

Active Seniors

January 2023

FREE
take one!



Photo credit: Michigan University Health Care's Human Performance Institute

This issue focuses on Parkinson's Disease
Recognizing it
Managing it
Living with it

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

**ALL ARE
WELCOME.**



Klamath Basin Senior Citizens' Center



Image by SUPERMAO 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

Off and Running In Another New Year

Looking back over the past two or three years and greeting a new year I believe we are all breathing a great sigh of relief. The worst of the pandemic is behind us, and we have learned much about how to deal with the remaining threat of new virus variants and other health challenges. I'm quite proud of the work the center staff and volunteers have done throughout these recent years in developing collaborations with other agencies so that our efforts to keep our patrons safe has been a real community effort. Inflation has been another challenge but is also waning. So, we are off and running into another new year with a great sense of optimism and hope that this year might be a smoother ride.



Marc Kane, Center Director

There are new activities coming up this month and into the year. The Learn and Lunches Program which we piloted last November will become a regular health education event each **second Tuesday** of the month beginning **January 10th**. The Senior Dancers started up again in December and are now planning to continue their dance event every **Wednesday** afternoon. And, Boost Your Brain and Memory will be back starting **January 25th**. Finally, a five month program teaching the production and publishing of memoirs will be offered beginning the end of January. All of these great opportunities to learn and to be active in addition to our long standing services like the Meals-On-Wheels and congregate meals programs, SHIBA counseling services, bingo and card playing, transportation services, arts and writing classes and many more. Plus we expect to start and finish three additional capital improvement projects improving the senior center facility. So, again, we are definitely off and running by the time you read this greeting.

If you are still contemplating resolutions for the new year and struggling to get your game off and running, consider the Klamath Senior Center and all its services as a means to provide you opportunities for better health (mental and physical), learning new arts activities, or just finding a place to make new social connections and to stay engaged in productive and meaningful relationships. Oh, and did I mention the opportunity you may have to volunteer your time and talents in supporting the Senior Center? That's a great way to find your purpose, and you will find yourself a happier and healthier person for the effort. No need

to let the lack of transportation hold you back (always a convenience excuse not to get started). Our transportation program is also off and running and ready to come right to your home. Just call two days in advance to request your ride.

Finally, thank you to all the individuals and organizations that have supported us throughout the last year and who expect to continue to do so in 2023. The Senior Center board, staff and volunteers are proud to serve and find great encouragement in your support.

We're on the move!

Come join us!

Happy New Year!

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*

Bring in the New Year by Boosting Your Brain!

by Anne Davenport, PT, DPT

Research has confirmed that people of all ages - even those in their 80s - can improve cognitive function and reduce their risk of Alzheimers disease and other dementias through certain life-style behaviors.

The Klamath Basin Senior Citizens' Center is excited to host another series of sessions of the program called *Boost Your Brain and Memory*, which uses a unique, whole-person approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress as well as reduce your risk of dementia. Boost Your Brain and Memory is a program developed by Mather Lifeways: Institute on Aging.

Boost Your Brain and Memory consists of eight, 90-minute sessions that will take place on Wednesdays from 10:30 am - 12:00 pm starting January 25, 2023 in the downstairs conference room. The class will be taught by Kate Murphey. There are 12 spots available. Participants are asked to commit fully to the program, which includes regular attendance at all eight sessions.

This class has a \$10 fee to cover the cost of class materials and pre-registration is required. To learn more or to register for the workshop, please stop by the front desk or call at 541-883-7171. Please reach out to Anne Davenport at 541-883-7171 ext. 122 or stayactive@kbscc.org if finances are a barrier to attendance.



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.

What about those “useless” as-seen-on TV products?

Brette Bliss, Sky Lakes Medical Center

Did you know that most products with silly infomercials can improve someone's quality of life if not give someone a significant difference in their independence? People with chronic pain, low mobility, tremors, or those who rely on mobility aids like wheelchairs are often forgotten about, especially in genres like TV and movies where those with disabilities are not only ignored but are generally excluded.

Additionally, the dramatic acting in infomercials is meant to illustrate, albeit badly, why a product might be necessary but often end up the butt of a joke, internet meme, or the perceived users of these products might be ridiculed for being lazy or inept. Have you ever said or heard someone else exclaim “Who needs this?” when you see a particularly dramatic infomercial or pass the “as seen on TV” aisle at the supermarket? Sometimes the use of an item isn't clear to someone who doesn't need it.

In high school, my friends and I had a game called infomercial, where we would shout “infomercial” at each other, and we had to dramatically fail at performing whatever task we were doing as though we were actors in an infomercial. At 15, we thought this was hilarious; we weren't thinking about who might benefit from a Robotwist Jar Opener or a Sammons Preston Pour Thing. We later changed the name of the game to “Shatner” in homage to the dramatics of everyone's favorite Starship USS Enterprise Captain.

People who don't experience mobility limitations often don't think about those who do. Why would I, someone who doesn't experience mobility limitations, need something like a Sock Slider or a banana slicer? But just because I can't see any reason for me to use them, doesn't mean they wouldn't be incredibly useful for someone else.

As-seen-on-TV products aren't explicitly marketed towards people with disabilities because they often weren't the target audience in mind. And while that doesn't mean we should completely change our perspective on how we market products on TV, it might be a good use of our time to reevaluate how we (in general) view users of certain products we may find no use or purpose for in our own lives.

While a sock slider, which helps users put on socks without needing to bend over, might not be of any use to me, they have added an element of independence to my grandfather's life who for a long time relied on my grandmother to put his socks on for him. When he got a sock slider, that small level of independence he had previously lost was available to him again.

I think it's important to bring disability into conversations whenever possible, especially those of us who don't experience disability. This can be as simple as reminding others that people live with disabilities or providing perspective on why something might exist.



