

# Active Seniors

December 2022

**FREE**  
take one!



Santa (Steve Baker) delivers a Meals on Wheels lunch to a local MOW recipient. See article on pg. 21. Photo by Mary Williams Hyde

## Enjoy this issue of Christmas Memories

*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](http://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

### THE WEDNESDAY DANCERS ARE BACK!

I am pleased to report that the Senior Dancers Group will be back at the senior center beginning Wednesday, December 7<sup>th</sup> from 1 to 3 pm. This comes after a long absence that began during the worst of the pandemic and resulted in the dancer's group relocating temporarily elsewhere. We all welcome them back and hope to see a lot of new faces joining the activity.

Our annual BINGO EXTRAVAGANZA is coming up on New Year's Eve. You don't want to miss that one. It's our biggest bingo fundraiser of the year. This is another activity that has recovered well after pandemic issues. Nearly 200 new players have attended in the last few months. You can expect quite a big party this New Year's Eve, so make your reservations early.

Hope you enjoyed seeing Santa on our front cover. Note the cover story on page 21. Our Meals-On-Wheels program provides a lot more than a meal, and you will see that reflected in the cover story.

We are in the height of the holiday season now and doing our best to encourage folks to reach out to their elders and be sure they have company and support. We work at this all year long, but especially during these winter months we try to find as many volunteers as possible to step up to help out with the many needs that our older adults may have. As I write this for you on December 1<sup>st</sup> there is plenty of snow on the ground this morning, and many older adults will be needing help to clear their walkways. Others may just need a visitor. Call on our volunteer coordinator, Ginnie Reed, to see how you may contribute this winter.

You may have noticed some changes in our dining room. The beverage wall has new cabinets and counter tops, and there is some new flooring as well. This is just the beginning of a number of building improvements scheduled for the coming months. The next project will be the installation of a lift to the second floor and you will be able to access that in the reception area. Then the two dining room bathrooms are scheduled for a remodeling. Well, you can imagine there will be a bit of disruption as these projects progress and we ask for your patience as we progress. Beyond that we would also ask that you consider supporting our improvement projects with a donation if you are able. Contracting and material costs have skyrocketed over the



*Marc Kane, Center Director*

last year and our projects are falling behind in the necessary fundraising.

You probably noticed that we do not send donation solicitations out to you by mail. I am sure you have many of those already. This is our only year- end plea, and we hope you know that your gift will keep on giving all year long. Many seniors may have a tax advantage by giving directly from their retirement funds. Please check with your tax accountant for details.

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*



## Christmas is a time for remembering and love.

A tradition my late husband and I started when our boys were born was for me to make a white felt stocking for each of us. We then drew on it what we remembered for the year. What started as a simple inexpensive fun way to celebrate the year, has now turned into a family tradition. I have stockings from 1986 and continue this tradition with my grandchildren and special family members each year. It is always so fun to see what was important to each person during the year, and then to hear the stories behind the art. Some are fun, some are silly, and some sad, but they always have held some great memory to the person. I am the keeper of the socks. Something I value every Christmas as we look back through them and share the joy that they bring.

Christmas blues can be a real thing. The stress of the Christmas and Holiday season often brings on feelings of sadness and depression for many people. Financial stress, grief from missing loved ones, alcohol consumption, and overdoing it are common reasons for people to experience what is sometimes called the "Christmas Blues".

Some ideas that can help with the blues are:

Don't expect your Christmas to be what you see on TV. That is an unrealistic representation. Live this Christmas as THIS Christmas, not the Christmas past, nor the one you wanted it to be. Live THIS Christmas and holiday season. Make THIS Christmas to be what is most important to you.



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](http://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.

(Cont. from page 4) Be honest with yourself and how you are feeling. Don't try and hide how you feel by overeating or using drugs or alcohol. This will just make things worse.

Don't let self-care be missed during the holiday season. This can be exercise, walks, eating well, meditation, consistent sleep patterns, taking time for you. Get out and be active. If you are unable to go out for some reason, then try some chair yoga, or singing loudly to a silly song. Something to break the negativity going on.

If you find yourself having a negative thought, force yourself to think of the exact opposite, then maybe write down a thought that is between the two that you can support with real facts. What? For instance, if you think, "nobody cares that I am alone during the holidays".

Change it to the opposite "everybody cares that I am alone during the holidays". The middle ground then would be "my friend called the other day and the neighbor asked if I was doing okay - so some people do care about me during the holidays".

Consider volunteering. You can volunteer at the Senior Center, the Warming Center, the Children's Museum, help pets at the Animal Shelter. There are a lot of ideas out there. It's hard to feel negative when you are helping others who are less fortunate.

Don't stress over presents. BE present. Remember you can't change the past and you can't control the future. BE present. What is right in front of you? What can you see? What can you smell? What can you hear? What can you touch? What can you taste? Take time to ground yourself and BE present.

Practice saying no. What? Why should I say no? Always overdoing things to please others is exhausting. Practice saying no and learning to delegate. Remember you are the most important person to say yes to.

Remember you can reach out to talk with someone during this time. You can call 988, or KBBH at 541-883-1030. These are both available 24/7.

This Christmas and holiday season remember to take it all in. The smells, the smiles, the joy in others, but mostly taking in what brings you joy.

*Patricia Card, Klamath Behavioral Health*



**THE SENIOR CENTER WILL BE CLOSED FOR  
CHRISTMAS AND NEW YEAR'S DECEMBER 24th 25th  
& 26th & JANUARY 2nd 2023**

Join us at the Senior Center for Christmas Lunch  
December 23rd 11:30 to 12:30



**MUFFIN MONDAY SPEAKERS FOR DECEMBER**

12/5: Crosspoint Choir promoting the Singing Christmas Tree at Ross Ragland 12/9 (pending)  
12/12: Kitchen Band  
12/19: Dan Hill  
12/26: - Closed for Christmas!  
See you next Year!  
1/2/23: Happy New Year! We look forward to seeing you next week to resume Muffin Monday!



**THE GRATITUDE WREATH**

Look for a new tradition  
at the Senior Center this year.  
The Gratitude Wreath



**Honoring Grief During the Holidays**

Educational and DIY Memorial Ornament Workshop  
December 9th 10:30 am - 5:30 pm  
2751 Washburn Way

Grief doesn't stop for several days,  
We are here to help.

