

DECEMBER 2021

FREE
Take one!

Active Seniors

Join us for our
New Year's Eve
BINGO
Extravaganza
See Page 4

*Happy
Holidays*

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



FIND YOURSELF

Be a volunteer

I remember when I was a kid living in Grants Pass and during the holidays, Christmas especially, my mom would get together with her friends at the Fleet Reserve Ladies Auxiliary. All year they would save old Christmas cards and ribbon to decorate empty milk cartons.

These cartons would magically turn into beautiful gift boxes filled with candy, nuts and homemade goodies for the residents of the local nursing homes. My mom and I would take our share of the boxes and deliver them. I can still remember the happy expressions on the faces of the residents. This was my first volunteer experience.

It stuck with me. My best friend and I volunteered for the Red Cross in high school, stuffing goodie bags for the guys in Viet Nam, wrote letters and donated many hours to our community in the service of older adults.

Today I am the Volunteer Coordinator for the Klamath Basin Senior Center. Still loving what I do and admiring those who help me do it.

With the help of nursing students at OHSU this last quarter I have contacted teachers and students at Mazama High School interested in doing volunteer service. So far we are looking at 21 student volunteers from Mazama doing tasks such as grocery shopping, light housekeeping, yard work and friendly visits.

Ten students from Eagle Ridge have stepped forward to serve at our Thanksgiving and Christmas dinners as well.

My goal for 2022 is to have at least 100 students from the Klamath area doing volunteer jobs for the older community throughout the summer and into the holidays.

Help make this happen.

Be a VOLUNTEER today.

Call Ginnie Reed at 541-883-7171 ext. 128

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

General Information —

Rolland Bailey: 541.883.7171

Donations — Shawn McGahan:

541.883.7171 ext. 136

Meals On Wheels Assistance

Contact Klamath Lake

Counties Council On Aging —

at 541.205.5400

Contact information

Transport Dispatcher —

Cindy Dupart

541.850.7315

Bingo Information —

Linda 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

Respecting mandates insures our safety

Contributions sustain our future

The day I set this to pen I read in the news that the outdoor mask mandate had been discontinued as there has been improvement in infection rates across the State. That's good news and I hope we can stay on track to returning to some semblance of normal. We can do this and manage to be closer

in our activities if we continue to respect the mandates and guidelines that insure our safety.

The statewide indoor mask mandate for all public settings — including grocery stores, restaurants, schools and gyms remains in place, and that includes the senior center. We strongly support compliance with the mandate for the safety of all that attend our programs at the center.

Last month my wife and I dined at the Toro Loco restaurant in Campus Square and felt safe and comfortable as the staff were in full compliance. Tables were spaced appropriately and the food was great. We had called another restaurant out on South 6th Street earlier and were told they were not honoring the mandate. We didn't go and chose the Toro Loco. Good choice.

We are featuring an article in this issue (on Page 6) from the National Institute of Health that explains how masks function to make such a difference in the spread of the virus. I know we are all growing weary of the mandate, but it might be a good time to refresh our understanding of its importance.

We are eager to keep our programs open as the rates of infection continue to fall. That is why we also encourage all that are eligible to be vaccinated as well. All our programs at the senior center stand on the foundation of bringing people together and maintaining connections to family, friends and community.

Great news from the Klamath Community Foundation this last month. An anonymous contributor granted funds to re-energize our endowment fund effort, and our board has agreed to partner with the foundation moving forward. We will end the year with just over \$100,000 in the endowment and hope to raise the balance to \$500,000 over the next two years. It's year end and may be a good time for major contributors to look to the senior center as a worthwhile investment in



Marc Kane, Center Director

our community's future and the health of our senior population.

Lastly, I am happy to announce two major fund raisers for the coming weeks. They are our annual New Years Eve BINGO Extravaganza and on January 21st we will bring back the Winter Blues Music Banquet to be held at the County Fairgrounds Exhibition Hall. We had to cancel last year but this January will be our 9th annual banquet. Hope to see you all there. The music, food and prizes will be awesome, but best of all will be the opportunity to gather with friends. Bring your masks, be closer and be safe.

All of us at the senior center wish you the very best during the coming holidays.

Come Celebrate Life with us at The Senior Center!

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

Call The Senior Center for more info. 541-883-7171

Kitchen will be open for LUNCH



SENIOR CENTER GIFT SHOP

OPEN MONDAY — FRIDAY 10 a.m. TO 2 p.m.

