

JANUARY 2022

FREE
Take one!

Active Seniors

Join us for our
annual fundraiser, the
Winter Blues Festival
on January 21

See Page 7



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

Contact information

General Information —
Rolland Bailey: 541.883.7171

Donations — Shawn McGahan:
541.883.7171 ext. 136

Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging —
at 541.205.5400

Transport Dispatcher —
Cindy Dupart
541.850.7315

Bingo Information —
Linda Breeden:
541.883.7171 ext. 115

Medicare Counseling —
541.883.7171

Executive Director —
Marc Kane: 541.883.7171
ext. 117

Volunteer Coordinator —
Ginnie Reed: 541.883.7171
ext. 128

Website —
www.KlamathSeniorCenter.com

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

Produced in conjunction with the Herald and News.

Welcome

What will we make of this New Year?

By the time this is published there will have been many stories read about the past year and outlooks to the year ahead. The first are primarily pessimistic and paint a picture mostly dark as it was by all accounts a difficult year. The outlooks are mixed, but being the optimist I am, I choose to prefer the ones that lean in that direction. I wonder what the seniors who we serve are thinking. Most are now in their nineties and eighties.



Marc Kane, Center Director

These folks are the ones that worked hard through the Depression and many wars since then, building and defending this country and the freedoms that we hold so dear. In their middle age years the political environment, although it had its partisan divides, was always one of compromise, and much was accomplished to ensure that everyone had a fair shot at achieving what became known as the “American dream.” It is a very depressing experience to see what the last year has revealed about our politics and the stark unyielding divisions that have lost the will to compromise.

I recently read an article that described a news media industry that is very divided and held hostage to two publics that demand to hear only what they believe, and will not choose to consider any data other than what supports their position irrespective of its source and credibility. The media is a business now that must serve the uncompromising demands of its audience or face extinction.

It appears that we have a growing public that is self-serving and not willing to make the sacrifices that our seniors endured to move us through the many serious crises of the past. For example David Shribman in his editorial published by the Herald and News on December 28 commented that we do not know what is ahead in our fight against an ever mutating virus. He wrote, “We do know that American attitudes today are far different, and that Americans do not, as Bresnahan said on the radio in October 1943, “stand ready to accept any inconvenience or make any sacrifice,” even though those inconveniences and sacrifices are, by our parents’ and grandparents’ standards trivial.”

So why am I optimistic about the future? While I know that the

seniors we serve may be dismayed by the state of political and social affairs of the day, they stand willing to connect with others to share the value of compromise that grew out of their efforts and the accomplishments that have stood the test of time . They know that standing and working together assures a common good and better world for all. This is why we work so hard here at the senior center to keep seniors connected to family, friends and the community and able to share the values of the past that have made this country what we once knew it to be.

Let’s make this the Happy New Year we have exclaimed to each other on day one of the year. Let’s work hard at understanding, compromise and accomplishment.

Come Celebrate Life with us! And please be vaccinated!

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*

You are in control of your health!

Understand your health journey & the role you play.

Your primary care provider (PCP), specialty providers, and behavioral health providers are wonderful healthcare guides. They help you stay up to date on health screenings and can coach you on how to stay healthy. It is important to learn and understand what you need to do to keep yourself healthy between visits with them. **It is important to ask questions, share your concerns, and talk about your health and wellbeing. This will help them give you the best advice possible.*** After a provider visit, you should know:

- ✓ **Your health status and how to stay healthy**
- ✓ **Treatment options if you have an illness or chronic condition**
 - What are the benefits and concerns for each treatment option? What may happen if you do not take care of the illness or chronic condition?
- ✓ **If you need to take a medication**
 - When do you take the medication? How do you take it? Does it have possible side effects?
 - Make sure your provider knows your current pharmacy.
 - Talk to your provider about the cost of the medication. Ask if a generic is available.
- ✓ **Next steps**
 - Do you need labs (blood work), imaging, or another test? If so, what is it for? When and how will you get the results?
 - Do you need to see another provider? If so, do you need a referral? Has your provider made the referral? When and how will a visit be scheduled?
 - Do you need to go back for another visit? If so, when?
- ✓ **What to do if you have questions after you leave your provider's office**
 - Check the written materials from your visit. Call your provider if you still have questions.

