

May 2020

Active Seniors

FREE
Take
One!



Inside

**Yoga & SAIL- Now at Home
See Articles Page 9**

May 10th

HAPPY
Mother's Day



FIND YOUR PURPOSE

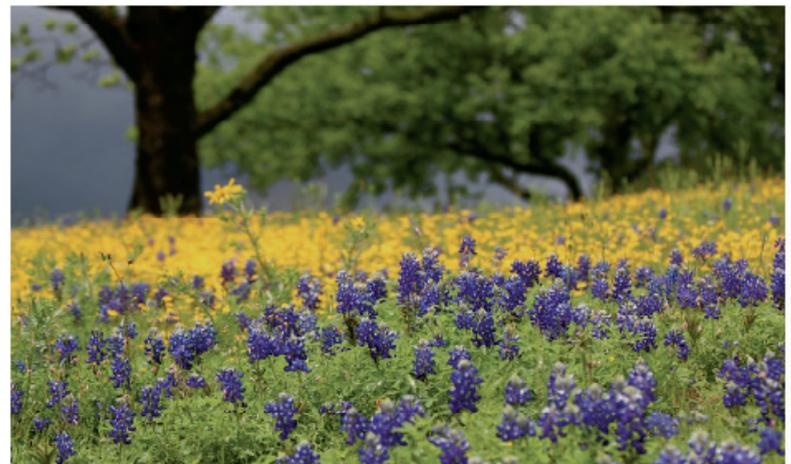


The out pouring of community support for the Meals on Wheels program has been spectacular. We would like to thank all of those who gave of themselves physically and financially to keep the elderly adults and people with disabilities fed during this time of crisis. So much has been donated; bread, eggs, meat, canned goods, cereal, milk, produce, rice, mac & cheese, pasta, tomato sauce, face masks, boxes and so much more. Thank you.

SHERM'S THUNDERBIRD
 CHILITOS
 FRANZ BAKERY OUTLET
 WAFFLE HUT
 TRIPLE J DELI
 BACK 40 CAFÉ
 U-HAUL – CRYSTAL
 NIBBLEY'S
 UNITED WAY
 COSTCO
 FORD FAMILY
 FOUNDATION
 DIAMOND S MEATS
 HOWARD'S MEATS
 KLAMATH HOSPICE
 HOLIDAY MARKET

COMMUNITY EMERGENCY
 RESPONSE TEAM
 CHRISTINE CARLAND
 MEALS ON WHEELS
 AMERICA
 DOLLAR TREE
 BARBARA OLEAN
 CAROL McCLURE
 CHRISTINE KENFIELD
 GROCERY OUTLET
 KLAMATH & LAKE
 COUNTIES FOOD BANK
 KATHERINE MURPHY
 CYNTHIA KING
 CASTEL'S SOUTHSIDE
 WALMART

NORTHWEST FARM CREDIT SERVICES



What a beautiful word! Much more beautiful than "Corona Virus". Spring is "New Beginnings", "Let's get out there and be beautiful", "Let's VOLUNTEER" and meet new people. That's what SPRING means.

We have had so many new people volunteer during this crisis, it's amazing. But there is always a need for more. We protect our drivers and runners with gloves, masks, antibacterial wipes and the latest advisories from the CDC. Our clients are precious and it is our duty to keep them safe.

I can make you a personal guarantee. If you joins us as a volunteer, you will be happier, healthier and wake up every day with a renewed spirit.

Put the "Spring" back into your step with being a volunteer at the Klamath Basin Senior Citizens' Center.

Join Us.

WE CELEBRATE LIFE!



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

Executive Director —
 Marc Kane: 541.883.7171
 ext. 117
 Volunteer Coordinator —
 Ginnie Reed: 541.883.7171
 ext. 128
 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

We've Grown Accustomed To Our Ways, Then...

By now you've already read many articles expressing the opinion that we all get through these trying times brought on by the pandemic. Yes, we surely will, but what does it look like? Here at the senior center we are adapting and rethinking how our services will be provided this coming Fall and Winter, when we may face yet another surge in those infected. We must always be ready for change, which is difficult in a world of older adults where we have grown accustomed to our ways.

I am so very proud of all our patrons and volunteers who have endured the many new demands placed upon them and without complaint. Especially thankful for the many new volunteers who have stepped up to fill the gaps brought on by the pandemic. Please take a moment to review the notes on page 6 honoring those volunteers that were finalists in the United Way's Klamath Country Volunteer Awards Program. The recognition banquet had to be cancelled so we have devoted a special page for their recognition here. These folks are just six of many who offer their time and talent to keep the senior center running. Thanks to all.

The directives that guide how we can meet to provide our services remain restrictive and seem to change from week to week as the pandemic also unfolds in new ways each week. It is doubtful that congregant meals will be offered at the center anytime soon, but we have morphed that service into a Monday curbside food box pickup. See page 15 for details. Meals-On-Wheels continues as always, but the meals are now delivered by masked volunteers that resemble possible bandits. Some folks are now receiving two meals a day. Recipients who feel they have this need should call on the Area Agency On Aging who may approve.

Wondering about our bingo games? Unfortunately to make our fund-raising bingo games actually yield raised funds we must have more folks participating than may be safe in the limited space in which we have to operate. We are studying ways to cope and waiting on new directives for what we may or may not be able to do. We are as eager to open as anyone is to come back. These games were, after all, one of the best social events going and a great deal of fun.

YOGA and SAIL classes have ventured into cyberspace. Note the articles on page 9 that provide direction for how you can now exercise



Marc Kane, Center Director

at home with the instructors you like so much. Kudos to Kim Carson for taking her YOGA class to Zoom, and to Mary Noller for creating a video class that you can access from our WEB site at www.klamathseniorcenter.com.

