

OCTOBER 2021

FREE
Take
One!

Join us for
BINGO
See Page 11

*Happy
Halloween*

Active Seniors

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

FIND YOUR PURPOSE

The Village

What is it?

Klamath and Lake Counties' Villages are centralized, non-profit, volunteer driven organizations that coordinates services to help people remain independent (in their home) and thrive.

Why?

The aging population in Klamath and Lake Counties are some of the highest per capita of Oregon counties. In the U.S., a doubling of adults aged 65 and over is expected by 2030. This trend presents challenges in providing services and support within a community.

How does it work?

Klamath Village is a managed database clearing house with diversely skilled volunteers and key partnerships to meet the needs of older adults and people with disabilities. Funding is provided through grants and foundations. Staffing is provided through the Klamath Basin Senior Citizens' Center.

Purpose:

- Reduce isolation, trauma and loneliness
- Provide maintenance for challenged living situations (minor home repairs/safety checks)
- Strengthen connection to the community (Personal contact with clients)
- Avoid often unaffordable institutional care (Nursing homes /Assisted Living)
- A way for community members, youth groups and businesses to give back to their community (Volunteer)

Examples of services provided:

- Information referrals to service agencies
- Home health care and physician appointments (In-home visits/transportation)
- Access to transportation services
- Assistance with household tasks such as moving furniture and general housework
- Handiwork, i.e., repairing broken things in the home, yard work
- Friendly visits (In-home/telephone)

History:

Emerging in Boston over 15 years ago, the Village movement is a growing option throughout the United States. Today there are over 200 open Villages and more than 150 in development throughout the United States including several in Oregon. In 2010, the Village to Village network, a national organization, was formed. The emphasis is on strengthening community, providing opportunities for volunteerism and minimizing isolation in the population served.

For more information about the Klamath Village, call Ginnie Reed 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*

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

Good friends' passing will be remembered

A time to accept the passing of the baton

In recent weeks the passing of three friends of the senior center all deserve special recognition for their extraordinary contributions of time, talent or funding support. We have reprinted their obituaries here (see page 6) in the event that you may have missed them earlier in the regular edition of the Herald and News.

Mel Carlson worked well into his seventies delivering Meals-On-Wheels and remained a loyal friend of the center even after he retired from his in-person volunteering. Mel always added encouraging words and guidance. I found his paternalistic manner with me to be a great source of support.

Linda Haskins, a very active member of the Golden Age Club, was always there with encouragement and support, not only to her club, but to our center in general. Always a positive spirit she was an inspiration to all.

Finally, Dick Wheeler who was a regular bingo player after retiring from his work at Columbia Forest Products, knew the importance of our fundraiser event and gave us a boost by naming the center in his will. He not only named the senior center, but three other worthy local charities as well. His contribution will give our endowment fund a significant boost and help me complete one of my own goals, to leave the center one day with a sizable endowment to insure the center's future.

We can honor these fine individuals by carrying on their legacies in our own volunteering way. It's a great opportunity to accept the "passing of the baton" so to speak. If you ever needed a nudge to make that decision to step up, here's three good nudges. Call on Ginnie Reed our volunteer coordinator, at 541-883-7171 Ext 128 and she will move you right along into a most rewarding experience. Want to name us in your will? Contact your accountant, investment firm or lawyer and they should help. We're building an endowment for the future of our services to area seniors.

Klamath Hospice will be hosting a workshop next month relating to Grief Support. You will likely learn there that a good way to deal with grieving is to honor our loved ones by carrying on their work. Hospice



Marc Kane, Center Director

will follow up the workshop with the opportunity to join a support group as well.

Speaking of futures, it's time to consider boosting your COVID-19 vaccination. My wife and I received our booster shots this last week and experienced little or no side effects, except a new feeling of security that we were safer and doing our part to keep others safe as well.

Sky Lakes is now offering both initial and booster shots. There's a sign out front of the senior center that reads, "Vaccinations Bring Us Closer". If you are as eager as we are to get our center and its activities back to normal, this is the ticket. I hope you will do your part.

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

WHAT'S NEW?

AARP SMART DRIVER VIRTUAL COURSE

Take the course virtually in the comfort of your own home using Zoom. Each 6-hour class held in three, 2-hour sessions.

Class #VE-008426: Monday, Wednesday and Friday, Oct. 4, 6 and 8, from 12:45 to 2:45 p.m.

Class #VE-008427: Mondays, Nov. 1, 8 and 15, 9:45 a.m. to 11:45 p.m.

Class #VE-08428: Tuesday, Wednesday and Thursday, Dec. 7, 8 and 9, 8:45 to 10:45 a.m.

Cost is \$20 for AARP Members, and \$25 for nonmembers.

Register on-line at: <http://aarp.event.com/DSVirtual>

Or call (888) 773-7160 for more information

OLDER ADULT COUNSELING AND SUPPORT

Older adult groups started at the Senior Center in August. All groups are held in the downstairs conference room. Older adult counseling and referral services have started again too. The counseling and referral services will be offered by appointment.

Dementia Support Group: Monday 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 10:45 a.m. to 12 p.m.

