, allowing greater access to the classes. These classes have been fully subscribed and there is a waiting list. Please don't be discouraged by the waiting list. Sign up as soon as possible. Some folks were lucky enough to come off the list this last month as Kat expanded her offerings.

Space remains available in the next AARP Safe driving program taught in two half day segments on August 8th and 15th. Sign up at the front desk. There is a small fee for this class but it may earn you a discount on your auto insurance. There are new things to learn about driving so don't let your experience fool you. Take for example those new blinking yellow left turn lights. They are a great convenience if you are not behind someone who doesn't understand their meaning. We all have new things to learn.

Also recently added to our class offerings is the new sit down or chair YOGA class on Mondays at 4 p.m. taught by Kim Carson. Participants are raving about this class. Come join us.

Our newest board member Drew Humphrey, a local attorney, has expressed interest in developing a class to discuss key aspects of financial, legal and care planning that can help to ensure a more stable future for those living with dementia, and their caregivers. He is working to develop this now and will be offering something in the near future. We are fortunate to have a very active board of directors, all of whom have offered much. Note the board report on page 15.

Always something new here! Sign Up!

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 Assoc. August event schedule

■ First three Tuesdays, 7:30 a.m. (August 6, 13 and 20) — Klamath Falls Trips for Medical Appointments & Shopping. ($20 donation when you sign up.)

■ Tuesday Friends, August 6, 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, August 9, 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.

It's never too late to start

Based on the ongoing research, news and magazine articles in addition to my years of writing senior fitness columns, we know exercise improves the quality of our lives.

The research keeps pouring in — exercise improves longevity, creates more energy, keeps you independent longer, reduces pain, prevents heart disease, boosts energy, improves metabolic rate, reduces blood pressure, lowers risk of Alzheimer's disease, diabetes, obesity, osteoporosis, etc.

In July, I phoned a longtime, long-distance friend on her 87th birthday. She remains immobile most days either reading or watching TV. She feels she's on her way out; why bother to exercise.

Nancie's Corner

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

I can see where she's coming from. Our energy levels diminish as we age, depression can become a companion, we have aches and pains — all of which reduce desire or incentive to move. Many of us our challenged with disabilities that prevent an all-out war on immobility.

So, why hang in there?

If you believe it's too late to start, remind yourself that regular exercise helps you to feel and look younger, plus, plus, plus it lowers risk for all the above-mentioned conditions.

If you fear falling, regular exercise builds strength and stamina, prevents loss of bone mass and improves balance. Not exercising increases your chance of falling.

If you've never been athletic or cannot get back to what was once an athletic lifestyle, remember exercise will improve your hormone levels, metabolism, bone density, muscle mass and more. The key is to set goals appropriate for your age.

If you believe you are too old to start, the facts indicate that people who become active later in life show greater improvements than those that are younger. Why? You aren't fighting years of sports injuries or wear and tear that others may be experiencing.

If you're weak or have too many aches and pains, movement can help manage pain and improve strength and self-confidence. Your regimen merely needs modification.

If you'd like to consult with me on exercise options and/or goals, contact the front desk at the Senior Center or email me at nancielea10@gmail.com.

SAIL

More fun to exercise with others

It is important for people who live alone to interact with other people. Studies have shown that those who do so are healthier and live longer.

You are invited to join the friendly people in our SAIL classes and discover how much fun it is to do your exercises with others.

You can improve your strength, flexibility, balance, and coordination in a very short time if you participate three times a week.

Come join us. You'll be glad you did!

Stay Active and Independent for Life

SAIL Classes are:

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

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

You can start right away. A $2 donation is appreciated. Mary Noller & Suzan Phipps are SAIL certified instructors.

SPOKES Unlimited

August Calendar of Activities

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

28 — 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 confidentially 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.

SPOKES Unlimited
A Resource Center for People with Disabil ties

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

TITLE VI NOTICE

The Klamath Senior Center operates it programs and services without regard to race, color, national origin, religion, gender, age, sex, marital status, veteran status, sexual orientation, disability or any other characteristic protected under federal or state law in accordance with Title VI of the Civil Rights Act. Any person who believes he or she subjected to any unlawful discriminatory practice under Title VI may file a complaint.

