

**NOVEMBER 2021**



**Join us  
for BINGO  
See Page 13**

*Happy  
Thanksgiving*

# *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



## Share your skills, volunteer

For many Americans, rest and relaxation are at the top of their retirement agenda, but life outside of work doesn't have to be inactive. In fact, the abundance of free time offers opportunities for retirees to support their favorite causes and organizations that provide help to their local communities as well as globally.

Individuals who take the opportunity to focus on charitable and community pursuits in retirement can realize personal as well as financial fulfillment. Research shows that staying physically active and socially engaged can boost mental and physical health as you age. And from a financial perspective, you can realize valuable tax benefits when making charitable contributions that deliver advantages today and for generations to come.

For individuals hoping to do well by doing good, here's one example of what charitable giving can look like in retirement.

### Donating time

Throughout your working years, you worked hard to build a set of skills that made you successful in your career. When you retire, there is no need to abandon those skills. Chances are, there are a number of charitable causes that would love to take advantage of your expertise.

Mario Minotti, president of Chicago-based Minotti Financial Group, estimates roughly 60% of his group's clients have plans to engage in some kind of volunteer work in retirement. One recently retired client opted to draw on her CPA skills to volunteer as an accountant for a local women's center.

"After she sold her accounting firm, she wanted to find her purpose in retirement," Minotti says. "Now, her eyes light up when she talks about her work with the center. I think she's having a lot more fun now than she did when she was working."

Many of us have spent our professional career running companies and serving on boards, so when we retire, we volunteer our time and experience to serve our favorite charities in a similar way.

"People need a reason to get up in the morning, something they're excited about," says Matt Halvorson, a financial advisor and president of Halvorson Company in Fargo, North Dakota. "I've had clients who eventually found that purpose, and it's like they're reborn in retirement. It keeps them active and gives them the kind of interaction they used to have in the workplace."

— *By Wall Street Journal Custom Content*

To be a volunteer at the Senior Center, call 541-883-7171, ext. 128.

We are looking for:

Meals on Wheels drivers  
Kitchen assistants  
Housekeepers

Yard helpers  
Light maintenance



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

# We honor and thank our veterans

November is a month that brings us the opportunity to honor our military veterans on Veterans Day and to give thanks on Thanksgiving Day. I think it appropriate that these two holidays are observed in the same month and in the order in which they are celebrated.

First, we give thought to all the sacrifices that have been made by our veterans in the cause of preserving freedom for Americans and many others around the world, and then thought to all for which we are thankful. As a nation we have been blessed with much.

Our freedom brings with it responsibilities, and one that comes most to my mind is the responsibility we all have to support each other in positive and healthy relationships. One way we support relationships at the senior center is to work closely with Klamath Hospice in providing an opportunity for veterans to gather at the senior center for what we call Muffin Mondays. You will find many wearing the hats naming the campaigns in which they fought and served. They share their stories with each other and with those from other generations.

It's one of those events that keeps us all connected and sustains an appreciation and understanding of the past. We also honor the many widowers/widows of veterans left behind that find belonging here. Many volunteer with us to fulfill their need for purpose as well.

Thanksgiving is the holiday that celebrates relationship and the efforts of all those that have provided for what we have. There are many in need in our community that depend on others for support. The Meals-On-Wheels program is one of many provided by the senior center and supported by so many volunteers all celebrating life and the opportunity to give back to their community.

The senior center gives thanks this year for the huge outpouring of support this past year that has allowed us to maintain our services in the face of the pandemic, and in some cases to expand as the demand for many services increased.

Now we face another year as the pandemic continues with more challenges to meet the growing demands. We are confident that we are part of a community that knows the value of collaboration and support



Marc Kane, Center Director

and that many will continue to celebrate with us. All are welcome at the senior center.

We are looking to the future now and have established a capital improvements campaign that is reported on in this issue on page 7. In addition we continue to look for donations to our general fund and hope to operate with enough support to sustain a reserve to assure our ability to meet the demands of future crises.

Like many of the many organizations with whom we collaborate we are here for life and we all work together to bring the community efficient and effective services.

Thank you to our veterans every day all year long and to all in our community who give us so much.

See you at Muffin Monday? It's every Monday and all are welcome.

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?

The Klamath Basin Senior Center Presents  
**CHRISTMAS BAZAAR CRAFT  
& BAKE SALE**

Saturday, December 4, 2021  
8:30 a.m. – 3 p.m.  
2045 Arthur Street  
WANT TO RENT A TABLE?  
SPACE IS LIMITED  
Call The Senior Center NOW  
541-883-7171 for reservations

### JOIN US FOR AN OLD FASHIONED CHILI FEED



Sponsored by the Senior Center Board of Directors  
FRIDAY, November 12th ~ 4:30 p.m. to 7 p.m.  
2045 Arthur Street  
Dine in or take out  
Proceeds go to the Klamath Basin Senior  
Citizens' Center

### HAVE SOME HOLIDAY FUN WITH BINGO

Come play bingo and help support the Holiday Baskets for Meals on Wheels with our holiday raffle game played thru December.  
Ask Linda at the games or call 541-883-7171 ext. 115 to donate

