

**AUGUST 2021**

**FREE  
Take  
One!**



**Join us  
for Bingo**

*See page 11*

# *Active* Seniors

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

FIND YOUR PURPOSE



## Who serves on our volunteer board of directors

**Greg Dolezal, president**  
**Ernie Palmer, vice president**  
**Kathy Morris, treasurer**  
**Holly Montjoy, MD, secretary**

**Jennifer Little**  
**James Calvert, MD**  
**Drew Humphey**  
**Michelle Phelps**  
**Valerie Franklin**

### There are many ways to serve

**Call Ginnie Reed, our volunteer coordinator**

**At 541-883-7171, ext. 128**

## VOLUNTEERS NEEDED!



# KLAMATH BASIN SENIOR CENTER

NOW TAKING  
APPLICATIONS FOR:

- Transportation
- Computer Tech
- Light Housekeeping
- Yard Work
- Handyman
- Meals on Wheels Driver
- Companionship
- Shopping
- Phone Calls
- Office Assistant
- Meal Prep
- Kitchen Assistant
- Arts & Crafts
- Gift Shop
- Class Instructor

JOIN US AS  
A VALUED  
VOLUNTEER

YOU  
CAN HELP  
OLDER ADULTS  
KEEP THEIR  
INDEPENDENCE

WE NEED YOUR HELP

541-883-7171  
2045 Arthur Street



SENIOR Center receptionist  
Rolland Bailey

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

### Contact information

Transport Dispatcher —  
Cindy Dupart  
541.850.7315  
Bingo Information —  
Linda Breedon:  
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](http://www.KlamathSeniorCenter.com)

All content for this publication has been provided by the Klamath Basin Senior Citizens' Center. For questions, suggestions and general information regarding this publication, please contact the Klamath Basin Senior Center at 541.883.7171.  
Produced in conjunction with the Herald and News.

Welcome

# It's all about trust, staying connected

Over the last month I have encountered a number of editorial comments on the subject of trust, all reporting that the American people have lost their trust in government and its institutions.

Reportedly this has been building for over a century, but more so since the '70s. It became much more evident throughout the political campaigns leading up to the elections last fall and throughout the pandemic with its ever changing messages relating to how to protect ourselves.

Whatever the reason, and irrespective of how much trust has been lost, one thing is sure in my mind, we must come together and rebuild. It's the only way we can beat the pandemic and the many other crises that may lay ahead.

Many folks have expressed to me over these past months that they just don't listen to the news anymore. Can you blame them? What's true and what's fake?

But in each case I have always heard that they have bolstered their reliance on family and close friends. They have not given up on the value of connectedness, the fact that we are social beings, and the need for trust at some level. It is where we have hope to begin rebuilding our faith and trust in the greater community and the institutions that we so need to sustain us.

I have been proud of the Klamath Senior Center's board of directors over the last year for their consistency in insisting that we set our own standards for managing the pandemic. While the guidance from others has wavered on the need to wear masks, our board has stayed the course and acted in favor of protecting the health of our patronage. Masks will continue to be required at the center for some time it appears, and we ask that our patrons trust in our good and consistent judgment on this matter.

Our Senior Center is moving ahead, thinking that, while things may never be the same, there is value in bringing seniors together here at the center. We replaced the roof and HVAC systems this last year, and now the board has approved at least a dozen other projects to improve both our facilities and programs.

In addition, we continue to foster a growing army of volunteers



Marc Kane, Center Director

that not only serve here at the center but who venture out throughout the community to deliver meals, help with chores and many other services, or to simply visit and maintain that connectedness that is so necessary to our wellbeing. Maintaining that connectedness is what will also rebuild our ability to trust each other at both the local and national level.

I suspect that many reading this are frustrated in dealing with the pandemic and leery of inconsistent messaging. To that I say, jump back into the community here in Klamath and take up a new volunteer activity.

Focus on local needs and start rebuilding your own connections and that of those you may serve.

**JOIN US IN CELEBRATING LIFE  
AND KEEPING OUR COMMUNITY SAFE**

**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*

## Lakeview Senior Center

### August 2021 Events

Congregate Meals being served on Mondays & Wednesdays in the dining room. Friday's-B B Q to go or eat in dining room. Every Friday!!

We provide home delivered meals weekly.

**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 a.m. and 1 p.m.

Second Tuesday Klamath Falls shopping trip. May schedule medical appointments between 10 a.m. and 1 p.m. Wednesdays all month is free monthly shopping trips from Christmas Valley to La Pine.

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

#### Outback Thrift Shop is OPEN

10 a.m. to 2 p.m. on Tuesdays and Thursdays with a whole new look and an easier way to find things. We are following Covid-19 precautions. Masks are required. Follow our Facebook page for more information about our sales, etc.

11 North G Street, Lakeview, OR 97630  
541-947-4966 ext. 101 FAX—541-947-6085



## Congregate meals are back!

### LUNCH IS SERVED!!

July 26 marked the reopening of the Senior Center lunch meal. There are a few changes such as a new salad bar, seating arrangements and some new faces. Our lunch guests will be served from the salad bar. It is no longer self-serve. Just tell the server what you would like from the choices available. Please respect the seating arrangements. Do not move the chairs. Please see our menu on Page 15.



