

Active Seniors

February 2023

FREE
take one!



Inside....

Loving your heart!

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

ALL ARE WELCOME.



Klamath Basin Senior Citizens' Center



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



ACTIVITIES

BINGO

Creative Writing &
Art Classes

Movies



FINANCIAL

Senior Health Insurance
Benefits Assistance

and more!

Directors Greeting

The Heart Sustains Us!

It’s hard to say which of the human organs is the most important but I choose the heart because I believe without its production of life sustaining blood all our other parts would not be able to sustain themselves. Our health focus in this issue is all about caring for the heart, and of course much about the heart’s way of having us care for each other. It’s not only Heart Health Awareness Month, but the month that brings us swooning over our loved ones on Valentine’s Day. I love the month of February!

This is the month when I celebrate my memories of a favorite story and movie, the Wizard of Oz. We all remember the scarecrow in search of a brain, the tin man looking for a heart and the lion trying to find courage. It’s a fascinating story that reveals how they all must work together. The brain enables us to know who we are and recognizes our diversity. The heart produces the ability to accept our diversity, and it is courage that puts all into play—to take those steps to engage and build relationships that make this a better world for us all.

I hope you enjoy this edition and find something here to send you on a journey to sustain your heart’s health in all its aspects, be it to pump blood or to love. Take note of an opportunity at our Lunch’n’Learn series to learn all about caring for your heart on Tuesday, February 14th. And don’t miss poems and stories in our section, Expression of Heart and Mind. As always I remind you here of all the activities at the Senior Center designed to bring us together and keep us connected to each other and community. See our calendar of events on page 8. It has a new section this month with a brief description of many of the activities we offer.

A special thanks this month to the Klamath County Commissioners for awarding a grant of up to \$135,000 to improve two of our building’s entrances and the appearance of our building. They have taken steps to help us make our building a more inviting and accessible place. These actions also communicate that our commissioners value our services and the importance of our presence in our community.



Marc Kane, Center Director

Another project to enhance accessibility to our building will be the installation of a lift from the reception area to the second floor. Construction begins in February on that project.

Thanks to Dawn Wallace who recently volunteered to serve on our center’s Board of Directors. Dawn was elected to the board on Wednesday, January 25th. Dawn comes to the board with extensive experience in a human service career. She has also served as one of our Boost Your Brain and Memory class instructors. Two other candidates are also being considered for board appointments at the board’s next meeting on February 22nd. There is always a place to volunteer at the senior center.

Come Celebrate Life With Us!
All Are Welcome !

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

Call (541) 883-7171

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

Name:

Email:

Street Address:

City: State: Zip:

Amount of Contribution:

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

☐ My check is enclosed payable to KBSCC.


Or charge my contribution to my:

☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Card # Exp. Date CSC

Recurring monthly contribution: ☐ Yes ☐ No

Signature



Klamath Basin Senior Citizens' Center

BUILDING AND MAINTAINING A SUPPORTIVE COMMUNITY FOR SENIORS



BE A VOLUNTEER. SERVE A MEAL.

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

Volunteer today at The Klamath Senior Center
Ginnie Reed 541-883-7171 ext. 123

VOLUNTEER OPPORTUNITIES:

Meals on Wheels: For homebound Older Adults and disabled within Klamath Falls & Suburban area. Monday – Friday delivery. Drivers Needed

Medicare/Prescription Drug Counseling (SHIBA): By appointment: Call 541-883-7171 Counselors Needed. Training provided

SAIL: Silver Sneakers: Exercise class. Mon-Fri 9 am – 10 am 10:30am – 11:30 am; call for details 541-883-7171 Instructors Needed

Kitchen Asst.: Monday – Friday. Hours vary. Help Needed

Transportation: Call KBSCC for more info. 541-883-7171 xt.137 or 541-850-7315

Craft Connection Corner: Thursday 9 am -11 am

BINGO Fundraiser: Thursday & Saturday opens 4:30 pm – call begins at 6:00 pm. Helpers Needed

Nickel Bingo: Saturday, opens 10 am call begins at noon

Gift Shoppe: Open Monday – Friday 10am - 2pm Call for opportunities 541-883-7171

Light Housekeeping: Mop & vacuum homes for older adults that are home bound. Help Needed

Yard Work/Snow Removal: Help older adults that can no longer do yard work.

Fix-it Projects: Help older adults with in-home maintenance projects. Help Needed NOW

Start Small – Make a Big Difference with Your Heart Health

By Anne Davenport, PT, DPT



Plan Well

Want to take steps to protect your heart but not sure where to start? First, join us at the “Be Heart Smart” Learn’n’Lunch on Feb 14th. Work with your health care provider (HCP) who can:

- * Check your blood pressure, cholesterol, and blood sugar
- * Share advice for healthy eating and physical activity
- * Support you in other heart-healthy changes, like quitting smoking
- * Connect you with specialists to treat heart problems and other conditions
- * Prescribe medicines, if you need them

Eat Smart

Small changes in your eating habits make a big difference in your heart health. You can find healthy eating habits that work for you. To start:

- * Eat more fruits and veggies. Try making half your plate fruits and veggies at each meal.
- * Skip the Salt. Too much sodium (salt) can raise your risk for high blood pressure, heart disease, and stroke. Processed, packaged, and canned foods have a lot of sodium —check the Nutrition Facts label! The American Heart Association recommends no more than 2,300 milligrams of salt per day.
- * Choose healthier fats. Too much saturated fat from fatty meats and full-fat dairy can be bad for your health. Try swapping saturated fat for healthier unsaturated fats — like fats in olive oil, avocados, and nuts.

Move More

Physical activity is key to a healthy heart. And when you’re active, it’s easier to keep doing all the things you love — like traveling, seeing friends, and playing with your grandkids.

- * Start with Five. If you haven’t been active lately, start slow and go at your own pace. Even 5 minutes of activity has health benefits, and you can build up to more over time. (Continued on page 5)



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.

(Continued from page 4)

- * Walk more. Walking is a great way to start being active. Try fitting in a short walk in the morning or after dinner.
- * Get moving while you get things done. Active chores like gardening, vacuuming, washing the car, and raking leaves all count as physical activity.
- * Find an activity buddy. Physical activity can be more fun with other people! Try a group activity class at the Senior Center or invite a friend to go for a walk with you.