We are FULL of handmade gifts perfect for any age. Come check out our baby stuff, clothes, toys, blankets, handbags, jewelry, a room full of yarn, art work, greeting cards, hats and we even have local honey.

GET UP TO SPEED ON DRIVER SAFETY

Without leaving home

Take the virtual course in the comfort of your own home using Zoom.

Class No. VE-008428

Sessions Tuesday through Thursday, Dec. 7-9; From 6:45 to 9:15 p.m.

Each class is held in three, 2-hour sessions.

\$20 for AARP members/\$25 for non-members

Register online at: <http://aarp.event.com/dsvirtual> or call 1-888-773-7160

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 through December. Ask Linda at the games or call 541-883-7171 ext. 115 to donate.



NEW YEARS EVE BINGO

Join us December 31st to ring in the
New Year

Lots of FUN and PRIZES

Doors open at 4 pm

2 Huge Black-outs 20 Game Packs

Raffles, Door Prizes

Special dinner from Snack Bar \$10 (may pre-pay)

Snacks available at intermission

PAYOUTS BASED ON NUMBER OF PLAYERS SO BRING YOUR FRIENDS

PRE-PAYS BEGIN THURSDAY, DECEMBER 2nd

For Questions Call 541-883-7171

Thank you Eagle Ridge Volunteers

Friday, November 19, was the Senior Centers' annual Thanksgiving dinner. About 150 guests were served turkey and all the trimmings by the volunteer students from Eagle Ridge high school.

Join us on Friday, December 17, for the annual Christmas dinner 11:30 – 12:30 and meet the Eagle Ridge Volunteers in person.

Get on the Volunteer Team to serve the local older adults for 2022

Call 541-883-7171 ext. 128



See you next year!

The Klamath Basin Genealogy Society will not have a class in December. All available times were just too close to Christmas.

We wish everyone a very Merry Christmas and a Happy New Year!

We look forward to seeing everyone in January with a class for beginners.

January 13, 2022, 6-8p.m.

Klamath County Library Meeting Room

THE CENTER WILL BE CLOSED DURING THE DAY ON DECEMBER 24, 25 and 31

NO EVENING BINGO ON Thursday, December 9
(See you at the Snow Flake Parade)

and

Thursday, December 30 and Saturday January 1
(See you at the New Years Eve Bingo Extravaganza)

Lakeview Senior Center



December 2021 Events

Our Christmas dinner will be Friday, December 17.

We request a 24-hour notice for transportation to the center for meals.
541-947-4966 Ext. 106

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!)

Outback Thrift Shop: Following guidelines, the Outback Thrift Shop is OPEN. As of this month, Thrift Shop days are Mondays & Wednesdays, 10 a.m. to 2 p.m., so our shoppers can join us for lunch.

Follow our Facebook page

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



This will be our last one for AEP!

Meetings on

Thursday Dec 2nd at 1PM

**Your deadline to enroll is Dec 7th!
We are here and ready to help you.
So, please call or stop in to see us
before it's too late!**

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



**SENIOR CENTER
WINTER BLUES
FUNDRAISER**

One Entire Night of Music and Blues

Friday - JANUARY 21ST
COUNTY FAIRGROUNDS EXHIBIT HALL #1
3531 South 6th Street - Klamath Falls

9th Annual Fundraising Banquet

To support our community Senior Center
Great Food! Great Music! A Great Evening Out!
DETAILS IN OUR NEXT ISSUE!

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We can help you select
Urns in large or small,
simple or elaborate to
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New Location: Klamath Memorial Park • 541-883-3458

Face masks and COVID-19

Protecting yourself and others



To fight the spread of COVID-19, many places now require people to wear face masks. But the advice on wearing them has changed over the course of the pandemic. This has led some people to question: Do face masks even protect against COVID-19?

"Yes, absolutely," says Dr. Adriaan Bax, a biophysicist at NIH. He has been testing how well different types of masks work. Masks, he explains, can help stop the spread of COVID-19 for a few reasons.

First, masks can trap fluid droplets that exit the mouth while you're speaking. If you have COVID-19, these droplets contain virus that can be inhaled by others.

Bax and his colleagues have shown that just by talking, a person produces thousands of these little droplets every second. Speaking loudly or singing produces even more droplets.

Stopping droplets at the source is the easiest way to prevent the virus from spreading through the air. Wearing a mask can play a crucial role. Bax and colleagues have found that even a simple cloth mask can stop nearly all droplets produced during speech.

After droplets leave someone's mouth, the water in them quickly evaporates. This causes the droplets to shrink. These shrunken droplets are called aerosols. They can float in the air for anywhere from minutes to hours. Once the virus is carried in such tiny aerosols, it becomes more difficult to stop.