Senior Center CLOSED Monday, January 16th
Martin Luther King Day

Parkinson's Disease Support Group

Join us for a monthly support group to learn, share and connect. Free and confidential. December 20th Lunch at 12pm, Meeting at 1pm. Red Rooster Grill and Pub, 3608 S. 6th St. For more information contact Kate at 541-810-2134, Ron at 541-591-0686

Buried in Treasures

Self-help and empowerment for Finders and Keepers Workshop starts Monday, January 16th 10:30 am to Noon Klamath Senior Center 16 week class Register via email: pcard@kbbh.org

Dementia and Alzheimer's Caregiver Support Group

Starts Monday January 9th, 9 am to 10 am
Facilitated by KBBH
To register: jraings@kbbh.org

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.

They 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. Call 541-883-7171 for more information and to register. Perri Zepada, instructor.



Health Awareness Learn'n'Lunch

Second Tuesday of the Month, 11 - 11:30 am
January 10th Topic: Bladder Health
See page 16 for details

SHIP TALK

(Senior Health Insurance Program)

More Changes Coming in 2023

Last month we reviewed many of the big changes coming up in Medicare and Social Security, and many of you have already seen some of those changes in your Social Security check. This month I'll review some other changes which will definitely affect only some people, but changes nonetheless.

General Enrollment Period (GEP)

As most of you know, Initial enrollment period (IEP) is the seven month period surrounding your 65th birthday month, i.e. three months prior, your actual birthday month, and three months after. But what if you miss that and have no insurance? This is where GEP comes in. It is - and has been for many years - January 1 to March 31. However under the old rules when you signed up for your initial enrollment during this period, coverage would not begin until July of that year. That still left you uninsured for six more months. Now that has changed to begin coverage the month following your enrollment. So starting in 2023 that gap in coverage will be eliminated.

Special Enrollment Periods (SEP) for Exceptional Circumstances

There are several circumstances which can trigger an SEP. They are as follows:

1. SEP for Individuals Impacted by emergency or disaster.
2. SEP for health plan or employer misrepresentation or incorrect information.
3. SEP for formerly incarcerated individuals.
4. SEP set to coordinate with termination of Medicaid coverage.

As always, the devil is in the details, but if any apply to you, those details need to be checked out. What is common to all of them is that SEP begins immediately after the incident is in effect and ends six months later. If you miss that period, you have to wait until the next General Enrollment Period - January 1 through March 31.

Last but not least, and we covered this change last month, you will no longer pay more than \$35 for a 30-day supply of insulin. This applies to insulin which is covered in your Part D formulary. Insulin provided in the hospital is covered by Part B and not part of this Part D benefit.

We're here at the Senior Center to help you through the *Medicare Maze*. Call 541-883-7171 or come see us with your questions. **Have a Happy New Year!**

Anne Hartnett, SHIBA Coordinator



Foster Grandparent Program Christmas Memories with School Children

Foster Grandparents have loads of fun with school children leading up to the Christmas, Hanukkah, and Kwanzaa holiday season. Our Klamath Foster Grandparent volunteers have shared some of their favorite memories related to their volunteer work with school children this special time of year:

Beverly Coffman's fondest memories center around helping children learn their parts in the Christmas play, "How the Grinch Stole Christmas". The children, with their teacher, Mrs. Reeves at Ferguson Elementary, and the Foster Grandparent's help, practice their lines in the weeks leading up to the play whose audience are the parents, other family members, friends and neighbors.

Joy Vaughn has fun memories about helping school children learn the Christmas program presented to parents and family members. Joy has helped the children learn their songs, their lines, where to stand, when to sit down and she has helped them with their costumes. Joy also loves helping the children make holiday crafts and gifts for family members this time of year.

Debbie Freeman loves helping the children do their holiday shopping for their family at the school store in December. The children are so thrilled and proud that they are able to choose special gifts for their parents and siblings. This year Debbie will also be helping the kids make snowflake crafts from coffee filters and helping them with their Christmas Program. Debbie also loves helping the children make ornaments and other crafts which they take home to decorate their homes.

Won't you please consider joining in the fun our volunteers have each day that they volunteer with school children? If you would like to learn more about volunteering as a Foster Grandparent, please contact:

Lisa Bertash, Volunteer Coordinator
The Foster Grandparent Program of Southern Oregon
(541) 539-1208
Lbertash@retirement.org

Expressions of Heart and Mind

GRANDPARENTS WANTED

By Sharon Hudson

As I drift back in time
To memories long ago,
When grandma was there,
And I was beginning to grow,

Caring about others, and
Being honest as you go,
Is an important lesson that
Each child should know.

I felt warm inside, as her
Presence was sweet.
Going to visit her, was a
Wonderful treat.

A grandparent's job is to
Spoil them right.
To send them home with
Stories to keep hope bright.

Some children don't have one.
And are missing out.
A grandparent brings benefits.
Of that I have no doubt.

At a grandparent's house, you
Always have what you need.
Time spent with them
Is precious indeed.

There are many lessons that the
Younger generation needs to learn.
The wisdom and experience of a
Grandparent can help omit concern.

Children need to have
Someone to trust.
Without it there is emptiness
That just turns to dust.

Most have learned patience, and
Listen to what is said.
Solutions are found, and that
Puts them ahead.

Focus on positive when
You talk about them.
They are little jewels, and
Each one is a gem.

Ethics need to be taught, as
They are slipping today.
They give purpose and meaning,
To doing things the right way.

Grandparents might not always
Have the money to buy,
But love and respect are
In healthy supply.



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.

- Individualized care plans
- Chef-prepared meals
- Medication management
- Social & recreational programs
- Studio and 1-bedroom apartments
- Housekeeping & laundry


Rogue River Place
Senior Living

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

enlivant.com



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



Looking for great service and competitive rates? Call me today.