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 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 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

Klamath Basin Genealogy Society

Meeting October 19 at the Klamath County Museum Meeting Room. From 6 – 8 p.m.

Free at the museum or on Zoom link at kbgskf@gmail.com

Discussion topic will be last month's seminar

CHILI FEED FUNDRAISER

Look for the next chili feed in November. Call the Senior Center for more information. 541-883-7171

Lakeview Senior Center



October 2021 Events

Congregate Meals being served on Mondays, Wednesdays and Fridays 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 appts. between 10:00 & 1:00

Free monthly shopping trips from Christmas Valley to La Pine on Wednesdays all month.

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 guidelines, the Outback Thrift Shop is OPEN. As of this month, Thrift Shop days will change to Mondays & Wednesdays, 10 a.m. to 2 p.m. so our shoppers can join us for lunch. Follow our Facebook page for more information about our sales, etc.

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



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

SHIP TALK

OPEN ENROLLMENT

Mark your calendar

The dates for Open Enrollment (sometimes called Annual Enrollment) are October 15 through December 7, 2021.

Open enrollment is the time to make two changes – (1) Changing your Part D drug plan and (2) Switching between an Advantage plan and original Medicare.

Let's review some of the things you need to check out. Probably the most commonly changed plans are the Medicare Part D prescription drug plans. Every drug plan is different — and has a different price tag. They all seem to change every year.

Perhaps you have a drug plan that is increasing its premium substantially. We can help you hunt for another one that might be cheaper and still meets your needs. Perhaps you've added some new drugs which your current plan doesn't cover. Or, perhaps you no longer need to take that very expensive drug which required you to get a more costly plan.

When you get your notice of 2022 pricing and formulary from your drug plan, be sure and check it out and make sure you want to keep it. When you make an appointment with SHIBA to check out drug plans, you'll need to bring in a complete list of the drugs and dosages you're taking.

Changes made during the open enrollment period will become effective January 2022. (Please note that if you're receiving Extra Help, the Low Income Subsidy (LIS), you can change your drug plan at any time of the year.)

Another change that people can make only during open enrollment period is switching from regular Medicare to an Advantage plan or vice-versa. An Advantage plan covers the same benefits that regular Medicare offers but with different price tags and co-pays.

You can also include your prescription

drug package in the Advantage plan. For some people it can prove to be more economical since they seldom go to the doctor. If you're just curious to see how it works and what's offered, you may want to come in during open enrollment period and check it out.

Conversely, if you are currently in an Advantage plan and would like to change into regular Medicare plus a supplement and a stand-alone drug plan, this is the time to do it. The change will take effect January 1, 2022.

If you have original Medicare and a supplement (Medigap) that has raised its rates substantially or you're dissatisfied with it, and you're interested in changing into another plan, you can do this at any time in the year.

Key thing to remember here is that Medicare supplemental plans can refuse to insure you if you have pre-existing health conditions. However, the "Birthday Rule" protects you with a guaranteed issue for the 30 day period after your birthday. That's when you should plan on making the change.

QUIZ

1. You can only change Medicare Prescription drug plans during open enrollment period (unless you're LIS).
2. You can switch from regular Medicare to an Advantage plan during open enrollment period.
3. You can switch your Medicare supplemental plan at any time of the year.
4. All of the above.

The correct answer is No. 4. All of the above. If you missed this, better read this again!

Call the Senior Center at 541-883-7171 and ask for an appointment with a certified SHIBA counselor. We're open for business as usual.

— Anne Hartnett,
SHIBA coordinator



**Join us to learn about the
new benefits coming in 2022!**

Meetings on

Oct. 15th 1:00pm,

Oct. 21st 10:00am,

Oct 23rd 1:00pm,

Oct, 26th 10:00am,

Oct, 28th 1:00pm,

and Nov. 2nd 10:00am.

Call ahead as seating is limited!

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

**\$0 Premium \$0 Deductible \$10 PCP
Includes Dental/Vision/Hearing/OTC/Fitness/Meals**



**AUTHORIZED
REPRESENTATIVE**

**4509 S. 6th Street, #201
(meetings are held in suite 109)
Klamath Falls, OR 97603
mickinsagency.com
Please call (541) 882-6476
to make an appointment**

ATRIO Health Plans has PPO and HMO D-SNP plans with a Medicare contract and a contract with Oregon Health Plan (Medicaid). Enrollment in ATRIO Health Plans depends on contract renewal. Y0084_MKG_NP5_2020_M

In memoriam

Mel Carlson

Mel Carlson passed away peacefully with his family by his side after a long, fulfilling life on the morning of September 6, 2021. Quick to smile and welcome both friends and strangers, he made life better for those that were fortunate enough to know him.

Born in Tacoma Washington, Mel moved to Klamath Falls during the depression with his parents and baby brother Gene in 1936.

Mel and wife Evie have been active members of Klamath Lutheran Church for over 50 years. He joined the Rotary Club in 1968 and served as president of the local Rotary Club in 1985-86. He went on to become district secretary in 1989-90. He also drove with the "Meal on Wheels" pro-



gram for over 10 years, well into his seventies.

