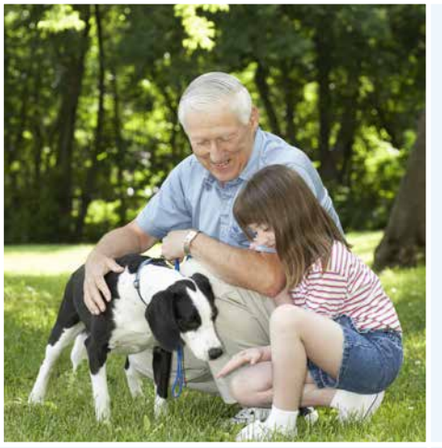
The Official monthly publication of the Klamath Basin Senior Citizens' Center

FREE Take One!



Why Purpose Matters

See page 4

Meet Hootie

See page 13

Active Seniors

SEPTEMBER • 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.

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

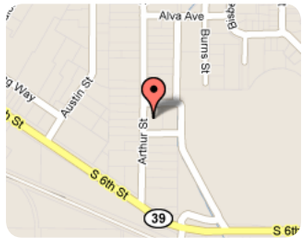
Medicare Counseling - 541.883.7171

Volunteer Opportunities - 541.883.7171

Executive Director Marc Kane: 541.883.7171 ext. 117

www.KlamathSeniorCenter.com

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!

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Produced in conjunction with the Herald and News

Welcome

Marc Kane, Center Director

This past month I encountered a TED Talk on the subject of ageism given by Ashton Applewhite. If you haven't seen/heard it I strongly recommend it. Ageism, like racism and other prejudices, unjustly sets us apart from each other. We learned that only too well this past month watching the events in Charlottesville. Applewhite reminds us that prejudices are all socially constructed ideas. We make them up. They are all prejudices that rest on "otherism" and that they are based in unfounded and unrealistic fear.

I learned from my earlier career working with people with disabilities that there was a tendency throughout society to be uncomfortable with those that weren't enough like us. We once placed many of those people away in institutions and sheltered workshops and rationalized that it was for their own good, when in fact we were simply sheltering ourselves from people that weren't enough like us.

Ageism unfortunately categorizes whole generations, many generations, and sets us apart as though there is something to be feared in growing old. It creates the perception that those who have aged are all the same, old. How many generations are there over 60?

The senior center is changing, adding new activities and programs, and in the process providing opportunities to celebrate our age and our differences. It's a center for living. I've heard that there are those who refuse to come to the senior center, well because it's for those who are "old". For those that respond in this way I say come celebrate with us, aging is inevitable and it brings with it all that we have experienced and done with our lives, all that can be shared to educate us and to unite us. The senior center is also reaching out. It's not just a building or a place. We promote purpose throughout the community for those who are aging. That's all of us.

Applewhite states , "people with more positive feelings toward aging walk faster, they do better on memory tests, they heal quicker and they live longer. Even with brains full of plagues and tangles some people stay sharp to the end. What do they have in common, a sense of purpose. The biggest obstacle to having a sense of purpose in late life is a culture that tells us that getting older means shuffling off stage. " The senior center strives to provide the opportunity to find that purpose and to provide opportunities to share and contribute. We collaborate with others to make this happen whenever we can. Look to the Find Your Purpose section of this paper starting on page four to learn more and to find invitations to contribute.

Here's an opportunity! Come join our Meals-On-Wheels team. We need more drivers and runners to deliver meals throughout the community. Aside from delivering a meal you will learn much about our community and the people that live here from all walks of life.

JOIN US ! WE CELEBRATE LIFE !

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

Feature

BLUE ZONES PROJECT® by HEALTHWAYS

Why Purpose Matters

People with purpose live longer, are happier and more productive.

Everyone wants "the good life." Even though we don't usually talk about its ingredients, a recent study states that we agree on what it takes to live it.

In 2009, the MetLife Mature Market Institute published a solid study titled "Discovering What Matters." The study, based on the work of the Inventure Group founder, Richard Leider, and published in his best-selling book, "Repacking Your Bags," proves there is a connection between purpose and a person's health, happiness, and contentment. The vast majority of Americans describe "the good life" in terms of being healthy, having financial freedom, having the time to do what is important, and having a sense of purpose. In fact, a sense of purpose was the biggest differentiator between the people who reported that they were living "the good life" from those who said they were not. The study also showed that regardless of age, gender, financial status, or life stage, a majority of people assign the most importance to meaningful activities and, above all else, spending time with friends and family.

