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

FREE Take One!

Active Seniors

Give thanks by supporting United Way

United Way

INSIDE

Senior Christmas Bazaar December 3rd

See page 14

Give Thanks by Volunteering for Meals-On-Wheels

See page 10

NOVEMBER • 2016

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.

Contact Information

General Information - Joanne Campbell: 541.883.7171

Donations - Shawn McGahan: 541.883.7171 ext. 136

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

Transport Dispatcher - Cindy Dupart 541.850.7315

Bingo Information - Linda Breeden: 541.883.7171 ext. 115

Medicare Counseling - 541.883.7171

Volunteer Opportunities - 541.883.7171

Executive Director Marc Kane: 541.883.7171 ext. 117

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Produced in conjunction with the Herald and News

Welcome

Director's Greeting

This is the month as a nation and as individuals we offer thanks. Despite all the recent political upheaval I feel blessed to be a citizen of this great country, and I will first offer my thanks this month by exercising my right to vote, and I encourage everyone to do the same.

Marc Kane, Center Director

I am especially thankful to all those that have come to the aide of our Senior Center. We have built an impressive list of foundations, corporations and organizations that recognize the value of our Center and all the services we provide. This type of support hasn't always been the case. Over the last three years we have developed this support to $100,000 a year, making up about twelve per cent of our revenue. In addition program donations and other individual gifts will amount to almost $134,000. Thank you all. This support provides great encouragement to all who work at the center providing services.

The Center is guided by a strong, skilled and experienced governing board. For this we should all be thankful to the board directors who volunteer their time in this manner.

The Center has a great staff and a huge number of volunteers upon which we rely to achieve our goals and service objectives. The greatest of thanks to all our volunteers who all demonstrate great passion for what they do and compassion for the people we serve.

We could not do all that we do without the collaborative effort of many other agencies and their staff. Good community life is the achievement of those who choose to share it, and I am grateful to all my colleagues throughout the community that contribute to the success of the senior center, and to our collective success in serving all those that benefit from our services.

One of the best recognized collaborations is that of our local United Way. They are wrapping up their campaign this month in support of eighteen agencies who working together support those in need and make the Klamath Community a better place to live. Have you made your contribution? I remember when I was a child United Way was known as United Good Neighbors. Let's all remain good neighbors and support each other is whatever way may be needed. There is no better way to say thanks than to contribute to and support each other.

Personally, I am most grateful to the support my wife Maryann offers me each day as well as that from other family and friends who know my challenges.

I thank God for the many gifts I have been given and the opportunity to use those gifts in service to my community.

Are you looking for a way to be thankful and to contribute to your community? The Senior Center has ample opportunities for volunteering. We are especially in need of Meals-On-Wheels drivers and we are looking for a new volunteer coordinator as well. Come see us.

Happy Thanksgiving!

JOIN US! WE CELEBRATE LIFE!

Marc Kane, Executive Director

To make a fully tax-deductable 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.

November

8th **Brain Injury and Illness Support Group**
1:00-2:00 pm, SPOKES office

11th **SPOKES Office closed for Veterans Day**

16th **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

24-25th **SPOKES Office closed for Thanksgiving**

28th **SPOKES Board of Directors Meeting**
4:00-5:00 pm, SPOKES office

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

Feature

Flu Season is Upon Us

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

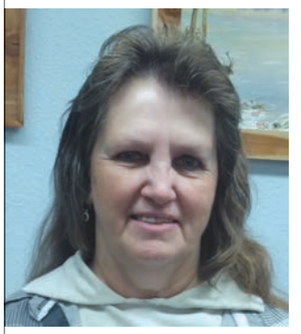
Almost every pharmacy now provides flu vaccination and many other vaccinations such as Pheumovax, also recommended for seniors. Most will accept your insurance for the full cost. Many other employers and organizations also are sponsoring flu shot clinics this month. The Senior Center encourages everyone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

Rite Aid Pharmacy
to provide a flu shot clinic at
the Senior Center
November 3rd
9:00 AM to 1:00 PM

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

Feature

Staff / Volunteer Focus



In recognition for our Senior Center Employees and Volunteers

Julie Milner

This month we are introducing you to our employee who interacts with many of our patrons. She provides assisted transportation to doctor's appointments, activities here at the Senior Citizen Center, and activities in the community. She loves interacting with the patrons and helping them when needed. Julie has been with us in transportation for 7 years.

Julie was born and raised in Grants Pass. She has been married 43 years and has 3 children, 2 daughters living in Keno and a son living in Fort Rock, Oregon. She is a grandmother to 7 grandchildren and 1 great grandchild.

