

Active Seniors

November 2022

FREE
take one!



Foster Grandparent, Lorna Harris, helps New Horizon Christian School student, Adalynn Christie, with her reading. Photo by Mary Williams Hyde

Foster Grandparent Program

This month our focus is on Foster Grandparents and other ways of making the connection between older adults and younger people.

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

ALL ARE
WELCOME.



Klamath Basin Senior Citizens' Center



Image by Fabio on stock.abode.com

ABOUT US

The Klamath Basin Senior Citizens' Center provides activities and services that meet the changing needs of older adults, their caregivers, and families. The Center offers low and no-cost opportunities to promote healthy aging, independence and the well-being of older adults. We are a place to gather, to learn, to grow. All are welcome. We look forward to seeing you soon.

OUR MISSION

To build and maintain a supportive community for seniors.



For more information:
(541)-883-7171
klamathseniorcenter.com



WE ARE LOCATED AT:
2045 Arthur Street
Klamath Falls, OR 97603

OUR SERVICES



FOOD
Congregate
Meals

Meals on
Wheels



HEALTH
Counseling

Durable Medical
Equipment Loans

Exercise Classes



TRANSPORTATION
To the Center

To Medical Appointments

To Employment

To Grocery Store



FINANCIAL
AARP Foundation
Tax Help

Senior Health
Insurance Benefits
Assistance



ACTIVITIES
BINGO

Creative Writing &
Art Classes

Movies

and more!

Directors Greeting

THANKS TO MANY THIS THANKSGIVING DAY

We give special recognition in this issue to the Foster Grandparents Program right from the front cover and on to an extraordinary three page article highlighting the value of intergenerational relationships that include seniors. This is an exceptional program offering seniors an opportunity to find purpose and contribute to community. Still looking for your place in the community, you just may find it here.

When you cross the county line entering Klamath you will see a sign declaring that we honor veterans. And the same is true at the Klamath Senior Center. Here you will find many veterans, some wearing their military caps declaring the branch of the military in which they served and frequently the campaign in which they fought. In addition you will find many widows of veterans who have passed. One of our celebrated collaborations is with Klamath Hospice which comes every Monday to host Muffin Mondays, a veterans social group. And yes, they serve muffins along with an educational presentation each meeting. See the schedule of speakers on page 16. Thank you to Klamath Hospice for this program and helping us honor our veterans throughout the year. And thank you to all our veterans for your service in support of our country and the defense of freedom around the world. We hope to see you at our Veterans lunch on Friday, November 11th, and in your honor we will celebrate your holiday with one of our most liked meals.

Each year we recognize that many families are gathering for the Thanksgiving weekend and we take a four day weekend. Do you know a senior that may be left alone on Thanksgiving? Consider having a special guest for dinner this year.

This Thanksgiving I give special thanks and credit to the Herald and News. The new format of the newspaper is similar to the newspaper I grew up with, the morning Denver News. I read it regularly as a young child in the early 1950's. For me holding the newly formatted paper is kind of nostalgic, and I like the size and ease of the read. But what I am really thankful for is that our Herald and News continues to put the printed page in our hands while in other communities, much larger than ours, the printed



*Marc Kane, Center
Director*

page is no longer, as they have gone completely digital. While the majority of seniors have now acquired the technical skills to embrace the digital world there remain many who have not, and they love the printed page.

I also thank and congratulate the Herald and News for publishing this paper for us. Like the Herald and News itself it is supported by advertising. Please support the printed page with your advertising. The life of our papers may depend on it.

Thank you Klamath Falls for recognizing our value and the importance of keeping our older adults connected and supported. HAPPY THANKSGIVING!

Come see us at the
Senior Center

ALL ARE WELCOME !

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

Call (541) 883-7171

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

Name:
 Email:
 Street Address:
 City: State: Zip:
 Amount of Contribution:
 Does your employer have a matching gifts plan? ☐ Yes ☐ No
☐ My check is enclosed payable to **KBSCC**.
 Or charge my contribution to my:
☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover
 Card # Exp. Date CSC
 Recurring monthly contribution: ☐ Yes ☐ No
 Signature



**Klamath Basin Senior
Citizens' Center**

*BUILDING AND MAINTAINING A SUPPORTIVE
COMMUNITY FOR SENIORS*



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

*Kitchen Help
Yard Work
Janitorial
Maintenance
Light Housekeeping
Teaching Computer
Classes
Teaching Arts &
Crafts
Card Making*

*Making Friendly Visits
to Older Adults
Shopping and
Errands
Meals on Wheels
Drivers/Runners
Lunch Check-in Desk
Gift Shop*

IN THE WORDS OF GHANDI

Submitted by Ginnie Reed

***The best way to find yourself is to lose yourself
in the service of others.***

No truer words have been spoken. Ask anyone who is a volunteer or has ever been a volunteer and they will tell you the same thing. Being a volunteer is the best thing you can do for yourself. It makes you feel so powerful, gifted and useful. Then you realize that volunteering isn't just for the people you are serving. It is for YOU all along!

I came to the senior center with some useful skills having worked in senior services for many years. I missed working every day and I missed people. So I volunteered. I felt useful again and had a purpose!

We all have something to give; a talent, a craft, a skill, a hobby, a smile. Time. Think about sharing that with someone who can no longer drive or dance, or someone who has no family living close. Don't just share your heart at the holidays...share all year long. BE A VOLUNTEER!



Senior Center Receptionist
Rolland Bailey

General Information –
Rolland Bailey 541-883.7171

Donations –Shawn McGahan
541-883-7171 ext. 136

Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging –
541-205-5400

CONTACT INFORMATION

Transport Dispatcher –
Cindy Dupart 541-850-7315

Health Promotion Manager
Anne Davenport 541-883-7171
ext. 122

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 Citizen's 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.

Connecting Through Craft

On a **Thursday** morning, in a corner of the dining room, three friends flip through nature and craft magazines, discuss an intricate and colorful rag rug in the center of the table, and most importantly laugh and share stories.

The Craft Connection Corner offers patrons a free weekly opportunity to engage in conversation, brainstorming, show-and-tell of projects that they are working on, and more. Craft topics that have been discussed are potholders and other kitchen wares, crocheting, macramé, knitting, paper beads, and dolls. Future plans include group activities and learning/teaching a new craft. No experience with crafts needed, only a desire to connect!

Patrons can find this group in the dining room, in the first row of tables to the far right as you enter from the front desk, every **Thursday** morning from 9am to 11am. All are welcome, come and visit!