Masks can also help protect the people wearing them. Studies have found that NIOSH-approved N95 or KN95 masks block aerosols from entering the airway very effectively.

Surgical and cloth masks are less effective, but they still provide some

protection. How well they work depends on the number of layers, choice of materials, and whether they're worn properly.

Even if a mask doesn't block all of the aerosols, it may still protect the wearer against severe disease. Severe COVID-19 tends to occur when virus gets into the lower airway and the lungs.

Wearing a mask may help the body clear out virus from the lower airway before it reaches the lungs.

This is because, as Bax's team has shown, wearing a mask traps the moisture that would otherwise escape when you exhale. This raises the amount of moisture in your airways (or the humidity).

Moisture is essential to promote the natural clearance process of the airways. This helps keep the lungs free of contamination by dust, pollutants, and viruses. Masks may aid this process by raising the humidity.

"Some may find wearing a mask uncomfortable, especially on hot and humid days. This is largely because of the humidifying effect. But this drawback is very minor compared to the benefit that masks offer," says Bax.

For most people, cloth masks and surgical masks don't interfere with normal breathing. Oxygen and carbon dioxide are much smaller than the respiratory droplets that carry the virus and pass easily through masks.

Masks work best when we all wear them. But with any mask, not all virus particles are blocked. That's why it's still important to stay a distance from others, generally about six feet.

And remember: Getting a COVID-19 vaccine is the best way to protect yourself and others from the virus.

RECIPE

Pull-Apart Christmas Tree

Oh cheesy tree, oh cheesy tree!

1 lb. refrigerated pizza dough
Egg wash (1 egg whisked with 1 tbs water)
7 mozzarella sticks
1/4 c. melted butter
1/2 c. finely grated Parmesan
1 tbs. Thinly sliced basil
1 tbs. chopped parsley
1 tbs. chopped rosemary
Marinara, warmed (for serving)



Preheat oven to 450°. Line a large baking sheet with parchment paper. Cut mozzarella sticks into 1" pieces and set aside.

On a floured surface, divide pizza dough into two pieces. Stretch and roll each piece of dough into a long rectangle, then cut dough into 2" squares (you'll need 33 total).

Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball. Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.

Meanwhile, whisk together melted butter, Parmesan and herbs. Brush on baked pizza balls. Serve warm with marinara for dipping.

By Lauren Miyashiro, Delish
Dec. 9, 2016

Nine tips to help someone grieving during the holidays

For many people, the holiday season is a special time of year marked by celebrations and gatherings with family and friends. For those struggling with the death of a loved one, the holidays may be a difficult time full of painful reminders that emphasize their sense of loss.

- Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to avoid customs of the past and do something new. It's okay to do things differently.
 - Offer to help the person with decorating or holiday baking. Both tasks can be overwhelming for someone who is grieving.
 - Offer to help with holiday shopping. Share catalogs or online shopping sites that may be helpful.
 - Invite the person to join you or your family during the holidays. You might invite them to join you for a religious service or at a holiday meal where they are a guest.
 - Ask the person if he or she is interested in volunteering with you during the holidays. Doing something for someone else, such as helping at a soup kitchen or working with children, may help your loved one feel better about the holidays.
 - Donate a gift or money in memory of the person's loved one. Remind the person that his or her loved one is not forgotten.
 - Never tell someone that he or she should be "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.
 - Be willing to listen. Active listening from friends and family is an important step to helping some cope with grief and heal.
 - Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.
 - In general, the best way to help those who are grieving during the holidays is to let them know you care and that their loved one is not forgotten.
 - Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss.
- More information about grief is available from Caring Connections, www.caring-info.org/grief.

— Article Respectfully Submitted by Klamath Hospice & Palliative Care

Need extra support this holiday season?

Drop-in Grief Support Group

Find comfort and support in a caring and understanding atmosphere.

- Meet others who are coping with loss
- Share ideas on how to cope
- Learn more about other community resources

Pick one or more dates to attend:

December 7
2:00 p.m.

December 15
5:30 p.m.

All groups are located at:
4745 South 6th Street
Klamath Falls, Oregon

KLAMATH HOSPICE AND PALLIATIVE CARE

FOR MORE INFORMATION CONTACT EMILY AT:

541-882-2902

WWW.KLAMATHHOSPICE.ORG



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

A woman of strength and purpose

I recently met Kathy Williams who is the Founder of Friends of Pets. She stepped up to help me rescue an old, ill stray cat. Then, I discovered her interest in fitness.

