

SEPTEMBER 2019

# Active Seniors

**FREE  
Take  
One!**

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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**



**Volunteer opportunities for everyone**

Have you considered giving back to your community?

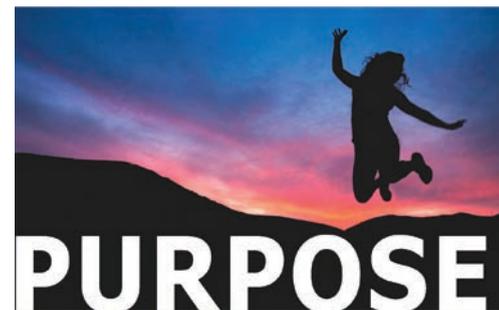
Volunteer opportunities at the Klamath Senior Center include:

- 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)



**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@klcco.org](mailto:lisa.bertash@klcco.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](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

# United Way contributions the best investment

It's time again to launch the annual United Way campaign. The Klamath Senior Center is a major recipient of United Way funding which is applied to our health promotion activities like Meals-On-Wheels, congregate meals and health activity classes and education.

In addition United Way helps support our transportation program.

Although the senior center receives most of its funding from government contracts or grants, nearly all those grants or contracts come with matching requirements of at least 10 percent or more. That is why local funding such as United Way contributions are so important to us and why your contribution is such a wise investment. Every United Way dollar coming to the center likely generates or matches another 10 from other grants and contracts. It's a wise investment in supporting services vitally needed by our elderly neighbors. Ask your employer about a payroll deduction and please give generously.

The Board of Directors has again organized an October Chili Feed, now scheduled for Friday, October 18, at 5:30 p.m. Those attending the previous chili feed report the food to be fabulous and the music, dancing and raffles providing a great evening of fun. So mark your calendars, you won't want to miss this third annual event. It's another way you can support the services we provide to the community.

Kate Murphy brought us a couple of book reviews this month which we have published here under the heading Might I Suggest. Both books reviewed address issues of aging relating to quality of life and finding a meaningful life in the face of the many challenges that aging presents. If you would like to submit a review of literature you may have found of value to our older adults please submit for publication in this paper. Might I Suggest is a new section of the paper I would like to see continued.

In our Expressions of Mind and Heart section you will find a song published there for the first time. This one is from our staff and volunteer, Eddie Barker.

This section is always open to new poets and prose writers and now songwriters. We are always looking for new contributors.



Marc Kane, Center Director

I was saddened this last month to learn of the departures from our community of Paul Hanson, former news reporter with Wynne Broadcasting, and Gerry and Vikki O'Brien with the Herald and News. Paul and Gerry have taken prominent positions in news media in Bend, so while this is a great loss to our community we can all wish them well in their new positions. Vikki has been the producer of this paper, Active Seniors, for the last year and will be sorely missed.

Last week I attended a Blue Zones Project sponsored training event relating to financial well-being. Representatives from the Consumer Financial Protection Bureau were there reminding us of their vast resources. I've reprinted one of their past articles in this paper on Page 9. More information can be found at [www.CFPD.gov](http://www.CFPD.gov).

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. September event schedule

- First three Tuesdays, 7:30 a.m. (September 3, 10 and 17) — Klamath Falls Trips for Medical Appointments & Shopping. ( \$20 donation when you sign up.)
- Tuesday Friends, September 10, 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, Sept. 13, 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.**



## Ideas for moving naturally

### A Power Nine Blue Zones Principle

This may not come as a surprise, but I'm a huge Blue Zones Project supporter; and, have adopted several of the Power Nine Principles in my own life. Moving naturally is one of them.

The longest-lived people in the Blue Zones are naturally active. Many elders ride a bicycle or walk to town, to friend's homes or to church. Some are still driving fence posts on their farms or herding animals in the hills well into their 90s and 100s. So, how can you add movement in your life?

#### Nancie's Corner

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

- Walking is the easiest and most obvious way to create movement. But, here are other options that can help you move naturally.
  - Park further away and walk a few blocks to a destination; park at the far end of the supermarket lot
  - Keep athletic shoes by the door as a reminder to use them. Get and walk a dog. Take up golfing.
  - Keep sporting equipment in the yard; play catch, croquet, or install a basketball hoop and shoot some balls
  - Use hand tools instead of power tools, i.e., push vs a power mower, and rake those autumn leaves
  - Climb stairs whenever and wherever possible
  - Create a space in your home for exercise equipment and use it
  - Grow your own garden
  - Own a bike or head to the fitness center using an upright or recumbent bike
  - Do your own household tasks; stand and walk frequently around the house or outdoors
  - Open and close your garage door manually
  - Position your laptop for standing rather than sitting
  - Get up and change TV channels rather than using the remote; do some simple exercises and stretches during commercial breaks.
  - Avoid long periods of time sitting on your tush. It is dangerous to your health!
- Note:** If you are frail, disabled or have serious health issues and are taking multiple medications, check with your doctor before exercising.