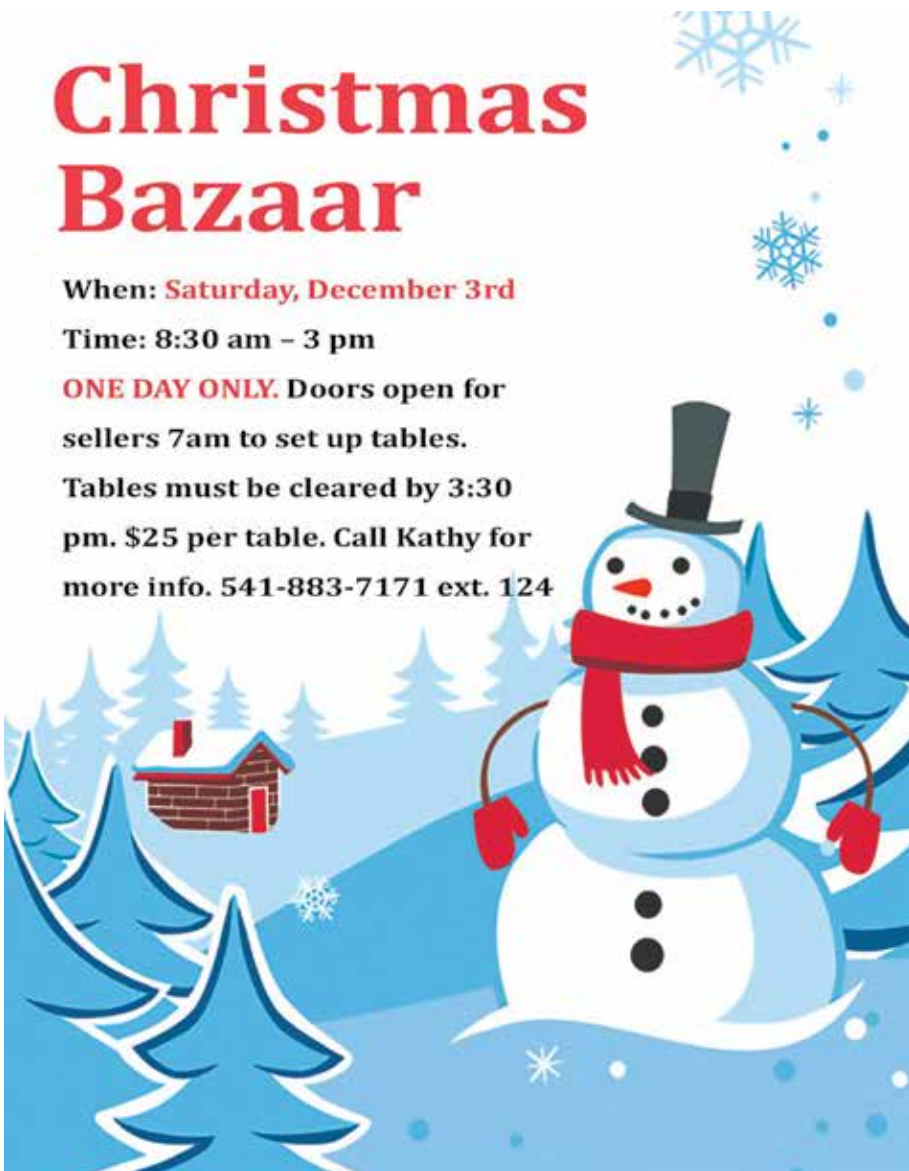
Christmas Bazaar

When: Saturday, December 3rd

Time: 8:30 am – 3 pm

ONE DAY ONLY. Doors open for sellers 7am to set up tables.

Tables must be cleared by 3:30 pm. \$25 per table. Call Kathy for more info. 541-883-7171 ext. 124



WHAT'S NEW?

EXERCISE CLASS TIME CHANGES

*Qi Gong will only be offered on Tuesdays at 2:30 pm
Tai Chi will move to Tuesdays at 3:30 pm*

HEALTH AWARENESS LEARN'N'LUNCH SEMINAR SERIES

11/8: Diabetes Awareness

11/15: Bladder Health Awareness

11/22: Healthy Skin Awareness

11/29: COPD and Lung Cancer Awareness

*Health promotions presentations will take place in the ballroom of the Senior Center on Tuesdays in November, starting on November 8th at 11:00 am to 11:30 am. Stay after the presentation for lunch!
READ MORE ON PAGE 17*

THE SENIOR CENTER WILL BE CLOSED FOR THANKSGIVING NOVEMBER 24th & 25th



HOLIDAY CARD AND CRAFT CLASS

Make your own holiday cards, gifts and wreaths. Every Thursday from 9am to 11 pm.

Senior Center Dining Room.

Call 541-883.7171 to register. Small supply fee



CHRISTMAS MARKET

November 11th & 12th

Refuse City Church 2610 Shasta Way



*Singing Christmas Tree
Ross Ragland December 9th
8:30 pm*



*The KBGS (Klamath Basin Genealogy Society) meets the 2nd Thursday of the month at 6p.m. and DIG our DNA group meets the 1st Wednesday of the month from 1-3.
Both are at the Klamath County Library.*

SHIP TALK

(Senior Health Insurance Program)

Medicare Part D - for Drugs

We're into open enrollment now and, as I mentioned in October, open enrollment is the time to switch drug plans. So let's review: You become eligible for Part D drug insurance as soon as you have Part A or B or both. Medicare Part D plans are provided by private insurance companies. Nonetheless, you are required to purchase a drug plan or be penalized 1% per month for every month you wait to purchase. However, you will not be penalized for delaying Part D if you have "creditable" drug insurance through other means, such as an Employer Group Health Plan, Veterans, union, etc. Part D drug plans can only be changed during open enrollment period (October 15 - December 7) unless you are low income and eligible for Extra Help. (See below.)

Social Security offers a Low Income Subsidy (LIS), more commonly known as Extra Help, to reduce or even eliminate your premiums and co-pays for your prescriptions. And with Extra Help you can sign up for and/or change plans three times for the first three quarters of the year, without penalty. Check with SHIBA if you think you may qualify. We'll check the eligibility tables, ask the right questions, and sign you up for the program if we think you'll qualify.

If you're not low income but still have a drug that's not covered, there are other resources out there that may help. We especially recommend the Oregon Prescription Drug Program (now administered by Array Rx) and GoodRx. These are not insurance plans; they are discount programs, but can be very helpful. They cannot be used in conjunction with your drug plan - It's one or the other.

Last but definitely not least, If you are in an advantage plan and do not have other creditable drug insurance, as described above, your advantage plan will include drug insurance. If you qualify for lower prices with Extra Help, this will also apply in an advantage plan.

Anyone can go into Medicare.gov and do a drug plan search to see which plan would work best. SHIBA counselors do this regularly for clients on-site. Bring in a complete list of drugs and dosages you take and we'll help you narrow down your search for what Part D plan or Advantage plan is best for you. The search is anonymous. Just call the Klamath Basin Senior Citizens Center at 541-883-7171 and ask for a SHIBA appointment with one of our trained and certified counselors.

Anne Hartnett, SHIBA Coordinator, Klamath Basin Senior Citizens Center

May-December Friendships

Jessie Wilkie, Blue Zone

This November, you should ponder making some more May-December friendships. A May-December friendship, for those of you who aren't familiar with the term, is a friendship between people with a large age difference between them. It's beneficial to both yourself and your friend to have friends outside of your age group. According to AARP, an age-differentiated friendship keeps you stimulated, youthful and wise, all at the same time.

Starting in college, I had my first May-December friendship with a woman who was in her late 60's. To me she was established in her career, had a wealth of knowledge both professionally and personally, and she was a well-spoken conversationalist. I thoroughly enjoyed our times together grabbing Greek food or coffee. She came to my MBA graduation and then we kept in touch after. However, over time and geographic moves, I've lost touch with her. Writing this has inspired me to reach back out.

Back in 2018, I was living in Flint, Michigan. I made my second May-December friendship. She was looking to trap a cat that was left behind by a neighbor who had moved out. I went over there on Christmas Eve to help her and as the saying goes, the rest was history. I remember her birthday in 2019, we put so many candles on her cake that they all ignited into one big flame. It was hilarious and maybe a little bit frightening. This evolved into a friendship that I still have today. I still speak with her on the phone regularly, we last talked this past weekend.

