

SEPTEMBER 2021

**FREE**  
Take  
One!



Lets be united.  
Give to the  
United Way



# *Active* Seniors

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

## FIND YOUR PURPOSE

find  
your  
purpose



Volunteers help keep a smile on the face of seniors by delivering hot meals. At times this is the only person they see all day! (Please understand that you do not have to deliver every day – only days that you can make available!) If you do not want to drive you can be a runner. Must have own car. Mileage reimbursement is available for the Meals on Wheels driver only.

**RIGHT NOW WE NEED 3 MEALS ON WHEELS DRIVERS!**

Volunteers are needed in many areas of service. WE ALSO NEED VOLUNTEERS FOR LIGHT HOUSEKEEPING, YARD WORK AND HANDYMAN CHORES.

Contact Ginnie Reed at 541-883-7171 ext. 128  
Klamath Basin Senior Citizens' Center,  
2045 Arthur Street

## 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

### 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](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

# Board is staying the course for safety

The senior center board of directors once again, at its August meeting, reviewed policies here at the center that have been put in place to protect our staff and patrons from what is now a surging pandemic environment.

Our policies have always been somewhat more protective than the guidelines issued by the state, and have been consistently applied. We have stayed the course with a mask mandate throughout the ups and downs of government issued mandates, and we are better off for it. Of more significance is the admirable behavior of our clientele. Most have been fully compliant with very few complaints.

There exists a consciousness here that we all must act for the common good and protection of all. Moving forward we just ask that everyone do what they know is right for everyone's benefit. I will be so relieved when I no longer have to read or write about pandemic issues, but fear it will be some time from now.

The extended pandemic has had a very negative impact on our revenues here at the senior center, but we are managing to keep everyone served, especially in our nutritional services programs like the Meals-On-Wheels program.

Although when we developed this year's budget all seemed to balance out, we did not expect then that the pandemic would extend as long and as seriously as it has. Before the year is over we are going to have to raise more funds than expected when we budgeted, likely another \$50,000 in lost revenue, primarily from curtailed fundraisers.

We have had to increase the starting wage here at the senior center and have recently been able to hire all the staff we currently need to meet the service needs of our clientele. In addition some new folks have stepped up to volunteer, although more volunteers are always needed.

We did raise funds over the last year, when pandemic relief funds were more readily available, to plan for some more capital improvement projects. The county commissioners recently approved a plan for the remodeling of our dining room bathrooms and beverage service counter.



Marc Kane, Center Director

In addition to our annual general fund campaign, we have now also launched a campaign to raise \$158,000 in capital improvement funds.

In short, it is fair to say, pandemic or not, we are moving on into the future with the expectation that we will meet the needs of our elderly neighbors. We trust that our community knows the value of our services and that our community is one that has always risen to the occasion.

On that note I would remind everyone that the United Way campaign is kicking off this month. We achieve meeting our needs here with the close collaboration of a number of other United Way agencies.

Please give what you can this year. You can do that trusting that many agencies collaborate to develop an efficient and effective service system for our community.

**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*

## WHAT'S NEW?

### Room for Improvement

Plans are in the works for more interior improvements at the Senior Center. We don't have a start date yet but plans are being developed to remodel the common area bathrooms and the water/coffee bar in the dining room. This will be a welcome change, providing an updated and much needed face lift. Look for more information in the coming months.

### Circle of Friends

Friday, August 20, 10:30 a.m. 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](mailto:krutherford@kbbh.org)

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## *Don't miss the "Not a Chili Feed" fundraiser*

The Senior Center is hosting a night of fun, games and food.

Join us September 17, from 4 to 7 p.m.

BBQ Chicken or Pork Sandwich  
Cole Slaw  
Baked Beans  
Punch Cake

Live music, pickleball, outdoor rec. area games

Eat inside or drive thru.

2045 Arthur Street, Senior Center 541-883-7171

## Lakeview Senior Center



### September 2021 Events

#### Closed Labor Day, Sept. 6

After a week of housing fire crews, we plan to be open for indoor dining again. Congregate meals being served on Mondays & Wednesdays in the dining room.

**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!)

We provide home delivered meals weekly.

#### **Outback Thrift Shop (Following COVID guidelines)**

Changed to 10 a.m. to 2 p.m. on Mondays and Wednesdays so shoppers can join us for lunch. 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**

## SHIP TALK

# Financing Medicare

I came across some interesting statistics a while back — hope you find it interesting too!