Gary Cheyne

Financial Representative
5031 S 6th St
Klamath Falls, OR 97603
gary.cheyne@countryfinancial.com
541-884-1700
Cell: 541-892-1382

Auto and home insurance policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Casualty Insurance Company®, or COUNTRY Preferred Insurance Company®, Bloomington, IL. 0621-096MM_07556-12/27/2022



KLAMATH SENIOR CENTER JANUARY 2023 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/Alzheimer's Caregiver Support Group with Jim Rains and Patty Card - 9:00 am to 10:00 am - Registration required - pcard@kbbh.org or 458-200-4257
- WATERCOLOR 10 am - 11:30 am
- Buried In Treasure Support Group - with Kelli Bower and Patty Card, KBBH - 10:30 - 12:00 pm - Registration required - pcard@kbbh.org or 458-200-4257
- 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
- 2nd Tuesday Lunch'n'Learn 11am-11:30am
- 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, new class starts Jan. 25th Call 541-883-7171 to register.
- Senior Dance Group 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
- 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 - 10:00 am to 12 - registration required pcard@kbbh.org or 458-200-4257
- 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

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.

JANUARY 2023 MENU



**Happy
New Year!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED NEW YEAR'S HOLIDAY	POLISH SAUSAGE W/SAUERKRAUT Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	BEANS & HAM W/CORNBREAD Veggie Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert
9	10	11	12	13
QUICHE Veggie Salad Dessert	SWEDISH MEATBALLS Veggie Salad Atrio Ice Cream Social Learn'n'Lunch Day	ROAST CHICKEN Veggie Salad Dessert	GOULASH W/GARLIC BREADSTICKS Veggie Salad Dessert	SLOPPY JOES Veggie Salad Dessert
16	17	18	19	20
CLOSED MARTIN LUTHER KING DAY	CHICKEN STRIPS & FRIES Veggie Salad Dessert	BEEFY BEAN SOUP W/CORNBREAD Veggie Salad Dessert	CORN CHOWDER Veggie Salad Dessert	SPAGHETTI & MEATBALLS Veggie Salad Dessert
23	24	25	26	27
AU GRATIN POTATOES W/HAM Veggie Salad Dessert	BROCCOLI SOUP Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	SPLIT PEA SOUP W/CORNBREAD Veggie Salad Dessert	ROAST PORK W/ROASTED VEGGIES Veggie Salad Dessert
30	31	FEB. 1		
MEATLOAF & MASHED POTATOES Veggie Salad Dessert	LASAGNA ROLLS W/GARLIC BREADSTICKS Veggie Salad Dessert	BEANS & HAM W/CORNBREAD Veggie Salad Dessert		



Health Literacy Can Help You Age Well

With increasing age, attention to our health becomes more and more critical. That is why health literacy among senior citizens should be taken seriously.

“Being health literate means you can find, understand, and use information and services to inform health-related decisions and actions for yourself and others.”

To experience healthy aging, become educated and proactive regarding your healthcare and lifestyle. This means being willing to ask doctors questions and taking the time to understand treatments or new medications. Healthy habits such as eating nutritious foods and regular exercise can also help facilitate healthy aging.

It is also important to remember that some conditions take time to get under control and manage. Health literacy is a critical factor that should not be overlooked, as it can make a world of difference when achieving healthy senior years.

If you have questions, learn more at www.cdc.gov/healthliteracy/learn/index.html

January, 2023

BTS OFFERS SUNDAY SERVICE

Basin Transit Service (BTS) launched its On-Demand Service Sunday Service in July of 2023, a door-to-door round trip service operates from 8:00 am to 3:00 pm for Seniors, individuals with disabilities and the general public based on space available.

The pilot program is offering in-district public transportation with Sundays commuting options proving crucial and popular in our community. BTS Sunday Service provided 48 rides on its first month and demand is exponentially growing, currently providing 120 rides per month.

BTS Sunday Service is enhancing seniors and individuals with disabilities quality of life. Joyce Hughes, a regular Senior rider, shared that BTS Sunday Service takes her to church and shopping, further stating that she is now partaking on gatherings with friends and is no longer experiencing isolation on Sundays, which she was subject to before BTS launched Sunday service.

Another Senior rider, Serfina Andrews, discussed with BTS's mobility Manager how Sunday Service is providing her autonomy to attend church and that she is now able to partake on follow on activities with her congregation, which she explained has tremendously helped her self-esteem.

BTS budget for Sunday Service affords 2 drivers and 2 vehicles to deliver the service that has proven to be so relevant and needed in our community. However, demand is surpassing the available resources, requiring a projected fourth vehicle and driver at the current delivery service growth rate. BTS is actively pursuing cost saving strategies to provide service to all those who need it.

People wishing to use the Sunday service should call Friday between 8:00 am to 5:00 pm to schedule their pick-up times with the BTS dispatcher at 541-883-2877. Cost is \$1.50 each way and free to Veterans with the Klamath County Veterans Appreciation Card.

Updated bus schedule information can be found online at basintransit.com, or by calling BTS Customer Service at 541-883-2877

