



Active Seniors

May 2022

Some of the best viewing of Grebe rushes in the U.S. is right here in Klamath Falls



Mary Williams Hyde

FREE
Take
One!

Details on page 4 and 5

Unveiling of Stefan Savides' sculpture at Putnam's Point May 21

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**

By Ginnie Reed

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.

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

General Information —
Rolland Bailey: 541.883.7171
Donations — Shawn McGahan:
541.883.7171 ext. 136
Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging —
at 541.205.5400

Contact information
Transport Dispatcher —
Cindy Dupart
541.850.7315
Bingo Information —
Linda Breeden:
541.883.7171 ext. 115
Medicare Counseling —
541.883.7171

Executive Director —
Marc Kane: 541.883.7171
ext. 117
Volunteer Coordinator —
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

THE HORROR OF WAR, THE HUMAN BOND AND CELEBRATION

These are challenging times all across the world. Each day brings new angst over the tremendous suffering that hails upon the people of Ukraine and instability to the world over with the impacts from this senseless and brutal war. Yet the celebrations of life continue on among resilient people despite the harshest of environments.

At an estate sale last weekend my wife, Maryann, stumbled upon a nearly mint copy of the June 3, 1940 issue of Life magazine. Written just prior to America entering the world war the issue describes in great depth and detail the horror being wrought upon Europe by another well-known and monstrous bully. On the cover is the Statue of Liberty and inside the editor, Henry R. Luce, presents an editorial titled, "America and Armageddon, The Challenge To the Democratic Way of Life". This issue could have been written just this last month and gave me an eerie sense and reminder of just how true it is that history repeats itself.

Also inside this Life magazine are numerous ads and stories that reflect an America continuing its celebration of life. You could buy a brand new Chevrolet Master 8 Business Coupe for \$659 and "see the USA" then, just before industry turned its attention to arms production. There were ads for cigarettes, liquor and fashion seemingly aimed at distracting the public's anxiety and situation at hand. Life continued on then and throughout the war with celebrations of life. The same as in Ukraine today. Amidst the stories of a painful war are stories of young children blowing out the candles on their birthday cakes.

Celebration is a basic human and social need that cannot be snuffed away. Candles continue to burn at weddings, birthdays, graduations, anniversaries and this month on Mother's Day. We read stories of the importance of family and the importance of keeping a family unit together. The resilience of the human spirit is everywhere and it shall defeat the bully. People continue to celebrate for they know that good friendships are never an accident, but the achievement of those who choose and share relationship. We will not sacrifice our ability to make free choices and an environment that supports personal freedom and responsibility.

Our senior center continues its campaign to offer opportunities for people to maintain personal connections between older adults and others in the community, be they family, friends, volunteers or the community in general. The center is on the move to expand programs for health and



Marc Kane, Center Director

wellbeing. Aside from exercise classes, new art and creative writing classes are being initiated this month. Celebrations are being scheduled here as well. EagleRidge High School will have its graduation dinner here in June and Atrio Health will sponsor another ice cream social.

Everything we do here has a purpose wrapped around it. That is to keep people connected with opportunities to celebrate a good life and to keep the bonds of friendship close.

We are thankful for all the support this community provides as it reflects the value placed upon what we do. I trust that the American people will also continue to value celebration, freedom and choice and lend their support to the people of Ukraine and the world.

**Come See Us At The Senior Center!
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?

COVID VACCINATION CLINIC

ALL ELIGIBLE AGES (age 5 and up) ARE WELCOME!

FRIDAY – MAY 13TH – 9:00 am to 2:00 pm

At the Klamath Senior Center

See Page 11 for details

FREE ART WORKSHOP

DRAWING CLASS FOR BEGINNERS WITH CHRISTIE RIGGINS

Wednesday May 18th 9:30 to 11am

Please register on or before May 11th at the front desk
or call 541-883-7171

The class will be limited to eight registrants.

Klamath Basin Genealogy Society

is hosting a workshop Thursday May, 12th 2022. Nancy Maxwell, a Texas archivist will be presenting the workshop via zoom on researching Texas records. The workshop will be in the Klamath County Library meeting room 6-8 p.m.. Zoom link is at kbgskf@gmail.com.

MOVIES ARE BACK

SPONSORED BY THE KLAMATH COUNTY LIBRARY
IN THE SENIOR CENTER CONFERENCE ROOM

FOURTH THURSDAYS AT 1:30 pm

May 26th — Death On The Nile

MUFFIN MONDAYS MAY SPEAKERS

5/9/22: Dutch Brothers – Giving Back To the Community

5/16/22: Tammi DeForest – Stand Down Preview

5/23/22: Dr. Glenn Gailis – Let's Talk About Your Health

5/30/22: Senior Center Closed For Memorial Day

6/6/22: Charlie WycKoff – Farmer's Market

ATRIO Ice Cream Social

Tuesday – May 17, 2022 – 10:00 am to 2:00 pm

Details On Page 10

LINE DANCING IS BACK

WITH FERN STEERS

FRIDAYS – 7:00 pm in the Senior Center Ballroom

AARP Safe Driving Class

May 12th and 19th

See details on Page 10

New Tuesday WaterColor Art Class

with Kat Benford - Register at the Front Desk

Thursday Night Bingo

THURSDAY BINGO Fundraiser open at 4:30 pm call at 6 pm.

New shorter session ends at 9 pm ish! New lower cost!

New shorter session begins on May 19th

New Creative Writing Class

With Maurine Keena-Loprete - Starts May 19th

Register at the Front Desk – Only Two Seats Left

NEW PUTNAM POINT SCULPTURE

The Stefan Savides Bronze Sculptures Committee, the Klamath Basin Audubon Society and the City of Klamath Falls are jointly announcing the unveiling of Savides new work in Klamath Falls on Saturday May 21st at 2 p.m. at Putnam's Point.

This piece features two very large Grebes in their iconic dancing pose with the resulting splashes and spray following in their wake. They are being mounted on a pedestal just to the North of the parking lot at Putnam's Point. The total weight of the two Grebes and the water display is about 1,500 pounds and had about 40 individual pieces when it came to Savides' studio from the foundry.

Retired orthopedic surgeon, Dr. Karl Wenner has also joined the Savides Sculptures committee and said he is very excited about the unveiling of the Grebes piece. "Several of us have been working on this project for about two years now so it is really terrific to see it come to full completion", Wenner said. "This piece will be very popular for birders all across the country and around the world," Wenner stated.

