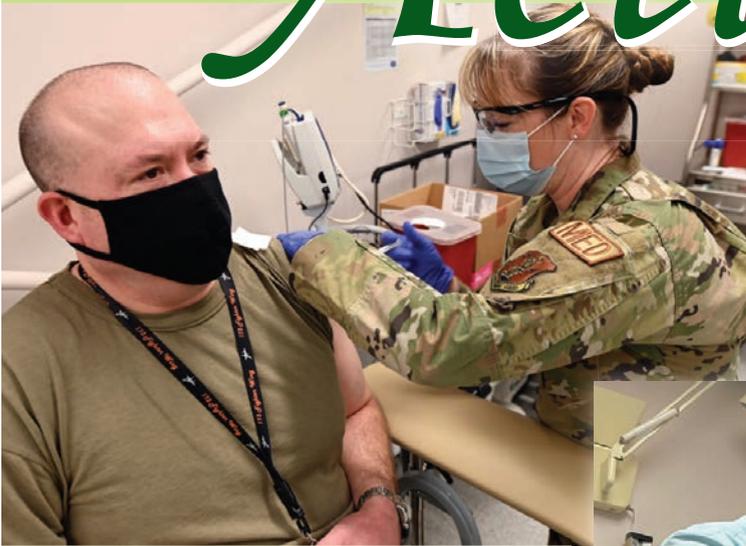
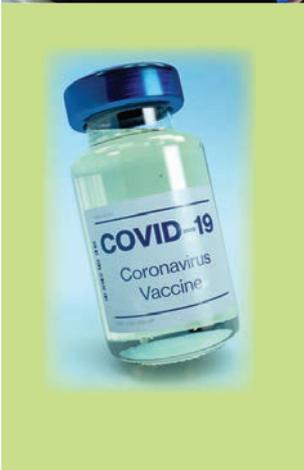


APRIL 2021

Active Seniors



**They
did it
So can
you**



Find where to
get the
COVID-19
vaccine
Page 4

FREE
Take
One!

The official monthly publication of the Klamath Basin Senior Citizens' Center



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
4. 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

Let the staff know you are interested in our COVID 19 Funds so they will know how to help you.

THANK YOU FOR GIVING

In March we asked you to share your talents as a volunteer. Four community members stepped forward to give their time and talents to the Village and the Meals on Wheels programs, however the need still exists for more help.



We are looking for volunteers with specific skills in carpentry, home maintenance and the little “Honey dos” that pop up around the house, i.e. wrapping pipes, repairing drawers, changing fuses, small roof leaks, drippy faucets, getting firewood etc. and someone to assist our current volunteers in these areas. If you have any of these talents, please share them with the Senior Center and the Village. We need volunteers right away.

For more information and an application please call Ginnie Reed at 541-883-7171 ext. 128. Klamath Basin Senior Center and the Village



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

Welcome To A Safer Environment At The Senior Center

I wrote an article for this issue (see page 4) about the need to influence those hesitating to be vaccinated for COVID-19 and the need to set examples to encourage others. I was pleased to see an article the very next day on the front page of the Herald and News highlighting Molly O’Keefe, a local older adult age 88, with a picture of her holding her vaccination card as a way to urge others to get the vaccine. Kudos to Molly O’Keefe! Half of the senior population remains unvaccinated and there is concern about the level of acceptance by younger folks as well.

Also in the paper on March 30th it was reported that there were 15 new COVID cases the previous day. We are experiencing a surge here as are many other areas of the country and we are in a race to get as many people vaccinated as possible to stay ahead of a recurring spike of infection. At 15 cases a day Klamath County will soon be back in the extreme risk level and we may see another long period of restrictions on re-opening businesses and opportunities for in person socialization. PLEASE PEOPLE, do your part to defeat the virus and keep our community moving toward recovery. I advocate for this here in our senior center paper because we know how very important it

is that we get seniors back to social gatherings of all kinds and end the isolation of those that are able to get out into the community.

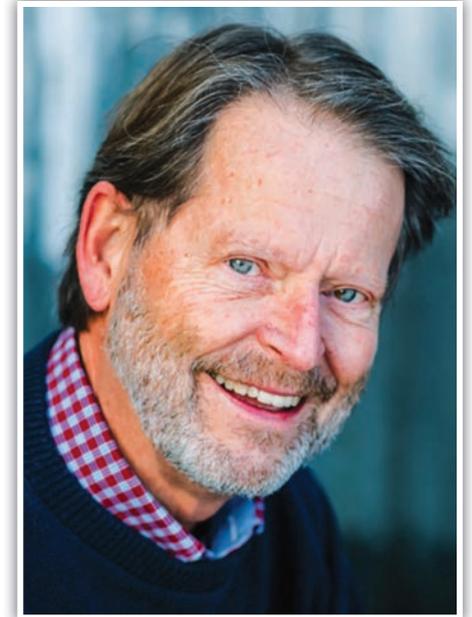
Things are progressing well in preparing the senior center to be a safer environment to gather for meals, exercise, education classes, bingo, cards, and many other activities, all aimed at bringing people together. This week new HVAC equipment is being installed that will feature the capacity to clean the air of viruses as air moves through the heating and cooling system. A new touch free salad bar has been installed and other touch free equipment is planned. A new outdoor gathering space for games and exercise is now under construction on the north end of the building that will also include an expansion of our parking capacity. We are on the move and will be ready to greet you back to a safe experience at the senior center. So we all must do our part to make this happen by fighting the virus in the community.