One of Mel's passions was golf and on Wednesday afternoon you could find him and his foursome on the tee at Reames. He was always happy to tell the story of his hole in one. He loved the game and often when he traveled with Evie, they would take their clubs and play different locations, especially the Oregon Coast.

Mel is survived by his wife of 74 years, Evelyn, his four children Dianne, Karen, Robin, Dave and sister -in-law Juanita Carlson. He leaves behind 9 grandchildren and seven great-grandchildren and many numerous nieces, nephews, friends and business associates. Mel was preceded in death by his parents, Emil and Gladys Carlson and his brother Gene Carlson. He had a great life and will be sorely missed.

The family asks those who wish may make a donation to Meals on Wheels P.O. Box JE, Klamath Falls, OR 97602 in Mel's honor or the charity of one's choice.

Richard G. 'Dick' Wheeler, 89

Richard G. Wheeler passed away at his home in Klamath Falls, Oregon, on August 10, 2021.

Dick, as he was known by family and friends, was born Aug. 23, 1931 in Los Angeles, Calif. to George William and Myrtle Ellen (Lofgren) Wheeler.

He attended elementary school in Santa Ana, Calif., moving to the Sonoma, Calif. area in 1942. He attended high schools in Sonoma and Chowchilla, Calif., graduating from Sonoma Valley Union High School in 1949.

Dick served in the US Air Force from 1951 to 1955. After receiving an honorable discharge, he was employed by the state of California in Los Angeles from 1955-1959. He moved to Crescent City, Calif. in 1959 where he met and married his wife, Eugenia Flocchini. They were married July 2, 1961 in Reno, Nev. They moved to Gold Beach, Ore. in 1967 and then to Klamath Falls in 1981.

Linda Haskins

Linda Haskins was born April 2, 1950, in Council Bluffs, Iowa, to June Vaughn and Lyle Sales. Her siblings include Duffy, Eddie, Kenny, Richard, Buddy, Donald, Lyle, Rosie, Pam, and Patti Ann.

Linda married her first husband, Jim Rose, and they moved to Klamath Falls, Oregon in the early 1970's. Together, they had two children, Tim and Angie. In 1979, Linda married her second husband, Gary (Poncho) Haskins and gained children Gerald and Sandra from his previous marriage. Together, they had twins, Crystal and Mary.

During her adult life, Linda held several jobs that allowed her the social interaction that she valued. Some most notable include M&R Market, the Humane Society, Bi-Mart, Boyer's Market, and Big R. She was also a very active volunteer for several years at the Klamath Basin Senior Center.

The family wishes to express their gratitude for the love, care, and support that has been shown in remembrance of Linda.

There will be a Celebration of Life Ceremony held on Saturday, October 9 at noon at the Moore Park Pavilion. Following the service, a meal will be provided and served by masked and gloved individuals, in consideration of health and safety.

There are benches and some chairs that will be provided for seating, but you are welcome to bring your own chairs for seating in the grass areas surrounding the pavilion.



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

Make the most of fall



We have officially entered into fall. The air is crisp like the apples falling from trees. At the end of last month, we had our Harvest Moon ushering in autumn. In this month's article, we're going to look at five ways that you can make the most out of this fall season.

Take advantage of local, seasonal bounty

Fall has some great foods like apples, pumpkins, potatoes, kale and more. This year, make it a point to pick up some local produce at the Saturday Klamath Falls Farmers Market through the end of October or to use a service like Klamath Farmers Online Marketplace (www.kfom.org) year round. Not sure what to cook? Check out www.foodhero.org to get some recipe ideas for all of your fall bounty.

Get outside

With the weather cooling down, but not yet freezing, it's a great time to get outside. It could be walking around the neighborhood or going out to explore one of our great local trails. The Link River Trail and the trails at Moore Park are great options for hikes around town. Even getting outside to rake leaves and enjoy the fall foliage is an excellent way to get some fresh air and exercise.

Reset your sleep schedule

If you had trouble sleeping this summer because of the heat and the smoke, the new season is a great opportunity to get your sleeping schedule back on track. Did you know that the majority of people say they prefer sleeping in cold weather? With the days getting shorter and the clocks turning back on November 7, 2021, the longer nights might make it easier to go to bed earlier. Start shutting off televisions and cutting back screen time 1-2 hours before bedtime to help you sleep better.

Don't miss out on vitamin D

Vitamin D is an important vitamin for the human body. We can take vitamin D as a supplement and our body can produce it through a series of reactions including the conversion of cholesterol in our skin when it's exposed to ultraviolet B (UVB) from the sun. As the days continue to get shorter until the winter solstice, we will have less sunshine. Although we aren't producing as much vitamin D as we did during summer, we can still get vitamin D through taking multivitamins or supplements.

Do a round of fall cleaning

Who says cleaning only has to be for spring? Doing a light round of fall cleaning and tidying up will help you get ready for the season and be prepared to settle in for winter and the holidays. Whether it's cleaning out the gutters, cleaning the windows, dusting surfaces, getting together a box of old items to donate, organizing the garage, or whatever else might be on your to do list. Getting some fall cleaning in will give you some exercise and help you enjoy your space.