Lunch is served from 11:30 a.m. to 12:30 p.m.

Monday Friday. A suggested donation of \$5 is accepted. Masks MUST be worn at all times while visiting the Senior Center (Even in the dining room).

Welcome back. We Celebrate Life!

## Older adult services starting again at Senior Center

Older Adult groups will be starting again at the Senior Center the week of August 16. All groups will be held in the downstairs conference room. Older Adult counseling and referral services will be starting again too. The counseling and referral services will be offered by appointment.

#### Older Adult Groups:

**Dementia Support Group:** Monday, August 16, 9:30 to 10:30 a.m.

This group is for people who are providing caregiving to someone who is living with dementia. The group offers the chance to talk to others who are in a similar position and learn new skills to provide care to your loved one as they move through the stages of dementia.

**Buried in Treasures Support Group:** Monday, August 16, 10:45 to 12 noon

This group is for people who have too much stuff in their home. This is a 16-week group. This group will help people learn the skills needed to get rid of the stuff that might be cluttering your home and your life.

**Death Café:** Friday, August 20, 9 to 10 a.m.

This is a group for discussing death: worries, fears, hopes, beliefs. It allows people to talk about death in an accepting atmosphere.

**Circle of Friends:** Friday, August 20, 10:30 to 12 noon

This is a group of people who join together for 12 weeks in order to meet new people. The group does interactive activities.

To sign up for a group or counseling and referral services, please contact: Kathleen Rutherford at 541-622-9562 or krutherford@kbbh.org



## AARP THANKS YOU FOR WAITING !

### AARP Driver Safety classes are back Sept. 1

Klamath Senior Center is proud to announce 2 scheduled classes. Class limit is 12 each. September 16 and 23 from 9 a.m. to noon and October 21 and 28, 9 a.m. to noon

**YOU MUST ATTEND BOTH CLASSES.** Bring AARP membership card.

Cost: \$20 for AARP members \$25 for non-AARP members

## Muffin Mondays are back

Starting Monday, Aug. 2  
Muffin Monday's will return for all you Vets. Join us at the Senior Center 10 a.m! See you there.

## 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.

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of the  
**GOOD SHEPHERD**  
The Different Funeral Home

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

## SHIP TALK

# What about supplements?

Medicare Parts A and B pay just 80% of allowable charges. The other 20% is up to you. This can be pretty daunting if you have large expenses. And this is primarily where the supplemental insurance comes in. Before going any further, I need to point out that Medicare supplements are often referred to as Medigap. I personally do not use this term because it can be misleading. With a few exceptions, it does NOT fill the gaps which Medicare doesn't cover. If Medicare doesn't cover a procedure, generally, your supplement won't cover it either.

So how does Medicare supplemental insurance work? What does it cover? (Depending on the plan you choose.)

Part A coinsurance and deductibles.

An additional 365 days of hospital costs after the lifetime limits on Part A coverage is reached.

Part B coinsurance (20%).

Additional costs you may incur from a doctor who is not a participating provider in Medicare and who charges more than the amount Medicare agrees to pay. (This does not mean Medicare is not valid, it means that you have to do your own paperwork.) But your supplement pays the extra charges.

- Hospice coinsurance (if any).
- Skilled nursing facility coinsurance.
- 80% of emergency care in a foreign country, or
- Blood transfusions.

However, there's much more you should know about supplemental plans. They are sold by private companies and can refuse to insure you with pre-existing conditions — EXCEPT — the guaranteed issue periods (GI) — no questions asked. Remember this is not "Obama Care" (Affordable Health Care Act). That's for the uninsured. You ARE insured by Medicare, except that Medicare pays only 80%. Your supplement pays the balance. This GI period is the first six months after you start Medicare.

During this six-month period a supplemental plan cannot refuse you nor can they ever terminate you, so long as you pay your premiums. If you don't get it then, you may never have another chance. Couple of exceptions: If you started Medicare early due to disability and did not purchase a supplement, you have another six-month GI when you turn 65.

Or if you lose your supplement through no fault of your own. Examples are the company goes out of business or you move to a new area where your plan is not sold. In these examples you have a 63 day GI period to get a new plan.

Last but not least, there's the Birthday Rule. This means you have 30 days after your birthday to SWITCH plans guaranteed issue. Not to initiate, but to switch plans if you already have one.

Call us if you want some Medicare counseling. We're at the Senior Center 541-883-7171. Counselors are trained and certified by the national SHIP program.

— Anne Hartnett

SHIBA Coordinator (Senior Health Insurance & Benefits Assistance)



# SAIL



## Fun to exercise with others

You are invited to join the friendly people in our SAIL classes and discover how much fun it is to do your exercises with others. You can improve your strength, flexibility, balance, and coordination in a very short time if you participate three times a week. Come join us.



SAIL Classes are:  
Monday, Wednesday and Friday from 9 to 10: a.m. and 10:30 to 11:30 a.m.

See our video at [klamathseniorcenter.com](http://klamathseniorcenter.com).  
Click on Health & Exercise, then SAIL exercises.