Many thanks are in order to all that have presented themselves as volunteers to keep our critical programs like Meals-On-Wheels and transportation services running throughout the past year. April is volunteer recognition month nationwide so we encour-

age you to thank those that are volunteering and if possible to volunteer yourself. Our volunteer coordinator, Ginnie Reed, is waiting to hear from you. Call her at 541-883-7171, Extension 128. Volunteers are always needed at the center, especially in our nutrition programs.

Please be safe, wear your mask, and take advantage of the opportunity to be vaccinated.

Come Celebrate Life With Us!
All Are Welcome!



Marc Kane, Center Director

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

Call (541) 883-7171

or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name:
 Email:
 Street Address:
 City: State: Zip:
 Amount of Contribution:
 Does your employer have a matching gifts plan? Yes No
 My check is enclosed payable to **KBSCC**.
 Or charge my contribution to my:
 Visa Mastercard AMEX Discover
 Card # Exp. Date CSC
 Recurring monthly contribution: Yes No
 Signature



Klamath Basin Senior Citizens’ Center

BUILDING AND MAINTAINING A SUPPORTIVE COMMUNITY FOR SENIORS

Are You Getting Vaccinated Or Bystanding?

By Marc Kane

Judging from recent announcements it won't be long before all adults will be eligible to receive the vaccine for the COVID-19 virus. But will all step up to take advantage of the opportunity? A recent editorial in the Herald and News titled "The bystander effect and vaccinations" authored by Dr. Clayton Korson, a Klamath Union HS graduate, begs the question, will you get vaccinated or will you be a bystander? Korson points out that we are in the worst public health emergency of the last century while too many are hesitant to take the vaccine and are taking a wait-and-see stance only encouraging more to hesitate. Daniel Enger wrote in the *Atlantic Monthly.com* that "America is now in the hands of the vaccine hesitant." The number of people not planning to get vaccinated is "very bad news for herd immunity, which is our country's pathway out of the pandemic". Many have expressed the belief that the vaccines now being administered have only received emergency approval from the Food and Drug Administration and they are waiting for a higher level of approval. Dismissing the emergency will likely sabotage the country's herd immunity strategy. There is much

other misinformation abound in the media that has influenced too many to hesitate. This must be countered with an educational strategy to get a solid majority on track.

Like Korson, I advocate for all that are in a position to influence others to step up and set the example by getting vaccinated, and to help educate. Our efforts to educate and influence must be respectful and not bear the mark of negative criticism. We have placed a collage of photos of many who have taken the vaccine on the cover of this issue of *Active Seniors* and hope that you may recognize someone there that you respect and trust as a friend or leader. If you are hesitant I am hopeful this will get you past whatever barrier may be causing you to hesitate and to be a bystander.

If you have been vaccinated please take the opportunity to encourage anyone in your sphere of influence to follow your lead. The sooner we can be successful with the vaccination strategy the sooner we will all be able to return to life as we once knew it. At the senior center we place great value on opportunities to socialize in person as a means to keep our older adults connected. We are collaborating with as many other agencies as possible to help educate the public and to move us up and out of this pandemic. It can't just be left to the agencies, but the cause must be taken up by individuals influencing others as well.

My thanks to Clayton Korson for a very well done and presented editorial (see H&N Weekend edition, March 27th). He's a local young man that we can all respect for his effort and belief. Since graduating from Klamath Union HS in 2010 he attended medical school at Creighton University and is now in his residency at St. Luke's University Hospital in Pennsylvania. He's doing his part to help get us all back on track.

Where to Get Covid-19 Vaccination in Klamath County

Vaccination continues for those 65 and older, and those in previously eligible groups. New eligibility occurs March 29th.

With anticipated increases in vaccine availability in early April, Governor Brown has announced the intent to open vaccination to everyone on May 1st.

Continued on Pg 5

Remember . . .

Davenport's is there to help as you search for
the right way to honor your love one's memory



We can help you select
Urns in large or small,
simple or elaborate to
capture your memories
for all time.

DAVENPORT'S CHAPEL

Trusted
Since 1978



✦ of the ✦

GOOD SHEPHERD
The Different Funeral Home

New Location: Klamath Memorial Park • 541-883-3458

Welcome spring

By Kelsey Mueller, Policy Manager for Blue Zones Project- Klamath Falls

As weather improves we begin to see the natural changes throughout the community. Grass begins to green, birds begin to sing and suddenly you have a little more time in the day light.