Wenner saluted the Klamath Basin Audubon Society for their roles of support for the project. "Darrel Samuels, President of Audubon and his board and membership have been tremendous supporters of the project," Wenner said. "They made a generous donation to the project and played a lead role in fundraising for the rest. Audubon also did a great job helping to put together three photo panels that describe our iconic Grebes and their amazing rituals and culture," Wenner added.

Samuels said Audubon was really pleased to be a leading part of the project because Grebes are such an integral part of the birding lore of Klamath. "The Klamath Basin is an iconic birding destination for wintering Bald Eagles, but it is just as important for the spectacular show that the Clark's and Western Grebes put on in the Spring and Summer on Upper Klamath Lake," Samuels added.

"Having Grebes be the focus of this first project, is terrific", Samuels said, 'and the fact that Stefan is our artist, just makes it that much better', he added. "Among other things, these new pieces that we will commission with Stefan, will really add to Audubon's Winter Wings Program. "It will give our hundreds of visitors wonderful new touring opportunities," Samuels said.

Samuels also wanted to express appreciation to local renowned bird and wildlife photographers Mary Hyde and Howard West for their contribution of a large library of photographs used to select from for three Grebe interpretive panels to be placed near the sculpture. "Mary and Howard were incredibly generous to let us use their terrific photos and to work with us to make our photo panels so compelling, and we cannot thank them enough for such," Samuels said.

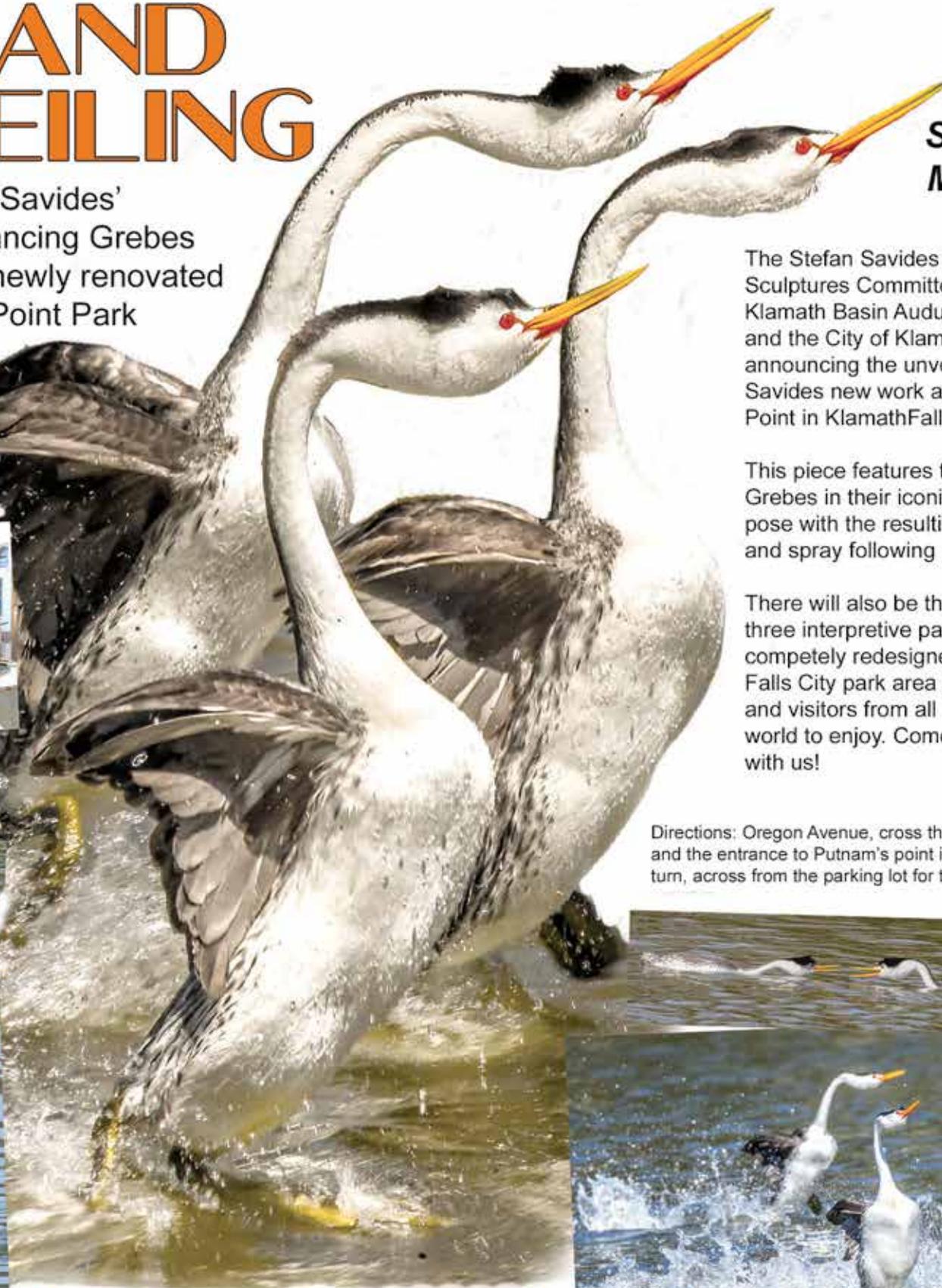
"All of us at Savides sculpture studio are extremely pleased to be the recipients of the efforts of the Savides Sculpture Committee," Savides said. We are very excited to see this Grebe monument installed, as it will further place Putnam's Point on the map as a national destination.

"With the wrap up of this project, we can focus on our next great project which is already under development and we will announce it at our Grebe unveiling on Saturday, May 21st. "Come see the Grebes dedication event and hear the details about our next truly exciting project," Savides concluded.

You are invited to the
GRAND UNVEILING

of Stefan Savides'
magnificent Dancing Grebes
sculpture at the newly renovated
Putnam's Point Park

Putnam's Point is
one of the most
popular places
to view Grebe
activity in the
United States!



**Saturday
May 21st
2 PM**

The Stefan Savides Bronze Sculptures Committee, the Klamath Basin Audubon Society and the City of Klamath Falls are announcing the unveiling of Savides new work at Putnam's Point in Klamath Falls.

This piece features two very large Grebes in their iconic courtship pose with the resulting splashes and spray following in their wake.

There will also be the unveiling of three interpretive panels and a completely redesigned Klamath Falls City park area for locals and visitors from all over the world to enjoy. Come celebrate with us!