**KFOM**  
**KLAMATH FARMER'S ONLINE MARKETPLACE**  
[www.KFOM.org](http://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

## September Calendar of Activities

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

**25 — 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 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



**THE YMCA OF KLAMATH FALLS  
SENIOR EXCURSION  
Friday, September 27**



## Seniors to explore downtown Jacksonville

Enjoy a narrated trolley tour of historic Jacksonville, Oregon.

The tour is approximately 45 minutes. Afterwards, we will visit shops and eateries as you stroll around town. A great way to spend the day and leave the driving to us. For adults 50 and older.

**WHAT TO BRING:** Be sure to bring \$6 cash for the trolley and whatever method of payment you want to use for shopping.

**The Y Bus** will leave at 9 a.m. sharp and return a little after 5:30 p.m.

**LUNCH:** Bring money for lunch. We will be stopping at one of the local restaurants.

**PRICE:** \$26 for Y members \$33 for community. Minimum of 10, maximum 14.

**Registration deadline:** Monday, Sept. 23, by 5 p.m.

## SHIP TALK

# Medicare drug coverage: Who pays for what?

This month I'm going to briefly cover information taken directly from the Medicare Rights Center website. This should be interesting reading for many of you who've had questions about your drug coverage. Remember this is a generalized summary, and with Medicare, there can be many pesky exceptions.

Part A covers drugs you receive in the hospital, a skilled nursing facility, or hospice.

Part B covers drugs administered by a physician (or aide), at dialysis centers, and certain outpatient chemotherapy prescriptions.

Part D covers most outpatient drugs you fill at the pharmacy. You need to check your plan's formulary to make sure it's covered.

What about injectable drugs? Part B covers if it cannot be self-administered and has to be done by physician. Remember here that Part B coverage is only 80 percent. Therefore you (or your supplement) will be billed 20 percent.

Part D covers your injectable drugs purchased at the pharmacy. This includes insulin and small medical supplies such as syringes, gauze and alcohol swabs which are needed to self-inject. Part D also covers most vaccines that your doctor recommends you get. There has to be exceptions, of course. These include flu, pneumonia, and Hepatitis B shots which are 100-percent covered by Part B, instead of the usual 80 percent.

General rule of thumb: If it's ingested, inhaled, or rubbed on your skin, it's covered by Part D. If it's used outside of your body, such as an insulin pump or COPD equipment, it's covered by Part B.

Confused? You should be — and to cover all the details it's even much more confusing. If you're not sure what's paying for what, it's wise to contact Medicare and find out. Once you are certain of your coverage, you may have to ask your pharmacist or provider to submit claims to the correct part of Medicare. Sometimes pharmacy clerks are unaware how this is being covered.

We urge you to check out the Medicare Rights Center ([medicarerights.org](http://medicarerights.org)) for more detailed information.

And of course, SHIBA is here at the Klamath Basin Senior Citizens Council to help you understand your Medicare options. Call for an appointment with a trained and certified volunteer counselor at 541-883-7171.

*Anne Hartnett*  
SHIBA Coordinator





**Thursdays & Saturdays!**  
**OPEN at 4:30pm**  
**CALL at 6:00pm**

**BEST PAYOUTS IN TOWN!**  
**Casual Meals & Snacks Available**

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

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

*18 plus welcome*





## Active Seniors

Klamath Basin  
2019

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](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.

**2018**  
Publishes the First  
Wednesday of Every Month

# SAIL



## Students love SAIL class

Here is what some of the students wrote about our SAIL classes.

■ I have been coming to SAIL classes since March of 2017. What keeps me coming back? My core strength has greatly improved, which makes walking and riding my bike easier, and much more fun. My stamina and physical confidence are continuing to improve. What gets me out of bed regularly to show up though is the love and concern of the instructor and students. — Teresa.

■ We are the oldest married couple in the group- (89 & 90). We invite all you so called “elderly people” to take the SAIL classes. Easy exercises, some with a chair. Come try it. — D. & R.

■ I have been doing the SAIL classes since December of 2015. It has helped eliminate pain and improved my balance, which helps with outdoor activities like fishing. — L.G.

