



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



*Right: Air National
Guard personnel arrive
to deliver the 180 annual
food and gift baskets for
local seniors in need.*



**Resolution?
FIND YOUR PURPOSE
AS A VOLUNTEER**

**DINNER, DANCE AND FUN
SPAGHETTI FUND RAISER
JANUARY 12TH**

See Page 12

JANUARY • 2018

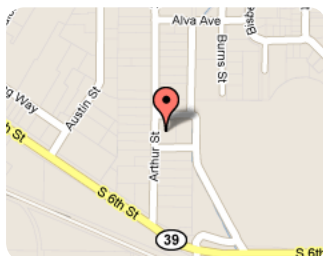
Active Seniors

SENIOR Center receptionist
Joanne Campbell



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.

Where are we located?



**The Klamath
Senior Center is
located at 2045
Arthur street**

VOLUNTEER TODAY!

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.

WE HAVE A JOB FOR YOU!

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
www.KlamathSeniorCenter.com

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Welcome

Here comes another new year! I like the fact that we celebrate the change of the year each January. It's kind of like pushing the reset button. You get to refocus and start anew. We look back at some of the year with pride and other parts questioning how we might have done something differently. In either case it's all a learning experience and an opportunity to apply lessons learned to the coming months.



Marc Kane, Center Director

Looking into the future I have a vision for the senior center, that we be perceived more as a concept rather than a place. Yes, it is important to maintain our center as a gathering place and focal point, but more importantly the concept should be one of collaborations and cooperatives with others to make our entire community one where seniors feel welcomed, included and connected.

Our mission is to build and maintain a community supportive community for seniors. Its not really just about seniors. Fulfilling our mission is a means to do our part in making our community supportive for all its residents. By its very nature our mission requires the participation of all citizens irrespective of age.

A supportive community is one that embraces retirees that are asking what their new purpose might be and finds a place for all to contribute their skills and talents. Supportive Communities recognize the needs of the few that are less fortunate and insure that everyone's basic needs for food, shelter and socialization are met. I believe we can all be proud of what our community has achieved in supporting not only seniors but the needs of others as well. I must confess that the tax reforms to be implemented over the next few years have me a bit concerned. With the standard deduction nearly doubling for most tax filers the incentive to seek avenues for tax deductible donations to charities may be diminished. On the other hand I have always believed that our support hasn't been just about finance and deductibility but as much or more about heart and compassion. The good character of our community will be sustained and those in need will remain supported.

Please keep these thoughts in mind as you move through the next year and remember to sustain your support and find new ways to build our community and its great spirit. It is of course much more than just monetary support that makes us great but the contribution of time and talent as well.

We are most in need of new drivers for the Meals-On-Wheels program . We are adding a new delivery route this year to the five we already have. That means we will need many new drivers to meet growing demands. Please consider finding your purpose here at the senior center.

Call our new volunteer coordinators, Adena and Gloria, who have just started in their new positions. They are looking forward to helping you find your place.

Happy New Year !

JOIN US ! WE CELEBRATE LIFE !

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

Feature

Tips For Caring For Yourself When Caregiving For Others

Article submitted by Klamath Hospice

Caregiving for others can be extremely fulfilling, but it can also be very exhausting and stressful. It is important to practice good self-care; meaning making sure to meet your own needs so that you feel able to be a good caregiver for others. Some helpful tips from the Hospice and Palliative Nurses Association include:

- Remember to take care of your own health
- Schedule times to eat healthy meals and snacks throughout the day
- Take time to rest
- Try to get some kind of exercise daily
- Indulge in activities that you like to do: walking, reading, listening to music, taking a bath, praying, gardening, etc.
- Create to do lists (ask others to help with them)
- Talk to family, friends and/or professionals about your worries and fears, don't bottle it up
- Ask others to help you and be specific (i.e. a meal, help with laundry, providing respite, etc.)
- Avoid/limit use of tobacco and alcohol
- Be informed (learn about disease process, how best to care for your loved one without hurting yourself, etc.)
- Use positive self-talk (i.e. tell yourself that you are a good caregiver)
- Breathe
- Laugh

Hospice and Palliative Nurses Association,
Patient/Family Teaching Sheet: "Self-Care for
the Caregiver".



Volunteers Needed

Get involved
with one of
our many
opportunities
today!



541-882-2902 **KLAMATH HOSPICE**
www.klamathhospice.org - jsmith@klamathhospice.org

Bulletin Family Caregiver Support Program in Klamath & Lake Counties

Who is Eligible for Caregiver Programs? Services are designed for **non-paid caregivers** who: Care for someone age 60 or older or with Alzheimer's or are age 55 or over and are the primary caregiver for a child age 18 or younger

What Services are Available?

