

MARCH 2022



*Happy
St. Patrick's
Day*

FREE
Take
one!

Active Seniors

**MASK
REQUIREMENT
FOR BINGO
ENDS
MARCH 18**

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)



Village request are being redirected

The Senior Center's volunteer coordinator and Village manager has taken an unexpected medical leave for the next two months. During this period requests for assistance from the Village Program are being redirected to either the Klamath Lake Counties Council On Aging (KLCCOA) or to Kathleen Rutherford at Klamath Basin Behavioral Health (KBBH).

Requests for project assistance such as home repairs, chore assistance and the like should be directed to the KLCCOA by calling 541-205-5400. Requests for counseling support, visitation can also be directed to KBBH by calling Kathleen Rutherford at 541-622-9562 or emailing her at krutherford@kbbh.org.

Volunteer applications continue to be taken at the senior center by visiting the front desk or by calling us at 541-883-7171.

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 541-883-7171

TO BE A VOLUNTEER AT
THE SENIOR CENTER
CALL 541-883-7171

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 —
541.883.7171

Website —
www.KlamathSeniorCenter.com

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

Produced in conjunction with the Herald and News.

Welcome

Good Americans support each other

MY CONGRATULATIONS TO TOMMY BIGGS, a local 12 year old, who recently won honors for his essay “How To Be A Good American,” written for the VFW’s “Patriot’s Pen” contest. You will find the essay republished on page 8 of this paper. What struck me about this essay was its reminder that the strength of this country is not only in its military strength but in the resolve of its citizens to form associations, “to help each other, out of their own choice.”

Just a few days before I read Tommy’s essay I was asked by one of the volunteers at our center, Kate Murphy, to remind our patrons of the value of support groups and their availability, not only here at the senior center, but throughout the community.

Well it seems Tommy and Kate were thinking alike.

You will find an article on page 16 submitted by Klamath Hospice about support groups and their value. Following the article are some notes about a few selected groups that I am sure are just the “tip of the iceberg” of numerous groups available throughout the community formed to support the many needs of our local residents. And, as Tommy reminds us, these aren’t solely provided by the government but by private agencies and organizations. Many offer therapeutic support groups and many are social groups that simply bring people together and keep us connected as a community. Yes, Americans are a people who gather and collaborate for self and community improvement. You will find notes in our calendar of events (page 9) about support groups at the center.

This month we celebrate St. Patrick’s Day in which we wish each other many blessings. My favorite:

May the road rise to meet you. May the wind be always at your back.

May the sun shine warm upon your face, the rains fall soft upon your fields, and until we meet again, may God hold you in the palm of His hand.

I hope you will join us to celebrate with a traditional Irish meal, corned beef and cabbage, at lunch time at the Klamath Senior Center. There will be awesome food and music too. It’s another one of those great American traditions designed to bring us together to celebrate our spirit of community and all that we have achieved and been blessed



Marc Kane, Center Director

with. I am sure you will find these celebrations happening throughout the community as well.

As you would expect, much of this publication is dedicated to encouraging volunteerism, another great American tradition. Unfortunately our volunteer coordinator had to take a personal leave for the next few months so our recruiting efforts may falter a bit this month and next.

Our on-going need for new volunteers remain, so please step up and contact our front desk receptionist or myself directly to let us know how you can contribute your time and talent.

I am happy to report that the mask mandates are soon to end, but I would remind all coming to the center to please continue appropriate safe practices to prevent the spread of viruses.

Come Celebrate Life With Us! 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?

Happy St. Patrick's Day

The center welcomes you on St. Patrick's Day. Join us for corned beef and cabbage and live music.



Muffin Mondays March speakers

March

7 — Klamath Basin Home & Garden Show is March 11th.

14 — Doug Dean – BTS Updates

21 — Heather Harter- Chamber of Commerce Updates

28 — Kendra Santiago – Klamath County Economic Development Association

April

5 — Tammi DeForest – Stand Down preview planned for June 17th.

Klamath Basin Genealogy Society

FAMILY HISTORY IN THE 1950 CENSUS

The Klamath Basin Genealogy Society meeting this month will be on the release of the 1950 Census. It will not be indexed. Come find out how and what you will be able to find about your ancestors. Thursday, March 10, from 6 to 8 p.m. at the Klamath County Library meeting room.



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

Andrew is back with Tai Chi

Beginning Wednesday, March 2nd Andrew will be back with Tai Chi 4 to 5 p.m.

Free Origami art workshop

Sign up at the front desk for a free 90 minute art workshop. You will learn Origami, the Japanese art of folding paper into decorative shapes and figures.

Christie Riggins, the workshop instructor, is an artist, writer, teacher, and board member of the Klamath Arts Council. Her hobbies include swimming, knitting and traveling.

All materials are supplied. Just bring your imagination!

Tuesday, March 8, 9:30 to 11 a.m.

Please register on or before March 7 at the front desk or call 541-883-7171

The class will be limited to the first seven registrants.



Remember the player piano?

Local resident Betty Walker recently donated a player piano made by the Universal Piano Company to the Klamath Senior Center, and it is a beauty. It even has stained glass inserts in its woodwork.