For more information on the Klamath Senior Center's civil rights program, obligations and procedures to file a complaint, contact the center by phone 541-883-7171, by mail at P.O. Box JE, Klamath Falls, OR 97602, or visit us at 2045 Arthur Street, Klamath Falls, Oregon 97603

A person may also file a complaint directly with the Federal Transit Administration, the Oregon Department of Transportation, Basin Transit Transportation Services District or The Klamath Lake Counties Council On Aging (KLCCOA) for transportation service complaints. All other complaints should be addressed to (KLCCOA)

KLCCOA
404 Main Street, Suite 6
Klamath Falls, Oregon 97601
541-205-5400

FTA Office of Civil Rights
1200 New Jersey Avenue SE
Washington, DC 20590
1-866-377-8642

Oregon Department of Transportation
Office of Civil Rights, Title VI Office
355 Capital Street NE
Salem, OR 97301
(503) 986-3169

Basin Transit Service
1130 Adams Street
Klamath Falls, Oregon 97601
(541) 882-9630

SHIP TALK

Medicare checklist

Find out where you stand with benefits

As we approach the end of the summer, it seems like a good time to do a mental checklist of where you stand in meeting your health insurance needs. There's much to check out and one can miss out on a lot of benefits without doing so. So, let's get started.

If you're approaching 65, it's time to start looking into what you need to do when that mandatory Medicare time gets here. Are you covered by OHP? It will end when you turn 65. Are you covered by an Employee Group Health Plan (EGHP)? If so, what are your employer's policies regarding your continued coverage? Are you being insured in the open marketplace under the Affordable Health Care Act? If so, just like OHP, you're no longer eligible at age 65 and must switch to Medicare. If you or someone you know is at this stage in life, some decision will need to be made. Know your options!

Are you already a Medicare recipient with a stand-alone prescription drug plan? Remember your drug plan will probably change coverage and price for the next year, or you might have new needs, so when that notice from your insurer comes in the mail in a couple of months (usually by October 1), don't toss it in the mail. Are you sure you want to continue with this same plan? What else is out there?

If you have original Medicare, with a stand-alone drug plan and a Medicare supplemental plan, are you satisfied with your supplement? You need to be aware that these supplemental plans can turn you down for pre-existing conditions. But there's a law in Oregon familiarly called the "Birthday Rule" that allows you to switch (not initiate) plans for 30 days following your birth date – no questions asked. The plan must accept you.

Are you interested in looking into an Advantage Plan (Part C of Medicare)? Do you even know what an Advantage Plan is? Or are you dissatisfied with your advantage plan and wanting to make a change into original Medicare? There are many considerations here that you'll need to know. And this switch from original Medicare to an advantage plan, or vice-versa, can only be done during open enrollment period (Oct. 15 through Dec. 7). The change would become effective January 1 of the next year.

Are you low income and looking for any possible benefits you might be eligible for? If so, you owe it to yourself to make an appointment with SHIBA at the senior center and check out the guidelines.

If any of these topics strike a chord with you, we're here to help at SHIBA. We're located at the Klamath Basin Senior Citizens Center.

Call for an appointment with a trained and certified SHIBA counselor to review your situation.

— Anne Hartnett
SHIBA Coordinator

Don't forget!

Saturday, August 10

Annual Senior Center

Rummage Sale

8 to 5 p.m.

2045 Arthur Street
Just west of the County Fairgrounds

Klamath Basin Active Seniors

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

Includes SEO Boost on heraldandnews.com

2019

2018
Publishes the First Wednesday of Every Month

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.

New Klamath and Lake Villages seek volunteers to help senior citizens

A new and exciting project is underway in Klamath & Lake Counties. Klamath & Lake Counties Council on Aging, along with many community partners, is seeking volunteers to help our valued senior community and adults with disabilities. The Klamath Village and Outback Strong Village is a centralized, non-profit, volunteer-driven organization that coordinates services to help people remain independent and thriving in their homes and communities.

What is The Village Movement?

The Village Movement began in Boston's Beacon Hill neighborhood in 1999. It is an innovative type of grassroots organization that has emerged in the past two decades which offers support services for community-dwelling older adults. The Village Movement is one of the most viable options to let our society cope with the upcoming "Revolution Aging" or "The Silver Tsunami" of baby boomers turning 60 and older. Beacon Hill showed us that seniors wanted to get together around local villages, help each other, and be part of an active community of senior citizens. The Village Model is so promising that after just 20 years, over 200 Villages have sprung up all across our nation and 150 more Villages, like our Klamath Village and Outback Strong Village, are up and coming!