- RESPITE SERVICE • ASSISTANCE FINDING SERVICES
- SUPPLEMENTAL SERVICES CAREGIVER TRAINING

Who is a Caregiver? A caregiver provides unpaid care or support at home, in the community, or in a facility to an elderly friend or family member who has a disability, is under palliative care, or is chronically ill.

What Does a Caregiver Do? • Assist an aging parent with decision making and planning • Support an adult child with a disability • Caregiver for a person with Alzheimer's • Provides non-paid care to someone 60 or older • Are age 55 or older and raising children age 18 and younger

**Taking care of
you while you
care for others**

For more information contact:
Klamath & Lake Counties Council on Aging
541-205-5400 or visit our website at
klamathandlakeareonaging.org

Bulletin

Safe Driving Course

SAFE DRIVING



Can Save You Money

**Take the NEW AARP
Smart Driver™
Course and you
could reduce your
overall maintenance
and car insurance
costs***

February 5th • 9AM – 4PM

**Klamath Basin Senior Citizens' Center
2045 Arthur Street, Klamath Falls**

**You can register at the Klamath Senior Center's
Reception Desk or contact AARP directly.**

*Upon completion you may be eligible to receive an auto insurance discount.
Other restrictions may apply. Consult your agent for details.

VOLUNTEER OPPORTUNITIES FOR EVERYONE

Have you considered giving back to your community?

Volunteer Opportunities At The Klamath Senior Center:

- **Meals-On-Wheels Drivers and Kitchen Helpers**
- Transportation Drivers Using Senior Center Vans
- Computer and Tech Skills Instructors
- Gift Shop Clerks and Helpers
- Bingo Callers and Floor Helpers (Thursday and Saturday Evenings)

The Senior Center is recruiting for a volunteer Volunteer Coordinator!
Call us at 541-883-7171 Ext 128

Visit Our WEB Site at www.klamathseniorcenter.com

We now have two volunteers sharing the volunteer coordinators position. Call Adena or Gloria at 541-883-7171



Citizens For Safe Schools Volunteer Opportunities Mentor One Child, Change Two Lives

For only one hour a week, you can give valuable time to a child in need in the Klamath Basin. Spend time simply “hanging out”; going bowling, volunteering, going for a walk, playing games, checking out Crater Lake... the possibilities are endless! Simply showing a youth that you care enough to give your undivided time to them each week can make a lasting difference in their young life. We have a list with children waiting to be your friend!

Contact Margot Durand, Program Manager, P.O. Box 243, Klamath Falls, OR 97601, 541-882-3198 to apply as a volunteer.

www.CitizensForSafeSchools.org
www.facebook.com/citizensforsafeschools

The School Guardian Project at Ponderosa Middle School and the **Citizen Advisory Board of the Coalition for Safe Learning Environments** (CSLE) is looking for volunteers.

This groundbreaking initiative in support of public schools is helping locate opportunities for the community in our schools.

Commitment levels vary from 1 hour a month to board member support, and as many hours as volunteers would like to donate to our local students.

For more information please contact:

Rose Beardsley, CSLE coordinator:
RMBearlsley@charter.net • 541-880-4262

FIND YOUR PURPOSE IS A RECURRING COLUMN. WE INVITE ANY AGENCY THAT HAS VOLUNTEER OPPORTUNITIES TO SUBMIT INFORMATION TO BE PUBLISHED IN FUTURE COLUMNS. WE ARE ESPECIALLY INTERESTED IN OPPORTUNITIES FOR SENIORS AND VOLUNTEER EVENTS THAT BRING SENIORS AND OTHERS TOGETHER TO SUPPORT OUR COMMUNITY. PLEASE SUBMIT REQUESTS TO MARC KANE AT THIS EMAIL: marc.kane@kbscc.org

Feature

Introducing Our New Volunteer Coordinators

Last month we advertised in the Find Your Purpose Section of this paper for someone to step up to be our new volunteer coordinator. I am pleased to announce that we got a response from not just one, but two very competent ladies who have now been appointed to share the position, each working part time. We are also proud to continue the practice of having our volunteer coordinators be volunteers themselves as well. Join me in welcoming Adena Huhmann and Gloria Hernandez. Give them a call here at the Center to find your place and purpose with our senior center. They have each written a statement below.

-Marc Kane, Executive Director

VOLUNTEERISM, WHAT IT MEANS TO ME

By Adena Huhmann, Co-Volunteer Coordinator

First of all, a definition (from dictionary.com):

- Volunteerism: “the policy or practice of volunteering one’s time or talents for charitable, educational, or other worthwhile activities, especially in one’s community.”

Hello, my name is Adena Huhmann, and I am a volunteer at the Klamath Basin Senior Center, where I job share the Volunteer, Volunteer Coordinator position.

So why am I doing this? I am a busy person, as those who know me know, and I am pretty much on a fixed budget, and drive in from Beatty to do this.