Our center is so dependent on grantors and individual donations. So far we are doing well. Thanks to Cascade Comprehensive Care, Atrio Health Plans and Cascade Health Alliance. This team provided the largest private grant ever received by the center (\$65,000) to make us whole in this year of crisis. See page 16. They have joined a number of others in donating that are recognized in the donors report on page 14.

We continue to strive to keep older adults connected to family, friends, and community.

We continue to Celebrate Life!

To make a fully tax-deductible contribution to the Klamath Basin Senior Citizens' Center

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



**Klamath Basin Senior
Citizens' Center**

*BUILDING AND MAINTAINING A SUPPORTIVE
COMMUNITY FOR SENIORS*



Our Transportation Programs continue in a reduced, safe capacity and Meal Program is available community wide.

- We are available Tuesday/Thursday for transports to necessary services (grocer, bank, etc.) Please call 24 hours prior to get on the schedule. #541-947-4966
- We are implementing best practices regarding disinfecting vehicles after each transport.
- We are limiting the number of people in the vehicles to comply with social distancing typically a single rider unless riders are of the same household.
- Masks, gloves and sanitizer are available to each driver.
- All employees are screened daily for any health changes as well as riders.
- Some supplies are being picked up and delivered for clients instead of them taking the bus.
- We have closed our building to the public and canceled all group gatherings at the center.
- Our kitchen staff of one continues to prepare home delivered meals. We have had a couple of spots open up for this program, so please call for details.
- 'Drive up' meals for our community are available from 12-12:30 each Monday, Wednesday and Friday. Come to the north kitchen door and we will bring the meals out.

Stay healthy Lake County!

Lake County Senior Center
11 North G Street
Lakeview, OR 97630
541-947-4966

Coronavirus Anxiety Workbook:

A Tool to Help Build Resilience in Difficult Times

The Wellness Society has developed a free English and Spanish-language Coronavirus Anxiety Workbook for personal or professional use. There are also free Dutch and German editions available for download at this site:

<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

These workbooks contain a wealth of information in themselves and links to numerous other resources. Interested in learning more about Stoicism? Great links here to study this philosophy and helpful information about thriving in healthy social networks.

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

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



2210 North Eldorado Avenue | 541.883.1030
KBBH.org

Call today if you experience any of the following symptoms:

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

Klamath Basin Behavioral Health is here to help you with these challenges and more. Medicare, Medicaid, and most insurance plans accepted. A sliding fee scale is available. No one is turned away for inability to pay. All services are confidential.



2210 North Eldorado Avenue
Klamath Falls, OR 97601

www.KBBH.org
541.883.1030

SENIOR CENTER PUBLIC TRANSPORTATION SERVICES

Transportation? What public transportation service is right for you?

The design of the transportation services program at the Senior Center is to provide public transportation to those unable to utilize the services of the BTS fixed route or Dial-A-Ride services. Fixed route services provide transportation between established bus stops while the Dial-A-Ride service will pick you up at your home and take you back to your home. Some seniors and others however require additional services that include assistance getting from the home to the curb, and at times with assistance with placing packages in the home. Transportation services are provided by appointment and as available. Over 1500 residents now use the Klamath Senior Center Public Transportation Program.

Generally appointments must be made two to three days in advance. Travel to medical appointments is prioritized but transportation is available for other purposes as well. Seniors travelling to the Senior Center are not charged a fee, but asked for a donation. Rides to other locations are offered for a fee based on income ability. The minimum fare is \$0.75 while the maximum fare is \$3.50. Persons wishing to

request reduced fares based on household income can call the dispatcher who can process your request over the phone. The dispatcher's direct telephone line is 541-850-7315. All passengers must provide the correct fare at time of boarding.

Additional funds have been made available to the Senior Center to purchase an additional replacement van this year, to add additional drivers and to expand the level of services. In addition the Basin Transit Service recently approved the addition of a new staff position, Mobility Manager, to offer assistance and instruction to patrons on how to best use the overall transportation services system. The Center coordinates its services with Basin Transit Service and The Klamath Tribes' Quail Trail service.

In order to meet the expanding demand for services it is imperative that local residents utilize the most appropriate transportation service based on their need for transportation support. Most residents are able to utilize the BTS Fixed route service or the BTS Dial-

A-Ride. The senior center service needs to prioritize its services to those who are unable to use BTS systems. In order to encourage residents to use the BTS Fixed route



system "Learn To Ride The Bus Days" are expected to be scheduled once the new Mobility Manager position is filled.

RECENT COVID-19 POLICIES HAVE BEEN DEVELOPED THAT REQUIRE PASSENGERS AND DRIVERS TO WEAR FACE MASKS. MASKS WILL BE MADE AVAILABLE TO PASSENGERS THAT DO NOT HAVE THEM. THIS POLICY WILL BE IN EFFECT UNTIL FURTHER NOTICE. ALL VEHICLES ARE DISINFECTED BETWEEN PASSENGER TRIPS.

Tips to Stay Healthy at Home

Submitted by Jim Myers, Atrio Health Plans

Oregon's Stay Home order has recently been extended. We recognize it may become even more challenging to maintain positivity as feelings of anxiousness and stress increase, especially when there are so many uncertainties in lieu of the coronavirus outbreak. Here are some tips on how you can stay mentally healthy while continuing physical distance to help prevent the spread of COVID-19.

