

June 2022



Mary Williams Hyde

*It is time to plant and watch our garden's grow!*

# Active Seniors

Gardening Tips for Seniors

Details on pages 4 and 7

*The official monthly publication of the Klamath Basin Senior Citizens' Center*

## FIND YOUR PURPOSE

### The Village

#### What is it?

Klamath and Lake Counties' Villages are centralized, non-profit, volunteer driven organizations that coordinates services to help people remain independent (in their home) and thrive.

#### Why?

The aging population in Klamath and Lake Counties are some of the highest per capita of Oregon counties. In the U.S., a doubling of adults aged 65 and over is expected by 2030. This trend presents challenges in providing services and support within a community.

#### How does it work?

Klamath Village is a managed database clearing house with diversely skilled volunteers and key partnerships to meet the needs of older adults and people with disabilities. Funding is provided through grants and foundations. Staffing is provided through the Klamath Basin Senior Citizens' Center.

#### Purpose:

- Reduce isolation, trauma and loneliness
- Provide maintenance for challenged living situations (minor home repairs/safety checks)
- Strengthen connection to the community (Personal contact with clients)
- Avoid unaffordable institutional care (Nursing homes /Assisted Living)
- A way for community members, youth groups and businesses to give back to their community (Volunteer)

#### Examples of services provided:

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

#### History:

Emerging in Boston over 15 years ago, the Village movement is a growing option throughout the United States. Today there are over 200 open Villages and more than 150 in development throughout the United States including several in Oregon. In 2010, the Village to Village network, a national organization, was formed. The emphasis is on strengthening community, providing opportunities for volunteerism and minimizing isolation in the population served. For more information about the Klamath Village, call Ginnie Reed at 541-883-7171 ext. 123



### Be a Volunteer

#### What are you doing this Summer?

Why not VOLUNTEER? The Senior Center's VILLAGE Program is looking for volunteers to step up and help out with light housekeeping for seniors who are shut-in. We also need help with yard work such as mowing lawns and weed control, grocery shopping and the occasional errand.

If you have never heard about the VILLAGE, call or come by the senior center to pick up a volunteer application and talk with Ginnie Reed, volunteer program director. Her phone number is 541-883-7171., ext. 123.



#### HANDY PROJECT PERSON NEEDED!

Do you like to fix things, build things, have tools that are lonely and need to find work? The VILLAGE has just the thing for you!

Call Ginnie Reed or drop by the Senior Center at 2045 Arthur Street to see what is available for you!

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

We are looking for

Meals on Wheels Drivers  
Light Maintenance  
Kitchen Assistants  
Housekeepers  
Yard Helpers



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](http://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.



# Valuing Relationships, Memories and Stories

Memories of good times with my father are always with me, but in June of each year I am especially aware of his spirit within me and the many occasions we shared that represented the best of good family life. May and June are the months we honor mothers and fathers and celebrate their contributions. Gary Harter presents a great fishing story on page 15 that highlights the strength of relationship with his father. It's a good read that carried me right into the past sitting on the shore of a small pond with my dad as we baited hooks, cast our lines and aided each other landing our limit of trout to be fried and savored over a family dinner as we beamed with pride over our collective skills and accomplishments as hunter-gatherers. And my mother, a thoroughly French woman, beamed back knowing that she prepared the meal in a way that demonstrated her fine French culinary ways.



The senior center presents many opportunities to share our stories, not just on paper, but through the many events created to bring people together for meals and activities. We also put a great deal of effort through our volunteer and Village programs to ensure that seniors experience companionship and the occasion to hear and share their stories. Traditions are carried from one generation to another as relationships are built and the shared memories of our fathers and mothers carry their immortality.

Ginnie Reed, our volunteer coordinator and Village manager is now back in the office after a lengthy medical leave. She is now keeping limited office hours on Mondays and Wednesdays and is ready to take your calls. Ginnie can arrange support for those who may be shuttered alone in their homes who need and seek greater support and companionship. She stands ready to take your offer to be one of those great volunteers who will step up to hear and share stories. Call on her at 541-883-7171. Her new extension number is 123.

This month our paper also features gardening opportunities and is the month we begin planting and praying that the last frost in this

great basin we call home has come and gone. Mary Hyde, who is now charged with producing our paper, demonstrates her photography accomplishments with the presentation on the front cover. Enjoy and set your sights on making your garden one that also produces opportunities for such a great photo. She also brings us an article with gardening tips that will also yield great produce to be served at our family meals.

Our thanks this month to the Keller Williams Realty folks for planting our front gardens at the senior center. Note the article on page 5 about their efforts and the thanks we offer to all the businesses that have offered their staff as volunteers for events or throughout the year.

Summer is upon us and that may bring high temperatures and smoky air. The center offers itself, not only as gathering place for stories but as an air conditioned refuge. Come visit with us.

All are welcome!

To make a fully tax-deductible contribution to  
the Klamath Basin Senior Citizens' Center

**Call (541) 883-7171**

or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name: .....

Email: .....

Street Address: .....

City: ..... State: Zip: .....

Amount of Contribution: .....

Does your employer have a matching gifts plan? ☐ Yes ☐ No

☐ My check is enclosed payable to **KBSCC**.

Or charge my contribution to my:

☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Card # ..... Exp. Date ..... CSC .....

Recurring monthly contribution: ☐ Yes ☐ No

Signature .....



**Klamath Basin Senior  
Citizens' Center**

*BUILDING AND MAINTAINING A SUPPORTIVE  
COMMUNITY FOR SENIORS*

## WHAT'S NEW?

### Movies are Back

SPONSORED BY THE KLAMATH COUNTY LIBRARY

IN THE SENIOR CENTER CONFERENCE ROOM

FOURTH THURSDAYS AT 1:30 pm

June 26th Marry Me (2022) , a romantic comedy with Jennifer Lopez

---

### ATRIO Ice Cream Social

**Tuesday – June 21, 2022 – 10:00 am to 2:00 pm**

**Details on Page 10**

---

### MUFFIN MONDAYS MAY SPEAKERS

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

6/13/22: Sentry Eagle Event at Kingsley Field

6/20/22: Kathy Piece – Veterans Administration

6/27/2022: Charlie Wyckoff – 3rd Tuesday Events

7/4/2022: No Program – Closed for Fourth of July

---

LINE DANCING IS BACK WITH FERN STEERS  
FRIDAYS – 7:00 PM IN THE SENIOR CENTER  
BALLROOM

---

AARP Safe Driving Class

June 9<sup>th</sup> and June 16<sup>th</sup>

See details on Page 11

---

**BINGO**

KLAMATH SENIOR CENTER

MID YEAR BINGO

EXTRAVAGANZA

JUNE 18<sup>TH</sup>

RESERVATIONS ARE ENCOURAGED

*See more information on Page 17*

## Gardening For Seniors – Making It Safer And Easier

*Adapted with permission from Senior Safety Advice by Esther Kane, <https://seniorsafetyadvice.com/safe-gardening-tips-for-seniors>.*

Making gardening easier and safer for those seniors who love it is a big part of home safety matters. After all, hobbies are a large part of retirement and being able to continue doing what you love is important to anyone's overall health.