Currently our Klamath and Lake Counties Villages are in dire need of volunteers to make this model work for our senior community and for adults with disabilities. Volunteers can donate their time, talents, and skills according to their own schedules. If someone has just one or two hours per month to give, that person will be matched with an elder who is requesting one or two hours of help or support each month. If a volunteer has the ability to volunteer weekly or a couple of times per week, we have folks who need more assistance.

Some of our senior citizens are just asking for someone to give a phone call or come to visit with them on a regular basis. Others are asking for help with housework, yardwork, or transportation. We have clients who have some minor home repairs that they cannot safely attend to. Others need help learning how to use a new cell phone or computer or need help setting up an e-mail or Face Book account. We have folks who need assistance clearing clutter from their homes or yards. Some folks just want someone to come by to read to them or play a game of cards. In the Autumn, we will be getting requests for volunteers to rake leaves. During the wintertime, we will have people needing their sidewalks and driveways cleared of snow/ice to help keep them safe.

Why volunteer?

We all have busy lives and it can be difficult to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to

See VILLAGE, Page 11

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.

KLAMATH BASIN BEHAVIORAL HEALTH

GROWTH • WELLNESS • COMMUNITY KBBH

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.

KLAMATH BASIN BEHAVIORAL HEALTH

2210 North Eldorado Avenue
Klamath Falls, OR 97601

www.KBBH.org
541.883.1030

Calendar of Events

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

Daily calendar for August 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.:
  - August 5 — Interim director of Ross Ragland, Theresa Silver
  - August 12 — Ninja Warrior, Sarah Irvine
  - August 19 — National Park Service, Aimee Murillo
  - August 26 — Treasures Thrift Store, Lauren Hobbs
- 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.
  - August 12 — Mary Poppins Returns
  - August 26 — Breakthrough
- **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.
- Evening Tai Chi:
  - Advanced 6 to 7 p.m.
- Ukelele 6:30 p.m. (First and third week: Aug. 6 and 20)

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 NEW sit down 4 to 5 p.m.
- Qi Gong 5:30 to 6:30 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 Hearing Aid Service, 10:15 a.m. to noon (Third week of month)
- Golden Age Bingo and card games, 12:30 p.m.
- Library 1:30 to 4 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.

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 August

- Rummage Sale Aug. 10, 8 a.m. to 5 p.m. In building outside Senior Center.
- AARP Safe Driving Course Thursdays, August 8 and 15, from 9 a.m. to noon. Must attend both classes; sign up at front desk.
- Senior Center will be closed Sept. 2 for Labor Day.
- Next Board of Directors meeting is Sept. 25, 10 a.m. to noon
- Balance and Stability classes discontinued until fall.
- Gift shop Monday-Thursday, 10 a.m. to 3 p.m. , Friday 10 to 2

The smiles come from knowing it's the most accurate breast exam available.

Our new Genius 3D Mammogram, with the Smart Curve Comfort System®, is read by board-certified radiologists. Breast health screening and diagnosis all the way through treatment is only available at Sky Lakes Medical Center.

Genius 3D Mammogram is here. Call for appointment.
2900 Daggett Ave., Klamath Falls | 541-274-6740

SKY LAKES
BREAST HEALTH SERVICES

Tai Chi graduates

Submitted photo

Pictured above are graduates from one of the Senior Center's Tai Chi classes. From left, instructor Mel Murakami, Shelley Tucker, Glenda Gardiner, Fred Franklin, Joanne Chance and instructor Tina Mahacek.

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.

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DONORS REPORT

Sky Lakes leads general operating campaign

$7,000 contribution

Thank you to Sky Lakes Medical Center Foundation for leading this year's general operating campaign. The campaign raised more than $95,000 last year and complemented Meals-On-Wheels funding from other sources supporting other vital senior services. as well Our goal this year will be to raise $120,000. An increase is needed to replace cuts in funding from government sources for the Meals-On-Wheels program.

Our campaign to raise $180,000 to replace the roof and HVAC equipment continues having raised more than $80,000 so far. Requests from the county and other local foundation are pending. It is expected that we will need to raise $40,000 from individual residents of the Basin. There will be a mail campaign for that coming soon, but contributions can be made anytime.