In 2020, when I moved here, I met my neighbor. She is now, undoubtedly, one of my best friends here. I've never known an 89 year old woman so full of life and vigor. She still weeds her yard, rakes her leaves, and shovels her snow to the side of the driveway. I always find myself thinking about how much she moves naturally and I wonder if that has anything to do with her staying so young. Beyond her being a role model for aging well, she has the utmost integrity and a heart of gold. I'm blessed to have her as my friend.

In the winter of 2021, I broke my leg and I made another friend. Through this difficult time, a retired friend took it upon himself to help me out. He would come over a few times a week to help me pick up dog poop, clean the chicken coop, take the trash out, and help with things that I wasn't able to do as easily on crutches. He was truly a lifesaver, and since then we've grown closer as friends. He always tells me that people are good and if he's any testament to that then he might be right.

Each one of these friendships has helped shape me, made me a better person, and brought joy into my life. I hope that I've also had the same impact on them. I'm grateful for my friends.

Expressions of Heart and Mind

The Houses on Both Ends of Bisbee Street

By Susan Kreizenbeck

Dusty, unpaved. This was the Bisbee Street of my childhood. Ditches and a canal cut through many of the properties, and most places had a little acreage with horses or a few cows. There were two small markets on Altamont Street, and Lapsley's Store was a great place to go for candy or popsicles.

Bisbee Street was very special for other reasons than candy, popsicles, and dust. On the north end lived my maternal grandmother--a southerner who could Praise Jesus and curse all in the same breath. She had a huge garden, chickens, turkeys, and best of all, my Uncle Doug. He was younger than us, so more like a brother. We always had to play sports, war, cowboys and Indians, and our favorite game of locking one of us in the shed with the turkeys chasing after the person.

My grandmother taught us many things like sewing, gardening, and her experiences of coming of age in the Ozarks. Life had not been easy for her. Her mother died in childbirth, and she and her older sister had to quit school to care for a large farm family. I often asked my own grandchildren what they would do if at eight years old they had to do all the cooking, cleaning, laundry, and food growing without modern conveniences. My appreciation and amazement of her has grown immensely as I understand what she had to do in life. Despite her hard beginnings, she was a loving grandmother whose stories of life in the Ozarks gave us a sense of "who our people were," and how we had a strong work ethic and a will to endure life's ups and downs.

A walk down dusty Bisbee Street was always an adventure. We could yell taunts at the mean kid on the corner, feed and pet the horses on the way, stop at the ditches and watch the water skippers, and after what seemed like miles of walking, arrive at my paternal grandparents' house. My Norwegian grandmother was an adventurous brave woman who immigrated to the United States, alone, when she was 21. She met my Swedish grandfather in Minnesota, where all good Scandinavians congregate after leaving the "Old Country". They married and traveled the Scandinavian Trail to Washington and Oregon, producing nine children. My grandparents' house was the scene of huge family dinners, lots of cousins, and ALWAYS the most beautiful Christmas Tree to satisfy my grandmother's memories of Norway. She also provided a sense of who our people were. She told us stories of tending goats and cows as a young girl, milking and making

cheese, and skiing to school. Her love of cows continued as she furnished the family with milk from them. She was a wonderful cook, and we still make our family traditions--except lutefisk. She continued her adventures, traveling the world by herself, until her 80's.

I had wonderful grandfathers, both quiet, honest, hardworking men, but the sense of belonging and where I came from was due to the stories from my grandmothers. I hope I have instilled this in my grandchildren who have asked many times, "Tell me a story about when you were little, Grandma."

Join us for lunch on Veterans Day 11/11





Pet Peace of Mind Program

At Bristol Hospice, we believe that pets are special members of their person's family. Especially during hospice care, pets can provide joy, comfort, and peace. With our Pet Peace of Mind program, specially trained volunteers can help make sure your pet gets what they need in order to be there for you.

Services available:

- Feeding
- Waste Management
- Walking
- Grooming
- Medication
- Transportation to vet visits
- Fostering
- Re-homing

And more, depending on your needs. Just ask!

We are committed to helping our patients keep their pets by their side for as long as possible.

To request Pet Peace of Mind support or to get more information, call your Bristol Office and ask to speak with the Volunteer Coordinator.

Bristol/High Desert Hospice 541-882-1636

We believe no one should have to give up a pet because they are terminally ill.



KLAMATH SENIOR CENTER NOVEMBER 2022 CALENDAR OF DAILY EVENTS

MONDAYS

- Silver Sneakers Video or SAILing with Mary Noller (depending on availability) 9 - 10 am
- SAILing with Mary Noller (in person or on video) 10:30 - 11:30 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 Patty Card, KBBH - 10:45 am Preregistration Required, Call 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
- CREATIVE WRITING CLASS
- November Health Awareness Learn'n'Lunch Seminar Series 11:00 - 11:30 am
- QiGONG with Rachel Stephens - 2:30 pm
- Tai Chi 3:30 pm to 4:30 pm with Andrew Hyun
- SHIBA (MEDICARE Counseling) by appointment

WEDNESDAYS

- Silver Sneakers Video or SAILing with Mary Noller (depending on availability) 9 - 10 am
- SAILing with Mary Noller (in person or on video) 10:30 - 11:30 am

- Boost Your Brain and Memory Class 10:30 am - 12:00 pm with Kate Murphey, current class is filled. Call the Front Desk to be placed on a waiting list for future classes.
- Qi GONG 3:30 pm with Rachel Stephens

THURSDAYS

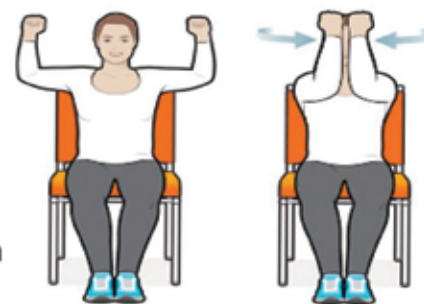
- SAIL Class with Anne Davenport at 9:00 am
- CRAFT Class 9 am to 11 am
- Memories in the Making Watercolor Class 10:30 - 11:30 am, weekly signup required 541-883-7171
- Golden Age Club BINGO and card games 12:30 pm
- COUNTY BRANCH LIBRARY 1:30 pm - 4 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment

FRIDAYS

- Silver Sneakers Video or SAILing with Mary Noller (depending on availability) 9 - 10 am
- SAILing with Mary Noller (in person or on video) 10:30 - 11:30 am
- Circle of Friends with Patty Card, 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

NOVEMBER 2022

Note: Menu is subject to change depending upon availability of supplies. Tea, coffee, juice and milk are available with each meal. Sugar free desserts and salad are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHEESE RAVIOLI Veggie Salad Dessert	BEANS & HAM WITH CORNBREAD Veggie Salad Dessert	SWEDISH MEATBALLS W/EGG NOODLES Veggie Salad Dessert	CHICKEN STRIPS & FRENCH FRIES Veggie Salad Dessert
7	8	9	10	11
SLOPPY JOES & FRIED POTATOES Veggie Salad Dessert	QUICHE Veggie Salad Dessert	MEATLOAF w/MASHED POTATOES & GRAVY Salad Dessert	BBQ CHICKEN Veggie Salad Dessert	CHICKEN FRIED STEAK w/MASHED POTATOES for VETERANS DAY Salad Dessert
14	15	16	17	18
SPLIT PEA SOUP WITH HAM & CORNBREAD Veggie Salad Dessert	SPAGHETTI & MEAT SAUCE GARLIC BREAD STICKS Sponsored by ATRIO Salad Dessert	CHILI FEED & TAKE OUT Veggie Salad Dessert	MINESTRONE Veggie Salad Dessert	THANKSGIVING DINNER TURKEY & DRESSING Veggie Salad Dessert
21	22	23	24	25
LASAGNA Veggie Salad Dessert	POLISH DOGS W/SAUERKRAUT Veggie Salad Dessert	AU GRATIN POTATOES W/HAM Salad Dessert	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
28	29	30	1-Dec	2-Dec
LIVER & ONIONS OR CHEF'S CHOICE Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	BEEFY BEAN SOUP & CORNBREAD Veggie Salad Dessert	ROAST CHICKEN Veggie Salad Dessert	GOULASH & GARLIC BREADSTICKS Veggie Salad Dessert
5-Dec	6-Dec	7-Dec		
BARLEY BEEF STEW CORNBREAD Veggie Salad Dessert	POLISH DOGS SAUERKRAUT Veggie Salad Dessert	BREAKFAST FOR LUNCH Veggie Salad Dessert		

