



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



**Celebrate
Independence
All Year Long!**

**Family Bingo
Sunday July 9th**
See page 18

Active Seniors

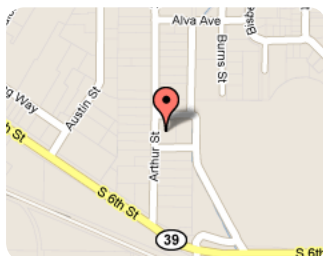
JULY • 2017

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

The cover message reads, "Celebrate Independence All Year Long". Like many holidays Independence Day or the Fourth of July bring to mind the values we all hold dear and which we should be mindful of throughout each of our days, not just on our day off. There is a bit of angst in the air due to the significant polarization brought on by politics this past year. We all need to step back and celebrate what we share and have in common. I know you won't be surprised, if you read this message regularly, that I will relate this to the importance of volunteering.



Marc Kane, Center Director

Volunteering brings us together and affords the opportunity to contribute to community. On page five you will read the stories of Fred Bechdoldt and Joe Primm. Fred tells his story of volunteering for Meals-On-Wheels as he celebrates the life of his friend, Bill Alexander, who recently passed. Bill and Fred were partners in voluntarism and contributing to community. You can just feel the culture of community in his story when he reminds us that we can disagree and still be on the same path.

Joe Primm relates his adventure in finding the grave of one his Meals-On-Wheels client's great grandfather, a Civil War Veteran. It reveals the depth of relationship that has developed between Joe and those to whom he delivers meals. He is mindful of their longings even as he travels across the country and takes the time to bring a piece of history back to share.

There are many fine volunteers with stories like these. Come join our volunteer ranks and you could be telling the next story of how you found your purpose and new relationships that keep you in touch with the community and all we value. We are very much in need of more volunteers, especially in our kitchen and in the Meals-On-Wheels program. Volunteering can be part time. Even if you have just a few hours a week or month. Come see us. We have a place where you'll belong.

Our hearts go out to Fern Steers this month She lost her home and her dogs in a fire. That hasn't stopped her from coming to the Center every Friday to manage a dance program. She is even in the midst of expanding the program to offer classes in all types of dance. Go to the activity schedule on page twelve and you will find her classes highlighted in yellow with more details. Also in the works are Friday dinners to pair with the dance class. Expect to see this development in early Fall.

We continue to work on our Klamath Grocery/Rx Access Project to get a grocer and pharmacy back in the downtown store at 8th and Pine Streets. Another grant will be submitted this month on the 15th and we need letters of support. Please call me if you need direction on what is needed in in such a letter.

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

Bulletin

SPOKES Unlimited Schedule

SPOKES Unlimited

1006 Main Street, Klamath Falls, OR 97601

541-883-7547 v/tty

All support groups follow confidentially guidelines.

July

- 11th Brain Injury and Illness Support Group Pizza Party**
3:00-4:30 pm, SPOKES office
- 20th SPOKES Recreation Group Event**
Join us at the SPOKES office for recreation group fun! We will watch movie, make a craft, or play games on the Wii. Lunch will not be provided. This event is open to all persons with disabilities.
10:00am-12:00pm, SPOKES office
- 21st Project Family Connect**
9:00am-2:00pm, Klamath County Fair Grounds, 3531 S. 6th Street
- 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 limited to 15 people, come early as admittance is first come, first served. 2:00-3:30 pm, SPOKES office
- 26th SPOKES Unlimited, Disability Connection Series:**
Learn how to request reasonable accommodations for persons with disabilities as it applies to the workplace, housing, and public spaces. We will also be covering how and where to file complaints if you feel you have been discriminated against.
6:00-7:00 pm, Downtown Library, 126 S 3rd Street. (541) 882-8894

SPOKES Unlimited will be changing their hours starting July 3rd:

Monday through Thursday we will be open from 8:00am-5:00pm

Fridays we will be open from 8:00am-11:30am

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

Find Your Purpose

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 Volunteer Coordinator, Theresa Criswell is available on Monday and Wednesday afternoons after 1:30 pm. Call her at 541-883-7171 Ext 128

Visit Our WEB Site at www.klamathseniorcenter.com



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

Friends of the Klamath County Library is seeking sales volunteers for its used book store "The Bookie Joint"



Volunteer one day per month for 4 hours
Opening more days in new location June or July 2017
Applications at circulation desk downtown or at Senior Center library

Badger Run Wildlife Rehab is looking for volunteers. We are particularly interested in volunteers who: 1) are interested in wildlife, 2) are available during the day on at least one weekday, 3) have access to regular transportation, 4) can walk safely on uneven ground, and 5) can commit to a regular 3-4 hour shift each week. We are currently in need of folks who can learn to do food preparation and the feeding of our patients and animal ambassadors.

Since training can take up to 6 months for this work we require a 2 year commitment. No experience is needed, just a willingness to learn. If you think you're interested in joining the Badger Run team check out our website:

www.badgerun.org, and our Facebook Page:
www.facebook.com/BadgerRunWildlifeRehab/

You can also print out a volunteer application on our website at:
<http://www.badgerun.org/wp-content/uploads/2016/08/Badger-Run-Volunteer-Application.pdf>



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

Bulletin

Free Legal Services* for Seniors

The Klamath Lake County Council on Aging has entered into a contract with Klamath Falls Attorney Michael Spencer to provide legal services* to Seniors in Klamath and Lake Counties. The legal services are available to anyone 60 years of age and older. If you have any legal questions or concerns, this is an opportunity for you to meet with an attorney at no cost to you to discuss your issue and for you to get advice on how to proceed with the matter.

Mike Spencer will be working with Mark Runnels, another Klamath Falls attorney, to provide these services. 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. Please discuss what services are covered by this contract with the attorney.*

Feature

My Friend Bill Alexander

When did we meet Bill? Time goes so fast, but it was more than a few years ago. I met Bill at the Klamath Falls Senior Center. We were both volunteers for the Meals On Wheels program. Bill was the driver. I was what they called a runner. Bill took me there, and I delivered the meals. At least that is the way it was supposed to be, but he delivered nearly as many meals as I did. He knew I was down in the back, and was sometimes in a lot of pain, on those days he did most of the work.