Be Well

Real health also includes getting enough sleep, practicing mindfulness, managing stress, connecting socially, building resilience and more.

- * Most adults require 7-9 hours of sleep to promote healing, improve brain function and reduce the risk for chronic diseases.
- * Connect with others to improve your health. Join us at the Senior Center for a congregate meal or an exercise class. Get involved by volunteering at the Senior Center.
- * Mindfulness can help with focus and reduce stress and anxiety. Read Jeanette Rutherford's article about the mind-calming practice of meditation on page 22-23.

Learn more at the Learn'n'Lunch Workshop on Valentine's Day, Tuesday, February 14, at 11:00 am. Have your blood pressure checked after the workshop!

References: heart.org; hearthealthsteps.org; millionhearts.hhs.gov



FREE MEDICAL SCREENING

- Cholesterol screening
- Blood glucose screening
- Blood pressure check
- Plus exhibits by Sky Lakes Medical Center departments and many community partners
- Special activities and information specifically for ages 3-13

SATURDAY MARCH 4TH
KLAMATH COUNTY
FAIRGROUNDS
8AM - 2PM



Senior Center
CLOSED Monday,
February 20th
President's Day



Health Awareness Learn'n'Lunch
 Second Tuesday of the Month, 11 - 11:30 am
 February 14th Topic: Heart Health
 See page 21 for details

SHIP TALK

(Senior Health Insurance Program)

Medicare Preventive and Screening Services

Looking for a way to stay on top of your health in 2023? Medicare covers many preventive and screening services. These services are valuable since they can keep you from getting sick and also can help find health problems early when treatment is most likely to work best. Talk to your doctor about which one might be right for you.

Let's look at what's covered. The list is long but it's worth wading through.

- Abdominal and aortic screening
- Alcohol misuse screenings and counseling
- Bone mass measurements (bone density)
- Cardiovascular disease (behavioral therapy)
- Cervical and vaginal cancer screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings – and self-management training if necessary
- Glaucoma tests
- Hepatitis B infection screening and Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram screening
- Nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- SHOTS: (1) Flu (2) Hepatitis B (3) Pneumococcal (4) *new this year*, SHINGLES
- Tobacco use cessation
- Yearly wellness visit

Likewise, if you're needing any information about health insurance and Medicare, we're here at the Senior Center, volunteer certified and trained SHIBA counselors, ready to tackle your questions. Call 541-883-7171 to make an appointment. It's free!

Anne Hartnett, SHIBA Coordinator

Expressions of Heart and Mind

Whispers of Love

Sharon (Johnston) Pappas ©

Whispers of Love
Float down from above
Like the gentle breeze
Under the wings of a dove

What is love
You might say
I hear it about everything
Each and every day

I love the cookies
And your new hairdo
Your outfit and shoes
Well, I love those too

But love is much deeper
And comes from within
No greater feeling
Has there ever been

It's compassion, tenderness
A sincere hope for everyone
Of joy, happiness
And peace under the sun

It's patient and kind
Forgiving, honest and true
A gift from God
Given to me and you

So as this new year begins
Remember to share of yourself
With neighbors, family and friends
Be thankful and whisper your prayer of love
As the sun rises and each day ends.

Mumkins Recipes for Life.....



*'Tis the month of chocolates and hearts
Wrapping them in Love is the place to start!
Sharon (Johnston) Pappas©*

A STORY OF LOVE

Patricia Card

KBBH Older Adult Behavioral Health Specialist

February brings up many different memories for so many. It can be a time of great joy, and love in the air, or it can bring up sadness or loss. This is a time we should all remember to reach out and check in on those we love and remember every day to share kindness and peace.

A story of love that I want to share is one of my late husband David and myself.

We began dating in 1974 while both attending Bonanza High School. We married in 1977 and had our 2 sons in 1986 and 1988. We shared years of sports, traveling to 20+ states, rode horses, traveled to Mexico and Canada, took cruises, and just loved life together. We believed in living with no regrets.

In 2012 David was diagnosed with Metastatic Colon Cancer. He had always been a healthy person, so after surgery, his body was totally rejecting of all treatments. We lost him in January 2014.

This is not a story of sadness, but a story of love. Valentine's Day had always been something special to David and me. He loved sending flowers to me at work, and always prided himself on being the first one to do so each Valentine's Day for 38 years.

February 14, 2014, comes and a huge bouquet of flowers arrives. I instantly call my sons and say "I can't believe you sent flowers, it is not something I needed." They both replied with "we didn't". I then read the card and it said "Tricia - I will love you forever and ever - love Daver". I was in shock. I called the flower shop to see who had sent them as that was what David would write on all of my flowers/gifts. They told me on January 8, 2014, that David had called in and ordered them. He had passed away on January 12, 2014. My heart.

My aunt, Kathryn Murdock, who is an amazing artist painted the flowers for me so I could have them forever. Every time I look at the painting, I think of the amazing love we shared and how fortunate we were to have had that.

Cherish your time. Live with no regrets.

If you or someone you know is needing mental health or substance use support, please reach out to KBBH - 541-883-1030 or in an emergency, call the National Suicide Lifeline at their new nationwide number - 988. Senior Loneliness Line is available 24/7 as well if you just want to talk with someone about anything 1-503-200-1633



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 Preferred Insurance Company®, Bloomington, IL. 0621-096MM_07556_12/27/2022



KLAMATH SENIOR CENTER FEBRUARY 2023 CALENDAR OF DAILY EVENTS

MONDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- Body Recall with Jack & Mary Noller 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
- 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
- Watercolor Class – 9:30 am – 11:00 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
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- Boost Your Brain and Memory Class 10:30 am - 12:00 pm with Kate Murphey, current class full. Call 541-883-7171 to be placed on waiting list for next cohort.
- 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
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- *Circle of Friends for KBBH clients – 10:00 am to 12 pm – To determine eligibility & register, reach out to Patty Card at pcard@kbbh.org or 458-200-4257
- COUNTY BRANCH LIBRARY 9:30 am – 1 pm

SATURDAYS

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

DESCRIPTION OF DAILY EVENTS

Body Recall: A lower intensity program of physical fitness, designed to reclaim the natural motion of the body and the strength to help make life pleasurable. This class emphasizes the essential development of full range of movement in all joints and muscles. This class is offered at the Senior Center by community members, Jack & Mary Noller.

