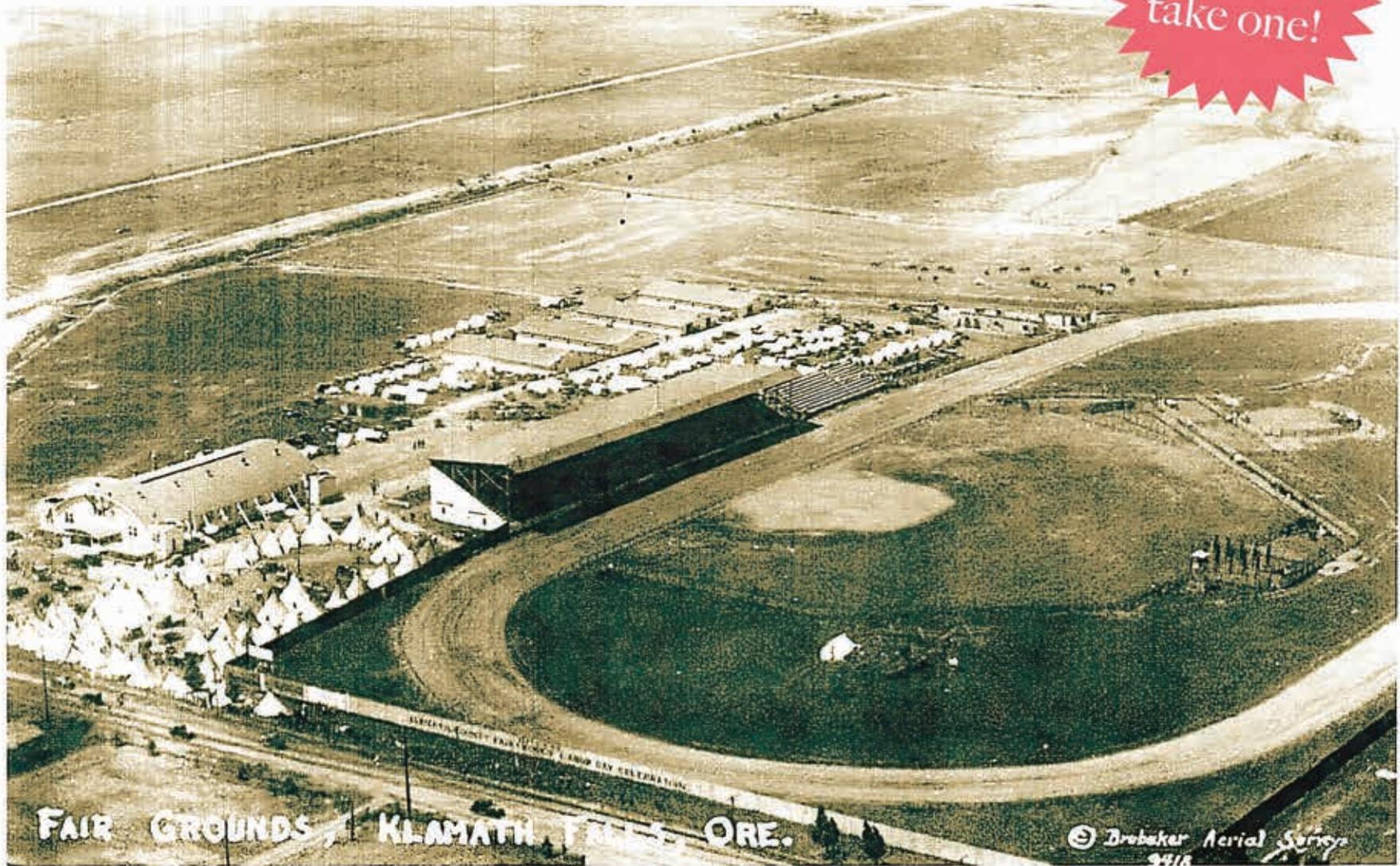


August 2022

FREE
take one!



Fairgrounds - Indian Congress c1929

KLAMATH COUNTY MUSEUM

We congratulate the Klamath County Fairgrounds on their 100th Anniversary of being located where they are now.. a location we share!

Active Seniors Klamath Basin

Livestock shows! Food! Entertainment! Carnival! Family Fun!

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.

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 unaffordable institutional care (Nursing homes / Assisted Living)
- A way for community members, youth groups and businesses to give back to their community (Volunteer)

Examples of services provided:

- Information referrals to service agencies
- Home health care and physician appointments (In-home visits/ transportation)
- Access to transportation services
- Assistance with household tasks such as moving furniture and general housework
- Handiwork, i.e., repairing broken things in the home, yard work
- Friendly visits (In-home/telephone)

For more information about the Klamath Village, call Ginnie Reed at 541-883-7171 ext. 123

ANNUAL RUMMAGE SALE

August 19th & 20th 8 - 3 pm
Where? 2045 Arthur Street
In The Senior Center Bus Barn

It's a BIG One to raise funds for the Klamath Senior Center's Services You Don't Want To Miss This One!

BBQ - Snacks Available
And A Free Water With Food Orders



Clear out the clutter!

Donations Wanted

We will start taking donations Aug 1st to the 16th Mondays thru Thursdays from 11:00 am to 4:00 pm.

Items must be clean and in good condition.
NO older tv's, mattresses, tires
or non working items.



SENIOR Center receptionist
Rolland Bailey

Contact information

General Information —

Rolland Bailey: 541.883.7171

Donations — Shawn McGahan:
541.883.7171 ext. 136

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

Transport Dispatcher —

Cindy Dupart
541.850.7315

Bingo Information —

Linda Breeden:
541.883.7171 ext. 115

Medicare Counseling —

541.883.7171

Executive Director —

Marc Kane: 541.883.7171
ext. 117

Volunteer Coordinator —

Ginnie Reed: 541.883.7171
ext. 123

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.

See you at the County Fair!

Directors Greeting

I don't believe I have ever been as excited as I am this year to attend the Klamath County Fair. It's the Fair's 100th anniversary at their present location and the celebration is on. Note the picture of the Fairgrounds on the cover of this publication. It was taken in 1929. Boy, have they come a long way since then, and now we have a world class fairgrounds and event center. In this issue of our newspaper we have published other information about the fair and the Fairgrounds, and the Fairgrounds has also purchased the centerfold to inform you of all the exciting events and entertainment.



Marc Kane, Center Director

Special articles about the Fair appear on pages 10, 14 and 18. Dawn McLing, the Fair Board Secretary, presents her fifth and final installment of her story of the Klamath Fair's development over these many years. Patricia Card shares her Klamath County Fair memories on page 14, and finally our newest reporter, Jean Knight, tells the story of how the Crater Lake Centennial Celebration Quilt produced in 2002 won the Best of Show that year at the Klamath County Fair. There are so many more good memories that could be shared if we were producing a book. They might be about all the effort 4H kids put into raising prize animals, others winning races, some competing in culinary contests, and more. The Fair provides so many opportunities for all of us to come together and share our pride. It's celebratory and just plain fun. And the entertainment lineup is just the best. Finally, parents just can't wait to hear their kids begging to go to the carnival rides and arcades.

Our senior center rests on County property that is technically part of the Fairgrounds. We're over there on the West side just over the small irrigation canal. Over many years the Fairgrounds and the senior center have been the best of neighbors and have supported each other in many ways. On Saturday of the Fair we close our Bingo games so that those attending the Fair will find extra parking space in our parking lot. On Friday, Saturday and Sunday we will host nickel/social bingo games at the Fair from 10:00 am to 12 noon. Get your bingo face on and come visit us in

the food court where you will see the bingo equipment set up on the KLAD Stage.

Both the Senior Center and the Klamath County Event Center offer opportunities all year long that bring citizens of all ages together. The Senior Center has staged all of its programs around the objective of keeping seniors connected to family, friends and community. We take great pride in that and are very thankful to the Klamath County Event Center and Fairgrounds for providing similar outcomes.

So, where are you going to be this week beginning August 4th and weekend? We hope to see you at the Klamath County Fair. It's a milestone anniversary event and it's the place to be. Hope to see you there.

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 : PO. 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?

**Looking For Relief From The Heat or Smoke?
Drop In At The Senior Center!**

IT'S A COOL PLACE TO BE!

