

June 2020

Active Seniors

FREE
Take
One!

Happy
Father's
Day



Inside Exercise classes now open
at the Senior Center



FIND YOUR PURPOSE



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 join 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.

-Ginnie Reed

WE CELEBRATE LIFE!

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

Visit our WEB site at www.klamathseniorcenter.com

Contact Ginnie Reed, volunteer coordinator at 541-883-7171 Ext 128.



THANK YOU!

The following have made special grants to the Klamath Senior Center to help offset the negative impacts of the COVID-19 pandemic. The center set a goal to raise \$100,000 to offset loss of income and to develop alternative program options.

COVID-19 Emergency Relief Grants:

Goal is \$100,000

Secured: \$81,328 (81%)

- 1.) The Ford Family Foundation, \$10,000;
- 2.) Meals-On-Wheels America, \$10,000
- 3.) United Way, \$4,000
- 4.) Green Diamond Resources Company, \$1,000
- 5.) Northwest Farm Credit Services, \$2,500
- 6.) Cascade Comprehensive Care / Cascade Health Alliance and Atrio Health Plans, \$21,667
(part of a 65K grant also distributed to other campaigns)
- 7.) Federal (SBA) Disaster Relief Fund, \$10,000
- 8.) Union Pacific Railroad Foundation. \$10,000
- 9.) Gordon Elwood Foundation, \$5,000
- 10.) FEMA \$7,161

Please recognize these contributors whenever the opportunity presents itself. We are fortunate to have substantial foundation and corporate support and are encouraged by those that recognize the need to support local senior residents and the value of the services we offer.

Additional contributions are welcome. \$18,672 needed to reach our goal and complete this campaign.



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

CENTER CAUSIOUSLY REOPENING PROGRAMS

No one seems clearly able to predict the future of the pandemic, and so it is with both a sense of relief, now that we are offering some of our programs during Phase 1 of the County's reopening, but also a bit of angst, thinking it may or may not last. Let's all pray that we will be able to continue on to less restrictive phases and be back to normal this coming winter. I believe the key to our community's success lies in the strength of what we have always known about Klamath County, that is our resilient and collaborative spirit. If we remain united and diligent in maintaining safe practices we will immerge the better for it. So please, wash your hands and wear those masks! Our elders are most in need of your respect in wearing a mask for their protection as they are reportedly the most vulnerable during this crisis.



Marc Kane, Center Director

We are proceeding as quickly as possible to reopen programs at the center and, in this month of June, we are starting with our exercise classes. Please note the activity schedule on page five for class days and times, and the class announcements on page four for details. We are recognizing the need to reengage our patrons and opportunities for socialization, always a critical component of all that we do, and the need to be safe and diligent in distancing. Many patrons may not yet feel comfortable in joining us back at the center, so please note that Mary Noller's SAIL class is available on our WEB site, and Kim Carson's YOGA class at the center will simultaneously be on a ZOOM program as well.

The food box program in which we distribute food boxes at our curbside on Mondays from 10:00 am to 11:30 am will remain in place until we reopen the congregant meals site, hopefully in July. It is likely we will have to serve in shifts to accommodate distancing everyone, and to sanitize table, chairs and other surfaces in between. We will also be installing a full service salad bar to minimize the spread of viruses and bacteria between patrons. There will be many changes and adjustments, but in the long term they will all be for the better. Please be patient with us and each other as we take on all these new requirements.

Thanks to all our individual, foundation and corporate friends for your tremendous contributions over the last two month. Especially to be recognized are the trio of companies known as Cascade Comprehen-

sive Care, Cascade Health Alliance and Atrio Health Plans who collectively contributed the largest private grant we have ever received, \$65,000. See details in our donor's report on page 14. Our family of contributors have allowed us to serve more people in our nutritional support programs than ever before, despite the huge loss of income the pandemic has brought our way. Your contributions are a great source of encouragement to our staff and volunteers who work so tirelessly to support our elderly neighbors.



Join us!
Support us!
We Celebrate Life!

www.klamathseniorcenter.com

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

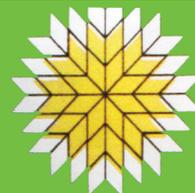
My check is enclosed payable to **KBSCC**.

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

Finding Purpose During the Pandemic

Returning the Blue Zones' principle of finding purpose in our daily life, I am wondering how you've fared during the pandemic—how you've spent your time. Have you found a purpose, or have you drifted through the shutdown bored or immobilized? If you've drifted, here are some purposeful ideas.