March 20th marked the first day of spring for 2021, spring is often referred to as a time for refreshment and revitalization. It is a time to dust the cobwebs in your house, walking shoes and gardening tools.

Extra sunlight allows us to divulge in outdoor activities, such as walking and gardening. Through research done by the Blue Zones, it was identified that having your walking shoes near the door is a reminder to use them.

Having a garden is a reason to get up every day and gives us a sense of purpose.

Spring relieves us of the winter cold, loneliness and revives our social lives and gardens. Weeding the flower bed suddenly seems like less of a chore and something we look forward to.

We anxiously await planting a seed, and giving new life to dirt that was covered in snow and frost for so long. As we move closer to the warm weather encourage yourself to get outside and spring into something you love.

If you are interested in walking with a group, learning more about community gardens please reach out. We are here to help you.

Contact us at bluezonesproject@healthyklamath.org

Continued from Pg 4

To schedule vaccination:

- Call the Sky Lakes Medical Center appointment line at 1-833-606-4370.
- Walk in at the Merrill or Bonanza Clinics.
- Visit the Albertson's website: <https://www.mhealthappointments.com/covidappt>.
- Visit the Bi-Mart website: <https://www.bimart.com/pharmacy/covid-19-vaccine>.
- Visit the Fred Meyer website: <https://www.fredmeyer.com/covidvaccine>.
- Visit the Walmart website: <https://www.walmart.com/cp/1228302>.

Klamath Open Door Clinic and Wholesome Family Medicine are each contacting their respective eligible patients.

Klamath Open Door has a waiting list that can be accessed at <https://www.klamathopendoor.org/index.php/covid-19-vaccine-information/>.

To learn what vaccine is available at a given location, call that location.

Klamath County Public Health



MICK Insurance Agency

541.882.6476

4509 S. 6th Street, #201
Klamath Falls, OR 97603



ARE YOU CURRENTLY PAYING TOO MUCH FOR YOUR MEDICARE SUPPLEMENT?

CALL US TO FIND OUT HOW WE CAN SAVE YOU MONEY WHILE KEEPING YOUR GREAT COVERAGE

ARE YOU TURNING 65 AND / OR NEW TO MEDICARE AND DON'T KNOW WHERE TO START?

CALL US, WE'LL HELP YOU PICK A PLAN THAT'S RIGHT FOR YOU AND YOUR BUDGET.

Thank you for keeping your business local!

mickinsagency.com

Lake County Events

APRIL 2021 Events

Meals: are being distributed from the Lobby.

Trips:

- Following guidelines, our Transportation appointments are being kept on schedule.
- Lakeview Local operates 8-5 on Thursdays of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.
- First & third Tuesday Klamath Falls Trips for Medical Appointments between 10:00 & 1:00
- Second Tuesday Shopping Trip. You may schedule medical appointments between 10:00 & 1:00
- Free monthly shopping trips from Christmas Valley to La Pine on Wednesdays.
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.

11 North G Street, Lakeview Oregon 97630
(541) 947-4966- ext. 101 FAX (541) 947-6085

Outback Thrift Shop

COVID-19 restrictions apply, masks and social distancing required.
10:00am – 2:00pm Tuesdays & Thursdays with a whole new look & an easier way to find things.
Follow our Facebook page for more information about our sales, etc.



ARE YOU RECEIVING LOTS OF PHONE SCAMS or ROBOCALLS?

Report scams and robocalls to the Federal Trade Commission by calling: 1-202-326-2222 or 1-877-382-4357 and register your phone number on the National Do-Not-Call List: 888-382-1222. FTC Website: <https://www.consumer.ftc.gov/>

AARP offers a Fraud Watch Network Helpline: 877-908-3360, available Monday through Friday, 7 a.m. to 11 p.m. ET. It is a free resource for AARP members and nonmembers and can provide the information you need to protect yourself and your family.

Consumer Tips from the FTC to Stop Unwanted Robocalls and Avoid Phone Scams

- Don't answer calls from unknown numbers. If you answer such a call, hang up immediately.
- You may not be able to tell right away if an incoming call is spoofed. Be aware: Caller ID showing a "local" number does not necessarily mean it is a local caller.
- If you answer the phone and the caller - or a recording - asks you to hit a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get an inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail. .before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.

Thank you 
KLAMATH HOSPICE
We appreciate you,
Klamath Basin!



Elder Care



1st BEST OF THE BASIN HN 2020



1st BEST OF THE BASIN HN 2020

3rd BEST OF THE BASIN HN 2020

Fundraiser Festival

Remembrance Run/Walk

Treasures
A UNIQUE THRIFT STORE

Shop. Donate. Volunteer.

2nd BEST OF THE BASIN HN 2020

Antique & Vintage Children's Clothing Secondhand Store Women's Clothing

3rd BEST OF THE BASIN HN 2020

Shoe Store

All proceeds benefit our community through the services that Klamath Hospice provides to terminally ill patient's and their families in Klamath County and Northern California.