Julie's memories as a child include coming home from school and her father would take her dolls, which were her "babies", and line them up standing them on their heads. She did not see the humor in this and always frowned on his antics. When raising her family they often camped and fished in the Cascades Mountains. The family always "dry" camped deep in the wilderness. She remembers one time while they were camping and her daughter of 3 years decided to help mom BBQ the steaks by coating them with dirt. She had seen her mom do this with regular flour at home when she was cooking round steak. The family joined in the laughter of her daughter's effort to please mom.

Julie's past involvement with the community include volunteering at the City School District by helping special education students for 3 years.

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

Bulletin

Title VI Notice

Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates it 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 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 or Basin Transit Transportation Services District.

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

Feature

Do you want a Quality Life Style, Here is One Way

By Jerry M Gilmer MA, LPC with KBBH

Have you ever heard the statement, “They died well.” I first heard this statement as a young minister in the United Methodist Church. I was appointed by the Bishop to the Arlington, OR United Methodist Church to be their pastor. In the first week of my arrival the mother of “Doc” Severinsen, (famous Trumpet player, and band leader on the Jonny Carson Show) had just passed away. Wherever I went in the community I heard people say, “She died well.” What did that mean, I wondered? As the community mourned the loss of a key community member, I quickly learned what they had meant by, “She died well.” You see, Minnie Mae Severinsen had several key features in her life that lead to what many call a “Quality Life.” One, Minnie Mae was active. Our Blue Zone program here in Klamath Falls would call Minnie Mae’s form of “active” as “Fluid” activity. This means one who is getting out and doing everyday things, every day. For example, Minnie Mae worked in her flower garden, and in a large community flower garden every week. As I understand it, she would often walk to the community garden to tend to the flowers several times a week. Minnie Mae took care of her home, cleaning, shopping, she kept moving. Two, Minnie Mae was involved in a social network. Minnie Mae regularly attended activities at the local senior center, church, and at local community celebrations like the rodeo. Three, she did for others. Minnie Mae was involved in the local food bank, and other community and church enhancement activities. Four, and my last point, being involved in a faith based community and practice. Minnie Mae was a member of my church in Arlington. While I never met her, I saw the impact she had across our community. Several people informed me of how important faith and the church were to Minnie Mae. I was told Minnie Mae passed on a perfect day for her. She had walked to the community garden where she worked on the flowers much of the day. Walked home, made herself a cup of her favorite tea, sat down in her favorite chair, and passed away. A quality day, for a quality life. So where is this taking us, and why do I mention these things?

No matter where you are on life’s journey; having these four features can make a huge difference when looking at the quality of your life. If you want a healthy quality of life, and who doesn’t, these four features will go a long way toward making that happen. You don’t have to get out and do them all at once. Maybe start off with a visit to the senior center (we have people here who can help you get plugged in), get some lunch and sit down with some folks (most of them don’t bite). You could start walking with a group from the Blue Zones, or plant some Autumn flowers. You could offer to volunteer with some of the programs within the community (call the Klamath Senior Center for possible ideas). You could participate in any number of faith based communities within Klamath.

So how do I start, you might ask? Start with an “If, then?” question. “If” I called the Senior Center, “then” I might be able to do _____ _____ _____. If you are asking yourself “What if?” questions, you will get nowhere. You must ask questions that require direction, and an action. Or, come by the Senior Center and ask to talk with me. I’m Jerry, and I would love to talk with you.

Jerry Gilmer provides counseling assistance at the Senior Center on Tuesdays and Thursdays starting at 10:00 AM. Call the Senior Center at 541-883-7171 for an appointment or simply drop by.

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

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

Here is how you can do that.

Call Klamath Basin Behavioral Health at 541-883-1030 ...
email us at info@kbbh.org ...
or talk to Jerry Gilmer at the Klamath Basin Senior Citizens’ Center.
Mr. Gilmer will be there Tuesday and Thursday mornings.

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

KLAMATH BASIN BEHAVIORAL HEALTH
GROWTH • WELLNESS • COMMUNITY KBBH

2210 North Eldorado Avenue | 541.883.1030
KBBH.org

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

- ☐ Anxiety
- ☐ Depression
- ☐ Child Behavioral Issues
- ☐ PTSD
- ☐ Substance Abuse
- ☐ ADHD
- ☐ Suicide Risk
- ☐ Alzheimers or Dementia
- ☐ Psychosis or Schizophrenia
- ☐ 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.

KLAMATH BASIN BEHAVIORAL HEALTH
GROWTH • WELLNESS • COMMUNITY KBBH

Clip and return to:
2210 North Eldorado Avenue
Klamath Falls, OR 97601

1524022

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.

