

Active Seniors

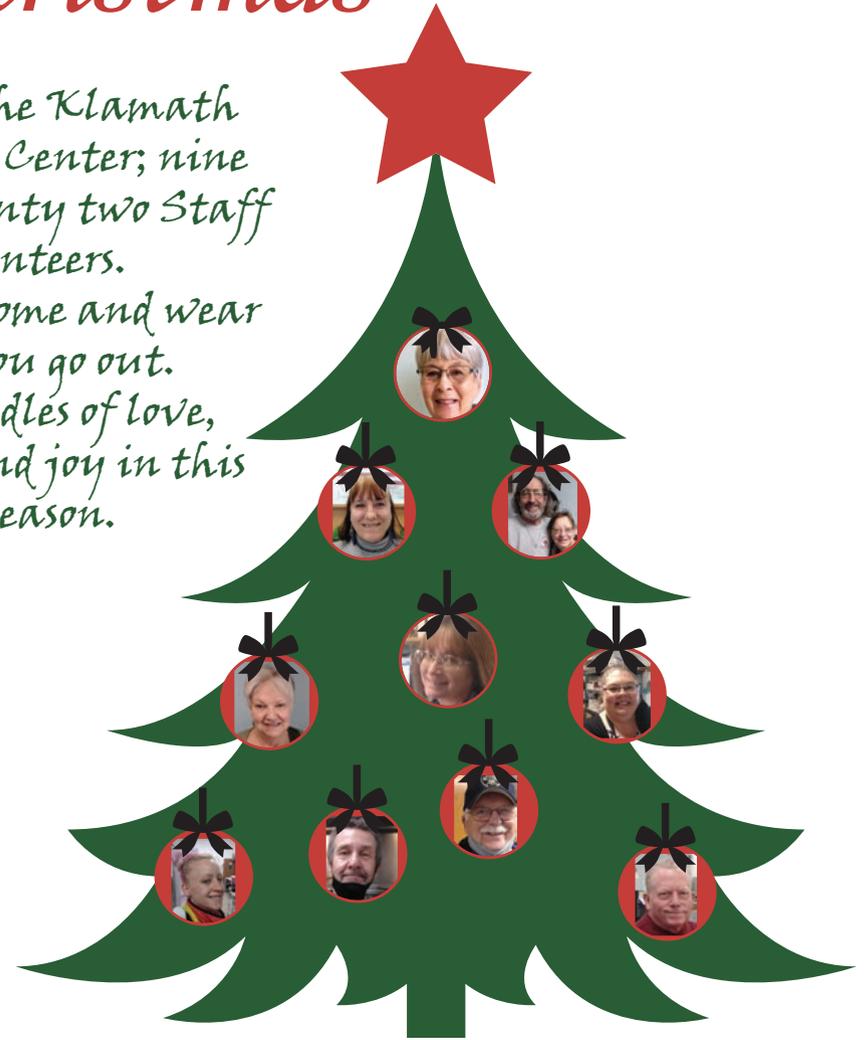


Merry Christmas

From all of us at the Klamath Village and Senior Center; nine Board Members, twenty two Staff and 125 Volunteers.

Stay warm, stay home and wear your mask if you go out.

We wish you bundles of love, peace, happiness and joy in this Christmas Season.



Those pictured are a mixture of Staff, Board of Directors and Volunteers (not all were available for photograph)

FIND YOUR PURPOSE

ABOUT OUR VOLUNTEERS

By Carol Imani

Nancie Carlson hardly looks 83 years old, although she is, and that may be because, as she says “personal health and wellness have been my passion” for years. After retiring from a career in marketing at a Silicon Valley computer company in 2001 and moving to Klamath Falls, she was able to translate that passion into helping seniors maintain their health and wellness. “I took courses focused on the aging population” and for a number of years she was a personal trainer; and, taught water aerobics, aqua jogging and land-based classes.

She also “used to do 100K bike rides” and although she isn’t doing that any longer, she walks “a couple of miles five or six times a week and, because of the pandemic, does weight training at home.” And she writes a monthly column called Nancie’s Corner: Senior Fitness, which appears in this supplement. She also delivers over twenty meals once a week in the Meals on Wheels program to seniors and disabled individuals and says, “I love doing that.”

She values that opportunity to work with an amazing set of volunteers and kitchen staff at the Senior Center and especially enjoys the personal contact with clients. “It’s the chance” to check in with people, to “see if they are okay and

say, ‘How are you doing?’ If they are not okay, then the Area Agency on Aging is alerted.



In talking to me, she helped me to understand what a huge and important program Meals on Wheels actually is. Meals are delivered Mondays through Fridays, and on Fridays that includes two extra meals--frozen ones, as well as beverages, for the weekend. In all, over 6,000 meals are delivered every month. *Because it’s such a large undertaking*

new volunteers are always welcome, and people who think they might like to do that can call the Senior Center at (541) 883-7171 ext. 128 to volunteer. There are opportunities to deliver meals, but also to help prepare them in the Senior Center’s kitchen.

Nancie volunteers at the Klamath County Library. She’s been a salesperson in The Bookie Joint, right next to the library on 3rd Street, where there are a wealth of secondhand books available for very low prices, and she also helps to maintain the library’s large collection of magazines.

In the photograph of her you’ll notice that Nancie’s mask is prominently displayed. That’s because she feels strongly about the need to wear a mask, to do our part helping keep others in our community safe.