The answer comes from the two definitions above. I believe all of us should be actively concerned with supporting our organizations and activities, those important to each individual, in our communities. Giving money or other contributions is good, as each individual can. But beyond money, it takes people to make an organization work.

The giving of one’s self brings about a natural feeling of accomplishment, a sense of pride and identity, and it gives back to the community which can lessen the need for government assistance. It has also been proven to reduce depression and increase your sense of well-being by focusing on others instead of self.

So isn’t it time for you to volunteer a few hours of your time to help the Senior Center provide services for some of our people most in need of assistance; some of the most vulnerable we have in our community? Come see us to volunteer today. Remember:

“There is just nothing stronger than the heart of a volunteer.” Jimmy Doolittle

MY VISION

By Gloria Hernandez, Co-Volunteer Coordinator

Our Senior Center is successful because of the many dedicated and committed volunteers contributing their time and resources. The Center provides a clean, safe, and healthy location for seniors to enjoy socializing. My hope is to be able to add some value to the success of the Senior Center. My personal vision is to be able to recruit, train, and retain additional volunteers by outreach activities, who share the same commitment and then to recognize their contributions with respect.

On a personal note I have two adult daughters and two granddaughters, the 6th generation to be born in Klamath Falls. I retired after more than 25 years from Federal civil service.

Writer's Corner

Mumkin's Recipes For Life...



Time to wish upon a star
Then follow your dreams... near or far!

Sharon (Johnston) Pappas ©

How Do You Feel?

Sharon (Johnston) Pappas ©

How do you feel
When the holidays are through
Do you breathe a sigh of relief
Or are you suddenly lonely and blue

Maybe your home was filled
With the chatter of family and friends
Or quiet as a mouse
For from a far good wishes a loved one sends

We all have times of happiness
And sorrow
When prayers are heavenly sent
For a brighter tomorrow

But today is the day
As the sun begins to rise
Just reaching out to others
May fill your heart with surprise

So visit your memories
Of the happiest times
Let them softly linger
Like that first sip of wine

Then open your eyes
To the possibilities ahead
Embrace each moment
As with joy your wings you spread.

Expressions of Heart and Mind

The Truth

By Dianna Hastings

Love is a seed and
TLC is its only need

It grows from a
Seed
To a plant and then
To a flower

As it grows and
Starts to bloom
And then it gives off
Its fragrance and perfume

Mother Nature does
Her very best
To see that everyone
Is blessed

As winter comes along
Underneath the snow
The plant is growing
Strong

And in the spring a
Flower takes its place
In the ground and
You see tiny starts
Of flowers all around

The Lord Near

By Sugar Crain

It's hard to move forward when
You're lost in yesterday,
You try and hold your head up
But all you can do is pray.
You are not the first to ever
Feel you're in the wrong,
You can take the good with the bad
And remain to be strong.
There's always someone there
As your reaching out,
To let you know of a way when
Your feeling this doubt.
There is no shame in asking for
Strength of a helping hand,
It's not a sign of weakness it's
A way to help understand.
This is a part of life so we
May all band together,
And accept such a sacred gift
To live our lives forever.
So hold your head up high as
You pray away all you fear,
For it can no longer be with you
When you keep the lord near.

Happy New Year

By Sharon Hudson

A new year is upon us,
So let's make it great,
Full of sugar and spice,
Put special things on your plate.

Keep Love in the air, and the
Golden rule not far behind.
When you see someone hurt,
Try to treat them extra kind.

Have a goal that's attainable, and
Will make your life better.
Spell it out, and be sure to
Follow it to the letter.

Live, and laugh a lot, and
Have fun in your soul.
Don't let the negative in.
It will take its toll.

Winter Is Upon Us

By Sharon Hudson

The fog lowered down and
Froze to the trees,
Making it a wonderland, as
As it lifted with a breeze.

It's a view of winter
Before it begins.
The time we drive like we
Are on needles and pins.

Thank goodness for studded
Tires as I go up the hill.
The scenery around
Is all very still.

We never know if winter
Will be harsh, or maybe mild.
With snow blowing sideways,
Or something less wild.

Good thing we have warm
Cloths and heaters too,
To combat the cold, so
We don't turn blue.

Thursday Chuckle

Author unknown

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have never been in Doubt. That is a sad place to go, and I try not to visit there.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And more and more I think of the Here After....several times a day, in fact. I enter a room and think "What am I here after?"

Donor List

HARVEST FOUNDATION GRANTS \$10,000 TO CENTER

It is our pleasure to announce a grant from the Harvest Foundation. This foundation grants in multiple Northwest states and we believe this is their first grant to a Klamath Basin agency. Funds will be utilized for general operating expenses in sustaining our most critical services and supporting our volunteers.