— Jessie Wilkie | PR & Marketing Manager, Blue Zone

RECIPE

Pumpkin Butter

Makes 2 1/2 cups
 1 (3-pound) sugar pumpkin, stemmed, halved lengthwise, and seeded
 1 tablespoon vegetable oil
 1/4 cup apple cider
 1/3 cup light brown sugar
 3 tablespoons honey
 1 teaspoon apple cider vinegar
 3/4 teaspoon ground cinnamon
 1/2 teaspoon ground ginger
 1/2 teaspoon kosher salt
 1/4 teaspoon grated fresh nutmeg
 Pinch of ground cloves



Preheat oven to 350°F. Brush cut sides of pumpkin halves with oil. Arrange pumpkin halves, cut side down, on a large rimmed baking sheet lined with parchment paper. Bake in preheated oven until very tender when pierced with a fork, about 50 minutes. Remove from oven, and let cool slightly, about 10 minutes.

Scoop flesh from cooled pumpkin; transfer to bowl of a food processor. Discard pumpkin shell. Add apple cider; process until smooth, about 1 minute, stopping to scrape down sides of bowl as needed. Add brown sugar, honey, vinegar, cinnamon, ginger, salt, nutmeg, and cloves; process until smooth, about 20 seconds, stopping to scrape down sides as needed.

Transfer pumpkin mixture to a saucepan; bring to a simmer over medium, stirring occasionally. Reduce heat to low; cook, stirring occasionally with a rubber spatula to ensure bottom of saucepan does not scorch and sides of saucepan stay clean, until mixture is reduced by one-third and turns slightly darker in color, about 25 minutes. Remove from heat; let cool to room temperature, about 30 minutes.

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

Worried about losing it? There's hope

I recently attended two Zoom presentations from the Oregon Gerontological Association: 1) "Healthy Living for your Brain and Body," and 2) "The Latest in Dementia Research." Following is a synopsis of the first presentation given by Dr. Jennifer Levy-Peck including additions of my own.

Nancie's Corner

By Nancie Carlson
Health and Wellness
counselor

tions of my own.

Dementia is an umbrella term used to describe

a range of symptoms related to cognitive impairment – the thing that many of us fear as we age. It includes Alzheimer's, Lewy Body, Vascular, Frontaltemporal, and other diseases.



Our lifestyle choices enhance both our brains and lifespan. We have a great deal of control over our cognitive health and our years on the planet. A caveat here is that genes and environment can come into play regarding longevity.

Lifestyle choices that can stave off, reduce, or delay the onset of dementia include: Physical health and exercise; Diet and nutrition; Cognitive activity; and Social engagement.

Physical health and exercise

"If there's one thing to do, this is it!" says Dr. Levy-Peck

Stop smoking, get adequate amounts of sleep (you may have undiagnosed sleep apnea), manage stress, treat depression, visit your doctor regularly. Alcohol contributes to falls, foggy brain and can interact with medication. Monitor your blood pressure, weight, cholesterol and get yearly eye and hearing exams. Reduce stress, feed your brain, build strength and stamina with regular physical exercise.

Diet and nutrition

I've written about the Blue Zone diet, but here Dr. Levy-Peck includes the DASH (Dietary Approaches to Stop Hypertension) and Mediterranean diets which somewhat mirror that of the Blue Zones. All three diets include lots of vegetables, fruits, whole grains, beans, nuts, vegetable oils. Lean meats, fish, poultry, and dairy recommendations differ slightly in each diet. HYDRATE – drink lots of water. Avoid processed foods, sugar sweetened beverages and sweets.

Cognitive activity

Here, Dr. Levy-Peck mentions "neuroplasticity" which is the ability of the brain to form new neural pathways or synapses. How to do that? Games (online, card, board), read challenging material, teach or take a class, learn a new language or a musical instrument, do difficult puzzles.

Social engagement

Spend time with friends and family. Volunteer, join discussion groups, clubs,

or organizations, meet-up with your friends at the Senior Center. Avoid isolation!

Resources:

24/7 Alzheimer's Association Helpline: 800-272-3900

Oregon Gerontological Association: <https://www.oregongero.org/>

Oregon and SW Washington Alzheimer's Association: <https://www.alz.org/orswwa>

National Institute on Aging, Cognitive Health: <https://www.nia.nih.gov/health/cognitive-health-and-older-adults>

DASH Diet: <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

Blue Zones Food Guidelines: <https://www.bluezones.com/recipes/>

food-guidelines/

Mediterranean Diet: <https://www.health.harvard.edu/blog/a-practical-guide-to-the-mediterranean-diet-2019032116194>

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**

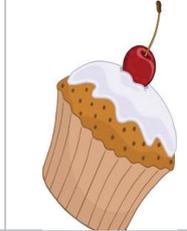
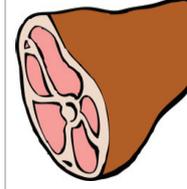
**KATHLEEN
RUTHERFORD, LCSW
541.622.9562**

You are not alone.