SAIL

Stay Active & Independent for Life

Socializing is very important to our health. If you need more activity in your life, come to our SAIL classes at the Senior Center. We strive to improve balance, coordination, strength and flexibility. Mask are required and we observe social distancing. A donation of \$2 is suggested.

Suzan Phipps and Mary Noller are the certified instructors.
Suzan's classes:
Mon. 9:00 -10:00 & 10:30 – 11:30.
Thurs. 10:30 – 11:30.
Mary's classes: Wed. & Fri.
9:00 -10:00 & 10:30 -11:30.



DONORS REPORT

Contributions from your IRA may be tax free

We were pleased to receive a \$7,500 contribution this past month from a donor that had funds dispersed from their IRA account. It is our understanding that there have been recent changes in tax regulations that allow transfers to charitable organizations to be made tax free. We encourage you to check with your tax preparer or accountant to verify your eligibility to make a contribution in this way to the Klamath Senior Center. While about 70% of our funding comes from government contracts, grants and fees the remaining funding must be raised from foundations and individual contributors.

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. February donations of \$3,380 were received from the following organizations and individuals:

Kiwanis Club
David Klayman
Refuge City Church
Lynette Harvey
Howard McGee
Jon Schnebly
David Kent
Sherry Lee Plumb
Burl Parrish

Rose Chapman
Cheryl Gibbs
Robert Petrik
Joe Primm.
Ernie Palmer
Joyce Moore
Mary Lou Beach
Patricia Gohlke

Unidentified contributions in February for Meals, Transportation and Other Services amounted to \$514.20

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2020 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.



**Home
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SENIOR CARE®
To us, it's personal.

You can't always be there... But we can!

- Companionship
- Transitional Care
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- Complimentary Consultations and Safety Visits.
- Now Accepting VA Benefits and Medicaid
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- Respite Care
- Alzheimers and Dementia Care
- Medication Management and Assistance

Serving the Klamath Basin • 541-734-2700
HomeInstead.com



Get swollen feet checked

Edema, a medical term for swelling, could be a minor problem or could foretell a more serious condition.

If you can hardly get your swollen feet back into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

Edema can occur in any part of the body or in the entire body, but it's usually noticed in the legs and feet. There are many causes, both benign and serious.

Just sitting still or standing for a long period of time can cause temporary swelling. Swelling even could be caused by eating a very salty dinner. But, if your feet and ankles are still swollen days later, it's time to see your doctor.

The cause could be one of these more serious conditions.

- **A blood clot.** This is suspected if swelling occurs only in one leg.
- **Heart failure.** Many things can

cause the right side of the heart to weaken, losing its ability to effectively pump blood, which leads to swelling, say doctors at the Mayo Clinic.

• **Liver damage (cirrhosis).** The flow of blood through the liver can get backed up. Swelling caused by liver damage first occurs in the abdomen.

• **Kidney problems.** Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Less-common causes of swelling include other heart problems, thyroid conditions, hormone imbalance, and malnutrition.

Swelling itself can be treated by limiting salt, taking diuretic drugs (water pills), and exercising. Elevating the affected limb above the level of the heart for about 30 minutes or longer up to three times a day can help. Whatever the cause, get it checked.

KLAMATH SENIOR CENTER APRIL 2021 CALENDAR OF EVENTS

We are gradually adding activities and classes back as noted below and as State pandemic restrictions allow. All activities require participants to wear face masks and practice proper distancing directives. HAVE FUN BUT BE SAFE!

MONDAYS

- SAIL classes 9 am – 10am and 10:30 am – 11:30 am with Susan Phipps
- GOLDEN AGE BINGO - 12:30
- YOGA 5-6 pm and on ZOOM with Kim Carson
- LIBRARY 9:30 am to 1 pm
- WATERCOLOR 10 am – 11:30 am

TUESDAYS

- TAI CHI 10 am with Cher Owens
- Qi GONG 3 pm with Rachel Stephens

WEDNESDAYS

- SAIL classes 9 – 10 am • 10:30 – 11:30 am with Mary Noller
- REMAKING GREETING CARDS 10 am - Noon

THURSDAYS

- SAIL classes 10:30 – 11:30 am Susan Phipps
- BINGO Fundraiser open at 3:30 pm call at 6 pm. Limited to 50 people, limited kitchen services.

- Golden Age Club BINGO and card games 12:30 pm

FRIDAYS

- SAIL classes 9-10 am 10:30 – 11:30 am with Mary Noller
- LIBRARY 9:30 am – 1 pm

SATURDAYS

- BINGO Nickel Bingo open at 10 am call at 11:30
- BINGO Fundraiser open at 3:30 pm call at 6pm



SCOTT STEVENS, M.D.
PHYSICIAN/SURGEON OF THE EYE



MARK FAY, M.D.
PHYSICIAN/SURGEON OF THE EYE



JONATHAN FAY, M.D.
PHYSICIAN/SURGEON OF THE EYE

KLAMATH EYE CENTER

*New Patients
Welcome*

2640 BIEHN ST | KLAMATHEYECENTER.COM | 541.884.3148



“VA Klamath Falls is offering COVID-19 Vaccine appointments for Veterans who are receiving care at the VA

Veterans may call 541-826-2111 extension 4440 or 541-273-6206 to schedule a COVID-19 vaccine appointment. We are looking forward to serving you.”