Contact Emily at Klamath Hospice and Palliative Care  
541-882-2902 [efelberg@klamathhospice.org](mailto:efelberg@klamathhospice.org)



**Save  
the Date:**

**WHO:** Klamath Basin Senior Citizens' Center  
**WHAT:** Annual Fundraiser "WINTER WONDERLAND"  
**WHERE:** The Senior Center 2045 Arthur Street  
**WHEN:** Friday, February 10th  
Social Hour 5:30-6:30 followed by dinner.  
Individual tickets \$60. Couples \$110.  
Table for six \$300.  
Featuring local artists work for sale

## SHIP TALK

(Senior Health Insurance Program)

### Changes coming in 2023

Today is the last day of open enrollment 2022. And I'm going to be mercifully short this month for both my readers and for me.

As always, we see lots of changes each New Year. And this year they are somewhat dramatic. Thanks to high inflation, we will see an approximate 8% increase in Social Security. That hasn't happened in a long time. (So for retirees there is a silver lining to this inflation.) Usually the social security increase is accompanied by an increase in Medicare Part B premium and deductible also. However this year is different. We're actually going to see a DECREASE in Medicare Part B premium and deductible. Part B premium is going down from \$170.10 per month to \$164.90 per month, a decrease of \$5.20. Not a lot, but a decrease nonetheless. At the same time the Part B deductible is also going down from \$233 to \$226. Again, not a lot, but it's DOWN.

As most of you know, Part A is free - there is no premium. However, the Part A deductible is going up from last year. This year it's \$1,556 and next year it will be an even \$1600. This should affect far fewer beneficiaries however, since Part A is primarily hospital coverage.

Another important change is in part D (drug coverage). Insulin will be capped at \$30/per month no matter which brand you get or which Part D coverage you have. Quite an important benefit for lots of people. There are other part D benefits coming up under the "Deficit Reduction Act". But those will not be effective in 2023.

Finally, for those who are low income, there will be new dollar amounts to qualify for the Medicare Savings Program or Extra Help for Part D. We don't have those numbers yet, but we all need to be on the lookout for the updates.

*That's it for 2022. Be sure to come and see us at the senior center if you need any health insurance counseling. We're here to help you.*

*Phone: 541-883-7171.*

**MERRY CHRISTMAS  
FROM SHIBA!**

(Senior Health Insurance & Benefits Assistance)

### Find Yourself. Be a Volunteer

I remember when I was a kid living in Grants Pass and during the holidays, Christmas especially, my mom would get together with her friends at the Fleet Reserve Ladies Auxiliary. All year they would save old Christmas cards and ribbon to decorate empty milk cartons. These cartons would magically turn into beautiful gift boxes filled with candy, nuts and homemade goodies for the residents of the local nursing homes. My mom and I would take our share of the boxes and deliver them. I can still remember the happy expressions on the faces of the residents. This was my first volunteer experience.

It stuck with me. My best friend and I volunteered for the Red Cross in high school, stuffing goodie bags for the guys in Viet Nam, wrote letters and donated many hours to our community in the service of older adults.

Today I am the Volunteer Coordinator for the Klamath Basin Senior Center. Still loving what I do and admiring those who help me do it. A dozen students from Eagle Ridge stepped forward this year to serve at our Thanksgiving dinner and so many other wonderful volunteers serve our older adults every day. Give the gift of yourself this holiday season. Be a volunteer. Merry Christmas!

### Want to be a VOLUNTEER?

**Call Ginnie Reed at 541-883-7171 ext. 128**



*Expressions of Heart and Mind*



## A Little Poem For Seniors, so true it hurts!

*Submitted by Cheryl Gibbs*

Another year has passed  
And we're a little older.  
Last summer felt hotter  
And winter seems much colder.  
There was a time not long ago  
When life was quite a blast.  
Now I fully understand  
About 'Living in the Past'  
We used to go to weddings,  
Football games and lunches.  
Now we go to funeral homes  
And after-funeral brunches.  
We used to go out dining,  
And couldn't get our fill.  
Now we ask for doggie bags,  
Come home and take a pill.  
We used to often travel  
To places near and far  
Now we get sore asses  
From riding in the car.  
We used to go to nightclubs  
And drink a little booze.  
Now we stay home at night  
And watch the evening news.  
That, my friend is how life is,  
And now my tale is told.  
So, enjoy each day  
and live it up...  
Before you're too  
damned old!



# See's Candies

## Kiwanis Holiday Store

is at Diamond Home Improvement

Please consider purchasing your gifts of candy from Kiwanis

Our club's mission is to focus on improving the lives of children in our community. 100% of the funds our club raises from this fundraiser will be spent on youth and community projects. We, and the children that benefit from our projects, appreciate your support to this yearly fundraiser. Note that our group would appreciate your support as a member as well. Should you have a credit coming for your purchase, we would like to apply that toward your membership dues.

*Your support makes a difference!*

### Kiwanis Club of Klamath Falls

#### 2019-2022 Projects:

Henley HS Key Club; Triad HS Key Club; Eagle Ridge HS Key Club; Klamath Union HS Key Club; OIT Circle K Club; Steen Sports Park dugouts; SMART Reading Program; Children's Fair; F.I.R.S.T. LEGO Robotics; F.I.R.S.T. Tech Challenge Robotics; F.I.R.S.T. Robotics Challenge; Kiwanis Doernbecher Children's Cancer Program; Gospel Mission; food bank distribution at 2 locations; Dolly Parton IMAGINATION program; Klamath -Lake County Food Bank; Boy Scouts Eagle and Cub Scouts; Folk Music Alliance youth program; Klamath Outdoor Science School; Klamath Senior Center; Friends of the Children; Integral Youth Services; Tater Tots; Klamath Ice Sports youth program; Bags Of Love; Ross Ragland youth program.

International Programs: Elimination of neo- natal tetanus and SIGN Fracture Care



## KLAMATH SENIOR CENTER DECEMBER 2022 CALENDAR OF DAILY EVENTS

### MONDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- SAILing with Mary Noller (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, meets monthly
- WATERCOLOR 10 am - 11:30 am
- Buried In Treasure Support Group - with Patty Card, KBBH - 10:45 am Call 541- 622-9562 to register
- GOLDEN AGE BINGO - 12:30
- YOGA 4:00 pm to 5:00 pm with Kim Carson

### TUESDAYS

- SAIL Exercise with Anne Davenport - 9:00 am
- CREATIVE WRITING CLASS 10am to 11:30 am
- Qi GONG 2:30 pm with Rachel Stephens
- Tai Chi 3:30 pm to 4:30 pm with Andrew Hyun
- SHIBA (MEDICARE Counseling) by appointment

### WEDNESDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- SAILing with Mary Noller (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 541-883-7171 for more details
- Senior Dance Group begins again on December 7th 1 pm - 3 pm