Winter Solstice

The Sun ‘Stands Still’

The term solstice comes from the Latin word solstitium, meaning ‘the Sun stands still’. This is because on this day, the Sun reaches its southernmost position as seen from the Earth. The Sun seems to stand still at the Tropic of Capricorn and then reverses its direction. It’s also common to call it the day the Sun turns around.

In the Northern Hemisphere, astronomers and scientists use the December Solstice as the start of the winter season, which ends on the March Equinox.

In the Northern Hemisphere, the December Solstice is the Winter Solstice and the shortest day of the year.

Although winter is the season of dormancy, darkness and cold, the December Solstice marks the “turning of the Sun” and the days slowly get longer. Celebrations of the lighter days to come and nature’s continuing cycle have been common throughout cultures and history with feasts, festivals and holidays around the December Solstice.

Christmas Celebrations

In modern times Christians all over the world celebrate the birth of Jesus Christ on Christmas Day, which falls on December 25.

However, it’s believed that this date was chosen to offset pagan celebrations of Saturnalia and Natalis Invicti. Some believe that celebrating the birth of the “true light of the world” was set in synchronization with the December solstice because from that point onwards; the days began to have more daylight in the Northern Hemisphere.

Christmas is also referred to as Yule, which is derived from the Norse word jól, referring to the pre-Christian winter solstice festival.

Feast of Juul

The Feast of Juul was a pre-Christian festival observed in Scandinavia at the time of the December solstice. Fires were lit to symbolize the heat, light and life-giving properties of the returning sun. A Yule or Juul log was brought in and burned on the hearth in honor of the Scandinavian god Thor.

Thursday is Thor’s day

A piece of the log was kept as both a token of good luck and as kindling for the following year’s log. In England, Germany, France, and other

Continued on Pg 4

SENIOR Center receptionist
Rolland Bailey

Contact information

General Information —
Rolland Bailey: 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

Safety precautions protect us all

We are well into the holidays now with Thanksgiving behind us and Christmas just ahead. Having given thanks we are now into giving. If there is one gift I wish we could all give and receive it would be that we give each other some grace.

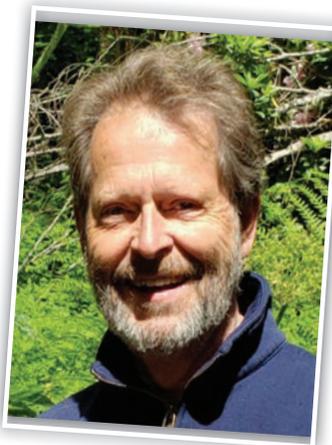
We are in a serious pandemic in which it seems we can't find consensus on how best to manage it, and we just emerged from a divisive election challenged to move ahead as one. Many are struggling to balance personal freedom with responsibility. We can't have one without the other. These are trying times. It has been part of the American culture that we emerge stronger from having managed through a crisis, and we will again if we all come together in mutual respect and embrace the responsibilities needed to move ahead. We may have to temporarily sacrifice some freedoms for the greater good.

It's unfortunate that all in-person group activities have been suspended at the senior center in order that we not endanger some of our most vulnerable citizens, our older adults. We do this without reservation and have found that our patrons have been understanding and willing to sacrifice. Most grew up in an era of all for one and one for all.

I respect the leadership that our Governor demonstrates in trying to manage a divided people. It's a no win job. We must realize that leadership is a responsibility we must all share. It is likely that the latest restrictions put in place for our safety will be extended for quite some time. Lifting those restrictions will come sooner when we all pull together and lead each other through tough times. The Governor's statement that resonated with me was, "you don't want to be in an ambulance with nowhere to go." Now we read that our hospital is filling quickly with COVID-19 infected patients. Our small rural town is not immune.

Critical services that continue to be provided by our senior center include Meals-On-Wheels, transportation services, and our SHIBA program that must provide help with Medicare's open enrollment period ending December 7th. Many of our exercise classes can be accessed online now.

Seniors continue to need services at home and need our help simply remaining connected with others. Our volunteer coordinator remains



Marc Kane, Center Director

on duty to assist and to pair those in need with those willing to step up as volunteers. We are especially in need of volunteers to help deliver Meals-On-Wheels. Our reception desk remains open to take your call weekdays from 8:00 am to 4:30 pm, Monday through Thursday, and from 9:00 am to 2:00 pm on Fridays. Call us at 541-883-7171. It is our hope that we can reopen our in-person services as soon as possible, but that day depends on the collective effort of all to contain this virus.

All of us at the senior center wish you a very Merry Christmas. Let us all www.klamathseniorcenter.com work together toward a happier new year.



Come Celebrate Life With Us! All Are Welcome!

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*

SHIP TALK

COMMON MEDICARE MISTAKES

AARP recently ran an article I found very interesting – and it's excellent fodder for this column. So let's get going.

1. Not signing up for Medicare at the right time.

As you approach 65, you'll want to enroll in what the government calls the initial enrollment period (IEP). This seven-month period is three months prior to your birthday month, your actual birthday month, and three months after your birthday month.

If you don't sign up during IEP you get another chance during Medicare's annual general enrollment period, which is January through March. Coverage will not start, however, until July. AND your monthly premium for Part B will likely cost you more - because you're late.

2. Blowing your special enrollment period.

And of course, besides the two examples above, there are also special enrollment periods (SEP). If you are 65 or older, when you stop working and lose your health insurance coverage (or your spouse's health insurance coverage) you'll need to sign up for Medicare. You have eight months after losing your employer coverage for this SEP. This lets you sign up for Medicare without facing that late

enrollment penalty. Note: Medicare does not count retiree health insurance or COBRA as job-based coverage. So if that's the insurance you have, you'll need to re-read mistake no. 1 above and sign up for Medicare when you turn 65 or face that late enrollment penalty.