Circle of Friends: A support group for clients of Klamath Basin Behavior Health who come together weekly for crafts, presentations, and to make friends. You will need to reach out to KBBH to determine if you are eligible.

CRAFT Connection Corner: Free weekly opportunity to engage in conversation, brainstorming, show & tell of projects, and more. Craft topics that have been discussed are potholders and other kitchen wares, crocheting, macramé, knitting, paper beads, and dolls. No experience with crafts needed, only a desire to connect!

Qi GONG: Pronounced "chee gong," involves exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. This class can be done in seated or standing.

SAIL: Stay Active & Independent for Life is an evidence-based class that includes aerobics, strength, balance and education. This class can be done in seated or standing, with or without equipment. This class is delivered at a moderate to high intensity.

Tai Chi: Originally developed for self-defense, tai chi has evolved into a graceful form of exercise for stress reduction, strength, and balance. Described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

WATERCOLOR: Weekly art class offered by local artist, Kat Benson, entitled "Watercolor For The Fun Of It," encouraging all to come together, have fun, and create.



YOGA: An ancient mind and body practice that combines movement, postures, breathing techniques, and meditation or relaxation to promote mental and physical well-being.

Check for event calendar updates at www.klamathseniorcenter.com

FEBRUARY 2023

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

To apply for Meals on Wheels call 541-205-5400. The Congregate LUNCH IS SERVED MONDAY-FRIDAY 11:30 –12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BEANS & HAM w/CORNBREAD Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert
BRUNCH Veggie Salad Dessert	TORTELLINI & MARINARA SAUCE Veggie Salad Dessert	SHEPHARD'S PIE Veggie Salad Dessert	SPLIT PEA SOUP & CORNBREAD Veggie Salad Dessert	CHICKEN STRIPS Veggie Salad Dessert
MEXICAN LUNCH Veggie Salad Dessert	MEATLOAF & MASHED POTATOES  Veggie Salad Dessert	BBQ CHICKEN Veggie Salad Dessert	SWEDISH MEATBALLS Veggie Salad Dessert	AU GRATIN POTATOES W/HAM Veggie Salad Dessert
CLOSED President's Day	POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	BEEFY BEAN SOUP W/Cornbread BEEF TACOS SPANISH RICE REFRIED BEANS	BREAKFAST BURRITOS Veggie Salad Dessert	ROAST PORK Veggie Salad Dessert
SALISBURY STEAK Veggie Salad Dessert	BROCCOLI CHEDDAR SOUP Veggie Salad Dessert	LASAGNA ROLLS Veggie Salad Dessert	BEANS & HAM W/CORNBREAD Veggie Salad Dessert	SPAGHETTI & MEATBALLS Veggie Salad Dessert



The Importance of Your Annual Wellness Visit

1

Annual wellness visits are vital for supporting good health and preventing disease. These visits are an opportunity to meet with your doctor for health checkups and to discuss any concerns or issues you may have.

2

During an annual wellness visit, your healthcare provider usually performs a physical examination, takes vital signs, and reviews your medical history. They may also do blood work or screenings for specific conditions like diabetes or high blood pressure.

3

These visits are a great chance to get education and resources on healthy living and disease prevention. Annual wellness visits are crucial for keeping good health and living comfortably. They give you a complete assessment of your physical and mental wellbeing. It's essential to schedule and attend annual wellness visits to stay on top of your health.

4

Make sure to schedule your annual wellness visit for 2023 if you haven't already. These visits are usually covered by your health plan.

Here's to a happy and healthy 2023!

February, 2023

The Connection Between Younger and Older Generations

Submitted by Jade Wong, Klamath Union High School Senior



As each generation becomes older, it will get lonelier for some. Due to growing health conditions, a possible increase in mental decline and the changing of generations, the elderly become dehumanized in the eyes of many. Older adults become isolated, not able to gain a connection with those around them. That is why it is so important for the younger generations and older generations to connect more, to share their stories and their knowledge.

Everyone has something important to share, especially older generations who have lived through what the younger generations may never experience. Learning more about older adults and the lives they lived shows that they are people and they did live similar lives to some of the younger generations. You learn about all the amazing things people have experienced and done that they want to talk about and need someone to tell.

Each generation has some things to teach and some things to learn, and there is a lot to learn from the older generations. Showing love, support, and interest for older adults all help combat the isolation they may face. Isolation can cause issues among the elderly population, people who face social isolation were associated with about 50% increased risk of dementia, an increased risk of premature death from all causes, increased rates of depression, anxiety, suicide, and more.

Older adults are human, and nobody should have to suffer from the effects of social isolation. We all have so much to learn and give, connecting with older adults as a younger generation will teach us things we should know and give the older population a chance to thrive. Some things that you could do to connect with older adults are sending letters, visiting nursing homes, asking questions or telling older adults in your life that you love them.