You can start right away.

A two dollar donation is appreciated.



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](http://KLAMATHEYECENTER.COM) | 541.884.3148

# Tina Mahacek

## In loving memory

Tina was the Tai Chi Instructor for the Senior Center for many years. She touched the lives of so many on a spiritual level through her teachings and her daily life. She had a gift for art and a thirst for knowledge.

Being a child of the planet, she loved to travel, empower people and be one with the animals and the universe. Tina was engaged in life and perhaps her greatest gift was her love for all people and things great and small.

She will be missed.

The following passage is from Tina's memorial service at the Grandmother Tree:

*On the 71st year anniversary of your birth and the 12th day anniversary of your death,*

*In April, as you struggled with the reality of your growing physical limitations, I made you a personal vibrational essence blend—*

*Letting Your Spirit Shine Through...*

*Right Now:*

*Throw away the oars and let the boat take you where it will*

*I held you in my heart and intuitively was led to the essences to include.*

*Some of the things they supported in you in this time were:*

*"Burning through issues in your emotional life"*

*"Allowing you to release quickly things that are willing to fall away"*

*"Dissolving into the moment"*

*"Expanding your awareness of continuity*

*and change on this planet"*

*You received it as you've received gifts all of your life, with joyful gratitude and an eye to all it brought to you.*

*Now, you are finally flying free. You've always lived with a deep sense of freedom, even though it was held up by lingering heartache from your younger years.*

*But you, like the bee, moved freely from one tasty, interesting morsel to another. A beautiful artist.*

*Listening patiently. Healing with your hands and heart. Doing whatever needed to be done in your own creative way.*

*Whenever possible, you worked doing exactly what you loved, in your own slow pace.*

*Following moment by moment guidance, you figured out how to do whatever was necessary.*

*Now you are finally free to fly WHOLE. With ease of movement. Thank you for all the doors and magic you opened for me and for so many.*

*In that way, you live on. Free in us too. Here under the Grandmother Tree, we gather to honor your flight.*

*May you join Don and the dogs you so loved.*

*Thank you for bringing so many of us together and enriching our lives.*

*I'm so glad our paths crossed in Klamath.*

*Blessings, Nancy*



# What are midges?

Midges are gnat-like two-winged flies in the order Diptera, which encompasses a wide range of individual species. Many people find these flies to be extremely annoying and unpleasant, and there are fortunately a number of ways to deal with them. It also helps to remember that although midges are irritating, they are essentially harmless, and they do not carry any known diseases.

Midges are known for biting people and animals, typically causing some skin irritation, but no lasting damage. Gall midges will create areas of swelling in plants with their larvae, but they are not generally harmful to people, while non-biting midges are exactly what they sound like.



Like their relatives the mosquitoes, midges breed and hatch in water. As a general rule, these insects are found around large bodies of water, especially if the water is stagnant, and they tend to come out in the warm weather, often forming thick swarms which are not very enjoyable to look at or walk through. They are much smaller and more fragile than mosquitoes.

Some topical insect repellents work on midges, as do things like citronella candles. The flies are also very attracted to bug zappers, which should be located far from the house so that people do not deal with the resulting swarm.

They are also attracted to light, leading many biologists to recommend that people wait to turn on outside lights at night until the cool of the evening has set in, causing most of the midges to retire for the night. It is also a good idea to locate light fixtures away from doorways and outside lounging areas, although the light can be aimed into these regions so that people can see.



## There Are Many Reasons To Call Rogue River Place in Klamath Falls "Home Sweet Home."

Choose to make your new home at the beautiful Rogue River Place, located in Klamath Falls down the street from Black Bear Diner. You'll find a compassionate care team and a friendly community where daily life is sweet.

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Call 877-302-5471 today to schedule your personalized visit and receive a complimentary freshly baked pie.

**Rogue River Place**

Senior Living



2437 Kane Street  
Klamath Falls, OR 97603  
541-882-0440

enlivant.com



## Volunteers needed

### The Foster Grandparent Program

Do you know a neighbor, a friend, or a family member that would enjoy working with children?

How about you?

Foster Grandparents are senior volunteers age 55 and above. They act as role models and mentors to children in local schools and community non-profit programs.

We are accepting applications for Klamath County today.

Please call (541) 539-1208 for more information.

#### Benefits include:

- Non-taxable stipend
- Mileage reimbursement and insurance
- Free annual physical
- Personal time off
- And more!

One W Main Street  
Suite 303  
Medford OR 97501  
(541) 857-7786

Klamath County  
(541) 539-1208

Community Volunteer Network

A PRS Organization



## Questions about Medicare? We have answers!



## Your "One-Stop" Medicare Shop Medicare Classes Coming Soon!

541-882-6476  
4509 S. 6<sup>th</sup> Street, #201  
Klamath Falls, OR 97603

## Vaccinations bring us closer

### ... and so do meals

On July 26, the Klamath Senior Center reopened its congregate meals program after more than 15 months of suspension due to the pandemic. Over 60 people attended the first day. The previous year's average daily count was closer to 100, but we expect that the count will recover once the word is out. Protective measures are still in force at the Senior Center that require the wearing of face masks and safe distancing. Dining tables are arranged with the safety of our patrons in mind, and the service procedures with a new protected and serviced salad bar are a welcome addition. Please come, but please remember meals bring us closer and temporarily unmasked. We are hopeful that all who come will have been vaccinated against the COVID-19 virus, and that those with a cough or fever and probable infection not come without medical review and approval.