Bill was a loving and kind man. We both loved Jesus, and often talked about the bible. We did not always agree, but that was fine with both of us. We knew we would one day see each other in heaven.

Sometimes the meals we delivered were not what Bill thought they should be. Out of his own pocket, he would buy bananas, oranges, or grapes and put them in a little bag as something extra for the folks. He could not stand the thought of one of his folks, who he delivered meals to, not getting enough to eat.

Sometimes someone would not be at home when Bill and I called, with the chow. Bill would go back to that house after our route was over, just in case they had come back. Sometimes there would be a shortage of milk at the end of our run, and Bill would go back for more milk, and make another trip to that milk-less person's home.

A few years ago, Bill had to give up delivering meals on wheels due to health problems. It was about the time I also quit, in my case, a back operation put me out. Bill and I sometimes met at the Senior Center to have lunch with others who delivered meals, and we kept in touch on the phone.

Bill passed away a while back. He has gone home to the Lord, and to his wife, who passed away before I knew Bill. I will think of Bill often, and remember one of the kindest persons I ever knew. See you in heaven my friend, I will miss you until then.

Fred Bechdoldt



Bill Alexander

Billie Gene Alexander, a resident of Klamath Falls, died on June 17, 2017, at the age of 90.

Interment will be at Klamath Memorial Park. O'Hair-Wards Funeral Chapel is in charge of the arrangements.

Bill was born on Feb. 21, 1927, in Commerce, Okla. He was adopted by Robert and Chloe (Poteet) Alexander in 1928. In 1932, the family moved to Coffeyville, Kan., and then to Klamath Falls in 1944. Bill graduated from Klamath Union High School in 1945. After high school, he joined the Naval Reserve and served as a pharmacist's mate at the Naval Hospital in San Leandro, Calif., until the end of World War II.

In 1951, he married Genevieve Lund. The couple had two daughters, Laurie and Terry. He started a career as a health and life insurance agent in 1956 with Prudential before owning his own agency in Klamath Falls. Bill retired in 1992.

Bill was a 60-year member of Klamath Lutheran Church and enjoyed the church choir, golfing, woodworking, yard beautification and good times with family and friends. He volunteered with Meals on Wheels and Habitat for Humanity. His faith was strong and it carried him through his life.

Bill is survived by his two daughters, Laurie Adams of Eugene, Ore., and Terry Patterson of Portland, Ore.; grandson, Jeffrey Patterson of Portland; granddaughter, Elisa White and her husband Myles of Lake Oswego; and great grandchildren, Julian White and Chanel White of Lake Oswego. He was preceded in death by his wife of 60 years, Genevieve, in 2011.

Please sign the online guest book at www.heraldandnews.com/obituaries.

Reprinted with permission from the July 22nd edition of the Herald and News

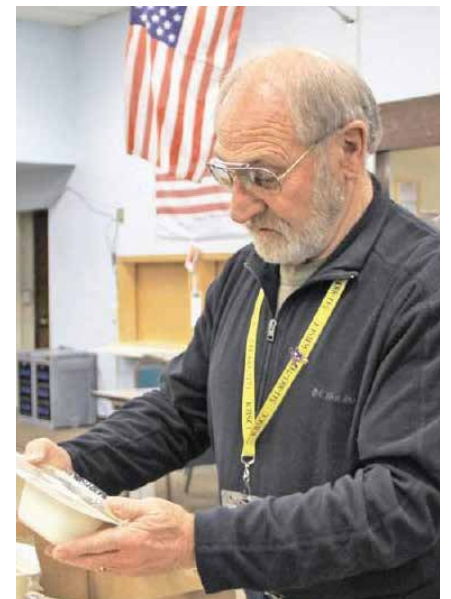
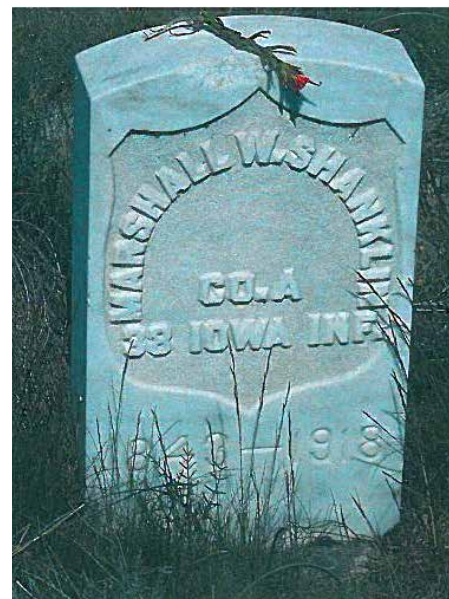
Feature

Unity Cemetery a story by Joe Primm

Being a volunteer for Meals On Wheels at the Senior Citizens Center I found there is much more than simply handing a freshly prepared meal to a client.

Equally important, maybe more so, is the interaction that happens, or can happen. Consequently the visits between me and one of our clients resulted in our sharing a common geographic area: The Burnt River area of South Baker County, Oregon. We both spent time there 50 or 60 years ago. Come to find out the client's Great Grandfather was an early homesteader in that area and also a Civil War Veteran. The client told me he was buried there in the Burnt River country. Recently I visited the Unity Cemetery and found his grave and took photos of the headstone.

James (our client) knows I found his great grandfather and took pictures. I will get the pictures to him. He was delighted and said he has never seen the grave. It was very rewarding for us both to have the interaction result in such a positive manner.



Feature



Vegetarians miss out on lots of foods. No grilled burgers or franks at picnics. No holiday turkey or fries cooked in animal fat. Strict vegetarians may even forego honey made by bees. But vegetarians also tend to miss out on major health problems that plague many Americans. They generally live longer than the rest of us, and they're more likely to bypass heart-related and other ailments.

The fact is, eating a more plant-based diet can boost your health, whether you're a vegetarian or not.

What is it about the vegetarian lifestyle that can protect your health? And are there risks to being vegetarian? NIH-funded researchers are looking for answers. They're exploring the many ways that diet and other factors affect our health.