JOURNALING: A recent article in the New York Times suggests we journal, illustrate, or write poetry about our experience during the pandemic. Given that many of us are grandparents, leaving a legacy journal for our grandchildren can provide them with a sense of history. Uncertain about what to write, suggestions include: How has the virus disrupted your daily life? What have you missed because of it? What effect has it had on your own mental and emotional health? What changes are you noticing in the world and people around you? What have you learned from it? What ideas can you share with upcoming generations?

Nancie's Corner

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

GARDENING: Gardening provides purpose and meaning. Sue Stuart-Smith, Psychiatrist, avid gardener, and author of the upcoming book, "The Well-Gardened Mind: The Restorative Power of Nature" says there's a neurological benefit from gardening that stimulates calming and revitalization. That digging, planting and growing brings us to the cycle of life and back to reality. Use large pots to grow and share herbs, vegetables or flowers if you don't have a yard.

SEWING: Quilters and seamstresses from Project Linus found added purpose during the shutdown. Members, many of them seniors, pulled out all the stops to sew face masks, ~8,000 in all! At the behest of Skylakes Medical Center, masks were originally provided to the hospital. Then, additional requests came from Klamath Open Door, the City School District, Senior Center and many social service agencies and businesses. After receiving 1,000 face masks, Collins Products donated \$4,000 to various local businesses and non-profits. Project Linus is now ramping back up to make blankets for the county's homeless students and other children in need.

Thank you to the volunteers who continue to prepare and deliver Meals on Wheels, work at the Food Bank and Food Pantries and all other service agencies.

"The meaning of life is to find your gift. The purpose of life is to give it away."

William Shakespeare

Nancie Carlson
Health & Wellness Counselor



SAIL classes have reopened at the senior center. See the activity schedule for days and times.

A SAIL video will remain on our WEB Site (www.klamathseniorcenter.com) for those that wish to remain at home to participate. Exercise is so important that I want to encourage my students to do your SAIL exercises at home if you are not ready to come back to class. This will keep your immune system strong, and your body too. I hope we will all be exercising together soon. If you go to the senior center's Website. Go to www.klamathseniorcenter.com



Mary Noller

YOGA CLASS NOW OPEN AT THE SENIOR CENTER AND ON ZOOM!

YOGA Instructor Kim Carson will reopen classes at the senior center on Monday evenings and will present the live class on ZOOM at the same time. So you may watch and participate at home or come into the center and participate with others in the class. Monday classes at the center are at 4:00 pm for IN-CHAIR YOGA and at 5:00 pm for the standard YOGA class. IF YOU WANT TO PARTICIPATE AT HOME YOU WILL NEED A ZOOM MEETING ID NUMBER AND PASSWORD. EMAIL KIM A DAY OR TWO BEFORE CLASS TIME AND SHE WILL SEND YOU THE NUMBER. HER EMAIL ADDRESS IS kimberlykcarson@aol.com

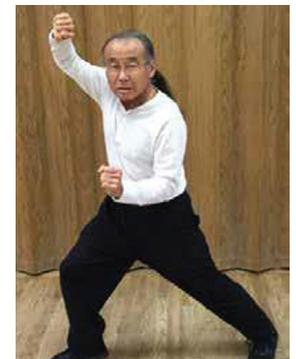


Kim Carson

TAI CHI NOW OPEN Tuesdays At The Senior Center

Beginners/Intermediate 11:00 am to 12:00 pm
Intermediate/Advanced 12:30 pm to 1:30 pm
Advanced 6:00 pm to 7:00 pm

Join instructors
Mel Murakami and Tina Mahacek



Mel Murakami

S | D | A | O Coronavirus - COVID-19 Stay at home if you are sick.

PRACTICE SOCIAL DISTANCING

WASH HANDS WITH WATER AND SOAP/SANITIZER, AT LEAST 20 SECONDS

AVOID CONTACT WITH SICK PEOPLE

KEEP OBJECTS AND SURFACES CLEAN

COVER YOUR MOUTH AND NOSE WITH TISSUE OR ELBOW WHEN SNEEZING AND COUGHING

JUNE 2020 ACTIVITIES AND EVENTS CALENDAR

DUE TO THE COVID-19 CRISIS, MANY GROUP ACTIVITIES ARE SUSPENDED UNTIL FURTHER NOTICE.

ITEMS HIGHLIGHTED IN GREEN ON THE SCHEDULE HAVE NOW REOPENED.

EXERCISE CLASSES TO REOPEN JUNE 2, 2020.

NOTE THE SCHEDULE BELOW FOR DAY AND TIMES.

CLASS SIZE WILL BE LIMITED DUE TO DISTANCING DIRECTIVES.

Also 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

CALENDAR OF EVENTS

Daily calendar for June 2020

The following are regularly scheduled classes and programs.