There are lawn signs appearing around town with the message that reads "Vaccinations Bring Us Closer." This only works if the population is generally cooperative. As of this writing less than 48% of Klamath County residents age 18 and over have been fully vaccinated. Over all age groups the percentage is less than 40. That's a statistic way too similar to other parts of the country where the Delta Variant is causing mass infections and probable newly imposed restrictions for the safety of the public.

We are proud of our older adult population in Klamath County among which the vaccination rate is much higher, and they are doing their part to keep our county safe and open. We are hoping the general population will follow their lead and help keep the senior center and other services open.

There's a virus among us. Which one has the virus? Sound familiar? I remember the fungus tune of years past. It sounds way too facetious today as the new variant is much more contagious and the symptoms much worse. We need to get serious if we are to finally beat this

### Make an appointment to get vaccinated

**Walk in at:** The Merrill or Bonanza Clinics; Albertsons; Walmart; Sky Lakes' Walk-in clinic at the former Cascades East Family Medical Clinic.

**Schedule an appointment by phone:**

■ Call the Sky Lakes Medical Center appointment line at 1-833-606-4370. Vaccines are also available at all of Sky Lakes' primary care offices and at Cascades East Family Medical Clinic.

■ Call Klamath Open Door at 541-851-8110 or Chiloquin Open Door at 541-783-2292

■ Call Sanford Children's Clinic at 541-851-4800. (Serving their existing patients only)

■ Call Wholesome Family Medicine at: 541-851-9320. (Serving their existing patients only)

■ Call One Peak Medical at 541-204-4493.

**Schedule online:**

■ Visit Klamath Tribal Health & Family Services' website at <https://www.klamathtribalhealth.org/>.

■ Albertson's: <https://www.mhealthappointments.com/covidappt>.

■ Bi-Mart: <https://www.bimart.com/pharmacy/covid-19-vaccine>.

■ Fred Meyer: <https://www.fredmeyer.com/covidvaccine>.

■ Rite Aid: [www.riteaid.com](http://www.riteaid.com).

■ Walmart: <https://www.walmart.com/cp/1228302>.

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

thing, and not let our guard down too soon.

We were hesitant to reopen some programs at the senior center but we are doing so with what we hope are acceptable protective practices and with the trust that county residents will all do their part. Please get vaccinated. Vaccinations clinics are available around town including at most pharmacies.

— Marc Kane, Executive Director  
Klamath Senior Center

## Everything you never wanted to know about ticks in Oregon

As the weather gets warmer and more people venture out into their back yard or favorite hiking trail, the risk for people picking up a tick and contracting a tick borne illness like Lyme disease rises. But how bad is Lyme disease, and what are your chances of picking up a tick this year on your outdoor adventures? And more importantly, how do we prevent tick bites in the first place? This is everything you never wanted to know about ticks in Oregon.



### PREVENTION IS KEY

Ticks can be found everywhere in nature, not just in the woods or fields. Ticks are often found in back yards in cities. The best way to prevent a tick borne illness is to prevent being bitten in the first place. Here are some tips:

Keep the grass mowed down in your yard and remove old furniture and trash from your yard that may give ticks a place to hide.

When out in nature avoid walking through tall grasses, weeds, and low bushy areas. If you must hike through tall grasses or low bushes, wear light colored clothing (to help you spot ticks if they reach out and latch on to you), wear long sleeves and tuck your pant legs into your socks.

Use bug repellent that specifies that it repels ticks.



**KLAMATH HOSPICE**

# Muffin Monday

## Veteran's Group

10:30-11:30 a.m.  
Senior Center  
2045 Arthur St.



**Every Monday**  
**Coffee • Muffins • Conversation**

For more information:  
**Jennifer Smith • 541-882-2902**  
[jsmith@klamathhospice.org](mailto:jsmith@klamathhospice.org)

**www.klamathhospice.org**



WE HONOR VETERANS

# August



Eat Ice Cream!