SAIL CLASSES NOW OFFERED
ON TUESDAY AND THURSDAY
WITH ANNE DAVENPORT
SEE PAGE 22 FOR MORE INFORMATION

MOVIES ARE BACK

SPONSORED BY THE KLAMATH COUNTY LIBRARY
IN THE SENIOR CENTER CONFERENCE ROOM
FOURTH THURSDAYS AT 1:30 pm
Movie for August is Cyrano



ATRIO Ice Cream Social

Tuesday - August 16, 2022 - 11:00 am to 2:00 pm
Details On Page 11

MUFFIN MONDAYS AUGUST SPEAKERS

8/8/22: Chris Kaber - Klamath County Sheriff- Preventing Fraud
8/15/22: Jeanette Rutherford - Sky Lakes Wellness Center
8/22/22: Natalie Postles - Ross Ragland Theater - 2023 Season
8/29/2022: Speaker Pending
9/5/2022: Labor Day - Center Is Closed



LINE DANCING IS BACK WITH FERN STEERS

FRIDAYS - 7:00 pm in the Senior Center Ballroom



Your Time is Valuable...Share it!

Every year, tens of thousands of volunteers stay connected, find joy, and feel a greater sense of purpose through volunteering.

AARP Magazine

Volunteer today at The Klamath Senior Center

Ginnie Reed 541-883-7171 ext. 123

We are looking for

Meals on Wheels

Drivers

Light Maintenance

Kitchen Assistants

Housekeepers

Yard Helpers



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

988

The New Three Digit Suicide & Crisis Lifeline

People experiencing a mental health crisis have a new way to reach out for help in the U.S. The new number started July 16, 2022 and is modeled after 911. The new three-digit 988 Suicide & Crisis Lifeline is designed to be a quick and easy number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

"If you are willing to turn to someone in your moment of crisis, 988 will be there," said Xavier Becerra, the secretary of the federal Department of Health and Human Services, at a recent press briefing. "988 won't be a busy signal, and 988 won't put you on hold. You will get help."

The primary goal of the new number is to make it easier for people to call for help. Lawmakers and mental health advocates also see this launch as an opportunity to transform the mental health care system and make care easily accessible everywhere in the United States. There has been more than \$400 million invested in beefing up crisis centers and other mental health services to support the 988 system.

Currently, most people experiencing a mental health emergency call 911. The problem is that 911 wasn't set up to address mental health needs. Mental health advocates hope that 988 will become a widely known, safer and more effective alternative. The goal behind 988 is to ultimately connect people in crisis to help right away. It's part of a longer-term effort to ramp up mental emergency response teams around the country.

The idea for 988 has been in the works for a few years. The National Suicide Prevention Lifeline's 10-digit number – 1-800-273-8255 – will remain active, but calls will be routed to 988. People who call or text the number will be connected to a trained counselor at a crisis center closest to them. If a local crisis center is too busy to respond right away, the call gets routed to one of 16 backup centers around the country. For the vast majority of people who call the current National Suicide Prevention Lifeline, the call itself is an effective intervention.

Despite the slow progress in many states, mental health advocates are excited about 988. Remember taking care of your mental health is as important taking care of your physical health.

Patricia Card, KBBH
Older Adult Behavioral Health Specialist

If you or someone you know is needing mental health or substance use support, please reach out to KBBH - 541-883-1030 or in an emergency, call the National Suicide Lifeline at their new nationwide number - 988.

I have been at Crystal Terrace for seven years. It is wonderful! I've never regretted it one minute.

Pat Mulvey

When we first moved here, my husband and I were in a cottage. Then, he had prostate problems and blood clots. He wound up in the hospital, then Plum Ridge. When it was time for him to be released from Plum Ridge, we moved to assisted living from our cottage... his care was more than I could handle myself. He got wonderful help until he passed away. I could have moved back to independent care but I didn't because I loved my comfortable apartment in assisted living and didn't want to face another move... too many moves already. I knew I would have to move back to assisted living anyway.



To me, Crystal Terrace is home. The staff is friendly and caring! It's just like a great big family. I recommend it to everyone. There are all kinds of activities here every day... 2-3 special things, but I don't participate because I'm a little different ...I still drive. I have three sons and go out and visit a lot with my family or they come in and see me. Here, I enjoy TV, puzzles and my friends. I drove a school bus for 30 years and remember thinking I would enjoy sitting and doing nothing, and I do!

They took wonderful care of us during the pandemic days. Very few residents got it. When the pandemic was first blowing up, they brought us our food everyday....I felt very safe.

I like the food. They have specials for us each day, but if you don't care for it or can't eat it, you can choose from a menu.

Pat's words of wisdom, "Don't wait until you HAVE to be moved. Do it while you can still decide for yourself and participate in the moving process. Don't wait until something bad has happened, and you can't move yourself."

Independent Living

Maintenance-free living at Crystal Terrace of Klamath Falls means more time for you to be you.

Assisted Living

Experience a new level of independence with right-sized care and support when it's needed.

Memory Care

Comfort, support, and new connections for you and your loved one living with memory loss.

**1000 Town Center Dr
Klamath Falls, OR 97601
541-238-2456**



**Crystal Terrace
of Klamath Falls**
MBK SENIOR LIVING



SHIP TALK

(Senior Health Insurance Program)

MEDICARE OR MEDICAID?

“Which is which? And What’s the difference”. These questions continue to be the most asked and the least understood in any discussion of health insurance. So let’s dive in - one at a time. Medicaid is a federal-state partnership to provide health insurance assistance to the needy. In Oregon, the Oregon Health Plan is funded by Medicaid. This program is administered by the Department of Human Services (DHS). It provides a safety net for low income people who fall below the state established poverty level. There are strict income and asset guidelines. If you’re receiving Oregon Health Plan, full coverage will end when you turn 65 or are deemed disabled.

However, Medicaid can still be helpful for Medicare recipients with its Medicare Savings Program. What does this mean? - If your income is less than 150% of poverty level, you may qualify for part or all of your Medicare Part B premium to be paid for by the State with Medicaid funding. If your income is actually below poverty level, you may even qualify for Medicaid to act as your secondary insurance, since Medicare covers only 80% of Parts A and B. How much assistance you will get depends on your income and, in some cases, your assets. In this case, recipients are often called “dual eligible” since they qualify for both Medicare and Medicaid to cover Part A (hospital) and Part B (medical). Medicaid will also pay for long term care. This includes nursing home care, assisted living, or hiring help into your home to help you with the activities of daily living. It is available if the Medicare recipient has run out of income to pay for these services. Again, there are strict guidelines and for long term care services, DHS may put a lien on your home to help with payment. This lien is applied only with long term care, not health care, as described above.

Medicare is a federal health insurance program which is administered by the Social Security Administration. You are eligible for Medicare when you turn 65 or if you are deemed disabled. There are no income limitations. However, you must have paid into the fund through your payroll taxes during your working years. It does not pay for long term care, and as noted above, pays only 80% of Parts A and B. When you become eligible for Medicare through age or disability, you must enroll in Medicare Parts B and D (drugs) or be penalized. (This penalty does not apply if you are adequately covered by private health insurance, such as provided by your employer, etc.) Part A is free and Part B has a premium - \$170 per month this year (2022). Social Security also provides assistance with Part D drug insurance for those low income recipients who qualify. We’re here at the Klamath Basin Senior Services Center to help you examine your options. Just give us a call at 541-883-7171 to make an appointment with a trained and certified volunteer counselor. The service is free. - *Anne Hartnett, SHIBA Coordinator*



Heat and Summer Safety



Bright and sunny summer days are excellent for exercise, natural light and fresh air. However, seniors in Klamath Falls must make safety a priority. This means staying indoors when it’s too hot outside, exercising with caution and always wearing sunscreen when going outdoors.

This shouldn’t discourage you from taking advantage of summer activities; it just means you should take a few precautions to keep safe. Summer is a great time to enjoy water sports such as swimming or pool aerobics, especially if the pool is indoors.

Other light activities such as walking or riding a bike can be delightful if you remember to wear a hat, sunglasses, and sunscreen with SPF 15 or higher. When enjoying outdoor activities with family or friends, it is also important to remember to stay hydrated. Enjoy summer in the City of Sunshine and keep these tips in mind to stay safe and healthy!

August 2022



Does your business or organization offer resources, services, or products that support an individual in living well?

Do you want to support your community members in their journey to Age Well?