Kathy, 75 years of age, is a most active woman. She grew up in Indiana and as a teen played basketball, tennis, bicycled, and ran. She holds a master's degree in Education including

Nancie's Corner

By Nancie Carlson
Health and
Wellness counselor

part of her teaching career and science during the latter. Wooed by the corporate world and better pay, she subsequently worked for two large corporations, one in Texas and the other in Seattle. Eventually, she landed in Kodiak, Alaska where she helped run a veterinary business.

Kathy maintains a laser wfocus on physical fitness. She was a distance cyclist often riding 100 miles/day—bicycling throughout Alaska alone.

Earlier, she bicycled cross-country with a friend, breaking it into two summers: the first from Oregon to Indiana; the second from Indiana to Virginia. Nowadays, she jogs daily on her hilly property, moves rocks, cuts Juniper into cords of wood with a chain saw, and lifts free weights at home to maintain upper body strength which she needs at work. She has a fully fenced 40-acre piece of land that she maintains on her own.

Kathy doesn't cook but tries to achieve a good diet. She eats fruit, salad, baked potatoes, canned soup, eggs, peanut butter, granola bars, cereal, and an occasional steak.

The cords of wood she cuts she sells to fundraise for Friends of Pets, a no-kill non-profit she started 20 years ago. She offers spay and neutering services to the community at an affordable cost and houses stray cats for adoption after ensuring their health. Her passion is evident when she talks about her business which she originally funded with her own money plus generous donations from supporters which has continued.

Kathy is an impressive woman with a thirst for adventure and a dedication to helping stray cats. Although we were not able to save the old cat I found and fostered, I was appreciative of her attention to his health needs and for her support. For more information about Friends of Pets: www.klamathpets.com.

additional graduate courses in Biology. She taught physical education in high school for the first



Kathy Williams: Founder of Friends of Pets

Be a Meals on Wheels volunteer



Being retired and being a grandparent has its rewards, especially when you are a Meals on Wheels volunteer. Meet Maryann and 2 of her grandchildren Lydia and Madelynn. The girls join Maryann when then can and help deliver the meals. We are looking at future volunteers. Come join us.

MOORE PARK PLAYGROUND PROJECT

HOLIDAY GIVING CAMPAIGN



Call us at 541-539-8031
healthyklamath.org/playground

Help us make the dream a reality this holiday season!



DECEMBER 2021

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Au Gratin Potatoes & Ham Veggie Salad Bar Dessert	² Ravioli Florentine Garlic Breadsticks Veggie Salad Bar Dessert	³ Turkey Gravy & Noodles Veggie Salad Bar Dessert	⁴ 
⁵ 	⁶ Polish Sausage & Sauerkraut Veggie Salad Bar Dessert	⁷ Spaghetti & Meatballs Garlic Breadsticks Veggie Salad Bar Dessert	⁸ Chicken Fried Steak, Gravy Mashed Potatoes Veggie Salad Bar Dessert	⁹ Beans & Ham Cornbread Veggie Salad Bar Dessert	¹⁰ Chicken Veggie Casserole Veggie Salad Bar Dessert	¹¹ 
¹² 	¹³ Cheddar Broccoli Soup Veggie Salad Bar Dessert	¹⁴ Salisbury Steak Egg Noodles Veggie Salad Bar Dessert	¹⁵ Split Pea & Ham Soup Cornbread Veggie Salad Bar Dessert	¹⁶ Liver & Onions Chef's Choice Veggie Salad Bar Dessert	¹⁷ CHRISTMAS DINNER Turkey, dressing, potatoes, Veggie Dessert	¹⁸ 
¹⁹ 	²⁰ Breakfast for Lunch Veggie Salad Bar Dessert	²¹ Meatloaf, Mashed Potatoes, Gravy Veggie Salad Bar Dessert	²² Hotdogs Mac & Cheese Veggie Salad Bar Dessert	²³ Beefy Bean Soup Cornbread Veggie Salad Bar Dessert	²⁴ CLOSED 	²⁵ MERRY CHRISTMAS 
²⁶ 	²⁷ Potato Soup Veggie Salad Bar Dessert	²⁸ Beef & Bell Pepper Casserole Veggie Salad Bar Dessert	²⁹ Chicken Fried Steak Mashed Potatoes Veggie Salad Bar Dessert	³⁰ Clam Chowder Veggie Salad Bar Dessert	³¹ CLOSED Center closed for the day New Year's Bingo Extravaganza begins at 4 p.m.	¹ JANUARY 