Medicare has grown rapidly since its inception in 1966, rising from 0.71% of GDP in 1970 to 3.73% in 2019. That's a huge leap, compounded by the fact that GDP also grew during that time period. This massive outlay naturally makes it a frequent target about reducing federal government spending. At the same time, Medicare advocates want to expand coverage to include such things as dental, vision, reduced drug costs, etc.

In the early years of Medicare, the rate on the payroll tax (Medicare's main source of funding) was increased a number of times. The baby boom generation and expanded life expectancies were both anticipated in 1965 and discussions about the need for increasing tax rates over time were part of the legislative debate and early planning. But since the last rate increase — all the way back in 1986 — Medicare's share of the population and total spending per capita have nearly doubled.



Where does this leave us today? Some of the need for increased revenue has been filled by general revenues largely because of changes in the health care system. Thus, the share that payroll taxes cover for all Medicare has fallen from 61.8% in 1970 to 36.4% in 2019.

The common view of Medicare is that younger taxpayers are the sole funding mechanism. But, in fact, beneficiaries also contribute to the taxes that fund Medicare — and these contributions have been growing substantially. After many years of Americans retiring early, more people now work past the age of 65 and are contributing. In fact the shares of these taxes paid by working persons over age 65 have increased over time. In 2016, younger taxpayers were responsible for 58.9% of the costs of Medicare while beneficiaries contributed 41.1%. That trend is likely to continue. That's the good news.

However, to ensure future (dedicated) financing for Medicare, payroll taxes and/or personal income taxes will need to be increased. Payroll taxes are popular because they are simple to administer. However, this does fall disproportionately heavy on workers, with no personal taxation from persons with higher income from other sources. A modest increase (for example, a 0.5% point increase on employees and employers could raise substantial new revenues for Medicare's Part A trust Fund. But if Medicare is to be expanded, as advocates keep pushing for, more than this will be required. To be frank, I'm not holding my breath!

I hope you've found this bit of statistics and philosophizing interesting. In the meantime, remember we at SHIBA are here to help you navigate your way through the system. Just call the Senior Center at 541-883-7171 for an appointment with a certified counselor.

— Anne Hartnett  
SHIBA Coordinator  
(Senior Health Insurance & Benefits Assistance)

# SAIL



## Fall-prevention program of exercise

Hi! I'm Mary Noller.

I have been leading the exercise classes at the Klamath Basin Senior Center for 10 years. The other certified instructor has moved away.



I'm hoping to find someone to replace her, someone who would like to take the SAIL training (online). That person would teach one day per week (two classes at 9 and 10:30 a.m.). KBSCC will pay for the training.

If you are interested, call me at 541-281-3810 for details.

New students can start at any time.

Classes are Mon. Wed. & Fri. at 9:00 and 10:30

A two dollar donation is suggested.



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 | KLAMATHEYE.CENTR.COM | 541.884.3148

# ***Klamath Basin Genealogical Society***

Presents the

## ***Annual Genealogy Seminar***

**Saturday, September 25, 2021**

**9:30 a.m. to 3:30 p.m.**

**Klamath County Museum**

**Meeting Room**

**1451 Main St., Klamath Falls**

**Or from Your Home via ZOOM**



***Featuring***  
**Nancy Loe**  
***Sassy Jane Genealogy***

### ***Seminar Schedule:***

Session 1 – 9:30 a.m. to 10:30 a.m.

**Beyond Ancestry: Essential Portals for Genealogy Research**

Session 2 – 10:45 a.m. to 11:45 a.m.

**Ten Skills Every Genealogist Needs**

Lunch – 11:45 a.m. to 12:45 p.m.

Session 3 – 1:00 p.m. to 2:00 p.m.

**Finding European Immigrant Ancestors 1865 – 1920**

Session 4 – 2:15 p.m. to 3:15 p.m.