REMEMBERING MY FIRST KISS
By Dianna Hastings

It started when I was living with Kathy's Great Aunt and Uncle. I lived with them for awhile from the time
I was five until I was eight and a half years old.
We went to visit some friends of the Aunts that lived near a lake and their house was a houseboat on the lake.
Well Uncle Bernard drove all night and in the early morning to get us there.
When I woke up there were three faces staring at me. Two girls and one boy. The boy, Jay, was eleven and I was seven.
For Halloween I was dressed as Pocahontas and Jay was dressed as Captain Jack. We went to a Halloween Party and when we went out for some fresh air and to look at the moon and stars. That's when he kissed me very gently and then he pulled me close to him and kissed me again and he called me his little princess.

A GLIMPSE OF FALL
By Sharon (Johnston) Pappas

Rooftops glisten and sparkle
As the sun begins to rise
Like diamonds in the light
Of a young bride's eyes

The colors awaken…
Yellow, red and brown
As the wind guides the leaves
Gently to the ground

Your breath lingers
In a puff of white
The suddenly the miniature cloud
Disappears from sight

You hear the silence
Early in the 'morn'
As another beautiful
Fall day is born.

AUTUMN
By Sharon Hudson

Two toned leaves on a low
Hanging branch seem to wave.
Like a hula dancer telling a
Story about someone brave.

The wind brings them in,
And the wind carries them out.
They are connected to the
Branches and only have one route.

They are beautiful to watch
And a wonder in the fall.
Put in motion by the
Season, that's all.

REMEMBER WHEN....
By Joanne Campbell

As you leave your home this day,
Notice the beautiful blue skies
along the way.
Each time a breeze passes
you would hear
The colorful leaves rustling in your ear.
When the breeze comes
there is a smell in the air
The flowers are blooming
without even a care.
You notice the sun shining so bright
Warming the air and bringing delight.
Remember these moments
of tranquility and calmness,
Where nothing comes to mind
but blissfulness.

HALLOWEEN
By Janet Johnson

Ghost and Goblins at my Door
I'm glad I went to the Store
Each candy was met with Such delight
The kids were happy its
Halloween night
I had enough candy to Give to all
Now they can go home
And bounce off the wall

SEASON OF HARVEST
By Sharon Hudson

The leaves fade with the
Season, and make a bright array.
The squirrels are busy stocking
Up, and don't have time to play.

Gentle breezes turn into gust of
Wind, and blow leaves off the trees.
Sending pollen and dust into
The air, and they make me sneeze.

The temperatures become cooler
And it starts to freeze at night.
Some plants can't take it,
And will fade out of sight.

The birds peck at the fruit
That is left on the tree,
Before they take off on
Their long journey.

We harvest and store as
Much food as we can.
To get us through the winter
And to re-fill our pan.

Fall is upon us and Thanks-
Giving will be here soon.
No time to be on a diet, we'll
Need a fork, knife, and a spoon.

I know the tradition, as I've
Cooked many meals.
Some were better than others,
And I know how overfull feels.

If you can take a nap,
And rest for awhile,
You should feel better and
Maybe get up with a smile.

Eat some pie because
You couldn't before.
It tastes so yummy,
You might have more.

Families become closer,
And visiting should be fun!
Love, Laugh and be Thankful
That you are part of one!

Donor List

US Bank Foundation Grants $4,000

US Bank Foundation has again granted funds to the Klamath Senior Center. The Foundation has now granted funds for several years running, making them one of our leading foundation grantors.

Pictured above are Kimberly Stroup, US Bank South 6th Street Manager; Marc Kane, Senior Center Director; Jamie Tschetter, US Bank Main Street Manager; Gloria Schell, US Bank Foundation; and Colette Fleck, Senior Center Board President.

Jamie and Kimberly also donate their time each month as Meals-On-Wheels Drivers. Having their feet on the ground as volunteers and making funding support makes this foundation the dream foundation. Thank You US Bank Foundation and Bank Staff.

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

September Donations of $2,898.40 were received from the following organizations and individuals:

Woodworkers Local Lodge W12
Carol Darling
Faith Tabernacle
Geraldine Schindler
Molatore
Avril Fischer
Matt Hurley
Lynette Harvey
Dorothy Winters
Howard McGee
Jon Schnebly
Burl Parrish
Fred Bechdoldt
Linda Seater
Patricia Henderson
Mary Lou Beach
Margaret Rasner
Johnny Jones
Elvin Middleton
Donna Maloney
Cheryl Gibbs (1)
Rose Chapman
Pat Abel
Joyce Moore
Rose Kruezer
Phyllis McDiarmid
Constance Schuetze
Ron and Karen Thomas

Unidentified contributions in September for Meals, Transportation and Other Services amounted to 3,185.00.