Practice Mindfulness

While it may seem hard to live in the present, practicing mindfulness can help calm the fear and anxiety associated with uncertainty. You can practice mindfulness by:

- Take three to four slow, deep breaths when feeling anxious.
- Make time throughout the day to take a break and to relax.
- Let your mind wander by thinking positive thoughts.
- Get lost in a favorite pastime or hobby.

Reduce Stress

In addition to practicing mindfulness, finding ways to reduce stress levels can keep you grounded and relaxed. The following activities can be a great way to calm your mind:

- Read a book or watch a funny show or movie.
- Spend time with your pet.
- Color or draw.
- Try a new recipe.
- Connect with family and friends through video chats and phone calls.

Social media and newscasts are inundated with news surrounding COVID-19. While it's essential to stay informed, consuming too much news can increase stress levels. Taking breaks can help improve your mood and limit your feelings of anxiousness.

Stay Active

When staying home, it can be easy to get into a sedentary rut. Remaining physically active not only helps to support immune function, but it also releases endorphins that can help improve your mood and mental health. Here are some things you can do at home to stay active:

- Take an online exercise class such as yoga or Zumba.
- Tend to your garden.
- Finish yard work projects or start a new one.
- Go for a walk in your neighborhood (keeping physical distancing in mind).

No matter what you're doing, be sure to take breaks. Stretching after sitting for long periods of time can help improve circulation and your mood.

Staying Positive

While staying at home is necessary during these times to keep you physically healthy, it's also critical to stay mentally fit as well. Studies have shown that journaling gratefulness, listening to music that fits the mood you want, sharing positivity or doing a kind act, or simply smiling are all effective ways in which you can foster positive emotion, overall well-being and life satisfaction.

EVENT CALENDAR

Due To The COVID-19 Crisis, All Group Activities Are Currently Suspended Until Further Notice.

Please see our website www.klamathseniorcenter.com for notice of events and reopening dates

Meals-On-Wheels Services Continue As Always

Transportation Services Remain Available For Critical Needs

Our Reception Desk Is Open

Call 541-883-7171 For Updated Information

THE FOLLOWING WERE NOMINATED FOR THE KLAMATH COUNTRY VOLUNTEER OF THE YEAR AWARDS

MEET THE VOLUNTEERS



BERNICE SHARPE

Bernice has been with the Senior Center for 8 years as a volunteer. Her devotion to our organization has been given selflessly and always with love.

Ask her what this means, "Pardon me Ralph, is that the cat that chewed your new shoes?"

She has a heart of gold.

CAROLE DARLING

Where do I begin? Carol is here every day. She works behind the scenes in our offices, she works the lunch table, she counts, she does the mail....



Carol is the glue that keeps us running.

Thank you for so many years of service and devotion.

Klamath Basin Senior Citizens' Center Volunteers of 2019



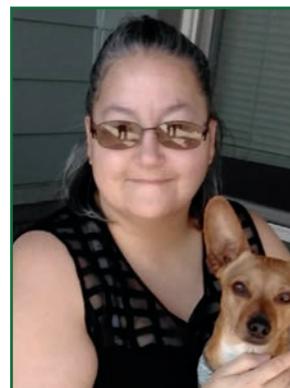
JAMES & SHERRY GRIMES

Sherry and her husband James are Translink drivers providing Medical Transport for our Seniors. Thank you for your devotion and caring hearts.



CRYSTAL BREEDEN & Hammy

She has a warm heart and is always there for our Seniors. She has a deep commitment to everyone and everything here at the center. You will always find her at BINGO.



CAROL ROBERTS



Carol does so much for us at the Senior Center it's hard to track. She works BINGO, the lunch table and is an important part of our fundraising.



THESE ARE A FEW OF OUR MANY DEDICATED AND HARD~WORKING VOLUNTEERS



A COVID-19 PUBLIC SERVICE MESSAGE FOR KLAMATH AREA SENIORS

Ways to reduce your exposure and stay healthy while observing “Stay Home, Save Lives”

Staying Healthy During Social Distancing

- Refocus on “time for me,” and not “I’m isolated”
- Handle long-avoided tasks or learn something new
- Call or video chat often with family and friends

Telehealth

- Get faster support and reduce potential exposure
- Contact your provider about remote care services

Pharmacy Coverage

- Early prescription refills are generally being allowed
- Consider local pharmacy delivery options or mail order

**For more information and links to authoritative guidance from the CDC
and others, visit us online today at:
atriohp.com | cascadehealthalliance.com**

I  my Medicare

SHIP TALK

Medicare and Coronavirus

It does seem that everywhere one turns, it's coronavirus news. And this month's column will be no different. We'll review some things you no doubt know, but also some things you may not know.

Here are some critical ways you can do your part.

Listen to and follow the directions of your state and local authorities.

Keep the entire household at home if someone in your household has tested positive for coronavirus.

If you're an older person or if you're a person with a serious underlying health condition that can put you at increased risk (like a condition that impairs your lung or heart function or weakens your immune system). Stay home and away from other people.



Medicare covers related needs

Medicare covers the lab tests for COVID-19 and you pay no out-of-pocket costs. If you have an Advantage plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests.

Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital, but instead you need to stay in the hospital under quarantine.

At this time there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).

Here in Klamath Falls we're following guidelines. SHIBA volunteers are available on a limited basis only. If you come in for a consultation, please wear a mask. Or perhaps we can help you with a phone call. Just call the Senior Center at 541-883-7171. We definitely look forward to the time when we can be back to business as usual. In the meantime, stay safe. And remember, if you're on Medicare, you are by definition, high risk.

Anne Hartnett
SHIBA Coordinator, Klamath Basin Senior Citizens Center

Mental Health is Important Too!