■ SAIL class is awesome! Our instructor, Mary, is knowledgeable, energetic, kind and fun. I felt welcomed from the very first class and have made new friends. We are never embarrassed by our fitness level, or lack thereof, and it didn’t take long for me to feel positive results. I love attending. DON’T WAIT! Please come join us, you will be glad you did! — M.L.

Classes are at the Senior Center, 8:45 to 9:4 a.m. every Monday, Wednesday and Friday, and from 10:15 to 11:15 a.m. every Monday, Wednesday, Thursday and Friday. Mary Noller and Suzan Phipps are the Certified Instructors.

A \$2 donation is suggested.



**Stay Active and  
Independent for Life**

## Maintain Your Independence Longer Practice Healthy Aging



Do you want to have the same spring in your step as your twenty-year-old self? If so, take control of your health to continue to feel young longer! Here are some ways to do so: participate in physical activities; make smart food choices; see your provider regularly for wellness check-ups; and participate in activities you enjoy.

**Physical activity** is more than a 5:00am workout at the gym; it is a lifestyle focused on incorporating movement into your schedule. Walking to the mailbox, cooking a meal, and cleaning a room are all examples of physical activity. Exercise classes and videos are good ways to move, but they are not your only options. The key is to incorporate the four types of physical activity:

- Endurance (brisk walk, dancing, yard work)
- Strength (lift weights or soup cans, use resistance band or own body weight)
- Balance (heel-to-toe walk, stand on one-foot, Tai Chi)
- Flexibility (calf stretches, shoulder stretches, yoga)

To maintain an active lifestyle, **good fuel** is important. Eat fruits, vegetables, whole grains, and lean sources of dairy products and protein to obtain proper nutrients. Choose foods low in added saturated fats, sugars, and sodium to limit unhealthy foods.

You do not need to take your health journey alone. Let your provider guide you. Preventative **wellness check-ups** are important because they provide a time for you to discuss questions, concerns, symptoms, medicines, vitamins, health habits, and life changes with your provider. They also ensure you get regular health screenings.

Being healthy is about more than staying active, eating right, and having wellness check-ups. Independent and group participation in **activities you enjoy** can bring happiness to your life. A good mood encourages you to treat your body right with healthy food and physical activity. Thus, allowing you to experience healthy aging.

-Patricia Pahl, Quality Management Analyst  
Source: NIH – National Institute on Aging

# CALENDAR OF EVENTS

## Daily calendar for September

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.:  
September 9 — Klamath Film Festival, Robin Smith  
September 16 — Benefit for the Basin, Kathy Neese  
September 23 — Favell Museum, Zach Brown  
September 30 — All about the Potato Festival
- 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.  
September 9 — Welcome to Marwen  
September 23 — Apollo 11
- Boost your Brain 3 to 4:30 p.m., Sept. 16 through Nov. 4
- **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.

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

- Ukulele 6:30 p.m. (First and third week: Sept. 3 and 17)

### 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.

### 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 at 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, events in September

- New Boost Your Brain classes from 3 to 4:30 p.m. in the conference room. Starting Monday, Sept. 16, through Nov. 4. Sign up at front desk.
- AARP Safe Driving Course Thursdays, September 26 and October 3, from 9 a.m. to noon. Must attend both classes; sign up at front desk.
- Board of Directors meeting Sept. 25, 10 a.m. to noon
- Balance and Stability classes discontinued until October.
- Gift shop Monday-Thursday, 10 a.m. to 3 p.m., Friday 10 to 2

# Older consumers targeted by fraudsters — twice

After reviewing complaints submitted by consumers, we have discovered a financial scam targeting older consumers who had previously fallen prey to fraudulent money-making schemes, such as bogus timeshare investments and in-home business opportunities.

So-called asset recovery companies are contacting these past victims, promising to get refunds for a substantial fee, failing to deliver promised services, and leaving consumers financially worse off than before.

What does this scam look like? The asset recovery company contacts the defrauded older consumer claiming that they can get their money back for an upfront fee of several hundred to thousands of dollars. The company often claims it has unique expertise to help victims of fraud recover their funds. Once the older consumer pays the upfront fee, the company fails to perform any service that the consumer could not have done themselves. For example, if the consumer used a credit card to pay the original scammer, the asset recovery company usually will do nothing beyond disputing the charge with the credit card company, which the consumer can do themselves, for free. They often submit a complaint to an agency that does not charge anything to process a complaint — like us, the Consumer Financial Protection Bureau (CFPB). Moreover, they often do not even adequately follow through with the worthless services they offer; filing claims that are too old to be legally valid or without proper documentation to support the consumer's claims.