**Make it accessible.** That means to create a walkway that they can maneuver with a cane, a walker or a wheelchair. Of course, a solid cement walkway would be the best solution but that can be very costly. So, another solution would be to use large, square stones and either place them or cement them together to create a walkway that's as smooth as possible.

**Raise the level of the garden.** This can be accomplished several ways:

Build or buy an elevated garden bed. You can even take it a step further and install or place "benches" on the sides of these raised gardens.

Use large and tall pots to also raise the level of gardening. Any kind of container gardening that is elevated would work. If there's a wall or fence, consider installing window boxes to make the garden more vertical.

Note that there are vertical gardens that you can install (or build) and they can be placed on a wall, like the side of the house.

**Look for ergonomic tools that have larger than normal handles that are not slippery.** (But not so large that you could not handle.) You also want to consider the weight of the tool as well.

**Avoid power tools completely and only use manual ones.**

**If, for whatever reason, you cannot go outside – consider creating a space within the home for indoor gardening.** Of course you can use pots on shelves and tower gardens. You can also get ultra fancy and purchase indoor garden kits that come complete with their own LED lights.

**Hire help for the tasks that are just too difficult or strenuous to do.**

**Make sure to wear the proper clothing.** Proper shoes (no sandals or anything that can slip off easily), large brimmed hats to keep the sun off of you, gardening gloves and use bug spray and protect your skin with sunscreen lotion.

**Keep a jug or bottle of water nearby and within easy access and of course, drink often to avoid dehydration.**

**Work in the garden periodically throughout the day vs. all at once.**

An example would be to work 20 minutes at a time in the garden, 3 or 4 times throughout the day instead of a full hour or more all at once. This helps to protect yourself from heat exhaustion, protects you from overusing your muscles and over-taxing your joints.





## Keller Williams Realty RED DAY

A half dozen employees of Keller Williams Realty donated their time, talent and supplies to improve the landscaping across the front of the Klamath Senior Center’s building this last May 12<sup>th</sup>. They were participating in what Keller Williams calls their Red Day, a day to give back to their community in support of some worthwhile charity. The Senior Center was their target of choice this year and they did a fabulous job of weeding, planting, spreading mulch and whatever it took to produce a great outdoor makeover.

The Keller Williams RED Day is a excellent example of how businesses and corporations can contribute to the senior center. Other businesses

also contribute in different ways. US Cellular for example contributes a day each month to deliver Meals-On-Wheels, one of our most needed areas for extra help. Local bank managers have also contributed their time. Another non profit, Klamath Hospice provides staff to manage the Veterans gathering every Monday and also have their staff contributing to Meals-On-Wheels and other projects as needed.

Thank you this month to Keller Williams Realty and their fine staff. Is your business interested in contributing? Please contact our volunteer coordinator or executive director directly.





# SHIP TALK

## FRAUD AND ABUSE

This week, starting June 5, is Medicare Fraud Prevention Week. Did you know that Medicare loses an estimated \$60 billion a year due to fraud, abuse, and plain simple errors? I think that's shocking indeed. When people steal from Medicare, it hurts all of us and is big business for criminals. Some common examples of fraud or abuse could include:

- Charging for services that were not provided.
- Misrepresenting a person's diagnosis, identity, the service provided, or other facts to justify payment.
- Prescribing or providing excessive or unnecessary tests and services (or equipment).

An example of another BIG fraud that goes on is telephone calls that fit into one of the categories above. I had a client who told me a telephone caller sent her a knee brace for free, that she didn't know she authorized. Medicare paid for it. Yet another client told me she got a back brace the same way. She neither wanted it or used it. Again Medicare paid for it. This is big criminal business.

Here in Klamath Falls we don't have to worry about provider fraud as much as some people. Yet, mistakes happen every day. Maybe your Medicare number has been "compromised" as a result of Medicare identity theft. The most effective way to stop fraud is to educate yourself and your loved ones on how to prevent fraud, errors, and abuses. If you are a Medicare beneficiary, learn how to read your Medicare Statements! Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) in the paper form that is mailed to you or go online to Medicare.gov and review claims digitally. If suspect something is seriously amiss, check it out. If not satisfied you can call us at SHIBA here at the Senior Center and we'll get you in touch with Senior Medical Patrol (SMP) program in Salem. They're experts at tracking down fraud, or even honest mistakes.

And, last but certainly not least, you can help by looking out for your older neighbors and friends. If you hear them talking about Medicare confusion, perhaps you know enough to help them understand their paper forms.

Be alert – be aware. We're sort of like Smoky the Bear. Only we can detect and prevent fraud.

That's it for this week. SHIBA (Senior Health Insurance and Benefits Assistance) is here to help you. We're located at the Senior Center. Phone:: 541-883-7171.

Anne Hartnett, SHIBA Coordinator



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 | KLAMATHEYE.CENTR.COM | 541.884.3148



## Make Annual Visits a Good Habit

Your primary care provider (PCP) is dedicated to your wellbeing. This is why annual visits with your PCP are important to your quality of life. Your PCP can work with a team of healthcare professionals to coordinate your care and help you get access to care when you need it.



### Annual Visits = Prevention

01

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



### Establish Care

02

If you have not established care with a PCP, call your health plan for assistance finding a care provider, or visit your health plan's website! Remember that it can take time for an initial appointment if you don't already have an established care provider.