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. June donations of $10,805 were received from the following organizations and individuals:

Sky Lakes Medical	Rose Chapman	Cheryl Gibbs
Kiwanis Club	Lynette Harvey	Mary Lou Beach
Geraldine Schindler	Dorothy Winters	Donna Maloney
Mary Ellen Sargent	Felice Koblos	Jonny Jones
Avis Kielsmeier	Burl Parrish	Samuel Hawley
Gloria Cannon	Linda Bourcy	Etta Holly
Howard McGee	Pat Boyer	Paul Hanson
Jon Schnebly	Patricia Henderson	Roger Dionne

Unidentified contributions June for Meals , Transportation and Other Services amounted to $3,045.00.

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.

Village / From Page 7

persons in need and assistance to worthwhile causes in communities, but the benefits can be even greater for the volunteer!

Here is a list of some of the great health and personal benefits of volunteering, substantiated by research studies:

- Volunteering helps to counteract the effects of stress, anger, and anxiety.
- Volunteering combats depression
- Volunteering makes you happy
- Volunteering increases self-esteem
- Volunteering provides a sense of purpose
- Volunteering helps a person stay physically and emotionally healthy
- Volunteering helps to form lasting friendships
- Volunteering helps us connect to our communities
- Volunteering can help us learn new skills
- Volunteering can help us discover hidden talents
- Volunteering can help to advance your career

Please contact The Klamath & Lake Counties Council on Aging and ask to speak with the Volunteer Coordinator to get started volunteering today for The Klamath Village or the Outback Strong Village in Lake County! Join us in helping others while helping yourself even greater!

Klamath & Lake Counties Council on Aging
(541) 205-5400
404 Main Street, Suite 6
Klamath Fall, OR 97601
Lisa.bertash@klccoa.org

ENHANCING THE LIVES OF AGING ADULTS AND THEIR FAMILIES

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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.

Cats

The nature of the cat
Involves a lot of movement.
They are precise, and don't
Need any improvement.

They are swift and coordinated,
And in a leap can fly through the air,
With no thought of consequence,
And I don't think they care.

Curious is their nature, and
Their world is full of fun.
Checking out this and that, and
Rearranging if it needs to be done.

They purr when they are happy,
And can be quite loud.
It is comforting, and soothing,
Like a soft fluffy cloud.

When they get all haired up
And trot sideways it's comical to see.
I have to laugh because
It tickles me.

Give them a paper bag, and
They will delight for hours.
Watch out plants, and
Watch out flowers.

Scampering around the house,
Pit-a-pat, Pit-a-pat.
They are fur balls of energy,
That's the nature of the cat.

Then there is the sweet time
To show love with a soft touch.
Cuddling is sweet, and
Is enjoyed so much.

All animals are delightful,
But a cat is unique.
Our feline population varies,
And is a good one to seek.

They make good pets, and
Don't eat very much.
If you have one, enjoy
Them, and their special touch.

— By Sharon Hudson

Summertime

Laughter lingers in the air
Like the fragrance of a flower
Summer in full bloom
While children play… hour after hour

Dashing, hiding behind a tree or bush
Completely out of site
"You can't find me"
They giggle and squeal in delight

Imaginations, run wild and free
I'm a king, queen, puppy, cat
Let's ride and rope in a rodeo
Or have a tea party while we chat

Close YOUR eyes
And feel the warmth of the sun
For there's a child in each of us
And a heart that is young.

— Sharon (Johnston) Pappas ©

Mumkin's Recipes For Life...

Share YOUR gift, each day ...
A smile, kind word, a moment in time
Encouraging someone along the way.
Sharon (Johnston) Pappas©

Going to hell in an Easter basket

Or ... Why am I in this Easter basket and where in hell am I going?

BY GARY HARTTER

This story takes place when I was in fifth grade. It was that Easter when I was kidnapped by the Easter Bunny.

I was going through my rebellious time. I didn't believe in Santa Claus, The Tooth Fairy, or The Easter Bunny. I never missed a chance to share my opinion and felt quite grown-up when I did. Easter dinner with my family gave me the perfect opportunity to be heard, at least until my mother told me to "shut-up or go play in the back yard."