*Make sure caregivers or loved ones are informed as needed.

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: cms.gov

WHAT'S NEW?



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.

Martin Luther King Day

The Senior Center will be CLOSED
January 17, 2022

In observance of Martin Luther King Day

SAVE THE DATE

Mental Illness and Older Adults Educational Series
is Jan. 25 at 12 p.m. Trauma Informed Care
To pre-register or for more information: bwilson@gobhi.org

MUFFIN MONDAYS JANUARY SPEAKERS

Jan. 10 — Kay Ortega – Oregon Child Development Coalition

Jan. 24 — Dr. Glen Gailis

Jan. 31 — Doug Dean, Basin Transit Services

Feb. 7 — Pending



Klamath Basin Genealogy Society

January 13 meeting for BEGINNERS

Klamath County Library Meeting Room, 6 to 8 p.m.

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

Linda McKeen – Genealogy Society

LAKEVIEW SENIOR CENTER



January 2022 Events

We are kickstarting the New Year with Community Bingo.

Saturday, January 15, doors will open at 5 p.m., Bingo starts at 5:30. Free transportation available by calling 541-947-4966 x106. Food/drink ticket will be available for \$5. Awesome prizes.

We request a 24 hour notice to transportation to ride the LUNCH BUS to the center for meals on Monday, Wednesday and Fridays at 12 noon. 541-947-4966-x106

Home delivered meals are provided weekly.

Congregate Meals are served on Mondays, Wednesdays and Fridays at 12 noon 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.

Watch for updates to our basement space and new classes to follow.

Follow our Facebook page

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



Mick Insurance

188383

Make your New Year's resolution count

Every January we start the New Year with a list of resolutions, goals, if you will, that may be realistic or not. Usually they are forgotten by the second week of the month. This year, make fewer goals that are easier to achieve.

SUCCESS

I'm making a big list for the whole year. I have about 20 things I want to work on so I am going to start with the easiest ones for January.

Eating healthier is a constant goal in our house so that's number one. Number two is exercise. Just move something. Even if it's sitting in your favorite chair and turning your ankles you are exercising. Wave your arms to music or better yet, join the S.A.I.L. (Stay Active In Life) class at the Senior Center. You can come as often as you'd like. Check it out. See the Calendar of Events on page 9.

Number three is to pursue my arts and crafts hobby. For as long as I can remember I have always made my own Christmas cards, however, this year I did not. Sorry. There was always an excuse. TV is my biggest enemy. So this year I am going to paint two cards a month. That's my initial commitment.

For any of you who would like to experience a watercolor class, again, check out the Calendar of Events on page 9 for our Monday class with Kate Binford.

Here are some ideas for your 2022 List of Resolutions:

- Cook a new recipe once a month
- Read a book (See our Library at the Senior Center)
- Sign up for exercise classes at the Senior Center
- Try your hand at watercolors
- Dance
- Play Pickle Ball (at the Senior Center)
- Get out of the house (come to lunch at the Senior Center)
- Play Bingo (at the Senior Center)
- Pursue your hobbies
- Meditate
- Get organized
- VOLUNTEER



Remember . . .

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



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

DAVENPORT'S CHAPEL

Trusted
Since 1978



✦ of the ✦

GOOD SHEPHERD
The Different Funeral Home

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



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

Klamath Senior Center Winter Blues Festival

Friday, January 21st, 2022

Klamath Fairgrounds Exhibit Hall #1

Social Hour 5:30-6:30 pm

Dinner 6:30-8:00 pm

Dessert and Entertainment 8:00-9:00 pm

No Host Bar

Ticket costs:

\$45 individual

\$85 couple

\$330 for table of eight (\$41.25/seat)

