



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

**FREE**  
Take  
One!

Above:  
BINGO Manager Theresa  
Criswell demonstrates new  
TED machine for playing  
multiple BINGO games. See  
article on page 13.



**A gift to United Way  
is a gift to the  
Senior Center**



**INSIDE**

**Don't miss Family  
BINGO October 9th**

# Active Seniors

OCTOBER • 2016

SENIOR Center receptionist  
Joanne Campbell



## Contact Information

General Information -  
Joanne Campbell: 541.883.7171

Donations - Shawn McGahan:  
541.883.7171 ext. 136

Meals On Wheels Assistance  
Contact Klamath Lake  
Counties Council On Aging  
at 541.205.5400

Transport Dispatcher - Cindy Dupart  
541.850.7315

Bingo Information -  
Linda Breeden:  
541.883.7171 ext. 115

Medicare Counseling -  
541.883.7171

Volunteer Opportunities -  
541.883.7171

Executive Director  
Marc Kane: 541.883.7171 ext. 117

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All content for this publication has been provided by the Klamath Basin Senior Citizens' Center. For questions, suggestions and general information regarding this publication, please contact the Klamath Basin Senior Center at 541.883.7171. Thank you.

**BINGO!**  
Every Thursday & Saturday  
OPEN at 4:30pm & CALLING at 6pm  
New Tuesday Afternoon  
Paper Only Games  
Casual meals & snacks available!  
**Best Payouts in Town!**

**Family BINGO on  
Sunday, October 9th**

**This fund-raising event depends  
on volunteers. We need callers and  
floor help! Call us!**

**Klamath Basin Senior Center  
2045 Arthur Street  
541-883-7171**

## Welcome

I often encourage people to come to our Senior Center to see all that we have to offer, and occasionally the response is, "I'm not ready for that yet". That usually sparks a conversation between us about what "that" is, and before long it is clear that I have a lot of education to do throughout the community about our mission, services and the value of what we offer. Our mission simply stated is to build and maintain a supportive community for seniors. That includes all seniors and it drives us to work throughout the community in collaborative ways to maintain a community that serves the wide breath of services seniors deserve and require. It means reaching out beyond our building and working with other individuals and agencies.

One of the ways we collaborate is to share the activities of others right here in this publication. You will often see, for example, articles and announcements from Klamath Hospice, SPOKES, the YMCA, the Area Agency on Aging, United Way, Lake County Senior Center and more printed here for your information and convenience.

The demands on the Senior Center come from many generations of seniors that range from those in their 50's, 60's and 70's to those in their 80's, 90's and beyond. Each generation seems to have different expectations with the younger ones wanting more active programs and the older wanting additional activities that require less activity. We attempt to meet all those needs and to provide activities for both body and mind. My point is there is a lot more offered at the Senior Center than most folks seem to know about, so we encourage you to check us out before you say you are not ready for "that". I have no doubt that we have a "that" that will suit you.

We have a saying here that if we can keep seniors walking and talking they will live longer, healthy and happier lives. So you will find many health classes listed on page 11 that include a "Boost Your Brain and Memory" class as well as many for the body. Many other activities listed on page 8 and center around educational and social opportunities. All our programs, including our meals programs, center around keeping seniors socially connected and attached to community. Remaining connected to family, friends and community



Marc Kane, Center Director

is vitally important to maintaining good health and the ability to remain in your own home and participate in community life. Our transportation program is available to all if you need assistance in getting here or anywhere else in the community.

High School seniors are back in school now and will soon be knocking on our door for community service opportunities. I love matching those seniors high schoolers up with our elderly neighbors to teach computer related skills including emailing, social networking and video calling with relatives. It's all a part of keeping us connected and in so doing keeping up our health.

JOIN US! WE CELEBRATE LIFE !

Marc Kane, Executive Director

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

KBSCC is a 501 (c) 3 non-profit corporation

## Bulletin SPOKES Unlimited Schedule

SPOKES Unlimited • 1006 Main Street  
Klamath Falls, OR 97601 • 541-883-7547 v/tty  
*All support groups follow confidentially guidelines.*

### October 2016

- 11th Brain Injury and Illness Support Group**  
1:00-2:00 pm, SPOKES office
- 26th Social Security Workshop**  
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop will be held every 4th Wednesday of the month. Workshop limited to 15 people, come early as admittance is first come, first served.  
2:00-3:30 pm, SPOKES office

All meetings/events listed are held in a wheelchair accessible location. Please notify SPOKES 48 hours in advance if you need an assistive listening system, sign language interpreter or materials in an alternate format. Call 541-883-7547 v/tty.

## Feature Flu Season is Upon Us

Please Protect Yourself and others with a Flu Vaccination. Many Seniors are vulnerable to infection and the flu can sometimes kill. Flu shots are not just for those that need to protect themselves, but also important so that we don't infect others who may be vulnerable. Persons who are exposed to the public in general and who participate in public events should be especially conscious of the hazards of infectious disease.

Almost every pharmacy now provides flu vaccination and many other vaccinations such as Pnevumovax, also recommended for seniors. Most will accept your insurance for the full cost. Many other employers and organizations also are sponsoring flu shot clinics this month. The Senior Center encourages everyone in the community to consult with their doctor for a recommendation regarding vaccinations.

### Rite Aid Pharmacy

to provide a flu shot clinic at  
the Senior Center  
October 6th  
9:00 AM to 1:00 PM

Call the Front Desk at  
**541-883-7171**  
for an appointment or  
feel free to walk in.