Note! Only green highlighted classes are open during county Covid-19 phase 1

Mondays

- SAIL classes 9:00 to 10 a.m. and 10:30 to 11:30 a.m. – Suzan
- Library 9:30 a.m. to 1 p.m.
- Vets Muffin Monday 10 a.m.
No Speakers Scheduled
- Watercolor class (make sure you get on the waiting list) 10 to 11:30 a.m.
- Golden Age Club bingo and card games, 12:30 p.m.
- Movie at 12:30 p.m.
Second and fourth Mondays
- In-Chair Yoga 4 P.m. to 5 P.m. – Kim Carson
- Yoga 5 to 6 p.m.

Tuesdays

- Tai Chi:
Beginner/Intermediate 11 to 12 a.m.
Intermediate/Advanced 12:30 to 1:30 p.m.
Advanced 6 to 7 p.m.
- Watercolor class 10 to 11:30 a.m. (upstairs)
- Pickleball 2 to 4:30 p.m.
- Ukulele 6:30 p.m. (First and third Tuesdays)

Wednesdays

- SAIL class 9 to 10 a.m. And 10:30 to 11:30 a.m. – Mary
- Dancing with the Take 4 Band 1 to 3:15 p.m.
- QI Gong 4 p.m. To 5 P.m.

Thursdays

- Craft class 9 to 11 a.m.
- KBBH counseling 10 a.m. to 1 p.m.
- SAIL 10:30 to 11:30 a.m. – Suzan
- J.D. Howell Hearing Aid Service, 8 a.m. to noon (Third Thursday)
- Golden Age Bingo and card games, 12:30 p.m.
- Library 1:30 to 4 p.m.
- Bingo fundraiser: open at 4:30 p.m., call at 6 p.m.

Fridays

- SAIL 9 to 10 and 10:30 to 11:30 a.m. – Mary
- 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 week of each month
- 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.

- Keep Moving
- Arts and Crafts
- Fundraising Activities
- Classes & Support Groups



STAY CONNECTED

to Combat Loneliness and Social Isolation

Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



Get moving! Exercise decreases stress, boosts your mood, and increases your energy.

Volunteer. You'll feel better by helping others.



Stay in touch with family, friends, and neighbors in person, online, or by phone.



Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. Trends Cogn Sci. 2009;13(1):447-54.

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).

Create His Creation By Eddie Barker

He created us in the image of Him;
The Son of God, who knew no sin;
He gave us a canvas of relation;
The Creator created His Creation.

To the painter of portraits without words;
The artist who admires the flight of birds;
To the woodsman who works with his hands;
Building what the people of the world demands;

To the writer of poems and songs;
The peacemaker who writes all the wrongs;
To the planter who feeds the children of the earth;
A creation since the creation of earth.

(Repeat chorus)

To the maker of motors and cars;
The one who continues sin to the bars;
We all perform a part of manifestation;
The Creator creates His creation.

To the mother who bares the child;
To all the ones born in the wild;
Each and everyone has a relation;
To the God of our own destination;

(Repeat chorus)

Now Accepting New Patients

It is safe to see the doctor again.



- In-person or tele-visits available
- Tele-visits via smart phone or computer
- We accept all major insurance plans



Located in the Sky Lakes Collaborative Health Center on the medical center campus.

CALL TO MAKE AN APPOINTMENT:

Sky Lakes Primary Care Clinic: 541-274-8400

Cascades East Family Medicine Center: 541-274-6733





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.

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

Stay healthy Lake County!

SPOKES Unlimited June Calendar of Activities

**SPOKES Unlimited off is still closed,
but we are helping clients from home!**



All meetings/events listed are held in a wheelchair accessible location. Please notify SPOKES 48 hours in advance if you need an assistive listening system, sign language interpreter or materials in an alternate format. Call 541-883-7547 v/tty.

We are also going to be implementing a few new ONLINE/PHONE programs to try and assist those of you are feeling isolated. We are holding a daily, twice a day, Social Distancing Chat Group using Zoom, Monday through Friday. Contact us or see our Face Book page for more details.

You can still leave us a message with your name, phone number, and a brief description of what you are needing in the GENERAL VOICEMAIL box at 541-883-7547, and we will get back to you during office hours.

Thank you all for your patience while we weather through the COVID crisis together but separate.

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

SHIP TALK

GETTING BACK TO NORMAL

For the past few months there's been much talk (and warnings) in this column about scams and coronavirus news. So it seems an appropriate time, as we try and get back to normal, to review important basic rules, schedules and deadlines for Medicare.