**KLAMATH BASIN
BEHAVIORAL HEALTH**
GROWTH • WELLNESS • COMMUNITY **KBBH**

OCTOBER 2021

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					CHEF'S SURPRISE ¹	
	Broccoli Cheddar Soup Veggie Salad Bar Dessert ⁴	Salisbury Steak Veggie Salad Bar Dessert ⁵	Breakfast for Lunch Veggie Salad Bar Dessert ⁶	Spaghetti & Meat Sauce Veggie Salad Bar Dessert ⁷	Beefy Bean Soup w/Cornbread Veggie Salad Bar Dessert ⁸	
	CLOSED ¹¹	Sloppy Joes Veggie Salad Bar Dessert ¹²	Split Pea Soup Veggie Salad Bar Dessert ¹³	Chicken Fried Steak Mashed Potatoes Gravy/Veggie Salad Bar Dessert ¹⁴	Goulash Veggie Salad Bar Dessert ¹⁵	
	Liver & Onions or Chef's Choice Veggie Salad Bar Dessert ¹⁸	Taco Tuesday Veggie Salad Bar Dessert ¹⁹	Roast Chicken Roasted Veggie Salad Bar Dessert ²⁰	Beef Stew Veggie Salad Bar Dessert ²¹	Fish & Chips Veggie Salad Bar Dessert ²²	
²⁴	Chili Potatoes Veggie Salad Bar Dessert ²⁵	Polish Dogs & Sauerkraut Veggie Salad Bar Dessert ²⁶	White Bean Chicken Chili Veggie Salad Bar Dessert ²⁷	Meatloaf Mashed Potatoes & Gravy Veggie Salad Bar Dessert ²⁸	Clam Chowder Veggie Salad Bar Dessert ²⁹	³⁰
	NOVEMBER Broccoli Cheddar Soup Veggie Salad Bar Dessert ¹	Spaghetti w/Meat Sauce Veggie Salad Bar Dessert ²	Chicken Casserole Veggie Salad Bar Dessert ³	Chicken Fried Steak Mashed Potatoes & Gravy Veggie Salad Bar Dessert ⁴	Beans & Ham Cornbread Veggie Salad Bar Dessert ⁵	

Klamath Senior Center October 2021 Calendar of Events

MONDAYS

- Muffin Monday, 10 a.m.
- SAIL classes 10 a.m.
- 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 10 a.m. with Mary Noller

THURSDAYS

- BINGO Fundraiser open at 4:30 p.m. Call at 6 p.m.

- Golden Age Club BINGO, card games 12:30 p.m.

- Library, 1:30 to 4 p.m.

FRIDAYS

- SAIL classes 10 a.m.
- 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 4:30 p.m. call at 6 p.m.

Writer's Corner

Expressions of
Heart and Mind



THERE'S A TOMATO IN THE LIVING ROOM

*There he sits, so darling, so innocent.
But how did the tomato get itself into the living room?*



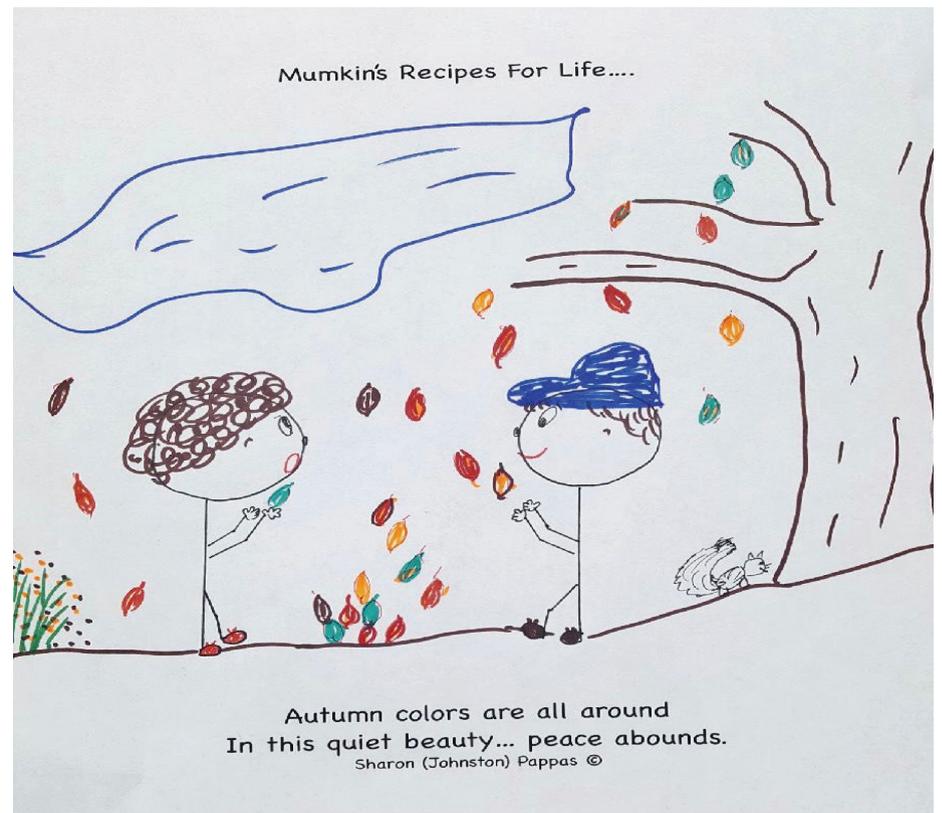
SILLY LIMERICK FOR GRAMMA LAB

*There was an old Lab named Gramma
who wanted to visit Alabama
to cheer for the Tide,
but she needed a ride
that was Gramma's Alabama dilemma.
— Gary Hartter*