Here are some warning signs that can help you avoid becoming a victim of an asset recovery scam:

- **Upfront fees to recover money:** Don't pay for any part of a service that has not been performed. You have the right to refuse service and verify the legitimacy of any organization.

- **Claims of insider information and connections:** Submitting complaints to federal agencies, such as the CFPB or the Federal Trade Commission, or state attorneys general offices are free to the public and easy to use. Private companies do not have special access to these free consumer complaint resources.

- **Requests for secrecy:** Never allow anyone to discourage you from seeking information, support, and advice from family members, friends, or trusted advisors before making a financial transaction.

## How do I get help?

Alert your bank or credit card company immediately if you believe you have been a victim of fraud. Be sure to ask the bank to prohibit future withdrawals, debits or credit card payments made by or to the scammer. If your bank account information, debit card or credit card number was used without your permission, ask the bank to restore the funds taken from your account. If asset recovery services you paid for with your credit card aren't provided as promised, you might be able to dispute the charges.

If scammed, report it promptly to your local law enforcement office, and submit a complaint to the Federal Trade Commission at [ftccomplaintassistant.gov](http://ftccomplaintassistant.gov). If you have an issue with a financial product or service, you can submit a complaint to us at [consumerfinance.gov/complaint](http://consumerfinance.gov/complaint).

## About the CFPB

The CFPB is a 21st century agency that helps consumer finance markets work by making rules more effective, by consistently and fairly enforcing those rules, and by empowering consumers to take more control over their economic lives.



**1 IN 3 ADULTS IN THE U.S.  
HAS PREDIABETES.  
90% DON'T KNOW THEY DO.**

## Type 2 diabetes is preventable. Are you at risk?

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Without change, diabetes is likely to develop.



Reduce your risk by enrolling in a nationally recognized lifestyle change program with **Sky Lakes Wellness Center**.



Take a 1-minute quiz to know your risk:  
[skylakes.org/preventdiabetes](http://skylakes.org/preventdiabetes)

## READY TO MAKE HEALTHY CHOICES?

### Introduction to the National Diabetes Prevention Program

**JOIN US** Thursday, September 26 • 5:15 – 6:15 p.m.  
Sky Lakes Wellness Center  
128 S. 11th Street, Klamath Falls

**CALL** 541-880-2770 for information or to register



This material was supported by the Grant or Cooperative Agreement Number, NU58DP006369-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

[skylakes.org/preventdiabetes](http://skylakes.org/preventdiabetes) • [facebook.com/liveyoungskylakeswellnesscenter](https://facebook.com/liveyoungskylakeswellnesscenter)

## Might I suggest ...

SUBMITTED BY KATE MURPHY

**Editor's note:** This article begins a new addition to our publication offering book reviews.

Recently I read two informative and thought-provoking books. The first is "Being Mortal: Medicine and What Matters in the End," by Atul Gawande. The second is "Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End" by Tia Powell. Both books are available through the Klamath County Library.

Both of these books written by practicing physicians are well written and understandable. Both authors provide interesting and in-depth information about the cultural and medical history of their subject matter as well as examples of the impact of aging and dementia in their own lives.

Being Mortal reviews how aging has become more of a medical problem rather than of a life transition that should be acknowledged and planned for. Gawande argues that aging is a time of life with inevitable changes and losses but one no less worthy and meaningful. He proposes there be less emphasis on survival and more attention to improving quality of life as defined by the older person. The author calls for frequent and honest conversations with older adults about their values and wishes as they approach the end of life.

Dementia Reimagined explores the history of dementia care, including poor-houses, mental hospitals and nursing homes. She reviews the current science of Alzheimer's and other dementias, addressing the emphasis on the search for "the cure" rather than finding options for compassionate care. Powell places emphasis on helping people with dementia achieve a meaningful life, one that can include joy and dignity.



# 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**

## DONORS REPORT

# County grants \$7,500 to Klamath Senior Center

Our campaign to raise \$180,000 to replace the roof and HVAC equipment continues. The campaign will be extended an additional year or two as the County has agreed to keep the HVAC systems up and running as long as possible. The roof will be scheduled for replacement as soon as bids are reviewed and a contractor is available.

Grants have been pledged or received from the city of Klamath Falls, Sky Lakes Medical Center Foundation. Additional grant requests are pending. Individual contributions for this campaign can be made as well.