A big thanks to all our individual contributors 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. We are most thankful this month to the Kiwanis Club of Klamath Falls for their support. November Donations of \$3,075 were received from the following organizations and individuals:

John Ashton	Duckworth Family	Samuel Hawley
The Klamath Tribes	Avis Kielsmeier	Patricia Henderson
First Presbyterian Church	Burl Parrish	Joyce Moore
Marta Stephens	Rose Chapman	Irene McLean
Faith Tabernacle	Carlin Christensen	Alan Duyff
Mary Ellen Sargent	Jonny Jones	Rose Kruezer
Lynette Harvey	Wilma Petrik	Golden Age
Etta Holly	Peggy Thomas	Constance Schuetze
Ernie Palmer	Linda Bourcy	Laurie Cole
Jon Schnebly	Cheryl Gibbs	Linda Seater
Howard McGee	Dorothy Sharp	Leroy Johnson

Unidentified contributions in November for Meals, Transportation and Other Services amounted to \$4,136.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2016 amounting to at least \$600 for the year. They were the following:

Jon Schnebly	Lynette Harvey	Howard McGee
Faith Tabernacle	Ernie Palmer	Carol Darling
Geraldine Schindler	Emmett's Line-up & Auto	Burl Parrish
Stan Neitling	Repair	Rose Chapman
J.L. Transitions	Bill Watson	Jahalla Shaffer
Avril Fischer	Dorothy Winters	Elvin Middleton

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.

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

Talk to Jerry Gilmer between 10am and 1pm Tuesdays and Thursdays at
NO COST TO YOU while at the Senior Center



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**

Bulletin

Tai Chi Classes

TAI CHI CLASSES - KF Senior Center

**Klamath Falls
Senior Center**

Tuesday

Beginning

10:15-11:15am (set 1)

9-10 am (Set 2)

Intermediate

8:00-9:00am (Set 3)

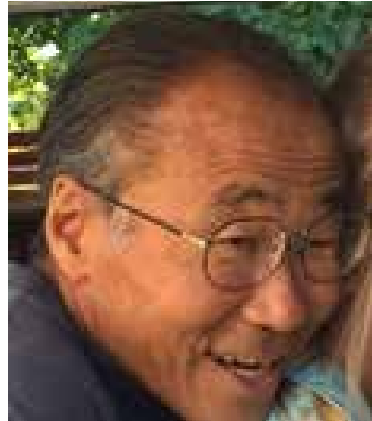
Advanced

12:15- 1:15pm (Sets 1-4)

Wednesday Class

Beginning 5:30-6:30pm

Call 541 274-1555



Mel Murakami,
Tai Chi Instructor

Help Support Our Senior Programs

Have Fun - Win \$\$\$

“BINGO”

KLAMATH BASIN SENIOR CITIZENS' CENTER
2045 ARTHUR STREET, KLAMATH FALLS, OR

THURSDAY AND SATURDAY EVENINGS

GAMES START AT 6:00 pm

DOORS OPEN AT 4:30

FAMILY BINGO

SUNDAY JANUARY 21ST

OPEN NOON - FIRST CALL AT 1:30 PM

SPECIAL PRIZES, GAMES AND RAFFLES.

- Health and Exercise Classes
- Educational and Arts Classes
- and Pickleball Court
- Transportation
- Meals Programs
- Entertainment
- Social Events
- Information and Assistance
- Library
- Host to the Golden Age Club

Bulletin

SPOKES Unlimited Schedule

**SPOKES
Unlimited**



A Resource Center for
People with Disabilities

SPOKES Unlimited

1006 Main Street, Klamath Falls, OR 97601

541-883-7547 v/tty

All support groups follow confidentiality guidelines.

January 2018

- 15th** SPOKES Unlimited will be closed all day for staff enrichment
- 16th** American Council for the Blind Meeting
12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street
- 24th** SPOKES Unlimited will be closed for the Christmas Holiday
- 27th** 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 limited to 15 people, come early as admittance is first come, first served. 2:00-3:30 pm, SPOKES office

Please Note:

**The Tramatic Brain Injury and Illness Group
has been cancelled until further notice.**

HAPPY Holidays, from all of the staff at SPOKES Unlimited!

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.

 **BLUE ZONES PROJECT™**
by HEALTHWAYS

live  *with*
PURPOSE

This year, do something for you!

Discover your purpose and live 7 years longer, happier.

- Take a deeper look at the things that add meaning to your life.
- Revisit your values, passions, gifts, and talents.
- Think about what you really love to do and take the steps to do it.

Brought to
Oregon by  **CAMBIA™**
health foundation

Bulletin Blue Zones Project Walking Moai

Join The Blue Zones Project Walking Moai

When: Wednesdays at 5:30 p.m.