Seniors and youth
share meaningful
relationships, deep
connections and
shared experiences
that are long-
lasting thru the

FOSTER GRANDPARENT PROGRAM



Back Row: Greg Wall, Larry Green, Debbie Freeman, Connie Ferguson, Carla Rusth, Catherine Dee
Front Row: Cassie Rose, Executive Director, Beverly Coffman, Joy Vaughn, Lorna Harris, Lisa Bertash, Volunteer Coordinator

Community Volunteer Network's Foster Grandparent Program offers a multi-generational avenue for developing meaningful relationships, deep connections and shared experiences that are long-lasting. The Foster Grandparent Program has been in existence since 1965 and is partially federally funded by AmeriCorps Seniors. Volunteer participants in our Foster Grandparent Program are older adults ages 55 plus who offer support, love and wisdom to children and youth in Klamath County. Foster Grandparents serve between 5 and 40 hours a week in early learning centers, elementary schools and various community settings. Volunteers get to choose their hours and days that they serve and also choose where they serve, here in Klamath County.

Foster Grandparents are tutors, mentors and friends who enrich young lives by sharing knowledge and experience through one-on-one classroom activities, group activities, reading support, math and science discoveries, creative play, field trips and much more. Our Foster Grandparents have a passion for helping children and youth to succeed. They bring

their unique talents, kindness, focus and consistency to the children they support, who often do not have an older adult with whom to connect.

The Foster Grandparent Program offers many benefits to volunteers, children and youth. One of the most important benefits of our program for volunteers is they remain physically and mentally active. Many volunteers report that the quality of their lives is greatly improved through participation in our Foster Grandparent Program. Volunteers receive a modest hourly, TAX-FREE stipend that will not affect any other State or Federal benefits one receives. Other benefits include transportation reimbursement, paid time off, training, accident, personal liability, and excess automobile liability insurance as well as community recognition.

All you need to join is the ability to give the support, comfort, and care that can set a child on the path toward a successful future. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent! Remember, when you

volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life. So get involved, and join Foster Grandparents today!

Foster Grandparent volunteers currently serve at the following sites across Klamath County:

Ferguson Elementary
Pelican Elementary
Joseph Conger Elementary
New Horizon Christian School
Klamath Kid Center
Integral Youth Services

For folks who are unable to serve in person.....

For folks who are unable to serve in person, the program will try to make unique, reasonable, one-one-one accommodations or arrangements. One example of this is a new online Zoom reading program being piloted in partnership with Falcon Heights Academy.



If you love Grandma Lorna, raise your hand!

Recognition of Foster Grandparents

Twice each year we host formal volunteer recognition events to honor and recognize each and every Foster Grandparent in Klamath. Last summer our group met at Wild Pigments Studio for painting class and we each created artwork together, which was a blast! Last fall, we shared a meal at Fable Restaurant where Superintendent, Glen Szymoniak joined us to show his appreciation and recognition of Klamath Falls Foster Grandparents in the Klamath County School District. This past summer we attended a fabulous and fancy tea party in Gold Hill at Teapot on Wheels with all the Foster Grandparent volunteers from Klamath, Jackson and Josephine counties. For our fall event this year, we will be joining the Jackson and Josephine county volunteers at Rogue Valley Country Club where we will be joined by local and state level dignitaries who will speak about their appreciation of our amazing volunteers and what we are accomplishing in our communities through our volunteer work with kids.

Foster Grandparents are very special and we are honored to host these recognition events to make certain that our volunteers know and feel how much they are appreciated, not just by us, but by their entire community.

Volunteers and Advisory Council

Members Wanted

Please contact **Lisa Bertash, Volunteer Coordinator** if you would like to learn more about the Foster Grandparent Program of Southern Oregon
lbertash@retirement.org
 (541) 539-1208

Cassie Rose, Executive Director
 (541) 857-7784
crose@retirement.org



**AmeriCorps
Seniors**

Community Volunteer Network

A PRS Organization

The Foster Grandparent Program provides our students an invaluable support system. We are very grateful for this program and the partnership we have with them. **Keith A. Brown,** Superintendent, Klamath Falls City Schools



The unemployment office recommended this program. I have been volunteering 5 days a week off and on for 14 years. I help kids read and when the teacher is busy, I help with their lessons...I feel like I am really making a difference. It was my birthday last week and they made me gifts. I love the kids and the teacher too!

We do get a little stipend...it helps!

Lorna Harris

Foster Grandparent for Mrs. Heaton's class, New Horizon Christian School United Way Senior Volunteer of the Year recently

Having the foster grandparent program is a wonderful experience for the kids at our school. Not all of them have grandparents nearby and it allows them to experience having the love and support that can come with those connections. We have been blessed to have Connie come and build wonderful connections with many of the students. ...They are always excited to see her and they benefit from the extra care that she provides. This is a program that benefits so many kids in our community and I think its great that they are being recognized.

Jessica Torske

Executive Director
 Klamath KID Center, Inc.
director@klamathkidcenter.org
 541.883.8141



Carla Rusth , top right, enjoys Foster Grandparenting for Pelican School with teacher Mrs. Meyers, top left.



Beverly Coffman

In my case the Foster Grandparents program has literally changed my life. After 45 years of working, I had to suddenly retire early for medical reasons. Because I retired early, it affected my retirement and social security income. Within a few years I was pretty much broke and extremely depressed. I met one of our active Grandparents who introduced me to the program. I started at Shasta School with Sally Reeves, and the next year I transferred with her to Ferguson where I have been for six years. After the first day I realized I had found my niche in my old age.

The Foster Grandparents program put purpose back in my life. And the stipend

and mileage reimbursement keeps me afloat as a supplement to my Social Security. The Foster Grandparent staff helps us succeed. I love working with my teacher and my 2nd graders each year.

Beverly Coffman, Foster Grandparent, Ferguson Elementary, United Way Senior Volunteer of the year four years ago.

I've always done daycare and have eight grandkids. I have been a Foster Grandparent for seven years except for one year because of covid. My sister has been doing it for nine years and she told me about it. I volunteer at Pelican Elementary five days a week for usually 5.5 hours each day. I read to the children and help the teacher in any way I can including singing to them if the teacher needs to leave the room.

The kids are amazing...they are so loving and so precious. They can be brutally honest, too, which I love. They're beautiful inside and out, even when they are having a bad day. It just makes me happy to help them as so many children aren't read to at home.