It now lives in the center's ballroom and waiting for a group to gather round and try out the old player reels.

Pictured is Jessica Meza, one of the center's kitchen staff.

Original Medicare or Advantage plan?

Last month's column was entitled "New to Medicare" and we examined many things you'll need to consider regarding your status as you get ready for Medicare coverage. And I promised we'd take a more in-depth look at the various options you have available to you once you do sign up for Part B. First and foremost: will you go with original Medicare or get an Advantage plan?

Original Medicare Parts A and B pay only 80% of the Medicare approved rate. Therefore, you will have to purchase a stand-alone drug plan (Part D) and you can purchase a supplement for A and B. Supplemental plans (sometimes called Medigap) are sold by private health insurance companies and, as the name implies, they supplement Medicare; they do not pay for services that Medicare doesn't cover.

There are a range of supplemental plan offerings and these plans are standardized. They will pay part or all of your balance depending on which plan you choose. You can buy a supplement at any time, but companies have the right to refuse you for pre-existing conditions.

An important safeguard is called the "guaranteed issue" period. After you start your Medicare, you have six months when the company must accept you. Supplemental plans cannot terminate you as long as you pay your premium. (Should you lose your coverage through no fault of your own, you have 63 days of "guaranteed issue" to get another plan.)

Another feature of the supplemental plan (in Oregon) is the "birthday rule". During the 30 days following your birthday each year, you have another "guaranteed issue" period when you can switch plans. This may help you lower your costs if your company has raised its premium substantially.



The Advantage plan is Part C of the Medicare program. In this option private insurance companies contract with Medicare to provide all your Medicare-approved services. You receive the same benefits as in Original Medicare but at different payment rates. You still pay your part B premium. You may or may not have a premium for the advantage plan and you will have co-pays. The advantage plan will also have drug coverage if you need it. And they have a cap on the amount of co-pays you will be liable for.

We have just two advantage plans available in Klamath County, Moda and Atrio. Both of them are now offering some extra benefits such as dental, vision, fitness, etc this year. It's well worth taking a look and seeing how these plans work and what you think would work best for you.

To be honest, the summary descriptions above just scratch the surface of the two options available and you'll need to do some more exploring of the details. Oregon SHIBA (Senior Health Insurance & Benefits Assistance) is here to help you explore the various options available and to answer the many questions you likely have.

Call the Klamath Basin Senior Citizens Center at 541-883-7171 to make an appointment with a trained and certified SHIBA counselor to review your situation. The service is free and your information is private.

— Anne Hartnett, SHIBA Coordinator



ARE YOU GETTING ENOUGH SLEEP?

MARCH IS SLEEP AWARENESS MONTH

When was the last time you heard someone say, "I had such a good night's rest," or "I feel refreshed"? Have you said it recently? Quality sleep is crucial for better health and better moods. It also has a positive effect on our physical and mental health. As we mature, our sleep habits change. We may need a short nap to feel energized throughout the day.

RECOGNIZE PATTERNS

March is the National Sleep Foundation's annual "Sleep Awareness Month." This campaign celebrates the benefits of sleep. This is an opportunity to stop and think about your sleep habits. Are you getting enough shut eye? Is lack of sleep impacting your well-being? Does your sleep schedule leave you feeling refreshed in the morning? If your answers are "No," or "I don't know," then it is time to make a change.

HERE ARE THREE TIPS FOR GETTING BETTER SLEEP:

EXERCISE AND BALANCE

Make sure your space is as dark, quiet, and comfortable as possible - avoid having the television on or using your phone just before bed.

Exercise during the day to help balance your energy and motivate your body to go to sleep when it is time.

AVOID THESE IN THE EVENING

Avoid caffeine and nicotine late in the day. Both of these substances can make it hard to fall asleep.

Seniors are welcome at Ella Redkey Pool

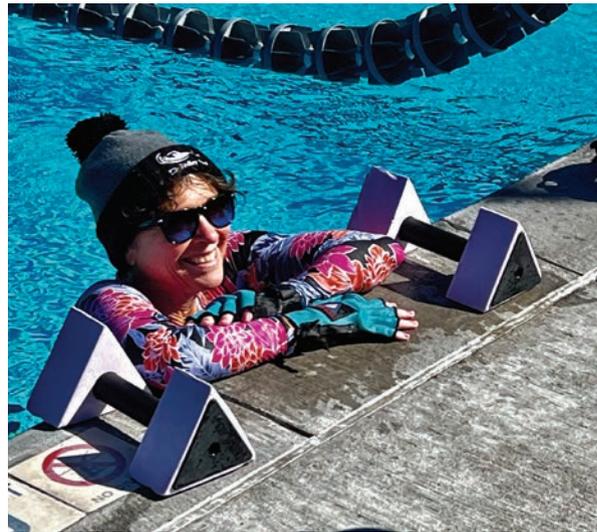
Ella Redkey Pool is a one-of-a-kind, outdoor, geothermally-heated pool that is operational year-round. In addition to lap swimming and aqua aerobics classes, the pool offers programs that increase water safety awareness, improve health, and provide both recreational and competitive sporting opportunities for all ages.