**Live Music representing the best of the Basin's Blues and Folk
Music Artists courtesy of the Folk Music Society**

For reservations or info call 541-883-7171

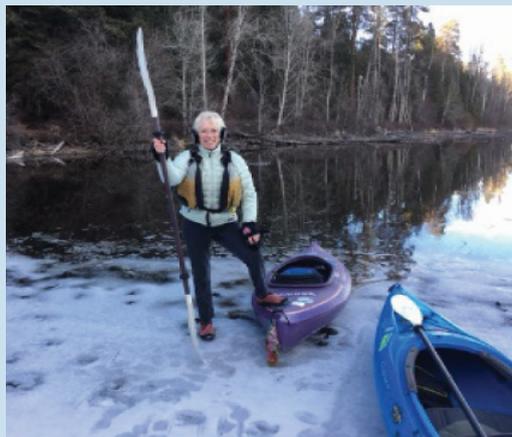
**Support the Senior Center for their annual fundraiser and
spend an evening in a winter wonderland filled with music,
entertainment, prizes, and great food catered by
Yummy's Cowboy Cuisine.**

Winter kayaking

By Marle Jandreau

I wait for a clear winter day, blue skies, and no wind. I layer up appropriately, including long underwear, gloves, earmuffs and a windbreaker and head out for unfrozen flat water. I have a kayak skirt on the boat to keep in body heat.

The photo of me was taken February 22, 2021, at Shoalwater Bay, part of Eagle Ridge Park on the Upper Klamath Lake. I stay close to shore and enjoy the sparkle of the ice and

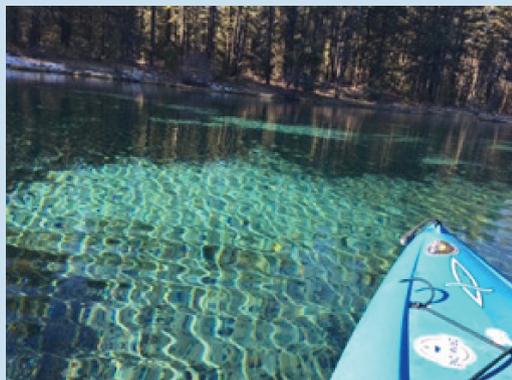


Nancie's Corner

By Nancie Carlson
Health and
Wellness counselor

snow,
some-
times
looking
for animal
tracks.
Another
winter
venue is

Harriman Springs. It doesn't totally freeze up because it is a spring. I put in at the boat ramp by the restaurant and paddled towards Rocky Point until the water began to freeze up. Sometimes there's an eagle around ready to dive in for an icy snack.



One more winter-kayaking area is Ewauna Lake. Because of the Link River flowing into Ewauna from Upper Klamath Lake, there is a stretch of ice-free water. The iced edges of the water often sport birds watching as I paddle past. By their cocked heads and unblinking stares, they might be thinking, "...and they call us birdbrains!"

One of my favorite winter outings in the Klamath Basin is recreational kayaking. Once ice forms on the water, a few precious venues are still available for winter kayaking. The photo above, shot on New Year's Day 2018 on Spring Creek, features some snow on shore and aqua blue water.

My first kayaking experience was in October 1996 on the Wood River. I had just turned fifty. I never considered myself a "water person," yet as I awkwardly paddled for the first time, I fell in love with recreational kayaking.

I puzzled as to why I liked kayaking. A couple of years after my first outing, I read a book about French-Canadian trappers. The story revealed that "The French-Canadian trappers loved their little boats but hated water." My great-grandfather was French-Canadian so I must be channeling his trapper genes!

The Basin has endless venues for recreational kayaking. Any season will supply exciting adventures. Paddle on.

Thank you, Marle!

Nancie Carlson, Health & Wellness Counselor

Chicken and Rice Casserole

Total: 40 min

Prep: 15 min

Cook: 25 min

Yield: 4 servings

| | |
|---|--|
| 2 tablespoons unsalted butter | Kosher salt and freshly ground pepper |
| 2 cloves garlic, finely chopped | 2 cups low-sodium chicken broth |
| 4 scallions, sliced | 1/4 cup sour cream |
| 2 cups broccoli florets | 1 cup diced dill Havarti cheese (about 4 ounces) |
| 2 cups shredded rotisserie chicken (skin removed) | 1/4 cup grated parmesan cheese (about 1 ounce) |
| 1 cup medium-grain white rice | |
| 1 plum tomato, chopped | |

Preheat the oven to 425°. Melt the butter in a large ovenproof skillet over medium heat. Add the garlic and about three-quarters of the scallions and cook, stirring occasionally, until soft, about 2 minutes. Add the broccoli, chicken, rice, tomato, 1 teaspoon salt, and pepper to taste; stir to combine.