Carla Rusth, Foster Grandparent, Mrs. Meyer's 2nd Grade Class, Pelican Elementary

I appreciate Grandma Carla coming in. She supports students by reading with them which is a great advantage to those who don't have the family support at home. The kids feel comfortable with her. She's built relationships with them, they trust her. The connections are the most important thing she does. It is such a blessing to me and I am so thankful for her!

Catherine Meyer, 2nd Grade Teacher, Pelican Elementary School.



We love having the Foster Grandparents in. They make a great connection with the kids. That is the most important thing for the kids...to have a connection to the school.

Michelle McCabe
Principal, Pelican Elementary



Debbie Freeman

I have been in the Foster Grandparent Program for about 6 years. It has changed my life! The program has given me a purpose and helps me financially, emotionally, physically and spiritually.

The kids are awesome! When the light bulb goes off in their head and they learn something they've struggled with, it is such a worthwhile feeling. The friendships with my fellow grand parents has given me life long companions to talk to and compare notes with.

My disability is not an issue either in the program or the school.

Debbie Freeman, Foster Grandparent, New Horizon Christian School

I am so pleased to be working with Debbie. She is a fun loving, spirited, and wonderful person. In class she helps students with work they are struggling with. Most days I don't know how I would have a functioning day if she isn't there. My students miss her when she is gone to another class and they are excited to see her return. I am so blessed to have her working in my class.

Jenny Heath 1st grade teacher
New Horizon Christian School

Seeking Volunteer Exercise Class Instructors and Facilitators

By Anne Davenport, PT, DPT

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

The Senior Center offers this class 5 days a week, with 2 classes on Mon/Wed/Fri and 1 class on Tues/Thurs.

We are in need of volunteer instructors and class facilitators! As an instructor, you will complete a 10 week self-paced certification class concurrently with in house training with Anne Davenport. You will then be asked to deliver your classes on a weekly basis.



As a class facilitator, you will serve as a stand-in when a trained instructor is not available due to an emergency or pre-planned time off. You will assist participants in the class as they exercise to videos from Silver Sneaker or Silver and Fit programs. You will receive training and there will be clear instructions available at all times with support from Senior Center staff.

A stipend may be available. For additional details, please reach out to me, Anne Davenport, at 541-883-7171 ext. 122 or email stayactive@kbscc.org

MICK Insurance Agency

**Your Local Health & Medicare Agents
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Join us for an informational meeting to learn the exciting benefits coming in 2023.

Meetings on

Thursday, Nov 3rd 1pm

Tuesday, Nov 8th 10am

Thursday, Nov 10th 1pm

Tuesday, Nov 15th 10am

Thursday, Nov 17th 1pm

Tuesday, Nov 29th 10am

Thursday, Dec 1st 1pm

Tuesday, Dec 6th 10am

Call ahead as seating is limited!

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](https://www.medicare.gov) or 1-800 MEDICARE 24 hours a day, 7 days a week, to get information on all of your options.

\$0 Premium \$0 Deductible \$10 PCP
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REPRESENTATIVE**

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(meetings are held in suite 109)
Klamath Falls, OR 97603
[mickinsagency.com](https://www.mickinsagency.com)
Please call (541) 882-6476
to make an appointment

ATRIO Health Plans has PPO and HMO D-SNP plans with a Medicare contract and a contract with Oregon Health Plan (Medicaid). Enrollment in ATRIO Health Plans depends on contract renewal. Y0084_MKG_NP5_2020_M



Please Support Our Drive-Thru Chili Fundraiser

On **Wednesday, November 16th**
Choose from three Chili recipes

Cole Slaw
Mexican Corn Bread
Dessert

Large orders for your workplace can be delivered or picked up at the KLAMATH SENIOR CENTER Follow the signs outside for pick-up. 2045 Arthur Street, 541-883-7171



How Maggie the Setter Got Her Colors

A Children's Story

By Gary Hartter

"This is not the end.

It is not even the beginning of the end.

But perhaps it just may be the end of the beginning."

- Sir Winston Churchill

Maggie the English setter lived in a monastery in Japan. The monastery was built close to a mountain, beside a river, that began as a waterfall flowing down the mountain. Maggie was a young street dog when she came to the monastery and was adopted by Kai, a resident of the monastery. Kai thought Maggie had gray fur when he first saw her, but when he gave her a bath, her pure white coat was uncovered, a coat of solid white, like an empty canvas waiting for the hand and brush of a master painter.

Maggie and Kai could talk to each other and Maggie could talk to all of the animals living around the monastery. She had many wild friends, but her favorite was an old koi who lived in the river. Maggie thought the koi was beautiful with her white body covered in splotches of black, tan, orange and brown. She admired the koi and wished she had a coat that was as colorful, instead of just plain white. The old koi told Maggie stories and legends of koi. Maggie's favorite was the legend of the steadfast 100 year old koi.

One day, Maggie was at the river talking to the koi, when the koi asked her for help. The koi said she needed to get to the lake at the top of the waterfall. It was her destiny, the koi said, but now she was too old and tired to swim up the river and jump the waterfall. "How can I help?" asked Maggie. "You can take me to the lake," replied the Koi. "Go to the monastery kitchen and retrieve a kettle. Bring it back here. I will be waiting."



Active Seniors Klamath Basin

Ad Sizes	Open Rate	1 year Rate
Full Page	\$450	\$399
Half Page	\$225	\$175
Quarter Page	\$125	\$99
1/8 Page	\$99	\$75

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Wednesday of Every Month**

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The Official monthly publication of the Klamath Basin Senior Citizen's Center

Business: _____ Start Date: _____

Authorization: _____ Agreement End Date: _____

(continued from page 14) Maggie ran back to the monastery and went directly to the kitchen. She found a kettle and carried it off with the handle in her mouth and the kettle swinging below her chin. The wise old cook saw her and yelled after her, "I know where you are going with that kettle! You may have it, but please be careful and bring my kettle back, if you can!"

When Maggie returned to the river, the koi instructed her to dip the kettle in the water to fill it. The koi jumped into the kettle and asked Maggie to carry her up the mountain to the lake. Maggie and the koi began the journey along the river, up the steep sides of the mountain. Many times, Maggie slipped, losing her footing for just a second but regaining it and continuing on, more steadfast than ever. They moved up along the waterfall and soon the lake was in sight.

As they approached the lake, a big, hangry bear appeared and blocked their way. The bear looked at Maggie with the koi and said, "Ah, you have brought me a snack, dog! I will eat the fish and you too!" Maggie stood fast, but she could feel the kettle slipping from her grasp. The koi sensed it too and said, "Let the kettle go, don't worry about me. I will be fine." Maggie let loose of the kettle's handle and at the same time, the koi jumped from the water and latched onto the fur at the tip of Maggie's tail. Maggie tucked her tail between her legs and under her belly, protecting the koi with her body.

Maggie growled and barked her loudest bark. The sound echoed through the trees. The bear looked around, confused, thinking that there may be more dogs close by. This gave Maggie the element of surprise. She ran at the bear, biting him on the leg with all her might. The bear let out a loud bellow. "Grrrow - ow-ow. That hurt", he cried. "This is too much trouble for a fish snack and a scrawny dog!" The bear turned tail and ran away to hide in the woods.

Maggie, with the koi in tow, ran to the edge of the lake. She flipped her tail, sending the koi out over the water, where it dove down into the lake and disappeared. Maggie watched as the ripples on the lake's surface began to fade and then became stronger and bigger. A column of water and mist burst from the lake, and in the center of the column a huge golden dragon appeared. The dragon stood in the lake and let out a horrible roar as it flapped its wings, drying them as a butterfly would after emerging from a cocoon.