Younger people usually want to identify work that fits them. Midlife people are looking to discover a sense of meaning beyond a paycheck. And older people want to stay engaged in life and make a difference. Richard Leider asked retirees over age 65, **"If given the opportunity to live life over, what would you do differently?"** The majority of respondents said they would:

1. Hit the "pause button" to reflect on their lives to make the most of the time they had
2. Take more risks to pursue their dreams and life priorities
3. Find their purpose earlier in life

The bottom-line is that everyone wants their life to matter. Discovering a life purpose is the key to "the good life" for every person. It requires a willingness to invest in oneself and take a hard look at discovering what truly matters.

Individual Call to Action

From community residents, employees, high-school and college-aged youth,seniors, citizen volunteers, and other individuals, we ask you to make a difference where you live and work.

- Pledge to discover your purpose at bluezonesproject.com.
- Attend a Purpose Workshop and begin your purpose journey.
- Tell your family and friends and bring them to a workshop.
- Encourage your employer, faith organization, volunteer group, service club, or other community group to host a Purpose Workshop.

Learn more or find a Purpose Workshop
bluezonesproject.com

Brought to Oregon by CAMBIA health foundation

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Bulletin

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

CITIZENS FOR SAFE SCHOOLS
Where Character Counts and Mentoring Matters.

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
Applications at circulation desk downtown or at Senior Center library

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

SAIL Class

Stay Active & Independent for Life (SAIL)

Improve your quality of life through exercise. In our S A I L classes we emphasize fall prevention. Falls are a leading cause of injury and hospitalization among older adults.

Poor balance and coordination and weak legs are the main causes of falls. The simple exercises we do will improve your balance and coordination and strengthen your legs and your whole body.

The S A I L program of movements is safe and so easy that anyone can participate and reap the benefits of exercise. You will also gain more confidence and overcome the fear of falling.

I want to encourage you to try a class. Bring a friend and you will have even more fun. If you participate three times a week, you will start seeing good results right away.

There are seven classes every week. All classes are at the Senior Center. The program is the same for all seven classes, so you can choose the best schedule for you.

Mon. Wed. & Fri., - 8:45 to 9:45
Mon. Wed. Thurs. & Fri. - 10:15 to 11:15

You can start right away. A two dollar donation is suggested.
Mary Noller & Suzan Phipps are the Certified Instructors.

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 in September and October 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

Safe Driving Course

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

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. *Sign up today!*

CLASSROOM COURSE
$15 for AARP members | $20 for non-members
TO FIND ADDITIONAL COURSES IN YOUR AREA:
Call **1-866-955-6301** or visit **www.aarp.org/driving36**

October 5th & 12th • 9AM – 12PM

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

You can register at the Klamath Senior Center 's Reception Desk or contact AARP directly.
Or by calling the senior center at 541-883-7171

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

Feature

Tina Mahacek, Wizard of Movement Improvement

By Judith Jensen

Tina Mahacek changed my life.

I am unsure just how this happened, but I have taken her classes over several years.

Beginning as an overweight creature with a computer slump, not at all fond of movement, I gradually developed into an active 71 year old. In fact, more active than I have been in my entire life. Just this last week, someone said "You really take care of yourself." In yesterday's class, another said "I would like to walk like Judith." WOW! Are you kidding?

So allow me to propose the ingredients.

First of all, Tina is fun, friendly and not judgmental. If you cannot learn something, she insists on taking full credit. "Poor instruction," she says.

Second, Tina knows her material. A licensed physical therapist, she is a Feldenkrais graduate and has trained in (easily) 30 different movement disciplines.

Third, and this is very important. In the past I have gone to classes and expected one or two hours a week to fix me. Magic. But Tina inveigles herself into your brain and, against your will, you actually begin to take personal responsibility for improving your movement. I have also learned exercises that help alleviate specific pain patterns that seem to be my fate.

And finally, her classes are unbelievably inexpensive. We are not in Ashland.

As you can see, I am a fan. We are lucky to have her in Klamath Falls.