Where: Mike's Fieldhouse in Steen's Sports Park



Boost your New Year's Resolution by joining our Walking Moai and connecting with likeminded people every Wednesday at 5:30 p.m. inside Mike's Fieldhouse. The word "Moai" comes from Okinawa, Japan and means "meeting for a common purpose." Blue Zones project adopted this and creates Moai Walking Teams to provide social interaction and support that are just as important as the physical exercise they're getting during their walk. The Wednesday Walking Moai is a fun group of people who enjoy the common purpose of connecting with new people, friendly conversations, and of course, walking. We're looking forward to seeing you at 5:30 p.m. on Wednesdays!



Feature

Boost Your Brain and Memory

All seniors want to maintain their mental capacities as long as possible. Being informed is a key to our overall physical and mental wellbeing. An opportunity to learn strategies to maintain our brain health and memory is available to seniors in the Klamath Basin. Starting January 10th, KBSCC will sponsor **Boost Your Brain and Memory**, an 8 week program from the Mather Lifeways Institute on Aging.

What is Mather Lifeways? For more than 70 years, this not-for-profit, award winning, nondenominational organization, founded by Alonzo Mather, has been dedicated to developing and implementing ways to age well. Boost Your Brain and Memory was created by Mather Lifeways in conjunction with experts from Rush Alzheimer's Disease Center, Rehabilitation Institute of Chicago, University of Illinois at Chicago and The University Center for Cognitive Wellness.

Based on the latest research, this program uses unique, whole-person approaches that provide older adults with practices that can help them live a healthier lifestyle as well as remember things better, be more organized, pay closer attention, and regulate their emotions. The program demonstrates what older adults can do now to reduce their risk of Alzheimer's disease and other dementias. Follow up studies (2013) showed that participants who had completed the program were more optimistic and self-confident about maintaining their memory.

The class is limited to 12 participants, and so, will be low-keyed, friendly and supportive. Participants will be encouraged to set goals and share their own experience and knowledge. This program is intended for older adults who do not have diagnosed dementia. It is recommended for adults who are motivated to protect and enhance their mind's capacities.

Those registering for the class are asked to commit to attending at least 6 of the 8 weekly scheduled sessions. The program will be presented at the Klamath Basin Senior Center on eight consecutive Wednesdays 10 to 11:30 A.M., beginning January 10th. The cost is \$8.00 to cover the program workbooks and materials. Financial assistance is available. If you have questions call the Klamath Basin Senior Center: (541) 883-7171.

Boost Your Brain and Memory will be presented by Kate Murphey and Dawn Wallace. Both have worked in health care in Klamath Falls for many years.



**Class starting:
Wednesday, January 10th
from 10 to 11:30 am
at the Senior Center.**



Bulletin



Muffin Mondays!

Veteran's Group

Every Monday 10:30-11:30 a.m.

Senior Center, 2045 Arthur St.

Coffee • Muffins • Conversation



For more information:

Jennifer Smith • 541-882-2902

jsmith@klamathhospice.org

www.klamathhospice.org



WE HONOR VETERANS

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. 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.



Bulletin

Klamath Senior Center – Health Promotion Activities And Classes January 2018

LOCATIONS: KLC = Klamath Lutheran Church 1175 Crescent Avenue SC = Senior Center = Capacity 2045 Arthur Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SC: SAIL Exercise <i>Mary Noller</i> Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>KLC: Balance / Stability <i>Tina Mahacek</i> 10:30am to 11:30am (10)</p> <p>SC YOGA <i>Kim Carson</i> 5:00 to 6:00 PM</p>	<p>SC: Tai Chi <i>Mel Murakami & Tina Mahacek</i> Intermediate 8:00 to 9:00 am (25) Beginner 2 9:00 to 10:00 am (25) Beginner 1 10:00 to 11:00 am (25) Advanced 12:10 to 1:10 pm (25)</p>	<p>SC: SAIL Exercise <i>Mary Noller</i> Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>KLC: Balance / Stability <i>Tina Mahacek</i> 10:30 to 11:30am (10)</p> <p>SC: Dancing <i>Live Music from the Take Four Band</i> 1:00 to 4:00 pm</p> <p>Qi Gong <i>Jimme Alcorn</i> 4:15 to 5:15 pm (25)</p> <p>Tai Chi <i>Mel Murakami and Tina Mahacek</i> Beginners 5:30 to 6:30 pm (25)</p>	<p>SC Stretch and Tone <i>Will be continued at a later date (25)</i></p> <p>SC: SAIL Exercise <i>Suzan Phipps</i> 10:15 to 11:15 am (32)</p> <p>Living Well with Chronic Medical Conditions To Register for Future Classes Call Valerie Franklin at Sky Lakes Community Health 541-274-725</p>	<p>SC: SAIL Exercise <i>Mary Noller</i> Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32)</p> <p>SC: Line Dancing Class <i>Fern Steers</i> 7:00 pm to 9:00 pm</p> <p>SC: Boost Your Brain & Memory Wednesdays Starting January 10th <i>Kate Murphey/Dawn Wallace</i> Sign up for class - 8 sessions 10:00 am to 11:30 am (12)</p>

INDOOR PICKLEBALL COURT

Tuesday Class open to walk-ins 2:00 pm

Friday, Open Court, Arrive 1 pm

Want to reserve the court?