### Take Your Medication Correctly

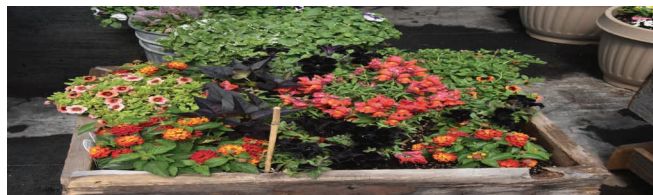
03

You have control of your health, so make sure to follow the medication routine your provider gave to you. Taking medications correctly can help maintain your health and quality of life.

- Tie your medication with a daily routine.
- Use a day-by-day pill box and refill it on the same day each week.
- Talk with your provider or pharmacist if you have questions about medication directions, concerns about side effects, or cannot afford the medication.



## Delightful Gardening For Seniors Story



*Well done! Thank you Bernie Johnson Mountain Valley Gardens 4800 Washburn Way*

It is worth noting that as we age, the simpler and perhaps mundane things in life become dearer to us. Sunrises, sunsets, chirping birds, dinner with friends, hot dogs and beer for lunch (followed by a nap), gardening. Yes, of course, gardening.

Turns out that gardening is not quite the pleasure it used to be. The joints creak and move in one direction but not necessarily in the opposite direction. Bending, reaching, and repetitive motions take their toll. Is it worth the additional aches and pains? Yes, I believe it is! The wonder of seeds germinating. The satisfaction of a job well done. The pleasure of a ripe, tasty, homegrown tomato. The enjoyment of a ceaseless parade of colors. A good kind of tired. Bragging rights too!

**Start being realistic** about what can be accomplished in an hour or a day. Do you really need to be in a hurry? I think not, but old habits are hard to break. The entire yard or garden does not need to be planted in a day. Work a while, then sit back with a cup of coffee or a glass of tea while surveying your handiwork. Soon enough you'll be ready for round two.

**Are there certain things you absolutely can't or shouldn't do anymore?** Lifting? Climbing to the top of the ladder? Pushing the heavily laden wheelbarrow uphill? Well, figure it out! Make several trips to the burn pile instead of one. Offer the kid next door a couple bucks and some ice cream to climb the ladder or push the wheelbarrow. Recognize what you can do versus what you want to do. If the tidiest yard in the neighborhood has always been yours, it might be worth your while to hire a yard service to handle some of the heavier work.

**Simplify your irrigation needs.** There is a certain soothing and relaxing enjoyment in hand watering. Don't eliminate it completely, but do try to reduce the overall amount of it. We all need to be conserving water and hand watering is really quite inefficient. Drip systems are very efficient, use much less water, and can water large amounts of plant material at once if they are installed correctly. A drip system can be as simple or as complicated as you want to make it. It can be controlled by you, simply by turning on a faucet. It can also be controlled as part of an automatic irrigation system. If you are handy and understand some of the basic principles of pressure and volume, then a self-installed system is quite doable. Not too sure of yourself? Then it is probably best to hire the work out to a Licensed Landscape Contractor.

**What about using weed barrier cloth?** Installing a weed barrier fabric may or may not be a good idea for you. Generally, it depends on the type of gardener you are and what your yard is like. If you like to plant annuals in random locations in the ground every year, then dealing with a weed barrier fabric will be a huge exercise in frustration and disappointment for you. On the other hand, if your yard is quite formal with trimmed shrubs and perennials that are seldom moved, and annual flowers confined to pots or deck planters then you may find the fabric quite helpful. Just be aware that the fabric will not completely eliminate weeds. Seeds can be wind-borne or bird-borne, and they will germinate on top of the fabric if conditions are right. They will be easier to pull though!

**What about using all perennials?** Changing annual flower beds to perennial beds does eliminate the work of planting every spring, but there are other tasks involved with perennials that need to be considered. They need to be cut back each year, either in the spring or fall. Some perennials need to be dug up and divided every few years or so. Also, consider that most perennials have a set few weeks during the season when they are in bloom ... early, mid, or late. In order to have an attractive display throughout the season it is best to have some of each.

**Why do I keep joking about the difficulties of seniors?** Well, because I am one and I find laughter has always been and will always be the best medicine.

# Accepting New Patients

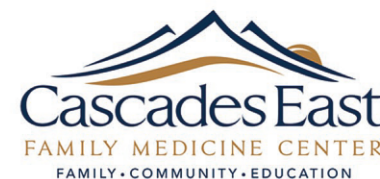
In-person or tele-video visits

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!**



## There Are Many Reasons To Call Rogue River Place in Klamath Falls "Home Sweet Home."

Choose to make your new home at the beautiful Rogue River Place, located in Klamath Falls down the street from Black Bear Diner. You'll find a compassionate care team and a friendly community where daily life is sweet.

- Personal care
- Individualized care plans
- Three meals served daily
- Studio and 1 bedroom apartments
- Social & recreational programs
- Housekeeping & laundry
- Medication management
- Urgent placement

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

  
**Rogue River Place**  
Senior Living

2437 Kane Street  
Klamath Falls, OR 97603  
541-882-0440

[enlivant.com](http://enlivant.com)





## POLST, Advanced Directives, and POA Presentation

Tuesday, June 7, 2022  
1:00 p.m. - 3:00 p.m.

Thursday, June 9, 2022  
9:00 a.m. - 11:00 a.m.

Klamath Basin Senior Center  
2045 Arthur Street  
Klamath Falls, Oregon 97603

Join Dr. Catherine Ruth and Michael L. Spencer for a presentation on POLST, Advanced Directives, and Powers of Attorney (POA) and how and when to complete them.

Dr. Catherine Ruth  
Medical Director  
Klamath Hospice & Palliative Care



Michael L. Spencer  
Attorney at Law



KLAMATH HOSPICE  
AND PALLIATIVE CARE



www.klamathhospice.org

# Boost Brain Health in June

By Anne Davenport, PT, DPT



June is Alzheimer's and Brain Awareness Month. If you have a brain, you are at risk of developing Alzheimer's disease (AD) or other dementias. Memory loss is a common part of aging, but AD is not part of the normal aging process. AD is a fatal degenerative disease that kills nerve cells in the brain and affects an individual's

memory, and their ability to think and plan. Individuals lose their ability to recognize family and friends, communicate effectively, and care for themselves.

Worldwide, more than 55 million people are currently living with AD or other dementia. These numbers are expected to grow to at least 76 million by 2030. AD is the 6<sup>th</sup> leading cause of death in the United States. 1 in 10 people age 65 and older has AD. Two-thirds of Americans with AD are women. There is no cure for AD or dementia, but treatments for symptoms are available and research is ongoing.