3. Delaying enrollment when your job insurance is second in-line.

Even when you have employer-based coverage. Some employers can designate Medicare as your primary health coverage and only continue to cover you as a secondary insurance. And this secondary insurance will only cover you if you have Medicare. Conversely, if your job insurance is still primary, Medicare will cover you as a secondary. Bottom line here is to ask your benefits manager or human resources department at your job what their policy is and what you need to do.

More mistakes will be covered next month. In the meantime, be sure to give us a call at

541-883-7171 at the senior center and make an appointment with a certified counselor if you have more questions.

Anne Hartnett, SHIBA Coordinator

Winter Solstice

Continued from Pg 2

European countries, the Yule log was burned until nothing, but ash remained. The ashes were then collected and either strewn on the fields as fertilizer every night until Twelfth Night or kept as a charm and or as medicine.

French peasants believed that if the ashes were kept under the bed, they would protect the house against thunder and lightning. The present-day custom of lighting a Yule log at Christmas is believed to have originated in the bonfires associated with the feast of Juul.

TimeandDate.com



Lakeview December 2020 Events

Meals will be distributed from the Lobby. This means a step closer for everyone.

Following guidelines, we are closed now until December 2nd.

TRIPS

Following guidelines, our Transportation appointments are being kept on schedule.

Lakeview Local operates 8-5 on the 1st & 3rd Thursdays of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.

First three Tuesdays, 7:30 AM Klamath Falls Trips for Medical Appointments & Shopping. (\$20.00 donation when you sign up.) Medford, Bend \$30.00

We are now offering weekly trips from Lakeview to Alturas.

Free monthly shopping trips from Christmas Valley to La Pine the 1st and 3rd Wednesday of the month.

Free day of local transportation in Lakeview scheduled on the 1st Thursday of the month.

Birthday Lunch 2nd Friday .

Tuesdays & Thursdays stop in for a puzzle swap. (Bring some to trade/ share and take something new for you!)

We provide home delivered meals weekly.

You can reach us at:

11 North G Street, Lakeview Oregon 97630
(541)947-4966- X 101

We have a Volunteer position open for someone qualified to take Blood Pressures on Mondays before the lunch hour.

Follow our Facebook page for more information about our Outback Thrift Shop sales, etc. Following guidelines, we hope to open the Outback Thrift Shop this month.



Take Control of Your Healthcare Today!

Establish with a primary care provider.^{1,3}

A primary care provider (PCP) is someone who knows you and is in your corner. A PCP will track your health progress and help you receive the best care possible. Your PCP can work with a team of healthcare professionals to coordinate your care. Most importantly, a PCP can help you get access to care when you need it. No more waiting in lines at urgent care. Make sure to let your health insurance company know who your PCP is if they do not already know.

If you have not established care with a PCP, call your health plan for assistance selecting a one or visit their website! If you know someone already, call today! It can take time for an initial appointment.

Communicate with your provider.^{2,3}

Your PCP will ask about your health history and any want to know any changes that may develop moving forward. During your initial appointment, it is important to ask questions and understand you know what happens next.

Remember to talk to your provider about:

- | | |
|---------------------------|---------------------|
| ➤ Medications | ➤ How you feel |
| ➤ Breast cancer screening | ➤ Physical activity |
| ➤ Colon cancer screening | ➤ Immunizations |
| ➤ Fear of falling | ➤ Bladder control |

Focus on prevention.³

It is important to see your PCP even when you feel good, so you can stay healthy. PCP visits are for more than just treating you when you are sick. Make sure to schedule annual wellness check-ups because they offer health maintenance, early disease detection, and potentially disease prevention.

Take your medication correctly.⁴

You have control of your health, so make sure to follow the medication routine your provider gave to you. Taking medications correctly can help maintain your health and quality of life. You may even be able to avoid a trip to the hospital.

- Always take your medications at the same time and tie it with a daily routine (like brushing your teeth).
- Keep a calendar to track when you took your medications.
- Use a pill container and refill it on the same day each week.
- Talk with your provider or pharmacist if you have questions about the directions, concerns about side effects, or cannot afford the medication.

Medication Routine

Correct Dose
Correct Time
Correct Frequency

-Patricia Pahl, Quality Management Analyst

Source 1: mayoclinichealthsystem.org; Source 2: ahrq.gov

Source 3: mayoclinic.org; Source 4: fda.gov

BUTTERBALL CHRISTMAS COOKIES

- Ready in: 30 min. • Yield: 36 Cookies • Calories: 93 ea.

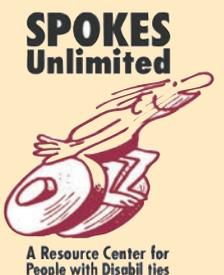


- 1 cup butter
 - 1/2 cup sugar
 - 2 egg yolks
 - 2 3/4 cups flour
 - Maraschino Cherries
1. Cream soft butter, adding sugar gradually.
 2. Add egg yolks, slowing blending. Add flour gradually.
 3. Work dough around a cherry to form a ball, about 1 inch across, but you can make them smaller or larger.
 4. Place on a greased cookie sheet (or, on parchment) and bake slowly at 325 F for 20 minutes, or until golden brown.
 5. Cool completely. Then, shake in confectioners sugar.
 6. They are light, and melt-in-your-mouth good. Enjoy!