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

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

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.

Feature

Daylight Saving Time

Article respectfully submitted by Klamath Hospice

Springing forward and falling back is something each of us does. It occurs during those pesky times of the year where we scavenge our homes, cars, and offices for watches, alarms, microwaves and various other time telling aids. Here are a few daylight saving time fast facts to share at your next dinner party to impress your friends:

- Benjamin Franklin first conceived the idea of daylight saving time (DST) in 1784; however, he did not originate the idea of moving clocks forward. The first serious advocate did not come forth until the early 1900's. William Willett, an Englishman in London, advocated for "summer time" so more people could enjoy the sunlight, and even published a pamphlet in 1907, "The Waste of Daylight", to advocate for his cause.
- President Woodrow Wilson in 1918 signed into law to support the war effort during World War I "Fast Time" as DST was known then. A short seven months later, this was repealed.
- In 1942, President Franklin D. Roosevelt instituted a year-round DST in the United States.
- Between 1945 and 1966 there was no uniform rules regarding DST, so Congress established the Uniform Time Act of 1966.
- There is no federal law regarding Daylight Saving Time, and states can exempt themselves from participation. For example, Hawaii, most of Arizona and the US territories of Guam, Puerto Rico, Virgin Islands and American Samoa do not observe daylight saving time. Additionally, some Amish communities choose to not participate in daylight saving time.
- It is grammatically incorrect to say "daylight savings time", rather it is "daylight saving time."
- Approximately 70 countries observe daylight saving time.

KLAMATH HOSPICE

Editors Note:
In 2016 clocks fall back at 2:00 AM on Sunday November 6th. Our recommendation is to set your clocks back an hour before retiring for the night on Saturday, November 5th. When you wake your clocks will advise you of the correct time.

Bulletin

NEW ART CLASSES SCHEDULED

Beverly Fairclo will be offering two new art classes at the Senior Center in November and December.

November class will cover Ink Alcohol art
November 8th and 15th

December classes will be for Beginning Water Colors
December 6th and 13th

$15 will be charged for each class with half of the proceeds going to support the Senior Center. Ask at the Senior Front Desk to register and for more detail on class times and supply requirements.

Calendar of Events

Center CLOSED Nov. 11th, 24th, 25th for Veterans Day and Thanksgiving

NO BINGO Thursday November 24th

Balance and Stability Classes (Tina Mahacek)
Mondays & Wednesdays at Klamath Lutheran Church located at 1175 Crescent Avenue 10:30am-11:30
Fridays at the Senior Center, 2045 Arthur Street 11:30 am - 12:30 pm

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

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

SAIL / Body Recall (Exercise)
(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

Boost Your Brain and Memory
Started Oct 27th still open for enrollment - 10:00 am - 11:30 am

Creative Writing Class
In Progress 10:00 am-11:30 am

Computers Available For Senior Use
Upon Request

Computer Training one on one
New Volunteers Now Ready to Work With You
By Appointment

Craft Group
Every Thursday 9:00 am - 11:00 am

Senior Dance Day in the Ballroom
Every Wednesday 1:00 pm - 3:30 pm

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

Golden Age Club (Pinochle & Bingo)
Mondays & Thursdays 12:30 pm - 4:00 pm

Klamath County Library Services Branch
Mondays and Fridays 9:30 am to 1:00 pm
and Thursdays 1:30 pm - 4:00 pm

Line Dancing
Every Tuesday 5:30 pm-6:30 pm

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

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

Movies
Monday November 14th-Legend of Tarzan 12:30 pm
Monday November 28th-Café Society 12:30 pm

Pickle Ball
Sundays sign-up sheet to reserve court by Thurs 2:00 pm-5:00 pm
Fridays - Open Court - Arrive betrween 1 and 2:00 pm to play to 5:00 pm

Pickle Ball for Beginners
Every Tuesday - Walk-Ins Welcome 2:30 pm - 4:30 pm

Senior Veterans Social Club
Every Thursday - 10:00 am-11:30 am

NEW: Stretch and Tone Class (Bev Fairclo)
Every Thursday
Openings Avaiable
9:00 am to 10:00 am

SHIBA Medicare Insurance Counseling - Prescription Drug Eligibility Assistance
By Appointment

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

Wii Activities
Thursdays 1:30-4:00

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

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

Sign up for Living Well Class - New Classes Starting Every Month: (these are six week classes designed to help you manage chronic medical conditions) Call Valerie Franklin at Sky Lakes Community Health - 541-274-7250 to register