The dragon looked down at Maggie, and Maggie took a step back. "Do I frighten you?" asked the dragon. "Do you not recognize me?" "Yes," said Maggie. "I recognize you. You are my friend, the koi, now transformed into a dragon."

(continued on page 16)



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. Here, you'll find friendly residents and a compassionate care team. Enjoy home-like amenities plus 24/7 care.

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Call 877-302-5471 today to schedule your personalized tour.

We will be closed
November 24 and 25
for Thanksgiving!
Enjoy your holiday!

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.



Parkinson's Resources
Serving Oregon & SW Washington

(Maggie continued from page 15) The dragon held out its claws. Cupped inside was a bubble, with all the koi colors swirling around inside like a snow globe that had been shaken. The dragon threw the bubble into the air and it floated down, gently landing on Maggie's back. The bubble burst, permanently splattering Maggie's white coat with splotches of black, tan, orange and brown. "This is my gift to you for your courage and help in fulfilling my destiny," the dragon said. "You now have the colors you so admired. Wear them well and let them be a reminder that I am always with you."

The dragon flapped its now dry wings, rose from the lake and flew away. Maggie watched as the dragon faded into the distance. She turned and began the long trip home. When Maggie returned to the monastery, she was met by Kai. The

old cook's kettle was at his feet. Kai looked at Maggie a little puzzled. Maggie asked, "Do you not recognize me?" Kai smiled, "I know who you are, my good friend. I see that you have been on a journey and you have returned changed. I have a journey I must go on. I will leave tomorrow, after I have returned this kettle to the old cook. I would be honored to have a companion accompany me. One who is steadfast and courageous, a companion such as yourself. Will you go with me?"

Maggie told Kai, "Yes." Kai smiled and looked out at the horizon. Maggie followed Kai's gaze until she was looking at the mountain in the distance. In her heart, Maggie knew that the journey would be difficult, dangerous and long. She knew, looking at the mountain, that this was not the end. It was not even the beginning of the end. But for her and Kai, it was the end of the beginning.



**THURSDAYS AND SATURDAYS
AT THE SENIOR CENTER 541-833-7171**

- 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 6pm

**NO BINGO
THURSDAY NOVEMBER 24th**

MUFFIN MONDAYS SPEAKERS FOR NOVEMBER

- 11/7: Dutch Brothers - Honoring Veterans early for Veteran's Day
- 11/14: Open
- 11/21: Steve Rooker - U.S. Fish and Wildlife Service - Featuring Photographs from around the Klamath Basin
- 11/28: Promote KHI First Christmas Tree Lighting
- 12/5: Crosspoint Choir promoting the Singing Christmas Tree at Ross Ragland
- 12/9 (pending)



**Muffin
Monday**

Veteran's Group

**10:30-11:30 a.m.
Senior Center
2045 Arthur St.**



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**For more information:
Jennifer Smith • 541-882-2902
jsmith@klamathhospice.org**

www.klamathhospice.org



WE HONOR VETERANS

Learn'n'Lunch: The Importance of Health Awareness & Promotion

By Jenna Humphrys

The risk of chronic illnesses increases as we age, which is why improving health awareness is vital. Health awareness is learning about diseases, symptoms, and vital preventive measures essential to disease prevention and early detection. Increasing knowledge about a disease and its symptoms makes individuals more likely to go for screenings, check-ups, and testing. Improved health awareness through education and support from health professionals can increase healthy lifestyle changes.

National Health Observances are months dedicated to raising awareness of select health issues affecting Americans. The Klamath Basin Senior Citizens' Center will be hosting health promotion presentations in November to aid in improving health awareness. National Health Observances for November include American Diabetes Month, Bladder Health Month, National Healthy Skin Month, Chronic Obstructive Pulmonary Disease (COPD) Awareness, and Lung Cancer Awareness. Presentations will provide information about selected weekly health topics, including disease education, lifestyle changes, risk screening, and available resources.

Health promotions presentations will take place in the ballroom on Tuesdays in November, starting on November 8th at 11:00 am to 11:30 am. Stay after the presentation for lunch!

The Senior Center is excited to host Jenna Humphrys as our speaker for these important presentations. Jenna grew up in the Klamath Basin and is a Registered Nurse at Sky Lakes Medical Center. She is passionate about helping community members find health autonomy and advocating for their health.

The topic schedule is
November 8th - Diabetes Awareness
November 15 - Bladder Health Awareness
November 22 - Healthy Skin Awareness
November 29 - COPD and Lung Cancer Awareness

Call 541-883-7171 ext 122 for more details.

Reference: Ferreira, R., Baixinho, C. L., Ferreira, Ó. R., Nunes, A. C., Mestre, T., & Sousa, L. (2022). Health Promotion and Disease Prevention in the Elderly: The Perspective of Nursing Students. *Journal of personalized medicine*, 12(2), 306. <https://doi.org/10.3390/jpm12020306>

I am lucky to be at Crystal Terrace!

Pat Drake

I came here last February after living in Boise, Idaho for 40 years to be near my son. He brought me to Crystal Terrace first and I fell in love with this apartment and never looked anywhere else!

All the belongings that mattered to me fit....I haven't had to buy a thing. I usually eat in the dining room but sometimes cook for myself.

I wake up every morning and think how fortunate I am to be in this place!

I have always been active and particularly love their fully equipped gym, the exercise classes, and the pool where I swim twice a week. At nearly 95 it is important to keep up my strength.

I love the staff.

From the bottom of my heart I couldn't ask for a better place.



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of Klamath Falls
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DONOR REPORT

It's the Month of Thanksgiving And We Offer Thanks To All Our Donors

Submitted By Marc Kane

The past two years the senior center has been blessed with many donations from patrons, foundations, local businesses and supportive residents and substantial government support. We are thankful and want all our supporters to know how much we appreciate your gifts. Every gift irrespective of its value has a huge impact as all are used to match or complement the government support that comes our way. Most of our government support requires a local match or additional funds to meet the full costs of our services. Thank you Klamath Falls for recognizing our value.

The senior center is currently engaged in a campaign to raise \$120,000 in general operating funds, and an additional campaign to raise general operating dollars we continue to appeal for funds for a capital improvement program valued at more than \$738,000. The capital campaign has more than \$250,000 yet to raise. 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.

September donations of \$ 2690 were received from the following organizations and individuals:

First Presbyterian Church	Jon Schnebly	Jeannne Roster
Kendall Bell	Felice Koblos	Cheryl Gibbs
Dorothy Winters	Burl Parrish	Charlotte Moseley
Refuge City Church	Rose Chapman	Patricia Henderson
Geraldine Schindler	Mildred Miller	Donna Maloney
Marta Stephens	Wilma Petrik	Kenneth Banes

Unidentified contributions in September for Meals, Transportation and Other Services amounted to \$ 3,457.00

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:

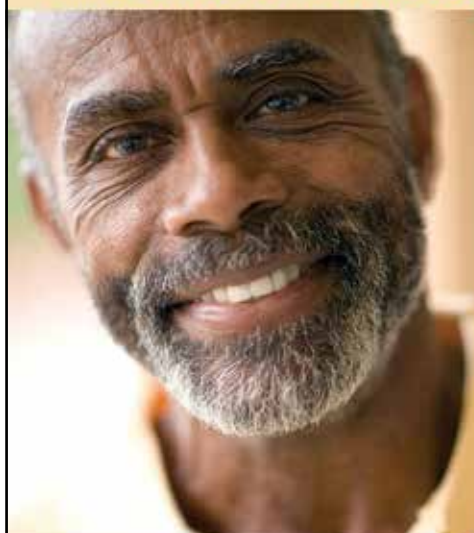
First Presbyterian Church	Geraldine Schindler	Mildred Miller
Dorothy Winters	Rose Chapman	Mary Reta
Refuge City Church	Patricia Henderson	Joe Primm
Marta Stephens	Donna Maloney	
Jon Schnebly	Ernie Palmer	
Howard McGee	Cheryl Gibbs (1)	
Burl Parrish	Albert & Delores Errecart	

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.