### THURSDAYS

- SAIL Exercise with Anne Davenport at 9:00 am
- CRAFT Connection Corner 9am to 11am
- Golden Age Club BINGO and card games 12:30 pm Thursday Dec. 15 and 22, closed Dec. 8, 24 and 29
- 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, Silver & Fit, or SAIL Video 9 - 10 am
- SAILing with Mary Noller (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






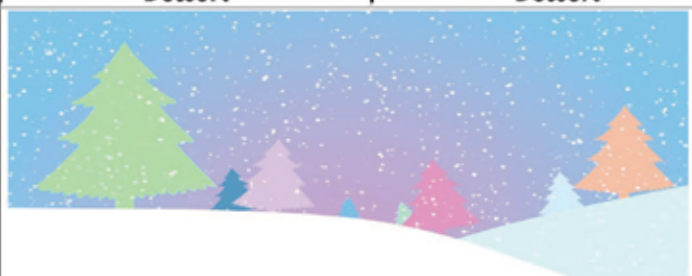
*Check for event calendar updates at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)*

## DECEMBER 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
			<b>ROAST CHICKEN</b> Veggie Salad Dessert	<b>GOULASH &amp; GARLIC BREADSTICKS</b> Veggie Salad Dessert
<b>BARLEY BEEF STEW &amp; CORNBREAD</b> Veggie Salad Dessert	<b>POLISH DOGS &amp; SAUERKRAUT</b> Veggie Salad Dessert	<b>BREAKFAST FOR LUNCH</b> Veggie Salad Dessert	<b>BEANS &amp; HAM CORNBREAD</b> Veggie Salad Dessert	<b>SWEDISH MEATBALLS &amp; EGG NOODLES</b> Veggie Salad Dessert
<b>CHICKEN FRIED STEAK &amp; MASHED POTATOES</b> Veggie Salad Dessert	<b>BBQ CHICKEN</b> Veggie Salad Dessert	<b>CHILI BAKERS</b> Veggie Salad Dessert	<b>LASAGNA</b> Veggie Salad Dessert	<b>SPLIT PEA SOUP W/HAM</b> Veggie Salad Dessert
<b>BEEF BURRITOS</b> Spanish rice Veggie Salad Dessert	<b>MINISTRONE</b> Veggie Salad Dessert	<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Veggie Salad Dessert	<b>MEATLOAF W/MASHED POTATOES &amp; GRAVY</b> Veggie Salad Dessert	<b>CHRISTMAS DINNER</b> Veggie Salad Dessert
	<b>AU GRATIN POTATOES W/HAM</b> Veggie Salad Dessert	<b>SALISBURY STEAK W/EGG NOODLES</b> Veggie Salad Dessert	<b>CHICKEN STRIPS &amp; FRIES</b> Veggie Salad Dessert	<b>ROAST PORK</b> Veggie Salad Dessert
<b>CLOSED</b> <b>NEW YEAR'S DAY</b> <b>HOLIDAY</b>	<b>POLISH SAUSAGE W/SAUERKRAUT</b> Veggie Salad Dessert	<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Veggie Salad Dessert		

## BTS Provides 1,400 Rides to Veterans Every Month

Klamath Falls is home to thousands of U.S. military Veterans and our community is proud of its military heritage and the local military presence that protects our nation's freedom. Celebrating our Klamath Falls Veterans on Veterans Day demonstrated the pride the community and the many local organizations have for our Veterans, including Basin Transit Service Transportation District (BTS).

In November 2020, BTS, who partners with the Senior Center for public transportation service delivery, launched *VETERANS ON THE GO*, meeting a critical need in the Veteran community by providing free rides. During the first month of the program BTS provided 49 rides then and now provides over 1,400 free rides to Veterans each month.

*VETERANS ON THE GO* was established in cooperation with Basin Transit Service Transportation District, Klamath County Veteran Affairs, and Oregon Department of Transportation to connect Veterans to healthcare within Klamath County's rural communities. Through the program, Veterans can receive free public transportation upon acquiring the free Klamath County Veterans Appreciation Card.

Assisting Veterans with their transportation needs so they can receive healthcare is critical to their health.

Medical understanding of post-traumatic stress disorder has improved in the last few years. Therapy options that had not been considered are now available, and BTS is ensuring that transportation is not a limiting factor for accessing them.

An example is Solid Ground, offering a mental health alternative to Veterans that does not include prescription medications, or traditional psychotherapy - but rather the use of horses.

"Basin Transit has been instrumental in enabling participation consistency for Veterans that benefit from our services. One Veteran who had lost confidence in other transportation options is now a regular with us because of BTS. We witnessed an astonishing positive transformation in his quality of life, and he is now even a contributor to the wellbeing of other Veterans" said Shelley Trumbly, Solid Ground Executive Director.

Also, local organizations including the VA reported that *VETERANS ON THE GO* contributed to a dramatic decrease in missed medical appointments, which increased the number of appointments

available to other Veterans and positively influenced some chronic illness treatments.

The benefits of free public transportation for Veterans extend beyond access to healthcare; BTS is connecting Veterans to services and organizations such as the YMCA where Veterans socialize and exercise, enhancing grocery and other shopping opportunities to take advantage of sales, and enabling them to partake in community events and activities such as last week's Hero's Breakfast.

Additionally, *VETERANS ON THE GO* is providing benefits to Veteran families, requiring less of their time to transport their Veteran, reducing absenteeism at work, and enhancing the ability to participate in social activities without having schedule conflicts.

Following *VETERANS ON THE GO*'s success within District boundaries, BTS is now building awareness among Veterans in southern Klamath County about Basin Connect, a new public transportation program that began service in October of this year connecting towns, cities, and communities to Klamath Falls. Concurrently, BTS is exploring public transportation options in northern Klamath County to address Veterans' and the general population needs.

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Article submitted by Adrian Mateos, General Manager, Basin Transportation Services District, 1130 Adams Street Klamath Falls, OR 97601, Phone: (541) 883-2877, [adrianmateos@basintransit.com](mailto:adrianmateos@basintransit.com)



# BASIN TRANSIT SERVICE

## *Sunday* On - Demand Service

*See family, friends, attend Sunday services, and enjoy activities!*

# BTS

**SERVING  
YOU**

*Sunday Service is a door-to-door service for Seniors and Individuals with disabilities and the general public when seating space is available*



### 1 *Call Friday*

Schedule your pick-up times with our dispatcher at 541-883-2877 by calling from 8:00 am to 5:00 pm.

### 2 *We pick you up*

At the place and time within BTS District Boundaries.