Directions: Oregon Avenue, cross the Link River bridge and the entrance to Putnam's point is the next right turn, across from the parking lot for the Link River Trail.



Grebe photos by Mary Williams Hyde.

SHIP TALK

LONG-TERM CARE

Long-term care is help for people who are ill or have difficulties and problems taking care of themselves, usually when they are elderly. Most people need some kind of long-term care sometime in their lives – even if it's for only a "short-term". A variety of personal, medical and social services are included. These include such things as bathing, eating, dressing, mobility, personal hygiene, taking medicines, toileting, day care, and residential care. Obviously, needs will vary greatly among persons. These services may be provided at home in a foster care home, in an assisted living facility, or in a nursing home setting.

Why am I writing about long-term care when this is a column about Medicare and medical health insurance? The answer: because many people think long-term care is covered by Medicare, and **it is not. Medicare covers only skilled medical treatment.**

Long-term care insurance – what does it cover? Short answer: all of the above. If you buy long-term care insurance, the producer must give you an outline of coverage when you complete your application. The outline should include (1) a description of the benefits, (2) a list of the main exclusions and restrictions, and (3) a statement of renewability.

Should I buy? If you have financial difficulty meeting your daily needs, my opinion is NO. You might consider buying it if you (1) have significant assets

and income, (2) want to protect some of your assets and income, (3) can pay premiums, including anticipated in-



creases, (4) want to stay independent of the support of others, (5) want to have the flexibility to choose care in a setting you prefer. Bottom line: be knowledgeable, choose wisely, use an agent you rightly trust, and be careful. In Oregon, I recommend you check with the Oregon Division of Financial Regulation. They have a consumer hotline: 888-877-4894 or via e-mail at dfr.insurance-help@dcbs.oregon.gov.

This column is much too short to cover all the aspects of long-term care insurance and you will need to do your homework and study the issue and the company thoroughly before making this decision. You can also google: Shopper's Guide to Long Term Care Insurance for detailed information.

In the meantime, don't forget SHIBA is here for help with you MEDICARE decisions. Just call the Senior Center at 541-883-7171 and make an appointment. The service is free. Counselors are trained and certified.

Anne Hartnett, SHIBA Coordinator



Stay Active and Healthy!

Many older adults struggle to keep active because they feel like they don't have enough energy. However, people who maintain physical activity are likely to experience a higher quality of life. We encourage our seniors to stay active by fitting in physical activity into daily routines.



May is National Physical Fitness & Sports Month. This month is meant to encourage people to exercise regularly to maintain good health.

Regular exercise can combat conditions like heart disease and Type 2 diabetes. It can also boost your mood and help you sleep better. Seniors can stay physically active by trying a new sport or activity. Here are some ideas:

- Swimming in the Ella Redkey pool (It's heated year-round)
- Aerobics classes
- Walking for 30 minutes per day
- Stretching
- Activities that improve balance such as Tai Chi

If you have limited mobility, consider other activities. For example, walk around your home for 15 minutes several times a day.

You can also do circular arm movements for five to ten minutes. Every little bit counts!

Celebrate National Physical Fitness & Sports Month by moving around more. Your health will thank you.



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



May 2022

VOLUNTEERS HONORED AT APRIL BANQUET

The Klamath Senior Center boosts more than a 100 volunteers that keep the center running and its patron's needs met. Many of those volunteers were able to attend the annual volunteer banquet held by the center this past week, and four of those volunteers pictured below were recognized for volunteering more than a thousand hours each throughout the past year. They were Carol Roberts, 1358 hours; Jerry Morris, 1186 hours; Carol Darling, 1073 hours; and Crystal Breeden, 1047 hours.

Jerry Morris, not pictured, serves as a driver for the center's Translink Program offering medical appointment transportation to out-of-the-area points of service, many times as far away as Portland. Roberts, Darling and Breeden all serve multi roles in service but primarily in Bingo games support and food service at the center. They were all recognized for their willingness to do whatever was asked and their availability to fill whatever needs presented themselves.

Altogether senior center volunteers con-

tributed nearly 19,000 hours of service valued at \$320,000 if the center had these gracious folks on the payroll. Without their support the center would not be able to provide needed services to area seniors. Their volunteer services makes up more than twenty percent of the center's budget.

Center director Marc Kane acted as a master of ceremonies and interviewed many of the volunteers throughout the social period prior to dinner. A recurring theme expressed by volunteers was that their service gave them purpose in serving their community. Many also expressed their love for the opportunity to serve and the closeness of relationship they had developed with many of the center's patrons. The youngest volunteer, May age 8, portrayed herself as the "hugger". She is frequently found at the center in the mornings waiting to go to school and entertains volunteer meals-on-wheels drivers and patrons that arrive early in the day. Kane reiterated that the service provided volunteers is much more than

providing a ride or delivering a meal, but also creates opportunities to keep seniors connected to family, friends and community. He further stated that the services provided by both staff and volunteers enables the center's patrons to live longer happier and healthier lives, and that the experience of volunteering also provides the same benefits to the volunteers themselves.

Nothing that many of the center's volunteers are also seniors themselves it was pointed out that the center's volunteer program is a "two way street". The center not only supports the needs of seniors in need, but also provides an opportunity for other seniors to give back, find a purpose and support their community.

Want to be a volunteer? Applications are available at the center's reception desk or by making a request by phone at 541-883-7171. Come join a awesome army of volunteers at the Klamath Senior Center.



Pictured above, left to right, are Carol Roberts, Carol Darling and Crystal Breeden

Accepting New Patients

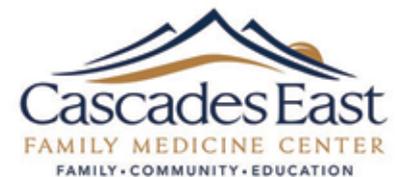
In-person or tele-video visits

We accept all major insurance plans

Call to make an appointment



541-274-8400



541-274-6733

Located in the Sky Lakes Collaborative Health Center on the medical center campus

Your health doesn't have to wait!

SAIL Exercise to improve your mood



We all know that exercise is important for good health.

Here are some other things the SAIL class can give you:

- A sharper mind
- A stronger immune system
- More energy to get through the day
- A place to interact with friendly people
- A better attitude to cope with life

I invite you to try a class. If you participate three times a week you will start seeing the benefits right away.