Studies show that you can reduce your risk of cognitive decline and may reduce your risk for developing dementia. The Alzheimer's Association provides this evidence-backed list of 10 Ways to Love Your Brain.

Break a sweat. Engage in regular exercise that elevates your heart rate and increases blood flow to the brain and body. We provide several fitness classes at the Senior Center, as well as referrals to free or low-cost opportunities in the community.

- 1. Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. Visit the Klamath County Library Senior Center Branch and find a new book to read or visit [klamathlibrary.org](http://klamathlibrary.org) for educational opportunities.
- 2. Butt out.** Smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- 3. Follow your heart.** Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain might follow
- 4. Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a

helmet when riding a bike, and take steps to prevent falls. Keep an eye out for upcoming Fall Prevention classes and start attending a SAIL (Stay Active & Independent for Life) exercise class to reduce your risk for falling.

**5. Fuel up.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

**6. Catch some Zzz's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

**7. Take care of your mental health.** A history of depression may increase risk of cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. We can help connect you with Klamath Basin Behavioral Health and/or support groups available at the Center.

**8. Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community. Join in any Senior Center activities, which allow you to socialize and engage in your community.

**9. Stump yourself.** Challenge and activate your mind. Complete a jigsaw puzzle. Do something artistic. Play games that make you think strategically. We have puzzles and games at the Center, offer watercolor and creative writing classes, and offer BINGO and card game sessions throughout the week.

Check this newsletter or our website ([klamathseniorcenter.com](http://klamathseniorcenter.com)) for dates/times of events and activities listed above. The evidence is mounting: You can reduce your risk of cognitive decline by making key lifestyle changes. Start today!

#### References:

"Alzheimer's Disease and Related Dementias Fact Sheet." *National Institute on Aging*, <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>. Accessed May 17, 2022.  
"What Is Alzheimer's?" *Alzheimer's Disease and Dementia*, <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>. Accessed May 17, 2022.



# JUNE 2022 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>SALISBURY STEAK</b>  Veggie Salad Dessert	2 <b>ROAST CHICKEN</b>  Veggie Salad Dessert	3 <b>MEATLOAF &amp; MASHED POTATOES &amp; GRAVY</b>  Veggie Salad Dessert
6 <b>SLOPPY JOES &amp; FRIES</b>  Veggie Salad Dessert	7 <b>PIZZA</b>  Veggie Salad Dessert	8 <b>CHILI BAKERS</b>  Veggie Salad Dessert	9 <b>BBQ CHICKEN</b>  Veggie Salad Dessert	10 <b>SWEDISH MEATBALLS w/EGG NOODLES</b>  Veggie Salad Dessert
13 <b>CHEESEBURGERS &amp; FRIES</b>  Veggie Salad Dessert	14 <b>GOULASH</b>  Veggie Salad Dessert	15 <b>LIVER &amp; ONIONS or CHEF'S CHOICE</b>  Veggie Salad Dessert	16 <b>BEANS &amp; HAM w/CORNBREAD</b>  Veggie Salad Dessert	17 <b>ROAST PORK w/MASHED POTATOES &amp; GRAVY</b>  Veggie Salad Dessert
20 <b>CHILI DOGS &amp; FRIES</b>  Veggie Salad Dessert	21 <b>CHICKEN FRIED STEAK w/MASHED POTATOES &amp;</b>  Veggie Salad Dessert	22 <b>MEXICAN DINNER</b>  <b>BEEF TACOS</b> <b>SPANISH RICE</b> <b>REFRIED BEANS</b>	23 <b>AU GRATIN POTATOES w/HAM</b>  Veggie Salad Dessert	24 <b>FISH &amp; CHIPS</b>  Veggie Salad Dessert
27 <b>SPAGHETTI &amp; MEATBALLS</b>  Veggie Salad Dessert	28 <b>ROAST CHICKEN</b>  Veggie Salad Dessert	29 <b>BREAKFAST FOR LUNCH</b>  <b>SCRAMBLED EGGS</b> <b>BISCUITS &amp; GRAVY</b> <b>HASHBROWNS</b>	30 <b>CHEESE RAVIOLI</b>  Veggie Salad Dessert	1 <b>BEEFY BEAN SOUP w/CORNBREAD</b>  Veggie Salad Dessert
<b>JULY 4TH</b> <b>CLOSED FOR</b> <b>INDEPENDENCE DAY</b>	<b>JULY 5</b> <b>SPAGHETTI &amp; MEATBALLS</b>  Veggie Salad <b>DESSERT IF AVAILABLE</b>	<b>JULY 6</b> <b>ROAST CHICKEN &amp; ROAST VEGGIES</b>  Veggie Salad <b>DESSERT IF AVAILABLE</b>	<b>JULY 7</b> <b>MEATLOAF w/MASHED POTATOES &amp; GRAVY</b>  Veggie Salad <b>DESSERT IF AVAILABLE</b>	<b>JULY 8</b> <b>CHILI DOGS &amp; FRENCH FRIES</b>  Veggie Salad <b>DESSERT IF AVAILABLE</b>

# It's An Ice Cream Social

Tuesday –June 21, 2022 – 10:00 am to 2:00 pm

Atrio Health Plans will have agents available at information tables on Tuesday, June 21, 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

## *June Workshops*

June 15 | 10AM, 2PM, 5PM  
June 29 | 10AM, 2PM, 5PM

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



## **Crystal Terrace Greenhouse Turns Over a New Leaf with Local Support**

Sowing seeds to cultivate seniors' physical and mental wellness is nothing new at Crystal Terrace of Klamath Falls. This spring, with support from local non-profit Klamath Works, Crystal Terrace unveils its newly renovated greenhouse and gardening programming.

According to Terra Russo, Director of Resident Enrichment at Crystal Terrace, the project took root when she was discussing new activity ideas with residents. After learning the current greenhouse had not been used or well maintained for several years, she enlisted the help of Klamath Works to ensure it was a space that was safe and accessible for residents of all levels of care. Several local businesses helped sponsor the project, including Soroptimist International of Klamath Falls, Diamond Home Improvement, and Treasures Thrift Store.

Klamath Works, which teaches life and trade skills to adults and young people, jumped in to help by assessing the current greenhouse condition and helped to update the floor from gravel to pavers to aid residents with walking apparatuses. Residents joined renovation efforts, helping clean out the greenhouse, refresh and re-stain tables, and nurse plants back to health.