Changes of Fall

*Colors are changing, the earth slowing down
Leaves on the trees gently float to the ground
The sun casts shadows in the middle of the day
While geese flying south stop and rest along their way
I sense a change in myself too
A feeling of loss and sadness coming through
A desire to hold close never letting go
Memories of loved ones and the stories we've told
With God's design comes rebirth in the spring
A renewed energy, it will bring
So embrace the beauty and slowing of fall
Look within for the peace, given to us all.*

Sharon (Johnston) Pappas ©



A TRIP TO THE COAST

*I took a trip to the coast
To get away from the smoke.
It was such a relief, and
That's no joke.*

*A cabin by the beach was
A perfect place to stay.
So I made myself at home,
And got up early the next day.*

*The fog slowly lifted, and
The sun came out.
Everything came to life
Showing what they were about.*

*The trees were special, they
Were Redwoods indeed.
Standing tall and preserved. They
Began from the tiniest of seed.*

*The ferns looked haggard at
The base of the tree,
But they were delightful,
And so nice to see.*

*The Rhododendrons were in
Full bloom and colorful today.
They added a touch of class, and
Made things right in their way.*

*It was afternoon when I
Made it to the beach.
A walk in the sand with a view
As far as my vision could reach.*

*I could hear the seals that
Were sunning on a big rock.
They seem to be communicating
In their seal kind of talk.*

*The birds were near the shoreline
Eating food left behind.
Leaving empty shells for
Shell hunters to find.*

*I soon headed home, with
Beautiful thoughts in my mind,
Thanking God for the special
Sights that I just left behind!
— Sharon Hudson*

SAIL



SAIL classes offered 3 times a week

SAIL exercise classes are now being held three times a week at the Senior Center: Monday, Wednesday and Friday at 10 a.m.

Call Mary Noller for more information.
541-281-3810 or The Senior Center
541-883-7171



COMING IN NOVEMBER 2021

GRIEF WORKSHOP WITH



KLAMATH HOSPICE
AND PALLIATIVE CARE

STAY TUNED FOR DETAILS.



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



THE HISTORY OF HALLOWEEN CANDY

For most American kids, it wouldn't be Halloween without trick-or-treating for candy; however, that wasn't always the case. When the custom of trick-or-treating started in the 1930s and early 1940s, children were given everything from homemade cookies and pieces of cake to fruit, nuts, coins and toys. In the 1950s, candy manufacturers began to get in on the act and promote their products for Halloween, and as trick-or-treating became more popular, candy was increasingly regarded as an affordable, convenient offering.

It wasn't until the 1970s, though, that wrapped, factory-made candy was viewed as the only acceptable thing to hand out to all the little ghosts and goblins that showed up on people's doorsteps. A key reason for this was safety, as parents feared that real-life boogymen might tamper with goodies that weren't store-bought and sealed.

Today, when it comes to Halloween candy, a number of the most popular brands are enduring classics. For example, the first Hershey's Milk Chocolate bar was produced in 1900 and Hershey's Kisses made their debut in 1907. Company founder Milton Hershey was a pioneer in the mass-production of milk chocolate and turned what previously had been a luxury item for the well-to-do into something affordable for average Americans. In the early 1900s, he also built an entire town, Hershey, Pennsylvania, around his chocolate factory.

In 1917, Harry Burnett Reese moved to Hershey, where he was employed as a dairyman for the chocolate company and later worked at its factory. Inspired by Milton Hershey's success, Reese, who eventually had 16 children, began making candies in his basement. In the mid-1920s, he built a factory of his own and produced an assortment of candies, including peanut butter cups, which he invented in 1928 and made with Hershey's chocolate. During World War II, a shortage of ingredients led Reese to pull the plug on his other candies and focus on his most popular product, peanut butter cups. In 1963, Hershey acquired the H.B Reese Candy Company.

In 1923, a struggling, Minnesota-born candy maker, Frank Mars, launched the Milky Way bar, which became a best-seller. In 1930, he introduced the Snickers bar, reportedly named for his favorite horse, followed in 1932 by the 3 Musketeers bar. Frank's son Forrest eventually joined the company, only to leave after a falling out with his father. Forrest Mars relocated to England, where he created the Mars bar in the early 1930s. In 1941, he launched M&Ms. Mars anticipated that World War II would produce a cocoa shortage, so he partnered with Bruce Murrie, son of a Hershey executive, in order to have access to a sufficient supply of ingredients; the candy's name stands for Mars and Murrie.