BASIN TRANSIT SERVICE

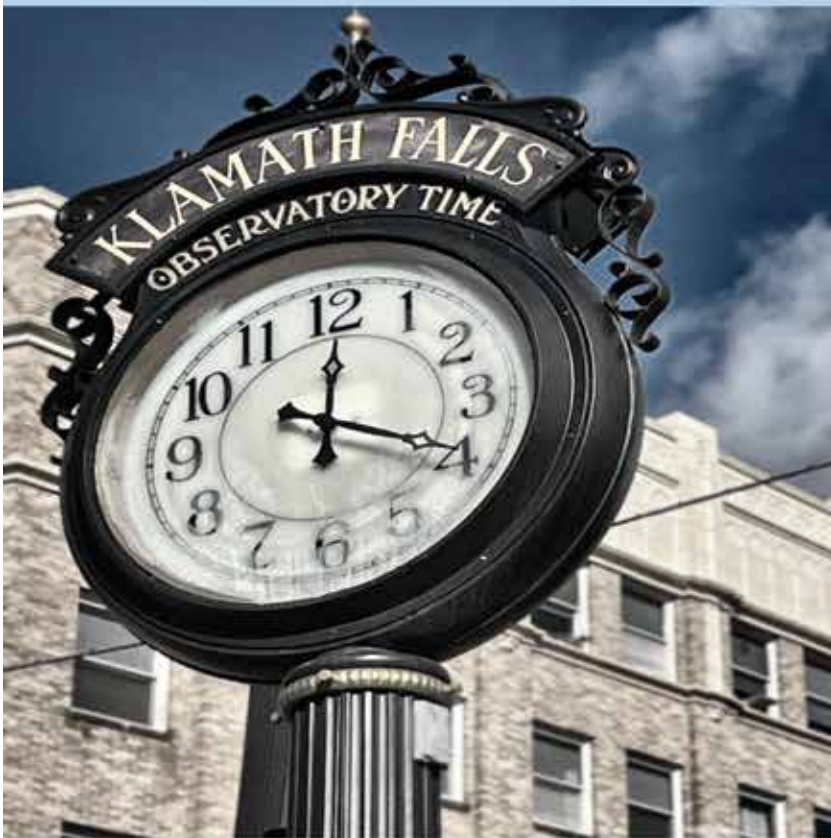
Sunday On - Demand Service

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

Expressions of Heart and Mind

LOVE IS ALL AROUND

By Sharon Hudson

Love is in the air, as
Valentine's Day grows near.
It comes in many forms, and
We suspect Cupid is here.

They noticed each other from a
Distance, and things began to click.
Each one smiled, and a warm
Feeling overcame them quick.

Love is in the air, like
A magical mist,
Spreading quietly, and has
A new list.

Vibes of love are all around,
And doing what they do,
Bringing positive to the front
And it sticks like glue.

Two doves cuddle softly
On their spot in the tree.
They sit there quietly looking
Around, seeing what they see.

No doubt there is love,
As they snuggle together,
Generating heat and curiosity,
As they sit in winter weather.

A child loves his parent, and
That love is returned, for sure.
It has special meaning, and
Can't be much more pure.
Love is a blessing, sent
To us by God.
He overlooks our sins, and
Forgives with a nod.

Love is a strong emotion, and
Will carry us through.
Good times as well as bad
In all that we do.

The deer and the rabbits, and
The small little birds,
Seem to communicate well
Without using words.

"Hearts" to you, and
Your family too.
Keep it sweet,
It's better for you!



Klamath Basin Genealogy Society

2nd Thursday of every month Klamath County Library 6-8 p.m.
February 9th is Beginners Session

Patti Escamillia will be giving the presentation which will include handouts.
February is always about relationships. Come and see what you can find
about your families relationships. Hope to see you there!

Richard Oelkers leads our DNA Interest Group
First Wednesday of every month
Klamath County Library from 1-3 p.m.
We are a round table group that focuses on
learning and helping each other.

Five Surprising Facts about High Blood Pressure

What you don't know about high blood pressure could hurt you. High blood pressure affects nearly 50% of adults in the United States, yet many people who have the condition don't know it.

High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the U.S. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is high.

1. High blood pressure may be linked to dementia.
Recent studies show that high blood pressure is linked to a higher risk for dementia and that having uncontrolled high blood pressure during midlife creates a higher risk for dementia later in life.

2. Young people can have high blood pressure, too.
Nearly 1 in 4 adults aged 20 to 44 have high blood pressure. Experts think the increased risk for stroke in this age group is a direct result of the rising rates of obesity, high blood pressure and type 2 diabetes — conditions that are preventable and treatable.

3. High blood pressure usually doesn't have any symptoms.
High blood pressure is called the "silent killer" because most people don't have any symptoms. Because many people feel fine, they don't think they need to get their blood pressure checked. Even if you feel normal, you should continue to take steps to monitor your blood pressure and live a healthy lifestyle.

4. Many people who have high blood pressure don't know it.
About 1 in 3 U.S. adults with high blood pressure aren't aware they have it and are not being treated to control it. Ask your health care team what your blood pressure numbers mean and if they are too high. Follow your provider's advice if you are diagnosed with high blood pressure.

5. Women and African Americans face unique risks when it comes to high blood pressure.
Women with high blood pressure who become pregnant are more likely to have complications. Some types of birth control can raise a woman's risk for high blood pressure. Work with your health care team if either of these are a concern. African American men and women have higher rates of high blood pressure than any other group and are more likely to be hospitalized for high blood pressure.

BONUS FACT. You have the power.
By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle include: (continued on the next page)



Cardiovascular disease can affect adults of any age.

Let's work together this **#HeartMonth** to promote hypertension control for all.

cdc.gov/heartmonth



- (Continued from page 12)
- Eating a healthy diet, reducing sodium in your diet
- Maintaining a healthy weight
- Getting enough physical activity
- Reducing stress
- Not smoking
- Limiting alcohol use

You can get your blood pressure checked at a doctor's office, pharmacy, or at home if you have a home blood pressure monitor. You can also check your blood pressure at the Senior Center by the Front Desk!

Source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. Article edited for space. Original Article and References can be found at cdc.gov/bloodpressure/5_surprising_facts.htm



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

February Workshops

February 8 | 5PM

February 22 | 1PM

4509 S 6th St, Ste 109

541.882.6476

One-on-One Appointments Also Available



Not all friends are created equal and that's a good thing.

Brette Bliss, Healthy Klamath

Many people get through life with one close friend, some have a solid group and others have a rotating roster of friendships. Usually, we experience all three of these types of relationships in our lifetime.

Regardless of where you are in life, having an effective support system is important. But what if you don't feel like you have a support system? An easy answer is to find better friends, but that's not helpful or meaningful (or always true).

The truth is that not all friends are created equal. Very rarely does one person effectively meet all our support needs. Usually there are more people in our support system than we realize, and sometimes a person's role in our life is small but meaningful. You might not be a significant pillar of support in someone else's life, but you might be the person they need in specific circumstances and that makes you part of their support system. This can be true for your support system too. Even temporary friends can be important in a support system.

Sometimes to build our support system, we need to reevaluate the relationships in our life, not under the lens of whether everyone contributes equally but if they contribute meaningfully. Not all your relationships can provide the same benefits, nor should they. Sometimes you need someone who is a shoulder to cry on, someone who gives great advice, someone who is a fun distraction, and so forth. Building a support system isn't finding one person who can do it all, instead it's creating a team of specialists for different needs in your life.

I usually fill the role of the friend that solves problems and provides perspective, but in some of my relationships I provide emotional support. All my friends have different needs and I fill the position in their support systems where they need me. In my support system, my mother is the friend that gives good advice. My cousin has a great shoulder to cry on. When I need a distraction, my BFF from college is who I call. My high school bestie is a wonderful sounding board to help keep me grounded. They are all equally valuable to me.