MONDAYS & WEDNESDAYS
10:30 – 11:30 am
the Senior Center
2045 Arthur Street
Call 541-883-717

FRIDAYS
11:30 – 12:30 pm
Klamath Lutheran Church
1175 Crescent
Call 541 884-2480

Bulletin

Tai Chi Classes

TAI CHI CLASSES
Klamath Falls Senior Center

Tuesday

Beginning
10:15-11:15am (set 1)
9-10 am (Set 2)

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

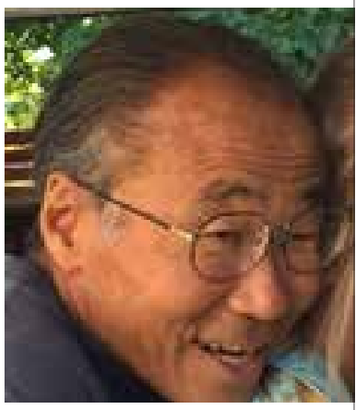
Advanced
12:15- 1:15pm (Sets 1-4)

NEW Wednesday Class

Beginning 5:30-6:30pm

NEW Friday Class

Seated Tai Chi 11:30-12:30pm



Mel Murakami,
Tai Chi Instructor

Call 541 274-1555

Bulletin

Lake County Senior Citizens Association Event Schedule

September 2017 Events:

Most Tuesdays, 7:30 AM Klamath Falls Trips for Medical & Shopping (Stop in to sign up only $10 donation)
First Tuesday of the month Tuesday Friends @ 2PM. Next meeting is October 3rd.
Friday, September 8th is our Birthday Lunch. The theme is back to school. We encourage everyone to bring a school picture of themselves!
Every Tuesday & Thursday the Outback Thrift Store is open 1:00-4:00PM. Saturday September 9th is our BACK TO SCHOOL BAG SALE! (10AM-2PM)
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!

You can reach us at:
11 North G Street, Lakeview Oregon 97630
(541)947-4966 x101

Bulletin

Registration Open For New Class

BOOST YOUR BRAIN & MEMORY
INSTRUCTORS:
Kate Murphey/Dawn Wallace

Sign up for class- 8 Sessions
Beginning September 7th
10:00 am to 11:30am

Sign Up Now at Front Desk • Space Is Limited

541-883-7171

Help Support Our Senior Programs

Have Fun - Win $$$

"BINGO"

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

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

BEST PAYOUTS IN TOWN!
SATURDAY $1000
BLACKOUT GAME

PAPER ONLY NIGHTS
EVERY SECOND THURSDAY

SATURDAY NICKEL BINGO AT 11 CALL AT 12

- 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

Living Well
with Chronic Conditions

Your Greatest Wealth is your Health!
Do you suffer from Chronic Disease or Diabetes? Take a free six week session and bring vitality back into your life!

Classes starting September 12 and September 19
To register call 541-274-7252
or visit Healthyklamath.org

Bulletin

SPOKES Unlimited Schedule

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

September

12th **Brain Injury and Illness Support Group**
3:00-4:30 pm, SPOKES office

27th **Social Security Workshop**
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance is first come, first served.2:00-3:30 pm, SPOKES office

19th **American Council for the Blind Meeting**
12:00pm-2:00pm, Red Roosters Grill and Pub, 3608 S. 6th Street

PANCAKE BREAKFAST!!!
SPOKES is selling all you can eat Pancake Breakfast tickets for Applebee's The event isn't until Saturday, October 7, 2017, so there is plenty of time to get your tickets. $8 will get you all you can eat pancakes, sausage, eggs, coffee and OJ. Contact us for information!

Keep in mind, SPOKES Unlimited has changed their hours:
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.

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

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

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.

Blue Zones Project® by Healthways

live HAPPY with PURPOSE

This year, do something for you!
Discover your purpose and live 7 years longer, happier.

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

Brought to Oregon by CAMBIA health foundation

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MICK Insurance Agency

Turning 65 soon?
Call us to learn about all of your options for medicare

You are Invited to our
OPEN HOUSE
on Tuesday, September 26th from 1-5 PM

We have moved upstairs to Suite 201

Medicare Annual Enrollment starts October 15th
Please call with any questions.