Ella Redkey Pool is the home of four local high school swim teams and one youth year-round youth swim club.

Ella Redkey Pool is the only facility in the nation that offers FREE, life-saving swim lessons to all third graders in the county.

People might think you're crazy when you tell them you're swimming in an outdoor pool when it's 23° outside, but wintertime it the perfect time to take a dip! The steam billows off the water as you water walk, lap swim, aqua jog, participate in a water aerobics class, or splash and play.

The 86° water temperature keeps you nice and warm while, exercising, socializing, and making



memories at the Ella Redkey Pool. Stop by today, we hope to see you at the pool!

Come on in!

We are located at 1805 Main Street, Klamath Falls,

Oregon. The pool offers reduced fees for all seniors. Reservations can be made online and passes can be purchased on line as well.

You can call the pool at 541-273-1477. To set up an online account visit the pool's website at <https://www.ellaredkeypool.com>.

Note from the Senior Center Director, Marc Kane

I highly recommend utilizing the Ella Redkey Pool. It's truly one of Klamath Falls' gems. Last week my wife and I used the pool, she attends the Aqua Power Class while I do laps for 45 minutes. It was snowing that day but the pool was a gentle warm 85 degrees and filled with many other seniors. It's the place to be. The decks are heated and there is a great hot shower awaiting you when you get out of the pool. Come join us. It's a great low impact but effective way to exercise that will make your day.

Remember . . .

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Call 877-302-5471 today to schedule your personalized visit and receive a complimentary freshly baked pie.


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Nominations sought for Klamath Country Volunteer of the Year

Nominations for the 29th annual Klamath Country Volunteer of the Year are due by 12 noon on April 1, 2022 to the United Way of the Klamath Basin at 136 N. Third Street in Klamath Falls.

“Due to on-going COVID-19 health concerns, a large public celebration luncheon will not be held this year, but every nominee will receive an award and be highlighted in a special Volunteer Appreciation tabloid published during national week on Friday, April 22nd in the Herald and News,” said Leroy Cabral, United Way executive director.

Nomination forms can be obtained by contacting the United Way at 541-882-5558, or can be downloaded from United Way’s home page at www.unitedwayoff-heklamathbasin.org. Nomination forms can also be e-mailed or sent to you via U.S. postal service.

“A group of local media professionals from Wynne Broadcasting, Basin Mediaactive, the Herald and News and KOTI-TV will review and score each nomination up to 50 points based on leadership, commitment, impact and achievement,” said Amber Gomes, United Way board president. “We want to thank The KMSB Foundation and the Wendt Family Foundation for partnering with United Way and helping to make this event possible every year,” said Gomes.

The categories for Volunteer of the Year include youth, adults, senior citizens, public safety/public service, and education. The 2021 volunteer of the year was Norma Jean Wilder, founder and director of the “Blessing Pot” program that provides meals to 375 to 400 Chiloquin area residents every Tuesday through the Klamath Christian Center.

Last year, 37 nominations of individuals and organizations were received and everyone was recognized with a special award. Finalists for Volunteer of the Year in 2021 included Donna Marie Kness, Grace Berardino, Saira Blevins, Daniel McVay, Aurora Sanchez, Emma Tibay, SMART Reading, Sky Lakes Medical Center Volunteers, and the Klamath County Search & Rescue Unit.

National Volunteer Week will be held from April 17 through April 23rd. “This event provides an excellent opportunity for all of us to show our appreciation to those special individuals and organizations for all they do to help our community and the people of Klamath Country,” said Cabral.

“It has been especially gratifying during these past two years of working through COVID health issues to see the spirit of volunteerism alive and well throughout the Klamath Basin.”



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



Free Medicare 101 Classes!

Wednesday March 16th - 11 am - 12 pm

Wednesday March 30th - 11 am - 12 pm

Call us to register as seats are limited.

Your “One-Stop” Medicare Shop

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

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Klamath Falls, OR 97603

How to be a good American

By Tommy Biggs

On June 21, 1788, the United States Constitution was ratified. Since then, Americans have wondered what it means to be a good American. I believe that to be a good American, we first must know what makes America good.



What makes a good American different from a good Frenchman or a good Russian? What makes America unique is our tolerance of viewpoint, the strength of our communities, and the courage we have shown in defending our freedoms.

A good American must be tolerant of different points of view. The Pilgrims and other colonists sailed to North America to practice their religion, since the countries they came from didn't offer religious freedom. Freedom of religion led to freedom of thought and opinion in America. George Washington, in a 1790 letter to a Jewish synagogue, told them that anyone in the country would be respected: "Everyone shall sit in safety under his own vine, and there shall be none to make him afraid." If we stop respecting our differences, we lose the thing that makes America special.

A good American builds and supports their community, and doesn't rely on others to do it for him. In the early 1800s, French philosopher Alexis de Tocqueville visited America. De Tocqueville observed that "Americans of all ages, all conditions, and all dispositions, they constantly form associations with one another." He saw that the Americans formed associations with each other, rather than only with the government or the church. Americans made private hospitals, built inns for travelers, and created charities to help each other, out of their own choice.