New Bingo Machines and Displays Just Installed:
Evening Bingo Games are Every Thursday and Saturday at 4:30 pm - first call at 6:00 pm
Tuesday afternoon paper only bingo - Opens at 1:00 pm-First Call at 2:00 pm

Flu Shot Clinic: 9 am to 1 pm - Thursday November 3rd - Walk Ins Welcome - Appointments Available

Senior Center Board of Directors
Next meeting is Wednesday December 7th - 10:00 am-12:00 pm

Senior Center Advisory Council
Next meeting is in December 9:00 am - 10:00 am

Hearing Aid Assistance
J.D. Howell - Hearing Aid Check - Thursday November 17th 10:15 am - 12:00 pm

NEW: Art Classes November 8th & 15th at the Senior Center

Parkinson's Support Group
Tuesday, November 15th at Elmer's Restaurant - 11:00 am-Noon

ACB - American Council of Blind
Tuesday, Nov 15th at Red Rooster Restaurant
12:30 pm - 2:30 pm
Call Barbara 541-882-8517 for information and rides to the ACB Meeetings

November Birthdays
Tuesday, November 15th 11:30 am

SENIOR CENTER
Front Desk Hours - Monday-Thursday 8:00-4:30
Friday 9:00-2:00 - Call 541-883-7171

When Caring, Quality & Commitment make a Difference

Assured Quality Home Care Inc
www.aqhcinc.com
905 Main Street, Suite 512
Klamath Falls, OR 97601
(541) 880-5594 • Fax: (541) 273-0156

Also Call Today for Your FREE Assessment, Providing Personalized In-Home Care 24/7

- Personal Care
- Housekeeping
- Appointments
- Bathing
- Companionship
- Respite Care
- Errands
- Memory Care
- Cognition
- Groceries
- Blood Pressure Checks
- Meal Preparation
- Laundry
- Home Care
- Grooming
- Medication Assistance
- Insurance Billing
- Insured, Bonded, Licensed
- OPI, SPD and PD Certified

Nurse on the GO!
Nursing services in the privacy of your home
Tamera Bancroft, RN
Certified Foot Care Nurse
541-497-3978

Specializing in nail care of the older adult

1525297

Bulletin

LIVING WELL

Living Well with Chronic Conditions

Attend a FREE Living Well Workshop!

- ✓ Find practical ways to deal with pain and fatigue.
- ✓ Discover better nutrition and exercise choices that work for you.
- ✓ Learn from others who are living with a chronic illness themselves
- ✓ Learn better ways to talk with your provider and your family about your health
- ✓ Learn real life skills for living a full, healthy life while actively managing your health condition

Who should attend?

- ✓ Anyone with an ongoing health condition such as diabetes, arthritis, heart disease, high blood pressure, chronic pain, anxiety, or depression
- ✓ Or family or friend of someone living with an ongoing health problem

If you are interested in attending a FREE Living Well workshop please call:

Valerie Franklin

Program Coordinator

SL Outpatient Care Management

@

541-274-7252

Valerie.Franklin@skylakes.org

ATRIO HEALTH PLANS · Klamath Tribal Health & Family Services · Klamath Basin Senior Citizens' Center · Klamath & Lake Counties Council on Aging (advocacy | action | answers on aging) · SKY LAKES MEDICAL CENTER · Cascade Health Alliance, LLC · Klamath County Public Health · Quality Improvement Organizations (Sharing Knowledge. Improving Health Care. Centers for Medicare & Medicaid Services) · HealthInsight (serving Oregon through Acumentra Health) · Oregon State University OSU Klamath Basin Research and Extension Center

Feature

The Law of Cause and Effect

by Robert G. Black

Your life on the Physical Plane will make a lot more sense and will be a lot more understandable if you will always keep the Law of Cause and Effect in mind. Everything that occurs or happens on our physical world is under the control of this universal law. Understand this, and you will begin to understand that this physical Earth is not a place of unplanned and haphazard occurrences. The Earth and all other areas of the Universe are carefully planned and controlled with very definite purposes.

Kernels of this knowledge are sprinkled throughout the religious writings of the world, but most are simply not ready to accept the full story of human existence. They prefer to ridicule, to curse, and even to kill those who have beliefs that differ from their own. This type of hate and intolerance must be completely eradicated from human spirits before they will be permitted to join the great effort of the future to spread through the Universe.

And yes, there will be stragglers, those few who will simply be unable to keep up with the vast majority of developing human souls. Though these few will not be permitted to hold back the development and advancement of other humans, neither will they be condemned nor destroyed, for God has not willed that any soul should perish. Creation is vast, and there is a place in it for everyone. Did not Christ explain this simply for his followers when he said, “In my Father’s house are many mansions.”?