**Picture This: Organizing Digitized Photographs**

*See Seminar Brochure for more information on each session.*

### **SEMINAR REGISTRATION FEES:**

**\$25 Member    \$35 Non-Member**

**Seminar brochures with Registration forms are available at Klamath  
County Libraries and Klamath County Museums  
or by sending an e-mail request to: [kbgskf@gmail.com](mailto:kbgskf@gmail.com)**

RECIPE

## SOUTHERN PINEAPPLE CASSEROLE



**INGREDIENTS:**

- 1 cup sugar
- 1/3 cup flour
- 2 cups shredded cheddar cheese
- 1 can (20 oz.) unsweetened pineapple chunks, drained
- 1 can (20 oz.) unsweetened crushed pineapple, drained

**TOPPING:**

- 2 ½ cups Ritz crackers, crushed  
(about 60 crackers)
- ¼ cup butter

Preheat oven to 350°.

In a large bowl, mix first 3 ingredients and then stir in cheese. Stir in both cans of drained pineapple.

Transfer to a greased 1½ quart baking dish. In a small bowl, mix crackers and butter. Sprinkle over top.

Bake, uncovered, 30-40 minutes or until topping is brown and cheese is melted. Let stand 10 minutes.

Serves 8.

— A Taste of Home

## 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



## Free Medicare Seminars!

Wednesday Sept 15th and  
Wednesday Sept 29th 1pm – 2pm

**Call us to register seats are limited.**

## Your “One-Stop” Medicare Shop

“Mick Insurance is not connected with or endorsed by the United States Government or the federal Medicare program”.

**541-882-6476**

**4509 S. 6<sup>th</sup> Street, #201  
Klamath Falls, OR 97603**

# FUNKY FINGERTIPS?

What your nails say about your health

Clues about your health could be right at your fingertips. Take a look at your nails. They could give insight about possible health concerns.

Many nail changes are normal and nothing to worry about. But sometimes changes in the way your nails look and grow can be a sign of disease. Nails are actually specialized skin cells. They're made of keratin, a protein also found in your hair and skin.



"Nails aren't just for appearances," explains New York University's Dr. Mayumi Ito, who studies how skin cells regenerate. Your nails protect the ends of your fingers and toes. They also help you grip objects and pick off small things. It would be harder to turn the pages of a book or pick up a thread without fingernails.

The part of the nail you can see is called the nail plate. Nails grow from a region at the base of the nail under the skin called the nail matrix. Here, new nail cells are made and packed together. Older nail cells are then pushed to the surface of the fingertip. Ito was the first to identify the stem cells in the nail matrix that cause nails to grow.

Certain things can affect nail growth. A serious illness or fever can halt the process. The interruption can cause indentations that run horizontally across nails.

These are called Beau's lines. They can also result from injury to the nail, some vitamin deficiencies, and chemotherapy.

Tiny pits in the nail can also be a sign of disease. It's common among people who have psoriasis. Psoriasis is an autoimmune disease that causes red, scaly patches of skin. Nail pitting is also linked to an autoimmune condition that causes hair loss, called alopecia areata.

If your nails start to scoop inward like a spoon, you may not be getting enough iron. Spoon-shaped nails, or koilonychia, can be a sign of iron-deficiency anemia. Because of a lack of iron, your body can't make enough of the molecule that red blood cells need to carry oxygen.

Nail clubbing, where the nail tips enlarge and curve around the tip, is another nail problem. It could be a harmless trait that runs in your family. But it's also linked to lung and heart problems.

Changes in nail color are common. Yellow nails are often caused by nail fungus. In some cases, they can point to something more serious like lung disease.

If you notice your nails have become mostly white, it may just be a sign of aging. But sometimes it's due to serious conditions like liver and kidney disease or diabetes.

Dark streaks running down the length of the nail that appear suddenly should be checked to rule out skin cancer. Certain infections, especially of the heart, can cause red streaks to appear under the nails.

Talk with your health care provider if your nails start to look abnormal. Your doctor may send you to see a dermatologist. This type of doctor specializes in diseases that affect the skin and nails.

— Newsinhealth.gov



## 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



[www.klamathhospice.org](http://www.klamathhospice.org)

WE HONOR VETERANS

## OLDER ADULT PROGRAM

Are you struggling to connect with others?

Are you feeling lonely, sad, or worried?

Are you feeling hopeless about your life?

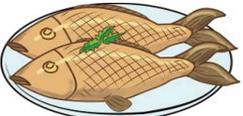
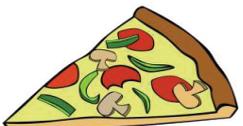


LOCAL  
SUPPORT IS  
AVAILABLE

KATHLEEN  
RUTHERFORD, LCSW  
541.622.9562

You are not alone.