SPOKES Unlimited

is looking for people who need help due to COVID 19, you must meet these requirements:

1. You MUST be a person with a disability.
2. The need must be from the time period from January 20, 2020 to the current date.
3. The need is a result of COVID 19 (does not mean that you had COVID 19). Examples:
 - a. You lost your job because of COVID 19
 - b. Having a hard time connecting to services because offices are closed due to COVID 19 and you have no way to communicate with them.
 - c. You are finding it hard to meet expenses because COVID 19 has created higher prices for your needs
 If you meet requirement number 1 and 2 above, call and talk to our Independent Living Staff, they will assess if you might meet the requirements for these funds. Determination will be case by case.
Contact SPOKES Unlimited
541-883-7547



WHAT'S NEW?

Meet the Tai Chi Team



Cher Owens



Andrew Hyun



Charlotte Opp

Classes are Tuesdays

Beginner/Intermediate 11am to 12 pm

Intermediate/Advanced 12:30 pm to 1:30 pm

Intermediate/Advanced 6 pm to 7 pm

Buried in Treasures



This is a class for people who have too much stuff, otherwise often called hoarding disorder, and want to learn to be healthier about the amount of stuff they have in their home.

Classes start on December 4th at the Klamath Senior Center.

10 am to 11:30 am every Friday for 16 weeks.

Participants may take the Senior Center bus to and from the class.

Please contact Kathleen Rutherford for more information:
krutherford@kbbh.org 541-622-9562

December FOOD BOXES

The Senior Center will be distributing food boxes on December 10th

Call before December 8th to reserve your box
541-883-7171

Pick-up begins at 10 am on Thursday the 10th

AND ALL "IN-PERSON" ACTIVITIES
ARE ON HOLD DURING THIS RECENT COVID
outbreak. Please call the center after December
2nd for any schedule changes. 541-883-7171.

S. A. I. L. Stay Active & Independent for Life You Can Regain Your Vigor

You can slow down the aging process and feel younger by exercising regularly.

The Senior Center has had to suspend our SAIL classes, temporarily. In the meantime, you can exercise at home, using our SAIL video. You can find it at the Senior Center website klamathseniorcenter.com. Look for Health and Exercise Classes, then Click on SAIL- Stay Active & Independent for Life.

The video is just a half hour long and it will help your body and your immune system to be stronger.

We hope to start classes again in December. Call the Senior Center to find out if the classes have resumed.

Phone 541-883-7171.

10:30 -11:30.



YOGA Class Continues On ZOOM!

In-person YOGA classes at the senior center have resumed with instructor Kim Carson. Classes are at 4 and 5 pm. A mask is required. Classes also continue to be available on ZOOM on Monday, Wednesday and Thursday from 9 to 10 am, so you may watch and participate at home. To participate at home you will need a ZOOM meeting ID number and password. E-mail Kim a day or two before class time and she will send you the number and password. Her e-mail address is kimberlycarson@aol.com.



Kim Carson



Merry Christmas

And Happy New Year



DECEMBER 2020 ACTIVITIES AND EVENTS CALENDAR KLAMATH SENIOR CENTER

**Due To The Pandemic, All In-Person Group Activities Are Suspended Until Further Notice.
Meals-On-Wheels Services Continue As Always**

Call the Klamath Lake Counties Council on Aging at 541-205-5400 for New Requests for Meals-On-Wheels

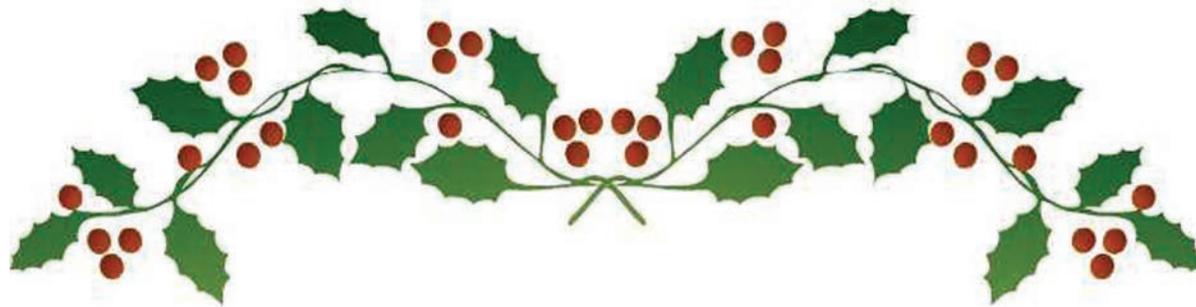
Christmas Food and Gift Boxes Will Be Distributed in Mid- December
Transportation Services Remain Available For Critical Needs

Senior Health Insurance Benefits Assistance (SHIBA) Counselors Remain On Duty By Appointment

Our Administrative and Reception Desks Are Open M-th 8 to 4:30 and Friday 9am to 2 pm

Call 541-883-7171 For Updated Information

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



What Happens When You Volunteer?

The first thing that happened to me when I volunteered was I had a sense of responsibility and accountability. I had already worked for my living and I wanted to fill my spare time with something fun, kind of a “no brainer” thing. Well, I soon changed my mind about that! (The “no brainer” thing) I found myself in the middle of something life changing and life giving. I found purpose again. I began to use my brain, my talents and my personality again. I was no longer just a retired person who traveled or knitted or watched TV. I was someone who helped another person find a purpose. I was a Volunteer Coordinator.