Finally, a good American shows courage. As the poet Charles M. Province wrote, "It is the soldier, not the poet, who has given us the freedom of speech." We don't owe our rights to the people who exercise them, we owe them to the Americans who showed the courage to fight for them. The Founding Fathers pledged "our lives, our fortunes, and our sacred honor" to the American Revolution. Many of the founding fathers lost everything, including their lives. A good American today must show the same courage to protect our rights and freedoms.

Tommy Biggs, 12, of Klamath Falls, placed second in Oregon with this essay, which was written for the nationwide Veterans of Foreign Wars "Patriot's Pen" contest. Biggs won the local and district contest while fellow Klamath Falls student Jake Ogao finished second.

— Reprinted from the Herald and News

SAIL



Do you want to make exercise a regular part of your life?

Committing to an exercise routine for one month can create a habit that will last all year. Motivation comes from knowing that exercise improves your quality of life in many ways. It reduces stress, minimizes pain, improves mood, and helps you sleep better. Bring a friend along and you will be less apt to skip classes.

The SAIL program of movements is safe and easy. If you participate three times a week, you will start seeing good results right away.

All classes are at the Senior Center. There are two classes every Monday Wednesday & Friday from 9 to 10 a.m. and 10:30 to 11:30 a.m. Choose the best time for you.

OLDER ADULT PROGRAM

Are you struggling to connect with others?

Are you feeling lonely, sad, or worried?

Are you feeling hopeless about your life?



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RUTHERFORD, LCSW
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BEHAVIORAL HEALTH**
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MARCH 2022

MENU

NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal. Sugar free desserts and salad are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy St. Patrick's Day</p>	<p>1</p> <p>SALISBURY STEAK w/MASHED POTATOES & GRAVY Veggie Salad Dessert</p>	<p>2</p> <p>AU GRATIN POTATOES & HAM Veggie Salad Dessert</p>	<p>3</p> <p>ROAST PORK ROAST VEGGIES Veggie Salad Dessert</p>	<p>4</p> <p>CLAM CHOWDER Veggie Salad Dessert</p>
<p>7</p> <p>ROAST CHICKEN Veggie Salad Dessert</p>	<p>8</p> <p>LOADED BAKED POTATOES Veggie Salad Dessert</p>	<p>9</p> <p>MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad Dessert</p>	<p>10</p> <p>BEEF & BARLEY STEW Veggie Salad Dessert</p>	<p>11</p> <p>CHICKEN STRIPS & FRENCH FRIES Veggie Salad Dessert</p>
<p>14</p> <p>CHICKEN FRIED STEAK w/MASHED POTATOES & GRAVY Veggie Salad Dessert</p>	<p>15</p> <p>LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert</p>	<p>16</p> <p>SLOPPY JOES & FRENCH FRIES Veggie Salad Dessert</p>	<p>17</p> <p>HAPPY ST. PATRICK'S DAY CORN BEEF & CABBAGE ROAST POTATOES CARROTS</p>	<p>18</p> <p>SPAGHETTI & MEATBALLS GARLIC BREADSTICKS Veggie Salad Dessert</p>
<p>21</p> <p>CHEESEBURGERS w/MAC & CHEESE Veggie Salad Dessert</p>	<p>22</p> <p>STUFFED BELL PEPPER CASSEROLE Veggie Salad Dessert</p>	<p>23</p> <p>MEXICAN LUNCH BEEF TACOS SPANISH RICE REFRIED BEANS</p>	<p>24</p> <p>POLISH DOGS & SAUERKRAUT Veggie Salad Dessert</p>	<p>25</p> <p>MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad Dessert</p>
<p>28</p> <p>CHICKEN NOODLE CASSEROLE</p>	<p>29</p> <p>BEEFY BEAN SOUP w/CORNBREAD</p>	<p>30</p> <p>BREAKFAST FOR LUNCH</p>	<p>31</p> <p>CHICKEN FRIED STEAK w/MASHED POTATOES & GRAVY</p>	<p>1</p> <p>APRIL SWEDISH MEATBALLS w/EGG NOODLES</p>
<p>4</p> <p>SPLIT PEA SOUP w/HAM Veggie Salad Dessert</p>	<p>5</p> <p>SPAGHETTI & MEATBALLS Veggie Salad Dessert</p>	<p>6</p> <p>ROAST CHICKEN & ROAST VEGGIES Veggie Salad Dessert</p>	<p>7</p> <p>MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad Dessert</p>	<p>8</p> <p>CHILI DOGS & FRENCH FRIES Veggie Salad Dessert</p>

MARCH 2022 Calendar of Events

MONDAYS

- Muffin Monday, 10:30 a.m.
- SAIL classes 9 & 10:30 a.m.
- GOLDEN AGE BINGO 12:30
- YOGA 4 to 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.
- DEMENTIA SUPPORT GROUP — with Kathleen Rutherford – 9:30 to 10:30 a.m. Preregistration required, Call 541- 622-9562
- BURIED IN TREASURE SUPPORT GROUP – with K. Rutherford, KBBH, 10:45 a.m. Preregistration required. Call Kathleen at 541- 622-9562

TUESDAYS

- 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 2:30 p.m. with Rachel Stephens
- TAI CHI — 4 to 5 p.m. with Andrew Hyun

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.
- CIRCLE OF FRIENDS with K. Rutherford, KBBH, 10:30 a.m. to 12 noon
- PICKLEBALL — 1:30 p.m.
- CIRCLE OF FRIENDS with K. Rutherford, KBBH – 10:30 a.m. to 12 noon

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.