All will in time learn the lessons of this physical Earth. No spirit will be abandoned, nor will any spirit perish. But some will end up far, far behind, as they struggle to balance the evil deeds they have done and are still doing on this Earth. As you note these few who have chosen to hate all but their own existence, try to surround them with love. If enough love from enough loving spirits surround them, when their radiation of hate and greed stops momentarily as they stop to comfort a child, that love will come rushing in as an unstoppable torrent, and may be able to overwhelm the constant thoughts of rage, hate, greed and intolerance.

It is love, not hate, that builds the mountains and fills the seas with teeming life. Love is the builder, the creator, while hate is the destroyer. No one filled with hate is capable of creating anything. Rather, they destroy or bring to destruction all around them. Hate leaves its trail of sadness and sorrow behind it, and though these offenses must needs occur, as confirmed in the Biblical text, woe be unto those who cause the pain and sorrow. For in the necessary balance of the Universe, the wheel must turn, and they in turn must feel the effects of hate and endure the sorrow and disasters that it causes. None can escape the wheel of destiny, the wheel of karma, until the lesson of eternal and abiding love is learned.

Robert G. Black

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

Bulletin

The Lake County Senior Center

November 2016 Events:

Blood Pressure Checks Mondays from 11:30-12:00 PM
Tuesdays, November 11th & 22nd 7:30 AM – Klamath Falls Shopping Trip (Stop in to sign up only $10)
Friday, November 4th is our Birthday Celebration!
Friday, November 11th – Closed for Veteran Holiday
Sunday, November 25th – Alturas Casino Trip!
Friday, November 18th 11:30-12:15 – Diabetes and Low Sodium Sensible Eating Education
Every Tuesday & Thursday our Thrift Shop is open 1:00-4:00PM.
Every Friday 12:30 (after lunch) – Sales of weekend food items.
Tuesdays & Thursdays join us for the Strong People Program! 10:00-11:00AM
Monday, November 21st – Board Meeting 4:00 PM
Every Wednesday 12:00-1:00 PM – Lions – Lunch Meeting
Every Monday – Bingo at 1:00 (right after lunch)

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

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

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

Bulletin

COME LEARN TAI CHI!!

Tuesdays -Senior Center
Beginning 10:00-11:00
Intermediate 9:00-10:00
Advanced 12:10-1:10

Just Come
You are welcome

Bulletin

Meals On Wheels

"More than just a Meal"

- **For Homebound Seniors 60+ years older**
- **For Improved Nutrition**
- **Friendly Visits**

Seniors Who Request Meals On Wheels Are Among Our County's Most Vulnerable

NEW VOLUNTEER DRIVERS ARE NEEDED FOR THE KENO AREA.

Klamath & Lake Counties Council on Aging
advocacy | action | answers on aging

Call Klamath & Lake Council on Aging at (541) 205-5400 for more information on the Meals on Wheels program in the Keno area.

Bulletin

Balance and Stability

EMPOWER YOURSELF!

Get to know how to use your muscles and bones for balance and movement improvement. You can target those stiff & sore spots with new moves & support.

- **Monday 10:30-11:30 KLAMATH LUTHERAN CHURCH, 1175 Crescent**
- **Wednesday 10:30-11:30 KLAMATH LUTHERAN CHURCH, 1175 Crescent**
- **Friday 11:30-12:30 • SENIOR CENTER**

Just come, or call 541 274-1555
Tina Mahacek - Licensed Physical Therapist

Bulletin

Klamath Senior Center – Health Promotion Activities And Classes November 2016

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

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 (32)	SC: **Tai Chi** *Mel Murakami* ***Beginner*** 10:00 to 11:00 am (25) ***Intermediate*** 9:00 to 10 am (25) ***Advanced*** 12:10 to 1:10 pm(25) SC **Line Dancing Class** *Fern Steers* 5:30 to 6:30 pm	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) **Dancing** *Live Music from the* ***Take Four Band*** 1:00 to 4:00 pm (Dance Club Asks for a $4.00 fee)	SC **NEW** **Stretch and Tone** *Bev Fairclo* 9:00 to 10:00 AM (25) Registration open, Many openings remain available. SC: **SAIL Exercise** *Suzan Phipps* 10:15 to 11:15 am (32) SC: **Boast Your Brain & Memory** *Kate Murphey* 10:00 am to 11:30 (12) ***Class in progress***. Enrollment is open. 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: **Balance / Stability** *Tina Mahacek* 11:30 to 12:30 (20) **Living Well with Chronic Medical Conditions** To Register for Future Classes Call 541-274-7250 New Registration Number now at Sky Lakes Community Health