## Feature

## Staff / Volunteer Focus

In recognition for our Senior Center  
Employees and Volunteers

### Laquita Koppenhafer



This month we are introducing you to our employee who interacts with many of our patrons providing assisted transportation services for doctor's appointments, community activities and to the Senior Center. Laquita has been with us for 8 years. Prior to her service at the Senior Center Laquita worked with the REACH residential services program for people with developmental disabilities.

Laquita was born in Tucumcari, New Mexico and grew up in a little town of northern Texas called Friona. During her childhood she enjoyed girl scouts and camping. She also played the saxophone in the school band. Reminiscing about her youthful years she thought of the times she worked as a hostess and cashier in her dad's restaurant. She enjoyed helping her dad and spending time with him.

Laquita has been married 39 years to her husband Conrad. They have two sons and two granddaughters. One of her sons, along with her granddaughters, lives in Portland and her other son lives at home.

Thank you Laquita for all the years you have been with the Senior Citizen Center. We appreciate your hard work and continued service with us.

## Bulletin

**You can help  
The Klamath Senior  
Center earn donations  
just by shopping with your  
Fred Meyer Rewards Card!**



Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our **non-profit number 94031**.
- Then, every time you shop and use your Rewards Card, you are helping The Klamath Senior Center earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

## Feature

# NEGATIVE HUMAN ACTIONS

by Robert G. Black

As we go through each day of our physical lives, we need only stop sending out thoughts in order to feel the Creator's love flowing into us to surround our spiritual and physical bodies. This love is always present, waiting for an opening to surround you. So many think and send constantly and offer no opening for the entry of love. Some few send out such constant torrents of hate and intolerance that it is rare for this encapsulating love to be able to surround the spirit in a human physical body. Most of us, fortunately, have progressed far beyond this to the point where it is rare for us even to have an unkind thought.

Oh, yes, the few still engage in evil acts, earning themselves more physical lives of required Karmic balance for eons in the future. Do not dwell on these few evil acts, as this only supplies these acts and their perpetrators with additional negative energy. Surround them instead with love and eliminate them from your mind. Realize that far less than one percent of all existing human spirits are committing all of these evil acts. Only our boundless and expanding creation of instantaneous worldwide communication brings every evil act directly into our living rooms. Only a hundred years ago, most of this instantaneous communication was impossible. Do not overemphasize the few evil acts just because they're now available in every home. Over 99% of the existing human spirits have passed beyond this stage of learning now, which alone makes these evil acts so horrifying. Live every day in love and loving actions, and supply no additional negative energy to the evil occurrences.

Do not think that all is forgiven and forgotten simply because the spirit sees the light and feels itself saved. Though God always forgives, still He demands equal payment for transgression. The laws abide, and the learning must go on. If the lesson is not learned the first time, always our Creator gives us another chance. Yes, ALWAYS. Even for the two most monumental murderers of millions, Hitler and Stalin, despite the need of untold lifetimes of repayment, always, always our Creator God of Love will offer another chance. For all will be saved, ALL will succeed and in time will achieve the Glory of God the Creator.

The vast majority of human spirits are near the end of their period of learning on the physical Earth. Only the small minority are creating ever greater debts of balance for themselves as they engage in the lower emotions of hate and greed and commit the crimes of rape, murder, robbery and theft. By the time the vast majority are ready to move on to greater lessons and opportunity, these few may find themselves as the stragglers of the human lifewave, unable to learn their lessons rapidly enough to keep up. All will succeed in time, but for these rapidly failing stragglers, many more eons of effort will be required.



Robert G. Black

*The author, Robert Black, is a member of the Center's Senior Advisory Council. Opinions and statements made in articles submitted for publication are those of the author alone and are not endorsed by the Klamath Basin Senior Citizens' Center, Inc.*



## AFRAID OF FALLING? Balance for Life NOW can help.



JUST 10 MINUTES EVERY MORNING



SAFE & EASY TO FOLLOW



IMPROVE YOUR BALANCE



Now Available at the  
*Klamath Basin Senior Citizen's Center*

CHECK YOUR BALANCE NOW!  
@ [www.BalanceforLifeNOW.com](http://www.BalanceforLifeNOW.com)

#### Disclaimer:

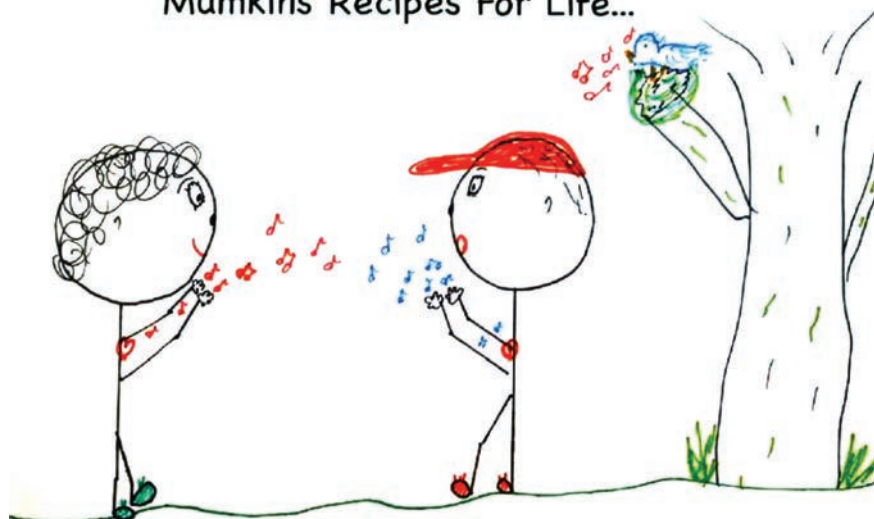
Consult with your doctor or health care provider before starting any exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling. The creators, producers, participants, and distributors of this program disclaim any liabilities, injury, or loss in connection with the exercises and advice here in.