"It was a community effort, but we now have a lovely new gardening workspace for Crystal Terrace residents," said Russo. "We're already planning an activity with residents from our memory care neighborhood to plant flowers that we could sell at the local farmer's market or senior center – ultimately, those decisions will be up to our Green Thumb Gardening Club."

"We will also have an herb garden for the kitchen and assorted vegetables that we hope can be utilized in MBK Cuisine by our culinary team," added Russo.

The goal is to involve as many residents as possible in a project centered around their ideas and passion and connect them back to our local community. The residual wellness benefits of gardening are well worth it too. Gardening can help improve social interactions, lower stress, improve moods, increase physical activity that aids bone density, balance, and sleep, and engage cognition and brain health. educational, and philanthropic options.

"Whether it's a residents' lifelong interest or a hobby they've always wanted to try, our Mind+Body Wellness program offers the means to live an active, engaging, and full lifestyle here at Crystal Terrace," said Russo.



## SAIL



**Stay Active  
& Independent  
for Life (SAIL)**

SAIL exercise classes are held six times a week at the Senior Center.  
Monday, Wednesday, & Friday  
9:00 AM and 10:30 AM  
Call Mary Noller for more information.  
541-281-3810



## 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](http://www.klamathhospice.org)



WE HONOR VETERANS

**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.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. *Sign up today!*

#### CLASSROOM COURSE

\$15 for AARP members | \$20 for non-members

#### TO FIND ADDITIONAL COURSES IN YOUR AREA:

Call 1-866-955-6301 or visit [www.aarp.org/driving36](http://www.aarp.org/driving36)

**There's a course near you!**

#### Date:

June 9th and 16th, 2022  
This is a two part class

#### Location:

Klamath Basin Senior Citizens' Center  
2045 Arthur Street, Klamath Falls

#### 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.

*We're growing.*  
**JOIN OUR  
TEAM!**

[www.klamathhospice.org/employment](http://www.klamathhospice.org/employment)

  
**KLAMATH HOSPICE  
AND PALLIATIVE CARE**

**40** YEARS  
1982-2022

*"Great team, easy-to-work-with people, who even in challenging times are able to step up and work together."*



2751 Washburn Way - 541.882.2902



# KLAMATH SENIOR CENTER JUNE 2022 CALENDAR OF DAILY EVENTS

## MONDAYS

**Muffin Mondays** 10:30 am  
**SAIL classes** 9 am and 10:30 am with Mary Noller  
**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  
**Yog** 4-5 pm with Kim Carson

## TUESDAYS

**Qi Gong** 2:30 pm with Rachel Stephens  
**Creative Writing Class** 10:00-11:30 AM  
**Watercolor** 10 am – 11:30 am  
**Pickle Ball** 4pm  
**SHIBA** (MEDICARE Counseling) by appointment



## WEDNESDAYS

**SAIL classes** 9 am and 10:30 am with Mary Noller  
**Qi Gong** 2:30 pm with Rachel Stephens  
**Tai Chi** 4:00 pm to 5:00 pm with Andrew Hyun

## THURSDAYS

**BINGO Fundraiser** open at 4:30 pm call at 6 pm  
**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  
**SHIBA** (MEDICARE Counseling) by appointment  
**Individual Health Promotion** Counseling by appointment

## FRIDAYS

**SAIL classes** 9 am and 10:30 am with Mary Noller  
**Circle of Friends** with K. Rutherford, KBBH – 10:30 am to 12  
**County Branch Library** 9:30 am – 1 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](http://www.klamathseniorcenter.com)*

If you are ready for Assisted Living we know you are looking for a home where you can be comfortable, social, and active.....where the food will be GREAT!....and where the staff truly loves working with the elderly. Look no further than Pelican Pointe... call me for a tour TODAY!

Amber Anderson

In addition to beautiful living accommodations, the Pelican Pointe property features a large movie room, a formal dining room, and computer areas for our residents to enjoy. Resident apartments are spacious and come in a variety of floor plans, making them the perfect home away from home.

We offer restaurant-quality dining with daily specials like homemade soup and other local favorites. During the holidays, we make dining a special affair with exceptionally delicious meals.

Pelican Pointe offers a full range of opportunities for socializing and companionship on a daily basis. Our community has the unique opportunity to always try something new, such as lunch by the lake, gardening, arts & crafts and much more.

Here at Pelican Pointe, we value creating special moments and experiences for our residents and their loved ones. We host many exciting community events including car shows, carnivals, Solid Ground Equine Therapy, family movie nights, and ice cream socials.



**Pelican Pointe**  
ASSISTED LIVING

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





## Join us at the Older Adult Empowerment Informational Event and Resource Fair

**When:** 11:00 a.m. to 2 p.m., Tuesday, June 14, 2022.

**Where:** Klamath Basin Senior Citizens Center  
2045 Arthur St., Klamath Falls, Oregon 97603

### Event details:

Resource and information booths,  
Fun activities, giveaways  
Free lunch at 11:30 a.m. for all attendees

**Cost:** Free and everyone is welcome.

**Hosted by:** Oregon Department of Human Services Office of Aging and People with Disabilities, Area Agency on Aging, Klamath Basin Senior Citizens Center and other community partner agencies.



Everyone has a right to know about and use Oregon Department of Human Services (ODHS) programs and services. ODHS provides free help. Some examples of the free help ODHS can provide are: American Sign Language and spoken language interpreters, written materials in other languages, braille, large print, audio and other formats. If you need help or have questions, please contact: Diane Mest at ODHS APD at 541-885-7628, 711 TTY.

## Parkinson's Disease Support Group

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

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

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

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

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

Contact Ron or Kate before  
your first meeting.



## PLANT NOW FOR SUMMER COLOR

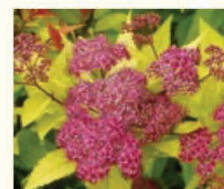


**Flowering Tree Sale**  
**Flowering Crabapple**  
Fragrant pink or red flowers. Birds love tiny crabapples.  
Hardy to -30.  
**Flowering Pear**  
Bright white flowers on a columnar tree.  
Hardy to -20.  
Also Mountain Ash, Hawthorne & More!