Sure, I could go to one of these people for all my support needs, but I would rather have a team of specialists in my corner. It's not fair to expect that kind of work from one person. Relying on one person to be your support system puts a lot of pressure and work on their shoulders and can ruin the relationship.

When you're building your support system, think about your friends and family as specialists. Some of them are going to contribute more than others and that's okay. Don't be afraid to have conversations with your friends and family about how you can best support each other.

Meditation - a Non-Prescription Practice for Good Heart Health

By Jeanette Rutherford, MA, LPC, Behavioral Health Therapist, Sky Lakes Wellness Center

The mind-calming practice of meditation may play a role in reducing your risk of heart disease, according to a scientific statement published in the Sept. 28, 2017, Journal of the American Heart Association. The simple yet challenging practice of paying attention and being in the present moment has been found to be a powerful tool for a healthy mind and body. As we learn to calm our minds, our bodies will follow!

Research studies have shown that meditation can positively impact the heart in many ways including improved stress management, the lowering of high blood pressure, and reducing the risk of diabetes and stroke. Regular meditators tend to be happier and more content with their lives compared with those who do not meditate. This has huge medical significance since positive emotions are linked to a longer and healthier life. A regular meditation practice can also encourage and enhance other heart healthy behaviors such as a well-balanced diet, good sleep, and regular exercise. Additionally, cortisol is a hormone your adrenal gland produces when you're overstressed and overwhelmed. The rush of cortisol that results kicks your fight-or-flight response into overdrive and accelerates your heart rate and blood pressure. Meditation can reduce your cortisol levels and improve your heart health and the benefits can be realized in near real-time.

The basics are easy:

Sit quietly with your eyes closed
Breathe slowly
Relax your muscles and clear your mind
Try adding peaceful meditation music, white noise or the sound of trickling water
Concentrate on your breath as you inhale and exhale deeply
Set a timer for 10 minutes
Repeat daily

Excerpted from: <https://www.providence.org/news/uf/649404374>

There are many distinct types and styles of meditation at the Sky Lakes Wellness Center, Jeanette Rutherford, MA, LPC, our behavioral health therapist, has been trained in and practices Mindfulness Meditation. Mindfulness Meditation can be simply defined as Awareness Without Judgment.

Join Jeanette at the next Learn'n'Lunch on Tues, February 14, to further learn about the benefits of Heart Health and Mindfulness Meditation as well as practice a few simple meditations!

Here's the Actual Difference Between Butter and Margarine

Grace Mannon Updated: Jan. 11, 2021

SHUTTERSTOCK / SEA WAVE

Yankees or Red Sox. Beatles or Stones. Butter or margarine. As hotly contested debates go, the latter is the most delicious of all. Read on to learn about the differences between butter and margarine. Butter and margarine are certainly very similar products—they often look alike and you can often use them interchangeably—but the differences that exist between them are critical.



What is Butter? Butter is a dairy product made from milk or cream. It's created when cream is vigorously churned, which causes its solids (butterfat) and liquids (buttermilk) to separate, and ultimately results in the firm product we all know and love. Whether it's salted or unsalted, the flavor of good butter is second to none, and because of its basic ingredients and straightforward processing, it can easily be made at home. (Here's when you should use salted vs. unsalted butter.) Butter must be at least 80% fat to be sold commercially, and the remaining percentage consists of water and milk proteins.

What is Margarine? Margarine, on the other hand, is made from oil, water, salt, and a few additional ingredients such as emulsifiers. It's flavored to taste like butter (did you know there was a time when coloring margarine to match butter was outlawed in some states?), but usually contains no dairy products at all. Margarine is formed through a complicated chemical process and is therefore not something you can make at home. By law, it must also be at least 80% fat, though manufacturers can get away with less by calling their product a "spread."

The Key Difference It all comes down to the kind of fat involved. As an animal product, butter has high levels of cholesterol and saturated fats that aren't present in margarine. Margarine, on the other hand, has more polyunsaturated and monounsaturated fats (the good kinds!) but also often contains trans fats (the very bad kind!). Their respective compositions explain why butter is so much firmer than margarine at room temperature—the saturated fats make tightly packed bonds that stay rigid until heat is applied. That's why you can keep it on the counter.

Though most bakers and cooks prefer butter for its unparalleled taste, margarine does have its place. Because of its high water content, baked goods made with margarine will often have a softer texture. Be wary when trying to make substitutions—many baking recipes from old cookbooks call for margarine, and since those have likely been developed to account for that additional water, it's probably best to follow them to the letter if you can. Butter is ideal for treats like cookies and frosting, however, since those are recipes where its flavor is important and extra water could be detrimental. Butter and margarine may have their similarities, but they're fundamentally different. Knowing how each is best applied will result in more kitchen successes and lots of good eats!



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
2045 Arthur Street**

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**



**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

**Klamath Basin Behavioral Health
announces new classes and facilitators**

Mental Health First Aid

Facilitators Jenn Scott, Patty Card

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

QPR Suicide Prevention – Question Persuade Refer

Facilitators: Jenn Scott, Patty Card

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

De-escalation Tips based on Crisis Prevention Institute

Facilitator – Patty Card

In the light of the many recent hardships, it feels almost glib to suggest that de-escalation is really ever this simple. The truth is that there is no magic recipe for keeping troubling things from happening in the world. But there is a way that you can respond to these kinds of events that is constructive, positive, and impacts real resolution. That's why CPI training is not so much a series of steps as it is a philosophy for viewing humanity as full of potential. These de-escalation tips from CPI are about support, not suppression, and about seeing each other with the humanity and compassion that each of us wants to be seen with.

**Class times, places and dates
to be announced.**

FOR INFORMATION

PLEASE CALL 541-331-2375

Klamath Basin Behavioral Health.