### 3 *We drop you off*

Cost is \$1.50 per ride and **FREE** to Veterans with Klamath County Veterans Appreciation Card

### 4 *We take you back*

From the place and time you schedule

## 8 am to 3 pm

[www.basintransit.com](http://www.basintransit.com)  
[ASK@basintransit.com](mailto:ASK@basintransit.com)  
 541-883-2877

Basin Transit Service is a pilot program to develop and understand Sunday's public transportation service need with emphasis on Seniors and individuals with ADA qualifying disabilities and the general public on space available basis. The program will operate two para-transit vehicles 8:00 am to 3:00 pm on Sundays. Riders must call Friday between 8:00 am and 5:00 pm to schedule their Sunday rides. Pickup times need to be specific, "will call" cannot be accommodated for this service.




# Seeking Exercise Class Instructors

By Anne Davenport, PT, DPT 541-883-7171 ext. 122

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 activities 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 currently 5 days a week, with 2 classes on Mon/Wed/Fri and 1 class on Tues/Thurs. We are in need of volunteer instructors!

As a SAIL instructor, you will complete a 10 week self-paced certification class concurrently with in-house training with Anne Davenport. If appropriate, you may be trained in other evidence-based fitness programs in lieu of SAIL, depending on your level of experience and time available to give. You will then be asked to deliver your classes on a weekly basis. Days of the week are negotiable. A stipend may be available.



## FLEX your Medicare

Every ATRIO Health Plan features the Flex Card: a special debit card preloaded with dollars for dental, fitness, and over-the-counter items.


**888-201-0896 (TTY 711)**

We offer other plan options with:


- ✓ \$0 PCP copays and \$0 premiums
- ✓ \$0 Rx deductibles
- ✓ Vision, hearing & dental coverage
- ✓ Acupuncture, chiropractic & naturopathy
- ✓ Local Oregon offices

Stronger provider partnerships means better Medicare coverage for you.

Meet our local providers who make a positive difference in your healthcare.



	ATRIO Choice Rx	Moda Health PPO/RX	Medicare Supplement
<b>\$0</b> Monthly Premium	✓	✗	✗
<b>\$0</b> Medical Deductible	✓	✓	✓
RX Coverage	✓	✓	✗
Flex Card	✓	✗	✗
Worldwide Coverage	✓	✗	✗
Extra Benefits such as meal delivery and vision allowance for frames & contacts.	✓	✗	✗



ATRIO Choice Rx (PPO) Premium

The \$0 premium ATRIO Choice Rx (PPO) was created by doctors, with you in mind.

ATRIO offers additional HMO D-SNP Medicare Advantage plans for those with low-income and additional PPO plans with and without prescription drugs. Call to learn more today!

Request your FREE Information Kit today! Call 888-201-0896 (TTY 711) or go online to [atriohp.com](http://atriohp.com)

ATRIO Health Plans has PPO and HMO D-SNP plans with a Medicare contract and a contract with the Oregon Health Plan. Enrollment in ATRIO Health Plans depends on contract renewal. Out-of-network providers are under no obligation to treat ATRIO Health Plan members, except in emergency situations. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for a pre-service organization determination before you receive the service. Please call our customer service number or see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services.

H6745\_MNG\_NPS\_2023\_M

# Perri Zepeda To Offer New Memoirs Class

The Senior Center has successfully applied to the Klamath County Cultural Coalition for funding to conduct a five month memoirs writing project for older adults. Perri Zepeda has collaborated with us to produce an exceptional proposal. Following is an excerpt written by Ms. Zepeda from the grant application:

*At a time when humanity needs unity, connection and healing for our collective well-being, writing and sharing memoirs support and elevate people with stories of universal truths, understandings, insights and inspirations. Our lives today are unmistakably affected by the stories of those who have gone before us, those who have recorded the most meaningful experiences and lessons of their lives. No matter the subject, access to history through preserved stories has supported and encouraged making our lives matter and feeling that we all belong. Our stories can connect us and teach others how we navigated and surmounted the most challenging events, and perhaps manifesting the dreams of our hearts and souls. Aren't we here for each other? Memoirs can be!*

Needless to say Perri's own writing skills are over the top, and we are pleased to have her share her skills with a group of seniors eager to learn how to write and produce their memoirs or other short pieces that recount the lessons of the past. Perri herself has produced a short memoir titled **No Easy Paths from a kid's eye view** (2019) available from High Serenity Publishing. I highly recommend it.

Our project, **Producing Unforgettable Memoirs**, is expected to begin in January and run for a period of five months. Students will explore what memoirs are and the elements of their composition, and ultimately write their own creative and meaningful life story-memoir. You will survey personal themes, life experiences, emotions, insights, lessons. Students will also create a booklet of their stories, excerpts, or vignettes. The class will give two public presentations of reading from the memoirs.

Materials: Notebook, Pens, Laptop Computer (optional), Photos, Mementos, Scrapbooks, Handouts, File Folder, Memoir Sample Books. There will be a fee to participate in this class. The class will meet eight times as a group, and students will also receive individual support as needed. The class fee will be \$50 plus the cost of materials (yet to be determined). Assistance may be available upon request.

Interested in registering? Call us at 541-883-7171, or sign up at the senior center's reception desk. Class size will be limited to twelve participants.

## MERRY CHRISTMAS FROM MEALS ON WHEELS



Volunteers: Steve Mankinen, Russell Shaffer, Larry Gibbs, Rick and Merlaine Zwartverwer and grandkids, Fritz and Ellen.

No matter the weather, about 35 Meals on Wheels volunteers deliver their fare. Monday thru Friday, rain or shine the volunteers are at the Senior Center early in the morning packing up their bags with the day's lunches for their route. Every day between 130 and 140 older adults receive a hot meal delivered to their home with a smile and a caring heart.

The volunteers have schedules and routes that they share with each other to ensure that meals are delivered every day. There are about 35 part-time volunteers. It's quite a balancing act to get this accomplished but the Senior Centers' MOW coordinator, Linda Breedon, gets it done.

Meals are prepared and packaged early in the morning and then packed up in heat bags for the drivers to deliver.



Sean Keener, Kitchen assistant.



William McGuffey & Bernice Sharpe



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104568-1



**Cranberry Orange Bread**

¾ cup [granulated sugar](#)  
Zest of 1 large orange divided  
6 tablespoon [butter](#) softened  
2 large eggs room temperature  
¼ cup milk  
¼ cup orange juice from the orange  
1 ½ cups [flour](#)  
¼ teaspoon [salt](#)  
1 teaspoon [baking powder](#)  
1 ½ cups fresh cranberries  
**Orange Glaze**  
1 cup [powdered sugar](#)  
1 ½ tablespoon freshly squeezed orange juice from the orange  
1 teaspoon orange zest from the orange above. Infuse the sugar by blending the orange zest with the sugar.