SEPTEMBER 2021 MENU						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<sup>1</sup> Liver & Onions or Chef's Choice  Veggie Salad Bar Dessert	<sup>2</sup> Chicken Stripes French Fries Veggie Salad Bar Dessert	<sup>3</sup> Au Graten Potatoes & Ham Veggie Salad Bar Dessert	<sup>4</sup> 
<sup>5</sup> 	<sup>6</sup> CLOSED	<sup>7</sup> Chicken Fried Steak Mashed Potatoes Gravy Veggie Salad Bar Dessert	<sup>8</sup> Sloppy Joe's  Veggie Salad Bar Dessert	<sup>9</sup> Breakfast for Lunch Veggie Salad Bar Dessert	<sup>10</sup> Beef Goulash  Veggie Salad Bar Dessert	<sup>11</sup> 
<sup>12</sup> 	<sup>13</sup> Mexican Dinner Burritos/Spanish Rice Salad Bar Dessert	<sup>14</sup> Fish & Chips  Veggie Salad Bar Dessert	<sup>15</sup> Roast Chicken  Veggie Salad Bar Dessert	<sup>16</sup> Cheese Burgers French Fries Veggie Salad Bar Dessert	<sup>17</sup> Roast Pork  Veggie Salad Bar Dessert	<sup>18</sup> 
<sup>19</sup> 	<sup>20</sup> Chili Dogs French Fries Veggie Salad Bar Dessert	<sup>21</sup> Salisbury Steak Mashed Potatoes Veggie Salad Bar Dessert	<sup>22</sup> Beans & Ham Cornbread Veggie Salad Bar Dessert	<sup>23</sup> Spaghetti & Meat Sauce/Bread Sticks Veggie Salad Bar Dessert	<sup>24</sup> Polish Sausage Sauerkraut Veggie Salad Bar Dessert	<sup>25</sup> 
<sup>26</sup> 	<sup>27</sup> Chili Potatoes  Veggie Salad Bar Dessert  Chili Potatoes <sup>4</sup>  Veggie Salad Bar Dessert	<sup>28</sup> Chicken Fried Steak Potatoes & Gravy Veggie Salad Bar Dessert  Salisbury Steak <sup>5</sup> Veggie Salad Bar Dessert	<sup>29</sup> Ravioli Florentine  Veggie Salad Bar Dessert  Breakfast for Lunch Veggie Salad Bar Dessert	<sup>30</sup> Meatloaf  Veggie Salad Bar Dessert  Spaghetti w/Meat Sauce Veggie Salad Bar Dessert	<sup>1</sup> OCTOBER  Chef's Surprise  Veggie Salad Bar Dessert  Beefy Bean Soup Cornbread Veggie Salad Bar Dessert	  

## Klamath Senior Center August 2021 Calendar of Events

### MONDAYS

- Muffin Monday, 10 a.m.
- SAIL classes 9 to 10 a.m. and 10:30 to 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 is cancelled until Sept. 14

- 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 to 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.

## Gramma Lab and the Aging Process (Times 10)

By Gary Hartter

*"If there are no dogs in heaven, then when I die  
I want to go where they went." — Will Rogers*

*She was a senior dog when we met, already a veteran  
of an aging process that, experts say, is 7 to 10 times faster  
than mine.*

*I've watched her age over the last 7 years and I have seen  
my own aging parallel hers. I have seen the dark fur on her  
face become white. The arthritis set in, so much so, that I put  
my mattress on the floor and bought her a ramp for the Jeep,  
since she can no longer jump.*

*She eventually suffered a leg injury, while trying to jump for  
joy one time when I returned home. I give her meds for pain,  
hidden in leftover chicken, a piece of cheddar, or her favorite,  
a Vienna Sausage.*