Contact Jenn Scott (jscott@kbbh.org)

or Patty Card (pcard@kbbh.org)

Valentine Torte



- 1/2 cup chopped dried apricots
- 1/2 cup amaretto
- 1 package devil's food cake mix (regular size)
- 3 large eggs, room temperature
- 3/4 cup water
- 1/3 cup canola oil

• FILLING:

- 2/3 cup apricot preserves
- 1 tablespoon amaretto

• GLAZE:

- 1 cup heavy whipping cream
- 1/4 cup light corn syrup
- 12 ounces semisweet chocolate, chopped
- 4 teaspoons vanilla extract
- 1 cup toasted sliced almonds, optional

Preheat oven to 350°. Combine apricots and amaretto; let stand 15 minutes. In another bowl, combine cake mix, eggs, water, oil and apricot mixture. Beat on low speed 30 seconds; beat 1 on medium 2 minutes.

Pour into 2 greased and floured 9-in. round baking pans. Bake until a toothpick inserted in center comes out clean, 22-27 minutes. Cool in pans 10 minutes before removing to a wire rack to cool completely.

For filling, heat apricot preserves and amaretto on low in a small saucepan, stirring occasionally, until preserves are melted; set aside.

For glaze, combine cream and corn syrup in a small saucepan. Bring just to a boil. Pour over chocolate; whisk until smooth. Stir in vanilla.

Using a long serrated knife, cut each cake horizontally in half. Place 1 layer on a serving plate; spread with half of the filling. Top with another layer; spread with a third of the glaze. Cover with third layer and remaining filling. Top with remaining layer; spread top and sides of torte with remaining glaze. If desired, spread toasted almonds on edges or sides of torte. Refrigerate several hours before slicing.

We love our duplex. It is half the size of our last home...we have all the room we need...so much less work! No longer do we have to do yard work, shovel snow, and worry about ice. We have a view of the lake from our front window, and the mountain is just a few feet away behind us for wonderful hikes.

We Love Crystal Terrace!



Mike and Ruth Smith

Moving from our home at the Running Y really simplified our life at a time when we needed it. We don't miss a thing about our life before.

We really like the convenience of the location....close to OIT, the hospital, and town.

Ruth, who is the creator of the stunning quilts displayed everywhere in their beautiful home, loves the friendliness and supportiveness of the staff. "They have been really good," she says. "The workers are all so pleasant."

Though their duplex has all the amenities, they enjoy the one meal a day in the dining room that comes with their plan. Socializing, exercising, and Ruth's quilting activities fill their days. Mike enjoys drumming, a unique Cardio exercise.

Independent Living

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

Assisted Living

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

Memory Care

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

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




Crystal Terrace
of Klamath Falls
MBK SENIOR LIVING




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

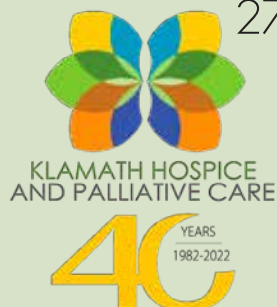




Pet Loss Grief Support Group

First Thursday of the Month

February - June 2023 • 1:00 p.m. - 2:00 p.m.
2751 Washburn Way



To register, please contact Emily:
541-882-2902
efeldberg@klamathhospice.org

www.klamathhospice.org

DONOR REPORT

Two large operating grants received in January. Cow Creek Umpqua Indian Foundation and KMSB Foundation

Submitted By Marc Kane

Both the KMSB Foundation and the Cow Creek Umpqua Indian Foundation have been sustaining and recurring grantors over the past several years. We honor our recurring grantors because they recognize the value and importance of our services and we honor them for the encouragement granted by their consistent support.

The Senior Center has had to raise its goals this year for donations and foundation support due to the rapidly increasing cost of supplies, especially food for our meals programs. Our food service expense alone will exceed budgeted funds by more than \$47,000 this year due to the unexpected impact of inflation on food supplies. Other budget lines are also falling short as well in meeting the demands of rising costs and demand for services. The Center is hopeful that the general public, like our foundation supporters, also recognizes these challenges and is able to increase donations this year to help support our seniors.

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. December donations of \$3130.00 were received from the following organizations and individuals:

Emma Wyatt	Refuge City Church	Burl Parrish
Marta Stephens	Rose Chapman	Wilma Petrik
First Presbyterian Church	Stephen Mathies	Connie Boone
Dennis Vander Schaaf	Jon Schnebly	Charlotte Moseley
Geraldine Schindler	Patricia Henderson	Donna Maloney
Peggy Thomas	Kenneth Banes	Ernie Palmer
John Novak	Tamara Bogatay	Paul Hanson

Unidentified contributions in December for Meals, Transportation and Other Services amounted to \$4,260.00

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

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors. You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center.

There is a giving form on page 3 of this publication.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

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. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for prior service authorization determination before you receive the service. Please call our customer service number to get your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services.

46743_MMG_N06_2023_M



You're Invited to Lunch at the Senior Center

February 14th 11:30 to 12:30

CARDIAC REHABILITATION

**We're celebrating
Cardiac Rehabilitation
Week!**

February 12th - 18th

Cardiac rehab is a medically supervised program designed to help improve your cardiovascular health and quality of life.

Following a diagnosis of heart attack or heart failure, or after a procedure such as angioplasty or heart surgery, your doctor may recommend that you participate in a cardiac rehabilitation program.

The Cardiac Rehab team at Lake District Hospital can help you take charge of the lifestyle choices and habits that affect your heart

(About 800,000 people in the United States have a heart attack each year. Cardiac rehabilitation can not only help a person recover from a heart problem but prevent future complications.)

Benefits of Cardiac Rehab:

- Lower your risk of heart problems
- Improve your diet and nutrition
- Weight loss
- Become more active and engaged
- Reduce stress
- Enhance the quality of your life

For more information regarding our services, call

541-947-2114 ext. 479

Lake District Hospital • 700 S. J St. • Lakeview

[#CardiacRehab@lakehealthdistrict.org](mailto:CardiacRehab@lakehealthdistrict.org)

Equal opportunity provider and employer



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.



Dementia and Alzheimer's Caregiver Support Group



About

Are you a caregiver for a loved one with Dementia or Alzheimer's? You are invited to join a free, weekly one-hour support group to learn tips, connect with other caregivers, share knowledge, and work on your own self-care.

The CARES® Approach 5-step method incorporates evidence-based practices from the Alzheimer's Association Dementia Care Practice Recommendations. Topics include the basics of Dementia and Alzheimer's, understanding behavior as communication, safety, the impact of pain on care, activities of daily living, end-of-life care, serious mental illness, and elder abuse awareness and prevention.