GIFT SHOP HOURS

The KBSCC Gift Shop is OPEN for business Monday – Friday 9:30 to 12:30

With lots of cool new stuff and more yarn than you can shake a stick at



April

*Join in the fun!
We Celebrate Life*

There's nothing Better Than a Good Friend, Except a Good Friend With Chocolate!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 APRIL FOOL'S DAY BINGO 3:30 S.A.I.L 10:30./GOLDEN AGE 12:30	2 S.A.I.L. 9 & 10:30 LIBRARY 9:30 – 1 pm	3 NICKEL BINGO 10 am EVENING BINGO 3:30 pm
4 EASTER 	5 S.A.I.L 9 & 10:30 Vets Muffins Mon. YOGA 5 pm/LIBRARY WATERCOLOR 10 am	6 TAI CHI 10 am QU GONG 3 pm	7 S.A.I.L. 9 & 10:30	8 BINGO 3:30 S.A.I.L 10:30./GOLDEN AGE 12:30	9 S.A.I.L. 9 & 10:30 LIBRARY 9:30 – 1 pm	10 NICKEL BINGO 10 am EVENING BINGO 3:30 pm
11	12 S.A.I.L 9 & 10:30 Vets Muffins Mon. YOGA 5 pm/LIBRARY WATERCOLOR 10 am	13 TAI CHI 10 am QU GONG 3 pm	14 S.A.I.L. 9 & 10:30	15 S.A.I.L 10:30./GOLDEN AGE 12:30	16 S.A.I.L. 9 & 10:30 LIBRARY 9:30 – 1 pm	17 NICKEL BINGO 10 am EVENING BINGO 3:30 pm
18 Paul Revere's Ride 	19 S.A.I.L 9 & 10:30 Vets Muffins Mon. YOGA 5 pm/LIBRARY WATERCOLOR 10 am	20 TAI CHI 10 am QU GONG 3 pm	21 S.A.I.L. 9 & 10:30.	22 S.A.I.L 10:30./GOLDEN AGE 12:30	23 S.A.I.L. 9 & 10:30 LIBRARY 9:30 – 1 pm	24 NICKEL BINGO 10 am EVENING BINGO 3:30 pm
25 Celebrate!! It's Somebody's Birthday	26 S.A.I.L 9 & 10:30 Vets Muffins Mon. YOGA 5 pm/LIBRARY WATERCOLOR 10 am	27 TAI CHI 10 am QU GONG 3 pm	28 S.A.I.L. 9 & 10:30	29 S.A.I.L 10:30./GOLDEN AGE 12:30	30 S.A.I.L. 9 & 10:30 LIBRARY 9:30 – 1 pm	

WRITER'S CORNER

Picture This...

I opened my eyes
As a hue of pink bathed the sky
Layers of blue came into view
A glimmer of morning light peeked through
Stillness and peace filled the air
While a beautiful melody...birds began to share
Sunlight kissed the mountain tops
Not a cloud nor the sound of little raindrops
God's gift of another day
To share love and make a difference along the way.

Sharon (Johnston) Pappas©

These poems were submitted by Barbara A. Reichl. She is a student of writing in the KBSCC writing class. These poems were written to honor her father who passed away at the age of 92 from Parkinson's. It is believed that he could understand some of his surroundings though being non-verbal.

Where am I

My mind might be asleep.
You may not understand my speech.
My legs no longer carry me.
Yet my Soul sings. It sings a song of praise to you O Lord.
You have been faithful to me and blessed me most abundantly.

Song of Life

When I was young I was handsome, viral and strong.
I fell in love with life.
It was like a song, sometimes all jazzed up; sometimes soft and sweet;
Sometimes happy and robust; sometimes sad and mournful.
My song is fading now.
I can hardly hear the words or remember the melody.
The song that filled my life is gone.

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.

Mumkin's Recipes For Life



Breathe in springtime, it's soon to arrive
Where all is anew and you feel alive!

Sharon (Johnston) Pappas ©

POSITIVE WORDS FOR APRIL



Take these words OUT of your vocabulary,
“NO PROBLEM”. Instead, say “THANK YOU”
or “IT’S MY PLEASURE.”

ADVENTURE	BELIEVE
CERTAIN	DIVINE
CUTE	EFFERVESCENT
GENUINE	FRIENDLY
HANDSOME	JOY
INNOVATIVE	KNOWLEDGEABLE
LEARNED	MERIT
NATURAL	OPEN
PARADISE	PRETTY
QUIET	REJOICE
SAFE	THRILLING
UP	VALUED
WEALTHY	YES
AGREE	COOL
BLISS	ELECTRIFYING
GLOWING	

A SMILE FOR SPRING

By Sharon Hudson



The cycle of life is renewing
Itself, and can be seen all around.
There are new leaves on the trees, and
Flowers sprouting from the ground.