How Do You Feel?

*How do you feel
When the holidays are through
Do you breathe a sigh of relief
Or are you suddenly lonely and blue
Maybe your home was filled
With the chatter of family and
friends
Or quiet as a mouse
For from a far good wishes a loved
one sends
We all have times of happiness
And sorrow
When prayers are heavenly sent
For a brighter tomorrow*

*But today is the day
As the sun begins to rise
Just reaching out to others
May fill your heart with surprise
So visit your memories
Of the happiest times
Let them softly linger
Like that first sip of wine
Then open your eyes
To the possibilities ahead
Embrace each moment
As with joy your wings you spread.*

By Sharon (Johnston) Pappas ©

Chasing Rainbows

By Peggy Thomas

When Boots opened her eyes for another day, she looked outside the cave dwelling that was now her home. Boots felt lucky to find an abandoned cave in the high country that gave her good shelter, water, and food.

Boots, a she wolf, was named by Momma Wolf because of her four white paws. Her cave was high above the valley floor and even with aging eyesight she could see for many miles. Boots hoped that she could continue to enjoy the rainbows that reached from one mountain top to another. Rainbows reminded her of Momma and how she loved to see the sky flashing with bright colors.

When Momma was a young wolf pausing to enjoy a brilliant rainbow she was startled to hear footsteps that could only be from the two legged species. She saw the leader of the group and heard voices repeating over and over "Are we there yet? Are we there yet? Momma knew they were hunting for the pot of gold .

Momma taught Boots that the planet they lived on and the air they breathed were shared by many creatures trying to survive the best they could. But Momma looked into her eyes and in a very stern voice told her that many creatures had leaders just like Wolves and a lot of these leaders was not the brightest star in the sky.

Momma told of being a small Wolf and her pack found a herd of dead buffalo in a canyon area. Momma snorted and shook her head and said the leader of the Buffalo herd had lost his directions while atop a mesa or plateau and led the buffalo over the steep cliff. Boots remembered a time when her Wolf leader assured the pack that it would be easy pickings and led the pack into a Buffalo herd. She was scared and stayed back behind the pack and was alive today because of that. It was not easy pickings and Frankie, her old mate did not have a good day, she never saw him again. Momma's word rang true and Boots left the pack. Momma told her that if all the creatures living on this earth could blend together like the colors of the rainbows and live peacefully together in a pot of gold the universe would sparkle, twinkle, and be a beautiful sight to behold. As Boots dozed off in the warm sunshine her inner voice said, "Momma, I don't think we are there yet!"

Mumkin's Recipes For Life...



Notice small things along the way
For miracles happen every day.

Sharon (Johnston) Pappas ©
<http://www.mumkinsrecipesforlife.com>

THE FROG IN THE GLEN

*The frog in the glen was
Hiding in the grass,
Looking for the right time
For him to pass.*

*The path was clear so he
Dashed to his spot.
He looked around with his big
Eyes, and he liked it a lot.*

*His breakfast was a fly and
It was very tasty to him.
He liked feeling full as
His physique was slim.*

*A butterfly landed near, and
It flexed its wings.
It was moving its antenna ,
While the songbird sings.*

*The leaves were dripping with
Fresh morning dew.
The sky was still hazy, but in
The afternoon will be blue.*

*He spotted a friend, who just
Happened to be a girl.
The wind was blowing lightly, and
Moved things in a swirl.*

*They chatted for a while In
A frog like code.
She mentioned the turtle who
Carries a heavy load.*

*He is slow and can't keep up
With most of us here.
He is a friendly sort, and if he
Likes you, he keeps you near.*

*He has a lot of character and is
Fun to be around.
He can make you laugh
Without making a sound.*

*They enjoyed the day and
Had lots of fun.
They looked at each other
As the day was done.*

*They both had a smile and
Went their own way.
Thinking of tomorrow, and
A brand new day.*

*The moon seemed to smile
As it moved across the sky.
He thought of breakfast, and
A nice pudgy fly.*

— By Sharon Hudson

LAKEVIEW SENIOR CENTER



March 2022 Events

Our SWEETHEART Bingo was a BIG Hit with attendee's asking for more like this one. We are planning another Bingo on Tuesday, March 15.

Doors open at 6:30. Snacks provided. We will offer free bus rides to those on our sign up list.

We request a 24 hour notice for 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 being served on Mondays, Wednesdays and Fridays in the dining room at 12 non.

Trips

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 10:00 & 1:00

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.

Tuesdays & Thursdays stop in for a puzzle swap. (Bring some to trade/share and take something new for you!)

Outback Thrift Shop days are on Mondays and Wednesdays 10 a.m. to 2 p.m. so our shoppers can join us for lunch. Donations accepted during store hours.

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

*Happy St.
Patrick's Day!*



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



**We're celebrating
Pulmonary Rehabilitation
Week!**

March 13th - 19th

Monday, March 14 • 2 – 4 p.m.