¾ cup granulated sugar, Zest of 1 large orange

Add the butter to the bowl and cream the butter into the sugar/orange zest mixture. Beat on medium-high for 3 minutes. Add the eggs, one at a time, incorporating fully before adding the second.

Whisk together the flour, salt, and baking powder. Add half the flour mixture to the batter, stir to incorporate.

Add the orange juice and the milk and stir to combine. Add the rest of the flour, stirring to combine, scraping the bowl. Fold in the cranberries.

Pour into a prepared loaf pan. Bake at 350° for 45-50 minutes or until a toothpick comes out clean.

Icing: Whisk together the glaze ingredients and pour over the cooled bread.

*Provided by Savoring the Good*



**My Christmas Memories**

*By: Brette Bliss, Sky Lakes Medical Center*

My dad worked for an airline for 30 years and many of those years my family spent Christmas without him. Predictably, airlines are busy during the holidays and dad could always get a holiday shift. Growing up, this was just something my family did and because of it my brother and I spent our holidays with family elsewhere, oftentimes without mom or dad.

For me, Christmas wasn’t a celebration or another calendar day where I received gifts. Christmas break meant traveling and being far away from home. Dad working for an airline meant free flights for my family, but also meant that no distance was too far. My brother and I spent many of our Christmases with our grandparents in Klamath Falls. While not the perfect family Christmases many children wish for, I think my Christmases were wonderful with or without my parents.

My Christmas memories always included putting puzzles together on folding tables set up in corners of the living room or learning how to play games like Mexican Train and Rummy. I remember playing in the snow until I was grumpy because it was always a little too deep for my short legs to walk through. These activities, while nothing terribly special, were exclusive to grandma and grandpa’s house. I look back and remember dominos on the dining room table as exciting because I only ever played dominos with my grandparents. There were some things in my childhood that I only ever did during Christmastime.

Christmas meant baking Great Grandma’s potato rolls with my older cousins under Grandma’s supervision, eating cardamom bread (something only my Grandma Linda made) and cooking up jars of home-grown green beans we picked and canned as a family earlier in the year. Christmas meant trying to identify family members in the old black and white photos that covered every surface of the hallway walls. Christmas meant waiting for Cousin Gary to come back from his smoke break outside with Ralph and Jimmy before dealing another hand of cards. It meant cycling through the solitaire and puzzle tables while visiting with whoever was around.

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(Cont. from page 14) I'm incredibly lucky to have not just one set of grandparents, but two (and some additional grandmas I've collected along the way). I'm grateful that I can spend the holidays with them now and remember together when I would play hide and seek in the pantry or cry because my cousin convinced me that there was a troll in the cabinet by the wood stove (not so funny then, but I see the comedic value now). My Grandma and I can ask each other "remember when?" or "remember how you used to...?" which is something I'm incredibly blessed to have as an adult.

My grandparents made Christmas special for me, when it otherwise would not have been. I hope one day I can share my Christmases with my (my brother's) grandchildren when they visit me for the holidays.



## The Christmas Card Lady

By Ginnie Reed

Mary Waters was her name. I was probably 9 years old when I first realized what she did. She lived in a log cabin in the woods across the road from our farm. Every year she would receive hundreds of used Christmas cards from all over the world. Her life's mission was to remove the handwritten signatures and create a "new" card. She would then make a custom fit envelope, pack cards into a box and send them off to the Veterans Hospital.

She had invented a potion to remove the ink from the cards so you needed a microscope to see where the old signatures had been!

Mary enjoyed my mom and my company. We would visit and bring her cookies and have tea on cold days. She had an old overstuffed horsehair chair at the living room window where she would sit all day and create her beautiful cards.

Mary was in her late 90's when she passed away. I will always remember her kindness, sweet smile and those beautiful cards.



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**Thursdays Dec. 15 & 22  
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541-883-7171**

THURSDAY BINGO Fundraiser open at 4:30 pm call at 6 pm.  
SATURDAY BINGO Nickel Bingo open at 10 am call at 11:30  
SATURDAY BINGO Fundraiser open at 4:30 pm call at 6pm

**NO BINGO DECEMBER 8**  
See you at the Snowflake Parade  
**NO BINGO DECEMBER 24 and 29**



**CELEBRATE NEW YEAR'S  
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**PRE PAYS OPEN DECEMBER 1<sup>st</sup> for**

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4:00 p.m. call at 6:30 p.m.  
Seating is 1st-come, 1st-serve.  
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ROAST BEEF DINNER \$10  
FREE SNACKS LATER

**2 - \$1000 BLACKOUTS**

**1 - WINNER TAKE ALL**

**20 - PACK GAMES PAY \$100**

**5 - WARM UP GAMES PAY \$150**

## 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  
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Contact Ron or Kate  
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# Muffin Monday

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jsmith@klamathhospice.org

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## Share Your Gratitude's - Big and Small

*By Anne Davenport*

As you walk into the Senior Center from the front door, you may notice a new, artistic, and beautiful addition to the right of the front desk. Thanks to the efforts of volunteers, Kate Murphey for the vision and Scott Benson for the craftsmanship, the Senior Center is excited to share in gratitude with each one of you this holiday season.

This holiday wreath is a way to keep the focus on gratitude, family, and community during the holiday months. It can be easy to begin thinking about Christmas and the gifts we want, to be overwhelmed by the stress of cooking or cleaning, or to be sad or lonely when contemplating those we have lost or other loss. We may lose sight of what and whom we do have, or to be grateful for the time we did have with our loved ones. This wreath gives us a concrete way to stop and focus on gratitude every single day and to share in the gratefulness and joy that others in our community are experiencing.

The Gratitude Wreath Kick Off happened on Friday, November 18<sup>th</sup> during the annual Thanksgiving Dinner for Lunch and will continue until Friday, December 30<sup>th</sup>. Participants expressed their gratefulness for “family, friends,” “life in general,” and “my health.” We invite you to come and add your gratitude to the wreath, as well as spend some time reading about the joy of others. This holiday season, we are so grateful to the Klamath Basin Community and for the opportunity to serve each and every one of you.



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## DONOR REPORT

### County Cultural Coalition To Support Memoirs Project

**Submitted By Marc Kane**

Last year we were proud to present the What I Know For Sure Project that brought seniors in high school together with older adults to meet in a series of classes to produce monologues. It was a very successful endeavor. This next year we are expecting some funding from the Klamath County Cultural Coalition to fund a new five month project and series of classes to teach seniors how to write and produce memoirs. We are very grateful for support again from the Cultural Coalition, but we will also need to acquire additional support to bring this new project to completion. Please note the article on page 12 that describes the memoirs project and perhaps consider a donation for this purpose.