## Writer's Corner

## Expressions of Heart and Mind

Please submit something for us to consider printing in our next issue. Submittals should be sent to the attention of Marc Kane, Executive Director, Klamath Basin Senior Citizens Center.

### Mumkin's Recipes For Life...



Share your music from within...  
Like the melody of birds as each day  
begins.

Sharon (Johnston) Pappas ©

### “GOODBYE”

By Sharon (Johnston) Pappas

It's hard to say “Goodbye”  
Never easy... no matter how we try  
“Goodbye” to Mom and Dad as the babysitter arrives  
“We'll be home soon”... they smile and sigh  
“Goodbye” to your blankie and teddy too  
Off to school for adventures anew  
“Goodbye” to your friends when they move away  
Leaving you sad, with nothing to say  
“Goodbye” to the first love of your life  
Thinking they'd be your future husband or wife  
“Goodbye” to your kids as they leave the nest  
Holding their hearts close to your chest  
“Goodbye” to your parents who loved you so  
Doing their best to help you grow  
But with every “Goodbye” a story lives on  
For moments turn to memories, like dusk to dawn.

### HALOWEEN WAS FUN

By Sharon Hudson

Halloween was fun  
When I was a child!  
We used our imaginations, and  
Our costumes were a little wild.

Some wore old clothes and  
Used some make-up too,  
To be someone scary  
Was the thing to do.

I remember going as a  
Mummy one year long ago.  
I was recognized by my  
Shoes, and they seemed to glow.

I put powder in them and  
It felt good on my feet.  
Little clouds would escape  
When I walked down the street.

We tore up an old sheet,  
It worked very well.  
Wrapped it around me,  
And I went into my shell.

I won first prize at the  
Dance that night,  
Embarrassed as I was,  
I was quite a fright.

My prize was chocolate,  
And I enjoyed every bite.  
A huge candy bar lasting  
Well into the night.

### Publisher's note:

Our apologies to Sharon Hudson  
for publishing just half of her poem  
last month. The entire poem,  
all eight stanzas, is printed below.

### NATURE AT ITS BEST

By Sharon Hudson

The water is sparking  
From the rays of the sun.  
The Blue Heron is moving  
Slowly, now this is fun!

The wind is blowing through  
The trees, that's all I can hear.  
I'm sitting on a park bench,  
And it's all very clear.

The breeze refreshes my lungs  
And it blows through my hair.  
A little Nuthatch is eating bugs  
From the tree over there.

The geese never left, they  
Are still here and close by.  
A chipmunk and a squirrel  
Show that they are quite shy.

The dragonfly is exploring  
The vast open air.  
A butterfly joined him and  
Is enjoying her share.

The pelicans flew by. They  
Are so graceful in flight.  
They do it so perfectly and  
It's always done right.

The Egret landed across  
The river on a rock.  
She seems lonely, but perhaps  
She doesn't belong in a flock.

Each time I come here,  
It's a pleasure, you see.  
Even in the winter, it  
Helps me to feel free!

## Donor List

### Woodworkers Local Lodge and Premier Flooring step up to contribute in September

There were a number of smaller donations this month from local groups and companies, but they all add up and move us closer to our goals. Premier Flooring and All Trades Construction donated both materials and services this month to our Bingo stage makeover. The Woodworkers Local Lodge W12 held a fundraiser Barbeque and donated \$445, and finally Carol Darling donated the \$320 needed to replace our safe.

Unfortunately the great weather we are having in the basin this summer took its toll on our Thursday and Saturday evening fundraising bingo games. We're hoping attendance will pick up in the Fall. Party Bingo has been introduced to make your games more fun. You can reserve a table now for your group, add your own theme decor and have a great evening. Call two days ahead to reserve your tables. Also some of the donation received recently from the Community Lounge was designated for what we call the Bingo Makeover Project. New machines have been installed that select the bingo number balls and new tablets have been introduced for machine play. Both will add a bit more excitement. So, come on by to play bingo. Have some fun and maybe earn some cash prizes. Most importantly you will be helping fund our senior services programs.

**Again, a big thanks to all listed below for their monetary support and to those who make donations when participating in programs that don't expect to be acknowledged by name. We are most grateful to all who support the Senior Center.**

August Donations of **\$2,943.50** were received from the following organizations and individuals:

|                     |                   |                      |
|---------------------|-------------------|----------------------|
| Faith Tabernacle    | Jon Schnebly      | Carol Darling        |
| Beulah Reddington   | Dorothy Winters   | Etta Holly           |
| Bill Watson         | Elvin Middleton   | Roger Dionne         |
| Geraldine Schindler | Samuel Hawley     | Joyce Moore          |
| Jahalla Shaffer     | Burl Parrish      | Rose Kruezer         |
| Patricia Henderson  | Elizabeth Western | Ron and Karen Thomas |
| Lynette Harvey      | Linda Seater      | Phyllis McDiarmid    |
| Avril Fischer       | Cheryl Gibbs      | Constance Schuetze   |
| Walter Duckworth    | Donna Maloney     | Irene McLean         |
| Ernie Palmer        | Rose Chapman      | Golden Age Age       |
| Howard McGee        | Johnny Jones      |                      |