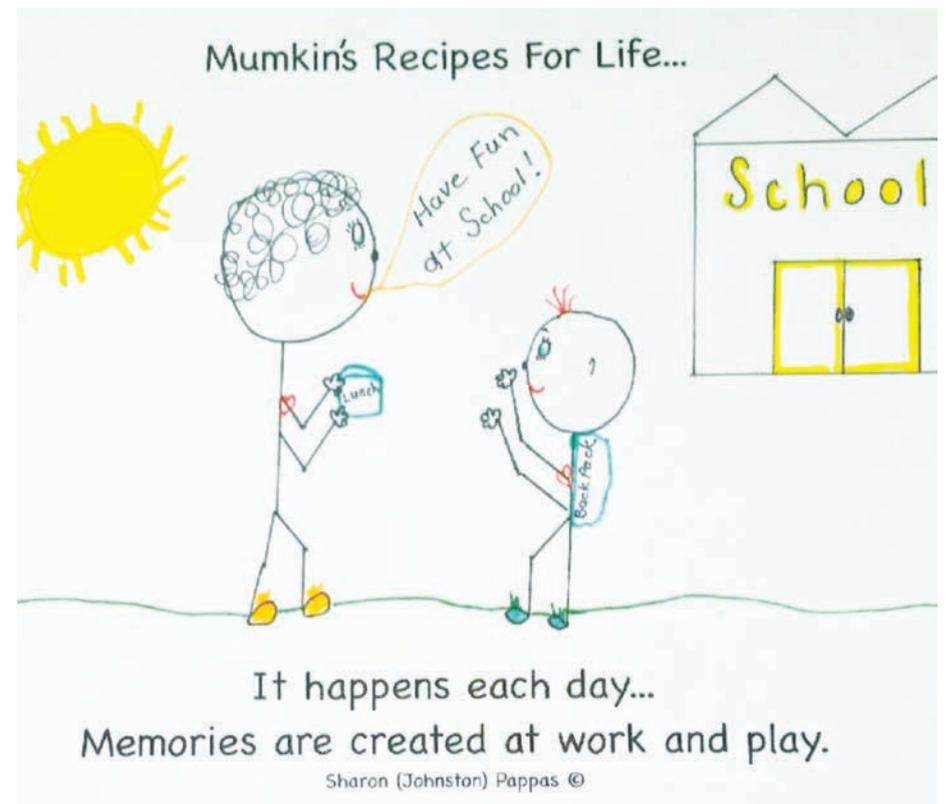
*Now, each time I have to leave her, and the other two  
Girls, I tell each of them, separately; "Guard the house. I will  
be back for you, I will not leave you. I promise." And they look  
at me with the same promise in their eyes; "Don't worry, old  
man. We will always be right here."*

*I believe that a dog's promise is as good as gold, but not  
that one. I know that each of my Girls will eventually leave  
me in their own time, at the end of their aging process.*

*I've heard it said that a dog will give you a lifetime of joy  
and then break your heart. But that won't stop us from en-  
joying each day together and making promises and believing  
them, because, really, we will always be with each other.*

*Even the aging process won't take that away.*

*That's a promise.*



### How much?

*How much of ourselves do we give one  
another*

*Father, Mother, Sister or Brother*

*Do we take a moment to call and say,  
"Hi"*

*The intention is there... then time slips  
by*

*A to-do list arrives with each breaking  
of dawn*

*Before we know it the day is gone*

*There are kids to raise and commit-  
ments to fulfill*

*Sometimes it feels like we're climbing  
uphill*

*But in the quiet... before drifting to sleep*

*We're reminded of loved ones and  
promises to keep*

*For it's the smallest of gestures that fills  
the soul*

*Taking the parts of one's life...*

*Making it 'whole.'*

Sharon (Johnston) Pappas ©

and perhaps  
what made her beautiful  
was not her appearance  
or what she achieved,  
but in her love  
and in her courage,  
and her audacity  
to believe:  
no matter the darkness  
around her,  
Light ran wild  
within her,  
and that was the way  
she came alive,  
and it showed up  
in everything.

morgan  
harper  
nichols

## Writer's Corner continued ...



### FUN CATS

*He sat there sweetly, and  
Gave me his paw.*

*I think he loves me, and  
In his eyes that's what I saw.*

*His eyes were soft, and he  
Cuddles me while he purrs.  
His sister watches, and knows  
The next turn is hers.*

*She is shy, and has  
Always been sweet.  
She can hold her own,  
For being so petite.*

*Now he is getting playful, and  
Waiting for something to move.*

*So he can pounce on it,  
And he's got nothing to prove.*

*I've got their remote car.  
I think I'll give it a spin.  
They like to chase it, and  
They both like to win.*