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

BASIN TRANSIT SERVICE

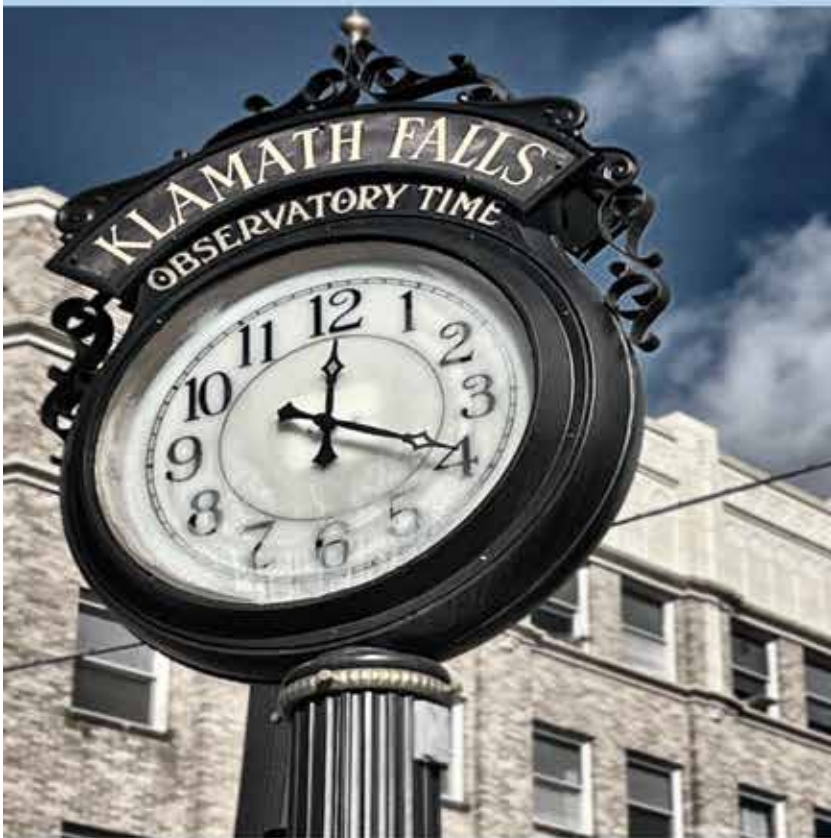
Sunday On - Demand Service

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



All on the go

BTS

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

8:00 am to 3:00 pm

 www.basintransit.com

 541-883-2877

WELCOME 2023

By Sharon Hudson

It's 2023, a new year, and we
Are at the top
Making decisions about
what we want
To keep, and what needs to stop.

I'm thankful for the day.
I'm thankful for the night.
I'm thankful for God,
Who makes things right.

I had a beautiful Christmas
So filled with love
Spirits were high, and good
Blessings came from above.

We sat down and ate a
Most delightful dinner.
My taste buds were happy,
And that's always a winner.

Welcome New Year, let's
Make it good.
I'll do my part, as I
Know that I should.

Something that needs to
Stop, is negative ways.
Concentrate on the positive,
And give yourself some praise.

The things that need to stop
Will usually fade away.
Time has a way of straightening
Things out. It does it every day.

So get rid of the negative, and
Bring the positive to the table.
Accomplish your goals, and
Be thankful you are able.

Time is like a puzzle that
Falls into place.
It seems to be basic for
The whole human race.

So, Happy New Year!
I hope yours is great!
Try not to take on too much,
And overflow your plate.

The Last Ride

Submitted by Peggy Thomas



her head. Sis had fond memories of visiting her grandparent's farm. Gramps held her hand as they walked the fields and he taught her how to feed the farm animals. She loved to collect the eggs but the horrible smell still lingers from helping Gramps clean out the hen house. Sis helped Grams with her vegetable garden and canning the produce but helping Gramps was more fun. She loved the farm animals and a trusting bond was formed. When one of the animals left the farm for the animal kingdom in the sky it made her so sad. Gramps explained it was part of life for all of us and the tears we shed should be happy tears. He told her those animals taking their last journey were so happy that they would kick up their hind legs along the way. He laughed and said, "When I take my final train ride to heaven I will be holding on so tight I won't even have a free hand to wave at you."

As Sis prepared for bed she chuckled and told herself it was probably an omen and at the age of 90 years she was likely getting ready for her last train ride, and no doubt, would hang on with both hands.

Expressions of Heart and Mind

It was early in the morning and as Sis enjoyed her coffee she was trying to piece together a dream that had awakened her during the night. The dream was a vivid picture of her dressed in her Sunday best standing alone at the train station. She was left alone. Her parents or her grandparents were always at her side. In her dream, as she stood there, a train passed by with Gramp's face in the window but he didn't wave at her. She hollered, "Gramps, it's me, Sis. Don't you recognize me?"

Throughout the day her dream drifted in and out of her mind and at times she felt a dark cloud hanging over

Southwestern Chicken Casserole

Fitfoodiefinds.com

Ingredients

- 1.5 cups minute brown rice uncooked (white or brown minute rice will work)
- 2 cups low sodium chicken broth
- 1/2 medium yellow onion finely diced
- 1 15- oz. can sweet corn drained and rinsed
- 1 15- oz. can black beans drained and rinsed
- 1 lb. boneless skinless chicken breasts cut into 1-inch chunks (raw)
- 1 16- oz. jar salsa any spice level works!
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon smoked paprika
- 1 teaspoon chili powder

- 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- 1/2 cup Colby Jack cheese
- Optional toppings: shredded Colby Jack cheese, Greek yogurt, salsa and green onions.

Instructions

Preheat oven to 375° and spray a large casserole dish with nonstick cooking spray.
Add all of the ingredients (minus the shredded cheese) into the casserole dish and mix together with a wooden spoon making sure that everything is well mixed and submerged in liquid. Then, cover with aluminum foil and bake at 375°F for about 50 minutes.

Uncover and top with shredded cheese. Bake, uncovered, for an additional 10 minutes.
Once fully cooked, let rest for 10 minutes before serving. Top with Greek yogurt, more shredded cheese, salsa, and green onions. Serves 8.

Tips & Notes

Nutrition information is for a serving of 8 people and includes the 1/2 cup of Colby Jack cheese

Nutrition Facts

Serving: 1/8 | Calories: 366kcal |
Carbohydrates: 54g |
Protein: 27g | Fat: 5g | Fiber: 12g |
Sugar: 6g

Neal Baldwin 1932 ~ 2022



Neal Ronald Baldwin was born March 25, 1932 in Sioux Falls Wisconsin to Lester and Ada Baldwin; and gained his wings on December 13, 2022 in Klamath Falls, Oregon. He was 90 years old. He died peacefully, surrounded by family.

After retiring with 20 years of service in the Navy, he returned to college to get his BA in accounting. He then worked for another 15 years in Civil Service in California. He moved to Klamath Falls in 1992 where he became a private accountant. After many

years of accounting, he decided to join the staff at Klamath Senior Center as the Fiscal Manager.

In 1951 he met the love of his life, Thelma “T.J.” Jane Miller whom he married 1 year later. During their 70 years of marriage, they had 3 children: sons Donald Lee Baldwin (Kathy), Ronald Mark Baldwin (Monica), and daughter Linda Breeden (John).