We received a general operating grant from Klamath County this week. The county's consistent support from year to year has helped the center lever funds from others and provides testimony to the value of the services we offer to county residents.

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. July donations of \$2,010 were received from the following organizations and individuals:

Geraldine Schindler  
Howard McGee  
Dorothy Winters  
Donna Hill  
James Allen  
Jon Schnebly  
Lynette Harvey  
Phyllis McCasland  
Burl Parrish  
Linda Bourcy

Rose Chapman  
Anonymous  
Leila Baker  
Jonny Jones  
Robert Petrik  
Ernie Palmer  
Donna Maloney  
Cheryl Gibbs  
Barbara Youngberg  
Joyce Moore

Etta Holly  
Samuel Hawley  
Albert & Delores Errecart  
Charlotte Moseley  
Art & Janet Luttig  
Mary Lou Beach  
Roger Dionne  
Mary Waters

Unidentified contributions July for Meals , Transportation and Other Services amounted to \$3,507.

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  
Burl Parrish  
Cheryl Gibbs  
Dorothy Winters

Ernie Palmer  
Faith Tabernacle  
Geraldine Schindler  
Howard McGee

Jon Schnebly  
Lynette Harvey  
Mary Ellen Sargent  
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.

# Class begins to boost your brain, memory

All seniors want to maintain their mental capacities as long as possible. Being informed is a key to our overall physical and mental wellbeing. An opportunity to learn strategies to maintain our brain health and memory is available to seniors in the Klamath Basin.

Starting in September, KBSCC will again sponsor Boost Your Brain and Memory, an 8-week course designed by the Mather Lifeways Institute on Aging.

What is Mather Lifeways? For more than 70 years, this not-for-profit, award winning, nondenominational organization, founded by Alonzo Mather, has been dedicated to developing and implementing ways to age well. Boost Your Brain and Memory was created by Mather Lifeways in conjunction with experts from Rush Alzheimer's Disease Center, Rehabilitation Institute of Chicago, University of Illinois at Chicago and The University Center for Cognitive Wellness.

Designed on evidence-based research, this program uses whole-person approaches that provide older adults with practices that can help them live a healthier lifestyle as well as remember things better, be more organized, pay closer attention, and regulate their emotions. The program demonstrates what older adults can do now to reduce their risk of Alzheimer's disease and other dementias. Follow up

studies (2013) showed that participants who had completed the program were more optimistic and self-confident about maintaining their memory.

The class is limited to 12 participants, and is low-keyed, friendly and supportive. Participants will be encouraged to set goals and share their own experience and knowledge.

This program is intended for older adults who do not have diagnosed dementia. It is recommended for adults who are motivated to protect and enhance their mind's capacities.

Those registering for the class are asked to commit to attending at least 6 of the 8 scheduled sessions. The program will be presented at the Klamath Basin Senior Center on eight consecutive Mondays from 3 to 4:30 P.M. A donation of \$2.00 is recommended for each of the eight classes. Program workbooks and materials will be provided at no cost.

If you have questions or to sign up, call the Klamath Basin Senior Center: (541) 883-7171.

Boost Your Brain and Memory will be presented by Kate Murphey, RN, and Marla Ingram, NRCMA, from Cascades East.

Classes will begin Wednesday, Sept. 16, at 3 p.m. in the Senior Center Conference Room

# O'Connor to Join KBBH team at Senior Center

Briana O'Connor is joining the Older Adult team at KBBH. She will be spending time at the Senior Center and in the community. Briana is working on her Master's in Social Work from Walden University.



She's in her last quarter and will be graduating in February.

We will have 22 work weeks with her!

Briana has worked with KBBH before at Phoenix Place, and she has worked with Developmental Disability Services, so she is used to working with people.

Briana enjoys spending time with her family and friends. She is a local woman, as she grew up in Merrill.

She is looking forward to working with elders.

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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.

### AT THE LAKE

By Sharon Hudson

The birds sound so pretty as  
They sing a cheerful song.  
It starts my day right, and  
Makes me feel like I belong.

A drive to the lake is  
Formulating in my mind.  
I'll do some exploring, and  
See what I can find.

The lake was calm as I  
Glanced over my shoulder.  
It mirrored the surroundings, the  
Trees, and that distant boulder.

I got out of my car, and  
Walked to the water's edge.  
Put my foot in the water and  
It rippled past the rugged ledge.

A fish jumped up, and  
Caught himself a tasty bug.  
Ripple met ripple, and spread  
Out so neat, and snug.