*It's all supped up, and  
Has mud grips all around.  
It flips over backwards,*

*And lands on the ground.*

*His sister is awesome, and  
Enjoys the car too.  
I get a laugh watching them  
Play like they do.*

*They both love the car,  
And will jump and run.  
Playing together they are  
Having so much fun.*

*She blinked her eyes, and  
Nudged me on the cheek.  
I guess I'm hers,  
This day of the week.*

*He likes to play the piano, so  
I leave it opened at night.  
For his adventure in  
The soft lit light.*

*I love my cats,  
Any time of day.  
I'm glad I got them.  
Now they aren't stray.*

— Sharon Hudson



**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 #1 choice  
for end-of-life care and support.

### Hospice Services

Medical Director  
Nurses  
Spiritual Counselor  
Social Worker  
Hospice Aide  
Volunteers  
Medication Management  
Education  
Grief Support



*Celebrating 39 years*  
  
**KLAMATH HOSPICE**  
AND PALLIATIVE CARE  
541-882-2902 ~ [www.klamathhospice.org](http://www.klamathhospice.org)



## 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).

# How to avoid the disability zone

Just in case you are in denial, here's a gentle reminder: we are all in decline and we are not meant to survive. That said, I suspect you'd embrace increased health and vitality, a better quality of life and remaining independent as long as possible.

## Blue Zones report

By Nancie Carlson,  
Health and wellness  
counselor

We might believe that growing old is synonymous with illness, but that couldn't be further from the truth. It is the neglect of our bodies that lets us slip into the disability zone.

Sure, the systems that once served us are in decline. But with a well-rounded exercise program, we can maintain our independence longer as we improve our lifestyle.

Exercise is a must, not an option. People don't stop moving when they get old. People get old when they stop moving.

Exercise cuts down mortality rates at any age, but the protection grows stronger the older you become.

Use it or lose it — the disuse syndrome. When you do not exercise, these factors present themselves: cardiovascular vulnerability; musculoskeletal fragility; ability to fight

infection; obesity; depression; and premature aging.

Exercising your way to a healthier you. When do you start exercising? The answer is NOW.

Consider these four types of exercise: aerobics, muscle strengthening, flexibility, and balance. Aerobics improves the ability of our body to transport oxygen — the single most important bodily function.

Muscle strength holds up our skeletons, aids circulation, increases metabolism, nerve conduction, bowel and bladder control, weight management and joint stability.

Flexibility and balance help us avoid falls and keeps our actions fluid and mobile.

Decide on a program that's right for you. The most important increment in exercise is the first step.

Next, choose an exercise you enjoy. Walking is the easiest form of exercise for most people. Other choices include cycling, water aerobics, aqua jogging, yoga, tai chi, chi gong, SAIL at the Senior Center, aerobic, stretching and strength training classes or machines in other facilities, free weights, instructional DVDs, etc.

Finally, if you have not exercised in awhile, never exercised or have been diagnosed with cardiovascular or pulmonary disease, check with your physician before you begin. This is especially true if you are taking medications that may affect your balance.

Remember: Immobility creates immobility, so please get moving.

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## DONORS REPORT

### Thank you Avangrid, operating locally as Klamath Energy

Avangrid, operating locally as Klamath Energy, the local co-gen plant, is the first corporate/foundation grant to be received for the year following the lead grant from Klamath County the previous month. We have set a goal this year to raise \$120,000 in a general operating fund from foundations and corporations as well as establishing a capital campaign for \$158,000 for building and equipment improvements. These local grants are important to us as they encourage others, especially those from out of the area, to acknowledge the value of our services to the area's senior community.

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. July donations of \$9,225.00 were received from the following organizations and individuals:

<b>Klamath County</b>	<b>Mildred Miller</b>	<b>Cheryl Gibbs</b>
<b>First Presbyterian Church</b>	<b>Joh Schnebly</b>	<b>Joyce Moore</b>
<b>Dorothy Winters</b>	<b>Donna Maloney</b>	<b>Patricia Henderson</b>
<b>Marta Stephens</b>	<b>Walter &amp; Kay</b>	<b>Wilma Petrik</b>
<b>Burl Parrish</b>	<b>Duckworth</b>	<b>Albert &amp; Delores Errecart</b>
	<b>Howard McGee</b>	

Unidentified contributions in July for Meals, Transportation and Other Services amounted to \$859.00

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:

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

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 ongoing 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.