Whisk the chicken broth and sour cream in a bowl, pour into the skillet and bring to a simmer. Stir in half each of the Havarti and parmesan. Cover tightly with a lid or aluminum foil, transfer to the oven and bake until the rice is tender and most of the liquid is absorbed, about 20 minutes.

Turn on the broiler. Uncover the skillet and sprinkle with the remaining Havarti and parmesan, then broil until golden, about 2 minutes. Sprinkle with the reserved scallions.

Courtesy of Food Network Magazine

OLDER ADULT PROGRAM

Are you struggling to connect with others?

Are you feeling lonely, sad, or worried?

Are you feeling hopeless about your life?



**LOCAL
SUPPORT IS
AVAILABLE**

**KATHLEEN
RUTHERFORD, LCSW
541.622.9562**

You are not alone.

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

| JANUARY 2022 | | | | | | | MENU | | | | | | |
|---|---|--|--|--|---|---|--------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  | | | | | | | |
|  | Au Gratin Potatoes & Ham Veggie Salad Bar Dessert | Ravioli Florentine Bread Sticks Veggie Salad Bar Dessert | Beef & Mac Casserole Veggie Salad Bar Dessert | Salisbury Steak Egg Noodles Veggie Salad Bar Dessert | Polish Sausage Sauerkraut Veggie Salad Bar Dessert |  | | | | | | | |
|  | Split Pea Soup Cornbread Veggie Salad Bar Dessert | Chicken Fried Steak Mashed Potatoes & Gravy Veggie Salad Bar Dessert | Beefy Bean Soup Veggie Salad Bar Dessert | Loaded Baked Potato Soup Veggie Salad Bar Dessert | Chicken Noodle Soup Veggie Salad Bar Dessert |  | | | | | | | |
|  | CLOSED M.L. KING DAY | Roast Pork Stuffing Veggie Salad Bar Dessert | Sloppy Joe's Veggie Salad Bar Dessert | Beef Barley Soup Veggie Salad Bar Dessert | Goulash & Garlic Bread Sticks Veggie Salad Bar Dessert |  | | | | | | | |
|  | Chicken Veggie Casserole Veggie Salad Bar Dessert | Beans & Ham Veggie Salad Bar Dessert | Cheddar Broccoli Soup Veggie Salad Bar Dessert | Liver & Onions or Potato Corn Chowder Veggie Salad Bar Dessert | Minestrone Soup Veggie Salad Bar Dessert |  | | | | | | | |
|  | Meatloaf & Mashed Potatoes Veggie Salad Bar Dessert | FEBRUARY 1 Breakfast Burritos Veggie Salad Bar Dessert | Spaghetti & Meatballs Veggie Salad Bar Dessert | Chicken Fried Steak Mashed Potatoes Veggie Salad Bar Dessert | Chicken Strips French Fries Veggie Salad Bar Dessert | | | | | | | | |

January 2022 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

- Qi Gong classes at 9 and 10:30 a.m. with Rachel Stephens

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 moment in time

I had plans to walk our dog Jake today and get some exercise, but as I looked out the windows and saw the fog I started with excuse number one, fog, and continued through the list. I knew that we could probably walk high enough to get above the fog. Jake was standing on the back steps wagging his tail and giving me a look that told me, a promise is a promise.

We headed for KAGO hill walking through the pockets of fog. I had visions of smugglers and pirates transporting their treasures on and off shore during foggy weather. On the edge of my mind I kept a look out for a cougar looking for breakfast. Jake and I made it to the KAGO building without incident and started the climb to the top.

Just before we got to the top I could see the two crosses, the old and the new, standing close with a back drop of remarkable blue sky. I think a cross radiates with peace and hope where ever it appears. The surreal scene before me is hard to describe. The thick fog fringing so close had covered the entire basin.