Call us for available days and times. 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.



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



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



Edwin Tuhy, O.D.
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Bulletin

Spaghetti Feed

SPAGHETTI FEED

FRIDAY, JANUARY 12TH AT 5:30PM



SUPPORT THE SENIOR CENTER

Enjoy a delicious
Italian dinner and live music!

Tickets: \$10 for adults or
\$5 for children under 10

Raffles, Live Music, and Dancing!!

Klamath Senior Center
2045 Arthur St
Klamath Falls, OR 97601
541-883-7171

TICKETS AVAILABLE AT
THE SENIOR CENTER

Feature

Introducing Athena Francis

By Joanne Campbell



This month we are introducing you to Athena Francis, who has been employed with the Senior Citizens Center for nearly five years.

Athena works in our kitchen and at our Bingo night concession stand on Thursday and Saturday evenings. You may already know her from her exceptional work on our daily salad bar. She brings us a lot of character, smiles, and abundant energy. I see a lot of patrons who totally enjoy her and she knows each one by name. On Wednesday afternoons when the "Take Four" band is here for the weekly dance, one of our patrons sings to Athena "On Top of Old Smokey". She always gets a kick out of him serenading her.

Athena grew up in San Bernardino, California then later moved to Klamath Falls and has lived here for 26 years. She has 3 children. One lives in Trail, Oregon and the younger 2 live in Klamath Falls. She also loves baking, camping, listening to music, playing basketball and being on the dance team at Mazama High School.

Her favorite pass time is going "rock hunting" with her kids. This is a "fad" with the young and old. It goes like this; take any round rock and hide the rock(s) in various places to be found by others. A lot of the rocks have a picture painted on them. Once they find the rock then that person needs to hide it in a different spot where it could be found and hid once again. Occasionally someone will leave a gift under the rock.

Thank you, Athena, for all your hard work here at the Senior Citizens.

Bulletin

Balance and Stability Improvement

NEW CLASS
**YOUR NERVOUS SYSTEM HAS THE
CAPACITY TO REMODEL YOUR BODY**

Monday & Wednesday 10:30-11:30
Classroom at
KLAMATH LUTHERAN CHURCH,
1175 Crescent



***"You are NOT stuck
where you are!"***

Call 541 884-2480

***Tina Mahacek - Licensed
Physical Therapist***

Feature

SHIP TALK
(Senior Health Insurance Program)

HAPPY NEW YEAR!

Open Enrollment is over and a new year is ahead of us. This year we will continue to write each month about the many different parts of Medicare, the different options available for complete coverage, benefits one might qualify for, what's possible and what's not possible. For long time readers there will necessarily be lots of repetition. So hang in there, faithful readers. For all of you who are new readers, we hope we can help you traverse the maze we call the Medicare program and help you find the best and most comprehensive coverage to suit your needs.

January is an important month if you want to switch from an Advantage Plan to Original Medicare, with a stand-alone prescription drug plan (PDP) and, hopefully, a supplemental plan to complement your original Medicare. January 1 through February 14 is a special period when you can make this switch out of your advantage plan. A very important thing to remember here is that supplemental plans have the right to turn you down for pre-existing conditions, and you'll have to go through underwriting, so make sure you've secured a supplemental plan before dropping your advantage plan. Once that is done, come in to SHIBA and you can choose your drug plan. Simply by enrolling in a drug plan, you're automatically dropped from the advantage plan.

Which brings us to another "first of year" reminder. If you think you'll be looking at drug plans for any reason, be sure and bring a list of all the drugs and dosages you take, so we can use the Medicare Plan Finder website and see which plan is best for you. The information you provide is anonymous.

Another reminder is to always keep all the correspondence you get from Social Security. If you don't have a file, start one now. Each year Social Security sends a letter stating what your Social Security benefit will be for the coming year and how much is being deducted to pay the premiums for Part B (medical) and Part D (drugs). This information is very important to determine any benefits you might be eligible for and to make sure the information is correct.

Finally, the rates for Medicare Part B premium for new enrollees will remain at \$134 per month and the Part B deductible will remain at \$183 per year for 2018. (Higher premiums for high income.)

Questions? Make an appointment to come into the Klamath Basin Senior Citizens' Center to see a certified and trained SHIBA counselor (Senior Health Insurance and Benefits Assistance) and go over your coverage and learn all your options. This is important stuff and is too often ignored – often with disastrous financial and health repercussions. The senior center phone number is 541-883-7171.