541.882.6476
4509 S. 6th St., Suite 201
Klamath Falls, OR 97603

Your Local Health & Medicare Agents
Since 1980

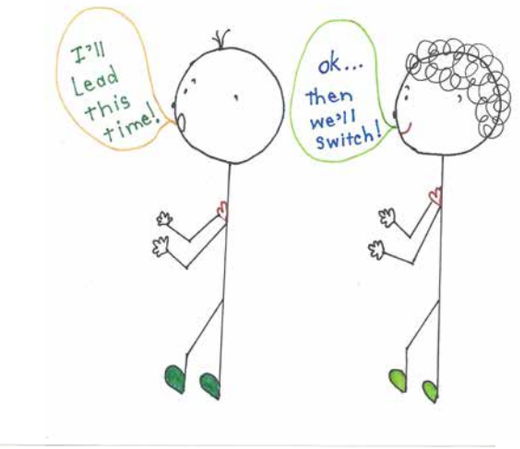
1664847

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...



Sometimes you follow, sometimes you lead
Sometimes you compromise, so both can succeed.
Sharon (Johnston) Pappas ©

Mirror Image

Sharon (Johnston) Pappas ©

Have you ever watched kids at play
Whether in the house or running outside
They often reflect what we do and say
With words and actions… WE are their guide

There's the leader giving orders, left and right
"Do this," "Do that," "Over here," "Over there"
At times, it's peaceful, sometimes there's a fight
With laugher, giggles and occasional tear

There is the observer, doer, and peacemaker too
Then, "These are mine"
Or, "I'll share with you"
Spoken with anger, sweetness, a whimper or whine

Yes, WE'RE the example, teacher, model at best
Our life reflecting to little girls and boys
But with tenderness and kindness as our quest
The mirror image will be love and joy.

Happy Grandparents Day

By Sharon Hudson

God gave us children to
Love, and care for.
Those cute little people
Who are easy to adore.

Our children have children,
And that makes us grand.
Grandbabies are special, and
We can hold their little hand.

We teach them to respect others
And themselves with what they do.
The "Golden Rule" is positive,
And gives them a clue

We hold them in our arms, and
Let them know we care.
A soft gentle hug goes a long
Way, and can help them prepare.

The obstacles are many and
Seem to get harder all the time.
Give support from the background,
And keep them away from crime.

Helping them to feel good about
Themselves is what they need.
To ignore temptations and
To be a strong breed.

I've rescued, I've pampered.
I've cooked many meals.
I've given them shelter and shown
Them how good treatment feels.

I've bathed them, and
I've cut their hair.
Brushing their teeth makes
Cavities something rare.

We've gone camping, hiking,
And swimming when it's hot.
I enjoy their company any
Day or night, a lot.

By being a grandparent, I
Can celebrate Grandparents Day,
With a smile on my face, and for
Trying to teach a positive way.

A Joyous Day

By Dianna Hastings

I'm sixty seven today
I don't feel any older
Hip hip hooray

Now should I make
A change for the better
Or to my Savior write
Another letter

He's been my friend and
He will always be 'til
The end 'til this world
Or eternity

I can't wait until
The reunion day
When he will say he's
Coming
Back for me and my
Purpose

And I will bow down
at his feet
And I will look around
Heaven and our eyes shall meet.

And he will say Welcome
My Servant this is your Day

The School Year

By Kristina Kaye Juris

Spring 1980 7th Grade
Journal entry at Prineville
Jr. High and I earned
An A on it from Miss Mary Reed

The school year has been neat
And the teachers have been sweet
So let's show our school spirit 'til the last week.
We try to show our teachers that we care,
About them and our counselors fair.

Willow Tree

By Janet Johnson

How familiar is the wind
That blows the leaves
Across the ground from
The willow trees
I have been here before
In this place
Not in this body or
Behind this face
I have sat here to pray
In some long lost yesterday

Donor List

ODOT Awards Federal Transportation Funds

The Oregon Department of Transportation has again awarded funds for the completion of the new senior center bus barn. The funds were made available from the Federal 5310 Transportation Program. Items that had to be cut from the budget in the previous award are now restored and the center can proceed with adding electrical service, door openers, surveillance equipment and weatherization improvements. This latest grant project totaled $44,000 of which the center must provide 10.27% of the cost. So we are urging donors to come forward with assistance for this project. The match will cost the center approximately $4500. Other new needs for donations include raising funds for a new ice machine. Approximate $2800 is needed for this machine. Ice is necessary to cool the salad bar at the daily congregate lunch, for MealsOn-Wheels delivery bags and for beverage service. Donations in any amount to these projects are always appreciated.