Now days I do more than help find volunteers for the Senior Center, I also help older adults find volunteers to help them with house work, yard work, fire wood, rides to medical appointments, deliver Meals on Wheels and so much more...

Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” Those were just words to me until I became a volunteer.

Give yourself the best gift of all this year. Become a volunteer.

Ginnie Reed,
Volunteer Coordinator,
The Village and Klamath Basin Senior Citizens’ Center
541-883-7171 ext. 128

My View on Face Masks

As a longtime fitness professional with my passion for helping to maintain the quality of life for the aging population, I am flummoxed by the resistance to wearing masks.

Wearing a mask is a health and safety precaution.

Nothing more. Nothing less. It behooves us to honor our fellow citizens, especially the aging and disabled population, during this viral epidemic. We mouth the words that we care for others, but do we? Further, is this a terrible, no good infringement on our rights or is it a responsibility to care for our fellow humans?

I have even heard whispers that the aging population is an expendable population. We are at the end of our years, you say.

We can have a discussion, even a heated argument, about rights, but here the focus is on our responsibilities as citizens of this community.

Mask Wearing Guidelines (paraphrased from the CDC website)

- Wear a breathable mask with at least two or more layers. Cloth and nonwoven masks are available locally or online. The nonwoven, disposable masks are typically 3-layers. N95 masks are reserved for healthcare workers.
- Secure the mask tightly over your nose and mouth and under your chin fitted snugly against the sides of your face. It is common to see people wearing masks under their nose. That is not protective to you or others.
- If you are using a cloth mask, hand or machine wash it in hot water, rinse and dry after each use. It is helpful to have 2-3 cloth masks, rotating them.
- Wash your hands before putting on a mask and do NOT touch the mask when wearing it. Remove carefully by the ear loops.
- Children under two or folks with genuine breathing problems are not required to wear a mask. But, for those saying they have breathing problems in protest, consider that real breathing problems occur when you or someone you love is on a ventilator fighting for life.
- Face shields alone are not currently recommended. Be sure to use a mask underneath the face shield.

Finally, please do your research on the virus, masks, and other mitigation efforts.

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Klamath County Public Health: <https://www.klamathcounty.org/1041/2019-Coronavirus>

Nancie's Corner

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

OH, CHRISTMAS TREE

Long before the advent of Christianity, plants and trees that remained green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows. In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness.

Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians brought decorated trees into their homes. Some built Christmas pyramids of wood and decorated them with evergreens and candles if wood was scarce. It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles.

In 1846, the popular royals, Queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Unlike the previous royal family, Victoria was very popular with her subjects, and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious East Coast American Society. The Christmas tree had arrived.

By the 1890s Christmas ornaments were arriving from Germany and Christmas tree popularity was on the rise around the U.S. It was noted that Europeans used small trees about four feet in height, while Americans liked their Christmas trees to reach from floor to ceiling.

The early 20th century saw Americans decorating their trees mainly with homemade ornaments, while the German-American sect continued to use apples, nuts, and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights, making it possible for Christmas trees to glow for days on end. With this,

Christmas trees began to appear in town squares across the country and having a Christmas tree in the home became an American tradition.

- In 1979, the National Christmas Tree was not lighted except for the top ornament. This was done in honor of the American hostages in Iran.

- The tallest living Christmas tree is believed to be the 122-foot, 91-year-old Douglas fir in the town of Woodinville, Washington.

- The Rockefeller Center Christmas tree tradition began in 1933. Franklin Pierce, the 14th president, brought the Christmas tree tradition to the White House.

- In 1923, President Calvin Coolidge started the National Christmas Tree Lighting Ceremony now held every year on the White House lawn.

- Most Christmas trees are cut weeks before they get to a retail outlet.

- In 1912, the first community Christmas tree in the United States was erected in New York City.

- Christmas trees generally take six to eight years to mature.

- 98 percent of all Christmas trees are grown on farms.

- More than 1,000,000 acres of land have been planted with Christmas trees.

- 77 million Christmas trees are planted each year.

- In 1963, the National Christmas Tree was not lit until December 22nd because of a national 30-day period of mourning following the assassination of President Kennedy.

- Teddy Roosevelt banned the Christmas tree from the White House for environmental reasons.

- In the first week, a tree in your home will consume as much as a quart of water per day.

- 34 to 36 million Christmas trees are produced each year and 95 percent are shipped or sold directly from Christmas tree farms.

- The best-selling trees are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir and White Pine.

Article Title, History of Christmas Trees
 Author History.com Editors
 Website Name, HISTORY
 Publisher, A&E Television Networks

Take a Moment During the Holiday Season to Down Shift

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

In a typical year, the holidays can be stressful, and this year will likely be no exception. One of the best ways to manage our anxiety and stress is to carve out some downtime. In the original book *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*, author Dan Buettner refers to this as "Down Shifting". In the United States, we tend to value busyness over taking a quiet break, but research is showing just how important it is to Down Shift. Among the cultures where people live the longest, the act of taking a moment away from the

busyness of life is a common practice. This holiday season, we felt that it was important to share a few tips on how we can all carve out a little time for ourselves to put our longevity at the forefront.