The little animals are coming out
To get warm from the sun.
“Ah, the warm feels good,
Is winter done?”

The deer find new grasses,
And the rabbits like it too.
The birds take to the trees
Making homes for their crew.

With this, and that, and a little bit
More soft materials make it warm.
It must be strong to withstand
A fierce spring time storm.

Flowers in the fields are a
Visual common sight.
Color is everywhere and it
All fits in just right.

Flowers and things like
Butterflies and their wings
Make spring a pleasant time
For the new life that it brings.

The distant mountains are
Still covered in snow.
The tallest peaks stand out,
And are grand, don’t you know.

Waves of weather show
Off their power!
One minute it’s sunny, and
The next one there is a shower.

Snow or rain, it could
Be either one.
Let it pass, and know there
Will soon be sun.

I hope you like spring,
Because here we are.
New life is abundant , and to
See it you don’t need to go far.

Nancie's Corner



Nancie Carlson
Health & Wellness Counselor
Klamath Basin
Senior Citizens Center

Exercise slows progression of aging in the brain

Many of us worry about our cognitive skills as we age. Frankly, I am as concerned of going downhill mentally as going downhill physically. Searching for the right word or recalling names has become more challenging. It is a normal progression

as our brains age, but it is frustrating, nevertheless. How do we, at the very least, stall this progression?

A new research paper published in January by Mark Gluck, Professor of Neuroscience at Rutgers University, focused on what happens inside the medial temporal lobe (memory center) of older Americans who exercise. They recruited sedentary men and women from the Newark, New Jersey area. Before beginning an exercise program, they measured the volunteers' health, fitness and cognitive levels. Some started at two times per week, 20-week aerobic exercise program and others remained in the sedentary control group.

You guessed it! The exercise group displayed the most new interconnections within the brain, outperforming the sedentary group. Their scans showed more synchronized

activity throughout their medial temporal lobe. Dr. Gluck calls this agile thinking and says, "It seems that neural flexibility leads directly to memory flexibility."

This research supports earlier studies that demonstrate the connection between exercise and brain health yet some of us are not yet exercising. Weather is improving, so how about a short brisk ten-minute walk outdoors increasing the time until you can easily walk for 30 minutes or more. Try the OC&E trail, the Sports Park, Veterans Park, or your own neighborhood. If you are willing to wear a mask for indoor exercise, the Senior Center is offering a few classes and other fitness centers have reopened.

Be sure to follow CDC protocols; and check with your physician before starting an exercise program.

OLDER ADULT PROGRAM

Are you struggling to connect with others?
Are you feeling lonely, sad, or worried?
Are you feeling hopeless about your life?



**LOCAL
SUPPORT IS
AVAILABLE**

**KATHLEEN
RUTHERFORD, LCSW
541.622.9562**

You are not alone.





COMMON HEALTH MISTAKES

When researchers followed subjects for seven years, they found that participants who slept less than six hours a night had a 20% greater risk of heart attack over the course of the study. If you wake up every morning to the sound of your alarm clock's warning, take that as your body's signal that you're not getting enough sleep. You should be getting between seven and nine hours a night.

Is coffee good for your heart or bad for it? It's still unclear. Researchers say to stick to one to three cups a day. But it's not the coffee that cardiologists are concerned about – it's what you put in it. You already know that sugar a bad way to start your day. But non-dairy coffee creamers may be even worse for you. That's

because nondairy creamers can be a significant source of heart-damaging trans fats. Thanks to labeling laws, even creamers labeled "0 trans fats" can have up to half a gram of this poisonous fat per serving, that adds up if you drink several cups daily. Try alternatives like real dairy creamers with a bias toward less fat, i.e. 1% milk or evaporated skim milk.

Walking through the office or around the house does not count as exercising. If you sit all day long this puts you at a greater risk of heart disease. You've got to do it for 20 minutes, not starting and stopping, because you want to get your heart rate up.

Because it has zero calories, diet soda can give the illusion of being a healthy alternative, but so

much more goes into health than just calorie intake. Those who drink diet soda daily have a 36% greater risk of developing a metabolic syndrome and a 67% greater risk of developing diabetes. Both of these conditions significantly raise the odds of having a stroke or heart attack. Try swapping out diet soda or regular soda for sparkling water with lime.

A study of 12,986 middle-aged people showed that

those with high levels of chronic anger were twice as likely to develop CVD and almost three times likely to suffer a heart attack as their less resentful peers. Chronic anger is probably the more toxic of distressing emotions as related to heart disease. When you carry resentment toward someone, you can get stuck in a chronic anger loop which builds up stress and can often lead to a heart attack. Try forgiveness or talking to a therapist.