Velvety green landscape,  
And rolling hills.

Nothing fancy, and  
Nothing with frills.

A frog leaped in the water  
And it caught my eye.  
He landed with a splash, and  
All he did was try.

There is sheer beauty as  
As far as my eyes can see.  
A lush field of wildflowers,  
Just the way they should be.

I enjoyed myself, and  
Virtually stayed all day.  
I need this time, and  
I needed time to play.

The moon lit the night and the  
Stars gave it their touch.  
In the shadows were figures  
Of little animals and such.

A calmness overcame me.  
It's such a beautiful sight.  
I'll envision it again, and  
Maybe dream of it tonight.

### Memories of school days

Sharon (Johnston) Pappas ©

Close your eyes  
Hear the sound of the school bell  
The first day has arrived  
I remember it well

Kids all abuzz  
As they stroll down the hall  
The floors shiny and bright  
Hooks and lockers on the wall

There are stories to share  
With friends - old and new  
Adventures from summer  
All you've been through

Your classroom appears  
You step through the door  
Excited and nervous  
Not sure what's in store

Those days - came and went  
Year after year  
Like fog that rolls in  
Then suddenly disappears

But our memories are real  
They live within  
So give 'them' a visit  
As another school year begins.

## Mumkin's Recipes For Life...



Say a prayer for our kiddos  
As they head off to school  
Surround them with LOVE ...  
The most precious jewel.  
Sharon (Johnston) Pappas©

### Cover Me

(An original song soon to be put to music)  
By Eddie Barker

When I was young, You always kept me warm.  
When it would thunder, You kept me from the storm.  
When I was hungry, You always kept me fed.  
Even when I'm sleeping, You were always near my bed.

Chorus:

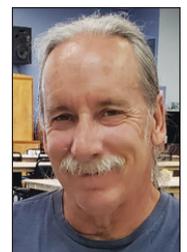
Cover me Father, with the presence of your love  
Cover me Jesus, ascending like a dove.  
Cover me when, the world comes undone.  
Let the Holy Spirit breathe, cover me  
Cover me, cover me, cover me.

Now that I'm older, my eyes clearly see  
Your hand on my shoulder, take me to my destiny.  
To my home up in the sky,  
A life so beautiful it makes me cry, Oh! Oh!

Chorus:

Cover me Father, with the presence of your love  
Cover me Jesus, ascending like a dove.  
Cover me when the world comes undone,  
Let the Holy Spirit breathe  
Cover me, cover me, cover me

About the author: Eddie Barker works at the senior center as a maintenance person and frequently volunteers as a Meals-On-Wheels driver as well. He is best known for being the in-house jokester as each morning he has a new joke to share and raise the spirits of us all. Meals-On-Wheels recipients look forward to his arrival and the new joke of the day. Now he is trying his hand at song writing. Thank you Eddie for being part of our organization.



# Your golden years don't have to include type 2 diabetes

## Feel healthier, live better

You have important reasons to stay healthy—your family—your favorite pastimes—your retirement—and yourself. If you have prediabetes or are at risk for type 2 diabetes, now is the time to make preventing type 2 diabetes a priority. Your golden years are the time to focus on enjoying life and the things that matter most to you!

Where do I begin?

It's never too late to focus on your health. Type 2 diabetes is serious, but you can prevent it. The first step is knowing your risk. Most people with prediabetes don't have visible symptoms. Read on for risks and how to keep your health in check. Once you know your risk, talk to your healthcare provider and get tested to learn your glucose (sugar) level. If you find yourself with a prediabetes glucose level, discover how participating in Sky Lakes Wellness Center's lifestyle change program can help you prevent or delay type 2 diabetes.

Am I at risk?

Are you 65 years old or older? According to the Centers for Disease Control and Prevention (CDC), nearly half of adults aged 65 years or older have prediabetes, but only 1 in 7 are aware that they do. But there's hope! People over age 65 with prediabetes who take part in a lifestyle change program may reduce their risk of developing type 2



diabetes by 71%.

Are you overweight? Being overweight or having obesity can put you at higher risk

of developing type 2 diabetes. Eating wisely and doing physical activity to maintain muscle and bone may help you stay strong and at a healthy weight as you age. The National Diabetes Prevention Program (National DPP) is based on research that found people with prediabetes can reduce their risk of developing type 2 diabetes by losing 5 to 7 percent of their body weight. That is 10 to 14 pounds for a person weighing 200 pounds.