December 2021 Calendar of Events

MONDAYS

- Muffin Monday, 10 a.m.
- SAIL classes 9 & 10:30 a.m.
- GOLDEN AGE BINGO — 12:30
- YOGA 4 - 5 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.
Closed Dec. 9 and 30
- 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.
Closed Jan. 1

Love and Christmas

By Sharon Hudson

*Leaves are falling off of the trees,
And the wind is swirling them around.
Winter is coming up, and soon
Snow will be on the ground.*

*Christmas is just ahead, and has
Its special meaning for all.
Love is the message, and
That is God's call*

*Christmas is the time to
Let your love flow.
The more you give, the
More it will grow.*

*As love fills the air, and
People hurry about,
Some get angry, and I
Steer clear from their route.*

*A smile can go a long way,
And it's not hard to do.
It makes you feel better, and
You look better too.*

*We got a tree from a
Mountain tree farm.
A few ornaments, and some lights,
Brings on old fashion charm.*

*Colored lights color the season,
When it is dreary and cold.
They lift your spirits, and help
With depression, I'm told.*

*Family is coming from a
Long ways away,
Grandchildren are included, and
You have room for them to stay.*

*Cuddle up with a grandchild, and
Do things their way.
It will bring you closer, and
Give you time to play.*

*Presents in the morning, and
A ham in the afternoon
Bring good times, and
It will be here soon.*

*A home cooked Christmas dinner,
Is a wonderful treat.
Everyone enjoys something, and
It just can't be beat.*

*Hope your Christmas is fun for
You, and those you hold near!
Remember, another one is coming
About this time next year.*



Mumkin's recipes for life



We had it all

*Closing my eyes, I clearly see
A lifetime of stories and memories
The pitter patter of our little feet
Into Mom and Dad's bed we'd sneak*

*Down the stairs at the crack of dawn
With breakfast cooking and the radio on
Splashing in the ditch that watered the fields
Through the hills, we'd run and squeal*

*Plenty of chores on the ranch to do
Lemonade under the trees, when we were through
Of course, there were struggles for this family of five
But we were strong and together would survive*

*For winter, spring, summer and fall
We were loved, we had it all.*

Sharon (Johnston) Pappas ©

Writer's Corner continued ...

The gift of the pines

By Gary Hartter

"Freshly cut Christmas trees smelling of stars and snow and pine resin – inhale deeply and fill your soul with wintry night."

— John J. Geddes

The fragrance of pine always awakens a memory within me. The smell of Christmas trees, such as Fraser Fir, White Pine, and Scotch Pine, especially in the cold December air, makes the past seem real again.

The year was rolling into 1992, when my six year old daughter Tahnee, my sister Linda, and I made a night time visit to the Christmas tree lot set up outside the Ace Hardware in Elkhart, Indiana. We were there to buy a live tree for Linda.

Ace Hardware was the best place to get a tree. They had a searchlight, sending a beacon into the night sky, bringing shoppers in like moths. Loudspeakers, placed around the lot, played Christmas music to make spirits bright. A life size statue of Paul Bunyan stood in the lot. Illuminated by spot lights, he was complete with a double bladed axe in his hands and a huge Santa hat, worn cocked just above his eyebrow. He was smiling, towering over the trees, as if he had harvested them all and brought them there.

The trees, lit up brightly by strings of clear glass incandescent bulbs, stood in rows, with aisles between them, so you could view the entire tree as you strolled through the "forest." Inside the store were all kinds of Christmas decorations and presents. Coffee, hot chocolate, doughnuts and decorated cookies were available, free of charge for the customers.

Tahnee, Linda, and I had walked through the tree lot and entered the store for some quick refreshments. On our way back out, we stopped at a display of painted wooden nutcrack-

ers. Tahnee liked the king style and I liked the soldier.

Back in the lot, Linda and I stood in the falling snow, by a White Pine she had chosen. We were drinking hot chocolate and talking. Linda asked me a question, but before I could answer, I was distracted to my left by the sound of running feet - Tahnee's feet. She had her back to me, laughing and running down the aisle between the rows of trees. "Slow down, Tahnee," I called, but I knew she was too excited by all the "Christmas" around her to even hear me.

Suddenly, I was in the moment too. I became fully aware of the lights, the music, the cold night air, the steaming hot chocolate, the warmth of family, and the trees. The whole package, the "gift" if you will, all wrapped in the fragrance of pine. I inhaled deeply and turned to Linda. "Yes," I answered slowly. "The trees smell wonderful."