You would not let the opinions of others prevent you from going to seek medical care for a physical illness (like a broken arm), so why would you let it prevent you from seeking help for a mental illness? We all need help every now and then. Support for good mental health comes in many forms: professional help, personal time, and socialization. The key is to remember to talk about how you are feeling and what you are thinking.

Professional Help: *Fight the stigma*¹

A mental illness may be present if you experience patterns or changes in thinking, feeling, or behaving that cause you distress or disrupt your ability to function. Talk to your primary care provider (PCP) if you think you have a mental illness. Your PCP can help you decide if you need some self-care or to see a specialist.

Personal Time: *Save time for you*²

Your mental health requires maintenance like your physical health does. To keep yourself physically healthy, you exercise and eat fruits and vegetables for self-care. To stay mentally healthy, self-care involves taking time for yourself:

- Know your limits
- Get enough sleep
- Stay well fed
- Take breaks throughout the day
- Change difficult work/activity situation
- Get to know *you* better
- Make time to do what you enjoy daily
- Decompress after the day's work or activity
- Feed your spiritual self
- Take time to love yourself

Socialization: *Stay connected to people*¹

If you are struggling, you may feel like you cannot tell anyone. However, people closest to you will most likely be able to offer you the most amount of support and understanding. Talk to your friends, family, clergy, or other members of your community. You could also join a support group. These groups offer encouragement and education.

-Patricia Pahl, Quality Management Analyst

Source1: mayclinic.org

Source2: Maria Baratta, PhD, LCSW; psychologytoday.com

Strength, Endurance or Frailty – Which Will You Choose?

Nancie's Corner

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

Over the years of teaching and training, my mantra has been: “immobility creates immobility.” Please think on this. Immobility, unless prescribed, is a health hazard for everyone, even more so for seniors. From a recent New York Times article, “Past science suggests that any health impacts from prolonged home confinement are likely to be greatest among older people.” Continuing... “they rapidly lose strength and endurance and develop early signs of insulin resistance and molecular changes to muscle loss.” In plain terms, you are becoming frail.

Muscle is what holds up our bodies. In my last column I provided several suggestions including senior exercise tapes or books from the library or following exercise gurus on various streaming channels. At minimum, walk through your house or march in place a few times a day for 5-10 minutes. If you have stairs or a long hallway even better. With the weather improving, take a walk outdoors. Start with 10 minutes if you are out of shape and then move up to 20, then 30 minutes. A good friend of mine who has orthopedic issues is walking ½ to 1 mile a day outdoors plus doing Sit and Be Fit on PBS.

Look for opportunities to use your muscles. Consider these: a wall squat, a wall push-away mimicking a push-up, a chair sit-and-stand, and/or standing countertop push-ups in the kitchen. Do arm raises, bicep curls with weights. If you do not have weights, use soup cans or fluid filled water bottles. Ideally, try to perform 10 repetitions for each muscle group and repeat. For use of proper form and additional exercise ideas, link to:

- 1) <https://www.healthline.com/health/everyday-fitness/senior-workouts#balance>;
- 2) YouTube 60 minute workout designed for seniors: <https://www.youtube.com/watch?v=rkDlpZ3Musw>

Check with your doctor before starting an exercise program if you have health issues. Please, all of you, take good care of yourselves. Stay safe, stay strong and endure.

Nancie Carlson
Health & Wellness Counselor



**Stay Active
& Independent
for Life (SAIL)**

All sail classes are still suspended until further notice. Exercise is so important that I want to encourage my students to do your SAIL exercises at home. This will

keep your immune system strong, and your body too. I hope we will be exercising together soon. Jack and I have made a video that you can follow while exercising. You should be able to locate this video on the senior center's WEB site. Go to www.klamathseniorcenter.com and click on the tab labeled Health and Exercise Classes.



Kim's YOGA Class Goes ZOOM!



The following is a message from Kim Carson. Her Monday evening YOGA class at the senior center has been suspended during the COVID distancing directives period. The class will resume at some point in the future when the center reopens to gatherings. In the meantime there is an alternative. Read her message below:

Hello Every Body,
Thank you all for joining my Zoom Fitness Classes! This is a wonderful way to stay fit while we stay home!

A couple of updates:

- New Zoom Yoga Stretch and Flex Class on **Wednesday's** at 5 p.m., PDT. This class will continue after live fitness classes resume and payment will be required of \$5 per class.
- Current Zoom Class Schedule:
Mon/Wed 9 a.m., PDT, Yoga Stretch and Flex.
Wed 5 p.m., PDT, Yoga Stretch and Flex.
Fri 9 a.m., PDT, Cardio/Stretch/Tone. It's Cardio Light, but we do use weights for the toning, if you like.
- I am now set up with Venmo for payment. Please contact me for payment info. I am also set up w/ Paypal and accept checks via snail mail. Please contact me for details so i can keep track of payments.
- I am not keeping track of your participation! Please keep track for your records.
- While we are under shelter in place rules, I am not requiring payment for class participation, but am gratefully accepting all offerings.
- I have ordered a microphone to hopefully help with the wonky audio. My little laptop never dreamed it would be doing live broadcasts!!

IF YOU WANT TO PARTICIPATE YOU WILL NEED A ZOOM MEETING ID NUMBER AND PASSWORD. EMAIL A DAY OR TWO BEFORE CLASS TIME AND I WILL SEND YOU THE NUMBER. MY EMAIL ADDRESS IS kimberlykcarson@aol.com

Thank you, everyone! Your participation is so rewarding! Please feel free to share this class w/ friends, neighbors, family, etc.