LOCATION/TIME

Time: Mondays,
starting January 9, 2023
9am - 10am

Location: Klamath Basin Senior Center
2045 Arthur Street
Klamath Falls, Oregon 97601
(or join virtually via Zoom)

FACILITATORS:

Jim Rains, PSS
Certified Dementia Care Trainer
jrains@kbbh.org (register via email)

Patty Card, QMHA, PSS Coordinator
Older Adult Behavioral Health Specialist
pcard@kbbh.org

Sponsored by Klamath Basin Behavioral Health
and the Older Adult Behavioral Health Initiative

Find Connection at the Senior Center by Jennifer Patterson



February is often thought of as the “love” month. It’s the month that often sends us signs of spring and we celebrate Valentine’s day. Our attention is focused on connection, relationships and diversity. We’re reminded to love our neighbors, our family, our friends. The Senior center has become a place to feel those connections, that love. I had no idea that my attendance at the Monday, Wednesday, Friday class led by Mary Noller would impact me as personally and deeply as it has. Here’s how it played out.

I’ve never been physically active. I love to sew, knit, read, quilt and in the winter I put puzzles together. I was always that kid who came in last in the race and never made the team. Sporting activities of any kind just reminded me of how uncoordinated and unsuccessful I was. So, when my friend asked me to come to exercise with her at the Senior Center I thought.....only OLD people go to the senior center. That’s not me! And, I’m not good at that stuff anyway. But because I’m a good friend I started to go. My mindset at the time was that I would have nothing in common with anyone in the class. Don’t expect to make any friends. Right?

I found my “tribe” in the back row. You know, the ones who whisper, make jokes and don’t take things very seriously. The ones you should never sit next to at any sort of meeting. They were sassy! The class leader had to remind us now and then that the class was waiting on us. Were we ready? Through the process of my somewhat irregular attendance I started getting to know these funny, bright, interesting women. Over time, I began to know people’s names and I got pretty comfortable. The class was fun, easy to accomplish and I was successful. Imagine that!

Last spring, the senior center hired Dr. Anne Davenport to oversee its health and wellness programs. One of those programs is the SAIL program. SAIL stands for Stay Active and Independent for Life. Anne started leading a Tuesday, Thursday group that turned out to be a bit more challenging for me. I don’t know how I would have survived without regular attendance at Mary’s class. Anne played really fun music, laughed a lot and began teaching us how to challenge ourselves.

One morning as I was driving to class, I noticed that a group of women in my class were driving the same route I drove. I told them what I’d noticed, and asked them what part of town they were coming from. Was I shocked to find out they lived in my neighborhood! Like a half block away. Of course we laughed and started talking about the neighborhood. I had lived in that neighborhood since 1975 and knew many of the residents who had lived there over the years. Before long, we were meeting before class and becoming friends. We now have connection. We check in on each other and support each other. We notice when someone is absent. We learned to love and care about each other.

Now I’m in the front row where I have a good view of all the moves! The back row is still full of sass, but that spunky mood has infested the whole class. We know each other now. We support each other and are connected by friendship and fun while improving our health and wellness. I encourage anyone to join us. There is love to be had at the Senior Center.

Be Heart Smart on Valentine’s Day!

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.

The Klamath Basin Senior Citizens' Center is excited to continue hosting health promotion presentations on the Second Tuesday 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.

February is Heart Health Awareness Month, a time when we can focus on our ability to reduce our risk for heart disease. Around 36% of Klamath County adults have high blood pressure, and having high blood pressure puts you at risk for heart disease and stroke. 1 in every 3 deaths in the United States are related to heart disease, but the good news is – you can make heart healthy choices to reduce your risk.

We are partnering with Sky Lakes Wellness Center and Jeanette Rutherford, MA, LPC, to teach you the various risk factors for heart disease and the steps you can take on your own, or with the assistance of a provider, to reduce your risk and make you heart smart!

Learn more on Valentine’s Day, Tuesday, February 14, at 11:00am. Have your blood pressure checked after the presentation then stay for lunch! Registration for Learn’n’Lunches is not required, but highly recommended. Please stop by the front desk or call at 541-883-7171.

Why Foster Grandparents **LOVE** Volunteering

The Foster Grandparent Program has been a part of our Southern Oregon Community since 1975 and our longest serving volunteer has been in the program for over 23 years. Foster Grandparent volunteers build meaningful relationships within the community with staff at school, the children they interact with and they build friendships with fellow volunteers. When volunteers were asked what they **LOVED** about the program here are a few of their responses.



Bev Jones

I love volunteering in the Foster Grandparent Program. It is a lot of fun and very rewarding! Being a volunteer gives me a sense of purpose and a reason to get up and out every morning. It is such a blessing to watch these little people's personalities and characters blossom and grow.

As the children get to know me and start to trust me, it lessens their anxiety about being away from their family members...some for the first time. Now there is another person they know they can talk to or just sit with if they are having a rough day. They also have someone to help them with school work or to read to them...most of them **LOVE** being read to!

They begin looking to me as a role model, and I have the opportunity to shape these little minds to someday be influential in the community in which we live. What an honor! These little ones cause me to want to be a better version of myself. I tend to be more caring, kind, and compassionate...and it carries over into other areas of my life outside of the classroom.

My heart and life are full as a result of being a Foster Grandparent!

Dianne Lorber

I absolutely **LOVE** being a foster grandparent! I believe I benefit the most from the experiences. The children make me feel positive about myself by their love and sharing. I appreciate the opportunity to be with them. I have been a teacher's assistant before and am so thrilled to be back in the classroom with the children!! Thank you for that opportunity!!

Would you **LOVE** to learn more about volunteering with the Foster Grandparent Program?

Please contact:

Kayla Ratty, Volunteer Coordinator
The Foster Grandparent Program of Southern Oregon
(541) 857-7786
kratty@retirement.org

Opening Your Heart Through Yoga

By Kathy Crist, Certified Yoga Instructor (RYT 500), Owner of Bliss Yoga & Wellness; and Anne Davenport, PT, DPT

In a modern world of driving, texting, computer work, as well as the human experience that can include deep emotions and trauma, a series of poses or postures that support "heart opening" can be a life changing practice.

Put this newsletter down. Take a deep breath in, roll your shoulders back and down, and lift your chest to the sky as you breathe out. Feel the immense release in your chest and relish in the power of opening the heart.