The Klamath Basin Senior Center is hosting an Age Well Expo during Fall Prevention Awareness Week on Tuesday, September 20, 2022.

The purpose is to link the community to health and wellness resources and opportunities that will empower them to live well and age well. There will be raffles, games, music, lunch, and more!

Tables will be provided. In lieu of exhibitor fees, we ask that you provide a raffle item or items for attendees that is specific to your business or organization.

For more details and/or to get involved, please email stayactive@kb-scc.org or call 541-883-7171 ext 128

See Our Calendar of Events On Page 8

But What's NOT On Our Calendar Of Events?

- 1. We serve a congregate meal every weekday.** It's free to everyone age 60 and over. If you are able a small donation of \$5.00 is requested. There is no eligibility requirement other than age. Younger folks are welcome but pay a fee of \$7.50, See the menu on page 9.
- 2. Nearly 150 people receive Meals-On-Wheels** for all seven days of the week, cooked and packed fresh each morning and delivered by an army of volunteers. Call the Klamath Lake Counties Council On Aging to see if you are eligible at 541-205-5400. Call the senior center at 541-883-7171 Ext 123 if you would like to be a volunteer driver and meal deliverer.
- 3. Transportation Services:** The Center operates six vans, all ADA accessible and operated by well-trained drivers. Residents age 60 and over ride free when coming to the Senior Center. A small fare of 75 cents is expected for riding elsewhere. We will pick you up at your door step! Call our dispatcher, Cindy, at 541-850-7315. Reservations must be made two days in advance. This is an open public transportation service. Services are coordinated with Basin Transit Service and you may be assigned to a BTS vehicle.

Need An Extra Lift?



**RECLINING LIFT CHAIRS and
ADJUSTABLE MATTRESS SETS
IN STOCK!**



Visit one of our two locations today!

Legacy
FURNITURE Inc.

541-882-3217

3250 Washburn Way
Klamath Falls, OR 97603

Bedroom Gallery
[Comfort, Quality and all the Rest....]
www.bedroomgallery.com

541-884-2773

1204 Main St.
Klamath Falls, OR 97601

John 3:16

KLAMATH SENIOR CENTER AUGUST 2022 CALENDAR OF DAILY EVENTS

MONDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- MUFFIN MONDAYS 10:30 am
- COUNTY BRANCH LIBRARY 9:30 am to 1 pm
- Dementia Support Group with Kathleen Rutherford – 9:30 am to 10:30 am
Preregistration required, Call Kathleen at 541- 622-9562
- WATERCOLOR 10 am – 11:30 am
- Buried In Treasure Support Group – with K. Rutherford, KBBH – 10:45 am Preregistration Required, Call Kathleen at 541- 622-9562
- GOLDEN AGE BINGO – 12:30
- YOGA 4:00 pm to 5:00 pm with Kim Carson

TUESDAYS

- SAIL Class with Anne Davenport – 9:00 am
- WATERCOLOR 10 am – 11:30 am
- Seated QiGONG with Rachel Stephens beginning July 12th at 1:30 pm
- QiGONG 2:30 pm with Rachel Stephens
- SHIBA (MEDICARE Counseling) by appointment

WEDNESDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- QiGONG 2:30 pm with Rachel Stephens
- Tai Chi 4:00 pm to 5:00 pm with Andrew Hyun

THURSDAYS

- SAIL Class with Anne Davenport at 9:00 am
- Golden Age Club BINGO and card games 12:30 pm
- COUNTY BRANCH LIBRARY 1:30 pm – 4 pm
- Movies on fourth Thursdays – 1:30 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment
- Individual Health Promotion Counseling by appointment

FRIDAYS

- SAILing classes with Mary Noller at 9:00 am and 10:30 am
- Circle of Friends with K. Rutherford, KBBH – 10:30 am to 12
- COUNTY BRANCH LIBRARY 9:30 am – 1 pm
- Line Dancing – 7:00 pm

SATURDAYS

- BINGO Nickel Bingo open at 10 am call at 11:30
- BINGO Fundraiser open at 4:30 pm call at 6pm



Check for event calendar updates at www.klamathseniorcenter.com

AUGUST 2022 MENU

MEALSITE MENU FOR THE MONTH OF AUGUST 2022

NOTE: This menu is subject to change, depending upon availability of supplies. Tea, coffee, milk and juice are available. Sugar free desserts are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN NOODLE CASSEROLE VEGGIE SALAD DESSERT	2 LIVER & ONIONS OR CHEESE RAVIOLI VEGGIE SALAD DESSERT	3 SPLIT PEA SOUP with Cornbread VEGGIE SALAD DESSERT	4 ROAST PORK MASHED POTATOES & GRAVY VEGGIE SALAD DESSERT	5 SPAGHETTI & MEAT SAUCE Garlic Breadsticks VEGGIE SALAD DESSERT
8 SWEDISH MEATBALLS & EGG NOODLES VEGGIE SALAD DESSERT	9 TACO TUESDAY SPANISH RICE REFRIED BEANS VEGGIE SALAD DESSERT	10 BEANS & HAM WITH CORNBREAD VEGGIE SALAD DESSERT	11 QUICHE BROCOLLI CHEDDAR BACON MUSHROOM HAM & CHEDDAR SALAD DESSERT	12 CHILI DOGS & FRIES VEGGIE SALAD DESSERT
15 AU GRATIN POTATOES & HAM VEGGIE SALAD DESSERT	16 CHICKEN FRIED STEAK W/MASHED POTATOES AND GRAVY SALAD ICE CREAM SOCIAL Sponsored By Atrio	17 ROAST CHICKEN W/ROAST VEGGIES SALAD DESSERT	18 BREAKFAST TACOS VEGGIE SALAD DESSERT	19 POLISH SAUSAGE AND SAUERKRAUT VEGGIE SALAD DESSERT
22 CHILI POTATOES VEGGIE SALAD DESSERT	23 CHEESEBURGERS & FRIES VEGGIE SALAD DESSERT	24 GOULASH W/GARLIC BREADSTICKS FRENCH FRIES VEGGIE SALAD DESSERT	25 SALISBURY STEAKS W/EGG NOODLES VEGGIE SALAD DESSERT	26 CHICKEN STRIPS WITH FRENCH FRIES VEGGIE SALAD DESSERT
29 BREAKFAST FOR LUNCH WITH FRENCH FRIES VEGGIE SALAD DESSERT	30 MEATLOAF & MASHED POTATOES VEGGIE SALAD DESSERT	31 PIZZA VEGGIE SALAD DESSERT	1-Sep SLOPPY JOES Veggie Salad DESSERT IF AVAILABLE DESSERT IF AVAILABLE	2-Sep FISH & CHIPS Veggie Salad DESSERT IF AVAILABLE
5-Sep CLOSED FOR LABOR DAY	6-Sep CHEESBURGERS & FRIES Veggie Salad DESSERT IF AVAILABLE	7-Sep ROAST CHICKEN & ROAST VEGGIES Salad DESSERT IF AVAILABLE		

Fifth and final installment of 100 years of history of the Klamath County Fairgrounds in the same location. See the ad series in the Herald and News July 13, 16, 23, and 30.

Dawn McLing was tasked with researching the history of 100 years of the Klamath County Fairgrounds being in the same location. It was a long tedious process of searching microfilm records and other historical documents to pull it all together. She thanks Todd Kepple, Klamath County Museum, for his help.



Dawn McLing
Fair Board Secretary,
Open Fair Coordinator

2000: In November 1998, the voters of Klamath County approved a \$4.5 million-dollar bond to fund the construction of a 93,000 square foot Event Center at the Klamath County Fairgrounds. The new Event Center is one of the largest indoor facilities in the northwest when it was completed in February of 2000. The center was named after John Hancock who managed the fairgrounds for 23 years.

2012: County Fairgrounds went from having a budget deficit of \$222 thousand dollars to a budget surplus of just over \$21 thousand dollars after county commissioners approved disbursement of room tax receipt at its Tuesday morning meeting. The Fairgrounds received a total of \$243,258.00 from county room tax.

2014: John Stilwell applies for grant to upgrade lighting in the Event Center and other fairgrounds buildings. The Kentner/Fleming Livestock Barn is also updated by the addition of wash racks and other aesthetics that will greatly assist the 4-H/FFA groups in showing at Fair. A sponsor recognition wall is also added near the Indoor Arena.