Classes are:

Mon. Wed. & Fri. from 9:00 to 10:00

Mon. Wed. & Fri. from 10:30 to 11:30

You can start right away. A three dollar donation is suggested.

Mary Noller is the Certified Instructor.



Move in May and All Year Long

By Anne Davenport, PT, DPT

This month, we celebrate Older Americans, and what better way to celebrate these individuals than increasing awareness of the benefits of physical activity for older adults? We know that regular physical activity is essential for healthy aging and maintaining a person's independence. It can lower the risk of many chronic conditions such as cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, and several types of cancer. Additionally, physical activity can:

- "Improve physical function, reduce the risk of falls, and lower the risk for fall-related injuries;
- Lower risk of dementia, improve perceived quality of life, and reduce symptoms of anxiety and depression;
- Provide opportunities for social engagement and interaction and;
- Improve cognition in adults over 50-years old."

Research shows that many older adults are not getting enough activity, and the amount that they do get declines each year they age. The great news? It is never too later to start being active. And once you start, it is easier to Stay Active.

At the Senior Center, we can play a key role in providing opportunities for physical activity. As healthcare providers and community members, you can play a key role in fostering partnerships to increase opportunities for safe physical activity. As family members and caregivers, you can play a key role in encouraging healthy behaviors and being available to share in physical activity. As an older adult, you play the most important role of being open and willing to engage.

- You may have some questions. For example, how much activity do I need? What kinds of activity are appropriate? The Office of Disease Prevention and Health Promotion recommends:
 - "Adults should move more and sit less throughout the day,
 - Older adults should aim to do at least 150 to 300 minutes of moderate-intensity aerobic activity a week,
 - Older adults should do muscle-strengthening activities that involve all major muscle groups on 2 or more days a week,
 - As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities."

What if you have a chronic condition that potentially limits you from meeting these recommendations? Be as active as you are able and reach out for guidance in doing so.

At the Senior Center, we currently provide opportunities for muscle-strengthening activities and balance training, including SAIL, Yoga, Tai Chi, and Qi Gong. We will be offering more classes throughout the summer. We also provide a safe indoor space to complete aerobic activity daily. Moderate intensity aerobic activity examples include brisk walking, jogging, dancing, bicycling, and more. Please refer to this newsletter, our website, or follow our Facebook for up to date events and additional resources to meet your activity goals.

If you have questions or need guidance in your health and wellness journey, please do not hesitate to reach out at stayactive@kbscc.org or 541-883-7171 ext 128. Health and wellness consultation appointments available upon request.

References:

Office of Disease Prevention and Health Promotion. (2019, May 29). Move Your Way during Older Americans Month and All Year Long. Health.gov. Retrieved April 22, 2022 from <https://health.gov/news/healthgov-blog/201905/move-your-way-during-older-americans-month-and-all-year-long>

Watson KB, Carlson SA, Gunn JP, et al. Physical Inactivity Among Adults Aged 50 Years and Older — United States, 2014. MMWR Morb Mortal Wkly Rep 2016;65:954–958. DOI: <http://dx.doi.org/10.15585/mmwr.mm6536a3>



Anne Davenport

MAY 2022

MENU

May 2022

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 |
|---|--|--|--|---|
| 2 | 3 | 4 | 5 | 6 |
| GOULASH Veggie Salad Dessert | PIZZA Veggie Salad Dessert | LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert | SALISBURY STEAK Veggie Salad Dessert | MOTHER'S DAY DINNER BAKED HAM & STUFFING Veggie Salad Dessert |
| 9 | 10 | 11 | 12 | 13 |
| CHILI DOGS & FRIES Veggie Salad Dessert | CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert | MEXICAN LUNCH BEEF TACO Salad Dessert | MEATLOAF & MASHED POTATOES Veggie Salad Dessert | SPAGHETTI & MEATBALLS Veggie Salad Dessert |
| 16 | 17 | 18 | 19 | 20 |
| ROAST CHICKEN Veggie Salad Dessert | ROAST PORK Veggie Salad Dessert | CHICKEN STRIPS & FRIES Veggie Salad Dessert | BEANS & HAM W/CORNBREAD Veggie Salad Dessert | SLOPPY JOES Veggie Salad Dessert |
| 23 | 24 | 25 | 26 | 27 |
| BREAKFAST FOR LUNCH Veggie Salad Dessert | POLISH SAUSAGE W/SAUERKRAUT Veggie Salad Dessert | AU GRATIN POTATOES W/HAM Veggie Salad Dessert | CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert | CHEESEBURGERS & FRIES Veggie Salad Dessert |
| 30 | 31 | 1 | 2 | 3 |
| CLOSED FOR MEMORIAL DAY PLEASE HONOR OUR VETERANS Dessert | BEEFY BEAN SOUP W/CORNBREAD Veggie Salad Dessert | SALISBURY STEAK Veggie Salad Dessert | ROAST CHICKEN Veggie Salad Dessert | MEATLOAF & MASHED POTATOES Veggie Salad Dessert |

**MAY 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.
- Movies on fourth Thursdays — 1:30 pm

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.
- Line Dancing - 7:00 pm

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.

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It's An Ice Cream Social

Tuesday – May 17, 2022 – 10:00 am to 2:00 pm

Atrio Health Plans will have agents available at information tables on Tuesday, May 17, 2022 from 10:00 am to 2:00 pm to provide information about available health insurance plans and services. Senior Center patrons are encouraged to attend and enjoy an ice cream social provided as a courtesy during this time by Atrio Health Plans.



This is a paid advertisement from Atrio Health Plans. Vendor tables at the senior center are purchased by the vendor and made available in the interest of public information. The Klamath Senior Center does not endorse products provided by vendors but only provides these opportunities to enable its patrons to make informed choices about available products and services.



SAVE THE DATE:

PLEASE JOIN US

FOR LUNCH, PRESENTORS, VENDORS AND FUN ACTIVITIES (TBA)

Tuesday, JUNE 14, 2019

FOR THE 5th ANNUAL WORLD ELDER ABUSE AWARENESS EVENT AND PROVIDER FAIR

.....
Klamath Basin Senior Citizens Center

2045 Arthur St,

Klamath Falls OR, 97603



FOR QUESTIONS OR TO PARTICIPATE PLEASE CALL

Diane Mest at (541) 885-7628

OR EMAIL diane.mest@state.or.us

MICK Insurance Agency

Free Medicare Workshop!