Unidentified contributions in August for Meals, Transportation and Other Services amounted to 4,753.00.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2015 amounting to at least \$600 for the year. They were the following:

|                 |                           |                          |
|-----------------|---------------------------|--------------------------|
| Avril Fisher    | Etta Holly                | Jon Schnebly             |
| Bill Watson     | Samuel Hawley             | Lynette Harvey           |
| Burl Parrish    | Faith Tabernacle          | Patricia Henderson       |
| Carol Darling   | First Presbyterian Church | Rose Chapman             |
| Dorothy Winters | Geraldine Schindler       | Stan Neitling            |
| Elvin Middleton | Howard McGee              | Walter and Kay Duckworth |
| Ernie Palmer    | Jahalla Shaffer           |                          |

**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.**

Do you or someone you know struggle with anxiety, depression, or substance abuse?

Would you like to ask for help for yourself, a family member or friend?

Here is how you can do that.

Call Klamath Basin Behavioral Health at 541-883-1030 ...  
email us at [info@kbbh.org](mailto:info@kbbh.org) ...

or talk to Jerry Gilmer at the Klamath Basin Senior Citizens' Center.  
Mr. Gilmer will be there Tuesday and Thursday mornings.

There are many ways we can help from counseling to substance abuse counseling, and MORE. If you or a loved one is in need, we will find a way to help. Contact us today.



2210 North Eldorado Avenue | 541.883.1030  
KBBH.org

Do you or someone you know struggle with:  
(check any that apply)

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> Anxiety      | <input type="checkbox"/> Depression             | <input type="checkbox"/> Child Behavioral Issues    |
| <input type="checkbox"/> PTSD         | <input type="checkbox"/> Substance Abuse        | <input type="checkbox"/> ADHD                       |
| <input type="checkbox"/> Suicide Risk | <input type="checkbox"/> Alzheimers or Dementia | <input type="checkbox"/> Psychosis or Schizophrenia |
| <input type="checkbox"/> Other        |   |   |

**REFERRALS ARE 100% CONFIDENTIAL!**

Name of Referral      Phone Number      Address (Optional)

**Klamath Basin Behavioral Health is here to HELP with all these issues and more.**  
A sliding fee program is available.  
No one is turned away for inability to pay.



Clip and return to:

2210 North Eldorado Avenue  
Klamath Falls, OR 97601

## CALENDAR OF EVENTS

### Hot Lunches Served Daily:

Monday thru Friday, 11:30 am - 12:30 pm

### Balance and Stability Classes:

Mondays & Wednesdays at Klamath Lutheran Church located at 1175 Crescent Avenue - 10:30 am - 12:00 noon  
Fridays at the Senior Center, 2045 Arthur Street 11:30 am - 1:00 pm

### Billiard Room Open:

Monday thru Thursday 8:00 am - 4:30 pm  
Friday 9:00 am - 2:00 pm

### Blood Pressure Machine:

Monday thru Friday in the Lobby - 9:00 am - 2:00 pm

### SAIL/Body Recall (Exercise):

Mon - Wed - Friday Classes  
8:45 am to 9:45 am and 10:15 am to 11:15 am

### Boost Your Brain and Memory:

Next class series starts Thursday, October 27th, 10:00 am - 11:30 am

### Creative Writing Class:

In Progress - 10:00 am - 11:30 am

### Computers Available For Senior Use:

Upon request.

### Computer Training one on one:

*New Volunteers Now Ready to Work With You*  
By appointment.

### Craft Group:

Every Thursday 9:00 am - 11:00 am

### Senior Dance Day in the Ballroom:

Every Wednesday 1:00 pm - 3:30 pm

### Gift Shop:

Monday through Thursday - 9:00 am - 4:00 pm  
Fridays - 9:00 am - 2:00 pm

### Golden Age Club (Pinochle & Bingo):

Mondays & Thursdays - 12:30 pm - 4:00 pm

### Klamath County Library Services Branch:

Mondays and Fridays 9:30 am to 1:00 pm and Thursdays 1:30 pm - 4:00 pm

### Line Dancing:

Every Tuesday 5:30 pm - 6:30 pm

### Living Well:

Enrollment always open for new classes. Call for class time. Call Valerie Franklin to Register at 541-274-7250  
Call for class time.

### Monday Muffins:

Every Monday 10:30 am to 11:30 am (hosted by Klamath Hospice to honor Veterans — all are welcome)

### Movies:

Monday October 10th - Genius 12:30 pm  
Monday October 24th - The Man Who Knew Infinity - 12:30 pm

### Pickle Ball:

Sundays sign-up sheet to reserve court by Thurs 2:00 pm - 5:00 pm  
Fridays sign-up sheet to reserve court by Thurs 2:00 pm - 5:00 pm

### Pickle Ball for Beginners:

Every Tuesday - Walk-Ins Welcome - 2:30 pm - 4:30 pm

### Senior Veterans Social Club:

Every Thursday 10:00 am - 11:30 am

### NEW: Stretch and Tone Class:

Every Thursday 9:00 am to 10:00 am

### SHIBA Medicare Insurance Counseling - Prescription:

Drug Eligibility Assistance. By appointment.

### Tai Chi Classes:

Tuesdays Intermediate 9:00 am - 10:00 am  
Beginning 10:00 am - 11:00 am  
Advanced 12:00 pm - 1:00 pm

### Wii Activities:

Thursdays 1:30 pm - 4:00 pm

### Walk-With-Ease:

Classes are scheduled when registration warrants a new class. Call to sign up.