Physically opening the chest can improve your posture, relieve shoulder and neck pain. It can benefit your breathing and heart function, as a closed posture can cause the chest to collapse into itself and crowds the lungs and heart while pulling on muscles of the neck and upper limb. On an energetic level, releasing your heart and chest opens you to the world – to love, compassion, acceptance and gratitude. It allows you to feel more present and connected.

Chakras are energy centers located from the top of our head to the base of our spine. The heart chakra is the center of unconditional love, joy and compassion. The heart chakra affects the heart, lungs, chest, arms and hands. Energy that is blocked in this area may manifest as poor circulation, or high or low blood pressure. Many of us hold past traumas or deep emotions in the chest and heart. By opening this space, our bodies can release this tension and trauma – and we can begin anew.

You may think, "I've never practiced yoga, I'm not flexible, I'm not sure this is right for me." Who should practice yoga or "heart openers"? The simple answer is everyone – everyone can benefit from releasing the physical and emotional stress that burdens them and being more open to the world around them.

So WHAT are heart-openers? They can come in many forms – from postures, to breath-work, meditations and even journaling or deep introspection. Common heart-opening postures include: cobra pose, upward-dog, camel pose, boat pose, bridge pose, fish pose and dancers pose, or by simply taking a deep inhale and opening our arms as wide as we can, like approaching someone with a big hug!

When practicing a heart opening pose or sequence, set an intention or one word mantra. This will focus your mind and draw your attention into the now. Some ideas to consider are: "Release" or "Breathe," Imagine stuck feelings loosening and leaving the body with each out breath. "Open," Encourage yourself to open yourself to all that life has to offer. "Accept," Accept yourself, your thoughts and your feelings without judgment. "I Am," a declaration of your true inner self. Or perhaps, "Om," a sacred sound that can calm your mind. (Continued on page 23)

(Continued from page 22) I will be offering a guided Heart Opening Sequence as part of the SAIL Class on Tuesday, February 14. I invite you to first join Anne Davenport for aerobics, balance activities and strength training – then finish with the power of opening your heart!

Bliss Yoga & Wellness is located at 2245 Crest St. #4, Klamath Falls, OR 97603 and can be reached by phone at 541-851-9537 or online at blissyogakf.net. If you have any questions about the Valentine's Day Special Exercise Class described above, please call Anne at 541-883-7171 ext 122 or email at stayactive@kbscc.org



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

Parkinson's Disease Support Group

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

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

Contact Ron or Kate to find out more.

Ron: 541.591.0686

Kate: meyemurp@hotmail.com, 541.810.2134

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

Klamath Falls Parkinson's Support Group

3rd Tuesday of the month

1:00 pm meeting

12:00 pm lunch

Red Rooster Grill and Pub

3608 S 6th St

(across from the

Fairgrounds)

Contact Ron or Kate before your first meeting.



Parkinson's Resources

Serving Oregon & SW Washington



After years of health and personal hardships, when asked how she likes living at Pelican Pointe...well.....her smile says it all.

Lorrie Blake grew up with a normal childhood in a large, close knit family. Until her mid-thirties, she enjoyed work in a variety of jobs as a medical office staffer. Then, an accident transferring a heavy patient to an exam table ruined her back and for the rest of her life she suffered with health issues and pain. But she also endured two difficult marriages, especially with the first husband who tried to hire a hitman to have her killed because she knew about a murder he was involved in.

Now living at Pelican Pointe to be near one of her children, she has the support she needs for her continuing health problems and she is finally **BLISSFULLY HAPPY**. "I love the staff and the residents are all really nice!" In fact, after sharing her story, she was off to play bingo, and later to enjoy Rolling and Strolling... walking around the facility with her neighbor, a new friendship she cherishes.

Lorrie Blake
Resident

Pelican Pointe...
where you can relax and
enjoy having all the help you
need when you need it.



Pelican Pointe
ASSISTED LIVING



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

Amber
Anderson

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

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

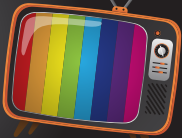
John 3:16



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




TUNE IN AND TURN ON THE FUN
FRIDAY DRAWINGS
February 3 & 10 • 6pm-9pm
Win up to \$500 CASH & a 65" TV!
May only win once per day.




FROZEN
FRIDAY DRAWINGS
FEBRUARY 17 & 24 • 6PM-9PM
WIN UP TO \$750 CASH!
May only win once per day.


SENIOR DAY MONDAYS
8AM - MIDNIGHT
EARN 2 POINTS, RECEIVE \$5 FREE PLAY.
10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
NO SENIOR DAY HOT SEATS ON MONDAY, FEBRUARY 20.
HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)




LET IT ROLL
THURSDAY KIOSK
FEBRUARY 9-23 • 11AM-7PM
EARN PRIZES OR UP TO \$250 CASH!
May only redeem once per day. While supplies last.



HOT SEAT BLITZ
SUNDAY, FEBRUARY 12 • NOON - 4PM
WIN UP TO \$500 CASH + A FOOTBALL!
DRAWINGS EVERY HALF HOUR.
May only win once per day.



GET A LITTLE SPARKLE
VALENTINE'S KIOSK
TUESDAY, FEBRUARY 14 10AM-7PM
EARN JEWELRY!
Earn 75 points and swipe at the kiosk to receive prize voucher.
May only redeem once per day. While supplies last.

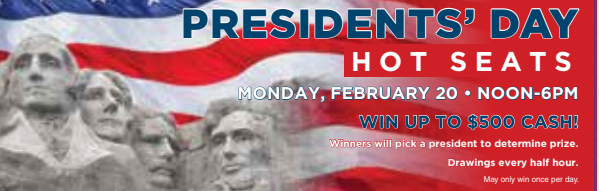


See Bonus Club for Complete Details

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

BLIZZARD OF MONEY
SUNDAY HOT SEATS
FEBRUARY 19 & 26 • 1PM-5PM
WIN UP TO \$500 CASH!
Drawings every half hour.
May only win once per day.

PRESIDENTS' DAY
HOT SEATS
MONDAY, FEBRUARY 20 • NOON-6PM
WIN UP TO \$500 CASH!
Winners will pick a president to determine prize.
Drawings every half hour.
May only win once per day.



WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!