### COUPON

**15% Off Flowering Trees**  
Up to 1.5" diameter.  
Excludes Flowering Dogwood.  
Cannot be combined with other offers. No cash value. Limit 5.  
Expires June 19, 2022.



Gold Spirea  
Bright gold foliage. Pink flowers.  
Hardy to -30.  
1 gal \$10.90



Lemon Thread Cypress  
Deer resistant. Hardy to -20.  
1 gal \$11.70

## Summer Bloomers

Perennial flowers come back each year!

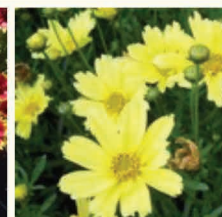
Many Bird & Butterfly Favorites

Yellow Coreopsis, Lavender, Pink Bee Balm, Violet Salvia,  
Purple Veronica and over 30 more!

Standard Perennial \$10.90 Premium Perennial \$11.90 to \$13.50



Blanket Flower



Coreopsis



Salvia



### COUPON

**\$5 OFF**  
With \$20 Min. Purchase  
(\$10 off with \$50 Min. Purchase)  
Excludes sale items, labor and bulk bark. Cannot be combined with other offers.  
One coupon use per family. No cash value.  
Expires June 19, 2022

**We plant Trees and  
Bushes for you!**  
Ask about pricing!



**CALL FOR A FREE ESTIMATE ON  
SUMMER LANDSCAPE PROJECTS**  
Planting • Irrigation • Design



Two acres of flowers, bushes and trees  
Mon.-Sat 9 to 5 • Sun 10-5  
Limited to stock on hand. Subject to prior sale.  
Prices good thru June 19, 2022

**2155 Etna**  
(Located behind Grocery Outlet  
off Crater Lake Parkway)  
**541-884-1177**  
OLCB Lic #6359

facebook

## Expressions of Heart and Mind

### Happy Father's Day to All Dads

Dedicated to Dad & Scott

#### Stories of a Family

Looking across the summer fields I see  
Our life together, my family and me

Mom and Dad up at the crack of dawn  
Then down the stairs three kids tumbled with a squeal and yawn

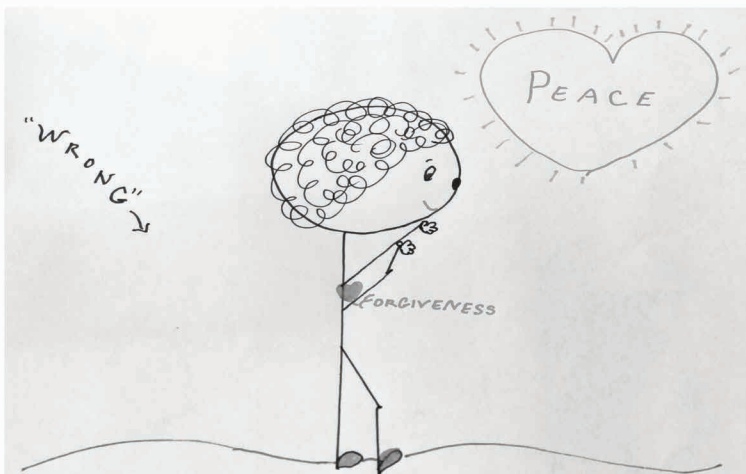
Round the field Dad would go  
Baling hay for the winter snow

There were cows to gather, horses to ride  
Chores, friends and exploring outside

Mom sang us songs as we'd head down the road  
Off to a rodeo, with Dad's favorite roping horse in tow

Memories are rich, they live within  
Stories of a Family's Love  
&  
Where You've Been.

Sharon (Johnston) Pappas ©  
©



Forgive a wrong done toward you  
Allowing a peaceful heart to shine through.

Sharon (Johnston) Pappas ©  
mumkinsrecipesforelife.com

## IS IT WINTER OR SPRING

By Sharon Hudson

One day it is sunny and warm,  
And the next day it's cold.  
Confusing the trees, and  
Putting spring on hold.

The birds are singing sweetly, but  
I remember a couple weeks back.  
Things were quite different, and  
Everything seemed off track.

It's late spring and winter just  
Doesn't want to let go.  
It came back with a flurry, and  
It brought lots of snow

One morning I woke up thinking  
It was a sunny day.  
When I got up, I was surprised  
To see it was not that way.

Looking out the window, at the birds  
In the trees, was a beautiful sight.  
It had snowed last night, and  
Everything else was white.  
The birds were black with  
Yellow on their head.

They stood out boldly in contrast.  
"This is a beautiful sight," I said.

This sight is rare, and I'll  
Not see it again, I'm sure,  
So I'll take note, and enjoy it, it's  
untouched and pure.

I have seen the birds before,  
But never like this.  
It's one for the books, and one  
That I'm glad I didn't miss.

That night the moon was bright  
As seen by breaks in the cloud.  
The wind blew fiercely, and shaped  
Things to a point as it got very loud.

I'll take notes, and enjoy before  
Going back to bed.  
Have delightful dreams with  
Good thoughts in my head.

God made it this way, I guess  
He thought we were bored.  
He added excitement, and for  
That, I thank you for that Lord!

## The Klamath Basin Genealogy Society

The Klamath Basin Genealogy Society will be meeting June 9th 6-8 p.m. at the Klamath County Library meeting room. The topic will be covering the release of the 1950 census. 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. Want join us on ZOOM? Reach out to us for instructions on how to connect.. Hope to see you there!

The DNA Interest Group (DIG) will be starting again June 6th at the Klamath County Library. It will be more of a round table help group than a class. We will meet from 1:30 - 4:00. Zoom is not available at this time. Questions can be directed to [kbgskf@gmail.com](mailto:kbgskf@gmail.com) or the Klamath Basin Genealogy FB page.



## The Lost Father's Day Fishing Contest of Waubee Lake



By Gary Harter

I've listened to many people bragging about winning fishing contests. The bragging rights are just part of winning. But this story is about losing and how my Dad and I gained a new perspective from the loss.

My dad and mom bought a cottage on Waubee Lake in Milford Indiana. This brought about two changes in my dad's life. One- he became a fisherman and two – he took a job at Brock Bins in Milford. Brock Bins would sponsor a fishing contest every Father's Day and all of the employees and their family were invited.