### KLAMATH GENEALOGY SOCIETY

Next meeting will be Tuesday, November 16, 2021  
6 to 8 p.m.  
Klamath County Museum  
1451 Main Street

Guest Speaker Todd Keppel from the Klamath County Museum  
Attend in person or with ZOOM at [kbgskf@gmail.com](mailto:kbgskf@gmail.com).  
The Museum has a Library upstairs that features everything related to Klamath County. It is by appointment only.  
People can access American Ancestor, History, Geo & Ancestry Library Edition from computers at the Senior Center.  
Call Klamath County Museum for more information 541-882-1000

## Lakeview Senior Center



### November 2021 Events

Our Thanksgiving Dinner will be on Friday November 19th.  
Congregate Meals are 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 a.m. and 1 p.m.

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

## Happy Thanksgiving



## SHIP TALK

# Open enrollment is here

I've said it before and I'll say it again. Open enrollment is October 15 through December 7, and it has two basic purposes:

To change your drug plan.

To change from original Medicare to an Advantage plan or vice-versa.

There's a host of other things about Medicare to learn but this is the focus at this time of year. That's why you are seeing so many ads on the TV, being bombarded on the internet and in the mail. Every company wants you to think their plan will make your Medicare coverage better. Maybe it will. Maybe it won't. Let's take a look at what you need to be especially aware of at this time of year.

By the time you read this column, you will have received information from your drug plan about their coverage and price for 2022. If you are dissatisfied with your coverage, or would like to just take a look at what else is out there for you, then you should check out next year's offerings. Medicare.gov has a plan finder function which can tailor your choice to your needs. If you don't feel comfortable using this plan finder on the internet, call us and make an appointment to come in to see a SHIBA counselor and we'll do it for you. Just bring along a complete list of the drugs and dosages you take. The drug plan

finder on Medicare.gov will find the lowest priced plan, based on what you take.

Similarly, if you think you might want to switch from original Medicare to an Advantage plan, or vice-versa, you need to do a bit of studying. Do you even know what an Advantage plan is? What is available here in Klamath County? Do you understand how original Medicare works, with a supplemental plan and a stand-alone drug plan? We encourage you to come in and check out what you have and make sure you understand what you have and available choices.

SHIBA (Senior Health Insurance and Benefits Assistance) is part of the federal SHIP program. Volunteer counselors are trained and certified to help guide you through the Medicare maze with no bias or cost. Just call the senior center at 541-883-7171 to make an appointment for open enrollment issues you're interested in exploring or anything else you need to learn.

— Anne Hartnett,  
SHIBA coordinator



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



**Join us to learn all the new and exciting benefits coming for 2022**

**Meetings on**

**Thursday Nov 4<sup>th</sup> 1pm**

**Tuesday Nov 9<sup>th</sup> 10am**

**Thursday Nov 11<sup>th</sup> 1pm**

**Tuesday Nov 16<sup>th</sup> 10am**

**Thursday Nov 18<sup>th</sup> 1pm**

**Tuesday Nov 30<sup>th</sup> 10am**

**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

SAVE  
THE  
DATE

JOIN US &  
LEARN ABOUT

## THE FOSTER GRANDPARENT PROGRAM

NOVEMBER 9, 2021

1:00 - 3:00 OPEN HOUSE

Refreshment & Food Boxes will be provided

SENIOR CENTER

2045 Arther St. Klamath Falls

Learn how this volunteer program can benefit you,  
your budget, our community, and children in need.

- Stipends
- Mileage reimbursement
- Paid time off
- Recognition events
- Joy & fulfillment supporting children



A PRS Organization

## In memoriam

### Former Senior Center director Michael O'Brien dies



Michael O'Brien passed away recently after a battle with cancer.

Michael served as the Executive Director of the Senior Center for 12 years until the spring of 2010. At his request no obituary was published, nor was there a memorial service.

During his time here he was well acquainted with the patrons and enjoyed joining in the bingo games.

Mike was well known throughout the county for his advocacy efforts to improve the lives of the older adult population.

He managed to acquire contracts for services, such as the Energy Assistance Program, which brought

with it ample funds for program administration and had set the center on sound financial ground.

The center kitchen was remodeled and expanded under his guidance as well as improvements to the accessibility to the building and a number of other reconfigurations of the building space.

Mike is survived by his wife of fifty years, Pattie O'Brien.

## Remember . . .

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



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

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## RECIPE

## Pumpkin Chocolate Chip Cookies

1 cup (2 sticks) unsalted butter, softened  
 1 cup white sugar  
 1 cup light brown sugar  
 2 large eggs  
 1 teaspoon vanilla extract  
 1 cup canned pumpkin puree  
 3 cups all-purpose flour  
 2 teaspoons baking soda  
 1/2 teaspoon salt  
 1 teaspoon ground cinnamon  
 1/2 teaspoon ground ginger  
 1/4 teaspoon ground nutmeg  
 1/4 teaspoon ground cloves  
 2 cups (12-ounce bag) milk chocolate chips, not semisweet  
 Nonstick cooking spray or parchment paper



Heat the oven to 350 degrees F. Spray cookie sheets with nonstick spray or line them with parchment paper.