Neal had many passions in his life: a dedicated bowler, square dancing king, card games with family and friends, camping, and baseball (go Mariner’s) He also belonged to many organizations such as Grange, Klamath Basin Senior Center, IOOF, and the Sky Lakes Volunteer Guild. He always believed in giving back.

Neal was preceded in death by his parents Lester and Ada; his son Donald Baldwin; all his brothers; and one sister. He is survived by his wife Thelma; son and daughter-in-law Mark & Monica; daughter and son-in-law Linda & John, 8 grandchildren; 26 great grandchildren, and four great-great grandchildren. *(Eulogy reprinted from the Herald and News)*

Remembering Neal Baldwin, A Man of Wise Decisions

I met Neal in March of 2004 when I was hired to be his financial assistant. I was told that the decision to hire was between myself and a young college graduate with long legs who came into the Interview with a short skirt. Neal being a leg man seemed to favor the college graduate until talking to my former employer. In the end my experience in accounting got me the job, definitely not my “long” legs. I’m only 4’11”.

Neal had a background of being an auditor so he was very particular in how things were done. If I was off a penny, I had to find it. It was always fun to come to work and see what Hawaiian shirt he was wearing and he liked to see if you noticed when he was wearing a new one.

One memory I have of Neal is that he loved Catalina dressing on his salads. He would put it on everything, and I do mean everything including sauerkraut.

He treated me as family and I always knew if I ever needed anything, even after he no longer was my boss that I could ask for his help. Neal was very dedicated to the work he did for the Senior Center and was proud of the many grants he was able to get to keep the funding going. Even after he left, he continued to volunteer with the bingo fundraiser along with other members of his family.

Submitted by Shawn McGahan
Financial Services Manager, Klamath Basin Senior Citizens' Center, Inc.

Klamath Basin Genealogy Society
January 12th 2023, 6pm-8pm Klamath County
Library Meeting Room
Beginner's Class with Patty Escamilla
DNA Interest group led by Dick Oelkers meets the first
Wednesday of every month at the Klamath County Library
Meeting Room 1pm-3pm



PRESENTED BY
BRANNON KAEFRING

Medicare Basics – 2023

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

January Workshops

January 11 | 5PM
January 25 | 1PM

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



About Parkinson's Disease



What is Parkinson's disease?

Parkinson's disease (PD) is a progressive neurological disorder that affects predominately dopamine-producing neurons in a specific area of the brain called substantia nigra.

How common is PD?

Nearly one million Americans and 10 million people worldwide live with PD, with approximately 60,000 people in the U.S. diagnosed with Parkinson's each year. It is the second most common neurodegenerative condition after Alzheimer's. The number of people with PD will increase substantially in the next 20 years due to the aging of the population.

What are the symptoms of Parkinson's?

Parkinson's disease can vary from one person to the next. There are many symptoms associated with Parkinson's, but no one will develop all possible symptoms. However, there are four cardinal features of the disease which are often considered when making a diagnosis. Note that not all four need not be present to make the diagnosis. These include:

- Tremor, mainly at rest and described as pill rolling tremor in hands
- Slowness of movements (called bradykinesia)
- Limb rigidity (stiffness)
- Gait (walking) and balance problems

In addition to movement-related (motor) symptoms, Parkinson's symptoms may be unrelated to movement (non-motor), such as apathy, anxiety, depression, constipation, sleep disorders, loss of sense of smell and cognitive impairment.

Who does Parkinson's affect?

Getting older is the biggest risk factor for Parkinson's with most people diagnosed in their 60s. In some cases, people can develop PD before the age of 50, known as Young Onset PD. About 4% of people with PD are diagnosed under the age of 50. Men are 1.5 times more likely to have Parkinson's than women.

We do not know exactly what causes Parkinson's, but scientists believe that a combination of genetic and environmental factors are the cause. Genetics cause about 10% to 15% of all Parkinson's. In the other 85 to 90 percent of cases, the cause is unknown.

How is Parkinson's diagnosed?

There is no diagnostic test for PD. Physicians rely on a combination of clinical exams and tests evaluating symptoms. Often, a Parkinson's diagnosis is first made by a primary care physician or general neurologist. Many people seek an additional opinion from a movement disorder specialist, a neurologist with experience and specific training in the assessment and treatment of PD.

Think BIG! - How to fight Parkinson's Disease with LSVT BIG

By Audra Lewis, PT, DPT, LSVT BIG®
Certified Clinician

Parkinson's Disease (PD) is defined as a progressive disorder of the nervous system, and characterized by uncontrollable movements, resting tremor, muscular rigidity, and slow/small movements.

Physical therapy can be an important tool in addressing these impairments and increasing an individual's safety when navigating their home or community environment.

An emerging method of treatment, known as LSVT Big®, instructed by certified physical or occupational therapists, has shown to improve motor performance and functional mobility in individuals with PD. LSVT Big® is built upon foundational principals of increasing amplitude of movements (emphasizing "Big" movements), performing movements with increased intensity or high effort, and promoting re-calibration.

Individuals with PD often do not realize how small their movements have become. Targeting re-calibration allows that participant to develop their own internal cues, and encourages them to independently identify the amount of effort needed to consistently produce bigger, more normal amplitude movements. (cont. page 15)

LSVT Big® begins with 10 maximal daily exercises emphasizing large, high intensity movements. These specific exercises can also be modified to be performed in seated position for individuals who may be wheelchair-bound or who have difficulty maintaining balance. These exercises increase in complexity as the individual moves through the LSVT Big® program. Participants are then provided with a more individualized program, including functional component tasks, or everyday (one-step) tasks that are challenging to the participant, including getting out of a chair or pulling keys out of a coat pocket. This is followed by performing hierarchy tasks, or more complex tasks that require multiple steps, including getting out of bed or putting on a jacket. All of this task-specific training encompasses the foundational components of LSVT Big®, targeting big effort, large movements, and re-calibration of internal cues. LSVT Big® is delivered over 4 consecutive weeks, with 4 60-minute sessions each week.