Keep moving!
Kim Carson, CPT, [541-363-9523](tel:541-363-9523)

Senior Loneliness Line is available to support Oregonians 55 and over

Social connections help keep us healthy while we are physically distancing from each other. To support the mental health needs of Oregonians over 55, OHA has partnered with Lines for Life's Senior Loneliness Line. Their team of volunteers and staff are specially trained in working with older adults. They can provide ongoing support, connect callers with resources, or just listen. Your information is completely confidential, and no one will follow up with you unless you request a call.

To get support, call [503-200-1633](tel:503-200-1633) or [800-282-7035](tel:800-282-7035).

Writer's Corner

Expressions of
Heart and Mind

You Could Have Said No By Eddie Barker

(Chorus)

You could have said no
With our hearts on the line
Could have let the world go
And leave us all blind

You should have known
That our hearts would turn cold
We would always look back
And we would forever grow old
You could of said no.....

Lord let me be clear
To what I have to say
I'm so glad you're here
And you showed me the way

My eyes were lit up
In a beautiful way
Our hearts turned sincere
And now you're here to stay
(because) to chorus

So let me give praise
To the one that it's due
And it's because of Your grace
That our lives are not through

Lift up our hearts
Give urn voice a raise
Let us be forever grateful
Of Your Amazing Grace
(Chorus)

You could have said no
With our hearts on the line
(You) could have let the world
go
And leave us all blind

You should of have known
That our hearts would turn cold
We would forever grow old
Yeah, You could have said no
Could of said no
Yeah, You could have said no

Mom... Where Are You?

Mom... Where are you
Are you far away
I see you in my dreams
When in my bed I lay

I know you're in my heart
Forever you will be
But I long to laugh and chat
Just... You and Me

You always understood
My deepest joy and sorrow
With a calm loving spirit
You showed a brighter tomorrow

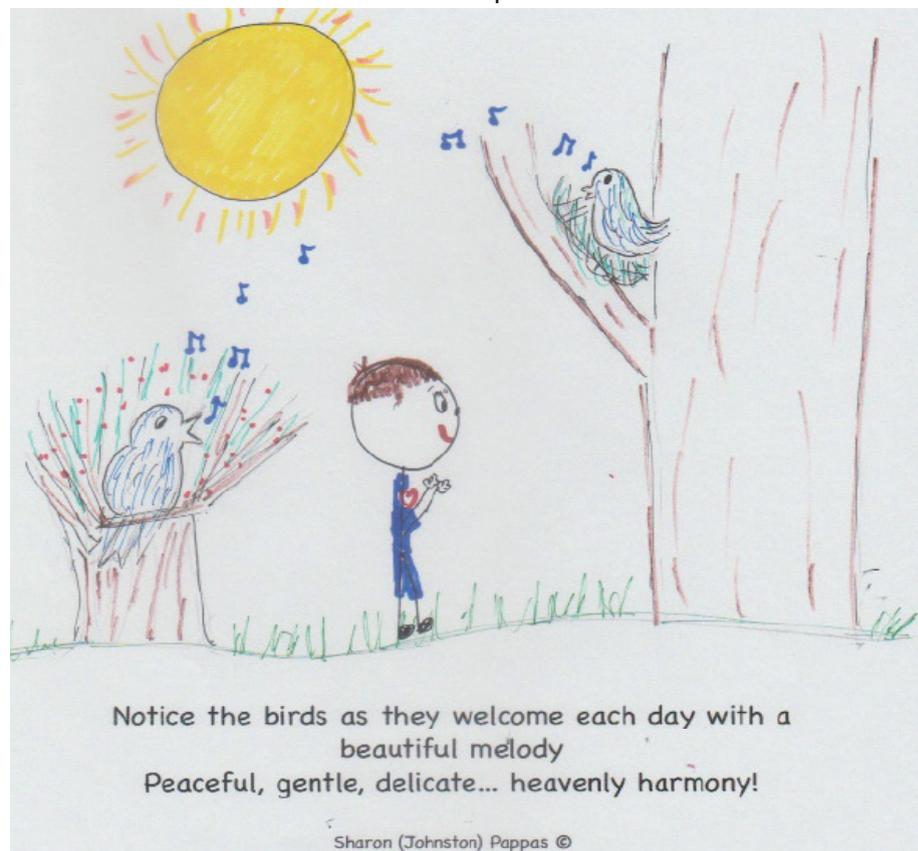
I'm grateful for the memories
I can visit anytime
Which bring a smile and a tear
Treasures, I hold close as mine

For now you're my angel
Shining bright in the sky
The lingering fragrance of a flower
Or the miracle of a butterfly.

Sharon (Johnston) Pappas ©



Mumkin's Recipes For Life...



Notice the birds as they welcome each day with a
beautiful melody
Peaceful, gentle, delicate... heavenly harmony!

Sharon (Johnston) Pappas ©

SIMPLY SILLY

BY SHARON HUDSON

The toad knows the code,
But the frog had to ask.
The lizard is sitting in the corner,
Drinking wine from a flask.

The owl looked around wide
Eyed, searching for knowledge.
He was full of wisdom, and
Never went to college.

The windmill spun and
Brought the water up.
It's sweet, and is the best quality
Right here in my cup!

The eye of the storm is blind,
And is calm as can be,
But the edges are brutal, and
Fighting to be free.

The Eagle soared, and the Lion
Roared, in the middle of the day.
They are elegant, and generally
Get things their way!

I wouldn't argue, because I
Know that they would win.

They are powerful creatures,
From their toes to their chin.

The rat ate the cracker, and
The mouse ate the crumbs.
They work well together,
The two little bums.