How much physical activity do you get? Doing physical activity less than three times per week increases your chances for developing type 2 diabetes. It is recommended that people get 150 minutes of moderate physical activity per week. Activities you can do include walking at a moderate pace, riding a bike, doing water aerobics or going for a swim, dancing, or gardening or doing yard work. Physical activity can help you:

- Lower your blood glucose, blood pressure, HDL cholesterol and triglycerides
- Lower your risk for prediabetes, type 2 diabetes, heart disease and

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Physician/Surgeon of the Eye

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

**Edwin Tuhy, O.D.**  
Optometrist

**Jennifer Sparks, O.D.**  
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 www.klamathhospice.org  
 tgarlock@klamathhospice.org

## News from the Klamath Village

# Local senior gets help

Let me tell you about a gentleman who contacted the Klamath Village for help. He had a Big problem in his front yard.

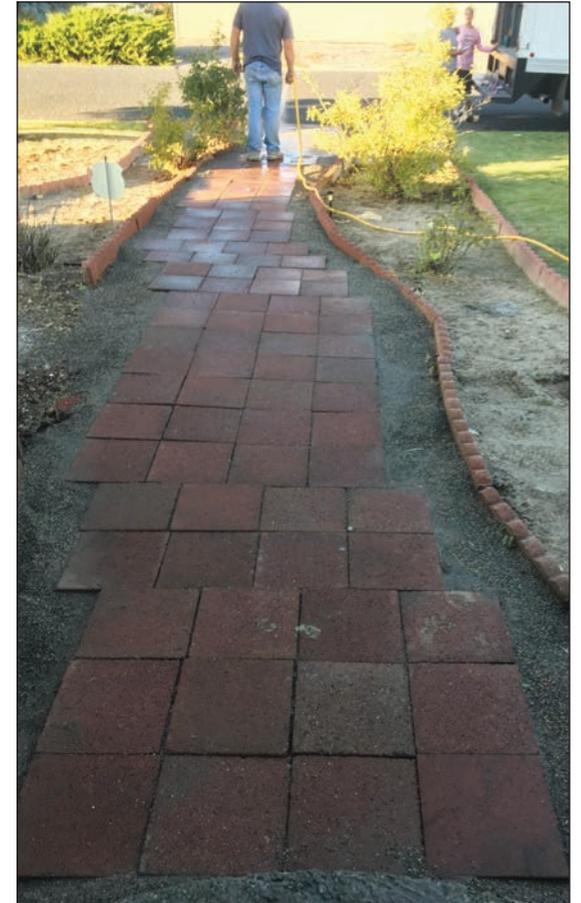
This man had very nearly fallen twice on the pathway leading from the street to his front door. The reason? Uneven, wobbly pavers.

This man could not afford to hire a crew and purchase materials for this project, so he contacted The Klamath Village. The village partnered with Diamond Home Improvement for the necessary materials and with Klamath Works for the labor to restore this senior citizen's pathway and to provide a safe entry and exit to his home.

Klamath Works brought a crew of five teens and two supervisors to get this project done.

Thank you Klamath Works and Diamond Home Improvement for partnering with The Klamath Village to lend a helping hand to this valued senior citizen

— Submitted by Lisa Bertash,  
Klamath Lake Counties Council On Aging



The pictures at right show the brick path before and after the project.

# Celebrating 37 Years

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# Menu

**September 5, Thursday**

Salisbury steak with noodles and gravy, veggie, salad bar, dessert

**September 6, Friday**

Loaded potato soup, veggie, salad bar, dessert

**September 9, Monday**

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

**September 10, Tuesday**

Brunch for lunch: Scrambled eggs, biscuits and sausage gravy and hash browns. Birthday cake and ice cream.

**September 11 Wednesday**

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

**September 12 Thursday**

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

**September 13 Friday**

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

**September 16 Monday**

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

**September 17 Tuesday**

Polish sausage and sauerkraut, veggie, salad bar, dessert

**September 18 Wednesday**

Hamburger gravy, egg noodles, veggie, salad bar, dessert

**September 19, Thursday**

Pizza, veggie, salad bar, dessert

**September 20, Friday**

Roast pork, roast veggies, salad bar, dessert

**September 23, Monday**

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

**September 24, Tuesday**

Sloppy Joes, veggie, salad bar, dessert.

**September 25, Wednesday**

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

**September 26, Thursday**

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

**September 27, Friday**

Fish and chips, veggie, salad bar, dessert

**September 30, Monday**

Beef goulash, veggie, salad bar, dessert

**October 1, Tuesday**

Brunch for lunch: Scrambled eggs, biscuits and sausage gravy and hash browns.