### United Way of Klamath Basin sets Community Campaign goal at \$501k

"These are very challenging times for many Klamath Basin citizens. COVID health issues, water shortages, natural disasters, and a demand for workers at many local businesses have taken a toll on our community," said Amber Gomes, vice president of Umpqua Bank and chairperson of the United Way Community Campaign.

United Way volunteers are now hard at work starting to meet with business owners, corporate and public sector leaders, and give presentations to employees at various workplaces. "I want to thank the following volunteers for stepping up to serve a leadership role in this year's campaign. People give to people and now more than ever our community needs to stand united to address our many challenges," said Gomes.

United Way campaign leadership team includes John Rayl, NW Farm Credit Services; Hannah Heaton, The People's Bank; Eric Rose, Collins Products; Brienne Humphrey, First Interstate Bank; Daneen Dail, Great Basin Insurance; John & Ann Novak; Jeff Bullock, Klamath County School District; Todd Andres, Pacific Power; Jenine Stuedli, Caliber Homes; Juan Maldonado, Klamath Falls Toyota; Mel & Renee Ferguson; Brandon McGraw; Sheri Hargrave, Carter-Jones Collections Service; and Mychal Anos, Sky Lakes Medical Center.

"I want to thank all of our United Way donors for their support and encourage everyone in the Klamath Basin to consider making a contribution (large or small) to our local United Way campaign," said Lauren Jespersen, United Way president.

A gift to our local United Way supports 16 vital organizations that provide a variety of services to nearly 20,000 local citizens each year. These services include affordable quality childcare; emergency food and shelter; substance abuse and mental health counseling; youth mentoring programs; senior services; hospice bereavement programs; services for people with disabilities; rent and utility assistance; domestic violence programs and child abuse advocates; sports and fitness programs and so much more.

Your United Way supported agencies include: Boy Scouts and Girl Scouts, Klamath & Lake Counties Food Bank, Foster Grandparents program, Klamath Crisis Center/Marta's House, Klamath Hospice, Klamath KID Center, Klamath Basin Senior Citizens' Center, The Salvation Army, SPOKES Unlimited, YCMA, Friends of the Children, Citizens for Safe Schools, Lutheran Community Services, and Integral Youth Services.

For more information contact the United Way at 541-882-5558 or visit their website at [www.unitedwayoftheklamathbasin.org](http://www.unitedwayoftheklamathbasin.org). Please send your contributions to United Way at 136 N. Third Street Klamath Falls, OR 97601. No Gift Is Too Small. Thank YOU!



Amber Gomes



Lauren Jespersen

# 21st Annual United Way Community Golf Challenge

## Shield Crest Golf Course

**Saturday, Sept. 11th**  
**Four Person Scramble**

8 a.m. Registration    9 a.m. Shotgun Start

\$75 entry fee includes green fees, cart, golf balls, breakfast & lunch, raffle tickets; \$60 for Shield Crest members. Approximately \$4,000 in prizes. Field is limited to 100 players. Reservations are required. Call United Way (541) 882-5558.

### Premier Sponsor: Pacific Power

#### Corporate Sponsors:

*Avangrid Renewables \*Carter Jones Collections Service \*Umpqua Bank \*Collins Products LLC Sky Lakes Medical Center \*eXp Realty (Margo Durand) \*Great Basin Insurance \*Pelican Tractor \*AAA Property Management \*Shasta Litho Printing; Lighthouse Yogurt Company, and Klamath Falls Toyota.*

#### Hole-In-One Sponsor

*Lithia Dodge - Win a NEW Vehicle*

United Way Supports 16 Vital Local Agencies

Event Chairman: Todd Andres

## Keep Your Independence Longer

### Practice Healthy Aging

Do you want to have an energized life for as long as possible? What about strength and power? If so, take control of your health now. You can do so in many ways. For example, doing physical activities, making smart food choices, seeing your provider for wellness check-ups, and participating in fun activities.

**Physical activity** does not have to mean gym workouts; it is a choice to add more movement to your regular schedule. Walking to the mailbox, cooking a meal, and cleaning a room are all examples. Exercise classes and videos are good ways to move, but they are not your only options. The key is to include four types of physical activity:

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

**Good fuel** is important to maintain an active lifestyle. Eat fruits, vegetables, and whole grains. Lean sources of dairy products and protein also help you obtain proper nutrients. Choose foods low in saturated fats, sugars, and sodium to limit unhealthy foods.