Through consistent adherence to LSVT Big® and guidance by a certified therapist, there has shown to be improved postural control, reduced risk for future falls, and improved walking patterns in individuals with Parkinson's Disease.

If you have Parkinson's Disease and are interested in pursuing physical therapy treatment including LSVT Big, contact your primary care provide and request a referral to LSVT Big certified therapist, Audra Lewis at Sky Lakes Medical Center.



COMING SOON

New pharmacy located on Washburn Way

We've thought of you!

DRIVE THRU

*Now you have the option
to stay in your car.*

Check out our website for updates

WWW.SKYLAKES.ORG





**Thursdays and Saturdays
at the Senior Center
541-883-7171**

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

First Come, First Serve for seating
FULL Snack Bar Open

**SENIOR CENTER
FUNDRAISER**

Don't Just Go With the Flow -

We Urge You to Learn More About Bladder Health!

by Anne Davenport, PT, DPT

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 preventive measures. Increasing knowledge about a disease and its symptoms makes individuals more likely to go for screenings and testing as well as take early steps to address any issues that arise.

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 on the Second Tuesdays of the month to aid in improving health awareness. Presentations will provide information about selected monthly health topics, including disease education, lifestyle changes, risk screening and available resources in the community.

While November is considered National Bladder Health Awareness Month, we understand the importance of this topic and would like to bring it to you in January! The first thing to realize when it comes to bladder conditions is that they're extremely common, but while they are common - THEY ARE NOT A NORMAL PART OF AGING. Many people do not talk about their bladder health issues with their doctor because they are too embarrassed, but many bladder conditions can be treated through simple lifestyle changes, like changing your diet and exercise. The first step to feeling better is to learn as much as you can.

To cover this topic, we are excited to host

Maureen Somers, PT, Outpatient Rehab Manager at

Sky Lakes Medical Center who specializes in

Pelvic Floor Physical Therapy. **Learn more on**

Tuesday, January 10, at 11:00am.

Stay after the presentation for lunch! Registration for Learn'n'Lunches is not required, but recommended. Please stop by the front desk or call at 541-883-7171.

References: Urologyhealth.org



**Muffin
Monday**

Veteran's Group

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



**Every Monday
Coffee • Muffins • Conversation**

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

www.klamathhospice.org



WE HONOR VETERANS

Knock Out Parkinson's Disease The Rock Steady Boxing Solution

By Anne Davenport, PT, DPT



Evidence suggests that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably

impact range of motion, flexibility, posture, gait, and activities of daily living - especially in individuals with Parkinson's Disease (PD). More recent studies, most notably at Cleveland Clinic, University of Indianapolis, and Butler University, have begun to suggest that certain kinds of rigorous exercise, such as boxing, may be neuro-protective, i.e., actually slowing disease progression. Exercises are largely adapted from boxing drills, which condition an individual with PD for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength.

Rock Steady Boxing was founded in 2006 by former Marion County (Indiana) Prosecutor, Scott C. Newman, who is living with Parkinson's and his friend, Vince Perez, an experienced boxer, who "refused to let his friend go down without a fight." Rock Steady Boxing created classes to meet the fitness levels at all stages of PD - from the newly diagnosed to those who had been living with it for decades plus. Participants find that engaging in weekly classes allows them to maintain and improve their freedom of movement, feelings of being relevant and active, and the joy derived from life and from truly caring friendships.

Currently, there are no classes in Klamath Falls, however, there are weekly classes at Parkinson Central Ashland, 905 Skylark Place, Ashland, OR 97520, 541-326-1190; and at Higs Gym, 2744 Taylor Road, Central Point, OR 97502. 541-665-5860.

If you are interested in learning more about how to become a Rock Steady Boxing Affiliate or facilitating bringing Rock Steady Boxing to Klamath Falls, please contact Anne Davenport at 541-883-7171 ext. 122 or stayactive@kbscc.org.

References: <https://rocksteadyboxing.org/>

Limited time
special offer at
Crystal Terrace

**\$1000
Off**

**your 1st
month's rent if
you commit to a
rental
agreement
by the end of
January 2023**

Call Yasmeen
for details of this
exciting offer
today!



Call me for a tour!
Yasmeen Nieves
Director of Sales

Independent Living

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

Assisted Living

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

Memory Care

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

**1000 Town Center Dr
Klamath Falls, OR 97601
541-885-7250**




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




RETIRE IN THE COMFORT OF YOUR HOME

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




**Call Mike
to see if a
Reverse Mortgage
is right for you**



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

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



Mike Bliss
NMLS# 291410

OLDER ADULT PROGRAM

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



LOCAL SUPPORT IS AVAILABLE

541.622.9562

You are not alone.



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

DONOR REPORT

Funding Needed For New Programs In The New Year

Submitted By Marc Kane

We are still raising funds for the new Memoirs Program, a five month series of classes and presentations on the production and publishing of memoirs. We have received a starter grant for this program from the Klamath County Cultural Coalition, but additional funds will be needed to complete this project.

Over the last few months we have been fortunate to have hired a new Health Promotion Services Manager, Dr. Anne Davenport, but just part time. Anne has proven her worth and her performance has been extraordinary. We raised our fundraising goals so that we might add some hours to Anne's schedule. It would be a wise investment in improving opportunities for health education and activities at the senior center and throughout the community.

The senior center is currently engaged in a campaign to raise \$135,000 in general operating funds. We have raised nearly \$50,000 so far. In addition we continue to appeal for funds for a capital improvement program valued at more than \$738,000. The capital campaign has more than \$350,000 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 adults. November donations of \$4,285.00 were received from the following organizations and individuals:

Donald J Williams	Geraldine Schindler	Burl Parrish
First Presbyterian Church	Refuge City Church	Ernie Palmer
Sharon Flurry	Kenneth Banes	Wilma Petrik
Jo Ann Hannigan Trust	Mildred Miller	Charlotte Moseley
Michael Casey	Jon Schnebly	Cheryl Gibbs
Marta Stephens	Walter & Kay Duckworth	Richard Card
		Donna Maloney

Thank you this month to Jessica Hecota and staff at Edward Jones Investment firm for donating twenty pumpkin pies for our Christmas dinner.