Wednesday May 11th - 10:00 am - 11:00 am

Wednesday May 25th - 10:00 am - 11:00 am

Free coffee & donuts

Your "One-Stop" Medicare Shop

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

541-882-6476

**4509 S. 6th Street, #109
Klamath Falls, OR 97603**

SAFER DRIVING

CAN SAVE YOU MONEY



Take the NEW AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs!

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
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CLASSROOM COURSE

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TO FIND ADDITIONAL COURSES IN YOUR AREA:

Call 1-866-955-6301 or visit www.aarp.org/driving36

There's a course near you!

Date:

May 12 and 19, 2022

This is a two part class

Location:

Klamath Basin Senior Citizens' Center

To Register:

You can register at the Klamath Senior Center's Reception Desk or contact AARP directly

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.





Muffin Mondays

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



Space
is
limited!

July 18 - 22

A free camping experience for children ages 8 through 16 who have faced the death of a loved one.

Refer a camper
today!

541-882-2902

www.klamathhospice.org



Klamath County Public Health
Klamath Falls

COVID-19 booster, vaccine clinic



9 a.m. to 2 p.m.

Thursday, May 13, 2022

Klamath Basin Senior Citizens Center
2045 Arthur Street
Klamath Falls, OR 97603

No appointments, walk-ins only.

All vaccines are available.

Original doses ages 5+, second booster ages 50+

Light snacks will be served.

Free food boxes available.

For more information call

Klamath County

Public Health

at 541.882.8846

Nurture Your Resilience

Bouncing Back From Difficult Times

Everyone goes through tough times in life. But many things can help you survive—and even thrive—during stressful periods. There’s no one-size-fits-all approach. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

“Resilience is the extent to which we can bounce back from adverse events, cope with stress, or succeed in the face of adversity,” says Dr. Cindy Bergeman, a psychology professor at the University of Notre Dame.

You’re not born with resilience. “It’s not something you either have or don’t have,” says Dr. Alexandra Burt, a child development expert at Michigan State University.

“Resilience is a process in which many factors—including family, community, and cultural practices—interact. It boosts wellness and protects you from risks to your well-being. For many people, these risks are compounded by hardship and discrimination,” adds Dr. Lisa Wexler, who studies suicide prevention at the University of Michigan.

Researchers are studying what helps people become more resilient. Creating healthy habits and taking care of yourself can help. And so can family, friends, and your connection to community and culture.

Finding Your Strengths

Stress can cause wear and tear on the body and brain. Chronic stress has been linked to an increased risk of many health conditions. These include heart disease, high blood pressure, depression, and anxiety.

Many stressful situations can’t easily be changed by one person. And some—such as parenting or a challenging job—can be things you want to do, even if they’re taxing.

But resilience isn’t just about eliminating stress. It’s also about tapping into your strengths. Researchers call these protective factors. “They can buffer stress or directly promote well-being—



and sometimes even do both,” Wexler says.

Your strengths include those of your neighborhood and community. Different cultures have developed different ways to help people cope. The ceremonies, teachings, and cultural practices that are meaningful to you can help, Wexler says.

Other protective factors involve nurturing your body. “Being able to manage your stress is key to what underlies resilience. And a healthy body is going to deal with stress much better,” says Bergeman.

Other tools are emotional, like expressing your feelings rather than bottling them up, she explains. Looking at problems from different angles can help, too.

“Can you see a difficulty in a more positive way?” Bergeman asks. “For example, you can look at a stressful situation as a growth opportunity instead of thinking of it as a threat. Ask yourself: What can I learn from this situation?”

Meeting your own needs also makes a difference. “We’re often so busy trying to take care of other people that we don’t do good self-care. I encourage people to do something that they enjoy every single day. Many people feel guilty about

that. But it really helps us replenish our emotional reserves, just like a meal fills our physical reserves,” says Bergeman.

In times of stress, self-care can be the opposite of selfish. Adults who take time for them-

selves can better help nurture resilience in children, says Burt. “One of the best things any parent can do for their child is to be well and healthy themselves. That makes it a lot easier for you to provide the support your child needs.”

Tapping Into Resources

Another part of resilience is about using the resources available to you. More and more, researchers are understanding that resilience doesn’t happen in a vacuum.

“The presence of resilience in a person is related to the supports around them,” Burt says. For example, she and her team found that growing up in a very impoverished neighborhood can change the way a child’s brain develops. But when adults in the community work together to support and monitor neighborhood children, it helps protect the children’s brains despite their circumstances. “A child can be resilient because they have these resilience-promoting things around them,” Burt explains.

Supportive adults don’t have to be a parent or relative, Burt says, though they often are. Some kids don’t have supportive families.

“That supportive person can also be a teacher, or someone else who’s important to them. Just one person who they really feel has their back,” she says.

Wexler is part of the NIH-funded Alaska Native Collaborative Hub for Research on Resilience (ANCHRR). This is a group of researchers working with local community leaders. They are studying which cultural strengths help protect Alaska Native young people from suicide.

Many protective factors for these young adults come from their community’s culture. “Access to cultural resources combined with the ability to use them is what helps lower suicide risk,” says Dr. James Allen from the University of Minnesota.

ANCHRR is also looking at how the cultural and spiritual practices that Alaska Native communities harness work to protect youth against the suicide and other risks they face.

Choosing Your Tools

The tools that best help you offset stress can differ from situation to situation, says Bergeman.

“Sometimes you have a stressor where you need to take action and solve the problem. But for other types of stressors, maybe you need emotional support,” she says. “A way to think about resilience may be: How do you match what you need with the kinds of tools that you have?”

In a way, practice makes perfect, Bergeman says. Keep tabs on what felt helpful to you during stressful times. Ask yourself: How did you deal with it? Did you choose a healthy strategy? How might other people have helped you deal with it?

“That can prepare you for the next experience that may be more difficult,” Bergeman says.

Reprinted with permission from NIH News In Health, April 2022

Wise Choices –Building Resilience

Nurturing your body, brain, and social connections can help you bounce back from stress.

Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

Take time for yourself. Make taking care of yourself part of your daily routine. Take time to notice the good moments or do something that you enjoy, like reading a book or listening to music.

Look at problems from different angles. Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes and don't dwell on them.

Practice gratitude. Take time to note things to be thankful for each day.

Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.

Tap into your social connections and community. Surround yourself with positive, healthy people. Ask friends, family, or trusted members of your community for information or assistance when you need it. Look for cultural practices that you feel help in times of stress.