INDOOR PICKLEBALL COURT
Sundays from 1 to 5 pm
available by reservation only.
Tuesday Beginners Class open to walk-ins 2:30 to 4:30 pm
Friday, Open Court, Arrive between 1 and 2 pm and play to 5:00

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

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

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

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Feature

SHIP TALK
(Senior Health Insurance Program)

Open Enrollment is NOW

This month will be repetitive for those who read this column regularly. That's because Open Enrollment is such an important time of year — when you can switch Part D prescription drug plans or switch from regular Medicare to an Advantage plan. (If you're getting Extra Help on the LIS {Low Income Subsidy} program, you can switch anytime of the year. But for most people this is the only time you have to do it.)

1. **Let's start with Part D drug insurance:**

   - Has your premium increased substantially?
   - Are all the drugs you now use on their new formulary?
   - Have you stopped taking an expensive drug that made you select a more expensive plan?
   - Are you dissatisfied with your plan's customer service?

Oregon SHIBA (Senior Health Insurance & Benefits Assistance) produces a guide each year which lists all the drug insurance companies doing business in Oregon. SHIBA counselors log onto Medicare.gov and enter all your drugs and dosages and the computer program will produce a list of plans specific to your needs. You can do this yourself — Medicare.gov. This is an anonymous search.

2. **Advantage Plans:** There are only two advantage plans available in Klamath County, Moda and Atrrio.

   - Are you unable to pay for a Medicare supplement?
   - Do you seldom need medical care?
   - Are you curious to see how an Advantage plan works?

Advantage plans cover the same benefits that regular Medicare offers, but with a different price tag and co-pays. You can also purchase an Advantage plan that includes drug coverage. You will have to do the same checklist as above to make sure your drugs are covered.

Conversely, if you are already in an Advantage plan and would like to go back to original Medicare (hopefully with a supplement), this change can only be made from January 1 through February 14.

Call the Klamath Basin Senior Citizens Center at 541-883-7171 and ask for a SHIBA appointment with one of our trained and certified counselors if you have questions. We're there to help you with all your Medicare related health insurance needs.

Anne Hartnett
SHIBA Coordinator, Klamath Basin Senior Citizens Center

Feature

NANCIE'S CORNER
Health and Wellness Counselor
BLUE ZONE Reporter

Blue Zones Principle #1 — Move Naturally

What does it mean to move naturally versus a one-hour a day in a fitness class a few days a week? Here's what the Blue Zones Project website tells us about moving naturally:

"The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They live in places where they can walk to the store, to their friend's house or places of worship. Their houses have stairs. They have gardens in their yards.

To start moving naturally, consider making things a little inconvenient. Take that extra trip up or down the stairs instead of loading things at the top or bottom to take up later. Walk to your airport gate instead of taking the moving walkway or park far from the entrance when you visit a store. Walk a dog, do your own yard and housework, and get rid of some the timesaving electronics and power equipment that have 'simplified' your life."

Pumping iron, attending exercise classes and going to the gym are good things. Don't give up on that. Consider how you can add. If you live near a store, do your shopping on foot. If you live within a mile or so from the library, walk to get your books. If you have a bicycle, use it. If you encounter stairs vs an elevator, take the stairs. Sherm's Thunderbird, our first Blue Zones Project approved grocery store, has large circular white signs painted on parking spots reminding you to walk a distance to the store. See if you can spot them. Parking close to the entrance of any store, unless you are disabled, is dangerous to your health!

With winter approaching, moving naturally outdoors may be challenging. Mike's Fieldhouse at Steen Sports Park is available for walkers and groups of walkers. It's open every Monday through Friday from 7am-10am and in the afternoon from 4pm-8pm. Cost: donations are accepted.

More importantly, new research suggests that sitting the remainder of the day after exercise cancels out the effects of the exercise you've performed. If you go home or to work afterwards, sit by the computer, TV or whatever and don't move the remainder of the day, you are putting yourself at risk for the same diseases that affect sedentary people! Get out of your chair to move around 10-15 minutes each hour. Raise your computer desk higher allowing you to stand to work. Use TV commercial breaks for movement breaks! Walk around the house, take stairs if you have them, march in place, jump-rope or lift free weights. If you have a stationary bicycle or treadmill, use them. Take advantage of a movement break.
How will you move naturally today?