MEDICARE 101 WORKSHOP



Linda Clarkson

Wednesday, April 21 at 3:30 p.m. & 5 p.m.
Klamath Basin Senior Center
2045 Arthur St., Klamath Falls

- Learn about Medicare Parts A and B, and C
- Find out how prescription drug plans work
- Understand Medicare Advantage and Supplement plans
- Discover how Medicare works with the VA

Space is Limited. Call or Text 541-973-2122 or email lindaclarkson@ffg.com for your spot.

Linda Clarkson of Futurity First will explain the changes in Medicare at this complementary workshop.

*Futurity First is not connected with or endorsed by the United States government or the federal Medicare program.

The Kitchen Table

Hopeful leaders try getting my attention by referring to the people of Main Street, USA, or portraying the American people sitting around their kitchen table, It does get my attention but in a very unique way. Walking Main Street in Klamath Falls is always a pleasurable experience and gives me a chance to reflect back on the mid 1900s. Do families today share a meal together or even have a kitchen table?

In my generation, Main Street was the place to be. It was the hub of Klamath Falls. Saturday was a day for shopping, J.C. Penney, Sears and Roebucks, La Pointes, Millers, Your Store, Shaw Stationary, Waggoner Drug and many others. It seems that a whole day could be spent shopping, eating lunch, maybe watch a movie at the Pine Tree Theater. On the weekends the young adults piled into their vehicles and would drag Main Street. The hollering, laughter, horns honking and waving back and forth lighted up the streets. The money spent on

gas and the times circling the blocks was unimportant.

My family had a kitchen table and when it was time for supper/dinner, it was a scheduled event you did not want to miss. I think my family was much like others during that time. Our fathers worked and our mothers kept house and cooked the meals. It was a big chore fixing meals for my for my mother as there were six kids to feed. Missing a meal could get you in big trouble in our family. An excuse for being late for meal time seemed plausible when you were hurrying home. Standing before the kitchen table in front of your family, that perfect excuse seemed to get quite lame as you explained with a lot of nervous stumbling words. Worse yet, was that growling in your belly that became much louder as your eyes saw the slim pickens of food left on the table. It was not always a perfect time eating our meals together, but most of the meal time conversations my family had during that time stayed with

us. Even today, the family I have still living, discuss our views on topics from long ago.

Bygone days are for our memories. The future intertwines with our past

and at times it is hard to see the trees for the forest or the forest for the trees.

Peggy Thomas March 2021

KBSCC Writing Class



WELCOME BACK TO BINGO

**THURSDAYS AND SATURDAYS
AT THE SENIOR CENTER
2045 ARTHUR STREET, KLAMATH
FALLS, OR**

- THURSDAY BINGO Fundraiser open at 3:30 pm call at 6 pm.
- SATURDAY BINGO Nickel Bingo open at 10 am call at 11:30
- SATURDAY BINGO Fundraiser open at 3:30 pm call at 6pm

**Masks and 6' distancing are required
Seating is limited to the first 50 people
Snacks available**

Good grief

Is anything good about grief?

Do you know what it is to lose someone you love? The loss. The pain. The sorrow. It can be so tough you just don't want to go on. And yet you do.

Sis had 10 children. One son died in a tractor accident. A couple years later, her husband died while searching for a lost hunter. Then a daughter killed herself. When asked, "How do you go on?" Sis said, "You just do." Sometimes that's all it is – You just do.

A special type of grief is anticipatory grief. It happens when we anticipate a loss. We may know we're going to lose someone, and we feel the pain before they're gone. This is the kind of pain and grief that Elizabeth Kubler-Ross wrote about as five stages of grief in her book *On Death and Dying*. The stages are now so well known that some people think if they're not in one of those stages they're not grieving properly. That's just not so.

The way You grieve is the way to grieve.

While there are ways of grieving that might be more helpful to one person or another, there are no set stages of grief that you must go through to "do it right."

It is possible to have grief in later life lead to grieving an earlier loss. I've seen more than one person grieving the loss of a spouse suddenly find themselves grieving the loss of a parent or sibling from their childhood and realize they hadn't been allowed to grieve when young. It doesn't just go away.

Grief is the realization of a loss. Realizing we don't have Who or what we had before. It's knowing the connection we had is gone or is different. It's seeing that we can't do what we once did with ease.

When death comes after a long illness, there is often relief with the sadness. Relief that the one who died is no longer in pain or

struggling. Relief for the caregiver who often poured more into caregiving than they had any idea they could give.

That relief is often joined by guilt. "I shouldn't feel relief that he's dead!" But that relief is entirely appropriate. It is a relief to not have to provide for and look after someone 24 hours a day. Caregivers often don't have time to be a spouse or family member but are consumed by the role of caregiver.

Good grief is grief you experience and express in ways that are right for you. It may seem like it will never end, but it will. This is temporary. You won't forget the person you're grieving. You won't get lost in your grief. If you want some help, it's around.

Grief reminds us of what we had, and that can be good. In grief, we remember, and we process the changes that are happening. We transition from who we were to who we are now and will be.

David Houtchens is a Licensed Clinical Social Worker who has worked with Crisis, Trauma, and Grief for many years. In Klamath Falls he has worked with Klamath Hospice and Veterans Healthcare Administration.