The Eagle sat on his nest,
Perched high above land.
Tiny rodents beware. He is
Hungry, and stands so grand.

The rock sat on the block
Because a child put it there.
It was colorfully painted,
And added a lot of flair.

The Porcupine fluffed his quills,
And the Dog went the other way.
He had met with him before, and
Knew he didn't want to play!

Put Love in your Heart, and
Push hate aside.

Life will be better, and
Will bring back some pride!

The Salty Stuff

Salt, Blood Pressure, and Your Health

Salt is essential to our body's fluids. That's likely why we evolved to enjoy its taste. On the other hand, anyone who's gotten a mouth full of seawater knows that too much salt tastes terrible. Maybe your body's trying to tell you something. It turns out that too much salt can lead to a host of health problems.

Dietary salt, or table salt, is made from two chemical elements: sodium and chloride. That's why its chemical name is sodium chloride. It's the sodium part that's been tied to health problems. But since most of the sodium we ingest is from salt, it's difficult to separate the effects of salt and sodium in many studies.

Health Effects

"The best-known effect of sodium on health is the relationship between sodium and blood pressure," explains Dr. Holly Nicastro, an NIH nutrition research expert. Dozens of studies, in both animals and people, have linked a higher salt intake with higher blood pressure. Reducing salt intake, on the other hand, lowers blood pressure.

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps out blood. When this pressure rises—a condition called high blood pressure, or hypertension—it can damage the body in many ways over time. High blood pressure has been linked to heart disease, stroke, kidney failure, and other health problems.

There are two blood pressure numbers, and they're usually written with one above or before the other. Systolic, the first, is the pressure when the heart beats, pumping blood through the arteries. Diastolic is the pressure when the heart is at rest between beats. The numbers 120/80 mmHg are the ones you should aim to keep your blood pressure below.

Some research also suggests that excessive

Wise Choices Cut Back on Sodium

- Look at Nutrition Facts labels and try to choose prepared foods that have less than 5% of the Daily Value of sodium per serving.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed.
- Choose fresh or frozen vegetables that have no added salt.
- Rinse canned foods to remove some of the sodium.
- Add less salt—or none—when cooking.
- Use reduced-sodium bouillon, dressings, and sauces like soy sauce.
- Use fresh herbs and buy spices and blends without added salt.
- Cook at home instead of eating out, when possible. But when eating out, ask that no extra salt be added to your food.

sodium intake increases the risk of stomach cancer. Scientists continue to investigate this possible connection.

Researchers do know that not everyone is equally sensitive to salt. "From our experiments, we know there's lots of variation in the blood pressure response to sodium intake," Nicastro says. Certain groups of people see greater reductions in blood pressure when they lower their salt intake: African-Americans, older adults, and people with blood pressure above normal.

"Within those groups, there's a lot of variation between people," Nicastro says. But about 1 in 3 adults nationwide has high blood pressure right now. Another third have elevated blood pressure, meaning their numbers are high enough to put them at risk to develop high blood pressure. In light of this, she says, "It's really important for the majority of U.S. adults to reduce their blood pressure."

How Much Salt?

Experts recommend that adults take in less than 2,300 milligrams (mg) of sodium a day—that's what's in about 6 grams of salt, or about a teaspoon. People with high blood pressure should shoot for 1,500 mg. But right now,

American adults eat an average of about 3,600 mg of sodium per day.

Dr. Kirsten Bibbins-Domingo at the University of California, San Francisco, led an NIH-funded study that used computer modeling to explore the effects of a modest reduction in salt intake in the United States. The researchers found that reducing salt intake by 3 grams per day (1,200 mg of sodium) could cut the number of new cases of heart disease each year by as many as 120,000, stroke by 66,000, and heart attack by nearly 100,000. It could also prevent up to 92,000 deaths each year.

All segments of the population would benefit, with African-Americans having the greatest improvements overall. Women would particularly benefit from reductions in stroke, older adults from a decline in heart disease, and younger adults from fewer deaths.

Reducing Salt

Some countries have tried to lower salt intake using various strategies, such as working with industry to reduce the salt content in processed foods, requiring labels on ready-to-eat foods, and educating the public. The UK achieved a 15% reduction in salt consumption between 2003 and 2011. During this time, deaths from stroke fell by 42% and from heart disease by 40%.

But wouldn't we miss the taste? "Several studies have shown that as you gradually reduce sodium intake, you lessen your desire for salty food," Nicastro says. And surveys of people across the UK found that most people didn't notice any difference in the taste of their food.

"A very modest decrease in the amount of salt, hardly detectable in the taste of food, can have dramatic health benefits for the U.S.," Bibbins-Domingo stresses.

Title VI Notice

Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates its programs and services without regard to race, color, national origin, religion, or sex 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 PO 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

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Healthy Klamath Resource Hub

Available During COVID-19

by Kendra Santiago, PR & Marketing Manager for Blue Zones Project – Klamath Falls

By now it's been pointed out that with Governor Brown's order to Stay Home to Save Lives, our daily lives quickly changed. With so much information, resources, and tools changing almost daily, Blue Zones Project – Klamath Falls soon realized that one of the biggest needs in our community is to connect individuals and organizations to the multitude of information. Blue Zones Project, with the support of the Healthy Klamath Coalition has spent the last few weeks collaborating with a number of organizations to determine what resources are available across a variety of sectors. We've also worked hard to ensure the information is locally-focused wherever possible.

The result of our team's efforts is a community-wide COVID-19 Resource Platform at www.healthyklamath.org/COVID-19. Users are able to navigate a variety of topics, including Health, Financial & Housing, Food Access, Education, Resources for Families, Business Resources, and Childcare.