In the Pulmonary Rehabilitation Clinic

(entrance in Dr. Graham's office lobby)

at Lake District Hospital

Pulmonary Rehab is approved by most insurance and can help reduce symptoms of:

- Asthma and chronic bronchitis
- Post-COVID complications
- Chronic fatigue syndromes



Theresa Conklin
RRT-SDS

COPD is the third leading cause of death worldwide. Although it is a severe disease, pulmonary rehabilitation can improve ability to function and quality of life.



700 S. J St. • Lakeview

541-947-2114 ext. 322

pulmonaryrehab@lakehealthdistrict.org

Equal opportunity provider and employer



FREE TAX RETURNS

KLAMATH FALLS/KLAMATH COUNTY -- AARP Tax-Aide is the nation's largest, free, volunteer-run tax counseling and preparation service. Each year from February 1 through April 15, AARP Tax-Aide volunteers prepare federal and state tax returns for middle and low-income taxpayers.

Tax Counselors are certified to prepare both Oregon and California returns. Due to Covid restrictions, returns will be done by appointment only. Paperwork for returns will need to be dropped off at designated sites to be completed by counselors and returned.

CALL FOR AN APPOINTMENT:

DONNA H. Available on Tuesday, Wednesday, Thursday from 2-5 p.m. at 541-882-4362 Leave a message for call back if line is busy.

DONNA G. Available on Wednesday only from 4-7 p.m. at 541-205-8545 The Intake Sheet required to file is available at the Klamath County Library on Klamath Ave. and at the Klamath Basin Senior Center, 2045 Arthur St. No one there will be available to answer questions.



The Longhorn Saloon
in Bonanza, 2857 Market St has
starting up a new meal's program
for seniors
60 and older. Come by for a
free meal every
Wednesday at 11:30 a.m.

*This program is funded by the
Klamath and Lake Counties
Council Area on Aging.*

**A \$5.00 donation is suggested to
help with the cost of providing
the meal. Please call 541-205-
5400 for any questions or for
more information.**



Volunteers

NEEDED

Volunteers make a
difference simply by:

- Listening - Sitting quietly
- Providing respite - Taking a walk
- Playing a card game - Reading
- Watching TV - Singing
- Helping at Treasures Thrift Store

Call Jennifer Today!

KLAMATH HOSPICE
AND PALLIATIVE CARE

www.klamathhospice.org - 541.882.2902



PHOTO Contest



#kww30

Klamath Wingwatchers is celebrating its 30th anniversary with a photo contest. Have some free time? Check out the trail and bring your camera or smartphone to capture photos of the landscape and the wildlife. **Submit photos by August 1st, 2022.**

1. Walk the trail
2. Snap a photo
3. Email it to:
bluezonesproject@healthyklamath.org
4. Share it to social media with the hashtag #kww30

Judged by Stefan Savides and Jack Noller

There will be a first (\$100), second (\$50) and third (\$25) prize for both landscape and wildlife.

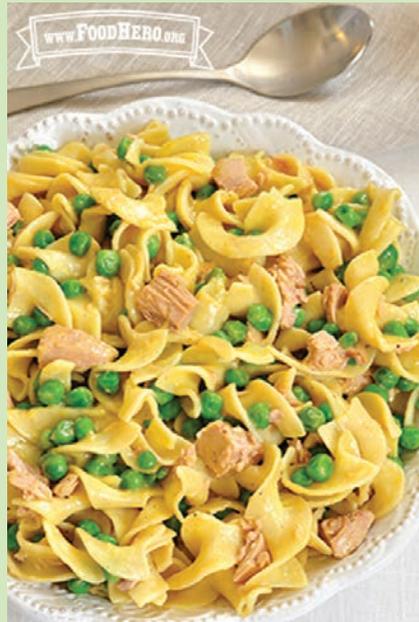
RECIPE

Stovetop Tuna Casserole

Prep time: 10 minutes
 Cook time: 15 minutes
 Makes: 7 cups

Ingredients

- 1/8 teaspoon pepper
- 1 can (5 ounces) tuna in water, drained
- 1 teaspoon chicken bouillon
- 1 can (10.5 ounces) low sodium condensed cream of chicken soup
- 8 ounces egg noodles (4 1/2 cups dry)
- 2 cups frozen peas
- 1/2 teaspoon onion powder
- 1 Tablespoon prepared mustard
- 1/3 cup nonfat or 1% milk



Directions

Cook noodles using package directions. Add peas for last three minutes. Drain.
 Mix remaining ingredients in a small bowl. Add to drained noodles, and stir well.
 Cook on low heat, stirring often, until heated through. Serve warm.
 Refrigerate leftovers within 2 hours.

Notes

Cream of Mushroom or Cream of Chicken Mushroom soup can be substituted for Cream of Chicken.
 Try whole wheat egg noodles.
 Reheat the casserole in the microwave if it has cooled before serving.

Source: foodhero.org/recipes/stovetop-tuna-casserole



**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 required through March 18th and then no longer required. Continue to wear a mask if you choose. We will still practice safe social distancing until further notice.