Just the peaks of Hog's Back and Stukel were showing. I thought I had died and gone to heaven. The fog resembled a velvet like white carpet that I could walk across and pass through Olene Gap. Jake was telling me time was up and headed down the trail looking back to be sure I was following. Walking home I kept thinking of that tranquil moment in time. Quanah Parker's eloquently placed words kept running through my mind like a broken record.

Quanah Parker was the son of Comanche Chief Peta Nocona and Cynthia Ann Parker, a white woman. He died on February 23, 1911, and was buried next to his mother near Fort Sill, Oklahoma. According to legend Quanah requested this phrase on his headstone and I quote, "Resting here till dawn breaks, shadows fall, and darkness disappears.

As I fetched fresh water for Jake he kept looking at me in a strange way. I told him I might have run off the rails a tad but I enjoyed every minute of it. His bark told me he did as well.

— Peggy Thomas, December 2021



Mumkin's recipes for life



Time to wish upon a star
Then follow your dreams... near or far!

Sharon (Johnston) Pappas ©

Dreams

*Dreams seem so real at times
Taking you back to a life left behind
Visiting loved ones who filled your years
With laughter, joy and occasional tears
Like a gentle breeze flowing through your mind
Moments are captured, you're suspended in time
Then ... in the blink of an eye the image slips away
Like the fading fragrance of a floral bouquet
You savor the feelings that linger and drift
Knowing in your heart, Dreams are a gift.*

Sharon (Johnston) Pappas ©

A new beginning

Julius Caesar was responsible for the Roman Calendar and with it January first marks the start of the new year. The month of January was named after the two-faced Roman God Janus. The Romans believed that Janus looked back into the previous year and forward into the next year.

It's that time of year again. Just like Janus, we should take this time to look back on 2021 and look forward to 2022. This will help us evaluate where we are and where we want to be.

Here are 3 tips to help you set and keep resolutions for 2022.

Set your benchmarks

New Year's Resolutions are a lot like goals. When it comes to goal setting, it's important to have a benchmark in mind - this is where looking back can come in handy. Theodore Roosevelt said, "Comparison is the thief of joy." Instead of comparing ourselves to others, it's best to use ourselves as our own benchmarks, always trying to be a better version of ourselves.

Taking a look back at 2021, what resolutions did you set for the year? How did you do in keeping those resolutions? If you didn't set resolutions, where are you right now when it comes to your health, fitness, finances, faith, volunteering, relationships, creativity and other areas where you might want to improve?

For example, do you walk once a week right now and might you want to walk twice a week? Or perhaps, you currently eat fast food 3 times a week and you'd like to cut it down to once per week? Whatever areas you want to improve, write down your current state to help you set your goals.

Keep it simple

Sometimes we try to tackle too much and we end up failing. Keeping your resolutions simple will help you succeed. Try to keep your list of resolutions to under five. You can pick one area to focus on or you can pick one resolution per area. For instance, pick a diet goal, fitness goal, faith goal, reading goal, relationship goal, etc. Or pick a focus area like diet and set a few goals.

Keep the nature of your resolutions simple as well so that they are attainable. Don't try to go from not walking regularly to running a 5k. Make sure your goals are within reach of your benchmarks.

Track your progress

Set a monthly reminder to check your progress. Did you set a goal to walk three times a week, if so how did you do in January? Are you meeting your goal? If not, what can you do differently to help you achieve your goal? Should you join a walking group or ask a buddy to walk with you?

Monthly progress checks give you a chance to change what you're doing to make your goals. They also create a sense of accountability, which will help you stay on track. Plus, they can provide benchmarks for next year.

Happy New Year and best of luck in 2022!

— Jessie Wilkie
Healthy Klamath

THE FOSTER GRANDPARENT PROGRAM

Volunteers needed

Foster Grandparent volunteers are older adults (age 55+) that tutor and mentor children in local schools and community non-profit settings. Volunteers have the opportunity to make lifelong, positive impacts in the lives of children.

Volunteers enjoy a non-taxable, non-declarable hourly stipend, mileage reimbursements, monthly meals, continuous educational trainings, recognition events and paid time off. Stipend received from this AmeriCorps Seniors program does not negatively impact any assistance or state benefits you may be receiving.