2015: Grandstand concession stand and restrooms removed. Re-named "The Landing Strip" - with grass added for appeal in front of the Event Center.

2017: Upon the passing of Fair Board member Archie Linman and staunch fairgrounds supporter, a scholarship fund is created that will support one high school graduate and one continuing college student each year. Exhibit Hall #1 is officially named the Linman Hall in remembrance of Mr. Linman.

2018: Exhibit Hall #1 repainted, new windows and trees and rose bushes trimmed and/or removed.

2019: DJ Rowley named Manager/Director of the Klamath County Fairgrounds/Event Center following Todd Hoggarth.

2020: The year of the No Fair/Fair - 4-H Youth Livestock show and sale were allowed to continue under restrictions associated with the COVID Pandemic.

2021: Dare to Fair. The Fair returned to patrons of the County with record number patrons attending the Fair, carnival, concerts, demolition derby and, of course, eating fair food. It was good to be back in action.

2022: Small Stage (located behind Exhibit Hall #2) removed. Lawn expanded and beautified.

Food Court area on the West Side of the Stilwell Arena was expanded with new fencing added.

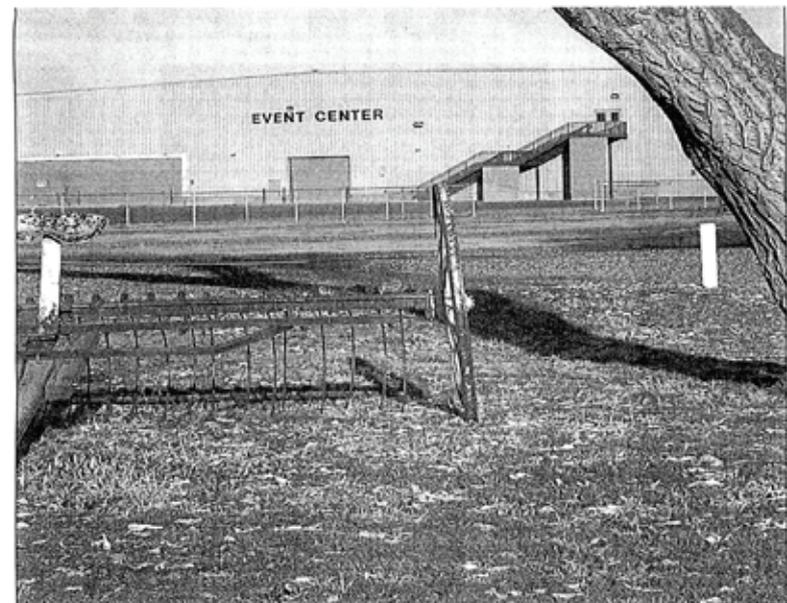
The following was provided as information following the Pandemic from 2019 through 2022, continuing on.

We are grateful for the community's patience and support of the Klamath County Event Center/Fairgrounds over the years.

Future for the Klamath County Event Center/Fairgrounds

The fair board wants to broaden the appeal of the fairgrounds. With that said, efforts began prior to 2019 to look into developing a Master Plan for the grounds and facilities. When COVID occurred, planning was stalled; however, now that we are approaching a recovery period, the process is slowly starting to gain traction once again.

The expansion of the east side RV Area will begin this fall to increase the number of available spots. We just received word that we have been awarded a Business Oregon Grant specifically for "County Fairground Facilities" with a new Maintenance Shop slated to be built on the grounds as the focus.



H&N photo by Gary Thain
The Klamath County Fairgrounds event center will be named the John Hancock Events Center in a ceremony on Tuesday to honor Hancock who was the former Klamath County Fairgrounds manager.

Fairgrounds event center

It's An Ice Cream Social

Tuesday - August 16, 2022 - 11:00 am to 2:00 pm

Atrio Health Plans will have agents available at information tables on Tuesday, August 16, 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.



PRESENTED BY
BRANNON KAEFRING

Medicare Basics – 2022

What is Medicare?
When Can I Enroll?
What Are My Coverage Options?
4 Stages of Rx Coverage
Medicare's "Extra Help" Program
Where to Get More Help

August Workshops

August 11 | 10AM & 5PM
August 25 | 10AM & 5PM

4509 S 6th St, Ste 109 | 541.882.6476
One-on-One Appointments Also Available



Sit, Breathe and Smile

Seated Exercise at the Senior Center

Submitted by Rachel Stephens, Klamath Senior Center

The Senior Center is now offering a new fitness class where everyone will be sitting in a chair the entire session, and it's fun! Do you use a wheelchair? You are welcome!

QiGong (pronounced chee KUNG) is a form of exercise that has been practiced for thousands of years by people of all ages and abilities. Because the movements are slow and gentle, QiGong is relaxing and considered safe as well as effective for almost anyone. QiGong is a great exercise for people at any fitness level because you make it as easy or difficult as your body will allow. The movements are easy to learn, and they are fun!

Studies show that QiGong is helpful for older adults in many ways. QiGong has been shown to help boost strength and energy, improve balance and reduce falls, improve cognition and memory and much more.

Take a look at these articles for more on Qigong and it's benefits:
<https://www.qigongworksnow.com/Benefits-of-Qigong> <https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>

Seated classes are Tuesdays
from 1:30 pm to 2:15 pm
Regular qigong classes are Tuesdays and Wednesdays
from 2:30 pm to 3:30 pm. Come join us and enjoy exercising!

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
12:00 pm lunch
Red Rooster Grill and Pub
3608 S 6th St
(across from the Fairgrounds)

Contact Ron or Kate before your first meeting.





The Klamath County Fair starts tomorrow!

How about breaking all-time attendance records this 100th year!



This weekend ... August 4-7



Rodney Atkins Concert

Thursday, August 4th - 7:30 pm
Event Center
General \$19 Party Zone \$25
Gates open 6:30 pm



Martina McBride Concert

Friday, August 5th - 8:00 pm
General \$29 Party Zone \$35
Event Center
Gates open at 7:00 pm



Daughtry Concert

Saturday, August 6th - 8:30 pm
General \$29 Party Zone \$35
Event Center
Gates open at 7:30 pm

BATTLE IN THE BASIN August 6th Smashing starts @ 1pm Outdoor Arena

DEMOLITION DERBY

3 Heats - 1st place pay only \$1,000
MAIN EVENT:
 1st \$3,000 - 2nd \$1,000 - 3rd \$500
 Bonus Purse \$500
 Chain & Bang \$1,000

TICKETS ON SALE NOW!
 Spectators: Adults - \$20 ★ Kids 12 & Under - FREE
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Rules & Official Entry Forms are posted @ klamathcountyfair.com

KLAMATH COUNTY FAIRGROUNDS

Demolition Derby
Saturday, August 6th
Adults \$20
Kids 12 & Under Free
Gates open: 11:30 am.
Show starts: 1:00 pm

Fair Admission Sunday Free
\$6/day - 13 and older
\$3/day - Seniors 62+ or Military w/ID
FREE - Children 12 and under



The heartbeat of our community for 100 years in the same location!



WOLD AMUSEMENTS CARNIVAL

at the Klamath County Fair

August 4th-7th

Thursday: 1 pm-11 pm

Friday & Saturday: Noon-11 pm

Sunday: Noon-6 pm

Presale Wristbands \$30

At the Carnival \$40

Fair admission sold separately.

**Come support the youth
of our community**



Beef, Swine, Sheep/Goat
Small Animals

**12:30 pm Sunday:
Rotary Livestock Auction**



Free Entertainment all day

Enjoy a wonderful selection of Vendors and Food Courts every day!

My Memories of the Klamath County Fair

Klamath County has been my home my entire life. 65 years of amazing memories and friends. Time spent at the Klamath County Fairgrounds is just a piece of my many memories. 4-H Fairs, shows, junior rodeos, rodeos themselves, Pow Wows, carnivals, demolition derbies, horse races, bull sales, graduations, and just generally hanging with friends in and around the grounds.

What instantly pops into my mind when I am asked about the Fairgrounds is a Junior Rodeo in 1966. My stepsister, Leah, had entered our ranch horse Peanuts in a ¼ mile race. Peanuts was fast and beautiful. She was a tall palomino with a black tail and mane. She pranced when she was happy. She loved being first whether it was working cows, leading parades, or just running through the fields. We all knew she would win. Well she did. All by herself because she had dumped Leah in the starting gate and came in first - sans rider. Peanuts was so proud of herself! Prancing and dancing and mocking those she beat. Leah was fine, just a bruised ego.