3' distancing is required.

First come, first served

Full snack bar open

**SENIOR CENTER
 FUNDRAISER**



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

DONORS REPORT

Kiwanis Club of Klamath Falls Foundation pledges \$2,000

Autzen Foundation grants \$7,000

Good news was received from the Klamath Falls Kiwanis Club's Foundation. The Foundation has been a recurring grantor and has helped set an example for other service clubs in the area. We also receive a repeat grant from the Autzen Foundation which also increased their grant over the previous year's grant. We are challenged this year with raising more the usual funds due to losses incurred from the effects of the pandemic and also raising additional funds for a pretty aggressive building improvement campaign. We are pleased that may have responded this year with additional gifts. Every donation irrespective of its value is appreciated. Recent individual contributions ranged from ten to ten thousand dollars. Unsolicited contributions mean so much as they also communicate that people value our services, a source of great encouragement to all our staff.

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.

January donations of \$ 73,920 were received from the following organizations and individuals:

KMSB
Cow Creek
Gordon Elwood
Linda Bourcy
D & F Investment
Holliday Jewelry
First Presbyterian

Ralph Eccles
Marta Stephens
Walter & Kay Duckworth
Howard McGee
Sherry Lee Plumb
Jon Schnebly
Cheryl Gibbs

Mary Lou Beach
Wilma Petrik
Donna Willard
Elizabeth Western
Golden Age

Unidentified contributions in January or Meals, Transportation and Other Services amounted to \$ 2,482.46. The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2021 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church
Burl Parrish
Cheryl Gibbs
Dorothy Winters
Ernie Palmer

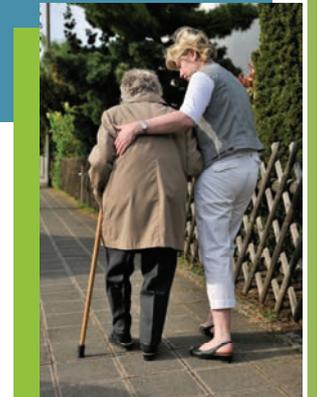
Geraldine Schindler
Howard McGee
Jon Schnebly
Patricia Henderson
Rose Chapman
Refuge City Church

Marta Stephens
Donna Maloney
Albert & Delores Errecart
Wilma Petrik
Mildred Miller

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 of this publication.

*Sharing moments...
changing lives!*



VOLUNTEER OPENINGS

Treasures Thrift Store Volunteer

Staffed with volunteers who donate their time to sort merchandise, run the cash register, and assist our community. All proceeds benefit Klamath Hospice patients and families. Treasures is open Monday - Saturday from 10:00 a.m. to 4:00 p.m.

Patient/Family Volunteer

Offer additional support for Klamath Hospice families through reading to patients, social visits and more.

Bereavement Volunteers

Provides a friendly shoulder to lean on; offering support through phone calls or home visits.

Caring Companion

Impart a supportive and calming presence during a patient's final hours.

Life Stories

Everyone has a story, help patient's record theirs.

Start Today!
Call Jennifer at
541-882-2902



Can you find the suggestion box in this picture?

If you guessed that the suggestion box is on the wall in the lobby of the Klamath Senior Center you are right. That's it just to the right of the front double door exit. There are forms you can use for your comments in that black plastic holder just below the gray box.

Suggestions can take all forms. Want us to do something new or different, we'll consider it. Want to complement our good service, we will value your encouragement and our morale will soar. Want to complain, well we read those too and take criticism seriously. We are eager to listen.

Whatever is placed into the suggestion box is read first by the executive director and is shared with the Center's board of directors at its regular monthly meeting. We haven't seen much in this box over the last few months, so we are encouraging you to take the opportunity to share your thoughts.



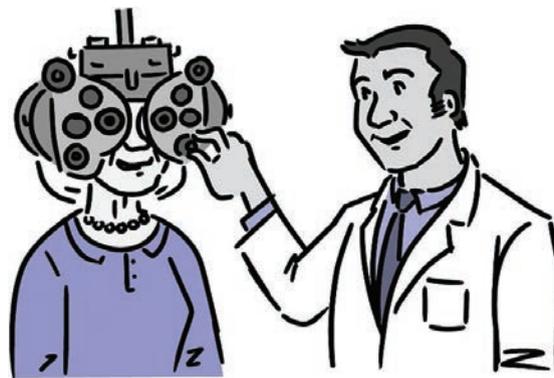
Your aging eyes | How you see as time goes by

You may barely notice the changes at first. Maybe you've found yourself reaching more often for your glasses to see up close. You might have trouble adjusting to glaring lights or reading when the light is dim. You may even have put on blue socks thinking they were black. These are some of the normal changes to your eyes and vision as you age.

As more Americans head toward retirement and beyond, scientists expect the number of people with age-related eye problems to rise dramatically. You can't prevent all age-related changes to your eyes. But you can take steps to protect your vision and reduce your risk for serious eye disease in the future. Effective treatments are now available for many disorders that may lead to blindness or visual impairment. You can also learn how to make the most of the vision you have.