Beyond the research pointing to benefits to longevity, *Forbes* magazine¹ shares that taking time for yourself helps people by more creative, productive, and have better emotional and mental health. In addition to the list of ideas shown in the image, here are a few more thoughts on how to take advantage of downtime and feel a greater sense of fulfillment:

Clean or organize a space in your home

Do a puzzle

Get out in nature

Learn a new hobby or pick up an old one

Write in a journal

There are also some great tips on stress and well-being as well as links to mental health resources on www.healthyklamath.org/COVID-19.

If you have resources you'd like to share, please reach out via email at bluezonesproject@healthyklamath.org. Stay well this holiday season, enjoy some downtime, and Live Longer, Better®.

Source: Morin, A. (2017 August). 7 Science-Backed Reasons You Should Spend More Time Alone. *Forbes*. Retrieved from <https://www.forbes.com/sites/amymorin/2017/08/05/7-science-backed-reasons-you-should-spend-more-time-alone/?sh=d7044f1b7ee3>.

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.

DOWN SHIFT MENU

-  Reflect on your purpose.....2 minutes
-  Listen to your favorite song.....3 minutes
-  Take a few deep breaths.....5 minutes
-  Do face mask.....10 minutes
-  Call or text a friend.....10 minutes
-  Have a cup of tea and enjoy it slowly.....15 minutes
-  Take a walk outside.....30 minutes
-  Have a virtual happy hour.....30 minutes

#bluezoneslife

Writer's Corner

Expressions of
Heart and Mind

Do You Believe?

Children believe in Santa Claus,
Tooth Fairy, the Easter bunny too
For they bring joy and excitement
They're magical... it's true

When you wish upon a star
Twinkling high in the night sky
Do you believe in your dreams
Never needing to ask why

Do you believe in yourself
And the difference you can make
In the life of many others
Through both happiness and heartache

Do you believe in the miracle
Of Jesus birth long ago God's gift to us all
From which love, peace and joy does flow

This Christmas season is the perfect time
As we celebrate with family and friends
To thank God for all our blessings
Believing in the miracles HE sends.
Sharon (Johnston) Pappas ©



Mumkin's Recipes For Life...



LOVE... The gift you freely share
Showing those near and far how much you care!

Sharon (Johnston) Pappas ©

A LOOK AT TODAY

By Sharon Hudson

There is friction in the air,
And it's getting cold at night.
It's an election year, and
People are up-tight.

The pandemic is upon us,
And we respond as we should.
What else can we do? We respect
Each other, and that is good.

I have faith in God, and
I pray every day.
Hoping that things get
Better, in every way!

It's amazing how quick
Autumn starts to appear,
Reds and gold stand out,
And it all becomes clear.

When the weather cools,
The winds become strong.
They have a purpose, so look
Around, and know you belong.

It rained last night, and
It cleaned the air.
I'm happy to say, "I don't
See smoke any where."

I opened the window, and
Let the freshness inside.
It felt so good to not smell
Smoke that I cried.

The fires have taken a toll
On all in this land.
It tainted the air, and it
Wanted to expand.

Thank God for our fire
Fighters, they work so hard.
They are focused, and committed,
And are always on guard!

So hold on everyone. A
Change is on the way.
I think things will get
Better day by day!



Remembering the Life and Death of an Indiana Farm Boy

- or -

John Wayne, the Moon and an Indiana Farm Boy

by Gary Hartter

He was my Pop. He lived and died in a world that was very different from what it is now. His death had a profound impact on me at the time and each year that it is behind me, it still has a lasting impact whenever I look over my shoulder at the past.

If the grave had visiting hours and I could go ask him how he wanted to be remembered, I think he would probably say, "I don't. So saddle up and move on pilgrim." He was a John Wayne kind of guy.

While my thoughts are romantic and would give me closure, deep down it's not quite that simple. My Pop and I were close, fishing together on Waubee Lake from spring until end of fall. As we fished from his pike boat, he would tell me stories of his life. Through the, too few, years we had together, I mentally collected those stories and added more as he lived.

This is how I remember him:

As a child, he lived on a farm in Indiana and was pretty much your average farm boy, helping with the animals and doing other farm chores. His family was Pennsylvania Dutch and his parents would speak in German when they didn't want the kids to know what they were talking about. He loved the movies and would save money from doing extra chores and other odd jobs, to be able to walk into town, to the only theatre close by, and see a movie.

One day he walked into town to see one of the black and white monster movies that was playing. When the movie let out, he was walking home in the dark, when he noticed a big, bright full moon behind him. He walked a little further, looking back over his shoulder from time to time and the moon seemed to get bigger and closer. He got the impression that the moon was chasing him and he became so frightened, that he ran the rest of the way home with the moon close behind.

When he got into high school, he joined the basketball team and was the star of the team. His school went undefeated all of the years he played.

WWII broke out and he joined the Army. He was stationed in India for a while and ended up in the Aleutian Islands, waiting for a Japanese invasion that never really came. While he was there, his base ran out of fresh meat, so he and a couple of his buddies went hunting. They killed a polar bear and were dragging it back to base, when they were stopped by a DNR Ranger. The Ranger confiscated the bear, claiming it was an illegal kill since none of them had hunting licenses.