Using a mixer, beat the butter until smooth. Beat in the white and brown sugars, a little at a time, until the mixture is light and fluffy. Beat in the eggs 1 at a time, then mix in the vanilla and pumpkin puree.

In a large bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves. Slowly beat the flour mixture into the batter in thirds. Stir in the chips.

Scoop the cookie dough by heaping tablespoons onto the prepared cookie sheets and bake for 15 to 20 minutes, or until the cookies are browned around the edges. Remove the cookie sheets from the oven and let them rest for 2 minutes. Take the cookies off with a spatula and cool them on wire racks.

# Capital funding campaign now at 73%; \$112K yet to raise

The Klamath Senior Center Board reviewed the center's current capital funding budget and campaign at its October meeting. Center director Marc Kane reported that the \$412,000 campaign has now secured \$300,000 in funding and has to raise another \$112,000 in order to complete all planned projects.

The board also was presented with a presentation from the Klamath Community Foundation. Foundation representatives Heidi Neel and Bob Kingzette reported that one of the foundations donors has agreed to match donations that will be made to complete the funding campaign's goals.

Following is a list of projects to be funded by the center's capital campaign:

- Repair parking lot. Contracted to Rocky Mountain Construction. Project now completed.
  - Demolition of dining room bathrooms and beverage wall and replacement with newly designed floor plan. Design contracted to Creative Touch Home Design, a subsidiary PSE Consulting Engineers. Design work underway. RFP's to be issued December 2021.
  - Replace kitchen stove (ordered in October 2021), and other kitchen/dining room equipment.
  - Refurbish and makeover the exterior of the senior center building and landscaping.
  - Carpet and repaint the upstairs offices of the senior center building.
  - Install a whole building backup generator
  - Replace transportation van, \$85,000 (ordered, estimated delivery June 2022)
  - Install a lift to the center building second floor for ADA compliance
- Total estimated cost all projects: \$412,000

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 Item 7, Van Purchase

Secured by grants/equipment sales \$ 85,000

Item 2, Dining Rm/Bathroom

Secured by County ARP Funds \$ 60,000

And the Wendt Family Foundation \$ 15,000

Applied center reserves approved

by the KBSCC budget committee: \$ 140,000

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 Secured \$ 300,000

Needed to raise: \$ 112,000 (as of 10/27)

Contributions may be tax deductible. 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. Inquiries or questions? Contact Marc Kane, Executive Director at marc.kane@kbscc.org or 541-883-7171 Ext 117. USPS address is P.O. Box JE, Klamath Falls, Oregon 97602. Visit us in person at 2045 Arthur Street, Klamath Falls, Oregon or visit us online at www.klamathseniorcenter.com.

## Volunteers needed

### To serve youth-focused programs in our area

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

Choose to volunteer as few as 5 hours or as many as 40 hours a week. If you are 55+, enjoy helping children and want to form new friendships, this program is for you.



Community Volunteer Network

A PRS Organization

### Volunteer benefits

- Non-taxable stipend
- Mileage reimbursement
- Monthly meals
- Educational trainings
- Paid time off

### Contact us

Lisa Bertash, volunteer coordinator

541-539-1208

lbartash@retirement.org

# Gratitude is good for you

November is the month of Thanksgiving. The time change and colder weather sees more people staying inside versus gallivanting out and about. With the additional downtime, people get more time to reflect. Reflection can go down many different paths, but if we can focus it on everything that we're thankful for we will be all the better for it.

## Five health benefits of gratitude

■ Improves physical health: Studies have shown that grateful people have less aches and pains and they are also more likely to go to check-ups and practice preventative care.

■ Boosts the immune system: Gratitude helps reduce stress, which in turns helps your immune system function better.

■ Helps you sleep better: Being grateful can help you sleep better. Whether it's writing in a journal about what you're thankful for or counting your blessings before bed, you will likely sleep better and longer.

■ Improves mental health: Gratitude enhances the good emotions and reduces the bad ones. Being thankful can help increase happiness and reduce depression.

■ Bolsters mental strength: Beyond improving your mental health and bolstering good emotions, gratitude can help people overcome trauma and be resilient to adversity.



There are many benefits of a grateful lifestyle. Some people find that thankfulness comes naturally and others have to work harder to be grateful. No matter where you fall on this spectrum, here are five ways that you can practice gratitude in your life.

## Five ways to get started practicing gratitude

**Reflecting daily:** Taking a few minutes to reflect everyday on what you're thankful for is a great way to start your day, take an afternoon break or end your day. Try to carve out time to think about all that you have to be thankful for.

**Mapping your gratitude:** Are you more of a visual person? If so, you can try an exercise to map out your gratitude. Grab a poster board, corkboard or white board, and use it to create a visual mood board of everything that you're thankful for. Put the board somewhere in the house where you can look at and add to it regularly.

**Putting it in a jar:** Every time something happens that you're thankful for, write it down on a piece of paper and put it in a jar. If you're ever feeling down, you can reach into the jar and count your blessings.