It was when I walked out the back door and scanned the back yard that I noticed the rather large Easter basket sitting next to my mom's thick row of lilacs. Nobody was around, so I went over to investigate. I was peeking into the basket with my back to the lilacs when the Easter Bunny struck from behind. Hopping from the cover of the lilacs, he booted me in the rear and right into the basket. I fell in face up and saw the Bunny glaring at me from outside.

Now, this was not the cutesy cottontail Easter Bunnies you see on the Paas boxes or in other Easter advertising. No, this Bunny was straight out of the movie "The Rise of the Guardians". He was tall and big and muscular (for a rabbit). He looked more like a jack rabbit and he spoke with an Australian accent. He sneered at me and said "We're going down the road, Mate." Then he grabbed the handle of the basket and took off hopping at a speed so fast that I could not jump from the basket without risking life and limb. So, I settled in to take stock of my situation.

How I fit in that basket, I do not know, but everything inside looked normal, while everything outside looked huge. The basket itself was lined with real, fresh grass

See EASTER, Page 13

Writer's Corner ... continued

My stars

Or ... The dream now realized

BY GARY HARTTER

When the day is done, the moon bids well the sun. Starlights fill my eyes like hearts on Valentines

— Wendy & Lisa
"Always in My Dreams"

I am standing on the deck of my home. I just let the dogs out for an early morning potty break. It's 2am on a night that is as dark as my black lab's coat. The stars fill the night sky, a canopy overhead. I am lost in thought. "Yeah," I think, "this is it, a dream come true." My setter begins to bark.

I have lived most of my life in Indiana, some of it in Michigan, and some more in Pennsylvania. I have never before lived at 4,000 feet, so close to the stars, except maybe, in a dream.

I can't say why the dream came to me so many times, reoccurring at various stages of my life. Always in the dream, I am looking for something, more searching really, but not knowing for what. I am always in a structure of some sort, a house, a castle, a church, a house that is not yet finished, but is in the process of being built. In the dream, I find something secret, something that has been there all along, but hidden. One time, I find a secret door to a room behind an altar in a church.

One time, I find a hidden hallway leading to a secret room in a home. Another time, I find a wide open stairway, in a home under construction, leading to an unfinished attic.

Each room is different, but they all have something in common. As I enter the dark room, I look up and there, a ceiling filled with stars, a living map of the night sky itself, with constellations that rage or slumber overhead. The beauty of the vision is ocean strong with waves, feelings, coursing through me, telling me that I am home. And this is where the dream ends. I wake up with a longing to see it again, and again, and .....

Each place where I have lived has had a beauty of its own. Indiana, Michigan and Pennsylvania had the most fantastic fall colors. In Michigan, standing on the side of a hill in winter, I heard, for the first time, the deafening sound of total silence. All have been beautiful, all have been wonderful. But I no longer have the searching dream. I have my night sky and my stars.

And this is where the dream ends.

Easter / From Page 12

that smelled like it came from a field on the Irish coast. There was a Lindt chocolate bunny, with enormous ears and real sugar candy eyes. There were Peeps, with candy eyes, that were coated with imported cane sugars (it said so on the package). There was also Robin Eggs with candy and chocolate coatings around malted centers from Holland and a multitude of assorted flavor Jelly Belly jelly beans, which I threw overboard one at a time, to make a kind of trail for me to follow home. I hate jelly beans.

Anyway, you get the idea. This was a top shelf Easter basket. Donald Trump himself couldn't have made a better basket. I started eating with the chocolate bunny's ears, because every kid knows that the ears taste best, and when I had finished the basket and was running out of jelly beans, I decided I had to plan an escape. The first thing I had to do was stop the Bunny. It was then I remembered a little known fact that putting sugar on a rabbit's tail is like putting salt on a bird's tail. Bird don't fly, bunny don't hop.

I rummaged around the basket gathering up all the empty Peeps packages, and shook enough loose sugar from them to do the job. Clenching the yellow sugar in my fist, I leaned over the edge of the basket, took aim and chucked the sugar at the Bunny's tail. Bull's-eye! The Bunny stopped abruptly and stood frozen in place. I jumped from the basket, right past the bunny, biting a piece of his ear off as I went by and spitting it out because, to my surprise, it tasted terrible. I yelled "G-day, mate," and ran for home following the jelly bean trail.