OLDER ADULT PROGRAM

Are you struggling to connect with others?
Are you feeling lonely, sad, or worried?
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**November is
National
Hospice and
Palliative
Care Month**



Meeting You Where You Are



"At the heart of hospice is meeting patients and their loved ones where they are during difficult times when support is needed most..."

- Ben Marcantonio, COO and Interim CEO of the National Hospice and Palliative Care Organization

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**Thanks to our community,
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Coming Spring 2023



ATRIO Open House

Saturday December, 3rd from 10:00 – 3:00 pm

\$0

**ATRIO Choice Rx
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Please join us for an Open House where you can visit with our friendly staff, enjoy light refreshments, learn about our 2023 Medicare plans, and get your name entered into a drawing for an ATRIO door prize!

- ✓ **Drawing for three Christmas stockings**
- ✓ **Cider, coffee, and cookies provided**
- ✓ **Agents on hand to assist with enrollments and questions**

*Medicare Annual Enrollment ends December 7th!
Ask about our NEW 2023 plans*

541-492-5129 (TTY 711)

or visit atriohp.com

KLAMATH FALLS VOLUNTEER OPPORTUNITIES

The 2021-22 school year marks the 30th anniversary of **SMART Reading**. The SMART Reading South Central Area team implements SMART Reading and raises funds to support SMART Reading in the Klamath Basin. In the 2021-22 school year, we served 1,448 PreK through third-grade students and gave away 8,364 books. We are focused on recruiting more volunteers and establishing strong financial support among our communities to ensure we can continue this important work of empowering local children through reading. 803 Main St #404, Klamath Falls, OR 97601. (541) 273-2424

C.E.R.T. During a major emergency, local government agencies like the police and fire departments may be diverted elsewhere, leaving everyday citizens to fend for themselves. The **Community Emergency Response Team (CERT)** is a program designed to teach people to be able to sustain themselves and others during a disaster. CERT meets for training the 1st Wednesday of every month from 6:00 - 8:00 pm at Klamath Community College, Building 7. For more information, please contact Ron Miller at RMiller@Klamathcounty.org.

Red Cross: Urgent need for volunteers. Join a lifesaving blood support team in your community. **Red Cross:** As a Transportation Specialist volunteer, you will be the critical link

between blood donors and blood recipients by delivering blood, platelets or other blood products to a hospital.

Have I done any good in our community today? The **City of Klamath Falls** offers numerous volunteer opportunities throughout the year. Whether you are a high school student looking to gain volunteer hours, or you simply feel like getting more involved in your community we are sure to have a volunteer opportunity to suit your needs. To find out more about upcoming opportunities, please [email Kristina Buckley](mailto:kristina.buckley@cityofklamathfalls.org) in City Administration or call 541-883-5270 today!

Volunteer Opportunities Skylakes. 2865 Daggett Ave, Klamath Falls, OR 97601 Phone: 541-274-2038

District Attorney's Office at 316 Main. Ask for a Volunteer Application. Beverly Leigh- Volunteer Coordinator. **Klamath County District Attorney's Office.** 316 Main Street. Klamath Falls, OR 97601. bleigh@co.klamath.or.us.

We will be closed November 24 and 25 for Thanksgiving! Enjoy your holiday!

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John 3:16

LAKEVIEW SENIOR CENTER



November 2022 Events

We will be closed on Friday November 11th for Veteran's Day.

Our Thanksgiving luncheon will be held on Friday November 18th and we will be closed on Thursday, Thanksgiving Day, the 24th and Friday the 25th. We will be open again on Monday the 28th.

ALL rides require reservations.

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.

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.

BAKED CORN CASSEROLE

- 1/2 c. finely ground cornmeal
 - 1/2 c. butter, melted and cooled, plus more for pan
 - 1/4 c. granulated sugar
 - 2 large eggs
 - 2/3 c. whole milk
 - 1/4 c. heavy cream
 - 2 c. frozen corn, defrosted and drained
 - 2 (8-oz.) cans creamed corn
 - Kosher salt
 - Freshly ground black pepper
 - 1/2 tsp. smoked or Spanish paprika
 - 2 tbsp. chives, for garnish
1. Preheat oven to 375° and butter the inside of a medium-baking dish.



2. In a large bowl, mix cornmeal and butter until smooth. Whisk in sugar, eggs, milk and heavy cream until incorporated. Fold in corn and creamed corn and season with salt, pepper and paprika.

3. Pour into prepared baking dish and bake uncovered for 1 hour, or until center is set and top is golden. Garnish with chives and let cool 10 minutes before serving.

DELISH.com

Lake Health
Specialty Clinic

DERMATOLOGY

November is
National Healthy Skin Month



It's never too late to start
taking better care of your skin

Dermatology Health Specialists of Bend provide dermatology care for both pediatric and adult patients and our team is passionate about providing comprehensive care to everyone in your family.

Call for referrals and appointment availability



*Dr. Oliver Wisco,
DO, FAAD, FACMS*




*Ali McKean,
PA-C*



*Sam Christensen,
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Don't Let the Cold or Flu Catch You This Season Get Vaccinated!




Cold and flu season is quickly approaching, and it's important to take the necessary precautions to protect yourself and others from these viruses. In addition to eating healthy foods, wearing masks, and practicing good hand hygiene, vaccines are one of the best ways to prevent infections from spreading in the community.

Flu season usually runs from October to May in the United States. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine yearly. It is vital for older adults to get vaccinated because they are more likely to experience complications from the virus.

If you have questions or need to know where you can get your vaccines, visit:
www.vaccines.gov

Additional Recommended Vaccines for Older Adults:

- COVID-19
- Shingles
- Pneumococcal
- Tetanus, Diphtheria and Pertussis (Tdap)



November, 2022

Grandparents are the Key

By Hanley Foundation Prevention Specialist Lorrie van Voorthuijsen



Recently, I read an article entitled “The Power of Grandparents: Grandparents Play an Important Role in Preventing their Grandchildren from Drinking and Using Drugs” published by Partnership for Drug-Free Kids. I immediately went to memories of my grandparents and keys.

Let's play a word game.

You can use any dictionary you'd like. Think of a metal key as a device that unlocks or locks; it opens or closes a bolt that keeps something available or beyond reach. Now think about a grandparent. Grandparents are also gate-keepers; they can open up the past worlds with their own family stories about the good (and the bad) old days, or they can lock up the avenues to drug misuse by speaking their thoughts concerning drugs and by physically keeping any medications out of reach.

Now picture a computer key.

Touching that key can lead to worlds of connections and communication. Grandparents, with their loving touch and empathetic manner, can connect their grandkids with the messages they need: that they are truly loved without measure, that they can always bring their concerns to their grandparents, and that they will never be turned away.

Imagine a set of new car keys.

Having that set with you allows you to start the car and go. You can travel far from home, to school, to work. Grandparents are like that key to your children. Your kids know that they are there and that they have their back. This knowledge allows children to go, to do, and to become.