Although I was never in 4H, I always went and spent the time there supporting old friends and meeting new friends. One memory that sticks out was my friend Jeannie and I going into town with my mom to her work at LaPointe's. Jeannie and I had almost matching black and white print dresses and heels and were feeling quite proud of ourselves. We proceeded to walk from LaPointe's on Main Street to the Fairgrounds, which is about 2.5 miles one way. It was hot that day, but we did it. Then we arrived and wondered what we were thinking wearing

heels and dresses, so we walked back to LaPointe's and changed into jeans and walked back to the Fairgrounds. By the time we got there we were hot and sweaty, and that day's events were over, so we walked back to LaPointe's. No Fitbit or step tracking back then, but we would have earned a badge for it.

Horse racing at the Fairgrounds also was one of my favorites. Our family and our friends would go and walk through the horses and see which one we liked. It could be based on horse name, color, saddle color, cute jockey, was it wanting petted, or something else we thought of in the moment. We would bet money and see who came out "richest" at the end. Then we would all go to Wong's Café for dinner that night paid by the big winner.

Demolition derby time was great. What better way to get rid of an old car and have fun while you were doing it? Many familiar local names participated in the derby. I also remember the first time a female was able to race, and she was "evil" in a demolition derby sense of course. She smashed cars left and right. I wish I could remember her name, but I cannot. She did not end up winning but she took a close second.

Carnivals were not for me, but they were for my late husband and our kids and their friends. They conned me into going into the "Round Up" - that is the stand up, pinned against the wall while spinning extremely fast ride. I was NOT enjoying it but everyone else was - but what they were enjoying was my face turning green and me not standing up. When the ride was over, I fell totally to the ground and had to crawl out. They thought it was the best ride ever - I say the worst ride and never again. Another time I took my younger cousin on the Octopus - his first every carnival ride. To start with he was a quiet young man. Well, that was until I started spinning it and he started screaming vulgarities at the top of his lungs. Which of course, made me laugh and spin it more. He said he has never gone on a ride since.

Over the years I have met many old friends there and made many new friends who to this day they are some of my most valued friends of my life. Families coming together and sharing friendship and love. We truly need more "fairgrounds" in our world where we can all come together and be one community.

Submitted by Patricia Card

Title VI Notice - Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates its transportation programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act. Any person who believes he or she subjected to any unlawful discriminatory practice under Title VI may file a complaint. Complaints may also be filed by person(s) with disabilities who believe that KBSCC has failed to make reasonable accommodation in its service provision to make its programs accessible to said person(s).

For more information on the Klamath Senior Center's civil rights program, obligations and procedures to file a complaint, contact the Center by phone 541-883-7171, by mail at PO Box JE, Klamath Falls, OR 97602 or visit us at 2045 Arthur Street, Klamath Falls, Oregon 97603

Todd Durkin

World-class coach, trainer,
author, and speaker

Todd is coming
to Klamath Falls!

SAVE THE DATE

Friday October 28th
5:30pm-8pm
Klamath Union High
School

- Keynote Speech
- Community Workout
- Meet and Greet



Get your tickets before they're gone! Tickets are free, but a donation is suggested: healthyklamath.com/todd-durkin

Expressions of Heart and Mind

Living The Dream

It was 1950 when they began their life as one
Barely 20 years old with work on the ranch but time for having fun

Dad loved team roping, calf roping and mugging too
There was nothing in his spare time he'd rather do

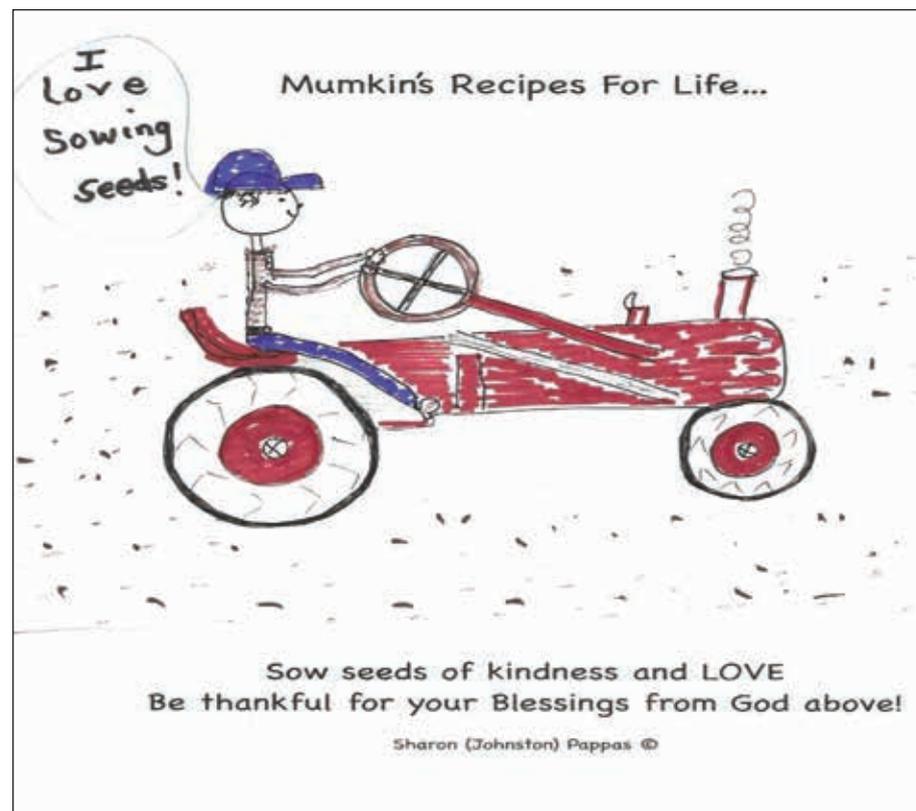
Mom made sure it happened, levis ironed and lunch packed
First as a couple, then two little cowboys and a cowgirl, in fact

We piled in the pickup with a one horse trailer behind
Mom sang us songs, not a happier group you'd find

Rodeos at Steele Swamp, Lou Hills, Likely and Beatty to name a few
Each weekend off we'd go, down the road we flew

With picnics, carnivals and grandstands to explore, we kept Mom on
her toes
While Dad roped, winning buckles and money to get us to the next
show

As I look back on an innocent time my heart is filled with joy
How lucky were we with Mom and Dad, living the dream of every girl
and boy —Sharon Johnston Pappas



History Speaks For Itself

By Peggy Thomas

Sometimes in a quiet moment it is rewarding to reflect back on places that you have visited and hope to revisit. Eastern Oregon is one of my favorite places. It gives so much, but is admired by very few. Many mornings while my husband and our dog hunt during bird season, I enjoyed the peace and quiet of Hart Mountain.

As the sun appears on top of the mountain the warmth and brightness flows like melted butter. An inch at a time the mountain slopes light up and give promise of a new day. Steens Mountain abounds with nature's beauty every step of the way. On a clear night under the stars at the top of the mountain the galaxy will reward you. Before you can count up to one hundred stars or sing Twinkle, Twinkle Little Star, the universe takes you to a place only our creator could provide.

The Owyhee Canyon Lands are a large area with many special places to visit. Succor Creek is very scenic, but for us only a drive through this trip. We camped there once and my husband said he saw a huge rattlesnake crawling about. Their residency is secure. At Three Forks we watch the rafters preparing for a trip down the Owyhee River to the drop off place in Rome, OR.



Peg Thomas standing next to gravesite of Jean Baptiste Charbonneau, son of Sacajawea and Charbonneau of Lewis & Clark Expedition. July/03.

Silver City, Idaho welcomes us for another visit. It is unique. In 1865 the Eagle Mountains produced rich silver ore, but in 1875, the failure of the Bank of California which financed most of the mines caused work to stop. This mountain top city lost most of their population to the lower regions. The old buildings that remain portray their part in history. The steep roadway we follow through the old town did not show signs of being lined in gold, but of many footprints giving this place its moment in time. There are some summer

residents. Lucky them! The humming birds love the place. This is the first time that I saw so many of those tiny flickering wings in one place. (Continued page 16)

A VA home loan with plenty of benefits

A VA Cash-Out Refinance converts your home equity into cash. Use the cash-out to pay off high-interest credit cards, remodel your home, or however you wish. This can be a great solution for refinancing your existing VA loan to a lower interest rate or for replacing a conventional mortgage with a VA-backed loan.