**October 2, Wednesday**

Mac and cheese with ham, veggie, salad bar, dessert

**October 3, Thursday**

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

**October 4, Friday**

Beans and ham with cornbread, 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.

## TITLE VI NOTICE

The Klamath Senior Center operates its 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 has been 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**

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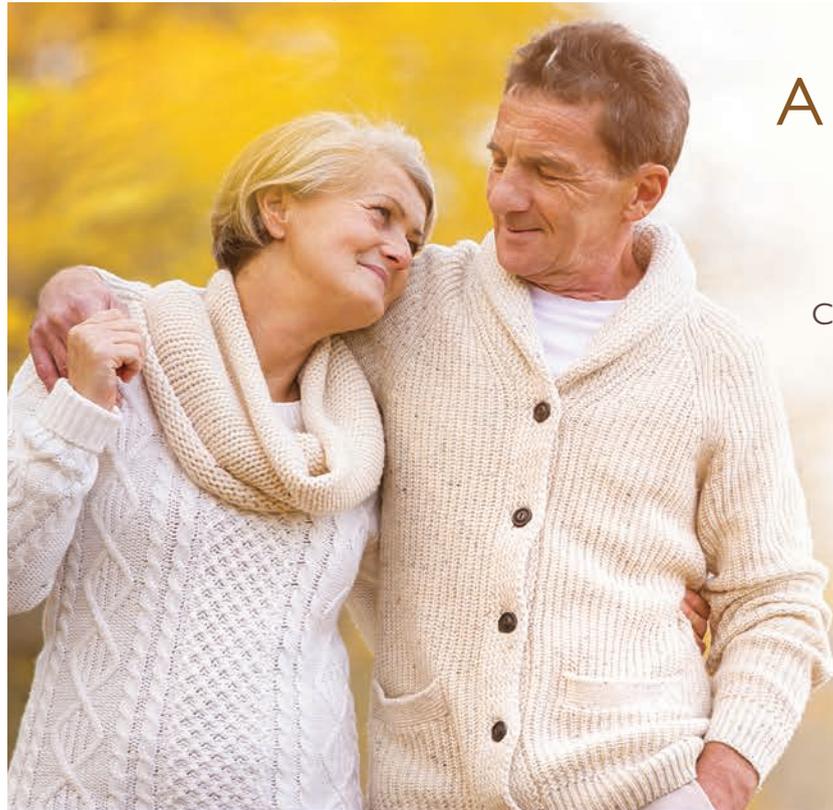
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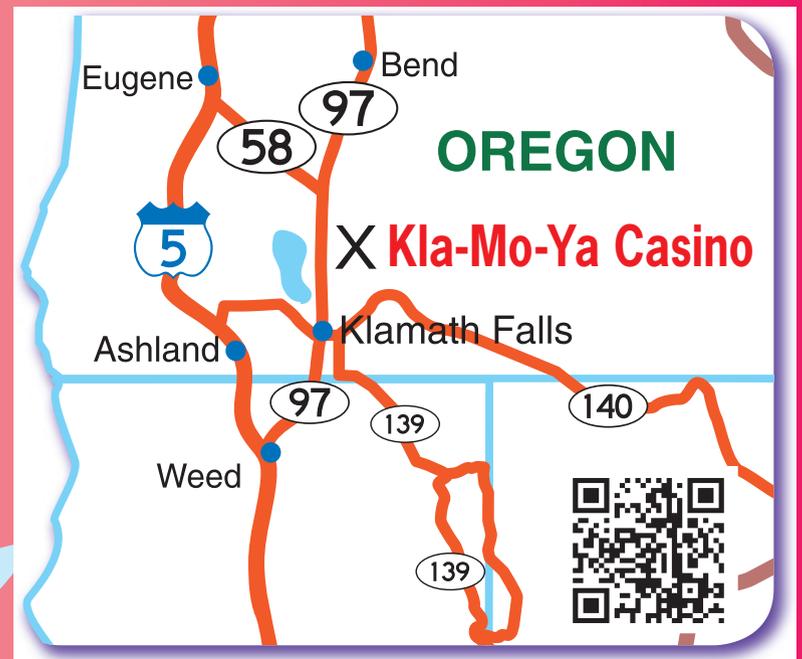
Bob Seger in Eugene 9/24/2019 @7p.m. Drawing 9/7/2019 1p.m and 8p.m.

Robert Plant in Bend 10/3/2019 @6:30p.m. Drawing 9/14/2019 @8p.m.

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