WE CELEBRATE LIFE 2021

## We are OPEN for Lunch 8/2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sisters Day 1 	Watercolor 10 am 2 SAIL 9 & 10:30 Golden BINGO 12:30 Yoga 5 pm/Library 9:30	Tai Chi 10 am 3 Oi Bong 2:30 pm Pickel Ball 4 pm	SAIL 9 & 10:30 4	Library 1:30-4pm 5 Bingo Golden Age 12:30 BINGO Fundraiser 4:30	SAIL 9 & 10:30 6 Library 9:30 – 1 Pickle Ball 1:30 pm	Nickel BINGO 10 am 7 BINGO Fundraiser 4:30
Fried Chicken & waffles Day 8	Watercolor 10 am 9 SAIL 9 & 10:30 Golden BINGO 12:30 Yoga 5 pm/Library 9:30	Tai Chi 10 am 10 Oi Bong 2:30 pm Pickel Ball 4 pm	SAIL 9 & 10:30 11	Library 1:30-4pm 12 Bingo Golden Age 12:30 BINGO Fundraiser 4:30	Left Handers Day 13 SAIL 9 & 10:30 Library 9:30 – 1 Pickle Ball 1:30 pm	Nickel BINGO 10 am 14 BINGO Fundraiser 4:30
Panama Canal 15	Watercolor 10 am 16 SAIL 9 & 10:30 Golden BINGO 12:30 Yoga 5 pm/Library 9:30	Tai Chi 10 am 17 Oi Bong 2:30 pm Pickel Ball 4 pm	SAIL 9 & 10:30 18	Library 1:30-4pm 19 Bingo Golden Age 12:30 BINGO Fundraiser 4:30	SAIL 9 & 10:30 20 Library 9:30 – 1 Pickle Ball 1:30 pm	Nickel BINGO 10 am 21 BINGO Fundraiser 4:30
Be an Angel Day 22 	Watercolor 10 am 23 SAIL 9 & 10:30 Golden BINGO 12:30 Yoga 5 pm/Library 9:30	Tai Chi 10 am 24 Oi Bong 2:30 pm Pickle Ball 4 pm	Kiss & Make-up Day 25 SAIL 9 & 10:30	Library 1:30-4pm 26 Bingo Golden Age 12:30 BINGO Fundraiser 4:30	SAIL 9 & 10:30 27 Library 9:30 – 1 Pickle Ball 1:30 pm	SMILE 😊 28 Nickel BINGO 10 am BINGO Fundraiser 4:30
	Watercolor 10 am 30 SAIL 9 & 10:30 Golden BINGO 12:30 Yoga 5 pm/Library 9:30	Tai Chi 10 am 31 Oi Bong 2:30 pm Pickel Ball 4 pm				

## Klamath Senior Center August 2021 Calendar of Events

### MONDAYS

Muffin Monday, 10 a.m.

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

### TUESDAYS

- TAI CHI 10 a.m. with Cher Owens

- Qi GONG 2:30 p.m. with Rachel Stephens

- PICKLEBALL, 4 p.m.

### WEDNESDAYS

- SAIL classes 9 to 10 a.m. and 10:30 to 11:30 a.m. with Mary Noller

### THURSDAYS

- BINGO Fundraiser open at 3:30 p.m. call at 6 p.m. Limited to 50 people, limited kitchen services.
- Golden Age Club BINGO, card games 12:30 p.m.
- Library, 1:30 to 4 p.m.

### FRIDAYS

- SAIL classes 9 to 10 a.m. and 10:30 – 11:30 a.m. with Mary Noller
- LIBRARY 9:30 a.m. to 1 p.m.
- PICKLEBALL Starting 1:30 p.m.

### SATURDAYS

- BINGO Nickel Bingo open at 10 a.m. call at 11:30 a.m.
- BINGO Fundraiser open at 3:30 p.m. call at 6 p.m.

## Writer's Corner

Expressions of  
Heart and Mind

### The Dog's Days of Summer: Heat Management

By Gary Hartter

*I watch my three dogs, "The Girls", I like to call them, in the heat wave. They handle it the best way they can. Maybe I can get a clue?*

*First, there's Gramma Lab, a Black Lab, who likes to spend the days outside on the deck in the shade of a juniper. Her coat is so thick that I can't imagine how she can cool off at all. Sometimes, in extreme heat, I help her by mopping her down with a cool wet towel.*

*Then there's Beth, a Borador (Border Collie/Lab mix), who looks like a smaller version of Gramma Lab. Her coat is less wooly, probably due to the Border Collie in her. But those genes don't seem to help her much. She has taken to digging down to where the cool moist earth is found and curling up inside the hole.*

*Lastly, there's Maggie, an English Setter. I had her groomed from a Setter cut to a summer cut, so now she looks like a skinny, short haired pointer. She cools down by drinking lots of water and panting so hard and fast that she sounds like a chugging steam engine. She reminds me of the song "Locomotive Breath" by Jethro Tull.*

*All three dogs have their own best methods to manage the heat. I just need to find mine, as I stand here in the sun and heat, panting like some kind of ancient train and contemplating digging to China. I decide it's too much work. I'll just grab a cold drink and go sit in the shade with Gramma.*

#### Back In Time

My mind travels back in time  
As freshly cut hay fills the air  
Not so easy, my parents would find  
But to this child, there wasn't a care

Running through fields near the sprinkler lines  
Alfalfa, grain and grass would grow  
Riding on the tractor with the baler behind  
As round and round Dad would go

Fresh lemonade awaits in the shade  
Bales stacked high in the barn  
Another meal Mom lovingly made  
A day in the life on the farm

I see many stories as I close my eyes  
Feelings that run so deep  
As the season of summer in the Basin arrives  
Priceless memories, I'll forever keep.