As most of you probably know, regular enrollment for Medicare Part B is supposed to take place either three months before your birthday month, your actual birthday month, or the three months after your birthday month to avoid penalty. That rule is still in place, but in case you've fallen behind due to the coronavirus lock-down, Social Security is offering what it calls "equitable relief". Admittedly, your correspondent does not understand all the details of how this works, but if the lockdown caused you to miss your deadline, please come in and see us at SHIBA and we'll contact Social Security and see how we can get your enrollment taken care of without penalty. And you can still sign up for original Medicare with a separate drug plan and optional supplemental plan or choose an Advantage plan during this relief period.

Back to basics: This deadline and penalty does not apply, of course, if you have other creditable coverage such as an Employer Group Health Plan (EGHP) or federal government plan, etc.

Medicare Part D (prescription drug plan) is also required or you pay a penalty. Again, you can sign up during your seven month birthday period, or 60 days after losing other coverage. **But** (and this is an important **but**) enrollment in Part D can be made even if you only have Part A (hospital) and have not yet enrolled in Part B (medical). At this time, I do not have complete information as to whether Social Security is extending "equitable relief" to those who also failed to sign up for Part D. Since each case is unique, again, it's best to come in and we'll check with Social Security to see how it will handle your case. Otherwise Part D rules are unchanged and you can CHANGE Part D plans only during Open Enrollment period (Oct. 15 to Dec. 7).

Finally, and this is very important, if you're in Original Medicare and want to purchase a supplemental plan, you have six months after Medicare enrollment of "guaranteed issue". This means that the plan MUST sell you a policy during this six month period. After that they are free to turn you down because of pre-existing condition(s). This means, in effect, you may never be able to get a supplemental plan again.

SHIBA counselors are available at the Klamath Basin Senior Citizens Center. Just call 541-883-7171 for an appointment.

And please wear a mask!

Anne Hartnett

SHIBA Coordinator, Klamath Basin Senior Citizens Center

Have you had a wellness visit this year? If not, schedule one today!

You can visit your provider even when you are feeling well and not sick. Providers do more than just treat illnesses. They can provide health services, screenings, and treatments to keep you well. They can identify a disease before you have symptoms and help prevent disease by catching early warning signs.

Make sure you prepare for your visit. Know your family history of conditions and diseases, so you can share this with your provider. Write a list of issues and questions to take with you to your appointment. Note changes, when the changes began and how they are different than before.

During the visit, be honest with your provider about how you live, work, and play. This information can affect your risk for disease and help your provider determine the best plan for you. Ask about screenings and vaccinations. Discuss your future (i.e. plans to lose weight or quit smoking).

If you have not seen your provider in a while, schedule a visit today! Encourage your friends and family to schedule one too. It can take time for an initial appointment to be scheduled. By scheduling a wellness visit as your first visit with your provider, you will be able to see your provider faster when you are sick.

Remember to talk to your provider about:

- Breast cancer screening
- Colon cancer screening
- Fear of falling
- Bladder control
- Medications
- How you feel
- Your lifestyle
- Vaccinations

-Patricia Pahl, Quality Management Analyst
Source: cdc.gov

Writer's Corner

Expressions of
Heart and Mind

Dedicated to Dad's Everywhere...

Happy Fathers Day

Sharon (Johnston) Pappas ©

Each season of our lives Is a time to learn and grow A chance to choose love Through storms or the magic of a rainbow 'Seasons Of Life'	ranch This country boy's dream... in his season of summer Bales of hay stacked in the barn Gathering cows... brightly colored leaves had fallen Time escaped like a thief in the night Kids now grown...In his season of autumn Grandkids arrived an great ones too His old tractor slowed as cold winds began to whisper Dad's memories became stories that echo still Through the Love of family In his season of winter
Life was simple for this child in the 30's 4-H calves, an ole' tire swing Next came High School football, model A cars Then Navy adventures, In his season of spring Dad married his sweetheart in 1950 Soon...Three kids filled with wonder Roping, rodeos, working the	