Nancie Carlson

Feature

How The Senior Center Is Funded

2016/2017 BUDGET

OLDER AMERICANS ACT /AAA	$ 194,417
State/Federal Transportation Grants	$ 109,869
Other Government Funding	$ 122,345
Foundation/Organization Grants	$ 100,000
Bingo Fundraisers (net after payouts)	$ 151,750
General Contributions and Fundraisers.	$ 52,000

YOUR INDIVIDUAL CONTRIBUTION IS VERY MUCH NEEDED
Every Individual Contribution Dollar Helps Us Lever
An Additional $11.00 In Support From Other Sources.

United Way	$ 43,313
Program Donations from patrons	$ 81,500
Earned Income (facility use fees)	$ 15,025
Refunds/Single Payments/Misc.	$ 3,000
TOTAL	$ 873,219

The Center Provides more than
62,000 meals, 12,000 assisted transportation rides,
8500 health promotion classes and numerous social, educational, and recreational opportunities each year to area seniors.

Feature

News From the Crafty LaDees Gift Shop

Welcome to November 2016

We now have the applications for the Bazaar on December 3rd 2016
The applications may be picked up at the front desk or in the Gift Shop
Entry fee is $25.00 per table.
There will be 50 tables available this year.
THREE EVENTS IN ONE - BAZAAR - BAKE SALE - RUMMAGE SALE
Again this year we will be having a Bake Sale provided by the kitchen, and a Rummage Sale sponsored by the Senior Advisory Council.

Annual Senior Christmas Bazaar
Saturday - December 3rd
8:00 AM to 3:00 PM
More than 50 booths of Crafts and Goods
It's the Place to Find Creative Gifts from Local Vendors and Crafts People.

2045 Arthur Street - Klamath Falls

The Rummage Sale is sponsored by our Advisory Council.
Contact the Gift Shop regarding what may be donated.

Don't forget that we also have a group of ladies who get together on Thursday morning to work on their crafts and visit from 9 am to 11 am. You are very welcome to join them.

Thanks again for supporting the Senior Center.
Wava Weiskopf, Gift Shop Manager 541-883-7171 EXT 124

Help Support Our Senior Programs

Have Fun - Win $$$

"BINGO"

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

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

KLAMATH BASIN SENIOR CITIZENS' CENTER

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

Looking to make a contribution to your community in support of your elderly neighbors.
Join our 140 volunteers that are the foundation of the Senior Center. Training is provided.
Call our Volunteer Coordinator at 541-883-7171

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Menu

October 31, Monday:
Mexican Lasagna Spanish Rice, Veggies, Salad Bar, Dessert
November 1, Tuesday:
Salisbury Steak, Mashed Potatoes, Veggies, Salad Bar, Dessert
November 2, Wednesday:
Chicken Teriyaki, Rice, Veggies, Salad Bar, Dessert
November 3, Thursday:
Chicken Fried Steak, Mashed Potatoes, Veggies, Salad Bar, Dessert
November 4, Friday:
Sloppy Joes, Veggies, Salad Bar, Dessert
November 7, Monday:
Pasta & Meat Sauce, Garlic Bread, Veggies, Salad Bar, Dessert
November 8, Tuesday:
Happy Birthday
Roast Pork, Veggies, Salad Bar, Dessert
November 9, Wednesday:
Fish & Chips, Veggies, Salad Bar, Dessert
November 10, Thursday:
Mac & Ham, Veggies, Salad Bar, Dessert
November 11, Friday:
Closed For Veteran's Day
November 14, Monday:
Chili & Cornbread, Veggies, Salad Bar, Dessert
November 15, Tuesday:
Meatloaf, Mashed Potatoes, Veggies, Salad Bar, Dessert
November 16, Wednesday:
Chicken & Broccoli, Veggies, Salad Bar, Dessert
November 17, Thursday:
Beans & Ham Cornbread, Veggies, Salad Bar, Dessert
November 18, Friday:
Thanksgiving Dinner, Turkey & Dressing, Veggies, Salad Bar, Dessert
November 21, Monday:
Polish Sausage, Sauerkraut, Veggies, Salad Bar, Dessert
November 22, Tuesday:
Au Gratin Potatoes & Ham, Veggies, Salad Bar, Dessert
November 23, Wednesday:
Swedish Meatballs & Noodles, Veggies, Salad Bar, Dessert
November 24, Thursday:
Closed For Thanksgiving
November 25, Friday:
Closed For Thanksgiving
November 28, Monday:
Shepherd's Pie, Veggies, Salad Bar, Dessert
November 29, Tuesday:
Chicken Strips, French Fries, Veggies, Salad Bar, Dessert
November 30, Wednesday:
Meatloaf, Mashed Potatoes, Veggies, Salad Bar, Dessert
December 1, Thursday:
Taco Pie, Spanish Rice, Veggies, 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.

Remember . . .

Davenport's is there to help as you search for the right way to honor your love one's memory

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