Vegetarian meals focus on fruits and vegetables, dried beans, whole grains, seeds and nuts. By some estimates, about 2% of the U.S. adult population follows this type of diet.

People have many reasons for becoming vegetarians. Some want to eat more healthy foods. Others have religious or economic reasons or are concerned about animal welfare. "Vegetarian diets are also more sustainable and environmentally sound than diets that rely heavily on meat, poultry and fish," says NIH nutritionist Dr. Susan Krebs-Smith, who monitors trends in cancer risk factors.

Most people think of vegetarian diets as simply eating plant foods and not eating meat, poultry and fish. "But in fact, there are many different types of vegetarian diets," Krebs-Smith explains. "Some are more restrictive than others."

Strict vegetarians, or vegans, eat plant foods and reject all animal products—meat, poultry, fish, eggs, dairy and sometimes honey. Those who also

Digging a Vegetarian Diet - *Plant-Based Eating Can Reap Rewards*

eat dairy products are called lacto vegetarians. Vegetarians who eat both dairy and eggs are called lacto-ovo vegetarians.

Some vegetarians eat fish but not meat or poultry. They're called pescatarians (pesce is Italian for fish).

"Then there are the so-called flexitarians, or semi-vegetarians. These are people who eat a mostly vegetarian diet, but they occasionally eat meat," says Jody Engel, a nutritionist and registered dietitian at NIH. "They might say 'I'm a vegetarian, but I need to eat my burgers every Sunday.' People tend to follow their own rules, which is one reason why it's hard for researchers to study vegetarians. There's so much variance."

Despite the different definitions, "there's tremendous agreement among nutrition experts and health organizations that a more plant-based diet is beneficial, whether you're a true vegetarian or not," says Krebs-Smith. "Most Americans don't eat enough fruit, vegetables, legumes or whole grains. There's a huge consensus that eating more of these foods would be a good idea for everyone."

Vegetarian diets tend to have fewer calories, lower levels of saturated fat and cholesterol, and more fiber, potassium and vitamin C than other eating patterns. Vegetarians tend to weigh less than meat-eaters, and to have lower cancer rates. "Evidence also suggests that a vegetarian diet is associated with a lower risk of death from certain heart diseases, and that those who follow a vegetarian diet tend to have lower LDL ["bad"] cholesterol levels," says Engel.

In some cases, though, it's unclear if certain health benefits come from plant-based eating or from the healthy lifestyle of most vegetarians. "Vegetarians are generally more physically active and have healthier habits than non-vegetarians. They also typically have a higher socioeconomic status, at least in the United States," says Krebs-Smith.

To tease out the effects of diet, scientists have to conduct large, carefully controlled studies that account for other factors. One of the world's largest studies of plant-based diets is now underway at Loma Linda University in California. Cardiologist Dr. Gary Fraser is leading an NIH-funded team of scientists to analyze data on 96,000 Seventh-day Adventists in all 50 states and in Canada. Members of this religious group have unique dietary habits and a generally healthy lifestyle.

Adventists are encouraged to follow a vegetarian diet, but about half the population sometimes eats meat. These variable eating patterns allow scientists to compare a wide range of dietary habits and look for links between diet and disease.

To date, the researchers have found that the closer people are to being vegetarian, the lower their risk of diabetes, high blood pressure and metabolic syndrome (a condition that raises your risk for heart disease and stroke). "The trend is almost like a stepladder, with the lowest risks for the strict vegetarians, then moving up for the lacto vegetarians and then the pescatarians and then the non-vegetarians," Fraser explains. Earlier studies found that vegetarian Adventists also tend to live longer than both meat-eating Adventists and non-Adventists. The vegetarians also have less coronary heart disease and lower rates of some cancers.

Because vegetarians by definition don't eat meat, some people jump to the conclusion that simply cutting meat from your diet will lead to health benefits. "But it's actually more complicated than that," says Fraser. "Differences in life expectancy and other health matters might be related to the extra fruits, vegetables, nuts and legumes—including soy—that vegetarians tend to eat. You can't necessarily conclude it's based on the absence of meat," he says.

Experts generally agree that vegetarians who eat a wide variety of foods can readily meet all their body's needs for nutrients. "At any stage of life, you should be able to eat a healthy diet by consuming vegetarian foods. But it does take a little planning," says Rachel Fisher, a registered dietitian involved in nutrition research at NIH.

Vegetarians need to be sure they take in enough iron, calcium, zinc and vitamin B12. Studies show that most vegetarians do get enough, in part because so many cereals, breads and other foods are fortified with these nutrients. "Vegans in particular need to be certain to get enough vitamin B12 and omega-3 fatty acids," says Fisher. Omega-3—found in fish, flax seed, walnuts and canola oil—is important for heart health and vision.

Some vegetarians take dietary supplements to make sure they're getting everything they need. It's a good idea to talk to a registered dietitian or other health professional if you're a vegetarian or thinking of becoming one.

Whether you're a vegetarian or not, Fisher says, you can benefit from the high fiber, low fat and rich nutrients of a vegetarian diet. "Vegetarian foods can be so delicious, and they're so good for you," she says.

Try using a variety of spices and herbs to make things interesting. And make sure not to overcook your vegetables, or they might lose some of their valuable nutrients.

Bulletin

Balance and Stability Improvement

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

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



"You are NOT stuck where you are!"

Call 541 884-2480

Tina Mahacek - Licensed Physical Therapist

Bulletin

Monthly Grief Support Group



We are here to help you:

- increase your understanding of grief
- gain support
- find hope
- adjust to the loss
- gain self-awareness
- learn coping skills

*One-on-one sessions
available upon request.*

Monthly Meeting
1st Tuesday of the Month
4:00 p.m. - 5:30 p.m.