60th High School Class Reunion

Submitted by Ernie Palmer

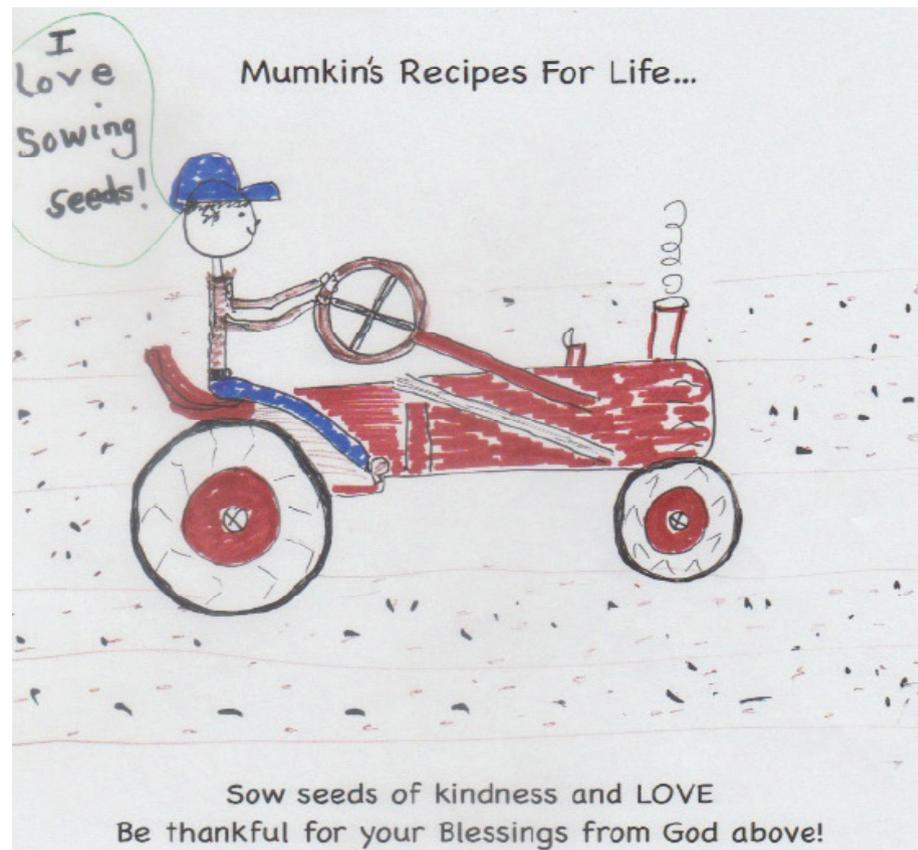
-Author Unknown -

He was a widower and she a widow. They had known each other for a number of years, having been high school classmates and having attended class reunions in the past without fail. This 60th anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high, with the widower throwing admiring glances across the table and the widow smiling coyly back at him

Finally, during one dance, he picked up courage to ask her, "Will you marry me? After about 6 seconds of careful consideration, she answered, "Yes, yes I will!"

Needless to say, the evening ended on a happy note for the widower. However, the next morning he was troubled. Did she say "Yes" or did she say "No"? He couldn't remember. Try as he would, he just could not recall. He went over-and-over the conversation of the previous evening, but his mind was blank. He remembered asking the question, but for the life of him could not recall her response.

With fear and trepidation, he picked up the phone and called her. First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage, he then inquired of her, "When I asked if you would marry me, did you say "Yes" or did you say "No"?" "Why, you silly man." she replied, I said Yes. Yes, I will! And I meant it with all my heart! The widower was delighted. He felt his heart skip a beat.



SUNDER THE NIGHT SKY

BY SHARON HUDSON

The night sky was captivating
As I stepped outside.

The moon was full, and a few
Light clouds drifted wide.

I brought out a blanket, and
Spread it out on the lawn.
Looking up at the stars,
I had until dawn.

The tops of the trees were
Silhouetted by the sky.
Reaching tall in the darkness.
It's where the bats fly.

Sometimes I see many, but
That night I saw only one.
He would be busy all night, till
The first rays of the sun.

The brilliance of the stars
Was a sight to behold.
Some twinkled, some fell,
And some seem to unfold.

We have an amazing galaxy,
To say the least.
If we look long enough, our
Imaginations could have a feast.

The Big Dipper, the Little
Dipper, and constellations galore
Show off in the night sky
Like a lion and his roar.

The haze of the Milky Way
Was brilliant and vast.
Took a picture in my mind,
And the vision will last.

I wished on a star as it
Fell across the sky.
If my wish comes true,
I won't ask why.

The chill of the night air
Brought me back inside.
The warmth was welcome,
And this vision can't hide.

MEET THE VOLUNTEERS



RUTH WILHITE

Ruth enjoys everything about being a volunteer at the Klamath Basin Senior Center. Her main focus is in the Gift Shoppe, however, since the “shut down” she

has been volunteering for the Food Box program. Every Monday she joins others outside to deliver the Food Boxes to the congregate members who drive by to pick up their weekly box of groceries.