I never found out why the Bunny kidnapped me. Maybe he thought I was bad because of the things I was saying about him, so he whisked me off in a Krampus sort of way for punishment. Maybe he shanghaied me to work as slave labor, preparing for the next Easter. Maybe he just wanted company. I imagine holiday icons get lonely too. Anyway, that episode elevated my A1C to pre-diabetic levels, which is a condition I carry to this day. So now, I avoid sugary holiday treats, especially Easter baskets.

Epilog:

After the experience with the Easter Bunny, I took up rabbit hunting to prepare just in case the Bunny ever came back. I practiced hard and got good with a 12 gauge shotgun. I also made it a point to watch every cartoon that had Elmer Fudd in it, just to get some pointers.

"Shhhhhhhh. Be vewy, vewy quiet."

Do You Love Helping Senior Citizens?

Want to give back to your community?

Become Village Volunteer

Klamath Village Volunteers in Action

Outback STRONG Village
LAKE COUNTY VOLUNTEERS IN ACTION

Heat safety

Submitted by Klamath Hospice

Summer is here! Summers are an exciting time packed with barbecues, vacations and time in the sun it; however, it also increases our risk for heat-related illnesses as temperatures climb.

Heat-related illness is preventable, as long as you recognize the signs and take appropriate actions. The Centers for Disease Control and Prevention provides many resources to aid the public in staying safe during extreme heat.

Tips include:

Stay cool – by keeping your body temperature cool you will avoid heat-related illness. Stay in air-conditioned buildings, do not rely on a fan to provide sufficient cooling, avoid direct sun, take a cool shower, avoid using the stove or oven, and check on vulnerable people at least twice a day.

Stay hydrated – as your body loses fluids through sweating, it is important to stay well hydrated. Increase water intake, avoid alcohol or beverages that are high in sugar, and remind others to drink enough water, it will cue you to do the same.

KLAMATH HOSPICE

Stay informed – pay attention to local weather forecasts so you can make plans to stay safe in extreme heat. Learn the signs of heat-related illness, such as muscle cramps, nausea and/or vomiting, and headache.

Visit www.cdc.gov/extremeheat/warning to learn more about the signs for heat exhaustion and heat stroke. Seek medical attention immediately if you or someone you know is experiencing symptoms of heat-related illness.

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.

Weekly Meeting
(unless otherwise indicated)

Every Tuesday
4:00 p.m.

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

For more information:
541-882-2902
www.klamathhospice.org
tgarlock@klamathhospice.org

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Bit of This & Bit of That SALE
A Community Craft & Rummage Market
Saturday, August 31, 2019
10 a.m. - 5 p.m.
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Calling all craft & rummage vendors or those who create crafts from rummage!
Rent a spot for $25 and sell your goods.
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Menu

August 1, Thursday
Chicken fried steak, mashed potatoes and gravy, veggie, salad bar, dessert

August 2, Friday
Pulled pork sandwiches, 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. Birthday cake and ice cream.

August 7 Wednesday
Roast chicken, veggie, salad bar, dessert

August 8 Thursday
Salisbury steak with noodles, veggie, salad bar, dessert

August 9 Friday
Beans and ham, with cornbread, veggie, salad bar, dessert

August 12 Monday
Au gratin potatoes with ham,, veggie, salad bar, dessert

August 13 Tuesday
Polish sausage and sauerkraut, veggie, salad bar, dessert

August 14 Wednesday
Brunch: Scrambled eggs, biscuits and sausage gravy, hashbrowns, salad bar, dessert

August 15, Thursday
Meat loaf, mashed potatoes and gravy, veggie, salad bar, dessert

August 16, Friday
Chicken casserole, veggie, salad bar, dessert

August 19, Monday
Vegetable beef stew, veggie, salad bar, dessert

August 20, Tuesday
Sloppy Joes, veggie, salad bar, dessert.

August 21, Wednesday
Split pea soup with cornbread, veggie, salad bar, dessert

August 22, Thursday
Spaghetti, garlic breadsticks, veggie, salad bar, dessert

August 23, Friday
Fish and chips, veggie, salad bar, dessert

August 26, Monday
Liver and onions, mac and cheese, veggie, salad bar, dessert

August 27, Tuesday
Chicken strips with French fries, veggie, salad bar, dessert.