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. Some projects are now complete, but we have a long way to go. 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 older adult residents.

October donations of \$38,985.40 were received from the following organizations and individuals:

Klamath Defenders	Marta Stephens	Jon Schnebly
First Interstate Bank	Geraldine Schindler	Burl Parrish
Anonymous	Klamath County Rotary Club	Rose Chapman
Valerie Howard	Patricia Henderson	Cheryl Gibbs
Mary Ellen Sargent	Janet Hall	Ernie Palmer
Refuge City Church	Kenneth Banes	Donna Maloney

Unidentified contributions in October for Meals, Transportation and Other Services amounted to \$3,107.00

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	Wilma Petrik
Dorothy Winters	Rose Chapman	Mildred Miller
Refuge City Church	Patricia Henderson	Mary Reta
Marta Stephens	Donna Maloney	Joe Primm.
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?  
Are you feeling hopeless about your life?



**LOCAL  
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*You are not alone.*



## The Senior Center Christmas Basket

Every year the Senior Center collects goodies of all kinds for their annual Christmas Basket drive. We have our Meals on Wheels recipients that are shut-in and or are unable to get around easily, mostly without family. So we create a basket with food, maybe a blanket, slippers, socks or books to give them during the holiday. Gifts are donated and purchased with money raised from the BINGO cup raffle. These baskets are then delivered, all on the same day, to the recipients by the military base, volunteer families or businesses wishing to donate their time.

This years' baskets will be ready for delivery on December 21<sup>st</sup>. Anyone wishing to volunteer for delivery please contact the Senior Center at 541-883-7171.



## Christmas Memories

*From Cheryl Gibbs*



There were eight kids in our family and Christmas Eve was always a madhouse. Dad used to call us around the tree, there were so many of us whose names rhymed, Larry, Terry, Sherry...that he would just yell "ERRY"! We would all come running into the living room (which was mostly tree), get our presents and tear into them.

This one Christmas when I was about 8 years old, my little brother Larry got his gifts, sat alone in his space and only opened one present. He insisted that mom put the others away. She stored them in the hall closet for what seemed like forever. When Larry was tired of the present he had opened, he would ask mom for another. I think he opened Christmas presents till April that year!



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## Does Santa Clause Exist?

*Stories put together By Stephanie Redfield*

“My favorite Christmas memory,” says Teresa Selig Hardt, “is of hosting a Christmas dinner and exchanging gifts with clients in my Adult Foster Home. Decorating sugar cookies, teaching others to make Christmas ornaments and assorted decorations. Reading Christmas stories to those unable to read. Helping others learn the true meaning of Christmas. Finding the joy of watching Hallmark Christmas movies, snacks and enjoying each other’s company.”

“My favorite memory,” laughs Brenda P. of Malin, “is enjoying gifts from the giveaway box with my brothers and sisters, and

knowing that what we *really* wanted - as long as it wasn’t outrageous - we would probably get at tax return time! It sounds odd - but we were never disappointed at Christmas because we already knew we wouldn’t get specifically what we wanted, not on the holiday, so we weren’t set up for disappointment. We got new stuff to play with and we enjoyed that.

It also helped that all the other kids were poor like us ‘cause when everybody’s poor, nobody’s poor. So we all had good Christmas-es because we didn’t have all those expectations.”

## Last Christmas

*By Dianna Hastings and Stephen Whitman*

Stephen, my fiancé and I, were not expecting any presents for Christmas. Little did we know his sisters were thinking of us. For Christmas, I sent them each a picture I had painted, but that is all I could do. As it was getting nearer to Christmas I wondered if they had gotten them. Sure enough, the next thing we knew UPS was delivering a package to us from Stephen’s sisters! I got a pair of warm gloves and a pink sweat shirt and Stephen got a sweat shirt too.

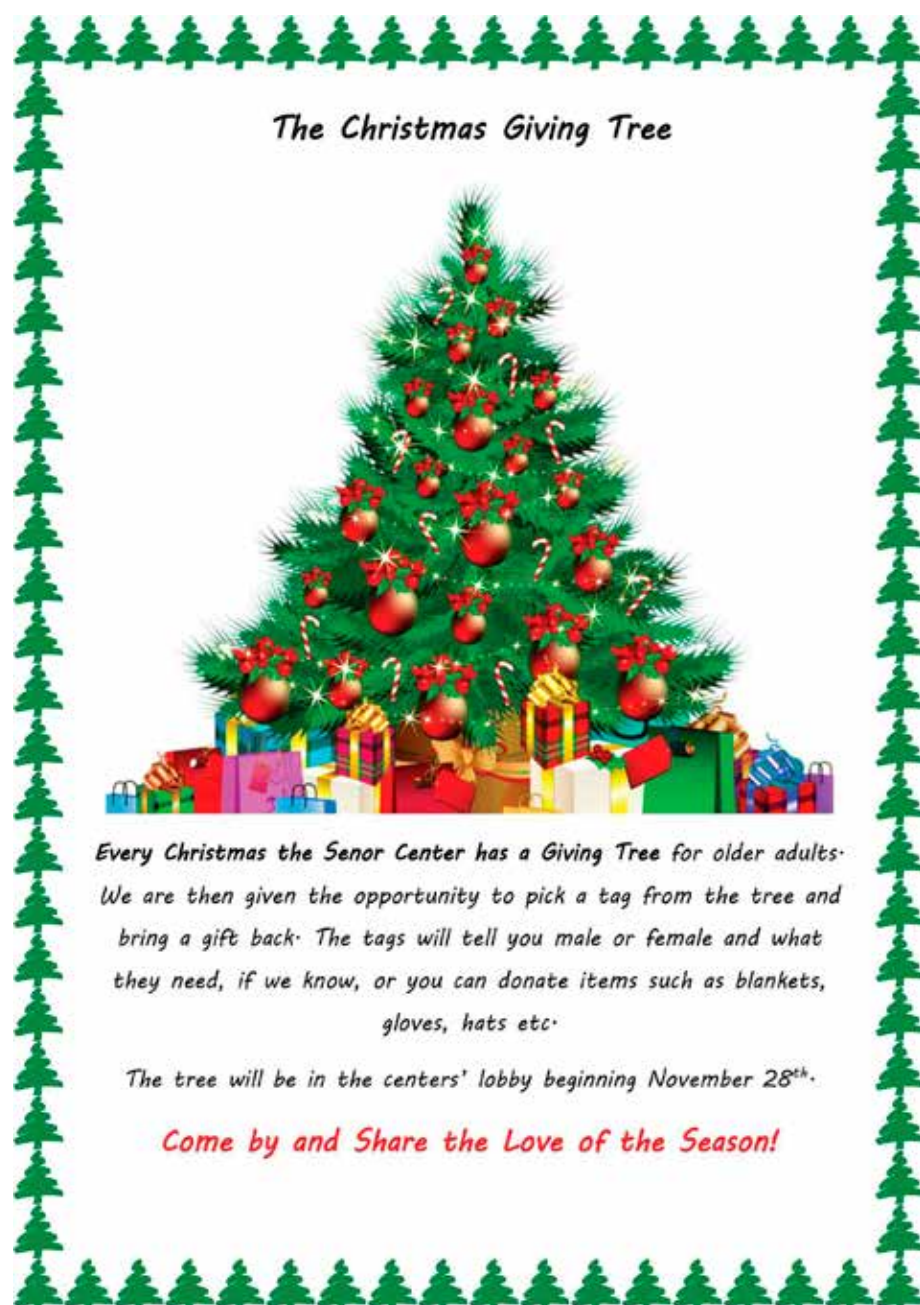
## Merry Christmas.