Klamath Hospice
4745 S. 6th Street
Klamath Falls, Oregon

Facilitated by:
David Houtchens, MSW, LCSW

For more information:

541-882-2902

www.klamathhospice.org
tgarlock@klamathhospice.org



Bulletin

Klamath Wingwatchers Invites Volunteers

To help us maintain this community trail at the end of Main Street along Lake Ewauna and Highway 97 on the last Saturday of the month from 10 am - noon. We will meet in the parking lot of the Visitor Center at 205 Riverside Drive. Tools provided. Bring water and good work gloves. Wear long pants and long sleeved shirts. Come and join us working on the trail, enjoying wildlife, social opportunities, and good exercise too. For more info, email inharmony46@charter.net or call 541-882-6509



Bulletin

Tai Chi Classes

Tuesdays -Senior Center
Beginning 10:15-11:15am
Intermediate 8:00-9:00am
Advanced 12:15- 1:15pm
NEW Wednesday Class
Beginning 5:30-6:30pm
NEW Friday Class
Seated Tai Chi 11:30-12:30pm

Call 541 274-1555



Feature

For people looking for reliable health material in Spanish, the amount of information on the web can be overwhelming. NIH prides itself on providing evidence-based health information to the public, and seeks to empower everyone with knowledge about their health. This is particularly important in Spanish-speaking communities that are disproportionately affected by certain illnesses and diseases.

The NIH Spanish Health Information Portal offers a wealth of free, science-based health information in Spanish, from across NIH in one place. The mobile-friendly site includes translations of many health articles from *NIH News in Health* and clinical trials

information from the Clinical Research Trials and You website. It also features a monthly column called Ask Carla (Pregunta a Carla), designed for readers to ask their own questions about NIH's Spanish-language resources.

The Spanish portal now offers a free monthly e-newsletter featuring NIH health information in Spanish on topics from allergies to Zika. Each month, the e-newsletter highlights new resources for the Spanish-speaking public and their friends and family members.

You can visit the portal and sign up for the newsletter at salud.nih.gov!



Spanish-Language Health Materials

Reprinted from the May 2017 Issue of *NIH News in Health*, A monthly newsletter from the National Institute of Health, part of the U.S. Department OF Health and Human Services.

Help Support Our Senior Programs

Have Fun - Win \$\$\$ “BINGO”

2045 ARTHUR STREET, KLAMATH FALLS, OR

THURSDAY AND SATURDAY EVENINGS
GAMES START AT 6:00 pm - DOORS OPEN AT 4:30

PAPER ONLY NIGHTS
EVERY SECOND THURSDAY

SATURDAY NICKLE BINGO AT 11 CALL AT 12

BEST PAYOUTS IN TOWN!
SATURDAY \$1000 BLACKOUT GAME

KLAMATH BASIN SENIOR CITIZENS' CENTER

FAMILY BINGO JULY 9TH

Open at 12, call at 1:30

Children 7 or over are welcome when accompanied by a parent or guardian.

**LOTS OF FUN AND
SPECIAL PRIZES!**

Food concession will be open.

*This special event is offered quarterly on the Second
Sunday of January, April, July and October*

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

ALZHEIMER'S AND DEMENTIA CONFERENCE

Featured Speakers:
Dr. Pat Gillette, MD
Dr. Sarah Goodlin, MDa

FREE EVENT

July 19, 2017 8:30am-4:30pm
Smullin Education Center

Register at:
adconferenceso.eventbrite.com

CEUs Available

For more information contact
Sean Connolly at 541.423.1364

Light Breakfast and Lunch
Provided



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

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Learn real-life skills for living a full healthy life



**Disease Management
Classes Beginning**
Afternoon classes
July 11-August 15
Tuesdays

**Call Valerie Franklin
at 541-274-7252**

Living Well
with Chronic Conditions

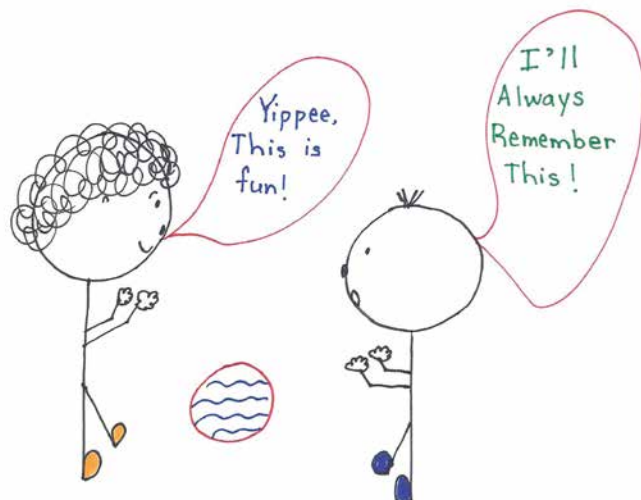


Writer's Corner

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



Remember to have fun and play
Creating memories along the way.

Sharon Johnston Pappas ©

Capturing the Moments

Sharon (Johnston) Pappas ©

The picture has faded
But so have the years
Leaving memories of sunshine
Without all the tears
Thoughts of life's treasures
Days of laughter and joy
Hearts filled with adventure
For this girl and boy
What's important...
Becomes ever so clear
The sharing and accepting of love
Living without fear
As your journey continues
With new photos to view
Capture each moment
For they're precious and few.

A New Butterfly

By Sharon Hudson

A new butterfly tests her
Wings before she begins to fly.
Pondering life in her mind
As they begin to dry.

It's a big world, and she
Can see a very long way.
There are lessons to be learned,
And there will be time to play.

She wants to spread hope as she
Gracefully glides through the air,
To bring happiness to all,
Instead of despair.

One of God's works of art
Here for us to enjoy.
Not just for one of us, but for
Every man, woman, girl, and boy.

Feature

How Your Eating Habits Affect Your Health



A new study shows how the things you eat can influence your risk of dying from heart disease, stroke, or type 2 diabetes. The findings suggest ways to change your eating habits to improve your health.

Experts already know that a healthy eating plan includes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. A healthy diet

A healthy eating plan lowers your risk for heart disease and other health conditions.

also includes lean meats, poultry, fish, beans, eggs, and nuts. It limits saturated and trans fats, sodium, and added sugars.