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.



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 PPORX	Medicare Supplement
\$0 Monthly Premium	✓	✗	✗
\$0 Medical Deductible	✓	✓	✓
Rx Coverage	✓	✓	✗
Flex Card	✓	✗	✗
Worldwide Coverage	✓	✗	✗
Extra Benefits such as meal delivery and vision allowance for frames & contacts	✓	✗	✗



\$0

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

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. Our off-network/out-of-network providers are under no obligation to treat ATRIO Health Plan members, except in emergency situations. Plan 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 authorization determination before you receive the service. Please call our customer service number to see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services.

46743_MMG_NMG_2023_M

Lake Health Dietetic Services

We provide quality dietetic services to our community, including outpatient consultations and educational classes.

Your health care provider and Lake Health Dietetic Services staff will work together to help you achieve optimum health!

We offer services including, but not limited to:

- DIABETES
- WEIGHT MANAGEMENT
- RENAL FAILURE
- GI DISORDERS
- HEART DISEASE
- FOOD ALLERGIES

To get set up for outpatient consults, please ask your health care provider for a referral.

To request an educational class, please contact:

Tara Geil, RD, LD

541-947-2114 ext. 232

tgeil@lakehealthdistrict.org



LAKE DISTRICT HOSPITAL

700 S. J St. • Lakeview

Equal opportunity provider and employer



SATURDAY, JANUARY 21, 2023

*Happy
New Year
Thank you*
for supporting us this year.
Wishing you a joyous
holiday season.

From all of your friends at



KLAMATH HOSPICE
AND PALLIATIVE CARE

40 YEARS
1982-2022

Treasures
A UNIQUE THRIFT STORE

Shop. Donate. Volunteer.

Treasures too
Thrift Store



Be Active & Beyond - Managing Parkinson's Disease with Exercise

By Anne Davenport, PT, DPT

Exercise and staying active is an important part of a healthy lifestyle for everyone. When you have Parkinson's Disease (PD), exercise is as vital as taking your medications on time, every time. Research shows that people with PD who start exercising earlier in their disease course for a minimum of 2.5 hours per week along with medication, experience a slowed decline in quality of life compared to those who start later. Establishing early exercise habits is essential to overall disease management.

Overall, exercise and physical activity can benefit people with PD in the following ways:

- Improves motor symptoms, such as flexibility, balance, coordination, agility, gait and strength.
- May positively impact non-motor symptoms, such as depression, anxiety, apathy, cognition and sleep difficulties.
- May help delay some of the common symptoms of the disease.

While exercise and physical activity are essential for people with PD, balance problems and other symptoms can increase the risk of falling. Here are general things to consider when engaging in routine:

- **Talk To Your Health Care Provider.** Talk to your primary care provider (PCP) about your exercise program or activity level, especially if you are considering starting something new or if you are experiencing new or worsening symptoms. If you feel you need more mobility assistance, ask your PCP for a referral to a physical therapist.

- **Time Your Medications.** Many people with PD have “on times” when their medications are most effective at alleviating symptoms. Exercising during on times may be more effective, and it could reduce the risk of falling.
- **Stay Hydrated.** Staying hydrated can help with low blood pressure and dizziness, and may help reduce fall risk.
- **Be Mindful of Symptoms.** Monitor yourself when engaging in exercise or activity. If necessary, ask a friend or family member to be an exercise buddy.

Remember, any exercise is better than none and it is never too late to start! What kind of exercise or activity should you be doing?

- Train most days of the week for at least one hour
- Include aerobic, strength, balance, agility, multitasking, stretching, as appropriate (see infographic from the American College of Sports Medicine and Parkinson's Foundation next page for specifics)

There is no “exercise prescription” for every person with PD, because the type of exercise you do depends on your symptoms and mobility. For more sedentary individuals, start with low intensity exercise, such as walking. This can be increased to regular, more vigorous activity as tolerated. Above all, do what you enjoy, because the exercise you WILL do is the one that is right for you.

Check out our Activities Calendar on page 8 for classes that you can join at the Center! If you have questions about which classes may be appropriate for you, schedule a time to meet with me at stayactive@kbscc.org or 541-883-7171 ext. 122.

Find more resources online at Parkinson.org and parkinsonsresources.org



Parkinson's Exercise Recommendations

Parkinson's is a progressive disease of the nervous system marked by tremor, stiffness, slow movement and balance problems.

Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:



Aerobic Activity

3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity

TYPE: Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, aerobics class

CONSIDERATIONS: Safety concerns due to risks of freezing of gait, low blood pressure, blunted heart rate response. Supervision may be required.



Strength Training

2-3 non-consecutive days/week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus

TYPE: Major muscle groups of upper/lower extremities such as using weight machines, resistance bands, light/moderate handheld weights or body weight

CONSIDERATIONS: Muscle stiffness or postural instability may hinder full range of motion.



Balance, Agility & Multitasking

2-3 days/week with daily integration if possible

TYPE: Multi-directional stepping, weight shifting, dynamic balance activities, large movements, multitasking such as yoga, tai chi, dance, boxing

CONSIDERATIONS: Safety concerns with cognitive and balance problems. Hold on to something stable as needed. Supervision may be required.



Stretching

>2-3 days/week with daily being most effective

TYPE: Sustained stretching with deep breathing or dynamic stretching before exercise

CONSIDERATIONS: May require adaptations for flexed posture, osteoporosis and pain.



See a physical therapist specializing in Parkinson's for full functional evaluation and recommendations.



Safety first: Exercise during on periods, when taking medication. If not safe to exercise on your own, have someone with you.



It's important to **modify and progress** your exercise routine over time.