Another definition of a key, as found on Google, is that it's the part of the first coat of wall plaster that passes between the laths and secures the rest.

What a great description of grandparents! As grandparents, we are the “first coat,” so to speak for our family. We have passed through the laths, and we are fortifying the rest of the family. That's a big part of our job as grandparents,

(continued from page 22) knowing what to look for in life (because we've been there) and safeguarding the grandchildren from harmful activities such as drug misuse.

Close your eyes and hear your favorite band singing your favorite song - oh, the harmonies - which is another definition of the key, as found on Merriam-Webster.

As grandparents, we can become the key, the harmony between family members.

The interaction between parents and their children is not always smooth; grandparents can be there to be the listening ear from both sides. Remember that the listening part, not the solving part, will produce the most accord. Picture another form of a key. It's a keystone, also known as the central stone at the summit of an arch, locking the whole together. This also can be a portrait of a grandparent. Often grandparents are there to help in many ways holding the family together financially, morally, experientially, and emotionally.

Both kids and grandkids often come to the grandparents when these matters come up, especially when the grandparents are approachable and willing.

And while we're visualizing, see yourself on a small island, which is still another kind of key: an island of tranquility where happiness reigns and smiles abound. And, although we can't always be this kind of grandparent, we can often provide the sanctuary away from cares of school, tests, and peer pressures, if only

it comes in the form of a homemade chocolate chip (or favorite bakery) cookie. **Finally, consider when the word key means to be essential to or the crucial factor in achieving.**

You may think that grandparents cannot fill this characterization. You may feel that we are just on the periphery of the scene that our time has come and gone, that no one cares what we think. But that is not true.

Even if it seems that we aren't making major decisions about our grandkids, that technology has (and continues) to pass us by, that our opinions aren't valued anymore, we can still be the key. Keys often seem small and insignificant but imagine what life would be like without them.

Keys make the world go around in their silent, steadfast, and solid way.

I've heard this refrain from parents and kids alike, "Where are my keys?" Sometimes the "keys" are right in front of and behind them. Be that kind of key.

Reference: Partnership for Drug-Free Kids. The Power of Grandparents: Grandparents Play an Important Role in Preventing their Grandchildren from Drinking and Using Drugs. <https://drugfree.org/wp-content/uploads/2017/02/The-Power-of-Grandparents.pdf> This entry was posted in Educational Tools, Parenting, Prevention on November 27, 2020.

We love making beautiful jewelry that benefits charity.



Violet VinZant



Bobbi Smith

I turn 90 soon and I love beading rosaries that have special meaning to me because some of the beads I use are made in Bethlehem. Other beads are made from melted sand in Jerusalem. —Violet VinZant (Mother of 17)

I bead almost every day. I like creating beautiful things that I never thought I could do. In addition to beading, we also make homemade soap. I love that money from the sale of our craft projects benefits Alzheimer's Research and Awareness. —Bobbi Smith

I have been beading less than 3 months. I have always been an artist at heart and I've found my niche beading and designing these bracelets. I have also started doing a bit of doodling and cartooning. —Kathy Curtis



Kathy Curtis

We encourage all our residents to find activities that enrich their lives by developing talents and sharing accomplishments with friends.

Friendly
Compassionate
Professional



Pelican Pointe
ASSISTED LIVING

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

Residents enjoy our many stimulating activities including arts and crafts, carnivals, pizza nights, cooking classes, happy hour, brain games, poker night, birthday parties, and more!



Amber Anderson

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

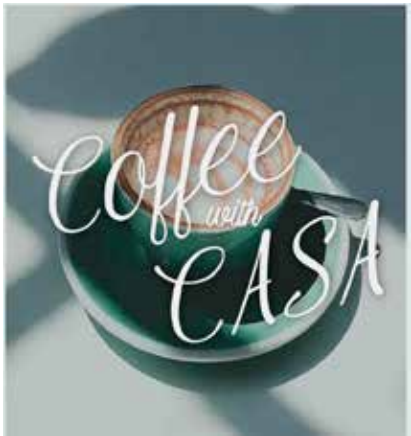


CASA Needs volunteers...you could be perfect!

If you feel that this challenging but endlessly rewarding experience would be a good fit for you, fill out the application form o the CASA website: <https://www.klamathfallscasa.org>. Take the first step toward helping our local foster children.

Our Mission

The mission of the CASA for Children of Klamath County Program is to provide trained volunteer advocates for abused and neglected children who are dependent on the Juvenile Court to ensure their right to a safe and permanent home. Through this advocacy we will seek a timely and appropriate




disposition in the best interest of each child. Our advocacy for foster children includes focusing on child safety and child well-being and ensuring judges have the information necessary to make the best decisions for these children.

(541) 885-6017
731 Main Street
Klamath Falls, OR 97601

Coffee with CASA
Nov 17, 10:00 AM - 11:00 AM
Klamath Falls, 636 Main St, Klamath Falls,
OR 97601, USA


Grab some coffee and learn about volunteering opportunities, chat with current advocates, and hear about upcoming trainings. We would love to meet you & share a cup of Joe!



KLA-MO-YA CASINO & HOTEL

888.552.6692 • klamoyacasino.com

SLOTS • FOOD • HOTEL • FUN




HARVEST YOUR WINS

FRIDAY DRAWINGS

NOVEMBER 4-18 • 6PM-9PM

WIN UP TO \$500 CASH!

(May only win once per day.)



IKO BLACK DIAMOND COOKWARE

SUNDAY KIOSK

NOVEMBER 6-27 • 10AM-6PM

Earn 75 points and swipe at the Kiosk to receive prize voucher.

<small>November 6:</small> 9.5" Black Diamond Fry Pan	<small>November 13:</small> 5qt Black Diamond Sauce Pot	<small>November 20:</small> 3.5qt Black Diamond Stock Pot	<small>November 27:</small> 5qt Black Diamond Dutch Oven
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(May only redeem once per day. While supplies last.)

BLACK FRIDAY


Electronics Kiosk Giveaway

FRIDAY, NOVEMBER 25 • 1PM-9PM

WIN AN APPLE WATCH OR APPLE IPAD!

Earn 100 points and swipe at the Kiosk to receive prize voucher. Win various prizes.

(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. (Must be 55+. May only redeem/win once per day.)

HOT SEATS NOON - 3PM

WIN UP TO \$100 CASH!

DRAWINGS EVERY HALF HOUR.

NO SENIOR DAY, MONDAY, NOVEMBER 21.


EASY AS PIE SWIPE & WIN


THURSDAY KIOSK

NOVEMBER 3-17 • 10AM-6PM

WIN UP TO \$100 CASH!

(May only redeem once per day.)





VETERANS DAY

Friday, November 11

Noon-8pm

Receive a free Wind-Breaker Jacket!

(May only redeem once per day. While supplies last. Limited stock. All Military must show ID or proof that they were previously in or currently in the Military.)

See Bonus Club for Complete Details

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


Smoking Permitted CALL 888-552-6692

ATTENTION!!!

KLA-MO-YA Casino will be closed from Sunday night, November 20th at Midnight and will reopen at Noon on Monday, November 21st.

We are sorry for any inconvenience during this time as we are upgrading systems.

PLUCKIN' PRIZES




THANKSGIVING HOT SEAT

THURSDAY, NOVEMBER 24

1PM-6PM

WIN UP TO \$200 FREE PLAY & A \$50 GAS CARD!

May only win once per day.



NEW MEMBERS

WIN UP TO \$250 FREE PLAY

Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!