Get help for mental health and substance use disorders. Talk with a health care professional if you're having trouble coping. Or call SAMHSA's free national helpline at 1-800-662-HELP. If you or someone you know is thinking about suicide, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK. You can also text "HOME" to the Crisis Text Line at 741741.

Reprinted with permission from NIH News In Health, April 2022

A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

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: meyemurp@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.



Progress in Parkinson's

Deconstructing Dopamine Degeneration

Being diagnosed with Parkinson's disease is life changing. This brain disorder causes slow and rigid body movements. People can experience tremors, stiffness, or shaking. Eventually, they may have difficulty walking and talking.

Parkinson's is a degenerative disease. That means it gets worse over time. It develops when a certain type of nerve cell stops working normally or dies. These nerve cells make a chemical called dopamine. Your brain needs dopamine for making smooth, purposeful movements. Loss of dopamine causes problems with movement.

"We don't know what causes that dopamine loss," says Dr. Beth-Anne Sieber, an NIH expert on movement disorders. "But when it gets to a certain point, movement-related symptoms appear."

Both genes and other factors seem to play a role. Exposure to pesticides, heavy metals, and air pollution may raise your risk for the disease. Sometimes Parkinson's runs in families. But people who develop the disease don't usually have a family history of it. In most cases, it's not clear what causes the disorder. One main risk factor is age. It affects about 1% of people over age 60.

There's no medical test for Parkinson's disease. Diagnosis is largely based on movement-related symptoms. But scientists have learned that other symptoms can appear decades before any movement issues, Sieber explains. "These include constipation, loss of smell, changes in mood, increased anxiety, and sleep disturbances."

Scientists are trying to find ways to diagnose Parkinson's before the movement-related symptoms appear. One NIH-funded study is looking at why some people with a sleep disturbance called REM sleep behavior disorder—in which they physically act out dreams—may go on to develop Parkinson's.

Other studies are looking for molecules in the blood or other body fluids

that can detect the start of disease before movement symptoms appear. These are called biomarkers. One possible biomarker is alpha-synuclein. This protein accumulates into toxic clumps in the brains of people who have Parkinson's.

Right now, alpha-synuclein can only be measured in the brain after death. Scientists are trying to find ways to measure it in the blood or spinal fluid, as well as with new brain imaging techniques. Such a biomarker could also be used to help track progression of Parkinson's and how well treatments are working.

There's currently no cure for Parkinson's. Treatments focus on managing symptoms and improving quality of life. A drug called L-dopa can help replace the loss of dopamine. But it doesn't work for everyone. Other drugs that act through different chemicals in the brain may help with movement issues. Deep brain stimulation surgery may also be an option for certain people.

"NIH-supported research has shown that high-intensity exercise improves Parkinson's symptoms," says Sieber. Now, researchers are trying to determine how much and what types of exercise work best. They're testing treadmill running, cycling, and other programs.

Singing may also improve quality of life. It can help strengthen the voice and other functions like swallowing. The rhythm in music might help with walking and stability.

Starting an exercise program early on may help slow disease progression. Researchers are still trying to understand why. If you notice any signs of Parkinson's disease, talk with your health care provider

Reprinted with permission from
NIH News In Health,
April 2022

Writer's Corner

Expressions of
Heart and Mind

Spring

Have you noticed a hint of spring
Lingering in the air
Quietly listen - look around
For signs are everywhere

Dawn arrives with the melody of birds
Sharing their delight
As the morning sky
Pink, red, purple and blue dissolve into light

The blanket of snow gives way
To waves of emerald green
Where fields of lush grass and
A rainbow of wildflowers are seen

Billowing clouds of white
Peek over mountain tops
Building high above until...
Thunder, lightning and the pitter patter of raindrops

Yes, spring emerges with fury mixed with gentleness
From the blustery wind to the delicate fragrance of blossoms on the trees
Bringing to us an abundance of new life
And a feeling of inner peace.

Sharon (Johnston) Pappas ©



A DAY OF FUN

*Deep in the woods where
The forest is thick,
Is a beautiful spot, and
I can get there quick.*

*I found it one day when I
Went exploring with my son.
Our other spot was taken, and
We were looking for fun.*

*He took his dog, and we
Brought lots of snacks.
We looked all around, and
Found many animal tracks.*

*We found a clearing, and
Set up our chairs.
A place to relax, and
Forget all of our cares.*

*I rolled out the blanket and
Laid on it for a while.
The scene was beautiful, and
I began to smile.*

*Laying there was relaxing and
I stretched my toes.
I reached for the sky, thought good
Things, and forgot my woes.*

*The wind could be heard
Before the treetops swayed.
My senses were alive with
The beauty that God made.*

*The creek was bubbling
With fresh melted snow.
The rocks were shiny as
It continued to flow.*

*Caught a glimpse of a squirrel
Out of the corner of my eye.
He was moving very quickly, and
Was a cute little guy.*

*I watched the birds, and
And I watched the bees.
They were all very busy
Doing what they please.*

*The day went by too quick
As we packed up to go home,
But we will be back soon
Where the animals roam.*

— By Sharon Hudson

LAKEVIEW SENIOR CENTER



May 2022 Events

Our April Bingo was a BIG Hit with attendee's asking for more like this one. We are planning another Bingo on Tuesday, May 10th. Doors open @ 6:30. We will offer free bus rides to those who call to sign up.

We request a 24 hour notice for transportation to ride the LUNCH BUS to the center for meals on Monday, Wednesday and Fridays @ 12:00. 541-947-4966-x106

Home delivered meals are provided weekly.

Congregate Meals being served on Mondays, Wednesdays and Fridays in the dining room @ 12:00.

Trips

All Rides Require Reservations

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.

Wednesdays, free monthly shopping trips from Christmas Valley to La Pine. Meet At The C.V. Community Center.

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.



Potential Services

* Meals * Community Resources

* V.A. Benefits Counseling * Social Security Information

* Food Stamp Referrals * Housing

* Employment Referrals and Information

* Substance Abuse Intervention, Counseling, and Referrals

** DOD Surplus Issue

(**For Veterans that meet the Federal guidelines for homeless)

The Stand Down will be held on Friday, June 17th from 9 a.m. until 2 p.m.