### YOGA classes:

Monday's at the Senior Citizen Center 5:00 pm - 6:00 pm

### Sign Up For Living Well Class - New Classes

**Starting Every Month:** (these are six week classes designed to help you manage chronic medical conditions)  
Call Valerie Franklin at Sky Lakes Community Health - 541-274-7250 to register.

### New Bingo Machines Just Installed:

Evening bingo games are every Thursday and Saturday at 4:30 pm - First call at 6:00 pm  
Tuesday afternoon paper only bingo - opens at 1:00 pm - First call at 2:00 pm

### Family Bingo:

Sunday October 9th - Doors Open 12:00 Noon - First Call At 1:30 Pm Bring The Whole Family For Fun And Special Prizes!  
It's Also Halloween Bingo. Bring The Kids In Costume. More Prizes For Best Costumes.

**Flu Shot Clinic:** 9 am to 1 pm - Thursday October 6th.  
Walk Ins Welcome - Appointments available.

### KBSCC Board of Directors Meeting:

Next meeting is Wednesday October 26th 10:00 am - 12:00 pm

**Senior Center Advisory Council:** Next meeting is Wednesday October 19th - 9:00 am - 10:00 am

### Hearing Aid Assistance:

J.D. Howell - Hearing Aid Check - Thursday October 20th 10:15 am - 12:00 pm

**Parkinson's Support Group:** Tuesday, October 18th at Elmer's Restaurant 11:00 am - Noon

### ACB - American Council of Blind:

Tuesday, October 18th at Red Rooster Restaurant 12:30 pm - 2:30 pm. Call Barbara 541-882-8517 for information and rides to the ACB Meetings.

**October Birthdays:** Tuesday, October 11th - 11:30 am

**Senior Center:** Front Desk Hours - Monday - Thursday 8:00 am - 4:30 pm Friday 9:00 am - 2:00 pm.  
Call 541-883-7171

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1525397



## Feature

SHIP TALK  
(Senior Health Insurance Program)

## OPEN ENROLLMENT IS ALMOST HERE!

**Mark your calendar:** the dates for open enrollment are October 15 through December 7, 2016. Why so important to know? The answer: In most cases, this is the time to make any changes you'd like to make.

Here are the things you need to check out. Probably the most commonly changed plans are the Medicare Part D prescription drug plans. Every drug plan is different – and has a different price tag. And they all seem to change every year. When you get your notice of 2017 pricing and formulary from your current drug plan, be sure and check it out carefully and make sure you want to keep it. Perhaps it's increasing its premium substantially. We can help you hunt for another one that might be cheaper and still meets your needs. Make sure your plan's formulary hasn't changed and all your drugs are still covered. Or perhaps you've added some new drugs which your current plan doesn't cover. Or, even better, perhaps you no longer need to take that very expensive drug which required you to get a more costly plan.

When you make an appointment with SHIBA to check out drug plans, you'll need to bring in a complete list of the drugs and dosages you're taking. Changes made during the open enrollment period will become effective January 2017. (Please note that if you're receiving Extra Help, the Low Income Subsidy (LIS), you can change your drug plan at any time of the year.)

Another change that people can make only during open enrollment period is switching from regular Medicare to an Advantage plan. An Advantage plan covers the same benefits that regular Medicare offers but with a different price tags and co-pays. You can also include your prescription drug package in the Advantage plan. For some people it can prove to be more economical since they seldom go to the doctor. If you're just curious to see how it works and what's offered, you may want to come in during open enrollment period and check it out.

Conversely however, if you are currently in an Advantage plan and would like to change into regular Medicare plus a supplement and a stand-alone drug plan, that change can only be done from January 1 through February 14, 2017.

If you have a Medigap (Medicare supplement) that has raised its rates substantially and you're interested in changing into another plan, you can do this at **any time in the year**. But remember, Medicare supplemental plans can refuse to insure you if you have pre-existing health conditions – with one important exception. During the 30 day period following your birthday date, you have **guaranteed issue to switch plans** – meaning they can't turn you down during this time period. (This is known as the Birthday Rule.)

Hopefully this information will be helpful for those of you who are uncertain how to handle all the information you'll be getting in the mail. If you think you might need help with your Medicare options and decisions, be sure and call the Senior Center at 541-883-7171 and ask for an appointment with a certified SHIBA counselor.

Anne Hartnett, SHIBA Coordinator

## Feature

NANCIE'S CORNER  
Health and Wellness Counselor  
Senior Center Blue Zone Reporter

## LONGEVITY THROUGH PURPOSE!

*"A life purpose is what I'm meant to do and be while I'm here on the earth." ~ Richard J. Leider, "The Power of Purpose"*

By now, you've heard about the Blue Zones Power9 Principles, and are likely wondering how the Purpose Principle will improve and extend your life. Purpose simply stated is in knowing why you wake up in the morning. Seems simple, but at our mature age, we might be asking, "what's the difference?" Added to that are age-related challenges. Perhaps you've given up, figuring that your days are numbered. Maybe depression has set in or a feeling of hopelessness which can immobilize your spirit. Those of you who've lost husbands, wives, close friends and pets, sometimes can't move forward.

But, consider this. There's still life in your years, there's still power in your spirit waiting to be tapped. There's still time to contribute to the community. There's still time to rescue yourself from the doldrums. Believe this. There's still time to activate your sense of purpose!