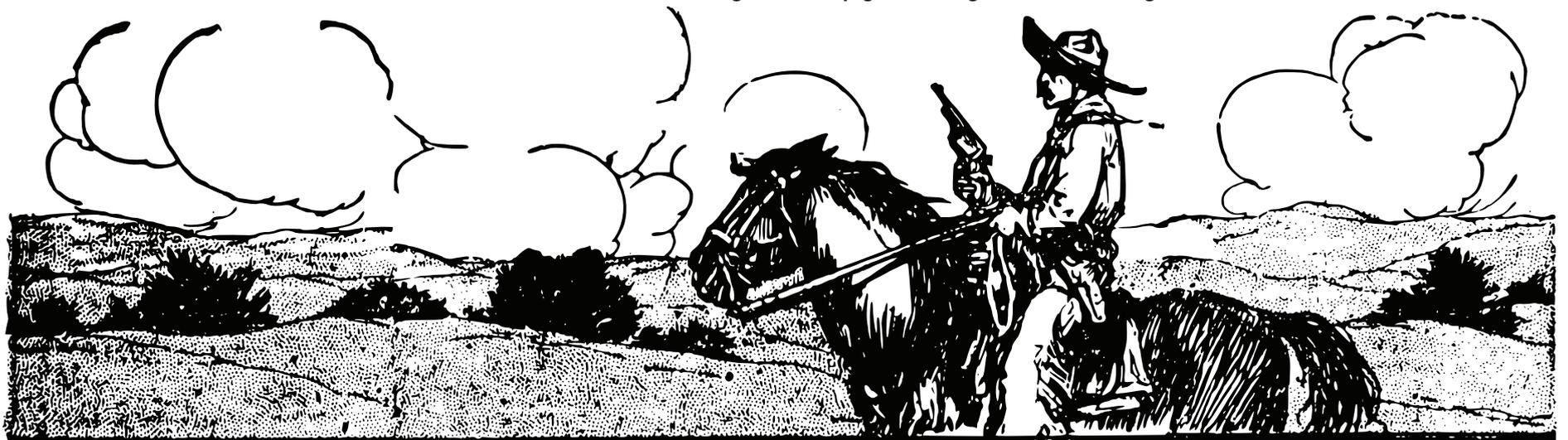
After the war, he got a job as a Fireman on the railroad. He was working with an Engineer who loved to tease him. They were on a train travelling to Chicago one time, when they passed another train hauling a load of pigs. The Engineer

pointed out the cab window and said, "Look, George, there goes a load of firemen!" My Pop looked out the window, and replied, "You must be right. They are too clean to be Engineers." The Engineer suddenly realized he had met his match and showed nothing but respect for my Pop from then on.

In 1955, the year I was born, he moved my Mom and two sisters to Elkhart, Indiana, and joined the police department as a patrolman. While on patrol one night, he was chasing an armed robber through a junk yard, along a row of derelict cars. He lost the robber in the cars and returned to his patrol beat. A few days later, the robber was apprehended. When he saw my Pop at the station, he asked him, "Aren't you the big cop who was chasing me through the junk yard?" My Pop nodded yes and the robber said, "I was hiding in one of the old cars. If you had come down one more car, I would have shot you dead." This had no effect on my Pop; to him it was just part of the job.

He retired from the police department after 21 years, at the rank of Assistant Chief. During the entire 21 years, he never pulled his gun.

He and my Mom moved to a lake cottage on Waubee Lake in Milford Indiana, his home town. Shortly after they moved, he decided to run for county sheriff. In his John Wayne cinema reality, he thought he was undefeatable. He lost the



election to the incumbent by a landslide.

He fell into a deep depression and began to frequent bars, drinking beer heavily.

My Mom put up with it for a while, finally confronting him saying if he didn't quit drinking, she would leave him. He turned his back on alcohol and never had a drink after.

He had left the police department as a 3 pack a day smoker, a habit he picked up during the war. At one of his doctor's visits, he was told he had to quit or the cigarettes would kill him. He quit and put tobacco in the rearview mirror, but the cigarettes never quit him.

He bought a pike boat and took up fishing to keep busy.

He had four grandkids by the time my daughter was born. She must have been special to him because he always called her "Little Lady." He never saw her fifth birthday.

In the late 1980's, he was diagnosed with lung cancer and lived for a year taking chemo. When the doctors decided the chemo wasn't working, he was tattooed for radiation therapy. At his first treatment visit, the doctor told him to just go home, there was nothing more they could do for him.

He died shortly after that and was cremated. His box of ashes stayed in my sister's closet for three years before the family got together to decide what to do with him.

We scattered his ashes in and around Waubee Lake, the lake he loved as a boy and where he and my Mom had retired.

After the memorial ceremony, everyone drove home, except me. It was a beautiful, early fall night and I decided to walk back home alone following the shore of the lake. As I was walking home, I noticed a light reflecting off the surface of the water. I turned around to see a big, full harvest moon behind me. I continued on my way home, glancing back over my shoulder occasionally, to see the moon getting bigger and more beautiful as it followed me home.

He was a farm boy, a high school basketball star, a soldier in WWII, a fireman on the railroad, a policeman and a fisherman. He was my Pop.



LET IT BE CHRISTMAS

By Sharon Hudson

It's a time for love.

It's a time for thought.

It's a time for gifts, hand
Made, or store bought.

It's a time to be kind, and
Remember the season.

It's a time to think of baby Jesus,
Who gives this time a reason!

Colored lights add life to
A world adorned in white.
Helping Christmas time
Twinkle and be just right.

There is Christmas cheer
With smiles and song.
Hugs come in handy, and
You feel like you belong.

An old fashioned sleigh ride
Through wintry terrain
Add memories of a fun outing,
And over time will remain.

It's a good time to cook with
Your favorite recipe in mind.
Bringing pleasant smells, and

Tasty food. The best you can find.

The Christmas cactus is
In full bloom.

Sitting there quietly
In the other room.