Participate in **150 minutes** of moderate-to-vigorous exercise per week.



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

**Parkinson's
Foundation**

Helpline: 800.473.4636/Parkinson.org

LAKEVIEW SENIOR CENTER



Lakeview January 2023 Events

Happy New Year!

CLOSED January 2nd

Monday, January 9th, we will start Bingo again after lunch - 1:00pm

Our Birthday luncheon will be on the second Friday, January 13th

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 - 12:30pm

Lakeview Local operates 8-5 on Thursdays. Service is FREE. Call to schedule a ride. We require 24 hours advance notice.

First & third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00am & 1:00pm

Second Tuesday Klamath Falls Shopping Trip

Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. 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 open Mondays & Wednesdays 10:00am-2:00 pm so our shoppers can join us for lunch. Donations accepted during store hours.

*How beautiful a day can be
when kindness touches it!*

Let's Talk About PD

After interviewing 4 different individuals with Parkinson's Disease I can say for certain that it effects everyone differently. Different times in life, symptoms, progression, gender and genetics. (See photo of group on next page)

Lisa was diagnosed six years ago at the age of 51. She is active daily and walks, takes group exercise classes 3 times a week, rides a bike and works with aerobic weights. She sees a naturopathic specialist who has recommended a natural dopamine and sticks to a Mediterranean diet, no processed foods. When she noticed that the fingers on her left hand weren't working properly, dexterity was failing, she went to her doctor. She was also aware that her sense of smell was weakening. Lisa took an aggressive approach and has kept a positive attitude. She firmly believes that exercise and diet are key in helping her maintain a healthy lifestyle.

Ron, whose wife had suffered from Parkinson's, cared for her and watched the disease first hand. He is now part of the local Parkinson's Disease Support Group that meets the 3rd Tuesday of every month at the Red Rooster Grill and Pub, 3608 S. 6th St. The luncheon begins at noon and the support meeting begins at 1pm. All are invited. You are encouraged to ask Ron questions, he is a great resource. Karon is 70 years old and was diagnosed 5 years ago. She is living in a care community now. Her grandkids come to visit so she gets to stay active in their lives, she love to chat and be social but there are some speech difficulties. Karon uses a walker, rides a stationary bike and exercises everyday. She attends the Senior Center Qi Gong classes and uses the bus. She says, "I keep moving so I can keep moving."

Chuck realized at 94 he might have a medical issue. He was salivating and shaking a lot. He thought it might be just part of the aging process, but he went to his doctor just to make sure. That was 3 years ago. Today, at 97, he is still going strong. He has been extremely active his entire life. He lived in Libya working for Mobile Oil, taught electrical school, was in the Coast Guard, got his degree from Berkley, served for the environmental services in Chiloquin and is an active member in the Unity Fellowship. PD has slowed him down a bit but he's not giving in.

Atrio Ice Cream Social

now every Tuesday at our congregate meal



Parkinson's Disease Support Group

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

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

Contact Ron or Kate to find out more.

Ron: 541.591.0686

Kate: meymurp@hotmail.com, 541.810.2134

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

Klamath Falls Parkinson's Support Group

3rd Tuesday of the month

1:00 pm meeting

12:00 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

You are not alone!

Parkinson's Disease Support Group

3rd Tuesday of the month

Noon: lunch 1:00 pm: meeting

Red Rooster Grill and Pub



Brad Workman
Staff Nurse

Everything our residents need to be safe, comfortable and healthy is covered by the Pelican Pointe staff!

Brad Workman keeps busy everyday assisting Pelican Pointe residents with medical needs such as medication delegation, dressing changes, physical and emotional concerns and more...what ever management is needed for their overall well being.

Brad says, "I love my job. I'm here for a reason and like what I do....I meet such wonderful people.....I really enjoy spending time with them!"

Ruben Rodriguez has to be able to do everything from minor repairs to light bulb changes, paint touchups, and other general maintenance...the little things that are so important to the residents..

Ruben says, "I have always been a hands on type of guy being able to fix things and do what ever is needed to keep the building running here. I usually keep busy everyday...time flies by and thats a good thing for me!



Ruben Rodriguez
Maintenance



Pelican Pointe
ASSISTED LIVING

615 Washburn Way, Klamath Falls, OR 97603

541-882-8900,

Amber's cell: 541-205-2018

**Friendly, compassionate,
professional...
this is who we are at
Pelican Pointe!!**



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

Amber Anderson

Need An Extra Lift?

Get It
**DELIVERED
RIGHT AWAY!**

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



Visit one of our two locations today!

Legacy
FURNITURE Inc.

541-882-3217


3250 Washburn Way
Klamath Falls, OR 97603

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


541-884-2773

1204 Main St.
Klamath Falls, OR 97601


John 3:16



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



**TUNE IN AND
TURN ON THE FUN**
FRIDAY DRAWINGS
January 6-27 + February 3 & 10
6pm-9pm
Win up to \$500 CASH & a 65" TV!



**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.

**GET YOUR BONUS
WEDNESDAYS**
January 4-25 • 10am-8pm
All card members will earn Bonus Points based on their tier level.

Card	Points
Arrowhead	Receives 3X Points.
Crows Knees	Receives 4X Points.
Quails Plume	Receives 5X Points.

**IKO BLACK DIAMOND
COOKWARE**
SUNDAY KIOSK
JANUARY 8-29 • 10AM-6PM
Earn 75 points and swipe at the Kiosk to receive prize voucher.

Prize	Points
January 8: 9.5" Black Diamond Fry Pan	75
January 15: 3qt Black Diamond Sauce Pot	75
January 22: 3.5qt Black Diamond Sauté Pan	75
January 29: Your Choice (9.5" Fry Pan, 5qt Sauce Pot, 3.5qt Sauté Pan, or 8qt Dutch Oven)	75

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.

See Bonus Club for Complete Details No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel. Gambling Problem? Call 1-800-GAMBLER

WHERE WINNING COMES NATURALLY **SMOKE FREE PROPERTY!**