**Praying and meditating:** Prayer and meditation are great ways to practice gratitude. Morning meditation tends to be the best time to practice thankfulness because it frames your day in an optimistic way.

**Volunteering:** Sometimes the best way to be thankful is to help others. It helps you get outside of yourself and provides a different perspective to view your life. You might start to realize that you're blessed in more ways than you thought.

We all have something to be thankful for. Let's take the time to count our blessings and we'll be happier and healthier for it. What are you thankful for this November?

— Jesse Wilkie, BLUE ZONE

# Get your shot. Get your sign.

The Senior Center has Vaccine Yard Signs for your yard.



Just call or come in to get yours.

*Ginnie Reed, volunteer coordinator*

Call 541-883-7171 Monday through Friday, 9 a.m. – 2 p.m.

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For only a \$100, you can sponsor a fence post for a family member or friend. Get their name on a post that will be installed at the new Moore Park Playground.



Call us at 541-359-2802

## NOVEMBER 2021

## MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<sup>1</sup> <b>Broccoli-cheddar Soup</b>  Veggie Salad Bar Dessert	<sup>2</sup> <b>Spaghetti w/Meat Sauce</b>  Veggie Salad Bar Dessert	<sup>3</sup> <b>Chicken Casserole</b>  Veggie Salad Bar Dessert	<sup>4</sup> <b>Chicken Fried Steak</b> Mashed Potatoes/Gravy Veggie Salad Bar Dessert	<sup>5</sup> <b>Beans &amp; Ham</b> Cornbread  Veggie Salad Bar Dessert	<sup>6</sup> 
<sup>7</sup> 	<sup>8</sup> <b>Salisbury Steak</b> <b>Noodles</b> Veggie Salad Bar Dessert	<sup>9</sup> <b>Split Pea Soup</b> <b>Cornbread</b> Veggie Salad Bar Dessert	<sup>10</sup> <b>Sloppy Joes</b> <b>French Fries</b> Veggie Salad Bar Dessert	<sup>11</sup> <b>Roast Pork</b> Veggie Salad Bar Dessert	<sup>12</sup> <b>Goulash</b> <b>Garlic Bread</b> <b>Sticks</b> Veggie Salad Bar Dessert	<sup>13</sup> 
<sup>14</sup> 	<sup>15</sup> <b>MeatLoaf</b> <b>Mashed Potatoes &amp; Gravy</b> Veggie Salad Bar Dessert	<sup>16</sup> <b>Chicken Strips</b> <b>French Fries</b> Veggie Salad Bar Dessert	<sup>17</sup> <b>Liver &amp; Onions</b> <b>Or Chef's Choice</b> Veggie Salad Bar Dessert	<sup>18</sup> <b>Polish Sausage</b> <b>Sauerkraut</b> Veggie Salad Bar Dessert	<sup>19</sup> <b>TURKEY DINNER</b> Stuffing & Gravy Yams Veggie Salad Bar Dessert	<sup>20</sup> 
<sup>21</sup> 	<sup>22</sup> <b>Beef &amp; Bell Pepper Casserole</b>  Veggie Salad Bar Dessert	<sup>23</sup> <b>Chicken Fried Steak</b> <b>Mashed Potatoes &amp; Gravy</b>  Veggie Salad Bar Dessert	<sup>24</sup> <b>Fish &amp; Chips</b>  Veggie Salad Bar Dessert	<sup>25</sup>  <b>CLOSED</b>	<sup>26</sup>  <b>CLOSED</b>	<sup>27</sup> 
<sup>28</sup> 	<sup>29</sup> <b>Beefy Bean Soup</b> <b>Cornbread</b> Veggie Salad Bar Dessert	<sup>30</sup> <b>Breakfast for Lunch</b> Scrambled Eggs Hashbrowns Biscuits & Gravy Salad Bar	<b>DECEMBER</b> <sup>1</sup> <b>Au Gratin Potatoes &amp; Ham</b> Veggie Salad Bar Dessert	<sup>2</sup> <b>Ravioli</b> <b>Florentine</b> Veggie Salad Bar Dessert	<sup>3</sup> <b>Turkey Gravy &amp; Noodles</b> Veggie Salad Bar Dessert	<sup>4</sup> 

## November 2021 Calendar of Events

**MONDAYS**

- Muffin Monday, 10 a.m.
- SAIL classes 9 & 10:30 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 9 and 10:30 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 9 & 10:30 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.