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(Continued from page 15) The headstones in the cemetery tell of long lives and short lives. We take the three mile drive from US Highway 95 to the grave sight of Jean Baptiste Charbonneau. This little guy known as Pomp was part of the Corps of Discovery led by Captains William Clark and Meriwether Lewis. He bounced for many miles on the back and shoulders of his mother, Sacajawea, a Lemhi Shoshone. Pomp must have had untold hardships that only a little one his age could feel. It is often said that if you get your feet wet in a special place that you will return. He did return. While crossing the icy waters of Owyhee River he contracted pneumonia and died in 1866. A historical marker and a granite headstone honor his life and death.

History is by all means a factual event that took place in the past. To recreate a narrative that distorts the true account of people, time, or location is campfire storytelling.

OLDER ADULT PROGRAM

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



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You are not alone.



BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing.



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses.



EAT LIGHT

Avoid hot foods and heavy meals



STAY SAFE

Never leave infants, pets or children in parked cars.



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar.



COOL DOWN

Take a cool shower or bath





Image by Freepik.com

Save the Date for September!

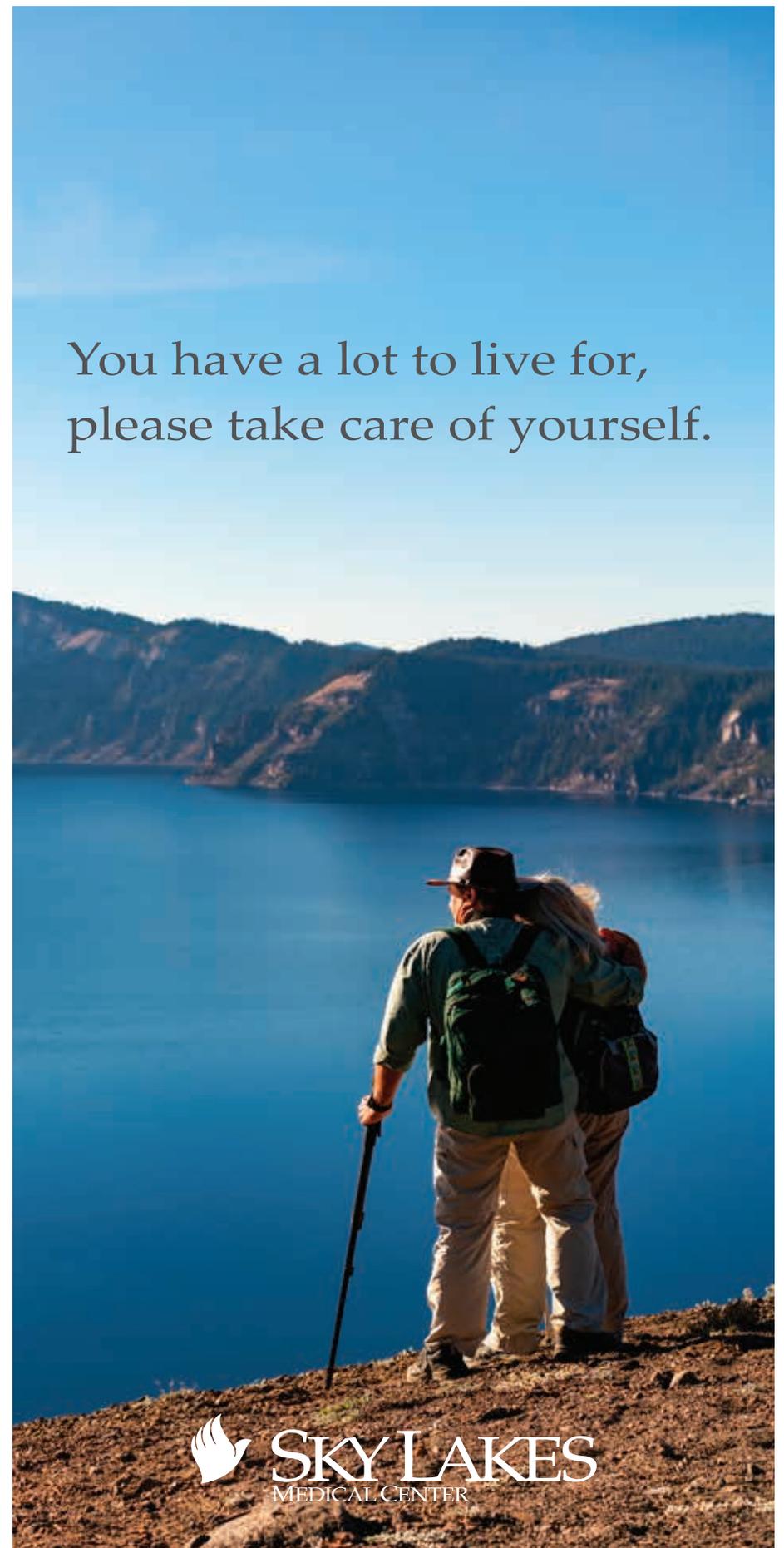
By Anne Davenport, PT, DPT

Join us at the Senior Center and in the community September 18 - 24 for **Falls Prevention Awareness Week**, an effort to raise awareness about resources in the community that will support your goal to Age Well. Events will include an Age Well Expo, a Fall Prevention Seminar, activities around the community and more.

At the Age Well Expo, get plugged in to health and wellness classes; learn how to make your home safer to maintain your independence; learn about resources available to you in Klamath to help you Age Well; receive health screenings by various providers; play games; win prizes and more. We will also be providing our annual Flu Vaccination Clinic during the Expo. All are welcome and encouraged to attend. The ability to age well starts by creating healthy habits and behaviors in early adulthood.

Falls are a national public health concern and they are NOT a normal part of aging. Each year, 1 in 4 Americans aged 65 or older fall. Every 11 seconds, an older adult is treated in the emergency room for a fall and every 19 minutes, an older adult dies from a fall. Each year, more than \$50 billion is spent on the direct medical costs related to fall injuries. Falls are costly and common - but they do not have to be.

Take advantage of the upcoming week in September to be falls free and independent. More details to come. Keep an eye on this newsletter, our website klamathseniorcenter.com, or Facebook for the full schedule of events.



You have a lot to live for,
please take care of yourself.



A Klamath County Fair "Best In Show" Centennial Celebration Quilt

Jean Knight 7/25/2022

During this centennial celebration of the Klamath County Fair, people will gather to enjoy, as they have for the past hundred years, many kinds of prizewinning entries in the exhibit halls. One of the most popular displays is the quilt exhibit. Imaginative, creative, and meaningful, quilts are often designed to celebrate a special event, such as a new baby, a wedding, or an anniversary. In 2002, Crater Lake National Park centennial was celebrated with a skillfully designed, prize winning quilt that portrays the unique qualities of the park. The public can view this beautiful quilt at this year's Klamath County Fair.

Crater Lake has captured the imagination of many people throughout history. In 1885, William Gladstone Steel first glimpsed the brilliant deep blue water of Crater Lake. He was so moved by the beauty of the lake, he dedicated his money and his efforts to seeing that it was forever protected as a national park. Steel's dream came true seventeen years later when, on May 22, 1902, President Theodore Roosevelt signed the bill that created Crater Lake as the United States' sixth national park.

In the spring of 2001, the hundredth anniversary of Roosevelt's signing was drawing near. A group of Crater Lake residents who had a shared interest in quilting decided to create a project that would celebrate the Park's upcoming centennial. A member of the group, Kelly Bacher, who had lived in Mt. Rainier National Park, told the group about the commemorative quilt that was made for that park's Centennial. Everyone agreed that making a quilt for Crater Lake's Centennial was a great idea.

Mary Kelley and Kelli Bacher, both residents of Crater Lake, headed up the project. Current employees, former employees and Friends of Crater Lake members were contacted, and those who had an interest in quilting were asked to sew square blocks showing their favorite images of the park.

The quilters eventually received eighteen block squares. Beautiful images in a variety of designs and techniques cover the squares. These designs include illustrations of wildflowers along the Castle Crest trail, views of Wizard Island, historical postcards, and overlapping abstract patterns of bears, elk, and hummingbirds. The Crater Lake Centennial logo is depicted in a larger central block.