NIH-funded scientists analyzed how these 10 dietary factors affect your risk of death from heart disease, stroke, and type 2 diabetes. These are known as cardiometabolic diseases. The team relied on data from the CDC's National Health and Nutrition Examination Survey (NHANES) and national mortality data.

The scientists found that risk of death from the 3 diseases was higher for those who consumed too much sodium, processed meat, sugar-sweetened beverages, and unprocessed red meat. Risk of death was also higher among those who didn't eat enough nuts and seeds, seafood omega-3 fats, vegetables, fruits, whole grains, or polyunsaturated fats. According to the analysis, nearly half (45%) of deaths in 2012 from the 3 diseases was associated with too much or too little of these 10 dietary factors.

"This study establishes the number of cardiometabolic deaths that can be linked to Americans' eating habits, and the number is large," explains Dr. David Goff, a heart disease and public health expert at NIH. "Second, it shows how recent reductions in those deaths relate to improvements in diet, and this relationship is strong. There is much work to be done in preventing heart disease, but we also know that better dietary habits can improve our health quickly, and we can act on that knowledge by making and building on small changes that add up over time."

References: Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States. Micha R, Peñalvo JL, Cudhea F, Imamura F, Rehm CD, Mozaffarian D. JAMA. 2017 Mar 7;317(9):912-924. doi: 10.1001/jama.2017.0947. PMID: 28267855.

Funding: NIH's National Heart, Lung, and Blood Institute (NHLBI) and Bunge Fellowship in Global Nutrition.

Reprinted from the May 2017 Issue of NIH News in Health, A monthly newsletter from the National Institute of Health, part of the U.S. Department OF Health and Human Services

Donor List

Corporate and Foundation Campaign Continues To Grow

Over three years our corporate and foundation general fundraising campaign has grown from \$38,100 in FY 14/15, to \$71,750 in FY 15/16 and is expected to be \$87,000 by the end of FY 16/17. We will again budget \$100,000 and hope to meet that goal by the end of FY 17/18. Listed below are contributors from FY 16/17. Many are recurring annual grantors. Looking for a cause to support, you'll be in good company here.

Airport Chevrolet	and the Kiwanis Foundation	Pacific Power Foundation
Anonymous Family Foundation	Klamath Community	Sky Lakes Medical Center
BNSF Foundation	Development Corp	Foundation
Columbia Forest Products	Klamath County	US Bank Foundation
Cow Creek Umqua Indian	Klamath County Cultural Coalition	Washington Federal Foundation
Foundation	KMSB Foundation	Williams Northwest Pipeline
JL Transitions/Jon Schnebly	Kruise of Klamath	Winema Elevators
Kiwanis Club of Klamath Falls	Pacific Crest Federal Credit Union	Woodworkers Local Lodge

Also 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.

May Donations of **\$9,625** were received from the following organizations and individuals:

BNSF Foundation	Ramona Overson	Constance Schuetze
Kiwanis Club Foundation	Jon Schnebly	Cheryl Gibbs
Bill Alexander	Marta Stephens	Carol Darling
Dennis Steinbock	Dorothy Winters	Jonny Jones
Geraldine Schindler	Burl Parrish	Albert & Delores Errecart
Fred Bechdoldt	Patricia Henderson	Joyce Moore
Avril Fischer	Phyllis McDiarmid	Roger Dionne
Lynette Harvey	Mary Lou Beach	Elizabeth Western
Ernie Palmer	Mary Ellen Sargent	Rose Kruezer
Howard McGee	Linda Bourcy	Ron and Karen Thomas
Bill Watson	Rose Chapman	Pat Abel

Unidentified contributions in May for Meals, Transportation and Other Services amounted to \$4,363.

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.

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**

Calendar of Events

SENIOR CENTER ACTIVITIES FOR JULY 2017

Hot Lunches Served Daily

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

Art Classes (Bev Fairclo) *Instructor on leave during July*

Balance and Stability Classes (Tina Mahacek)

Mondays & Wednesdays at Klamath Lutheran Church
located at 1175 Crescent Avenue 10:30 am-11:30

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) (Mary Noller) Mon - Wed -
Friday Classes 8:45 am to 9:45 am
10:15 am to 11:15 am

SAIL / Body Recall (Exercise) (Suzan Phipps)

Thursdays Only 10:15 am-11:15 am

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

Dance Day in the Ballroom

Every Wednesday with the Take Four Band
1:00 pm - 3:30 pm

Family Bingo Sunday - July 9th Open at Noon

Evening Bingo Games Are Every Thursday And Saturday

Saturday afternoon Bingo Noon to 3:30 pm

Gift Shop

Monday through Thursday 10:00 am - 3:00 pm
Closed on Fridays during the summer

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 Friday 7:00 pm-9:00 pm

Couple's Dance Instruction and Social Dancing

Instructors: Manuela Pascual, Marietta Campbell , David Reed
Drop In dance classes at a nominal cost, instruction in Latin,
Country, Swing and Ballroom

Monday Muffins Every Monday 10:30 am to 11:30 am

(hosted by Klamath Hospice to honor Veterans - all are welcome)

Movies

Monday - July 10th - Hidden Figures 12:30 pm

Monday - July 24th - La La Land 12:30 pm

Pickle Ball

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

Fridays - Open Court 2:00 pm through 5:00 pm players here by 2:00

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

Stretch and Tone Class (Bev Fairclo)

Instructor on leave during July

SHIBA Medicare Insurance Counseling - Prescription Drug

Eligibility Assistance

By Appointment

Tai Chi Classes Tuesdays

Intermediate 8:00 am-9:00 am

Beginners 2 9:00 am- 10:00 am

Beginners 1 10:00 am -11:00 am

Advanced 12:10 pm - 1:10 pm

Wednesdays Evenings Beginners 5:30-6:30 pm

Sets 1, 2, 3, & 4 6:30-7:30pm

NEW Fridays starting July Seated Tai Chi 11:30 am-12:30 am

Qi Gong **NEW CLASS**

Wednesdays Beginners 4:15-5:15 pm

Ukulele Class (Jon McKellar)

Tuesday July 18th 7:00 pm to 8:00 pm

Walk-With- Ease Classes are scheduled when registration
warrants a new class. Call to sign up.