Later in the week, Tahnee and I returned to the store to purchase the king and soldier nutcrackers. I still put mine out every Christmas. It always reminds me of ... but then, that's another story.



Muffin Mondays

Upcoming Events

- 12/6/21 Dan Hill – Singing oldies but goodies
 - 12/13/21 Crosspoint Christian School's Choir
 - 12/20/21 The Kitchen Band
 - 12/27/21 No Muffin Monday – CLOSED for the holiday
- Times may change for these performances



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



The Klamath Basin Senior Center and the Klamath Village are looking for volunteers to help with:

MEALS ON WHEELS	HOME REPAIR
HOUSEKEEPING	YARD WORK
SHOPPING	TECH SERVICES

Call today for more information on how you can help your community. 541-883-7171 ext. 128

Kiwanis Holiday Store



Featuring

See's Candies

Located Inside
Diamond Home Improvement Store

OPEN 11 a.m. TO 3 p.m. EVERY DAY UNTIL SOLD OUT
(supplies are limited)

Please consider purchasing your gifts of candy from Kiwanis

Our club's mission is to focus on improving the lives of children in our community. 100% of the funds our club raises from this fundraiser will be spent on youth and community projects.

We, and the children that benefit from our projects, appreciate your support to this yearly.
Your support makes a difference!

The story of the Christmas Pickle

The tradition of the Christmas Pickle has got to be one of the strangest modern Christmas customs, in that no one is quite sure why it exists at all.

In the 1880s, Woolworth stores started selling glass ornaments imported from Germany and some were in the shape of various fruit and vegetables, probably including the pickle.

Around the same time it was claimed that the Christmas Pickle was a very old German tradition and that the pickle was the last ornament hung on the Christmas tree and then the first child to find the pickle got an extra present. However, that claim seems to be a total myth. Not many people in Germany have even heard of the Christmas Pickle.

There are two other rather far-fetched stories linking the pickle to Christmas. One features a fighter in the American Civil War who was born in Bavaria (an area of what is now Germany). He was a prisoner, and starving, he begged a guard for one last pickle before he died. The guard took pity on him, gave him a pickle and the soldier lived.

The other story is linked to St. Nicholas. It's a medieval tale of two Spanish boys traveling home from a boarding school for the holidays. When they stopped at an inn for the night, the evil innkeeper, killed the boys and put them in a pickle barrel. That evening, St. Nicholas stopped at the same inn, and found the boys in the barrel and miraculously bought them back to life.

So it's most likely that an ornament salesman, with a lot of spare pickles to sell, invented the legend of the Christmas Pickle.



— *WhyChristmas.com*



OPEN HOUSE

ATRIO has moved! Please join us for an Open House at our new location, where you can visit with our friendly staff, enjoy light refreshments, learn about our 2022 Medicare plans, and get your name entered into a drawing for an ATRIO door prize!

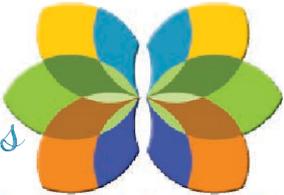
December 4th @ 10 a.m. - 3 p.m.
404 Main Street, Suite 5, Klamath Falls

**Medicare Annual Enrollment ends
December 7th! Ask about our NEW 2022
plans with Bigger and Better benefits!**

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Are you feeling lonely, sad, or worried?
Are you feeling hopeless about your life?



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**THURSDAYS AND SATURDAYS
AT THE SENIOR CENTER
541-833-7171**

THURSDAY Bingo Fundraiser
open at 4:30 p.m. call at 6 p.m.
Closed Dec. 9 and 30

SATURDAY Nickel Bin go
open at 10 a.m. call at 11:30

SATURDAY Bingo Fundraiser
open at 4:30 p.m. call at 6 p.m.
Closed Jan. 1

Masks and 3-foot distancing are required
Seating is first-come, first-served.
Snack Bar open

**SENIOR CENTER
FUNDRAISER**

It's better to give than to receive

There are reasons some sayings stand the test of time. We're going to examine one of the most popular age-old phrases this holiday season: It's better to give than to receive.

The saying can be traced back to the good book, but it permeates throughout American culture regardless of religion. Here are 5 ways in which giving helps enrich life.

Giving makes you happier

Countless studies have shown that giving makes you happier. Psychology Today claims that the act of giving to others may increase dopamine levels in the brain. Other studies have shown that giving to others versus receiving creates longer-lasting happiness.