Our program fosters camaraderie and wonderful friendships among our volunteers. We enjoy meeting monthly to connect, talk, share a meal, and learn new things.

Choose to volunteer as few as 5 hours or as many as 40 hours weekly. If you are 55+, enjoy helping children, and want to form new friendships — this program is for you! You will feel accomplished and fulfilled in your work. Our community needs you more than ever.

Join us and become a part of the AmeriCorps Seniors Foster Grandparent Program.

To learn more contact:

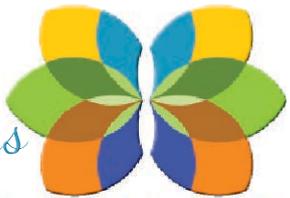
Lisa Bertash, Volunteer Coordinator
(541) 539-1208
LBertash@retirement.org



Community Volunteer Network

A PRS Organization

Celebrating 39 years



**KLAMATH HOSPICE
AND PALLIATIVE CARE**



**Oregon Business
100 Best
NONPROFITS
to work for in Oregon
2021**

**VOTED ONE
OF THE BEST
NONPROFITS
TO WORK FOR
IN OREGON.**

JOIN OUR TEAM TODAY!
WWW.KLAMATHHOSPICE.ORG/EMPLOYMENT

LOOKING FOR DRIVERS



The Senior Center has an immediate opening for two drivers to deliver Meals on Wheels. Pick your own days.
Drive as often as you'd like.
Please call Ginnie at 541-883-7171 ext. 128

S. A. I. L.

Come and meet our new SAIL class instructor. Her name is Kate Murphy. She has finished her SAIL training and is now a certified SAIL teacher. Kate is teaching the Wednesday classes at 9 and 10:30 a.m.

SAIL is a fall prevention program. Both Kate and Mary focus on balance, strength, and flexibility exercises. Join in the fun. You can start right away.

Classes are at the Senior Center on Monday, Wednesday, and Friday at 9:00 AM and 10:30 AM.

Mary Noller and Kate Murphy are the certified instructors. A \$2.00 donation is suggested per class.



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!

SHERIFF'S OFFICE DONATION



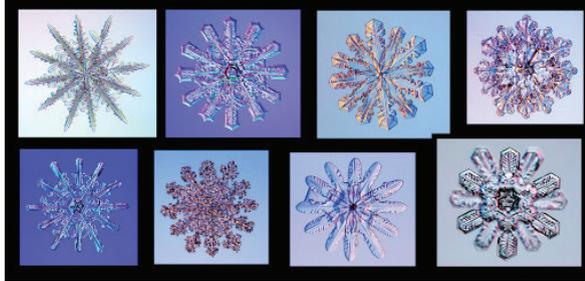
Marc Kane, senior center director, receives funds from the Klamath County Sheriff's Office Christmas party from Ryan Kaber and others gathered at the Sheriff's office.



How to see the shape of snowflakes

It's difficult to observe the shapes of snowflakes because they are tiny and melt so quickly. However, with a little preparation, it's possible to observe the shapes and even photograph them.

Choose a dark background for viewing snowflakes. The snow crystals are transparent or white, so their shape shows up best against a dark color. A piece of dark-colored fabric is a good choice because it's portable and rough enough to catch flakes easily.



Let the background reach a freezing temperature. Remember, dark colors readily absorb heat. Keep the background out of direct sunlight.

Allow snowflakes to drop onto the cold, dark surface. Collect snowflakes falling from the sky. Yes, you can scoop up snow from the ground, but these flakes are most likely broken and may have melted and re-frozen.

Magnify the snowflakes so they are easier to see. Use a magnifying glass, reading glasses, or the zoom feature of your phone's photo app.

Capture pictures of the snowflakes. Be careful using digital zoom on your phone or some cameras because it often makes the image look grainy. If you have access to one, a camera with a macro lens is your best bet.