Richard Leider's influence in the Blue Zones Project is touted by Dan Buettner, founder of Blue Zones. He calls Leider the "Pope of Purpose!" The 72 year old has published ten books—three of them best sellers—and is considered a leader in the field of Purpose. His time-tested tools are being used by the Klamath Falls Blue Zones Project community Purpose Workshops. Visit: <http://richardleider.com/>

But, let's take a look at research outside the Blue Zones Project principles.

Funded by the National Institute of Health and the National Institute on Aging, research shows a correlation between finding a purpose in life and a lowered risk of mortality above and beyond other factors known to predict longevity. The researchers followed over 6,000 participants ages 20 to 75. Greater purpose in life consistently predicted lower mortality risk across the lifespan, showing the same benefit for younger, middle-aged and older participants. Being "un-retired" is more than a blessing.

Another research study, seven years in duration, included 1,000 people 80 years of age on average. Consider this: those with high purpose scores were 2.4 times more likely to remain free of Alzheimer's disease compared to those with low scores. They were also less likely to develop mild cognitive impairment and showed a 30% lowered rate of cognitive decline.

So, I ask, are you ready to put some spark in your step, some zest in your life and insert a well-being quotient in your future? Find something that grabs your interest, particularly something that helps others and go for it! Need a kick start? Sign up for the next Blue Zones Project Purpose Workshop on December 14, 2016: <http://whoozin.com/MWD-V99-UGCE>.

Nancie Carlson, Health & Wellness Counselor  
Klamath Basin Senior Citizens Center

## Bulletin The Lake County Senior Center

### October 2016 Events:

Blood Pressure Checks Mondays from 11:30-12:00 PM

**Tuesdays, October 11th & 25th 7:30 AM** – Klamath Falls Shopping Trip (Stop in to sign up only \$10)

**Friday, October 14th** is our Birthday Celebration! (Wear your favorite or most outrageous T-shirt!)

**Sunday, October 30th** – Alturas Casino Trip!

**Saturday, October 8th** – Travel with us to Christmas Valley and Paisley for shopping and fun!

**Every Tuesday & Thursday our Thrift Shop is open**

**1:00 - 4:00 PM.** Come check out the new and improved Thrifty!

**Tuesdays & Thursdays** join us for the Strong People Program! **10:00 AM - 11:00 AM**

**Monday, October 17th** – Board Meeting 4:00 PM

**Every Wednesday 12:00 NN - 1:00 PM Lions** – Lunch Meeting

**Every Monday Bingo at 1:00** (right after lunch)

***We transport Veterans!  
Just call to get on our schedule!***

We serve hot meals to everyone Monday, Wednesday and Friday. It's only \$6 for those under 60 and we request a \$4 donation for those over 60. We also provide home delivered meals to those that qualify. Lunch is served at noon, join us! Seniors and disabled may request local medical transportation with two days notice.

You can reach us at: 11 North G Street, Lakeview Oregon 97630  
(541) 947-4966

## Bulletin

# COMPASSION FATIGUE CARE AND SUPPORT

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**CASCADE  
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Providing care for someone else can be overwhelming. This can lead to **burnout** and **compassion fatigue**.

**Join us** in a **FREE** class designed for care providers to rediscover their gifts, strengths, and the deep rewards that come from having balance in life.

### Class taught by **Dr. Kathleen Adams**

Dr. Adams is Program Director of the Marriage and Family Therapy Master of Science program at Oregon Tech.

- Licensed Marriage and Family Therapist
- More than 30 years of experience
- Helps individuals and families rediscover and celebrate the strengths in their lives

Washington Federal  
Community Building  
5215 South 6<sup>th</sup> Street

**Oct. 10: 5:30 to 7:30 p.m.**

**Oct. 13: 10 a.m. to noon**

If you are interested in joining or would just like more information, please contact Kyla at  
**541-883-2947** or  
**kylap@cascaedcomp.com**



Cascade Health Alliance, LLC

## Feature

# Golden Age Club Announcement

This year the Golden Age Club is proud to be adopting 2 ½ yr old Baby Brianna and family in her fight against bone marrow cancer.

The Golden Age Club is asking for your donations to help this family of seven in their time of great need.

We have united with the Klamath Food Bank with an endeavor to produce a pleasant and happy Christmas occasion during this whole family's time of need.

Baby Brianna was born with this cancer and she and her family of 7, have struggled for the last 2 years.

The Golden Age Club is a 50 year old non-profit organization serving the Klamath Senior community.

If you have any questions, please contact one of our officer's at:

**Tammy Cox-President 541-363-2312**  
**Teresa Rainford-Vice President 541-363-2784**

Thank you for your participation in our efforts to support this family and represent our community.

### Note:

Checks can be made out to – Klamath Golden Age Club –

**Note:** in memo on check put Brianna Fund  
Receipts made for all donations upon request  
Please send to PO Box #1496  
Klamath Falls OR 97603  
Tax ID# 140297618  
Fax # 541-884-5987 \*51



# Bulletin

## Klamath Senior Center – Health Promotion Activities And Classes October 2016

LOCATIONS: **KLC** = Klamath Lutheran Church 1175 Crescent Avenue  
**SC** = Senior Center 2045 Arthur Street  
**(##)** = Capacity