**Volunteer and registration forms, flyers, and sponsorship information can be found on our website at www.veteransenrichmentcenter.org*

For information on how to provide support for this project via; volunteering, donating services or make a financial donation:

Contact by mail - Klamath & Lake Counties Stand Down
P.O. Box 931 Klamath Falls, OR 97601
tdeforrest@veteransenrichmentcenter.org
541.331.9975

THE FOSTER GRANDPARENT PROGRAM

Have you heard of The Foster Grandparent Program and ever wondered to yourself, "What the heck is a Foster Grandparent?" Well, I am here to help. No, (unfortunately) you cannot foster a grandparent in your home and no, Foster Grandparents are not foster parents to children. Foster Grandparents are mentors and tutors to school-aged youth. Foster Grandparents are senior adults who volunteer in public and private schools, daycare and preschool settings, at homeless shelters, shelters for youth runaways, at the YMCA, and various non-profit, youth-focused organizations. Foster Grandparents love their work with youth. Foster Grandparent volunteers love being the "grandparent" figure in the classroom. Foster Grandparents get to have fun with children.

Join AmeriCorps Seniors and bring out the best of America

Help guide students to higher academic achievement. Assist with caring for premature infants or children with disabilities. Mentor troubled teenagers and young mothers. Assist children in classrooms who are behind in their academics. The Foster Grandparent program connects role models like you with young people with exceptional needs.

Enrich your life while enriching the lives of others. AmeriCorps Seniors volunteers who serve with in the Foster Grandparent program provide the kind of comfort and love that sets a child on a path to a successful future. AmeriCorps Seniors volunteers themselves report better health, a better mental outlook, and longevity having served their community.

Contact Lisa Bertash, Volunteer Coordinator, Klamath County

Community Volunteer Network

The Foster Grandparent Program of Southern Oregon

(541) 539-1208

lbertash@retirement.org



LAKE HEALTH MEDICAL SUPPLY

- 24/7 and nocturnal oxygen set-ups
- CPAP & BIPAP systems (and supplies)
- Mobility aids - including walkers, canes, Rollators and crutches
- Hospital beds
- Low air loss mattresses and APP pads
- We provide portable oxygen concentrators!

**Rent
or
Purchase**

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provider-ordered
equipment and supplies!**

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May Flowers

Submitted by Jessie Wilkie, Healthy Klamath

Flowers aren't just pretty plants to smell on occasion, they play a large role in our lives. With the April snow and showers that we received this year, I'm curious to see what our gardens will grow. In this month's article, I'd like to stop and ponder the flowers and their significance.

Stop and smell the roses

This old saying holds a lot of meaning in a few words. Flowers are fleeting blooms with some buds blooming for mere hours and others blooming for a few weeks. Not only do the buds have a limited duration, but the plants tend to thrive seasonally and they don't stick around for winter.

It's a reminder to stop and enjoy the moment and what we have in the present because it will likely not be the same in the future. It's also a reminder to relax. Oftentimes we can find ourselves caught up with our busy schedules and we don't take the time to catch our breath. This can lead to stress and anxiety, so taking a pause is good for our mental health.

A gesture for both good and bad times

Flowers are often sent to accompany various occasions in our lives. It might be corsage and boutonniere from our first prom. Or maybe it's flowers sent to mourn the loss of a loved one, a bouquet to celebrate an anniversary or one for a graduation. Flowers are appropriate gifts for a whole spectrum of life events and special occasions.

With flowers being so closely tied to key life events, they can be associated with memories. Do you remember the times that you received flowers in your life?

Flowers for dementia and Alzheimer's disease

Having a flower garden is good therapy to help people with dementia and Alzheimer's. The act of gardening has many benefits from encouraging physical activity and movement, stimulating the senses and encouraging memory recall, and helping relieve anxiety or depression. If a flower garden isn't feasible, just having flowers in a person's room or home can also bestow some benefits.

Did you know that colored flowers are also used to help signify your relationship with Alzheimers or dementia? If you carry a purple flower that means you lost someone to Alzheimers, a yellow flower that means you are a caregiver to someone with Alzheimers or dementia, a blue flower means that you yourself have Alzheimers and an orange flower shows your support for the Alzheimer's Association. The blue and purple flowers are reminiscent of forget-me-nots, which is a beautiful, heart wrenching parallel between flowers and these diseases.

So, my question to you this month, are you going to stop and smell the roses?



FREE GROUP
FITNESS CLASSES



MAY SCHEDULE

ALL CLASSES FROM 12-1PM

- MAY 4TH, WALKING GROUP ACROSS FROM STEENS
- MAY 11TH, FITNESS CLASS AT MIKE'S FIELD HOUSE
- MAY 18TH, WALKING GROUP AT EULALONA TRAILHEAD
- MAY 25TH, FITNESS CLASS AT MIKE'S FIELD HOUSE
- MAY 31ST, WALKING GROUP AT VETERAN'S PARK

QUESTIONS? CALL US AT 541-359-2802 OR EMAIL US AT
BLUEZONESPROJECT@HEALTHYKLAMATH.ORG

Spring Green Salad

Prep time: 15 minutes

Makes: 10 cups

Ingredients

SALAD

6 ounces fresh spinach (about 7 cups)

3 oranges (any type)

1 ½ cups halved strawberries

1 cup walnut pieces (toasted, if desired)

DRESSING

1 teaspoon sugar

¼ teaspoon paprika

2 Tablespoons orange juice

1 Tablespoon lemon juice

1 ½ teaspoons vinegar (any type)

1 teaspoon finely chopped onion

2 Tablespoons vegetable oil

Directions

Wash hands with soap and water.

Wash and dry spinach, tear into pieces and chill.

To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane.

In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.

Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.

Refrigerate leftovers within 2 hours.

Source: foodhero.org and
Submitted by Healthy Klamath

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THE COMFORT OF
YOUR HOME**

- *Increase Monthly cash flow
- *Pay medical expenses now and in the future
- *Pay off current mortgage and no monthly payment
- *Reap the rewards of a lifetime investment in your home



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Mike Bliss
NMLS# 291410

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**



**THURSDAYS AND SATURDAYS
AT THE SENIOR CENTER
2045 Arthur St**

THURSDAY Bingo Fundraiser
open at 4:30 p.m. call at 6 p.m.

New shorter session ends at 9 pm ish!

New lower cost!

New shorter session begins on May 19th

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 are 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 for seating

Full snack bar open

**SENIOR CENTER
FUNDRAISER**

DONORS REPORT

WASHINGTON FEDERAL FOUNDATION DONATES \$3,000

The Washington Federal Foundation is another one of our most consistent and reliable supporters over the years, and for that we are very grateful. This year Heather Tyler, Branch Manager, and Fabi Alcala Ramirez, Personal Banker, are pictured below, representing the foundation in presenting a check to Marc Kane, Executive Director. Rapidly rising inflation is presenting a real challenge this year causing us to have to raise more the usual funds. In addition losses incurred from the effects of the pandemic continue to have a negative impact. 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 five 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 on-going 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.