### A BABY IN THE HOUSE

*A baby in the house is  
A blessing of its own.  
Everyone takes part in his care,  
And we walk softly in the "baby  
zone."*

*You hug him and kiss him,  
And tell him good things.  
He reacts with a smile, wiggles,  
And kicks, for the warmth it brings.*

*His sweet little face is  
Adorable, you see!  
He abounds with love.  
What else could it be?*

*He needs a lot of attending,  
And sometimes things are tough,  
If you react with love,  
It won't be so rough.*

*Sometimes we get tired, and  
Need to get our rest,  
So we sleep when we can,  
And give the baby our best.*

*He cries when he is hungry,  
And when he needs a change.*

*Sometimes he cries for attention,  
So your time you might rearrange.*

*He has an intelligent sort  
Of gleam in his eye.  
He is trying to talk, and  
He doesn't seem shy.*

*He is cuddly and soft, and  
Warms you inside,  
This cute little person,  
That you need to guide.*

*You give him a bath, and  
Rock him to sleep.  
You watch his eyes close,  
And you don't hear a peep.*

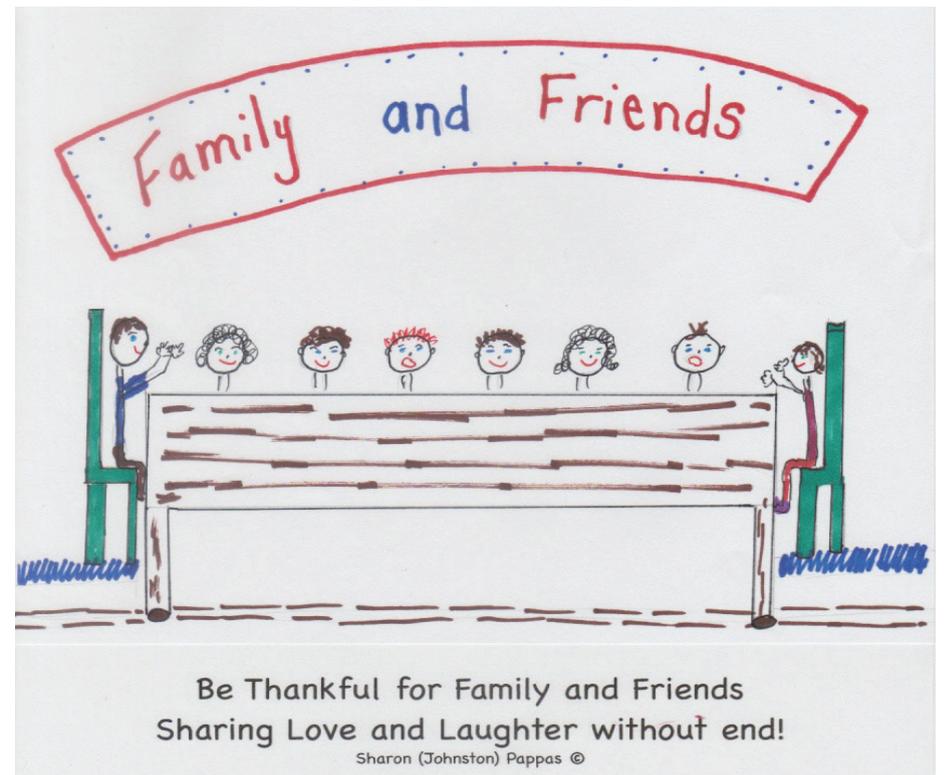
*You put him to bed,  
And he sleeps all night,  
Waking in the morning,  
And you hold him tight*

*He will grow quickly, so  
Enjoy him while he is small.  
It won't be long before he  
Is handsome and tall.*

— By Sharon Hudson



### Mumkin's recipes for life



Be Thankful for Family and Friends  
Sharing Love and Laughter without end!

Sharon (Johnston) Pappas ©

### When you think of family

*What comes to mind  
When you think of family  
Of course, they're all one of a kind  
With characters filling each family tree  
For me, it's a bond so true  
When times are good or tough  
Open arms waiting for you  
Love... there's always enough  
A thousand little moments rolled into one  
A kiss as you're tucked into bed  
A heart filled with songs Mom has just sung  
And a simple prayer quietly said  
Running through the fields as Dad baled hay  
Helping to cook while on a stool by Mom's side  
Riding behind the feed truck on an old wooden sleigh  
The warmth of a hug soothing tears I cried  
Then comes the time to spread your wings  
Like a baby bird leaving the nest  
Armed with strength a family brings  
And a place of retreat for love and rest.*

— Sharon (Johnston) Pappas ©



## Writer's Corner continued ...

### *The return of Maggie the setter*

By Gary Hartter

*"Dogs have a way of finding the people who need them..."*

— Thom Jones

*"Never, never, never give up."*

— Winston Churchill

Maggie the English Setter and her brother Vicar were awarded to my ex as part of a divorce decree. They left Oregon with my ex and the three of them returned to Indiana to begin a better, happier life.

For Maggie, it was short lived.

A year after they had left, my vet called. Their office had been contacted by a man in Michigan who had adopted Maggie and had some questions about her. I took his number and called him. He told me that Maggie and Vicar had been surrendered to their vet, who in turn gave them to a Humane Society Setter Rescue. Vicar was already adopted out to Oklahoma when the man went to see them. Maggie was left behind and the man adopted her immediately when he learned she was scheduled to be euthanized.

Unfortunately, Maggie was not what he wanted. He told me he tried everything to train her as a hunting dog, but had no luck. "Yup," I thought, "Maggie does what she wants. She is a free spirit." The man and I began corresponding over the next two months. I sent him pictures of Maggie as a puppy and as a teen. During those two months, I realized just how much I loved and missed Maggie.