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <p><b>SC:</b><br/> <b>SAIL Exercise</b><br/> <i>Mary Noller</i><br/> <b>Class One</b><br/>                     8:45 to 9:45 am (32)<br/> <b>Class Two</b><br/>                     10:15 to 11:15 am (32)</p> <p><b>KLC:</b><br/> <b>Balance / Stability</b><br/> <i>Tina Mahacek</i><br/>                     10:30 to 12:00 pm (10)</p> <p><b>SC</b><br/> <b>YOGA</b><br/> <i>Kim Carson</i><br/>                     5:00 to 6:00 pm (32)</p> | <p><b>SC:</b><br/> <b>Tai Chi</b><br/> <i>Mel Murakami</i><br/> <b>Beginner</b><br/>                     10:00 to 11:00 am (25)<br/> <b>Intermediate</b><br/>                     9:00 to 10 am (25)<br/> <b>Advanced</b><br/>                     12:00 to 1:00 pm (25)</p> <p><b>SC</b><br/> <b>Line Dancing Class</b><br/> <i>Tara Gallager</i><br/>                     5:30 to 6:30 pm</p> | <p><b>SC:</b><br/> <b>SAIL Exercise</b><br/> <i>Mary Noller</i><br/> <b>Class One</b><br/>                     8:45 to 9:45 am (32)<br/> <b>Class Two</b><br/>                     10:15 to 11:15 am (32)</p> <p><b>KLC:</b><br/> <b>Balance/Stability</b><br/> <i>Tina Mahacek</i><br/>                     10:30 am to 12:00 pm (10)</p> <p><b>SC:</b><br/> <b>Dancing</b><br/>                     Live Music from the<br/> <b>Take Four Band</b><br/>                     1:00 to 4:00 pm<br/>                     (Dance Club Ask for a \$4.00 fee)</p> | <p><b>SC</b><br/> <b>NEW</b><br/> <b>Stretch and Tone</b><br/> <i>Bev Fairclo</i><br/>                     9:00 to 10:00 am (25)<br/>                     Registration open</p> <p><b>SC:</b><br/> <b>SAIL Exercise</b><br/> <i>Suzan Phipps</i><br/>                     10:15 to 11:15 am (32)</p> <p><b>SC:</b><br/> <b>Boost Your Brain &amp; Memory</b><br/> <i>Kate Murphey</i><br/>                     Next class series starts<br/>                     Thursday, October 27th,<br/>                     10:00 am – 11:30 am (12)<br/>                     To register for classes<br/>                     call 541-883-7171</p> | <p><b>SC:</b><br/> <b>SAIL Exercise</b><br/> <i>Mary Noller</i><br/> <b>Class 1</b><br/>                     8:45 to 9:45 am (32)<br/> <b>Class 2</b><br/>                     10:15 to 11:15 am (32)</p> <p><b>SC:</b><br/> <b>Balance/Stability</b><br/> <i>Tina Mahacek</i><br/>                     11:30 am to 1:00 pm (20)</p> <p><b>SC:</b><br/> <b>Living Well with Chronic Medical Conditions</b><br/>                     Classes now in progress.<br/>                     To register for future classes<br/>                     Call 541-274-7250<br/>                     New Registration Number<br/>                     now at Sky Lakes<br/>                     Community Health</p> |

**INDOOR PICKLEBALL COURT**  
**Fridays and Sundays from 2 to 5 pm**  
 available by reservation only.  
**Tuesday Beginners Class open to walk-ins 2:30 to 4:30 pm**  
 Court shoes required.

**Need Help Deciding Which Class Is Right? Make an appointment with our Health and Wellness Counselor! If Not Now, When?**

**Fees and Donation Information:**

Participants are requested to make a donation of \$2.00 to \$4.00 dollars (donate what you can). Tai Chi participants are asked to pay \$5.00/class or \$20.00/month. **No one refused for inability to make a donation. Participants under 60 pay the estimated class cost.**

**Enrollment:**

Generally classes are fully subscribed well before start dates. Early enrollment is encouraged. Class start and end dates are announced in *Active Seniors* (the monthly newsletter of the Senior Center distributed on the first Wednesday of each month with the Herald & News) and at the Senior Center. Call our receptionist at 541-883-7171.



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## Feature

## SENIOR CENTER BINGO MAKEOVER UNDERWAY

### New Equipment and New Excitement

The Senior Center is upgrading its BINGO equipment. New Bingo ball blowers (see picture) have been installed that are the latest technology. The Senior Center is the first in the State to install this new equipment. The BINGO balls never leave the blower machine and are electronically read and posted on the display boards. The balls are never touched by the caller. The machine also allows the caller to work from the floor



*Pictured is Linda Breeden, one of the BINGO Managers at the Senior Center, with new bingo equipment.*

using a remote device to operate the blower. New flat screen displays are soon to be installed replacing the old display boards and new TEDS (tablets that allow machine play) have already been put into service. The TEDS are more colorful than the old ones and allow players to take a pause and play video games between sets if they wish.

The Senior Center continues to make a number renovations that make the Center a more attractive place to be. The kitchen and entry way has already been upgraded and a bathroom renovation will soon be initiated. The Center is appealing to the general public to assist in funding these projects.

In addition the Center is inviting the public to bring groups to the BINGO games for Party BINGO at its evening games. Party BINGO allows for the reservation of tables for groups that may add their own theme decoration and make a party out of the evening.

Family BINGO is also offered once a quarter on the second Sunday of each month.

BINGO play at the Center provides support to the Center's many programs that include Meals-On-Wheels, congregate meals, transportation, health promotion classes, educational classes, counseling, social gatherings, dances, and much more.

The Center is also striving to make the Center the place to go for seniors of all ages and is expanding its offerings for those seniors looking to maintain a more active lifestyle. The recently added Pickle ball court is part of that effort.