Sharon (Johnston) Pappas

©

### Mumkin's Recipes For Life...



**When 'stumped' – Don't know what to do  
Say a prayer and a decision will  
come to you.**

Sharon (Johnston) Pappas

### The Big Screen

By Gary Hartter



*There is a beautiful full moon performing in the sky tonight.*

*I can see her, Luna the leading lady, through the junipers surrounding my deck.*

*Usually, she is accompanied by a supporting cast, made up of a multitude of twinkling stars.*

*In the spring and summer the Big Dipper appears, to co-star with her. In the fall and winter, Orion becomes her leading man.*

*The celestial melodrama forever plays on the big screen overhead.*

*My front row ticket is always free. Just look up.*



# Catching up with Rudy Thompson in his 108th year

In my column of June 2018, I introduced you to 105-year-old Rudy Thompson — a bright, active man. He had just become a participant in Boston University's Centenarian Study of people 105+.

I recently phoned Rudy, now 108, to see how he is doing. He's still in the Boston University study, continues to live on his own, does his own cooking and as in 2018, he continues to host dinners for his women friends.

He no longer drives although his license has not expired. His son or friends take him grocery shopping, to doctor appointments and to his cardio rehab at the local hospital. There, he strength-trains on machines and with stretch-bands; then does stretching and breathing exercises.

After my visit in 2018, Rudy had heart surgery. He mentions a distinction: he is the oldest person in the world to receive a new heart valve through a vein in his groin, the TAVR method. He's fully vaccinated against COVID; and, he just had his first shingles shot. His balance is a little off and his hips give him trouble--bone-on-bone, so he uses a 4-wheeled walker. Amazingly, he's not had any joints replaced.

Representatives from Boston University personally visited him last year and they contact him periodically. Interesting findings in this long-term study are published at: <https://www.bumc.bu.edu/centenarian/>

Another distinction he shared: he is Oregon State's oldest living degree-holder. He visited the campus in 2019, met with the College President and was honored by the Alumni Association. He made the front page on the Corvallis Gazette-Times on September 4, 2019, and the Winter 2020 issue of the alumni newspaper, Oregon Stater.

He has three self-published books for sale on Amazon and has two more he's working on. One is an account of his life before he turned five on the homestead in Lincoln County. Yes, he does remember that far back.

I asked what he's reading. He answered, "Ship of Gold in the Deep Blue Sea: The History and Discovery of the World's Richest Shipwreck," by Gary Kinder—527 pages.

It was an honor to speak with Rudy. He is articulate and in tune with today's world. He keeps up with TV news and newspapers, politics, and societal changes. He maintains social connections, keeps in touch with relatives or they with him, attends picnics held by the Sons of Norway; and, still has a nip of Scotch or red wine in the evening.

People ask him, "What's your secret?" He says, "Parents with good genes."



## Blue Zones report

*By Nancie Carlson,  
Health and  
wellness  
counselor*



**THURSDAYS AND SATURDAYS**

**AT THE SENIOR CENTER**

**541-833-7171**

**THURSDAY Bingo Fundraiser**

open at 4:30 p.m. call at 6 p.m.

**SATURDAY Nickel Bingo**

open at 10 a.m. call at 11:30

**SATURDAY Bingo Fundraiser**

open at 4:30 p.m. call at 6 p.m.

**Masks and 3-foot distancing are required**

**Seating is first-come, first-served.**

**Snack Bar open**

**SENIOR CENTER  
FUNDRAISER**

## Legal services available for seniors

Klamath and Lake Counties Council on Aging (KLCCOA) provides legal services for seniors in Klamath and Lake Counties that are 60 and older or disabled and lives with a senior 60 and older.

Funding is available for the following types of legal services related to:

- Income & public housing
- Guardianship actions
- Long-term care
- Health care
- Protection from abuse and/or neglect
- Utilities
- Age discrimination

If you need any of these legal services please call the KLCCOA office at 541-205-5400.



## Your first choice for end-of-life care and support.

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Volunteers  
Medication Management  
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## The Bookie Joint is looking for volunteers

The Bookie Joint, Friends of the Library used book store, is seeking volunteers. Especially needed are volunteers for Saturdays from 10 a.m. to 2 p.m.

Typically, a volunteer works just one day per month unless they wish to add more days.

Located in the main library in downtown Klamath Falls, with entrances connecting to the library and facing South 3rd Street.

### Bookie Joint Hours

**Tuesdays:** 10 a.m. to 2 p.m.

**Wednesdays:** 10 a.m. to 2 p.m.

**Thursdays:** 10 a.m. to 2 p.m.

We also have a “books for a buck” cart inside the main library during all library open hours.

All proceeds support the Klamath County Library.

### Current Special

Fiction Books are just 25 cents each for a limited time!  
Another biggie--the Dolly Parton Imagination Library <https://imaginationlibrary.com/> is supplying free monthly, age-appropriate books for kids in the county ages 5 and under.

Pick up a volunteer application at the Circulation Desk, Main Library or at any branch library, or download an application at <https://klamathlibrary.org/iwant/volunteer-or-work-library>.

For more information, email: Polly Strahan  
at [pollystrahan@gmail.com](mailto:pollystrahan@gmail.com).

# Summertime safety

It's summertime and the living is easy. Or at least that's the way it was back in the day. As we age, we get more susceptible to heat and sun-related health issues like heat stroke and skin cancer.