And of course, no Halloween would be complete without candy corn, which was invented in the 1880s by George Renninger of the Wunderle Candy Company of Philadelphia. Other companies went on to produce their own versions of the tricolor treat, none longer than the Goelitz Confectionery Company (now the Jelly Belly Candy Co.), which has been doing so since 1898.



Grief Support Group

October 7 ~ November 18
Thursday Afternoons 4:00 ~ 5:30 p.m.

Open to anyone in our community affected by the loss of a loved one.

Pre-registration required.
Priority given to first time attendees.
Space is limited.

Contact Emily to register
541-882-2902.



Celebrating 39 years 
KLAMATH HOSPICE
AND PALLIATIVE CARE

541-882-2902 ~ www.klamathhospice.org

Read all about it ...

Did you know that the Senior Center has its own Klamath County branch library?

The library is a wonderful place to travel. You can go to Paris, New York, Italy and the Swiss Alps all in one day. You can listen to books on tape or read all about it.

Our library has books from all over the world at your fingertips, just ask Crystal. She can order whatever it is you are looking for. Need a special recipe? Looking for a sewing project? How about a pattern for a Halloween craft? Crystal can find it for you.

Visit Crystal for holiday ideas and see what's new for grandkids for Christmas. Books are a life giving experience.

Library hours: Monday 9:30 a.m. - 1 p.m.

Thursday 1:30 p.m. – 4 p.m.

Friday 9:30 a.m. – 1 p.m.

Crystal Corveirich, Librarian



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.



THEY SAY AGE IS JUST A NUMBER.



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

bzpklamathfalls.sharecare.com



DONORS REPORT

New grants coming to Senior Center

Wendt Family Foundation, Atrio Health and Klamath County's ARP program pledge funds

The Klamath Senior Center is currently running three annual funding campaigns to complement the funding we receive from the government. They are a general fund campaign for \$120,000, a capital campaign for \$158,000 and a campaign to raise funds to make up for revenue loss due to the impact of COVID-19. Atrio Health plans has committed \$25,000 to the General fund, the Wendt Family Foundation and the County's American Rescue Plan teamed up to pledge \$75,000 to the capital campaign, which will assure that the proposed dining room bathroom remodel will be completely funded. We were also very fortunate to be named the beneficiaries in the will of Richard Wheeler who passed away this past August. Richard was a regular at our evening bingo games. Contributions noted here will be in our September report.

The Klamath community really knows how to support local causes, and our seniors are thankful not to be forgotten. Local residents are encouraged to contribute to any of the campaigns named here.

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. August donations of \$1,315 were received from the following organizations and individuals:

First Presbyterian Church	Anonymous	Cheryl Gibbs (1)
Rose Chapman	Burl Parrish	Joe Primm.
Ernie Palmer	Patricia Henderson	Wilma Petrik
Howard McGee	Mary Reta	Albert & Delores Errecart
Jon Schnebly	Donna Maloney	Mary Waters

Unidentified contributions in August for Meals, Transportation and Other Services amounted to \$4,281.00. 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:

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

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.

Is a COVID-19 vaccine booster recommended for me?

You should if you received **PFIZER** and:



Not at this time:



You may if you received **PFIZER**, are 18-64 years old and:



Note: It is recommended that social determinants of vulnerability be included in the assessment of medical conditions that qualify individuals for booster doses.

To learn more and to find booster doses, visit <https://govstatus.egov.com/or-oha-booster-covid-19-vaccine>.



Sky Lakes now offering Pfizer booster shots to seniors

Seniors and those who are at risk of serious illness because of where they work or live, and who received their second dose of Pfizer vaccine on or before March 27, are now eligible to receive a third dose of the Pfizer vaccine.

The eligible groups include:

- People 65 and older,
- People living in a long-term care facility, and
- People 50-64 with underlying medical conditions.
- People ages 18-64 who received the Pfizer vaccine may also receive a booster dose of the Pfizer vaccine after six months if they are:
 - People with underlying medical conditions, and
 - People who are at higher risk of COVID-19 exposure and transmission due to occupational or institutional setting.

Appointments for third dose shots are recommended. To make an appointment, use your MyChart account via SkyLakes.org or call 1-833-606-4370 during normal business hours weekdays. Third-dose shots are available at Sky Lakes Vaccine Clinic, adjacent to the Sky Lakes Collaborative Health Center on the medical center campus. It is open 9 a.m. to 5 p.m. Monday through Friday.

Third-dose shots are not currently recommended for people who received the Moderna or Johnson & Johnson vaccines. This may change in October or November as federal and state data reviews are completed.

Artists of the Senior Center

Did you know that every Monday there is a watercolor painting class at the Senior Center? The instructor is Kat Benford, an accomplished watercolorist herself.

Before Kat retired and became a watercolorist, she majored in Anthropology, worked for the CIA for 26 years and lived in Florida. While living in Florida she was captivated by the many colors in nature and thus began her love for watercolors.



Watercolor by Dee C.