March donations of \$ 7,635.00 were received from the following organizations and individuals:

| | | |
|---------------------------|--------------------|---------------------------|
| Pacific Power Foundation | Jon Schnebly | Donna Maloney |
| First Presbyterian Church | Felice Koblos | Cheryl Gibbs |
| Dorothy Winters | Burl Parrish | Christina Pasillas |
| Geraldine Schindler | Charlotte Moseley | Albert & Delores Errecart |
| Refuge City Church | Barbara Massey | Mary Waters |
| Marta Stephens | Patricia Henderson | Donna Willard |
| Emma Wyatt | Ernie Palmer | Duane Kline |
| Melinda Hopper | Anita Beard | Lydia Bradbury |
| Howard McGee | Wilma Petrik | Golden Age |

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$ 3,735.00

There is a giving form on page 3 of this publication. 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.



Reser Family Foundation Grants \$10,000 to Capital Improvements Campaign

The Klamath Senior Center received word this last week of a \$10,000 capital grants award from the Reser Family Foundation. This foundation has been a recurring grantor to our general fund campaign over the past several years for which we have been very grateful. This years grant contributes to our capital improvements campaign to raise \$440,000 for a number of needed improvements to the senior

center building, equipment and grounds.

The Reser Family Foundation continues Al and Pat Reser's decades-long commitment to giving back to Oregon communities. The Reser Family is passionate about strengthening Oregonians through charitable grants made to collaborative organizations continuing established, broad-based, and inclusive work across our state.

Other that have pledged to the capital campaign include the Gordon Elwood Foundation, the Wendt Family Foundation, the KMSB Foundation, and Klamath County's American Rescue Plan Fund, the Klamath Defenders Dissolution Fund and State and Federal Transportation Funding programs through the Basin Transit Service.

Following is a list of presently board approved projects to be completed this year and next. There may be delays as costs are increasing rapidly and scheduling of contractors has become very challenging. Projects are designed to increase the safety of equipment and environments aimed at reducing the risk of infection from viruses by incorporating touch free experiences as much as possible. For example this last year we introduced the touch free salad bar which was a \$10,000 investment funded in part by the Oregon Health Authority.

- Project 1 – Replace cabinets and counter tops in the dining room.
- Project 2 - Replace transportation van. New van expected to be delivered in May 2022.
- Project 3 - Install an elevator or lift to the second floor.
- Project 4 - Install a whole buiding back up generator
- Project 5 - Replace kitchen steam table and needed dining room equipment.
- Project 6 -A makeover for the building exterior to include improved entrances foro ADA compliance, and landscaping.
- Project 7 - Re-carpet and repaint the upstairs of the building.

Funding committed to date is as follows:

| | |
|---|------------|
| Board approved use of reserve funds | \$140,000 |
| Foundations and Government grants | \$ 200,000 |
| Total | \$ 340,000 |

Remaining funding needed to complete all projects: \$ 80,000

The center is hopeful that in addition to general fund contributions some contributors will offer funding to complete our capital projects campaign.

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

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of the

GOOD SHEPHERD
The Different Funeral Home

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

AGING IN PLACE

Let us help Older Adults and People with Disabilities stay in their homes!

May 7, 14, 21 2022 10 am - 3pm

Adult and youth volunteers....

This is your chance to make a difference to someone who really needs your help!

Work We Will Do

- Install outdoor step strips
- Change light bulbs to LED
- Yard/sidewalk cleaning
- Plant flowers in yards
- Repair minor step/ramp issues
- Put dowels in windows for security
- Anchor tape rugs down
- Install non-wired doorbells
- Replace cabinet handles with ones that are easier to open
- Supply first aid kits
- Install shower grab bars
- Install/change out surge protectors
- Test and if needed install smoke/carbon alarms
- Test Flashlights and replace batteries

Donations Accepted

- **Money to purchase items**
- **Money to donate to teams/ clubs/groups who volunteer**
- **Items themselves**

Donations Needed

Monetary
Step strips - non-slip tape
LED light bulbs
Flowers
2x4s
Nails - 2"
Dowels for windows
Rug tape
Doorbells
Cabinet handles
First aid kits
Shower grab bars
Strip plugs
Cabinet handles
First aid kits
Shower grab bars
Strip plugs
Smoke/carbon alarms
Grass seed
Garbage bags - 30-39 gallon
Yard Gloves
Screws - 2"
AA batteries
AAA batteries
C batteries
D batteries
Potting soil
T-shirts for volunteers

Teams will be assigned to go to homes and help with the list provided. All supplies will be provided

If you would like more information or to volunteer or donate items, please contact Patty Card at 458-200-4257 or pcard@kbbh.org.

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TAKE MUCH EFFORT
TO REALLY MAKE
A DIFFERENCE!



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541-884-2773

1204 Main St.
Klamath Falls, OR 97601

John 3:16



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Magical May
FRIDAYS
MAY 6 - 27 • 6PM - 9PM
WIN UP TO \$750 CASH!
(May only win once per day.)

SENIOR DAY MONDAYS
EARN 2 POINTS, RECEIVE \$5 FREE PLAY.
10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
HOT SEATS
NOON - 3PM
8AM - MIDNIGHT
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)
NO SENIOR DAY HOT SEATS ON MONDAY, MAY 30.

Mother's Day
HOT SEATS
SUNDAY, MAY 8 • NOON - 4PM
WIN UP TO \$725 IN JEWELRY & CASH!
(May only win once per day.)

MAYFLOWER
KIOSK THURSDAYS
MAY 12 - 26 • 11AM - 6PM
WIN UP TO \$50 CASH!
(May only redeem once per day.)

EASY MONEY SUNDAY
HOT SEATS
MAY 15 - 29 • NOON - 3PM
WIN UP TO \$200 CASH!
(May only win once per day.)

★ **MEMORIAL DAY** ★ MONDAY, MAY 30
MADNESS KIOSK GIVEAWAY NOON - 6PM
WIN VARIOUS PRIZES!
(May only redeem once per day. While supplies last.)

**See Bonus Club for
Complete Details**

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

Gambling Problem? Call 1-800-GAMBLER

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.*

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!