The contest was held the weekend before Father's Day weekend and it ran from 6am Saturday until noon, when there would be a cookout and the awarding of prizes. The first prize was a trophy and a set of very expensive, top of the line fishing tackle. My dad asked me if I would like to enter with him as a team and my response was "yes" (really "hell yes!") So we entered the contest and when all of the other contestants found out, they thought my Dad was a ringer since he lived and fished on the lake where the contest was to be held.

On the day of the contest, my dad and I motored his boat from his home to the public beach where the contest registration (and later the cookout) was held. We registered and then sat back waiting for the signal to start fishing. While we waited we saw all kinds of boats and fishermen come into the contest. There were a lot of high tech boats with paint jobs that sparkled in the sun and very best equipment. The boats were outfitted with gadgets such as fish finders and super action casting rigs.

There was a guy who brought an old bamboo cane pole with a red and white bobber and the line tied in a knot to the end of the pole and wrapped around the shaft of the pole. He brought a can of Green Giant corn for bait. He was also fishing from shore. He quickly became the joke of the contest. Even my Dad and I chuckled a bit wondering how he could compete with all of the "pro" fishermen and their fancy equipment.

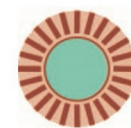
(continued page 16)

## RETIRE IN 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



Mike Bliss  
NMLS# 291410



**All Seasons**  
MORTGAGE SERVICES GROUP  
Your Lender For Life NMLS#226699

541-850-9020  
1420 Esplanade Ave  
Klamath Falls, OR 97601



## OLDER ADULT PROGRAM

Are you struggling to connect with others?  
Are you feeling lonely, sad, or worried?  
Are you feeling hopeless about your life?



**LOCAL  
SUPPORT IS  
AVAILABLE**

**KATHLEEN  
RUTHERFORD, LCSW  
541.622.9562**

*You are not alone.*

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



# PHOTO Contest



## #kww30

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

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

**Judged by Stefan Savides and Jack Noller**  
*There will be a first (\$100), second (\$50) and third (\$25) prize for both landscape and wildlife.*

(Story continued from page 15) The signal to start fishing was given and all of the boats headed out to other parts of the lake. To me, it looked like a scene from the movie “Jaws.” Dad and I began by trolling along the shore about 50 feet out, casting in towards shore. For most of the morning, we caught some small pike and bass, but nothing that was a winning fish.

We were preparing to go in for the cookout, when we decided to try one more spot. It was a patch of lily pads with pink flowers poking out of the water. We moved in close, casting at the edge of the patch. Suddenly, I got a bite. By the feel of the rod and the way it bent down, I knew I had a big one.

The fish rose to the surface and we could see it was a huge northern pike. It turned a circle and the swell it left in the water was bigger than the mouth of a 55 gallon drum. The excitement in our boat increased with me trying to reel in the pike and my dad grabbing the landing net. As I got the pike up to the side of the boat, my dad made a swipe at the pike with the net. He miscalculated and brought the pike out of the water, not with its head in the net, but with its head and tail balanced on the rim of the net and its body kind of bent into the top part of the net.

When the pike came out of the water, we could see it was THE winning fish. But the pike had other ideas. It spit my lure out into the boat, gave a flip, using its head and tail and went right back into the place where we worked so hard to pull it from. There was a big splash and the winning fish was gone.

I put my rod down and went to the back of the boat to sit down and try to quietly figure what just happened. This gave my dad a chance to, in his mind, teach me a fishing lesson. He began to tell me everything I did wrong, from having my rod tip to close to the water, to not setting the hook properly. I listened for a bit and then told him to “shut up!”

Now, I had never told my dad to shut up, or ever talked back to him at all. His response was to silently go to the driver’s seat of the boat, start the motor, and head for home. About half way home, I thought better of what I had said. I told him I was sorry for telling him to shut up, that I loved him and respected him too much to say that. He only said, “I know Gar” and that was it. I went home after we got the boat docked and I stowed my fishing tackle.

The next weekend was Father’s Day weekend and I went to their cottage to be with my dad. We had a nice visit, but I sensed that something was different. My dad treated me with more respect, as an adult, and less like a kid. I believe we had a defining moment in our relationship. That was what we won when we lost the fishing contest. That is my bragging rights.

During the Father’s Day visit, I asked my dad who won the fishing contest. He asked me if I remembered the guy with the old bamboo cane pole and the corn for bait. I did remember him. Dad said that guy won the contest. He caught a big sucker from shore on a kernel of corn. Of all the fancy boats and equipment, the winning fish was caught using fishing tackle that has been around for centuries.

Dad and I thought for a moment about the irony of the situation and then we both laughed like hell.



## "I would SPEND MORE TIME DOING what I love."

### What would you do if you had more energy?

Imagine doing more of what you love. Join us to learn how we are helping adults who are at risk of developing type 2 diabetes instill lasting healthy habits with the National Diabetes Prevention Program.

**Wellness Event: Discover DPP**  
In-person program begins  
**Tuesday, June 14, 2022**  
2200 North Eldorado  
5:30-6:30pm

Call (541) 274-2770 or visit [Skylakes.org/preventdiabetes](https://skylakes.org/preventdiabetes)



Get support from a trained coach and people like you



Learn how to make healthy food choices that you enjoy



Discover fun physical activities to do alone or with a group



Learn to manage stress and overcome challenges

This material was supported by the Grant or Cooperative Agreement Number, NUS8DP006369-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



## THE FOSTER GRANDPARENT PROGRAM OF SOUTHERN OREGON



### Volunteers Needed

#### TO SERVE YOUTH FOCUSED PROGRAMS IN OUR AREA

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

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

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

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

*"EVERY KID IS ONE CARING ADULT AWAY FROM BEING A SUCCESS STORY" JOSH SHIPP*



Community Volunteer Network  
A PRS Organization

#### VOLUNTEER BENEFITS

- Non-taxable, non-declarable hourly stipend
- Mileage reimbursement
- Monthly meals
- Continuous educational trainings
- Recognition events
- Paid time off

Stipend received from this AmeriCorps Seniors program does not negatively impact any assistance or state benefits you may be receiving.