This coupled with the extreme heat and drought that the Pacific Northwest has faced this summer make summertime living not so easy. Not to mention the wildfires that have become a common occurrence with fire season beginning earlier each year. Let's take a look at ways to stay safe and enjoy summertime.

## HEAT

We've had an unusually hot summer breaking record temperatures across the Pacific Northwest. July's heat wave killed hundreds of people and billions of sea creatures were cooked alive on the coast. When heat waves strike, we need to be prepared. Here are ways to deal with extreme heat:

- Find air conditioning
- Avoid strenuous activities
- Wear light clothing
- Have family members check on you and check on others
- Drink plenty of water
- Watch for heat cramps, heat exhaustion and heat stroke
- Never leave people or pets in a closed car
- Get more information at [ready.gov/heat](https://ready.gov/heat).

## SUN

Klamath Falls is Oregon's city of sunshine because we get over 300 days of sunshine per year, but during the summer months, that sunshine can beat down especially hard. Did you know that 1 in 5 Americans will develop skin cancer by the age of 70? Don't be a statistic. Here are a few ways to protect yourself from the sun:

- Use a broad spectrum sunscreen regardless of weather
- Apply sunscreen at least 15 to 30 minutes before going outside
- Wear hats and sunglasses
- Be careful around reflective water and sand
- Limit time outside between 10am to 4pm when the sun's rays are the most intense

## WILDFIRE PREPAREDNESS

Wildfire Season continues to grow longer and more aggressive every year. With the season starting sooner, ending later and burning more acres. Hot, dry conditions and the drought make for a tinderbox, we never know when a wildfire might strike. That's why it's important to always be ready to go. Here are some pointers for being prepared for wildfires:

- Create defensible space around your home. The less fuel to burn around your house the better chance firefighters will have of defending it.
- Have a to go bag ready packed with face coverings, non-perishable food and water, map with at least two evacuation routes, prescriptions, change of clothes, eyeglasses or contact lenses, extra set of car keys, credit cards, cash or traveler's checks, first aid kit, flashlight, battery powered radio and extra batteries, sanitation supplies, copies of important documents, and pet food and water.
- Know your escape routes out of your house and out of your neighborhood/town.
- Protect yourself from wildfire smoke. Keep your indoor air as clean as possible and limit time outside when air quality is poor.

To learn more about wildfire preparedness go to [readyforwildfire.org](https://readyforwildfire.org).

— Jesse Wilkie, Blue Zones

## COOLING STATIONS

The Klamath County health Department has identified the following indoor sights as informal cooling centers:



- The Klamath County Library located on Klamath Avenue.
- The Klamath Senior Center located on 2045 Arthur Street near the fairgrounds
- Fred Meyer store who is offering a free water station. They have a seating area near Peet's Coffee. They are open 7am-10pm.
- Walmart on Washburn Way open 24 hours. They also have two seating areas.
- Gospel Mission open for people to hang out in their day rooms from 9 am until 6 pm. 1930 S. 6th St.

## THEY SAY AGE IS JUST A NUMBER.



Complete the free Real Age survey today and take control of your well-being!

[bzpklamathfalls.sharecare.com](https://bzpklamathfalls.sharecare.com)



## DONORS REPORT

# Thank you to Klamath County for taking the lead

A pledge from Klamath County Government was the first received in this year's campaign to raise \$120,000 from foundations and corporations. Klamath County has led the way most years. We are especially grateful for their lead because it communicates to our other grantors that we are recognized locally for the value of our services to the older adults of Klamath County. This helps us lever grants from others who may not know us first hand as well as our County Commissioners do. Thank you to Commissioners Minty-Morris, Boyd and DeGroot for their leadership and to all of Klamath County who support us in this way. Do you know of others that would support us? Please recommend their support.

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. June donations of \$2,610 were received from the following organizations and individuals:

First Presbyterian Church	Howard McGee	Patricia Henderson
Anonymous	Paulette Banes	Mary Reta
Refuge City Church	Rose Chapman	Annette Henderson
Dorothy Winters	Isabelle York	Joe Primm.
Mary Washburn	Joyce Moore	Albert & Delores Errecart
Jon Schnebly	Cheryl Gibbs (1)	Nicky Prentice
Ernie Palmer	Connie Boone	Mary Waters

Unidentified contributions in June for meals, transportation and other services amounted to \$804.62

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

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3 of this publication.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

## Fresh Fruit Salsa



Total time: Prep 15 min.

Yield: 5 cups

Thank you Taste of Home and Cheryl Gibbs

1 cup chopped peeled mango

1 cup diced honeydew melon

1 cup unsweetened pineapple chunks

1 cup chopped sweet red pepper

2 large kiwifruit, peeled and chopped

½ cup chopped red onion

¼ cup minced cilantro

1 Tbs. cider vinegar

2 tsp. lime juice

1 tsp. chopped jalapeno pepper

½ tsp. salt

¼ tsp. white pepper

Tortilla Chips

Combine all ingredients in a large bowl. Chill, serve with tortilla chips.