Wii Exercise Gaming sponsored by the Library

on Thursdays 1:30 pm - 4:00 pm

YOGA classes

Mondays 5:00 pm - 6:00 pm

Sign Up For Living Well Class - New Classes Starting Every Month

Call Valerie Franklin at Sky Lakes Community Health -
541-274-7250 to register

Monthly:

Senior Center Board of Directors Meetings

Wednesday August 23rd 10:00 am-12:00 pm

Hearing Aid Assistance

J.D. Howell - Hearing Aid Check - ?????

10:15 am - 12:00 pm

ACB - American Council of Blind

Tuesday, July 18th at Red Roosters Restaurant 12:30 pm - 2:30 pm

Call Barbara 541-882-8517 for information and rides to the

ACB Meetings

July Birthdays

Tuesday July 11, 11:30 am

SENIOR CENTER

Front Desk Hours - Monday-Thursday 8:00-4:30

Friday 9:00-2:00 - Call 541-883-7171



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- Meal Preparation
- Laundry
- Home Care
- Grooming
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Bulletin

The YMCA High Desert Museum Senior Excursion

The High Desert Museum

Friday, July 21



The Seniors are heading:

Northbound to Bend's High Desert Museum

The indoor and outdoor exhibits are wonderful, and they also have various wildlife shows throughout the day.

The cost includes transportation and the entry fee to the museum.

Lunch

You will need to bring money for lunch at their in-house café.

Friday, July 21, 2017

**We will leave the Y parking lot at 7:30am sharp
and return around 6:45pm**

\$43 for Y Members

\$49 for Community

Registration Deadline July 14

Participants: 10 minimum and 14 maximum



THE YMCA OF KLAMATH FALLS
1221 S Alameda Avenue Klamath Falls OR 97603
(541) 884.4149 www.kfallsymca.org

JULY • 2017 | Active Seniors • 13

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

Fruit Tree Gleaning Project



KSC is collecting information on fruit trees that are not being harvested. Our plan is to develop a database of fruit trees to glean when the fruit is ripe. One-third share of the apples harvested this summer will be juiced at the Klamath Basin Senior Center for a special benefit event in October.

Proceeds from juice sales will support senior nutrition programs including Meals-On-Wheels.

Please help by sharing on the form below if you have or know of fruit trees for the Gleaning Project.

For more information, email KSCgleaning@gmail.com

The Fruit Tree Gleaning Project is an activity of Klamath Sustainable Communities (KSC). KSC is a tax-exempt, 501(c)(3) organization. Tax ID 20-0945673
www.klamathsustainablecommunities.org



☐ have fruit trees for gleaning ☐ know of fruit trees for gleaning

Name _____

Email _____

Phone # _____

Address _____

Mail this form to KSC @ 409 Pine Street; KF, OR 97601,
or drop off at the Klamath Basin Senior Center.

Bulletin

How the Senior Center
is Funded

2017/2018 BUDGET

Klamath Lake Counties Council on Aging....	221,332
State/Federal Transportation Grants.....	217,489
Other Government Funding.....	118,924
Foundation/Organization Grants.....	100,000
Bingo Fundraisers (net after payouts).....	172,200
General Contributions and Fundraisers.....	48,000**
United Way.....	40,038
Program Donations from patrons.....	74,000
Concessions/rents/fees/interest	67,625
Refunds/Single Payments/Misc.	3,000
TOTAL	\$1,062,608

**** Your Individual
Contribution Is Needed.
Make One Today!!**

*Credit and Debit Cards Accepted
(See Coupon on Page 3)*

The Center Provides more than 62,000 meals,
12,500 specialized transportation rides, 8500 health
promotion classes each year and many more
activities to area seniors. Please note our schedules
of classes and activities in this issue

Feature

Board of Directors News

At its June meeting the Klamath Senior Center Board elected officers for the new year beginning July 1. Colette Fleck was elected President; Ernie Palmer, Vice President; Pamela Ruddock, Secretary and Kathy Morris, Treasurer. Other board members are Anne Hartnett, Lynn Pritchett, Fern Robinson, James Calvert and Jennifer Little.

The Board also approved a budget for the year beginning July 1. A summary of income sources and what we fund is presented in the insert on this page. The board discussed at length the need to renew fundraising campaigns for general operating and reserve accounts approving a renewed campaign to raise \$100,000 from corporations and foundations.

**Do You Want To Make Comments To The Board?
Here's How:**

Anyone may make a request to present suggestions, concerns or other comments to the board of directors at the regular meeting generally held the fourth Wednesday of each month. To do so please present a written request at least two business days in advance of the meeting stating the topic or reason for your comment and the meeting date at which you wish to present. These requests can be addressed to the Executive Director or the Board President and may be delivered in person, by regular mail or e-mail, or to our front desk. You will be notified if you are scheduled on the agenda at least one day prior to the meeting. Generally it is expected that comments should be limited to two minutes. Brief written remarks may also be presented.

Bulletin

Title VI Notice
Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates its programs and services without regard to race, color, national origin, religion, or sex in accordance with Title VI of the Civil Rights Act. Any person who believes he or she has been subjected to any unlawful discriminatory practice under Title VI may file a complaint.

For more information on the Klamath Senior Center's civil rights program, obligations and procedures to file a complaint, contact the Center by phone 541-883-7171, by mail at PO Box JE, Klamath Falls, OR 97602 or visit us at 2045 Arthur Street, Klamath Falls, Oregon 97603

A person may also file a complaint directly with the Federal Transit Administration, the Oregon Department of Transportation, Basin Transit Transportation Services District or The Klamath Lake Counties Council On Aging (KLCCOA) for transportation service complaints. All other complaints should be addressed to (KLCCOA).