The kids can be fun, and
Set the tone for the day,
Waking parents up early with
Santa hats on, and ready to play.

Presents fly open that
Are under the tree.
Everyone is happy, and
Responds with glee.

The day is pleasant, and
Full of tasty food.
Laughter comes from deep
Within, and sets the mood.

A Yule log and hot chocolate
Signal the end of the day.
Cuddle with your other, enjoying,
Warm company your way.



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PHYSICIAN/SURGEON OF THE EYE



MARK FAY, M.D.
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National Hospice and Palliative Care Month

In regards to the Klamath Hospice 8th Annual Remembrance Run/Walk, I would like to write a few memories that often enter my mind while walking and enjoying the beauty of nature that surrounds me.

When I first started visiting residents in their home environment I was somewhat anxious because I wanted the experience to be a positive one for them and myself. Early in life my Dad had told me that it was a good idea to leave my religious and political views at the door. Good advice I tried to keep.

I think often of an elderly gentleman that for the most part was quiet and did not share his personal life or mention his family. But his love for his country showed when he took on the daily task of caring for the American flag flying outside his residence. Despite his health, he made sure the flag was flying each morning and in the evening he would lower, fold and place the flag inside.

I was asked by one of my hospice patients if I could find a nice birthday card that would be fitting for her sister that lived on the east coast. She added that she had not seen her for a while, and sadly, she mentioned probably would not ever see her again. Later she told me her sister loved the card but the unspoken words between us were like a dark cloud in the air. Miles cannot separate hearts that care.

I think most of us perceive ourselves as superhuman and unknowingly stretch our mental and physical limits if we become a caregiver. It is always amusing to find the caregiver, usually one that is the most reluctant to sign up for the hospice services, waiting at the door and the auto running in the driveway. The changing of the guards.

So many things in life are out of our control and we don't have the option to stop the world and get off. Please ask for help. Many others have.

Peggy Thomas, Klamath Hospice Volunteer and member of the KBSCC Writing Class.

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Kiwani's Holiday Store

PLEASE CONSIDER PURCHASING YOUR GIFTS OF CANDY FROM KIWANIS

Our club's mission is to focus on improving the lives of children in our community. 100% of the funds our club raises from this fundraiser will be spent on youth and community projects. We, and the children that benefit from our projects, appreciate your support to this yearly fundraiser.

Your support makes a difference.

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**Or Come To Our Booth Inside the Diamond Home Improvement Store
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*Any order of \$25.00 or more we will deliver directly to your doorstep if you live in the Klamath Falls urban area.

*Our See's Holiday Store at Diamond Home Improvement opens on Black Friday (Nov. 27th). Stop by and take a look at the latest See's catalog and place your order or buy it off the shelves. Booth hours are 11 am to 3 pm

Kiwani's Club of Klamath Falls 2019-2021 Projects:

- Henley HS Key Club •Triad HS Key Club •EagleRidge HS Key Club •Klamath Union HS Key Club •OIT Circle K Club •Steen Sports Park dugouts •SMART Reading Program •Children's Fair •F.I.R.S.T. LEGO Robotics •F.I.R.S.T. Tech Challenge Robotics •F.I.R.S.T. Robotics Challenge
- Kiwani's Doernbecher Children's Cancer Program •Gospel Mission •Food Bank distribution at 2 locations •Dolly Parton IMAGINATION program •Klamath County Food Bank •Boy Scouts Eagle and Cub Scouts •Folk Music Alliance program •Klamath Outdoor Science School
- Klamath Senior Center •International Programs: Elimination of neo-natal tetanus •SIGN Fracture Care •Friends of the Children

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DONORS REPORT

Klamath Energy (Avangrid) Sends Grant Funds COVID-19 Directives Cause Havoc With Fundraising

Thursday and Saturday evening bingo fundraising games were again suspended in November causing the center to lose a major source of income. The center depends on these games to provide much of the income needed to provide matching funds for other grants and to complement funding for many of our programs. As this is written it is not clear how long the suspension will be. We are hopeful that Klamath residents will recognize this loss and help out with personal donations. This is a difficult time to ask when so many organizations make request at this time of the year. Although all in-person activities were suspended Meals-On-Wheels and Transportation services continue to operate. Meals-On-Wheels deliveries reached an all-time record high in November with more than 6000 meals delivered.

Kudos to all those at Klamath Energy (an Avangrid subsidiary) for stepping up at this very challenging time with a grant for \$500. Every grant, large or small, is as important as another.

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. October donations of \$6,900 were received from the following organizations and individuals:

Reser Family Foundation
First Presbyterian Church
Geraldine Schindler
Dorothy Winters
Refuge City Church
Lynette Harvey

Howard McGee
Jon Schnebly
Joe Primm.
Burl Parrish
Joyce Moore
Elizabeth Western

Patricia Henderson
Ernie Palmer
Art & Delores Errecart
Mary Waters

Unidentified contributions in October for Meals, Transportation and Other Services amounted to \$737.

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
Stan Neitling
Lynette Harvey
Dorothy Winters
Howard McGee
Jon Schnebly

Burl Parrish
Mary Ellen Sargent
Linda Bourcy
Donna Hill
Refuge City Church
Jim Calvert

Rose Chapman
Ernie Palmer
Donna Maloney
Patricia Henderson
Cheryl Gibbs
Jonny Jones

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.

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.

THE NEXT FOOD BOX DISTRIBUTION DAY IS DECEMBER 10TH, 10:00 AM TO 11:30 AM.

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

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.

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