Rain or Shine, we can always count on Ruth

C. E. R. T.

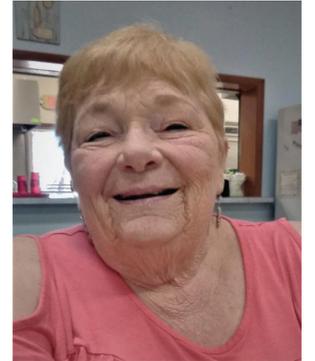
(Community Emergency Response Team)

What happens if we get sick at the Senior Center? We have a team in place from the C.E.R.T that has been trained on what needs to happen everyday for our Meals on Wheels Program. Ron Miller, Director of the C.E.R.T. has a team of volunteers trained and ready to step in to see that the MOW continues without a hitch.



Also, Jennifer Smith, RN with the Klamath Hospice has a team of volunteers that come in every Thursday to pack our Grocery Boxes for the congregate meals that are distributed every Monday.

CHERYL GIBBS



Cheryl is another multitasker volunteer. You will see her sweet face pop up all over the Senior Center. She is a SHIBA advisor, a kitchen assistant cook and heavily involved with Meals on Wheels plus being a member fund raiser and doner. (and she makes super salads)

We are especially proud to announce that Cheryl was chosen for AARP’s April Volunteer of the Month award! This automatically nominates her for Oregon’s Volunteer of the Year Award. CONGRATULATIONS CHERYL!

Save on Clothing for the Whole Family!

Sweet SUMMER pricing!

Thank you for voting us Best of the Basin:

Secondhand & Children’s Clothing

 Antique & Vintage

Treasures
A UNIQUE THRIFT STORE

Monday - Saturday SHOP:
10 A.M. - 6 P.M.
DONATE:
10 A.M. - 4 P.M.

Shop. Donate. Volunteer. 3226 S. 6th St. ~ 541-880-0596

DONORS REPORT

CHA, ATRIO HEALTH PLANS AND CASCADE COMPREHENSIVE CARE MAKE MAJOR GRANT TO KLAMATH SENIOR CENTER. KLAMATH COUNTY and OREGON COMMUNITY FOUNDATION CONTRIBUTE TO ROOF/HVAC REPLACEMENT CAMPAIGN

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 also been challenged, during this difficult time, to complete a campaign to raise \$245,000 for the replacement of the roof.

We are pleased to announce a major joint grant from Cascade Health Alliance, Cascade Comprehensive Care and Atrio Health Plans for \$65,000. This grant will assist with our COVID-19 relief needs, general operations including our meals programs, and with the roof campaign. The Klamath Basin Senior Citizens’ Center is recognized as an indispensable fixture serving the needs of the local senior community. Tayo Akins, Chief Executive Officer of Cascade Comprehensive Care and Cascade Health Alliance, states that the Center’s services are even more important now during the pandemic. “We know many seniors struggle with food security, loneliness and mental health. Unfortunately, the pandemic has caused increased anxiety and isolation and is exacerbating these situations.”

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SENIOR CENTER RESTARTS EXERCISE PROGRAMS

Senior Center Begins Reopening In Phases

Although the Klamath Senior Center has managed to continue delivering Meals-On-Wheels, replaced congregate meals with a curbside pickup program and continued other one-on-one programs such as transportation services and SHIBA counseling it had to cancel all other services that required patrons to gather in groups. Now that the County is reopening in Phase One of a pandemic reopening plan authorized and guided by the State the Center is restarting in phases programs that involve groups.

The Klamath Senior Center will reopen the center to exercise programs on June 2, 2020, and will allow programs in strict compliance with State guidelines issued May 15th for fitness centers. All participants will be distanced at least 6 feet apart and will be encouraged to use masks whenever practice. Patrons will be allowed to participate on a first come, first served basis to be determined by

the capacity of the space available. Participants are requested to bring their own water supply and face masks. The center will provide hand sanitizer and disinfecting wipes.

Senior Center classes include SAIL (Staying Active For Independent Living) conducted by Mary Noller and Suzan Phipps, Tai Chi conducted by Mel Murakami and Tina Mahacek, Yoga presented by Kimberly Carson and Qui Gong by Rachel Stephens. SAIL is available every weekday except Tuesday. Tai Chi and Qui Gong are available on Tuesdays, and Yoga is available on Monday evenings.

Adjustments to the class schedules are noted in the monthly activities calendar published on page 5 this month.

The center's congregate meals program is expected to be reopened in July if State directives allow. The center is researching the terms of the many guidelines which apply to all the activities at the Senior Center. Center staff are eager to reopen

as many activities as possible but insist that all precautions be taken to insure the safety of its patronage, generally older adults who are considered more vulnerable to the COVID-19 virus.