## Help Support Our Senior Programs

### Have Fun - Win \$\$\$

# “BINGO”

AT THE SENIOR CENTER  
2045 Arthur Street - Klamath Falls, Oregon

**Tuesday Afternoons - Paper Only**  
**Open at 1:00 - First Call at 2:00 PM**  
**Thursday and Saturday Nights —**  
**Paper and Machine Play**  
**Open at 4:00 - First Call at 6:00 PM**

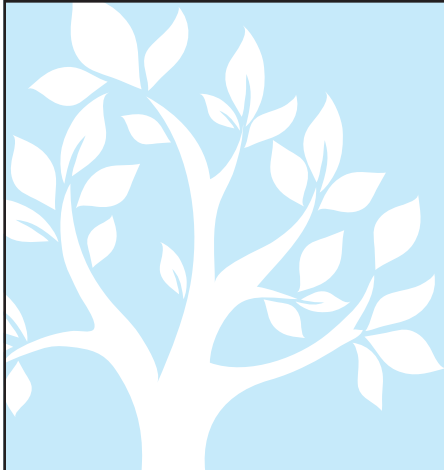
### KLAMATH BASIN SENIOR CITIZENS' CENTER

- Health & Exercise Classes
- Meals Programs
- Social Events
- Library
- Transportation
- Entertainment
- Information & Assistance
- Pickleball

Looking to make a contribution to your community in support of your elderly neighbors.

Join our 140 volunteers that are the foundation of the Senior Center. Training is provided.

**Call our Volunteer Coordinator at 541-883-7171**



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## SUPER SENIOR MONDAYS AT KLA-MO-YA!

FOR OUR PLAYERS 55 AND BETTER

Kla-Mo-Ya Casino is the place to be if you're 55 and better! You will get \$5 Free Slot Play automatically on your Bonus Club Card And 10% off in the Peak to Peak Restaurant!

### NEW SENIOR PLINKO

EACH MONDAY

Random hot seats will be drawn every half hour every Monday October thru December Noon - 3 p.m. You can win CASH or FREE PLAY. To qualify, simply be playing with your Bonus Club card inserted into any slot machine. Each winner will have a chance to pick a card to reveal how many tries they have at the PLINKO board!

**NO PLINKO ON DEC 19<sup>TH</sup>**

Restrictions apply. Management reserves the right to review, revise or cancel this promotion at any time. see Bonus Club for Details.

### SEAFOOD BUFFET

EVERY FRIDAY IN OCTOBER

\$19.95 ALL YOU CAN EAT 6 P.M. - 9 P.M.

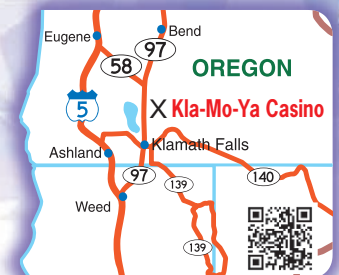
Crab legs  
Shrimp peel and eat  
Fried calamari

Fried shrimp  
Red potatoes  
Corn on cob

French bread  
Comes with free soft drinks

**NO SUNSET SPECIAL ON FRIDAYS**

Open to all guests. Menu items are subject to change. Dine in only. No discounts allowed.



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## Menu

### October 3, Monday:

Potato Bar, Veggie, Salad Bar, Dessert

**October 4, Tuesday:** Salisbury Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

**October 5, Wednesday:** Beans & Ham, Cornbread, Veggie, Salad Bar, Dessert

**October 6, Thursday:** Roast Pork, Potatoes, Veggie, Salad Bar, Dessert

**October 7, Friday:** Burger Bar, French Fries, Veggie, Salad Bar, Dessert

**October 10, Monday:** Au Gratin Potatoes with Ham, Veggie, Salad Bar, Dessert

**October 11, Tuesday:** Happy Birthday  
Chicken Stew, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

**October 12, Tuesday:** Lasagna, Garlic Bread, Veggie, Salad Bar, Dessert

**October 13, Wednesday:** Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

**October 14, Thursday:** Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

**October 17, Monday:** Chili & Cornbread, Veggie, Salad Bar, Dessert

**October 18, Tuesday:** Fish & Chips, Veggie, Salad Bar, Dessert

**October 19, Wednesday:** BBQ Chicken, Veggie, Salad Bar, Dessert

### October 20, Thursday:

Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

### October 21, Friday:

Mac & Ham, Veggie, Salad Bar, Dessert

**October 24, Monday:** Shepherd's Pie, Veggie, Salad Bar, Dessert

**October 25, Tuesday:** Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

**October 26, Wednesday:** Meat Loaf, Mashed Potatoes, Veggie, Salad Bar, Dessert

**October 27, Thursday:** Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

**October 28, Friday:** Spaghetti, Garlic Bread, Veggie, Salad Bar, Dessert

**October 31, Monday:** Mexican Lasagna, Spanish Rice, Veggie, Salad Bar, Dessert

**November 1, Tuesday:** Salisbury Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

**November 2, Wednesday:** Chicken Teriyaki, Rice, Veggie, Salad Bar, Dessert

**November 3, Thursday:** Chicken Fried Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

**NOTE:** The menu is subject to change, depending upon availability of supplies. Tea, coffee, milk & juice are available at each meal. Sugar free desserts and salads available for diabetics.



Scott Stevens, M.D.  
Physician/ Surgeon of the Eye



Mark Fay, M.D.  
Physician/ Surgeon of the Eye



Edwin Tuhy, O.D.  
Optometrist



Jennifer Sparks, O.D.  
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