— By Anne Marie Helmenstine, Ph.D. Chemistry

Boosting your immune system

Are supplements the answer? What can I do to boost my immune system right now? The most important thing is to eat a nutritious variety of foods and maintain a healthy weight. Obesity can weaken your immune system. It's a new year and a good time make the resolution to eat healthier.

It's also important to get regular physical activity, enough sleep and to minimize stress. Don't smoke. If you drink alcohol, do so in moderation. Keep up with your vaccines. And wash your hands often to lower your chances of getting sick.

These are all things we can do on a daily basis to keep our immune system healthy.

— Health Expert NIH



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 | KLAMATHEYECCENTER.COM | 541.884.3148



**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-feet distancing are required
Seating is first-come, first-served.
Snack Bar open**

**SENIOR CENTER
FUNDRAISER**

SHIP TALK

Medicare in 2022

Open enrollment is over and a new year is ahead of us. Here at the senior center we will continue to write each month about the many different parts of Medicare, the different options available for complete coverage, benefits one might qualify for, what's possible and what's not possible.

For long-time readers I know there will be lots of repetition; but hang in there faithful readers. For all of you who are new readers, we hope we can help you traverse the maze we call the Medicare program and help you find the best and most comprehensive coverage to suit your needs.

Probably the most immediate thing that comes to mind for a new year are the costs.

Your Part B premium is now \$170/month, compared to \$148/month in 2021. And your Part B deductible is rising from \$203/year to \$233/year. This may seem like a large increase, however due to high inflation in 2021, your Social Security payment is increasing substantially.

If your Part B premium is being paid by the State Medicare Savings Program (MSP), you'll not feel the increase at all.

If your income is high enough that you are not eligible for the Medicare Savings Program, your Social Security increase will exceed the higher premium fees by a good amount, helping you combat inflation.

This brings me to a "first of the year" reminder. ALWAYS keep all the correspondence you get from Social Security. If you don't have a file, start one now. Each year Social Security sends a letter stating what your gross Social Security benefit will be and how much is being deducted for Part B and Part D.

This information is very important



to determine any benefits you might be eligible for and to make sure the information is correct.

Yet another reminder: if you think you'll be looking at drug plans for any reason, be sure and bring with you a list of all the drugs and dosages you take, so we can use the Medicare Plan Finder website and see which plan is best for you. The information you provide is anonymous.

Finally, if you're in original Medicare and purchasing a supplemental plan (also called Medigap), remember that for 30 days following your birthday you're eligible to switch plans, no questions asked, guaranteed issue (GI).

You'd be wise to check out all available plans come your birthday month. You could be amazed at how much you might save. We can easily do this for you here at the senior center, via computer.

Questions? Make an appointment to come into the Klamath Basin Senior Citizens Center to see a certified and trained SHIBA counselor (Senior Health Insurance and Benefits Assistance) and go over your coverage and learn all your options. This is important stuff and is too often ignored – often with disastrous financial and health repercussions. The senior center phone number is 541-883-7171.

— Anne Hartnett,
SHIBA Coordinator

DONORS REPORT

County Sheriff's staff donates \$2,000, anonymous donor delivers \$10,000

Good news was received from the Autzen Foundation this last week. The Foundation has become a recurring grantor and has increased their support this year with a grant of \$7,000. In other great news a check for \$10,000 was delivered to our front desk by a wonderful woman who requests to remain anonymous. And finally the month ended with the Sheriff's Office staff raising \$2,000 at their annual Christmas party to support our local seniors. Way to go!

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.

All our gifts are valued the same no matter how large or how small. They all add up to making our community a better place and to our ability to honor our senior residents. November donations of \$ 101,449 were received from the following organizations and individuals:

Richard and Eugenia Wheeler
Valerie Howard
Marilyn Howell
Anonymous
Rip City Riders
John Ashton
Ron and Barbara Young
Geraldine Schindler
First Presbyterian Church

Dorothy Winters
Marta Stephens
John Novak
Peggy Thomas
Michael Casey
Jon Schnebly
Janet Hall
Howard McGee
Walter and Kay Duckworth

Burl Parrish
Rose Chapman
Charlotte Moseley
Elizabeth Western
Ernie Palmer
Patricia Henderson
Pamela Latourette
Mildred Miller
Mary Reta
Wilma Petrik

Unidentified contributions in November or meals, transportation and other services amounted to \$ 3,022. 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
Cheryll 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. You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3.