Until the congregate meals program reopens the center is distributing food boxes on Mondays from 10 to 11:30 to residents that call ahead to reserve a box. The curbside program is a close collaboration with the Klamath Food Bank, Klamath Hospice and the Area Agency On Aging.

The Meals-On-Wheels (MOW) programs and Transportation will continue uninterrupted as they have been all year. MOW's have expanded to as many as 1400 meals a week.

For more information call the Klamath Senior Center at 541-883-7171.



Klamath Basin Senior Citizens' Center

Banana Oatmeal Cookies



Centenarians in Loma Linda follow a “biblical” diet focused on grains, fruits, nuts and vegetables, and drink only water. Their top foods include avocados, nuts, beans, whole wheat bread, soy milk, and oats. Mix oats with bananas and a handful of other ingredients to make these delicious and healthy cookies that are naturally sweet and perfect for a sweet treat.

Yield: 12 servings

INGREDIENTS

2 cups old fashioned oats	¼ teaspoon nutmeg
1 teaspoon baking soda	¼ teaspoon ground ginger
1 teaspoon cinnamon	4 medium sized ripe bananas
1 ½ teaspoon unsweetened cocoa powder	¾ cup chopped walnuts

DIRECTIONS

1. Preheat oven to 350°. Line a baking sheet with parchment or spray with non-stick spray.
2. Use a high power blender to process oats to the consistency of flour. Pour into mixing bowl and add baking soda and spices.
3. Blend bananas until completely smooth. Add to oatmeal mixture along with the nuts (or other dried fruit) and mix until combined.
4. Drop 2 tablespoon balls of dough onto cookies sheet, spacing well. Dip the scoop or spoon into water to keep the dough from sticking. Use lightly moistened fingers to flatten each cookie. Bake for 15 minutes.
5. Cool cookies on wire rack and store in an airtight container

Recipe by Ellen Sushak, RDN, Blue Zones Project Dodge County

Sushak, a registered dietitian and nutritionist, leads cooking demonstrations and classes in Dodge County, WI to help people learn how to prepare plant-slant recipes and Blue Zones meals.

Submitted by:
Kendra Santiago,
Klamath Blue Zones Project



**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.

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DONORS from page 11

Wendy Edwards, President of ATRIO Health Plans, added, “We simply cannot overstate the importance of supporting the great work of the Center and its people, both staff and volunteers. We appreciate how these folks step up every day and continue to serve the essential needs of local seniors to remain healthy and connected through this most challenging time.” When presented with this donation, Marc Kane responded, “We are delighted to receive this generous support and it is very encouraging to us during this critical time of need.”

Klamath County announced grants to the senior center on May 26th to support the roof and HVAC replacement for \$15,000 and another \$7,500 to the coming year’s general fund campaign. The roof campaign is now nearly complete, with only \$25,000 yet to be raised, after an Oregon Community Foundation grant for \$50,000 and another from the KMSB Foundation grant for \$20,000.

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. The center hopes to raise another \$15,700 to complete the general fund campaign for the fiscal year ending in June.

A big thanks to all our individual contributors for their monetary support of our ongoing programs and to those who make donations when participating in programs that don’t expect to be acknowledged by name. We are grateful to all who support the Senior Center. April donations of \$29,795 were received from the following organizations and individuals:

Meal on Wheels America	Soroptimist Carol McClure	Cynthia King charlotte Opp	Pamela Latourette Kenneth Kendall
Ford Family Foundation	Mick Insurance C Bercot	Lynette Harvey Howard McGee	Albert & Delores Errecart
Kiwanis Club First Presbyterian Church	Dorothy Winters Geraldine Schindler	Burl Parrish Rose Chapman Cheryl Gibbs	Nancie Carlson Art & Janet Luttig Debroah
George Myers Green Diamond Resource	Jon Schnebly Jennifer Little James Allen	Christine Kenfield Mary Lou Beach Barbara Olean	Stegeman Carol Otey
Katherine Murphy	Ernie Palmer	Joyce Moore	

Unidentified contributions in April for Meals, Transportation and Other Services amounted to \$90.00

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

CENTER BOARD ELECTS TWO NEW MEMBERS

In June of each year the terms for three of the nine members of the Senior Center Board of Directors expire and the board must either reelect those board members or elect replacements. There are term limits as well and two new board members were needed to replace those who have served their term limits this June. At its May meeting the board elected two new members, Valerie Franklin and Michelle Phelps.

Valerie is an adjunct professor and Wellness Coordinator at Klamath Community College and has extensive experience serving the recreational community in both California and Oregon. She served as the program director and facility manager for the Ella Redkey Pool for seven years until 2013, and guided the local Living Well Program through Sky Lakes Medical Center until taking her present position with KCC. In her application Valerie stated that she is passionate about providing activities to the senior population to ensure a healthy, active and fulfilling lifestyle.