“My best memory of all,” says Charlotte S., also of Malin, “is the Christmas when I was nine. Some kids at school told me there was no Santa Claus, and that my parents had told me a lie. I went home nearly in tears and asked my mother to tell me the truth about Santa. Does he exist or does he not? She told me the answer was yes and no, no and yes. Then she told me a story about a man in the Catholic Church named Nicholas, who was a bishop and was later named a saint. She told me Bishop Nicholas would throw little bags of gold coins into the homes of people in desperate situations and save them from starving or being sick and not being able to get medicine or not being able to pay their rent. These bags came in not through the chimney, but through the tops of windows that were called transoms. For a long time nobody knew where these little bags of gold came from and Bishop Nicholas never told. She said that was the first real Santa Claus and that today he exists not as a man, but as a spirit. She said anyone can be Santa Claus now, even me. That story made me very happy and I couldn’t wait to be someone’s Santa Claus.”

These days the holiday spirit seems lacking for some folks, and downright tough. Some still love Christmas, some folks do the Holidays, and some choose to pass. However we do or do not celebrate the Holidays we can never go wrong by showing kindness.

## Does the true meaning of Christmas still exist?

**Yes and no. No and yes. Anyone can be the Spirit of Christmas  
Just like anyone can be Santa Claus.**



*The Christmas Giving Tree*

*Every Christmas the Senior Center has a Giving Tree for older adults. We are then given the opportunity to pick a tag from the tree and bring a gift back. The tags will tell you male or female and what they need, if we know, or you can donate items such as blankets, gloves, hats etc.*

*The tree will be in the centers' lobby beginning November 28<sup>th</sup>.*

*Come by and Share the Love of the Season!*

## LAKEVIEW SENIOR CENTER



### Lakeview December 2022 Events

December 2022 Events-

We will be CLOSED on January the 2nd !

Our Birthday luncheon will be on the first Friday, December 2nd .

December 10th, Bus offering rides for Seniors to attend the Christmas Event at the Fairgrounds. Call for Reservations!!!

SIGN UP for Our Christmas luncheon on Friday the 16th !! We will be closed on Monday the 26th . We will be open again on Tuesday the 2nd.

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- 94 7-4966-X106.

Home delivered meals are provided weekly. Congregate Meals are being served on Mondays, Wednesdays and Fridays in the dining room@ 12:00 -12:30.

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. We 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.

*Happiness adds and multiplies as you share it with others.*

Cover Story Submitted by Marc Kane

### Santa Delivers A Meal For The Holidays.



Our cover picture this issue conveys at this holiday season what a gift the Meals-On-Wheels (MOW) program is to so many local seniors. MOW driver Steve Baker happily volunteered to be the Santa that gave the gift of a meal

to Mills resident Robyn who also volunteered to help us convey the value of this meals program.

My wife, Maryann, is also a MOW driver on Robyn's route and reported the following:

"Today while delivering Meals on Wheels, I came to Robyn's house. She's one of my favorite clients. She loves to talk and is so thankful and appreciative for the meals and visits. Today she told me, "I'm so glad you guys come! I mean the meals are great, but I'm talking about all of you (meaning her Meals on Wheels delivery folks). Talking with you and telling you how I'm doing lets me know you are watching out after me and that means a lot, like I can count on you." I told her that we will always be there for her and that she was important to us. She was definitely comforted. It's our gift all year long."

Want to help the senior center continue the gift of support through its many services and programs? With your donation, we can together, continue the gift of support all year long. While we do receive a lot of government support, those funds are not enough to pay the bills and require matching or complementary funding. Some of our programs receive no funding at all except the donations we receive from local residents. Your support of the Senior Center is a gift that keeps giving all year long.

**Happy Holidays from all of us at the Senior Center, and THANKS for your generous support.**

**Thanks also to Basin Transit Service for lending us a Santa suit, beard, boots and all.**



*Happy Holidays From  
Cascade Health Alliance  
and  
Cascade Comprehensive Care!*

Wishing you a safe and warm  
holiday season and happy new  
year.

And we'd like to express our  
gratitude to our senior  
population. You have made our  
wonderful community what it is  
today...



December, 2022

## Of Christmas Past

by Sarah Watson



Growing up, I had many idyllic Christmas experiences: the joys of making decorations out of pine cones, pipe cleaners, cranberries and yarn, the presents received from family, Santa Claus, friends and neighbors. Many of those presents, however, although we enjoyed receiving them, were looked at quickly and forgotten after the obligatory thank you letters.

As a budding writer even at an early age, I tried to invent ways in which I was grateful for presents I would never use or didn't like. Writing these

letters may have been a chore, but on hindsight I learned how much joy these letters, so carefully crafted to express gratitude as well as to inform the receivers of my current life and interests, brought to my great aunts and family friends who I rarely (if ever) met. The *next* Christmas I could often count on receiving more enjoyable presents because I had shared my interests. And I learned to write well, too. The lessons learned from expressing my gratitude in writing, however, is secondary to the lessons learned about gratitude and giving as I grew older and became more of a giver than a receiver.

You see, I grew up in the culture of Friendsi, or as they are often known, Quakers. Among the Friends I knew, in Philadelphia, receiving many gifts was considered a privilege to be shared, and our church members- the kids at least- were encouraged to open 1 gift per day for 12 days (more or less depending on the number of presents) and select from our new gifts (with only the wrapping paper opened) the ones we were willing to give away. Thus we were attempting to comply with the simplicity of possessions that our faith led us to strive for as well as learn about generosity first hand.

We then got together as a group of Young Friends on Christmas day, to take our new presents to Children's Hospital of Philadelphia, where we distributed the gifts among the children in the oncology unit. Of course, somewhere in there, someone had done research of how many and what ages were in the ward, so we sometimes had to do some crazy last minute shopping...