KLCCOA

404 Main Street, Suite 6
Klamath Falls, Oregon 97601
541-205-5400

FTA Office of Civil Rights

1200 New Jersey Avenue SE
Washington, DC 20590
1-866-377-8642

Oregon Department of Transportation

Office of Civil Rights, Title VI Office
355 Capital Street NE
Salem, OR 97301
(503) 986-3169

Basin Transit Service

1130 Adams Street
Klamath Falls, Oregon 97601
(541) 882-9630

Bulletin

Klamath Senior Center – Health Promotion Activities And Classes July 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32) KLC: Balance / Stability Tina Mahacek 10:30am to 11:30am (10) SC YOGA Kim Carson 5:00 to 6:00 PM	SC: Tai Chi Mel Murakami 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)	SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32) KLC: Balance / Stability Tina Mahacek 10:30 to 11:30am (10) SC: Dancing Live Music from the Take Four Band 1:00 to 4:00 pm Qi Gong NEW CLASS Jimme Alcorn 4:15 to 5:15 pm (25) Tai Chi Mel Murakami and Tina Mahacek Beginners 5:30 to 6:30 pm (25) Sets 1, 2, 3, 4 6:30 - 7:30 pm (25)	SC Stretch and Tone Instructor On Leave During July SC: SAIL Exercise Suzan Phipps 10:15 to 11:15 am (32) KLC SC: Boast Your Brain & Memory Kate Murphey 10:00 am to 11:30 (12) Enrollment is open. Class delayed until sufficient registration is achieved 541-883-7171	SC: SAIL Exercise Mary Noller Class One 8:45 to 9:45 am (32) Class Two 10:15 to 11:15 am (32) SC: Friday Balance / Stability is Now Seated Tai Chi Tina Mahacek 11:30 to 12:30 (20) SC: Line Dancing Class Fern Steers 7:00 pm to 9:00 pm Living Well with Chronic Medical Conditions To Register for Future Classes Call Valerie Franklin at Sky Lakes Community Health 541-274-7250

INDOOR PICKLEBALL COURT

Tuesday Class open to walk-ins 2:30 to 4:30 pm

Friday, Open Court, Arrive between 1:15 & 2 pm, play to 5:00 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.

AUDIOLOGY-HEAR AGAIN

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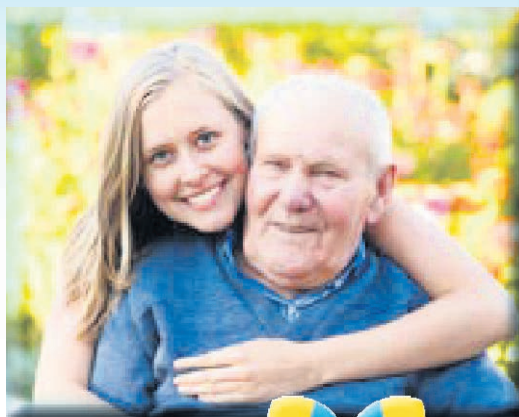
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1637981

Feature

SHIP TALK
(Senior Health Insurance Program)

So far this year, we’ve reviewed all the different parts of Medicare and deadlines you have to meet. Now that most of the enrollment deadlines are over for the year, except for special circumstances, it’s time to once again look at some of the most frequently asked questions concerning your coverage.

Let’s first take a look at the preventive services that Medicare covers. During the past several years there have been quite a few services added to the list, mostly aimed at preventing disease or detecting diseases or conditions in early stages. This helps Medicare save money and helps you as a patient stay healthier. Here’s a fairly comprehensive list of services which are usually classed as preventive in nature and, some of which, have been fairly recently initiated.

1. Part B covered services include:
- Welcome to Medicare visit and an annual wellness visit
 - Abdominal aortic aneurysm screening
 - Alcohol misuse screening and counseling
 - Cardiovascular disease screenings and behavioral therapy for cardiovascular disease
 - Bone mass measurement
 - Colorectal cancer screenings
 - Depression screening
 - Diabetes screenings and diabetes self- management training
 - Flu shots, glaucoma shots, Hepatitis B shots, Pneumonia shots
 - HIV screening and sexually transmitted infection screening
 - Mammogram screening
 - Obesity screening and counseling
 - Pap test/pelvic exam and clinical breast exam
 - Prostate cancer screening
 - Smoking cessation

All of these services, of course, require a prescription from your physician.

Part D drug insurance also plays a role in that it pays for your Shingles shot, so be sure and check with your drug plan regarding their coverage. This condition is one you want to avoid if at all possible.

Another frequently asked question is how the infamous “donut hole” works for 2017: Insurance pays an average of 75% and you pay an average of 25% until the total amount paid by both parties is \$3700. Then you enter the “donut hole”. Insurance pays 10%, you pay 40% for brand names and 51% for generics. Manufacturers discount 50% on brand drugs and 40% on generics. This manufacturer discount is counted as part of your out-of-pocket cost. When out-of-pocket costs reach \$3,675, you’re out of the donut hole and into catastrophic coverage and you pay only 5%. After you reach a cap of \$4,900 out-of-pocket, the plan pays all. This sounds like a lot, but remember, with the manufacturer discount in the donut hole, if you have some very expensive drugs, you move out of the donut hole quickly.

That’s it for this month. Remember, trained and certified SHIBA counselors are available at the Klamath Basin Senior Citizens Center. Just call 541-883-7171 and make an appointment. We’ll see if we can answer your questions, help you get signed up for what you need, or perhaps even help unravel your dilemma.

Anne Hartnett, *SHIBA Coordinator*

Feature

Nancie’s Corner
Blues Zones Reporter
Health and Wellness Counselor

What about Pulses?

Pulses, a word I’ve stumbled across, is the term for beans, lentils, chickpeas (aka garbanzo beans) and peas – all great sources of plant-based proteins. Pulses have been around for ~10,000 years and are the only source of protein for many populations.

Synchronicity surrounding pulses in my diet has come to the fore; and I’m hoping it does for yours. Being a volunteer for Blue Zones, the suggested 80% plant based diet encouraged me to seek recipes. Friends of the Library just recently hosted Jennifer Newton, Dietician at Sky Lakes Wellness Center, who prepared two delicious bean recipes. Then, a dear friend and a gourmet cook sent a cookbook, “Heirloom Beans,” along with Vaquero and Scarlet Runner heirlooms. She subsequently emailed hummus recipes from epicurious.com. Seems I need to pay attention!