Michelle is employed at Klamath Energy (Avangid) as an accounting specialist. She prides herself as an effective events organizer and fundraiser and has worked closely with the local Rip City Riders organization.

WHO SERVES ON THE SENIOR CENTER BOARD?

The following individuals currently volunteer their service on the Klamath Senior Center Board :

Greg Dolezar, President	Ernest Palmer, Vice President
Kathy Morris, Treasurer	Anne Hartnett, Secretary
Colette Fleck	Dr. James Calvert
Jennifer Little	Drew Humphrey
Valerie Franklin	Michelle Phelps

If you have the opportunity please feel free to thank these individuals for their service. All of the members have been very active in the community, not only as representatives of the community at board meetings, but also as volunteers in service in other ways and in assisting in raising funds for the center. Board members Collette Fleck and Anne Hartnett’s terms will expire this month and they will be leaving the board after many successful years in service, very much appreciated by all associated with the senior center.

Board Applications Are Now Being Accepted.

The board has one vacancy yet to be filled at its June meeting on June 24th. Applications for the board and a description of board responsibilities is available at the front desk at the Senior Center and call also be e-mailed to interested applicants. Questions about board service can be directed to the Executive Directed, Marc Kane at 541-883-7171 Ext 117 or by email: marc.kane@kbscc.org.

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.

ELLEN F. ROSENBLUM
Attorney General



FREDERICK M. BOSS
Deputy Attorney General

DEPARTMENT OF JUSTICE
CRIMINAL JUSTICE DIVISION
ELDER ABUSE TEAM

April 28, 2020

BEWARE OF COVID-19 SCAMS

Be aware there are many COVID-19 scammers taking advantage of people.
Here are examples of some of the COVID-19 scams:

- o Businesses offering vaccines, testing kits, and treatment
- o Websites offering stimulus checks reimbursement
- o Businesses guaranteeing delivery of out-of-stock medical supplies
- o Businesses offering investment opportunities
- o Fake charities asking for donations
- o Scammers posing as family members asking for money for treatment

DO NOT:

- o Provide anyone with your personal information.
- o Send any money to an unknown person/business.
- o Click on unknown links, visit unknown websites or click on pop-ups while online. This could cause a virus to be uploaded to your computer or device.

If you believe you have been a victim of a scam or have concerns about a scam please contact the Oregon Department of Justice Consumer Protection Hotline at
1-877-877-9392

Do you need anything?

- o Please contact your local community resource center or Adult Protective Services office. If you have questions or concerns regarding scams or any type of abuse/neglect, you may contact the local (Klamath Falls) APD Office at 541-883-5551. The line is staffed Monday through Friday from 8am to 5pm. There is a general voicemail box if you happen to call after hours. When calling that number, ask to speak with Adult Protective Services.

If you need to report suspected elder abuse about yourself or someone else, please contact your local Adult Protective Services Office or law enforcement. You can also call the state-wide abuse hotline at

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So that we can adhere to Social Distancing Guidelines please RSVP by calling 541-882-6476
Or, if you prefer, we can schedule a one on one consultation in person or phone

Wednesday, June 10th | 12 Noon

Chamber of Commerce Building
(205 Riverside Drive)

541.882.6476



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MANDATORY WHEN ENTERING

All Guests and Team Members will have:

Their temperatures checked



Must wear a facial covering



Maintain a minimum of
6ft. distance from others.



- ❖ Your safety, and the safety of our Team Members, is of utmost importance and we will be implementing the following changes to insure the safety of you, our guests, and our staff members.
- ❖ Signage will be provided across the property to remind guests of safety protocols, physical distancing guidelines, and safety practices.
- ❖ All Guests and Team Members will be subject to a non-contact temporal scan prior to entry.
- ❖ Any Guest or Team Member exhibiting signs or symptoms of illness will be directed to return at a later date.
- ❖ A mask must be worn at all times by Guests and Team Members. If a guest does not have a mask, we will provide one for them.
- ❖ Guests and Team Members will be required to practice physical distancing at all times.
- ❖ Additional hand sanitizer dispensers have been installed throughout the Casino.
- ❖ **Hours of Operation:** 8am-12am Sunday-Thursday and 8am-2am Friday & Saturday.
- ❖ No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.
- ❖ The Peak To Peak Restaurant will be open from 8am to 10pm. Limited seating will be available.
- ❖ The Sleep Inn Hotel will be open, with physical distancing practices.
- ❖ Crater Lake Junction Travel Center remains open with normal business hours.



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