You do not need to take your health journey alone. Your provider can guide you. Preventative **wellness check-ups** give you time to discuss questions or concerns with your doctor. You can also talk about symptoms, medicines, vitamins, health habits, and life changes. The visits also make sure you get regular health screenings.

Independent and group participation in **activities you enjoy** can bring happiness and health to your life. Treating your body right with healthy foods and physical activity allows you to experience healthy aging.

#### Have health-related questions?

**Talk to your primary care provider (PCP) today!**

#### Remember to talk to your PCP about:

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

-Patricia Pahl, Quality Management Analyst  
Source: NIH – National Institute on Aging

# Blue Zones: Reflecting on Labor Day

**M**any of you have undoubtedly worked long careers and many hours throughout your lives, and some of you might still be working. According to research by Andrew Naber, the average American will spend 90,000 hours at work over their lifetime. Work is such a huge part of life and an even bigger part of American life.

In this month's article, we reflect on Labor Day. Labor Day is a holiday that marks the end of summer for many, or the last day to wear white for others, but it's also much more than that.

Labor Day is always observed on the first Monday in September. This year it falls on Sept. 6, 2021. The holiday is rooted in the late 1800s when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Labor Day emerged at the height of the Industrial Revolution, a time when many Americans were working 84 hour weeks.

Even children as young as five weren't exempt

from grueling work, but they made a fraction of adult wages. It was definitely a different time back then. As America has transitioned to a white collar society, we've still been struggling to maintain a work-life balance ranking 28th in the world according to OECD Better Life Index.

The average American retires at 64. If the rule holds, then most seniors should be retired. Regardless of whether you're still working or already retired, I wanted to take a minute and say thank you for all the work you put in throughout your life to make America a better place.

Let's take a moment and reflect on some facts about American workers.

Over the past 35 years, the share of American workers who belong to labor unions has fallen by about half according to data from the U.S. Bureau of Labor Statistics (BLS). As we think about Labor Day this is an interesting statistic because the holiday was initially brought to life by our unions.

According to BLS, nearly 80% of workers now

work in the Services sector. As many as 55 million people, or 34% of the total workforce, worked in gig economy jobs, like Uber or DoorDash, in 2017 according to the International Labor Organization. This is a marked shift from when Labor Day was founded when the majority of Americans worked in manufacturing and agriculture.

Millennials are now the largest generation in the workforce accounting for around 35% of the total labor force according to US Census Bureau Data.

Pew Research discovered that 29% of Boomers ages 65-72 were working or looking for work, which is the highest it has been in decades.

As we celebrate Labor Day this September, it's a good time to think about how far the US has come in its history and to ponder where we might go next.

In our personal lives, it's a time where we can reflect on our careers and share our stories with loved ones.

— Jesse Wilkie  
Blue Zones



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Giveaway Fridays  
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WIN UP TO \$500 CASH AND A BOSE WAVE SOUND TOUCH MUSIC SYSTEM!

Beginning Wednesday, September 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.



(May only win once per drawing day. While supplies last. All photos are for illustration only and may not be representative of actual item.)

**FLAG SUNDAY**  
Hot Seats  
September 12 & 19 • 1pm-5pm

**WIN UP TO \$200 CASH!**

Winners will choose a Flag to determine their prize. 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.

NO HOT SEAT DRAWINGS ON MONDAY, SEPTEMBER 6.

(Must be 55+. May only redeem/win once per day.)

**PATRIOTIC KIOSK THURSDAYS**  
September 9-30 • 10am-8pm

**WIN UP TO \$500 CASH!**

Earn 50 points and swipe at the Kiosk for a chance to win Cash, Free Play, or points.

(May only redeem once per day.)

**COOKWARE SET KIOSK GIVEAWAY**  
Sunday, September 26  
11am-7pm

**ONE DAY ONLY EVENT**

Win a 5 Piece Gibson Home Stainless Steel Cookware Set.  
Earn 75 points and swipe at the Kiosk for your chance to win a prize.



(May only redeem once per day. While supplies last. All photos are for illustration only and may not be representative of actual item.)

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