Then one day the man called me. He said that Maggie was way too much for him. He was going to return her to the Rescue, but wanted to know if I would take her instead. He said he could tell how much I loved her. I already had adopted Gramma Lab, but I knew if Maggie went back to Rescue, she would never come out. I thought about it for a couple of days and then told the

man I would take her. Maggie flew in to Medford on Labor Day. At the airport, when they brought her out, she was in a carrier that was too small for her, lying on a urine soaked blanket, with sores covering her entire back. She was also too drugged to even care.

At home I let her sleep in the carrier that night. In the morning, she was my old Maggie again. I bathed her, introduced her to Gramma Lab and let her have the run of the house. She knew she was home and she was a happy girl. I believe she even smiled. A trip to my vet diagnosed severe dermatitis and a broken tooth. Meds and an extraction solved the problems.

Maggie had endured multiple losses and health issues. She even dodged death. Later, in a file the man in Michigan had sent along with Maggie, I found an invoice for a shock collar and a receipt from a kennel that uses shock collars for training. I believe Maggie endured a last ditch effort to break her spirit. Still, she returned to her "forever home" with her free spirit and loving nature intact.

Maggie taught me two lessons. First, never give up. You don't know what life holds for you and even when things are at its worst, better times may be ahead. Circumstances can change in a heartbeat, often aided by caring folks who you don't even know.

Second, though Maggie always looks at me like, "You're my hero, old man," I know that she is the real hero. She suffered pain, sickness, loss of loved ones, and abandonment. Yet, she found me again and she didn't let the bad things change her. Now, she makes my life happy.

Maggie showed me that, when it comes to heroes, you can't always recognize them by a cape, a uniform, or a badge. Sometimes heroes have fur, happy tails, and eyes that speak to you. And when you need them the most, they are simply "there."

## Hand-me-down clothing

The annual drive, Coats For Kids, brings back bittersweet memories that my younger sister and I experienced during several winters when we were growing up. In my generation common known phrases describing daily living were not spoken in jest, it was a way of life. It was imperative to live within your budget, have maintenance skills, improvise whenever possible, implement a waste not want not code, and know that impulsive spending will send your money downstream. Amongst this mix of a frugal life-style was the necessity to accept hand-me-down clothing, and wear with a grateful attitude.

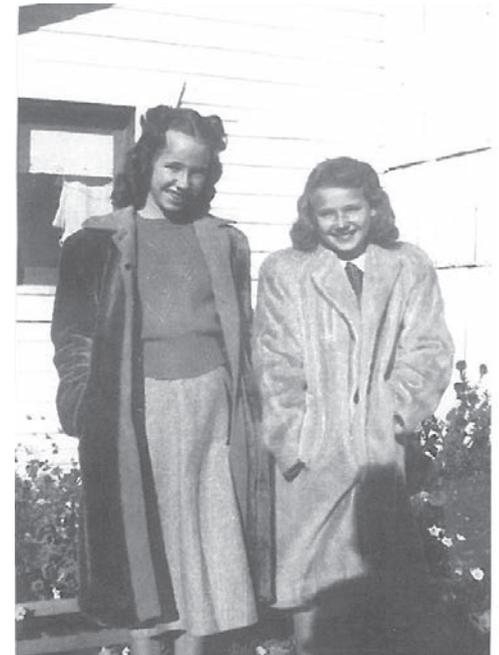
Our older sisters liked to stay fashionable and their clothes very seldom became rag material. My sister and I knew sooner or later their Clothing would be coming our way. Winter months were cold and we wanted grown up warm coats. We thought our one piece snow suits were for little kids, and with layered clothing made us walk like Penguins and at times we could barely make it out the kitchen door.

Our home was located near Klamath lake and the wind seemed to blow constantly. During summer months it provided a cool breeze but in winter the blowing wind and snow was brutal. Statics state that Klamath Lake is nearly 30 miles long and up to 8 miles wide with depths of 60 feet in some places. When our sisters tossed their discarded heavy winter coats our way we placed our snowsuits in a far corner of our closet. The length of the coats would trip us up at times especially for my younger sister.

Sometimes when we were snow sledding the coat tails would get caught in the sled runners. Our dog Dusty never tired of chasing our sleds and if he got a hold off our coats it resulted in a tug of war. We continued to wear those coats and never looked back at the one piece snowsuits hid in our closet. My sister never made it to Broadway but with her elegant smite and wearing her luxurious oversized hand-me-down coat t think Broadway came to her.

Indeed it did!

— Peggy Thomas, *Creative Writing October, 2021*



## What's new: Creative writing class offered

A new creative writing class begins with Maurine on Tuesday, Nov. 9, at the Senior Center Conference Room, 10 to 11:30 a.m.

Get the writing "bug." Document your life. Leave something for your grandchildren and discover the freedom of writing it all down.