Let’s talk proteins. The amount of protein in beans, lentils, chickpeas and peas is 2-3 times the levels found in cereal grains. Proteins are created from twenty different amino acids, nine are essential acids. These must come from the foods we eat. Most plant proteins lack at least one essential amino acid. But, if paired with other plant-based sources of protein, the combination will provide all the essential amino acids.

Protein grams per cup.

1 Cup Pulses	Protein grams
Lentils	18
Adzuki, Cannellini & Cranberry Beans	17
Navy Beans & Split Peas	16
Anasazi, Black, Chickpeas, Kidney, Great Northern and Lima Beans	15
Black-eyes peas, Mung and Pinto Beans	14
Green peas	9

Various beans cook up differently. Rinse and soak first, then pour off water. Add water to cover and cook in a slow cooker or simmer on stove, testing now and then for doneness. Salt after beans are fully cooked. Drained, rinsed canned beans are the quickest, easiest approach.

More on pulses: <https://bluezones.com/2016/06/10-things-about-beans/>
Recipes: cookbooks at library; or, <http://allrecipes.com/recipes/16930/fruits-and-vegetables/beans-and-peas/>

Nancie Carlson
Health & Wellness Counselor

Bulletin

Lake County Senior Citizens Association Event Schedule

July 2017 Events:

Most Tuesdays, 7:30 AM Klamath Falls Shopping Trips (Stop in to sign up only \$10 donation)

First Tuesday of the month Tuesday Friends @ 2PM. Meeting this month on Thursday, July 6th

Friday, July 14th is our Birthday Lunch. It is a Stars and Stripes themed lunch, join us!

Every Tuesday & Thursday our Thrift Shop is open 1:00-4:00PM.

Every Friday 12:30 (after lunch) Stock up for the weekend food item sale.

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. For space during working hours, just call to reserve a space 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 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 weekly. Lunch is served at noon. Join us! Seniors and disabled may request local medical transportation with advance notice.

We are always looking for volunteers!

Sign up to be a part of things here!

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

Bulletin

Family Bingo Day



**FAMILY BINGO DAY
IS SUNDAY JULY 9TH!**



Family BINGO is now scheduled four times each year. The next Family Bingo will be Sunday, July 9th. These events are held at the Senior Center on Sunday afternoons. Doors open at Noon and the first call begins at 1:30 pm. These are special events open to families which would include children age 7 on up who are able to play their own game. The concession stand will be open for refreshments. Cost to play is reduced with a special all game offer of \$9.00 allowing play at every game of the day. All children must be accompanied by a parent or other legal guardian. Special prizes are offered at this next Family Bingo that include the raffle of two new bicycles.

Bulletin Blue Zones Project® OC&E Interfaith Trek 2017

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**OC&E INTERFAITH
TREK 2017**

**COME WALK WITH US ALONG THE
BEAUTIFUL OC&E TRAIL! ALL AGES
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Saturday, July 8th, 2017

9:00 am - 11:00 am

Begin at any of three booths along the OC&E Trail:

- **Main Trailhead (Avalon, North of Crosby)**
- **Wiard Park Trailhead (Hope St. Crossing)**
- **Hwy 140/39 Trailhead
(South of Klamath Community College)**

FREE TO PUBLIC

- **Beginner & Intermediate Distances**
- **Giveaways**
- **Snacks & Water**
- **Learn about local churches**

Please register at: <http://whoozin.com/N3G-Q7D-W3FD>

For more information contact:

Christy: 541.205.3038

Blue Zones Project: 541.359.2802

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Menu

July 5, Wednesday

Red White & Blue, Red Chili, Blue Corn Bread, White Cake, Salad Bar

July 6, Thursday

Meat Loaf, And Mashed Potatoes, Veggie, Salad Bar, Dessert

July 7, Friday

Polish Dogs, And Sauerkraut, Veggie, Salad Bar, Dessert

July 10, Monday

Pizza Mac , Garlic Bread, Veggie, Salad Bar, Dessert

July 11, Tuesday

Sloppy Joes, Veggie, Salad Bar, Dessert

July 12, Wednesday

Bbq Chicken Sliders, Veggie, Salad Bar, Dessert

July 13, Thursday

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

July 14, Friday

Roast Pork, Veggie, Salad Bar, Dessert

July 17, Monday

Mexican Dinner, Burritos, Spanish Rice, Veggie, Salad Bar, Dessert

July 18, Tuesday

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

July 19, Wednesday

Lasagna, Garlic Bread, Veggie, Salad Bar, Dessert

July 20, Thursday

Salisbury Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

July 21, Friday

Beans & Ham, Cornbread, Veggie, Salad Bar, Dessert

July 24, Monday

Fish And Chips, Veggie, Salad Bar, Dessert

July 25, Tuesday

Chili Dogs, Veggie, Salad Bar , Dessert

July 26, Wednesday

Brunch, Breakfast For Lunch, Veggie, Salad Bar, Dessert

July 27, Thursday

Spaghetti, Garlic Bread, Veggie, Salad Bar, Dessert

July 28, Friday

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

July 31, Monday

Beef Stew, Veggie, Salad Bar, Dessert

August 1, Tuesday

Cheese Burger Bar, French Fries, Veggie, Salad Bar, Dessert

August 2, Wednesday

Chicken Fried Steak, Mashed Potatoes & Gravy, 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

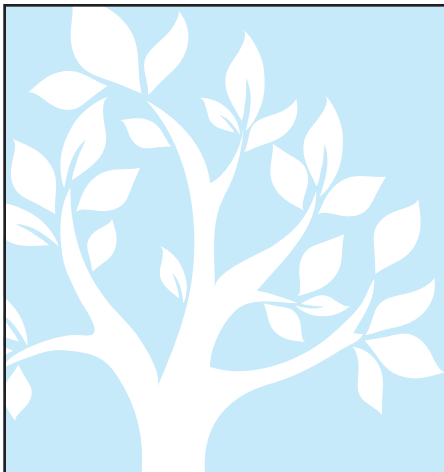


Jennifer Sparks, O.D.
Optometrist



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