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.

Free COVID-19 vaccines

**Booster, first, second doses
Johnson & Johnson, Moderna, Pfizer
Ages 5+**

9:30 a.m. to 6:30 p.m.

Friday, January 14

every day through

Wednesday, January 20

Including weekend days

and Martin Luther King Jr. Day

Klamath Community College

9:30 a.m. to 6:30 p.m.

Thursday, January 6

every day through

Wednesday, January 12

Including weekend days

**Klamath County Fairgrounds
Main Building, Meeting Rm. A**

Free door-to-door transportation by BTS. Call 541-883-2877 for reservations.

No appointments necessary

Spanish-language professionals onsite

Free food boxes

4 ways your business could support the Senior Center fundraiser

Four possible ways for your business to support the Senior Center Fundraiser, our Winter Blues Festival on Jan. 21.

1. Purchase a table for you and your employees to attend the dinner. Tickets are \$250 apiece for a table of six or \$45 a seat when purchased singly, and you will have a great dinner, entertainment and a party while supporting a good cause.
2. Provide a raffle item for the event with a suggested value of \$150 or more.
3. Simply make a donation.
4. Personally attend and have a great time. Just \$45 or \$ 85 for a couple.

What do you get?

One night of great food, drink and entertainment. (No host bar compliments of the Pour Horse Cantina, dinner catered by Yummy's)

Music entertainment provided by members of the Klamath Folk Alliance.

Social hour, 5:30 to 6:30, Dinner 6:30

Great raffle and silent auction opportunities.

If you are a business you will receive wide-spread recognition including acknowledgement in our monthly newspaper distributed to over 10,000 subscribers to the Herald and News.

Who do you help and support:

The Klamath Senior Center in providing:

- Meals-On-Wheels to local senior residents in need.
- Meals programs at the Senior Center.
- Health Promotion Counseling and Exercise Classes for Seniors
- Educational programs such as computer training to help seniors stay connected to their family and the community.
- Transportation services for seniors that need special transportation services.

Our Mission is to build and maintain a supportive community for seniors. Help us support our elderly neighbors in need.

One more way to support the center: Purchase advertising in this publication. It has staying power with its monthly meals menu and list of activities. It supports this paper and our ability to inform the public as to what the center can provide. Call the Herald and News directly to place an ad.

Marc Kane, Executive Director
Klamath Basin Senior Citizens' Center, Inc.
541-883-7171 Ext 117 or 541-891-3288
marc.kane@kbscc.org

The Klamath Basin Senior Citizen's Center, Inc has been determined to be exempt from taxation under section 501(c)(3) of the Internal Revenue Code. Tax ID # 46-0716639



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SLOTS • FOOD • HOTEL • FUN





Skating Through Winter Friday
HOT SEATS
January 7 - 28 • 6pm - 9pm
Win up to \$500 CASH!
Drawings every half hour.
Win Free Play or CASH.
(May only win once per day.)



SNOWY SUNDAYS
KIOSK GIVEAWAY
January 9 - 23 • 11am - 6pm
Win up to \$100 CASH!
Earn 50 points and swipe at the Kiosk for your chance to win.
Win Free Play or CASH.
(May only redeem once per day.)



TOUCHDOWN - SUNDAY -
JANUARY 30
2PM - 6PM
WIN AN NFL JERSEY, NFL HAT, AND \$100 CASH!
DRAWINGS EVERY HALF HOUR.
TWO WINNERS EACH DRAWING.
9 DRAWINGS = 18 WINNERS.
BEGINNING SATURDAY, JANUARY 1 AT 8AM, EARN ONE DRAWING ENTRY FOR EVERY 10 POINTS.
(May only win once per drawing day.)



SENIOR DAY MONDAYS
8AM - MIDNIGHT
EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH! DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)



NEW MEMBERS
WIN UP TO \$250 FREE PLAY
Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details

WHEN ENTERING All Guests and Team Members Must wear a mask 

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

SMOKE FREE PROPERTY!