The Crater Lake Community Hall provided a meeting place where several of women could work on the quilt at once, piecing it together and then hand quilting it on a borrowed quilt frame. Mary Kelley, Kelly Bacher, Tamara Northcutt and Gail Brock were some of the women who gathered to create the quilt during Crater Lake's long, cold winter of 2001. Other local quilters that had a special tie to the park were invited to add their stitches to complete the project. It was a fun, communal activity, and a time of visiting and of creative expression.



With the completion of the quilt in 2002, the quilters entered it in the Klamath County Fair. They were surprised and delighted when their quilt received the Best of Show ribbon at the fair! The quilt was displayed at Crater Lake Lodge for several years, then hung in the Park administration building for many more years. It was also exhibited in Chiloquin's 2003 Quilt Show. The public is fortunate to again be able to enjoy the Crater Lake Centennial Quilt at this year's Klamath County Fair. It's their 100th Anniversary in this location!

Brown's Mule

By Gary Hartter

The first time I tried chewing tobacco was when my folks bought a lake home and decided to make the small cottage into a bigger cottage. They hired a group of contractors for the job. I was at the lake home often while I was on summer break from high school. I made friends with the contractors and became curious while I watched them cut a piece from a plug of chewing tobacco and chew it.

The plug was Brown's Mule and it looked like a brownie. There was a black ink drawing of a mule on the cellophane wrapper, something like you might see in an old almanac. The contractors noticed I was noticing and offered me a "chaw." I was no stranger to tobacco. When I was little, my family lived in a house that had a basement furnace with an attached incinerator. While my dad was allowed to smoke cigarettes in the house, cigars were forbidden by my mom.

Sometimes, I would wander down into the basement, where my toy box was stored and I would catch my dad smoking a Swisher Sweets cigar by the furnace. He would always throw the cigar butts into the incinerator, I guess to cover his tracks. He would ask me if I wanted a puff before he threw the butt out, maybe to make me an accomplice to his crime, and I would take him up on the offer. He always told me the same thing, "Don't inhale it Gary." I always responded with the same thing, "Cough, cough, cough."

But the Brown's Mule plug was something different. It was the shape and color of a brownie and looked appetizing enough to eat. One of the contractors cut off a small piece for me with a well-used jackknife he pulled from his front pants pocket. He handed the piece to me. "Now, don't swallow it," he warned, "just put it in your cheek and give it a little chew now and then." He demonstrated the proper technique, including a spit at the end. It seemed simple enough.

The chunk he gave me felt moist and a little crumbly. It made kind of a soft of a squishy sound, like a small water balloon, when I squeezed it a little. The contractors were watching me, so there was no backing out. I popped the chaw into my mouth, giving it a half chew before I transferred it to my cheek. Believe me; it did not taste like a brownie. First, it burned my mouth a little. Then, the bitter taste hit. My mouth was filling with saliva and I had to spit, right now! My spit was not a pro spit, like the contractor's, but a real rookie spit, right on my shoes. I stood and watched as the brown juice ran down the toes of my new, white Adidas sneakers.

I wanted to spit the whole piece out, but the contractors were laughing at me. "First time, kid?" one of them asked. I couldn't speak, I could only nod. I took their laughing as a challenge and chewed the tobacco the whole time I was at my folks place. But after leaving, a mile down the road and well out of sight, I ejected what was left of the foul stuff, out the car window and onto the side of the road. And that was a real pro, go for distance, spit.

Even then, the tobacco taste stuck around in my mouth like some kind of evil ghost for three days, with me still spitting the whole time. That Brown's Mule had a kick!



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Veteran's Group

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Senior Center
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Every Monday
Coffee • Muffins • Conversation

For more information:
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jsmith@klamathhospice.org
www.klamathhospice.org



WE HONOR VETERANS

LAKEVIEW SENIOR CENTER



AUGUST 2022 Events

Starting this Friday, July 29th, we will wear our favorite tee shirts for our luncheon every other Friday. The next Friday we will do a show and tell luncheon. We will rotate through September. Anyone can join us, so please do.

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 are being served on Mondays, Wednesdays and Fridays in the dining room @ 12:00 - 1:00.

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.

Free weekly shopping trips from Christmas Valley to La Pine on

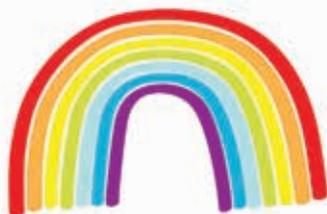
Wednesdays. Will Meet At The C.V. Community Center.

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 & Wednesdays 10:00 - 2:00 so our shoppers can join us for lunch. Donations accepted during store hours.

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

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Dr. Oliver Wisco, DO
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Ali McKean, PA-C



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DONOR REPORT

County Commissioners Approve \$7,500 Operating Grant

Submitted By Marc Kane

We are pleased to announce each year a grant from Klamath County that is generally the first grant to our annual General Operating Fund Campaign addressed to foundations and businesses. Being the first grant each year it helps leverage grants from other foundations that may not know our community as well, and rely on local contributors showing their support and communicating the value of our services to the our local seniors. Our goal this year is to raise \$158,000. This amount includes \$38,000 from United Way and represents about 12% of the agency budget,

The center has also developed a capital campaign to raise \$595,000 and has just \$184,675 left to raise now to complete all its plans. New grantors and contributors continue to be sought. Projects include a generator for the building, a lift to the second floor, bathroom remodels, new tables and chairs, new entrance doors, a new seven passenger van with lift, and a general makeover of the building appearance.

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.

June donations of \$ 2,855.00 were received from the following organizations and individuals:

Avangrid Foundation
First Presbyterian Church
Dorothy Winters
Geraldine Schindler
Marta Stephens
Refuge City Church
Howard McGee
Jon Schnebly
Patricia Henderson
Burl Parrish
Rose Chapman

Charlotte Moseley
Cheryl Gibbs
Donna Maloney
Elizabeth Western
Ernie Palmer
KBBH
Mildred Miller
Wilma Petrik
Golden Age Club
Sharon McGowan
Albert & Delores Errecart
Mary Waters

Unidentified contributions in June for Meals, Transportation and Other Services amounted to \$ 3,871.00

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	Patricia Henderson
Dorothy Winters	Donna Maloney
Refuge City Church	Ernie Palmer
Marta Stephens	Cheryl Gibbs (1)
Jon Schnebly	Albert & Delores Errecart
Howard McGee	Wilma Petrik
Burl Parrish	Mildred Miller
Geraldine Schindler	Mary Reta
Rose Chapman	Joe Primm.

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.**

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.



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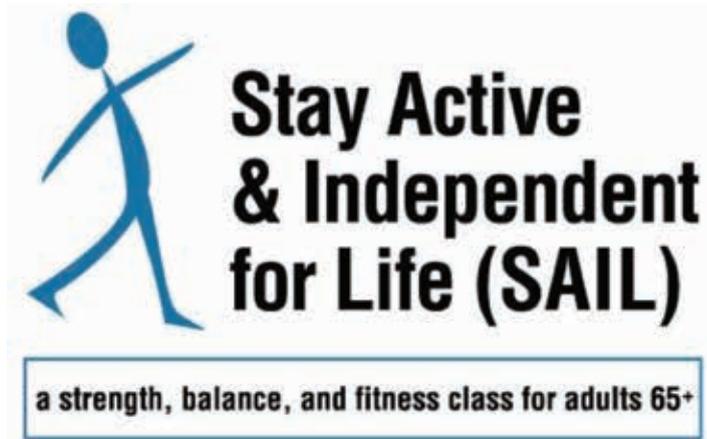
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GOOD SHEPHERD
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Join Us for SAIL - ALL WEEK LONG!

New Health Classes Offered on Tuesday and Thursday.

The Klamath Basin Senior Citizens Center (KBSCC) is offering additional StayActive & Independent for Life (SAIL) classes started July 19. The new classes take place on Tuesdays and Thursdays at 9 am. These classes are in addition to the Monday, Wednesday, and Friday SAILing classes that take place at 9 am and 10:30am.

The class focuses on both fitness and education. It provides stretching, aerobic, strength and balance training that can be done sitting or standing. The classes also include information to help support individuals in staying active and independent.