"Supporting the well-being of our community is

absolutely essential during this time," says Merritt Driscoll, Executive Director of Blue Zones Project and Co-Chair of the Healthy Klamath Coalition. "Providing information for individuals to maintain their health, support their families, and access tools they need is directly in-line with our mission to help people 'Live Longer, Better'."

Blue Zones Project staff will continue to update and add information as it is made available, and they encourage the community to share ideas or other necessary information via email at bluezonesproject@healthyklamath.org. We'd also like to continue to stay physically distant, but socially connected. Take the time to reach out to loved ones and see how those closest to you are doing.

Those interested in getting involved in the Healthy Klamath Coalition or learning more about the ongoing health and wellness initiatives in our community are encouraged to reach out via email to info@healthyklamath.org or visit www.healthyklamath.org.



About Blue Zones Project

Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city's environment, policy, and social networks. Established in 2010, Blue Zones Project is based on research by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five cultures of the world—or blue zones—with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates Buettner's findings and works with cities to implement policies and programs that will move a community toward optimal health and well-being. Currently, 50 communities across North America have joined Blue Zones Project, impacting more than 3.4 million citizens. The population health solution includes two Health Districts in California; 15 cities in Iowa; Albert Lea, Minnesota; the city of Fort Worth, Texas; Corry, Pennsylvania; Airdrie, Alberta; Brevard, North Carolina; and communities in Southwest Florida, Hawaii, Illinois, Oklahoma, Oregon, and Wisconsin. Blue Zones Project is a partnership between Blue Zones, LLC, and Sharecare, Inc. For more information, visit bluezonesproject.com.

Klamath Falls is Oregon's first Blue Zones Project Demonstration Community. To learn more about Blue Zones Project, contact the Blue Zones Project team in Klamath Falls at BlueZonesProject@healthyklamath.org, or visit www.healthyklamath.org/bluezones.

About Healthy Klamath

The Healthy Klamath Coalition is a multi-sector partnership established to guide community health improvement efforts in Klamath County, Oregon. The community mobilized in 2012, forming the coalition in response to consistently low rankings in the annual Robert Wood Johnson Foundation (RWJF) County Health Rankings. Over the past seven years, dedicated community members, leaders, and organizations have launched numerous initiatives, programs, and policy changes to address the health factors contributing to poor health outcomes in Klamath County. Passionate community leaders and community members are working together to find innovative solutions to address the health issues where we live, learn, work, and play. This momentum is helping build a culture of health in Klamath County.

WE'VE LAUNCHED A COVID-19
COMMUNITY RESOURCE HUB AT:

www.healthyklamath.org/COVID-19

Access critical information from local organizations:

- Business & Employee Resources
- Education Links
- Financial & Housing
- Food Access
- Links for Individuals & Families
- Well-Being Tips



Brought in partnership by the Healthy Klamath Coalition and Blue Zones Project.

DONORS REPORT

COVID-19 RELIEF GRANTS RECEIVED FROM THE FORD FAMILY FOUNDATION, MEALS-ON-WHEELS AMERICA NORTHWEST FARM CREDIT SERVICES, UNITED WAY, GREEN DIAMOND RESOURCE COMPANY ATRIO HEALTH PLANSS / CASCADE HEALTH ALLIANCE / CCC

Like many other agencies and businesses the Klamath Senior Center is faced with a significant loss of income during the current virus crisis and the suspension of gatherings at the senior center. We are thankful for the receipt of six grants this month specifically to assist with this loss of income. They are The Ford Family Foundation, Meals-On-Wheels America, Northwest Farm Credit Services, our local United Way, Green Diamond Resources Company, and most recently from Atrio Health/ Cascade Health Alliance (see separate article). The center has seven other grants for relief funding pending. We must raise over \$100,000 by the end of June to cover expected losses. Donations from individual are also encouraged.

Aside from loss of program income the center's most significant loss comes with the suspension of our semi-weekly bingo games which generally provide over \$15,000 of income each month. We are not certain when these games will be resumed. In the meantime the center continues to provide all critical services, primarily Meals-On-Wheels and other nutritional support to local seniors in need.

Requests are ongoing for general fund contributions and for the current capital campaign to fund the replacement of the center's roof and HVAC systems. Yet to be raised before July for the general fund campaign is \$30,000 and for the capital campaign more than \$120,000.

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. March donations of \$12,138 were received from the following organizations and individuals:

Center. March donations of \$12,138 were received from the following organizations and individuals:

Anne Weaver	Dorothy Winters	Christine Carland	Ernie Palmer
Washington Federal Foundation	Geraldine Schindler	Howard McGee	Gilbert Medina
Rip City Riders	Burl Parrish	Connie Lemieux	Robert Petrik
Marta Stephens	Rose Chapman	Cheryl Gibbs	Jonny Jones
Castel's Southside	Jon Schnebly	Helen Brown	Janice Casebeer
	Glenda Hoyt	Patricia Henderson	

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$1,809.00

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2019 amounting to at least \$600 for the year. They were the following:

Geraldine Schindler	Jon Schnebly	Refuge City Church	Patricia Henderson
Stan Neitling	Burl Parrish	Jim Calvert	Cheryl Gibbs
Lynette Harvey	Mary Ellen Sargent	Rose Chapman	Jonny Jones
Dorothy Winters	Linda Bourcy	Ernie Palmer	
Howard McGee	Donna Hill	Donna Maloney	

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. There is a giving form on page 3 of this publication.

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.