Respectfully submitted, Anne Hartnett, *SHIBA Coordinator*

Feature

Nancie's Corner
Blues Zones Reporter
Health and Wellness CounselorAnother New Year
Will There Be A Healthier You?

Moving on into 2018, I have to ask: "Have you made New Year's resolutions?" I'm guessing that some of you want to work on fitness or lose a few pounds. Others may want to improve brain power (cognition and recall comes to mind), increase general health/well-being or simply get off the couch. That said, New Year's resolutions aren't often kept so let's look at a strategy to help stick with 'em.

Some psychologists suggest using the **SMART** approach, **Specific-Measurable-Attainable-Relevant-Time-bound**. I'd add the **KISS** approach--**Keep It Smart and Simple (or) Keep It Simple, Stupid!**

Be specific. *Examples* might include: I will exercise at least 3 times this week for at least 30 minutes. I will read at least 2 books each month. I will eat at least 5 healthy meals each week. I will replace high calorie desserts with fruit in 5 meals out of 7. I will increase hydration by drinking 6-8 glasses of water each day. I will sign up and attend the Boost Your Brain and Memory class. Keep it simple! Specify just one or two resolutions of your own choosing.

Measurable: How will you know when you've accomplished your goal? Keep a record of your achievements, especially noting how much better you feel, if results bring lower blood pressure, cholesterol, firmer muscles, better aerobic capacity, improved memory or recall, supple skin, etc. If need be, work with your doctor on this one!

Attainable: Make resolutions you believe you can keep. Start small and break down the goals into attainable steps. Pick a goal when you're ready to pursue it. Is this a goal that really matters to you? Are you jazzed about it?

Relevant: Is the goal in line with your values? Is it the right time to follow through? Because of mobility, health issues or whatever, is it something you can work around? Some resolutions may not be relevant due to weather or upcoming plans. Some goals can be postponed, but not dropped, to later in the year.

Time-bound: Set a reasonable time frame to achieve your goals, such as a 3 to 6 month window. Forget the myth that it takes just 21 days to change a habit. Based on research, it takes far longer—somewhere between 66 and 254 days! The more hard work the habit is, the longer it takes to become second nature.

Lastly, hang out with people who support you and who make wise choices in their own lives. This is called the "Right Tribe" in Blue Zones' parlance.

Set achievable, realistic goals for 2018 and have a successful New Year!

Nancie Carlson, *Health & Wellness Counselor*

Bulletin

Lake County Senior Citizens Association Event Schedule

January 2018 Events:

Happy New Year!

1st four Tuesdays, 7:30 AM, Klamath Falls Trips for Medical & Shopping (Stop in to sign up only \$10 donation)

First Tuesday this month, January 2nd, join us for Tuesday Friends @ 2:00. (Grief Support Group)

Friday, January 12th is our Birthday Lunch. Join us for lunch & Birthday Cake.

Every Tuesday & Thursday the Outback Thrift Store is open 1:00-4:00PM. Also open on the second Saturday of the month. We now have the ability to take donations 24 hours a day, 7 days a week! Check out our new donation box!

Tuesdays & Thursdays stop in for a puzzle swap. (Bring some to trade/share and take something new for you!)

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

Wednesday 12:00-1:00 PM Lions – Lunch Meeting.

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

We rent rooms, evenings & weekends. If you need a space during working hours, call to request it for your crafting group, card players, nonprofit, etc. We appreciate donations. We have plenty of space to share, call and see how we could work together.

We serve fresh, hot meals to everyone Monday, Wednesday and Friday. It's only \$7 for those under 60 and we request a \$5 donation for those over 60. We provide home delivered meals 7 days a week. Lunch is served at noon. Come Join us!

You can reach us at:

11 North G Street, Lakeview Oregon 97630 • (541)947-4966 x101

Bulletin Legal Services for Seniors (60 Or Older)

Legal services are available for seniors with a social or economic need through local Area Agencies on Aging (AAAs) and are available for legal issues related to:

Income and public benefits

Housing

Guardianship actions

Long-term care

Health care

Protection from abuse or neglect

Utilities

Age discrimination

Mike Spencer will be working with Mark Runnels, another Klamath Falls attorney, to provide these services in Klamath and Lake Counties. If you want to meet with one of them, please call:

Mike Spencer 541-891-9426 or

Mark Runnels 541-891-2956



*Legal services provided do not generally include litigation, drafting of estate planning documents or the like. These services are available at a reduced rate.