## 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.*

## Menu

### WEDNESDAY, AUGUST 4

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

### THURSDAY, AUGUST 5

Breakfast for lunch, scrambled eggs, hashbrowns, biscuits and gravy

### FRIDAY, AUGUST 6

Au gratin potatoes with ham, veggie, salad bar,

### MONDAY, AUGUST 9

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

### TUESDAY, AUGUST 10

Spaghetti with meat sauce, garlic breadsticks, salad bar/ dessert

### WEDNESDAY, AUGUST 11

Liver and onions, or Chef's choice, veggie, salad bar, dessert

### THURSDAY, AUGUST 12

Polish sausage and sauerkraut, veggie, salad bar, dessert

### FRIDAY, AUGUST 13

Cheeseburgers and fries, veggie, salad bar, dessert

### MONDAY, AUGUST 16

Beefy bean soup, veggie, salad bar, dessert

### TUESDAY, AUGUST 17

Roast pork, veggie, salad bar, dessert

### WEDNESDAY, AUGUST 18

Sloppy Joes with French fries, veggie, salad bar, dessert

### THURSDAY, AUGUST 19

Chili dog with French fries, veggie, salad bar, dessert

### FRIDAY, AUGUST 20

Breakfast burritos, veggie, salad bar, dessert

### MONDAY, AUGUST 23

Meatloaf, veggie, salad bar, dessert

### TUESDAY, AUGUST 24

White bean chicken chili, cornbread, veggie, salad bar, dessert

### WEDNESDAY, AUGUST 25

Ravioli Florentine, veggie, salad bar, dessert

### THURSDAY, AUGUST 26

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

### FRIDAY, AUGUST 27

Beans and ham, veggie, salad bar, dessert

### MONDAY, AUGUST 30

Chili potatoes, veggie, salad bar, dessert

### TUESDAY, AUGUST 31

Pizza, veggie, salad bar, dessert

## Reduce Stress Help Your Body Fight Germs

Stress can impact your bodies ability to fight germs. It is important to practice keeping your stress levels low<sup>1</sup>.

### Common Signs of Stress<sup>2</sup>

- On body: headache, fatigue, muscle tension, chest pain, sleep problems, upset stomach
- On mood: anxiety, restlessness, feeling overwhelmed, irritability, anger, lack of motivation, lack of focus, sadness, depression
- On behavior: social withdrawal, angry outbursts, overeating, undereating, exercising less often, drug misuse, alcohol misuse, tobacco use

Every person copes with stress differently. You should try to understand what techniques to cope with stress are best fit your unique needs. Examples should include ways to<sup>3</sup>:

- ✓ **Protect your mental and emotional health**
  - Understand the causes and signs of stress
- ✓ **Know when to ask for help**
- ✓ **Take care of your body**
  - Relax: take deep breaths, stretch, meditate, engage in a hobby
  - Eat healthy
  - Be physically active
  - Have good sleep habits
- ✓ **Connect with friends, family, and others**
  - Talk on the phone
  - Video chat using Skype, FaceTime, GoogleHangouts, MarcoPolo, or Zoom
  - Write a book or short story together<sup>4</sup>
- ✓ **Unwind by doing activities you enjoy**
- ✓ **Keep a sense of humor<sup>2</sup>**
- ✓ **Limit exposure to news**

### Activities to Reduce Stress<sup>4</sup>

- Do puzzles: jigsaw, crossword
- Read: books, magazines, comics
- Write: journal, book, short story, play, poetry, music
- Watch movies
- Organize or fix things you have been avoiding
- Learn something new: calligraphy, knitting, recipe, style of dance, crochet, origami, exercise, music, painting, gardening, language, yoga, photography, drawing
- Color: it is not just for kids

-Patricia Pahl, Quality Management Analyst (Source1: health.harvard.edu; Source2: mayoclinic.org; Source3: cdc.gov; Source4: usatoday.com)



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### RESTORATION FRIDAYS

August 6-27 • 6pm-10pm

**WIN UP TO \$1,000 CASH!**

Starting Sunday, August 1 at 8am, earn one drawing entry for every 10 points. Drawings every half-hour.

(May only win once per drawing day.)

### DRUMMING SUNDAY HOT SEATS

August 8-29 • Noon - 4pm

August 8, 15 & 22:  
Win up to \$200 CASH

August 29:  
**SPECIAL HOT SEATS**

Win up to \$400 CASH or Countertop Pepsi Refrigerator with product

Drawings every half hour.

(May only win once per day.)

### SENIOR DAY MONDAYS

8AM - MIDNIGHT

EARN 2 POINTS, RECEIVE \$5 FREE PLAY. 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.

**HOT SEATS**  
NOON - 3PM

**WIN UP TO \$100 CASH!**  
DRAWINGS EVERY HALF-HOUR.

(May only members/win once per day.)



### THIRSTY THURSDAYS

August 5-26 • 10am-8pm

**EARN UP TO TWO 12-PACKS!**

Earn a prize for every 75 points.

(While supplies last.)

### NEW MEMBERS

**WIN UP TO \$250 FREE PLAY**

Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.\*

**See Bonus Club for Complete Details**

**WHEN ENTERING**  
All Guests and Team Members

Must wear a mask



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