The first new class taught by Anne Davenport saw eight people in attendance and was set to the soundtrack of upbeat classic rock tunes. "Focusing on prevention and wellness can help older adults stay active and enjoy the things they love." Davenport explained. Her class also offers a check-in component to monitor progress for attendees. The check-ins will take place during the last class of the month.

Mary Noller, the instructor for the Monday, Wednesday, and Friday SAILing classes, participated in Tuesday's class and when asked about her thoughts on the class she said, "Anne's a very good teacher." Noller is excited that there are now classes offered at the center five days per week.

The senior center has long realized the importance of programming around physical health and wellness. The move to hire Anne Davenport is a huge step in taking the center to the next level when it comes to health promotion. One of the senior center's goals is to enable seniors to age in place, to remain in their homes as long as possible, and part of realizing that goal is to ensure that seniors are physically capable of doing so.

This sentiment is echoed by Noller as she explains her journey to becoming involved in the fitness classes. "I was in my early seventies and my husband passed away. I knew if I were going to keep my home, I'd have to stay healthy and strong. I heard about this class at the senior center called Body Recall and the instructor was 92 years old. She encouraged me to take the training. I took over the classes in 2010 and have been doing it ever since. It's been keeping me strong and healthy and I'm 84 years old."

Physical activity is an important part of maintaining physical well being, but it also becomes more difficult to move and exercise as we age. "Physical activity gradually declines with age as people lose their muscle mass and strength. During the aging process, physical activity decreases by 40%-80%, thereby increasing the likelihood of individuals developing metabolic disorders and other chronic diseases, such as cancer, diabetes, cerebrovascular and cardiovascular diseases." According to a study by Suryadinata, R. V., Wirjatmadi, B., Adriani, M., & Lorensia, A. (2020)

Beyond the SAILing and SAIL classes, the senior center offers a variety of fitness classes including yoga, Tai chi, Qi Gong, seated Qi Gong and Pickleball. Classes are free to the community, but a \$3 donation is suggested. To view a class schedule, visit Senior Center WEB site at klamathseniorcenter.com/activities/ or call 541-883-7171.

Article submitted by Jessie Wilkie, a Herald and News reporter and Healthy Klamath staff person. Jessie was recently elected to be a member of the Klamath Senior Center Board of Directors.

The Klamath Basin Genealogy Society

The Klamath Basin Genealogy Society meets the second Thursday of each month from 6-8 p.m. at the Klamath County Library meeting room. Are you still having trouble finding your relatives? Not sure about numeration districts? Some of the sites are a little awkward to navigate so let us help you. Any other questions are always welcome also.



The DNA Interest Group (DIG) started again in June at the Klamath County Library. The group (DIG) meets every **first Monday** of the month at the Klamath County Library from 1:30 - 4:00 p.m. The group focus is to use DNA technology to aid in genealogical research. We use a round table / open discussion type format. Bring your challenges and / or success stories to share with the group. You can also find us on Facebook under the Klamath Basin Genealogy Society page. Questions can be directed to kbgskf@gmail.com or the Klamath Basin Genealogy FB page.

Donate Durable Medical Equipment

Do you or someone you know have durable medical equipment that you no longer need? If so, donate it today to the Senior Center. We will pass it along to someone in need. *(Make sure it is clean and sanitized, thank you).*

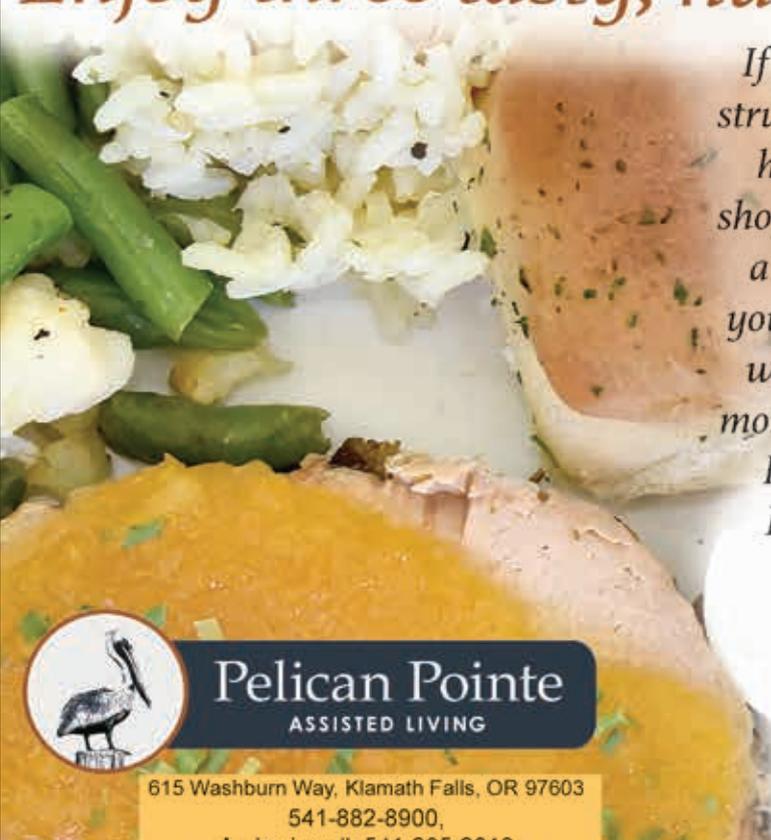
At the Klamath Basin Senior Center, we provide a Durable Medical Equipment Loan Program which is at no cost to participants. We are always in need of new or gently used equipment in order to continue this program successfully.

We can take most equipment, as long as it is clean and in good working condition. This may include wheelchairs, walkers, canes, shower chairs, bedside commodes, scooters, and more.

Please call 541-883-7171 or email us at seniorcenter@kbscc.org to learn more.



Enjoy three tasty, nutritious meals a day!



If you are struggling at home to shop for food and cook your meals, worry no more here at Pelican Pointe!




**Amanda, Pelican Pointe
Executive Chef**



Pelican Pointe
ASSISTED LIVING

615 Washburn Way, Klamath Falls, OR 97603
541-882-8900
Amber's cell: 541-205-2018

We are feeding more than 50 people a day balanced, healthy, and well seasoned meals. Almost everything is made from scratch by our staff of seven. Enjoy your meals in the dining room with friends or in your room.



Amber Anderson

Look no further than Pelican Pointe... call me for a tour TODAY!

BINGO

THURSDAYS AND SATURDAYS AT THE SENIOR CENTER

541-883-7171

* Thursday Bingo

Fundraiser open at 4:30 pm call at 6 pm

* Saturday Bingo

Nickel Bingo open at 10 am call at 11:30

* Saturday Bingo

Fundraiser open at 4:30 pm call at 6 pm

Closed Saturday August 6th to allow for the Klamath County Fair use of our parking lot. Please enjoy the County Fair. It's the Fair's 100th Anniversary at this location.





KLA-MO-YA CASINO & HOTEL
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RESTORATION SATURDAY
GRAND PRIZE DRAWINGS
August 27 • 7pm-10pm
\$14,500 CASH GIVEAWAY!
7PM & 8PM: WINNERS RECEIVE \$1,000 CASH!
9PM: WINNER RECEIVES \$2,500 CASH!
10PM: GRAND PRIZE WINNER RECEIVES \$10,000 CASH!
Beginning Monday, August 1 at 8am, each one drawing entry for every 10 points. Drawings every hour.
(May only win once per day.)

FRIDAY NIGHT
REWARD DRAWINGS
August 5-26 • 6pm-10pm
August 5-19:
WIN UP TO \$750 CASH!
August 26:
WIN UP TO \$1,000 CASH!
Beginning Monday, August 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.)

GET OUT OF TOWN
KIOSK SATURDAYS
August 6-27 • Noon-6pm
WIN UP TO \$100 CASH!
Earn 75 points and swipe at the Kiosk for your chance to win Win Free Play, Gas Cards, or CASH!
(May only redeem once per day. While supplies last.)

SPIRIT SUNDAY HOT SEATS
August 7-28 • Noon-4pm
AUGUST 7-21: WIN UP TO \$200 CASH!
AUGUST 28: WIN UP TO \$500 CASH!
Drawings every half hour.
(May only win once per day.)

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.)

POWER PLAY » August 4-25
Noon-8pm
WIN UP TO \$100 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.)

See Bonus Club for Complete Details

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

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!

Gambling Problem? Call 1-800-GAMBLER