Salt/ from Page 1

The salt we add to our food actually accounts for about 10% of our salt consumption. Most of the salt we eat comes in processed foods from stores, restaurants, and dining halls. You may already know that fast food, cold cuts, and canned foods tend to have a lot of salt.

“Many people don't realize that a lot of our salt is from breads and cereals,” Bibbins-Domingo says. Studies have found that about 15 to 20% of the sodium in the average American's diet comes from grain products, such as breads, cereals, crackers, and chips.

“In terms of advice, I think the best guidance we have is for people to pay attention to nutrition facts on the labels,” Nicastro says. “The percent daily value is a better guide than the language that's used on food labels like ‘low-salt.’ These labels can be confusing, because they have very defined technical meanings.” Try to select foods, she advises, with less than 5% of the daily value of salt per serving.

Making Changes

Even small salt reductions can affect your blood pressure. If you can't find a low-salt alternative to a particular food, it still helps to pick something that's lower than what you're already consuming.

“You can find remarkable variation in the amount of salt across major brands of food,” Bibbins-Domingo says. “Even without choosing something labeled ‘low sodium,’ you can often find a lower-sodium alternative.”

Beyond salt, a healthy eating plan can help keep your blood pressure under control. Check out NIH's Dietary Approaches to Stop Hypertension (DASH) eating plan (at this link: <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>). Other lifestyle measures can help you keep your blood pressure down, too. Lose weight if you're overweight or obese. Get regular physical activity. Quit smoking. Manage your stress. The more of these steps you take, the more likely you'll be to avoid related health problems.

Why not start now? Make small changes at first, and then keep working to gradually lower your family's salt intake.



www.klamathseniorcenter.com

Menu

NO MENU PUBLISHED THIS MONTH
CONGREGANT MEAL PATRONS NEEDING A FOOD BOX
PLEASE FOLLOW THESE INSTRUCTIONS

Food boxes will be available during the COVID-19 meal site closure to those who would otherwise have attended our congregant meal.

Pick up is offered on Mondays from 10:00 am to 11:30 am.

Boxes are limited so you must call ahead to reserve a box.

Call between noon Thursday and noon Friday for pick up the following Monday.

You can reach our receptionist at 541-883-7171.

Persons picking up a food box will be required to provide information for the Food Bank and will also be required to register with the senior center as always.

A box of food will be provided for pick up at the blue colored side doors (double door) for curbside pickup.

It is not necessary to enter the building or get out of your vehicle.

Patrons will also be offered packaged frozen meals, up to five a week, but please only ask for what you need and what can be properly stored in your home freezer.

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Atrio Health Plans, Cascade Health Alliance, and CCC Grant Tops The Charts at \$65,000 !

Over recent years a team of three companies, Atrio Health Plans, Cascade Health Alliance and Cascade Comprehensive Care have done more than any other private group to support the needs of the Klamath Senior Center. This year's grant of \$65,000, the largest grant ever received by the center, brings the group's total support now to \$150,000, a giving practice that began in 2013 when the center experienced significant cutbacks in government support. The center has been fortunate to have area foundations step up to acknowledge the value of services provided by the center to area senior citizens, and that has also encouraged support from others as well. Another local funder, the KMSB Foundation, has also been a faithful recurring grantor, giving over \$75,000 since 2013. The center relies heavily on local fundraising and support to provide the match required of government funders.

The Klamath Senior Center is the provider of the Meals-On-Wheels program which receives primary funding from the Klamath Lake Counties Council On Aging (a local Area Agency On Aging) and then complements that funding with required local support. The AAA also partially funds congregate meal service at the center and its transportation services. During the last year the center served nearly 80,000 meals and is now increasing its meal services during the current

COVID-19 pandemic.

Center director, Marc Kane, reports that the center operates on a budget of over \$1,570,000 and that more than half of the needed support comes from foundations and local fundraising. Over \$300,000 comes in the form of in-kind support mostly from an "army" of over 150 local residents all volunteering their time and talent. Kane frequently refers to the volunteer group as the "center's foundation". The center also relies heavily on its biggest fundraiser, semi-weekly bingo games offered every Thursday and Saturday evening. Bingo games provide over \$180,000 in annual support to the center's operations. The center has been hard hit by the COVID-19 pandemic which has resulted in the suspension of all gatherings at the center, a suspension which results in a loss of needed support. Kane reports that loss is over \$30,000 each month so long as distancing directives are in effect. He expressed a great appreciation to those who are stepping up to fill the void created during the COVID-19 pandemic.

Aside from its nutritional support programs like Meals-On-Wheels, the center has expanded its services to include a wide array of health promotion activities, sports, educational classes and arts programs. The County Library has also located a public branch library within the center for the convenience of seniors

that attend programs there and to serve neighborhood residents as well. The center reports that over 3700 different individuals are served in one way or another by its activities.

In recent years the senior center has developed an annual general operations funding campaign that is supported by as many as twenty recurring foundation and corporate grantors bringing the center as much \$120,000 each year. Over the last several years Klamath County has led the campaign with the first gift of the year. Kane reports that kind of local government support is crucial in leveraging the support from other funders, especially those from out of the immediate area, and applauds the commissioners for their lead. Local support communicates to those regional and countrywide grantors that our services are viewed as valuable by local residents and worthy of their support. The center is also supported by the local United Way campaign and has received support from City government as well.

Individual contributors top off the center's annual budget with as much as \$100,000 each year. Contributions can be made at the center's WEB site, www.klamathseniorcenter.com, as well as by mail (P.O. Box JE, K Falls, OR 97602), phone (541-883-7171), or in person at the center, 2045 Arthur Street, Klamath Falls.



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