You don't have to grieve alone. There are books, articles, friends, professionals who can help. It may feel like you're alone on the sea, with 80-foot waves crashing over you. Or they may be only 40-footers now. You might be okay most of the time but could use a little encouragement and support once in a while. We're here for you.

*A partial list of places to turn for help:
High Desert Hospice - (541) 882-1636
KBBH – (541) 883-1030
Klamath Hospice and Palliative Care – (541) 882-2902*

Be Physically Active!

Physical activity is a lifestyle choice that is as simple as adding movement into your everyday schedule. Once you do this, **physical activity must be a priority and you have to stick with it once you start.** It is fun, and low-cost. Your options are endless.

Physical Activity Opportunities

- Walk to the mailbox.
- Walk around the neighborhood.
- Go for a hike or climb stairs.
- Cook a meal.
- Listen to music while you clean a room.
- Stretch during breaks from other activities.

To **keep physical activity affordable**, you can keep it close to home and in your community. You can make your own weights using soup cans or water bottles. You can also walk when completing errands instead of driving. Enjoying the outdoors while hiking is low cost as well. **There are local options for all physical abilities as well!**

Benefits from physical activity include, but are not limited to, strong and limber muscles, increased heart rate and energy, and improved balance and mood.

Incorporate all four types of physical activity to receive the most benefits:

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

Need more information?

Talk to your health care provider today!

Remember to also talk to your provider about:

- | | |
|---------------------------|---------------------|
| ➤ Medications | ➤ Physical activity |
| ➤ Breast cancer screening | ➤ Immunizations |
| ➤ Colon cancer screening | ➤ Bladder control |
| ➤ Questions/Concerns | ➤ Fear of falling |
| ➤ COVID-19 Vaccine | ➤ How you feel |

-Patricia Pahl, Quality Management Analyst

Source: Go4Life from NIH – National Institute on Aging

Why now is the *perfect time* to move to senior living

At our community, you'll feel right at home. It's where you'll make connections, explore new hobbies and interests, enjoy delicious cuisine prepared fresh for you daily, find resources to stretch your body, mind and spirit, and high-quality care when and if you need it!

Our residents enjoy the convenience of having a service-enriched lifestyle that brings all their needs directly to the community. With on-site professionals available 24/7, residents enjoy personalized one-on-one activities, restaurant-quality food, and housekeeping and laundry services so they can truly enjoy a maintenance-free lifestyle.



Crystal Terrace
of Klamath Falls
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INDEPENDENT, ASSISTED LIVING & MEMORY CARE



21 Miles North of Klamath Falls | 888.552.6692 | klamoyacasino.com | See Bonus Club for Complete Details



Senior Day

EVERY MONDAY
8am-Midnight

Earn **2 points**, get
\$5 Free Play.
(May only redeem once per day)

Hot Seats
Noon-3pm (every half-hour)
April 5, 12, 19, 26

Win **CASH** or
FREE PLAY

Tag-A-Friend
April Only
Noon-3pm



NEW MEMBERS

can win up to
\$250
Free Play
and Earn up to an additional
\$50
Free Play

THURSDAY KIOSK GIVEAWAY

April 1, 8, 22, 29 | 10am-8pm
(NO KIOSK ON APRIL 15)

Earn 50 points between 10am-8pm.
Win Prizes, Cash & Free Play.
Prizes: Lap Blankets, Ruanas, Back Sacks, T-Shirts
(Prizes while supplies last)

WIN UP TO \$50 CASH
(May only win once per day)

HOPPING HOT SEATS SUNDAYS

April 4, 11, 18, 25 | Noon-4pm

Drawings every half-hour from Noon-4pm. Winners will "Pick a Bunny" to determine their prize amount in Free Play or Cash.

\$50 Free Play	\$75 Free Play	\$100 Free Play
\$50 Cash	\$75 Cash	\$150 Free Play
\$75 Free Play	\$75 Cash	\$200 Cash

WIN UP TO \$200 CASH
(May only win once per day)

TRIPLE POINTS DAYS WEDNESDAYS

April 7, 14, 21, 28 | 10am-8pm



Earn 3X Points playing with your Bonus Card.

FRIDAY EGGSTRAVAGANZA

April 9, 16, 23, 30 | 6pm-9pm

Ticketed drawings every half-hour from 6pm-9pm.
Beginning **April 1**, every 10 points earned will get one entry for the drawings.

6:00pm - \$150 Free Play	7:00pm - \$200 Free Play	8:30pm - \$500 Cash
6:30pm - \$150 Free Play	7:30pm - \$250 Cash	9:00pm - \$1000 Cash
	8:00pm - \$500 Cash	

WIN UP TO \$1,000 CASH
(May only win once per drawing day)

MANDATORY All Guests and Team Members will have:

WHEN ENTERING

Their temperatures checked



Must wear a mask



Maintain a minimum of 6ft. distance from others.



No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.