Kat has taught watercolor painting for 7 years and now teaches two classes here at the Senior Center. Intermediate/Advanced on Mondays and Beginning on Tuesdays. Call 541-883-7171 for class availability to enroll.

Watercolor by Cari O'Keefe

Early Detection Saves Lives: Schedule your mammogram today!

Regular cancer screenings allow for earlier detection of cancer. The earlier cancer is detected, the sooner treatment for it can start. **Early detection** may prevent cancer from spreading and improve survival. Breast cancer is one of the most common types of cancer in women, yet women with the disease have a high survival rating, in part due to regular screenings.

~12.9% of (~1 in 8) women will be diagnosed with breast cancer*

90.3% survive 5+ years**

*SEER Data 2016-2018

**SEER 18 Data 2011-2017

Screening tests are performed on people without symptoms, so your provider does not necessarily think you have cancer if they suggest a screening to you.

A **mammogram** is the most common type of screening for breast cancer. This test type uses x-rays to take pictures of each breast and search for tumors that may not be felt. Mammograms can also detect other potential signs of cancer, like microcalcifications (tiny deposits of calcium). The US Preventative Service Taskforce (USPSTF) recommends **screening mammography at least every other year through the age of 74.**

Talk with your primary care provider (PCP) about how often you should be checked, when to start, and the benefits and potential harms of mammography screening. Your PCP will also know if any other screening tests are recommended for you. **Also, most mammography providers will schedule and complete your screening mammogram without a referral from your PCP.**

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 Cancer Institute;
USPSTF: uspreventivesercietaskforce.org



Muffin Monday

Veteran's Group

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



Every Monday
Coffee • Muffins • Conversation

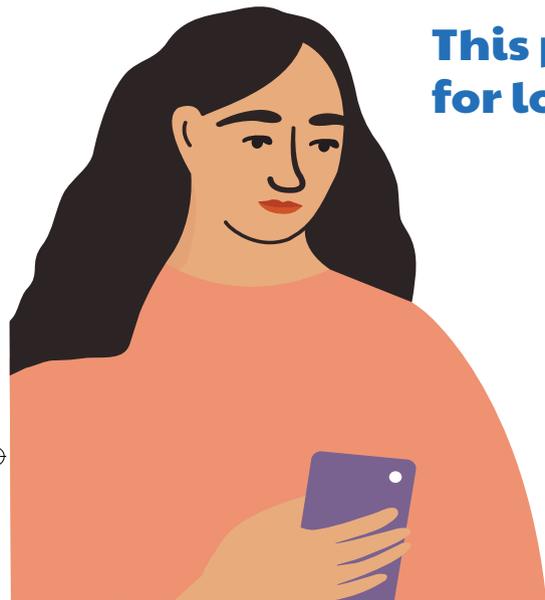
For more information:
Jennifer Smith • 541-882-2902
jsmith@klamathhospice.org

www.klamathhospice.org



WE HONOR VETERANS

Need to talk? We're here for you.



This past year has been tough for lots of people across Oregon.

We can help. Our team will connect you to the resources and services you need such as COVID-19 vaccination info; emotional support; food, rent, and utilities assistance; wildfire recovery support; and so much more. Rebuilding lives and livelihoods after a disaster isn't something anyone needs to do alone. Our services are free, private and available to everyone.

Connect with one of our specialists by phone, text, or e-mail.

Safe + Strong

Lines for Life

971-420-1028
COWOP2021@linesforlife.org
COWOP2021.ORG



21 MILES NORTH OF KLAMATH FALLS

888.552.6692 • klamoyacasino.com

SLOTS • FOOD • HOTEL • FUN



SAPPHIRE SUNDAY GIVEAWAY

October 3-24 • 11am - 7pm



WIN A NEW PRIZE EACH WEEK!

October 3: Waffle Maker
October 10: Skillet
October 17: Griddle
October 24: Sandwich Maker

Earn 100 points and swipe at the Kiosk to receive your prize.

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

SENIOR DAY MONDAYS

8AM - MIDNIGHT

NOON - 2PM DRAWINGS:
WIN A \$10 HOME DEPOT GIFT CARD!
2:30PM & 3PM DRAWINGS:
WIN 2 \$10 HOME DEPOT GIFT CARDS!

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.

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

GHOSTLY THURSDAY

October 7-28
10am - 8pm

hot seats

Win up to \$300!
Winners will pick a toy Ghost to determine their prize.

Win Free Play or CASH.
Drawings every hour.

(May only win once per day.)

SPOOKY FRIDAYS

October 8-29 • 6pm - 9pm

WIN UP TO \$1,000 CASH!

Pick a Bat or Spider to win your prize.
Drawings every half hour. Starting Friday, October 1 at 8am, earn one drawing entry for every 10 points.

(May only win once per drawing day.)

HALLOWEEN SPOOK FEST KIOSK GIVEAWAY

Sunday, October 31 • 10am - 5pm

WIN UP TO \$250 CASH!

Earn 50 points and swipe at the Kiosk for your chance to win.
(May only redeem once per day.)

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.

SMOKE FREE PROPERTY!