Not only does giving make us happier, it can also help us fight depression. Giving helps us feel more connected to others, which can help reduce feelings of isolation. A study in Elsevier Science has shown that

volunteering and giving to others can help combat self-hatred.

Giving is good for your health

Many studies have shown that giving can help improve our physical health and longevity. One way giving does this is by helping to reduce our stress levels, which can also help lower blood pressure. Another study by the University of Michigan found that elderly couples who gave emotional support or provided practical help were at a lower risk of dying over a five-year period than those who didn't.

Giving makes you think about your resources differently

When we give to others, we start thinking about resources in a different way. Whether it's volunteering our time or buying a material gift. The simple act of giving can help us view our resources as opportunities. This shift in view can help us better count our blessings. Not to mention that it helps us put life in perspective and helps us assess what is really important.

Giving helps create better relationships

Giving to others helps build better bonds and relationships with those on the receiving end. By giving to others, we begin to feel more connected to the recipients. A study by the National Marriage Project found that little acts of kindness like a back rub or making coffee helped create a sense of harmony that helped the relationship in the long term.

Giving is contagious

Have you ever heard the saying pay it forward? Or maybe you have experienced it in person as you go through a drive thru and when you pull up to the window, you learn that the person in front of you paid for your order, so you pay for the person behind you. Or someone helps you out with something and you feel inspired to help someone else out.

Whatever it might be, giving can be contagious. A simple act of kindness can set in motion a whole world of good.

Whether you give your time or gifts, it's all about the simple act of generosity. What will you be giving this holiday season?

— Jesse Wilkie, Blue Zone

DONORS REPORT

Klamath Community Foundation makes endowment contribution

Submitted By Marc Kane

The Klamath Community Foundation announced a significant grant to the senior center from an anonymous donor to the senior center's endowment fund. The endowment fund has been inactive for some years but with recent contributions the board has agreed to place our endowment fund with the Klamath Community Foundation and expects the initial transfer to amount to \$100,000. Funds for this initial transfer will come from the recently announced anonymous donor and from the estate of Richard Wheeler.

We hope to create a higher awareness in the community of the necessity for an endowment to assure the long term stability of the senior center and to see ongoing contributions to this fund. A goal has been set to increase the fund to \$500,000 over the next two years. Residents are encouraged to work with the Klamath Community Foundation which is currently managing a year end campaign which names the Senior Center has a participating partner for the first time this year.

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. October donations of \$3,855 were received from the following organizations and individuals:

Refuge City Church
Dorothy Winters
Semone Sergi
Jon Schnebly

Howard McGee
Ernie Palmer
Charlotte Moseley
M.O. Larson

Unidentified contributions in October for Meals, Transportation and Other Services amounted to \$2,357.00

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
Stan Neitling
Lynette Harvey
Dorothy Winters
Howard McGee
Jon Schnebly

Burl Parrish
Mary Ellen Sargent
Linda Bourcy
Donna Hill
Refuge City Church
Jim Calvert

Rose Chapman
Ernie Palmer
Donna Maloney
Patricia Henderson
Cheryl Gibbs
Jonny Jones

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

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.

SHIP TALK

Deadlines, deadlines

Now that open enrollment is ending, I'd like to review some of the other major schedules and deadlines which are on-going year after year. For review: open enrollment has just two purposes (1) to change from regular Medicare to an Advantage plan or vice-versa and (2) to change drug plans. You've got till December 7 to do that.

Most readers seem to know that the time to register for Part B is 7 months long — the three month period prior to your birthday month, your actual birthday month and three months after your birthday month. At this time you decide whether to choose Original Medicare (which means you also must sign up for Part D drug insurance during this same period, or you choose an Advantage plan, which includes drug insurance.

If you miss this period, Medicare also features the General Enrollment Period (GEP) during January, February, and March. However, your coverage will not begin until July 1 and you will have a penalty for being late. If you are enrolling in Part A and B during this period, you may then sign for Part D drug insurance from April 1 through June 30. Effective date of Part D insurance will also be July 1. After these periods are over, you will have to wait until the next general enrollment period.

There are also special enrollment periods (SEP) available when you lose other coverage you may have had. First, if you decide to retire and lose your Employer Group Health Plan (EGHP), you do have up to 8 months after active work ends to sign up for Medicare. (You also can sign up for Medicare while still participating in your EGHP and your EGHP will probably become your secondary insurance.) That depends on your employer's policies, so you need to coordinate this with your employer. However — here's where it gets confusing — you only have 60 days after EGHP ends to sign up for Part D drug



insurance. So in effect, you should get all of it taken care of within the 60 day time period. During this 60 day period you can choose either regular Medicare or an Advantage plan.