"Vision impairment and blindness are among the top 5 causes of disability in older adults," says Dr. Cynthia Owsley, an eye researcher at the University of Alabama at Birmingham. Vision changes can make it difficult to perform everyday activities, such as reading the mail, shopping, cooking, walking safely and driving. "Losing your vision may not be life-threatening, but it certainly affects your quality of life," Owsley says.

The clear, curved lens at the front of your eye may be one of the first parts of your body to show signs of age. The lens bends to focus light and form images on the retina at the back of your eye. This flexibility lets you see at different distances—up close or far away. But the lens hardens with age. The change may begin



as early as your 20s, but it can come so gradually it may take decades to notice.

Eventually, age-related stiffening and clouding of the lens affects just about everyone. You'll have trouble focusing on up-close objects, a condition called presbyopia. Anyone over age 35 is at risk for presbyopia.

"You might find you're holding your book farther away to read it. You might even start thinking your arms just aren't long enough," says Dr. Emily Chew, a clinical researcher at NIH's National Eye Institute. "A good and simple treatment for presbyopia is reading glasses."

Cloudy areas in the lens, called cataracts, are another common eye problem that comes with age. More than 22 million Americans have cataracts. By age 80, more than half of us will have had them. Some cataracts stay small and have little effect on eyesight, but others become large and interfere with

vision. Symptoms include blurriness, difficulty seeing well at night, lights that seem too bright and faded color vision. There are no specific steps to prevent cataracts, but tobacco use and exposure to sunlight raise your risk of developing them. Cataract surgery is a safe and common treatment that can restore good vision.

The passage of time can also weaken the tiny muscles that control your eye's pupil size. The pupil becomes smaller and less responsive to changes in light. That's why people in their 60s need 3 times more light for comfortable reading than those in their 20s. Smaller pupils make it more difficult to see at night.

Trouble seeing at night, coupled with a normal loss of peripheral vision as you age, can affect many daily activities, including your ability to drive safely. Loss of peripheral vision increases your risk for automobile accidents, so you need to be more cautious when driving.

"Keeping older adults active and on the road as drivers, as long as they're safely able to do so, is considered important to their health and psychological well-being," says Owsley. But she notes that tests for motor vehicle licenses tend to focus on visual acuity—how well you can read the letters on an eye chart. "Visual acuity tests may not be the best way to identify drivers at risk for crashes," she says. "Other issues are also important, like contrast sensitivity, your peripheral vision and your visual processing speed—how quickly you can process visual information and make decisions behind the wheel."

Parkinson's Disease Support Group

Are you or a loved one diagnosed with Parkinson's disease? **You are not alone!**

Join us for a monthly support group to learn, share, and connect. This group is free and confidential.

Contact Ron or Kate to find out more:
 Ron: 541.591.0686
 Kate: meymurp@hotmail.com, 541.810.2134

If you are looking for more resources, contact Parkinson's Resources at 800-426-6806.

Klamath Falls
 Parkinson's Support Group
 3rd Tuesday of the month
 1:00 pm meeting,
 12:00pm lunch
Red Rooster Grill and Pub
 3608 S 6th St
 (across from the fairgrounds)

Contact Ron or Kate before your first meeting.



The benefits of support groups

Throughout life a person will be faced with many challenges. These challenges can sometimes become overwhelming and create feelings of being alone. When this happens it can be helpful to get support from others who have been through similar challenges. This can be done by attending a support group in person or online.

There are support groups available for a variety of life's challenges, such as for those living with a specific illness or for someone who is grieving the death of someone they love.

Support groups are a safe place to feel understood, listened to, improve coping skills, and realize that you are not alone.

A person is never too old to attend a support group and even children can benefit from attending a support group or camp. Support groups are not for everyone and that is okay. Some may find one-on-one support a better fit for them through a counselor.

Your primary care provider, mental health practices or hospice agencies are a good place to start to find the support that best fits your needs.

— Submitted by Klamath Hospice

21 MILES NORTH OF KLAMATH FALLS
 888.552.6692 • klamoyacasino.com
 SLOTS • FOOD • HOTEL • FUN

PICK A CLOVER FRIDAYS
 MARCH 11 - 25 • 6PM - 9PM
 Win up to \$500 CASH!
 20 Winners each drawing night.
 Pick a Clover Money Bag to win your prize.
 Beginning Tuesday, March 1 at 8am, earn one drawing entry for every 10 points.
 Drawings every half hour.
 Win Free Play or CASH.
(May only win once per day.)

COOKING MADNESS
 Kiosk Sundays
 MARCH 6 - 27 • 11AM - 7PM
WIN ASSORTED COOKWARE!
 Earn 50 points and swipe at the Kiosk for your chance to win.
(May only redeem once per day. While supplies last.)

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

Pot of Gold KIOSK THURSDAYS
 MARCH 10, 24, & 31 • 10AM - 8PM
 Win up to \$50 CASH!
 Earn 50 points and swipe at the Kiosk for your chance to win.
 Win Points, Free Play, or CASH.
(May only redeem once per day.)

St. Patrick's Day LUCK OF THE IRISH KIOSK GIVEAWAY
 THURSDAY, MARCH 17 • 11AM - 7PM
 Win up to \$150 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.)

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.

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!