#### CONTACT US

LISA BERTASH, VOLUNTEER COORDINATOR  
(541) 539-1208  
LBERTASH@RETIREMENT.ORG



KLAMATH SENIOR CENTER

## MID YEAR BINGO

# JUNE 18<sup>TH</sup>

2 - \$1,000.00 BLACKOUTS

W/ \$99.00 BIG "X" ON THE WAY

WINNER TAKE ALL PAYS 100%

20 PACK GAMES - PAY \$100.00 EA.

6 SPECIAL GAMES PAY 60%

DOUBLE ACTION PAYS 70%

DOOR PRIZES

RAFFLE PRIZES & SNACKS

(ALL PAYOUTS WILL BE BASED

ON # OF PLAYERS AND SALES)

Open 4 PM Call at 6:30 PM

Now taking reservations

Call 541 883-7171

## SENIOR CENTER FUNDRAISER

**APPLIANCES  
ELECTRONICS  
SPA • PATIO**

**MERIT'S FOR COMFORT & RELAXATION**

EST 1937

**The Original  
SUNHEAT**

Remove toxins,  
increase circulation,  
ease sore muscles  
or aching joints,  
burn calories and  
improve skin tone  
with the Original  
Sunheat 2-Person  
Pro Infrared Sauna.

SYNCA WELLNESS

Enjoy 12 massage courses,  
dual heaters and  
SO much more with  
the Synca Wellness  
JP1100 Massage  
Chair.

**Both available NOW  
in stock and  
ready for delivery!**

**MON-FRI 8AM-5:30PM • SATURDAY 9AM-5PM**

**1407 Owens Street**  
(at the corner of 6th & Owens)

**541-882-3429**  
[www.MeritsHomeCenter.com](http://www.MeritsHomeCenter.com)

**APPLIANCES ELECTRONICS**

## Estimated 2022/2023 BUDGET

Klamath Lake Counties Council on Aging	\$451,678
Government Transportation Contracts	\$219,518
Other Government Funding.....	\$165,487
Foundation/Organization Grants.....	\$120,000
Bingo Fundraisers (net after payouts)....	\$141,680
General Contributions and Fundraisers...	\$56,000
United Way.....	\$38,000
Program Donations from patrons.....	\$59,500
Concessions/rents/fees/interest .....	\$46,350
Refunds/Single Payments/Misc.....	\$2,500
In-Kind Volunteer Services .....	\$300,000
In-Kind Food Bank Donations.....	\$38,000

**TOTAL \$1,638,713**

**Your Contribution  
Is Needed.  
Every \$2.00 may provide the  
matching dollars needed to  
serve a senior a meal.**

# Make One Today!!

The Center Provides more than 88,000 meals, 12,500 specialized transportation rides, 5000 health promotion classes each year and many more activities to area seniors. Check out our activities schedule on page 12



## LAKEVIEW SENIOR CENTER



### June 2022 Events

We are holding a Free Older Adult Empowerment Informational Event and Resource Fair On Wed., June 15th, @ The Lake County Senior Citizens Center, 11 N. G Street, Lakeview, Oregon. For more info, please call 541-947-4966 x103

We will be closed on June 20<sup>th</sup> for the new holiday Juneteenth.

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.

*The real secret of Happiness is not what you give or what you receive; it's what you Share.*

Klamath & Lake Counties Stand Down Friday June 17, 9-2, P.O. Box 931 Klamath Falls, OR 97601 [tdeforrest@veteransenrichmentcenter.org](mailto:tdeforrest@veteransenrichmentcenter.org) 541.331.9975

## Remember . . .

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



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

DAVENPORT'S CHAPEL

Trusted  
Since 1978



of the

GOOD SHEPHERD  
The Different Funeral Home

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

## Lakeview Gardens



- Assisted Living
- Long-Term Care

- 24-hour caregiving staff
- Private rooms
- Screened-in patio
- Spa room
- Laundry room
- Housekeeping
- Family-style dining
- 24/7 response system



*Quality care in a home-based environment*



Mickie Gocken, RN MSN DNS

541-947-2114 ext. 5113

*Equal opportunity provider and employer*



# Need An Extra Lift?

Get It  
DELIVERED  
RIGHT AWAY!

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



**KLA-MO-YA CASINO & HOTEL**  
888.552.6692 • klamoyacasino.com  
SLOTS • FOOD • HOTEL • FUN



**25<sup>TH</sup> SILVER JUBILEE**  
SATURDAY GRAND PRIZE DRAWINGS  
JUNE 25 • 7PM-10PM  
**\$25,000 CASH GIVEAWAY!**  
7PM-9PM: WINNERS RECEIVE \$5,000 CASH!  
10PM: GRAND PRIZE WINNER RECEIVES \$10,000 CASH!  
BEGINNING WEDNESDAY, JUNE 1 AT 8AM, EARN ONE DRAWING ENTRY FOR EVERY 10 POINTS. DRAWINGS EVERY HOUR. WIN CASH, PLUS A 1 OZ SILVER COIN.  
(May only win once per day.)  
25th Anniversary T-Shirt Giveaway • 8am-Midnight  
Silver Watch & Win Saturday Hot Seats • 3pm-5pm

**25<sup>TH</sup> SILVER JUBILEE**  
FRIDAY DRAWINGS  
JUNE 10-24 • 6PM-9PM  
JUNE 10 & 17: WIN UP TO \$500 CASH + 1 OZ SILVER BAR!  
JUNE 24: WIN UP TO \$1,000 CASH + 1 OZ SILVER BAR!  
BEGINNING WEDNESDAY, JUNE 1 AT 6AM, EARN ONE DRAWING ENTRY FOR EVERY 10 POINTS. DRAWINGS EVERY HALF HOUR.  
(May only win once per day.)

**TOOL TIME**  
SUNDAY KIOSK GIVEAWAY  
JUNE 5-26 • 11AM-7PM  
JUNE 5: Stanley Power Claw  
JUNE 12: Stanley Power Card  
JUNE 19 (FATHER'S DAY): Black & Decker Saw  
JUNE 26: Stanley Power Tool Light  
Earn 60 points and swipe at the Kiosk for your chance to win.  
(May only redeem once per day. While supplies last.)

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

**CHEERS TO 25 YEARS**  
TUESDAY HOT SEATS  
JUNE 7-28 • 1PM, 2PM, 6PM & 7PM  
WIN \$50 FREE PLAY!  
(May only win once per day.)

**25<sup>TH</sup> ANNIVERSARY**  
KIOSK THURSDAYS  
JUNE 9-30 • 10AM-8PM  
WIN UP TO \$100 CASH OR 1 OZ SILVER COIN/BAR!  
Earn 50 points and swipe at the Kiosk for your chance to win.  
Win Free Play, CASH, or SILVER.  
(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.

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!