Finally, and this is very important, if you're in regular Medicare and want to purchase a Medicare supplemental plan, (also called Medigap) you have six months after enrollment of "guaranteed issue" (GI). Guaranteed issue means that the supplemental insurance plan MUST sell you a policy during this initial six month period of signing up for Medicare. After that they are free to turn you down because of pre-existing condition(s). This means, in effect, you may never be able to get a supplemental plan. BUT, if you chose an advantage plan when enrolling, you have a 12 month free trial period to switch to original Medicare and still have guaranteed issue for a supplemental plan.

Last but not least, if you already have a supplemental plan and you're dissatisfied, you can SWITCH to another supplemental plan, guaranteed issue, during the 30 days following your birthday. This is the birthday rule.

That's it for this month. If you aren't confused at least a little bit, I'd be surprised! Don't forget — trained and certified SHIBA counselors are available at the Klamath Basin Senior Citizens Center to help guide you through this maze. Just call 541-883-7171 and make an appointment.

— Anne Hartnett
SHIBA Coordinator, Klamath Basin
Senior Citizens Center

Have health-related questions? Talk to your primary care provider (PCP) today!

A primary care provider (PCP) is someone who knows you and is in your corner. A PCP will track your health progress and help you receive the best care possible. Your PCP can work with a team of healthcare professionals to coordinate your care. Most importantly, a PCP can help you get access to care when you need it. Make sure to let your health insurance company know who your PCP is if they do not already know.^{1,2}

Establish care.

If you have not established care with a PCP, call your health plan for assistance finding a care provider, or visit your health plan's website! If you know a provider already, call today! It can take time for an initial appointment.

Focus on prevention.²

It is important to see your PCP even when you feel good, so you can stay healthy. PCP visits are for more than just treating you when you are sick. Make sure to schedule annual wellness check-ups because they offer health maintenance, early disease detection, and help prevent disease.

Take your medication correctly.³

You have control of your health, so make sure to follow the medication routine your provider gave to you. Taking medications correctly can help maintain your health and quality of life. You may even be able to avoid a trip to the hospital.

- Always take your medications at the same time and tie it with a daily routine (like brushing your teeth).
- Keep a calendar to track when you took your medications.
- Use a day-by-day pill box and refill it on the same day each week.
- Talk with your provider or pharmacist if you have questions about medication directions, concerns about side effects, or cannot afford the medication.

Medication Routine

Correct Dose
Correct Time
Correct Frequency

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 1: mayoclinichealthsystem.org;
Source 2: mayoclinic.org; Source 3: fda.gov

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CHOICE

Christmas Cash
FRIDAY

December 17 • 6pm - 9pm

6pm \$200 CASH	7pm \$300 CASH
6:30pm \$150 CASH	7:30pm \$400 CASH

8pm, 8:30pm & 9pm
3 winners for each of the 8pm-9pm drawings!
In the order in which they are drawn.
Each winner will receive a certificate for the amount listed on the drawing.
WIN UP TO \$1,000 CASH!
Drawings every half hour. Beginning Wednesday, December 1st thru, with some drawings being for money to donate.
(May only win once per drawing day.)

FROSTY 3X
Entries Friday

December 10 • 10am - 10pm

Earn 3x the entries for the "Christmas Cash Friday" drawings on December 17.

PICK A SNOWFLAKE
KIOSK SUNDAYS

December 5 - 26 • Noon - 5pm

WIN UP TO \$100 CASH!
Earn 50 points and swipe at the Kiosk to receive Free Play, Cash, or Prizes.
(Play only between 12:00pm and 5:00pm.)

SENIOR DAY MONDAYS

8AM - MIDNIGHT

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

HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF-HOUR.
(May only redeem/hit once per day.)

Winter Doubleland
2X POINTS DAY

Friday, December 24 • Noon - 8pm

Earn 2X the points on Christmas Eve!

PICK A PRESENT
HOT SEATS

Saturday, December 25 • 4pm - 9pm

WIN UP TO \$300 ON CHRISTMAS DAY!
Winners will pick a present to determine their prize.
Win Free Play, CASH, or BOTH. Drawings every half hour.

NEW YEAR'S EVE BLAST
Hot Seats

Friday, December 31 • 9pm - 12:15am

WIN UP TO \$2,022 CASH!
Drawings every half hour.
Win Free Play or CASH.
(May only redeem/hit once per day.)

NEW MEMBERS

WIN UP TO \$250
FREE PLAY

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All Guests and Team Members

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