Bulletin Klamath Farmer's Online Marketplace

The advertisement for the Klamath Farmer's Online Marketplace is set against a background of various farm products like corn, tomatoes, and carrots. At the top, the KFM logo is displayed. Below it, the text "KLAMATH FARMER'S Online Marketplace" is written in a mix of blue, white, and yellow fonts. A central yellow speech bubble contains the text: "Do you want year-round access to local produce, meat, & eggs? Extend your farmer's market experience at KFOM.org! Local farmers & ranchers have food for you year-round." Below this, it says: "Visit KFOM.org to learn more and pre-order direct from local farmers. Pick up your order every Thursday evening at the downtown Klamath Tool Library (1221 Main Street)". At the bottom of the speech bubble, it says: "Questions? Contact Katie Swanson at kfomfoodbuyingclub@gmail.com or 541.827.9442". Below the speech bubble is the SNAP logo with the text "Supplemental Nutrition Assistance Program" and "SNAP & EBT ACCEPTED". At the bottom of the ad, the "KLAMATH FALLS Farmers Market" logo is shown with illustrations of various vegetables. In the bottom right corner, there are logos for "BLUE ZONES PROJECT", "CAMBIA health foundation", and the "KLAMATH TOOL LIBRARY".

Carlson's Furniture



*Life...
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Best
Home Furnishings®

- Press a button to lift or fully recline the chair
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The Brosmer Lift Chair matches other rocker recliners and wall loungers that we have in stock. Stylish good looks and plushly padded deep comfort make this lift chair stand out from it's competitors. Covered in a durable, easy to clean action velvet. Easy credit terms make The Brosmer affordable for almost any budget. Stop in to Carlson's Furniture today!

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The Different Funeral Home

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JANUARY • 2018 | Active Seniors • 15

Menu

January 3, Wednesday

Chili and Cornbread, Veggie, Salad Bar, Dessert

January 4, Thursday

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

January 5, Friday

Roast Pork with French Fries, Veggie, Salad Bar, Dessert

January 8, Monday

Pasta with Meat Sauce, Bar, Veggie, Salad Bar, Dessert

January 9, Tuesday

HAPPY BIRTHDAY!
Chili Dogs, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

January 10, Wednesday

Roast Chicken, Veggie, Salad Bar, Dessert

January 11, Thursday

Salisbury Steak with Noodles, Veggie, Salad Bar, Dessert

January 12, Friday

Chicken Strips with French Fries, Veggie, Salad Bar, Dessert

January 15, Monday

CLOSED MARTIN LUTHER KING JR DAY

January 16, Tuesday

Polish Sausage and Sauerkraut, Veggie, Salad Bar, Dessert

January 17, Wednesday

Liver And Onions, Pizza, Veggie, Salad Bar, Dessert

January 18, Thursday

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

January 19, Friday

Beans and Ham with Cornbread, Veggie, Salad Bar, Dessert

January 22, Monday

Vegetable Beef Stew, Veggie, Salad Bar, Dessert

January 23, Tuesday

Sloppy Joes, Veggie, Salad Bar, Dessert

January 24, Wednesday

Split Pea Soup, Veggie, Salad Bar, Dessert

January 25, Thursday

Meatloaf and Mashed Potatoes, Veggie, Salad Bar, Dessert

January 26, Friday

Fish and Chips, Veggie, Salad Bar, Dessert

January 29, Monday

Chili Mac, Veggie, Salad Bar, Dessert

January 30, Tuesday

Baked Potato Bar, Veggie, Salad Bar, Dessert

January 31, Wednesday

Bean n Ham with Cornbread, Veggie, Salad Bar, Dessert

February 1, Thursday

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

February 2, Friday

Sloppy Joes, Veggie, Salad Bar, Dessert

February 5, Monday

Polish Sausage & Sauerkraut, Veggie, Salad Bar, Dessert

February 6, Tuesday

Potato Bar, Broccoli & Cheese, Veggie, Salad Bar, Dessert

February 7, Wednesday

Baked Pasta, Garlic Bread, 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.



Lakeview Gardens offers a home for seniors, for Long term Care and now Assisted Living! Medicare Skilled Care, Physical Therapy and Rehab are still offered in our new home setting.



700 South J Street | Lakeview, OR
541.947.2114 | 1.866.543.4325
www.lakeviewgardens.org

This institution is an equal opportunity provider and employer.

Volunteers

NEEDED

Volunteers make a difference simply by:

- Listening - Sitting quietly
- Providing respite - Taking a walk
- Playing a card game - Reading
- Watching TV - Singing
- Helping at Treasures Thrift Store

Call Jennifer Today!



KLAMATH HOSPICE
www.klamathhospice.org - 541.882.2902



BLIZZARD OF CASH

1st Saturday January 6th & February 3rd 6-10pm

Giving away \$6,000 in CASH!

Hot Seats Drawings

That's Right \$6,000 up for grabs at Kla-Mo-Ya Casino.

Giving away thousands in Cash starting at \$200 and moving our way up to \$1,000 In Cold Hard Cash.

Special Blackjack drawings between 6-10pm

With 6 winners winning \$100 cash.

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