## KLAMATH BASIN SENIOR CENTER

*Cordially invites you to our*

# HOLIDAY BAZAAR CRAFT & BAKE SALE



December 4, 2021  
8:30 a.m. to 3 p.m.  
2045 Arthur Street,  
Klamath Falls



Our bazaar features local artists and craft persons with handmade goods. Baked goods from local kitchens as well as goods from the Senior Center kitchen. Exhibits will be 3 feet apart and masks will be worn to meet the COVID safety standards.

Concessions stand will be open till 1 p.m.

Come have lunch and shop for the holidays!

For more information please call 541-883-7171

# SAIL



## SAIL classes offered 3 times a week

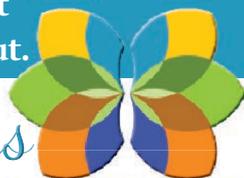
In October we combined the 9 a.m. and the 10:30 SAIL exercise classes into one class at 10 a.m. It has grown so large that we have gone back to two classes so that we can maintain social distancing and exercise safely. So classes are once again Monday, Wednesday, & Friday at 9 and 10:30 a.m. at the Senior Center. Everyone is welcome to participate and join in the fun.



*November is  
National  
Hospice and  
Palliative  
Care Month*

Living life as fully as possible is what hospice and palliative care is all about.

*Celebrating 39 years*



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AND PALLIATIVE CARE**

541-882-2902 ~ [www.klamathhospice.org](http://www.klamathhospice.org)

## 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.*



Come join us for a chili feed that'll  
knock your socks off!

Friday, Nov. 12  
Dinner service  
4:30 to 7 p.m.

Klamath Basin Senior Center  
presents

There will be  
raffle prizes,  
tickets \$1 each

## The Autumn CHILI FEED

**On the Menu:**

*Chili and Corn Bread and dessert cooked with love by Chef John  
Chili selections: Beef, Chicken and Chili Verde*

**Adults: \$12 donation ~ Veterans \$10 ~ Children: \$6 donation**

Stop by and grab a take-out meal or dine in.

\*In-House dining will require Social Distancing and masks\*

Evening meal service includes: Music by Dan Hill

All proceeds go to the Klamath Senior Center

For more information call 541-883-7171

2045 Arthur St., Klamath Falls



**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**

## HOLIDAYS ARE HARD

Coping with Grief & Loss this Season

**1-Day Workshop**

**NOVEMBER 10**

**1:00 p.m. - 2:00 p.m.**

Klamath Basin Senior Center  
2045 Arthur Street, Klamath Falls

Free and open to all community members.

For details please contact Emily at:  
541-882-2902 or [efeldberg@klamathhospice.org](mailto:efeldberg@klamathhospice.org)

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

## DONORS REPORT

# Plan your donation for the best tax advantage

By Marc Kane

Changes in taxing regulations over recent years may create an opportunity to make your contribution to a charity such as the Klamath Senior Center exempt from taxation. Contributors should check with their tax consultant or accountant to plan the best strategy.

I recently donated directly from my retirement account which allowed a tax free contribution above and beyond the standard deduction allowed for those that do not itemize. The firm that manages my retirement account processed the donation and sent the check directly to my favorite charity. The senior center is now taking donations to its endowment fund as well as to our general fund and capital campaigns. Our elderly neighbors need our support, and your support can make a difference in so many lives.

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. September donations of \$43,685 were received from the following organizations and individuals:

ATRIO Health Plans	Walter & Kay Duckworth	Cheryl Gibbs
Wendt Family Foundation	M. Jack Polich	Jean Van Hulzen
Anonymous	Donna Maloney	Elizabeth Western
Marian Thomason	Rhonda O'Connor	Wilma Petrik
Dorothy Winters	Burl Parrish	Albert & Delores Errecart
Marta Stephens	Rose Chapman	Mary Lou Beach
Refuge City Church	Patricia Henderson	Linda Johnson
Glenda Beckman	Mildred Miller	Linda Bryant
Howard McGee	May Hurley	Mary Waters
Jon Schnebly	Mary Reta	

Unidentified contributions in September for meals, transportation and other services amounted to \$2,587. 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.

# Taking the pedal off the metal

## When should older adults stop driving?

You may have gotten your driver's license the day you turned 16. By the time you retire, you could have driven daily for more than half a century. But for some people, there comes a time in the aging process when driving becomes dangerous.

"On the whole, older drivers are safe," says Dr. Marian Betz, an expert in healthy aging at the University of Colorado, Anschutz Medical Campus. "They tend to drive slower than younger drivers and have a lot of experience."

But some health conditions common with aging may make it riskier to get behind the wheel. Stiffer joints and weaker muscles can make it harder to steer or brake safely. Eye diseases and some medications can cause vision problems. Hearing loss can blunt the sounds of horns or sirens. And cognitive changes, even mild ones, may impair quick decisions behind the wheel.

Deciding to stop driving can be emotionally challenging for older adults, says Betz. "Many people see their car as a marker of independence. Giving up the privilege of driving can feel like a real loss."

People often depend on cars to get them to and from the activities they enjoy. Or to see the people they care about. So stopping driving can lead to isolation. That's why it's important to have a plan for alternative transportation.

"We don't want older adults isolated and shut in," Betz says. "We want people to be emotionally and socially connected, as well as be able to get out and exercise."