(Cont. from page 22) The delight and appreciation in the eyes of the patients inspired some of us to buy more presents for the hospital play room: games and books especially; things that the kids could enjoy in bed or with family and friends. With these children we also shared stories and listened to their experiences and dreams. We even made some long term friends. This was our Christmas day. We learned the true meaning of the command to "Love thy neighbor as thyself", and one of those years we got together and wrote a song about our thoughts to the tune of a well known Quaker song, Simple Gifts: (I still remember it!)

*'Tis a gift to give simply, 'tis a gift to be free  
To give of our time and work meaningfully  
True love reigns and is strong  
As we share it through gifts and we sing it in song  
The gifts to ourselves are better than things  
For we share what we have, which to others joy brings  
So we dance then, in the snow and the sleet  
And we wait impatiently for new friends to meet.  
Merry Christmas to all, Good tidings of Peace! (2x)*

----- What more need I say? Have a blessed Day!!!



**GIFT RESPONSIBLY.**  
LOTTERY TICKETS AREN'T CHILD'S PLAY.

*Check your list twice;  
scratch-off lottery tickets are for  
GROWNUPS.*

It's no gift.

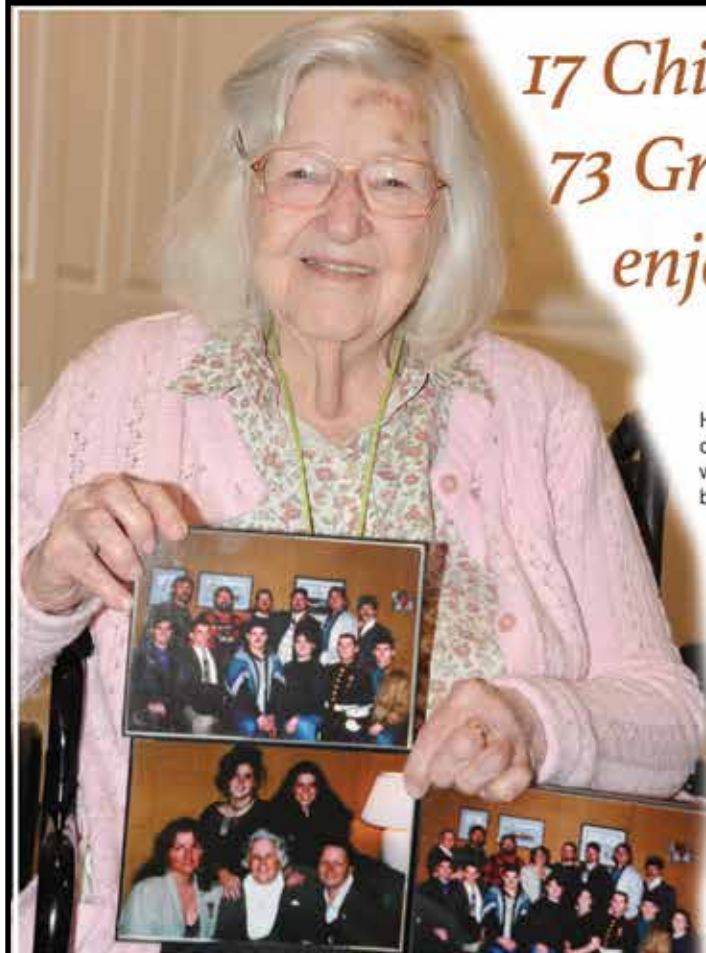
Early gambling makes trying other grown up activities, like alcohol or vaping, seem more okay.

Show you care. Talk to kids about making healthy choices, including NOT gambling.

For more information, contact the Oregon Problem Gambling Resource Helpline at 1-877-695-4648 or visit: [www.OPGR.org](http://www.OPGR.org)



**A message from  
Lake Health District Prevention  
Equal opportunity provider and employer**



## *17 Children, 16 who lived, 70 Grandchildren, 73 Great Grandchildren....Violet VinZant is enjoying a well deserved retirement at Pelican Pointe!!*

How did she manage with so many children? A devoted Catholic, she followed church teachings and didn't consider other options, making do even as she needed to pack up and move the children several times to follow her husband's work as far away as Alaska. She also noted that there were children growing up and leaving home as new ones were born so, for the most part, there were never 16 in her home at one time. Now, Violet enjoys the simplicity of her room where she has everything she needs...bed...bath...comfortable chairs...TV... kitchen sink and microwave...photos of her super sized family and memorabilia of her 90+ years. At Pelican Pointe she loves quiet time designing rosaries in her room at a table covered with beautiful beads, and pursuing her lifelong interest in religious studies. She also has a gift for art evidenced by the many beautiful drawings on her walls.

Violet is just one of the many residents who live at Pelican Pointe that have diverse, interesting life experiences that make social gatherings over meals and crafts fun-filled, story-telling events.

Violet VinZant with photos of her 16 children.

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Amber Anderson

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WITH CASH FRIDAY DRAWINGS  
DECEMBER 16 & 30  
6PM-9PM  
**WIN UP TO \$1,000 CASH!**  
May only win once per day.

**Watch Out 2023**  
NEW YEAR'S EVE HOT SEATS  
SATURDAY, DECEMBER 31 • 9PM-12:15AM  
**Win up to \$2,023 CASH and a Pocket Watch!**  
May only win once per day.

**NEW YEAR'S REVOLUTION PRIZE WHEEL**  
SUNDAY, JANUARY 1 • 1PM-6PM  
**WIN UP TO \$1,500 CASH!**  
May only win once per day.

**SENIOR DAY MONDAYS**  
8AM - MIDNIGHT  
EARN 2X 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.

**Magical Elves**  
THURSDAY KIOSK  
DECEMBER 8-29 • 11AM-7PM  
**WIN UP TO \$100 CASH!**  
May only redeem once per day.

**LET IT SNOW**  
SUNDAY HOT SEATS  
DECEMBER 11 & 18 • NOON-3PM  
**WIN UP TO \$200 CASH!**  
May only win once per day.

**REINDEER GAMES**  
BONUS POINT DAYS  
FRIDAY, DECEMBER 23 &  
SATURDAY, DECEMBER 24 • NOON-8PM  
EARN 3X POINTS ON FRIDAY, DECEMBER 23.  
EARN 4X POINTS ON SATURDAY, DECEMBER 24.

**Rockin' Around the Christmas Tree**  
SUNDAY HOT SEATS  
DECEMBER 25 • NOON-4PM  
**WIN UP TO \$200 CASH & A 10Z SILVER BAR!**  
May only win once per day.

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