August 28, Wednesday
Beef goulash, veggie, salad bar, dessert

August 29, Thursday
Chicken fried steak, mashed potatoes and gravy, veggie, salad bar, dessert.

August 30, Friday
Beefy bean soup with cornbread, veggie, salad bar, dessert

Sept. 2, Monday
Closed for Labor Day.

Sept. 3, Tuesday
Mac and ham, veggie, salad bar, dessert

Sept. 4, Wednesday
Cheeseburgers, French fries, 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.

SENIOR CENTER BOARD REPORT

The board of directors of the Klamath Senior Center met in July to approve a new budget for the year beginning July 1st and to elect officers. Officers for the new year are:
Pam Ruddock, president
Ernie Palmer, vice president
Kathy Morris, treasurer
Anne Hartnett, secretary

Other board members are:
Colette Fleck
James Calvert
Jennifer Little
Greg Dolezal
Drew Humphrey

A new budget was approved in the amount of $1,572,211 which included $320,000 of in-kind services and supplies, primarily in volunteer services. The board approved utilization of some of our reserve funds to help replace funds recently cut from the Meals-On-Wheels program.

The board also reviewed fund raising campaign plans for general operating funds and for capital expenditures on the roof and HVAC replacements. The executive director presented a monthly report which included a review of grants progress as follows:

Awarded/Pledged this year:

1. Sky Lakes Medical Center Foundation: $7,000 general operating and $7,500 for the roof/HVAC campaign
2. Culture of Health Grant from Healthy Klamath, $3,400

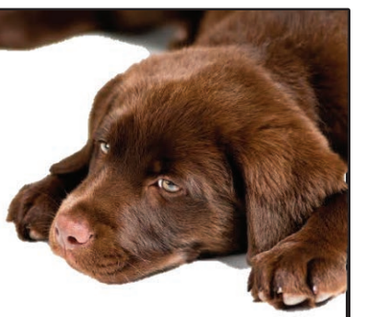
Current grants pending:

1. Jordan Cove Pacific Connector
2. Peoples Bank Foundation
3. Wendt Family Foundation
4. 1st InterstateBank Foundation
5. Klamath County
6. Reser Family Foundation

Grants in preparation:

1. Cow Creek Umpqua Indian Foundation
2. Harvest Foundation
3. KMSB Foundation
4. Pacific Power Foundation
5. Blue Sky from Pacific Power

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!

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lindaclarkson@ffig.com

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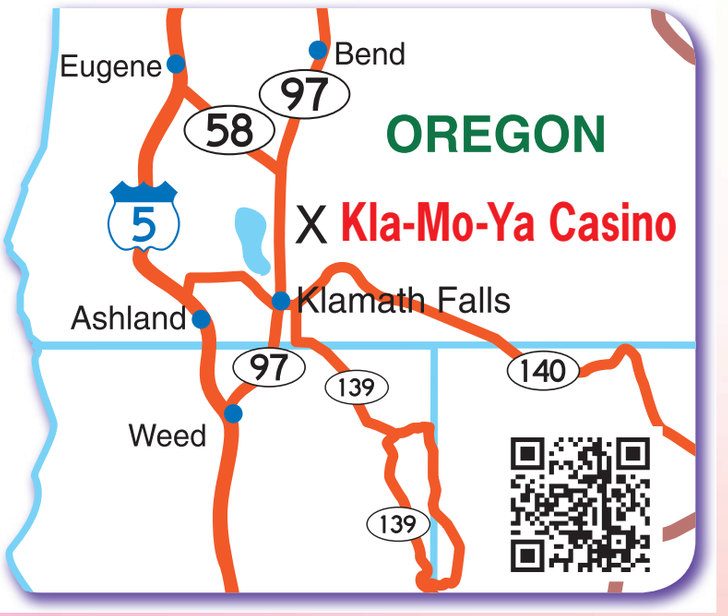
Crystal Terrace of Klamath Falls
MBK SENIOR LIVING

Join us for complimentary lunch for two.
Call (541) 238-2518 to RSVP today!

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

1000 Town Center Dr., Klamath Falls, OR 976015 | MBKSeniorLiving.com

KLA-MO-YA Casino



Subaru Multiplier Weekends

Every Weekend in July and August earn 75 points and get extra Entries for the SUBARU. On Friday, Saturday and Sunday depending on which players card you have you can earn 2x, 3x or 4x the amount of entries.

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