Feeling disconnected can lead to poorer health. Studies have shown that loneliness and social isolation are linked to higher risks for some health problems. These include heart disease, depression, and cognitive decline.

There are many alternatives to driving. Some areas provide free or low-cost bus or taxi services for older adults. Some communities offer a carpool service, or scheduled trips to stores or the doctor. Rideshare service may also be an option. Your local Area Agency on Aging can help you find services. Call 1-800-677-1116 or go to [eldercare.acl.gov](http://eldercare.acl.gov) to learn more.

Betz and her colleagues are currently testing an online tool to help older adults and their families make decisions about driving.

"We're not telling people 'you need to stop,'" explains Betz. But they hope to make people feel comfortable and empowered when they do decide to stop driving. "That makes such a decision more likely to stick," Betz says.

### WISE CHOICES

#### Is it time to stop driving?

If you answer "yes" to any of the below questions, it may be time to consider stopping driving:

- Do other drivers often honk at you?
- Have you had some accidents, even if they were only "fender benders?"
- Do you get lost, even on roads you know?
- Do cars or people walking seem to appear out of nowhere?
- Do you get distracted while driving?
- Has anyone told you they're worried about your driving?
- Do you have trouble staying in your lane?
- Do you have trouble moving your foot between the gas and the brake pedals, or sometimes confuse the two?





# 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

## 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.



## Tips to Stay Healthy with Diabetes

### Manage your ABCs

Do you or someone you know have diabetes? If so, follow these steps to take control of your health or your loved one's health:

- **Learn about diabetes**
- **Know your ABCs: A1c, blood pressure, and cholesterol**
- **Live well**
- **Have regular check-ups**

There are two types of diabetes: Type 1 and Type 2. With Type 1 diabetes, your body cannot make the insulin needed to process sugar (glucose). If you have Type 2, your body does not use or make insulin well.

Discuss with your healthcare provider how to manage **your diabetes ABCs (A1c, blood pressure, and cholesterol)**. You should get an A1c test at least twice a year. Your provider will evaluate your test results with you to determine if you are in a healthy range. Your blood pressure and cholesterol should be monitored regularly to maintain a healthy heart. You should also be on a class of medication called statin to reduce your risk of a heart attack.

**Eat well, stay physically active, and take your medications as directed to maintain good health.** Eat foods with more fiber while avoiding foods high in calories, salt, sugar, and saturated and trans-fat. Instead of juice and soda, drink water. Be active for thirty minutes on most days and include muscle-strengthening activities twice a week.

Regular preventive services help ensure you stay healthy. These include:

- |                            |                      |                           |
|----------------------------|----------------------|---------------------------|
| ➤ <b>Medication Review</b> | ➤ <b>Dental Exam</b> | ➤ <b>Dilated Eye Exam</b> |
| ➤ <b>Foot Exam</b>         | ➤ <b>Flu Shot</b>    | ➤ <b>Kidney Check</b>     |

-Patricia Pahl, Quality Management Analyst  
Source: cdc.gov/diabetes

**Is something in your life preventing you from managing your diabetes? Connect with local resources at [healthyklamathconnect.com](http://healthyklamathconnect.com) for help.**

**Healthy Klamath Connect**  
Connecting People Locally

# Need An Extra Lift?



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**MIXING IT UP SUNDAYS**  
November 7 - 28 • 11am - 7pm  
**WIN A NEW PRIZE EACH WEEK!**  
Earn 75 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 items.)

**SENIOR DAY MONDAYS**  
8AM - MIDNIGHT  
NO SENIOR DAY OR SENIOR DAY HOT SEAT DRAWINGS ON MONDAY, NOVEMBER 29.

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.)

**THANKFUL THURSDAY HOT SEATS**  
November 4 - 25 • Noon - 6pm  
**WIN UP TO \$200 CASH!**  
Winners will pick a Feather to determine their prize.  
**Win Free Play or CASH.**  
Drawings every half hour.  
(May only win once per day.)

**GOBBLE UP THE CASH FRIDAYS**  
November 5 - 26 • 6pm - 9pm  
**WIN UP TO \$750 CASH!**  
Drawings every half hour. Beginning Monday, November 1 at 8am, earn one drawing entry for every 10 points.  
(May only win once per drawing day.)

**BLACK FRIDAY KIOSK GIVEAWAY**  
FRIDAY, NOVEMBER 26 • 11AM - 7PM  
Win an Apple Watch, Ear Buds, Bluetooth Speakers, Headphones and other prizes!  
**Earn 75 points and swipe at the Kiosk to receive your prize.**  
(May only redeem once per day. While supplies last.)

**THE BONUS CLUB WILL BE CLOSED**  
MONDAY, NOVEMBER 29, TUESDAY, NOVEMBER 30, AND WEDNESDAY, DECEMBER 1.  
NO PROMOTIONS WILL BE AVAILABLE DURING THIS TIME. WE ARE UPGRADING OUR SYSTEM IN ORDER TO SERVE YOU BETTER.  
WE APOLOGIZE FOR ANY INCONVENIENCE.

**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.

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