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. July Donations of $9,625 were received from the following organizations and individuals:

Klamath County	Dorothy Winters	Irene McLean
Faith Tabernacle	Jon Schnebly	Elizabeth Western
Pat Connell	Jonny Jones	Rose Kruezer
Geraldine Schindler	Cheryl Gibbs (1)	Phyllis McDiarmid
Fred Bechdoldt	Constance Schuetze	Linda Seater
Lynette Harvey	Linda Bourcy	Roger Dionne
Burl Parrish	Rose Chapman	Pat Abel
Howard McGee	Alan Duyff	Golden Age Club

Unidentified contributions in July for Meals , Transportation and Other Services amounted to $3,358.

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

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

1610248

Calendar of Events

Hot Lunches Served Daily
Monday thru Friday 11:30 am - 12:30 pm
Art Classes (Bev Fairclo) - water color class & ink/alcohol class
Instructor on leave until late September

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

Boost Your Brain and Memory Course
8 week course starts September 7th
Thursdays 10:00 am - 11:30 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
Creative Writing NEW CLASS starting September 6th
10:00 am -11:30 am

Dance Day in the Ballroom
Every Wednesday with the Take Four Band
1:00 pm - 3:30 pm

Gift Shop - Brand new look!
Monday through Thursday 10:00 am - 3:00 pm
Friday 10:00 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 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 - September 11th - A Dog's Purpose 12:30 pm
Monday - September 25th- Passengers12:30 pm

Pickle Ball
Sundays: sign-up to reserve court by Thurs 2:00 pm
Fridays - Open Court 1:00 pm
Pickle Ball for Beginners Every Tuesday - Walk-Ins Welcome
2:00 pm
SAIL (Stay Active & Independent for Life) (Exercise) (Mary Noller)
Mon - Wed - Friday Classes 8:45 am to 9:45 am
10:15 am to 11:15 am
SAIL (Stay Active & Independent for Life) (Exercise) (Suzan Phipps)
Thursdays Only 10:15 am-11:15 am

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

Stretch and Tone Class (Bev Fairclo)
Starting September 21st 9:00 am - 10:00 am

SHIBA Medicare Insurance Counseling
Open enrollment starts October 16th 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
Fridays Seated Tai Chi 11:30 am-12:30 am

Qi Gong NEW CLASS
Wednesday evenings Beginners 4:15-5:15 pm
Ukulele Class (Jon McKellar)
September 5th & 19th, October 3rd 7:00 pm to 8:00 pm
WII Exercise Gaming sponsored by the Library
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

Defensive Driving Classes
Thursday October 5th & 12th 9:00 am - noon
(must attend both classes)

BINGO - Come win and help fund our senior service programs
Evening Bingo Games are every Thursday and Saturday
4:30 pm - First call at 6:00 pm
Saturday afternoon Bingo Noon to 3:30 pm
Next Family Bingo Sunday - October 8th
12:00 pm- First call at 1:30 pm
Monthly:
Senior Center Board of Directors Meetings
Wednesday September 27th 10:00 am-12:00 pm
Hearing Aid Assistance
J.D. Howell - Hearing Aid Check - Thursday September 21st
10:15 am - 12:00 pm
ACB - American Council of Blind
Tuesday, September 19th at Red Roosters Restaurant
12:30 pm - 2:30 pm
Call Barbara 541-882-8517 for information
and rides to the ACB Meetings
September Birthdays
Tuesday September 12th, 11:30 am - 12:30 pm
SENIOR CENTER
Front Desk Hours - Monday-Thursday 8:00-4:30
Friday 9:00-2:00 - Call 541-883-7171

Feature

Meet Lionel (Hootie) Scott Meals-On-Wheels Driver A Man With Purpose

This month we are introducing you to one of our long term volunteers for Meals on Wheels. He has been with us at the Senior Citizen Center for 10 years. Meals on Wheels are distributed from the Senior Citizen Center by volunteers, like Hootie, who take meals to Patrons which are unable to cook for themselves. In the past he also volunteered for the Shriners, the Food Bank and helping children in the "Smart Reading" program.

In his senior year in school he adopted his nickname, "Hootie", from his school friend, Harry Childers. Harry took a look at his full head of hair hanging down in front of his face, and laughing, he told Lionel that he looked like a "Hoot Owl" and from that day forward his friends and family called him "Hootie".

He was born in Wisconsin and raised in Klamath Falls. He worked for 35 years at Weyerhaeuser and Collins lumber mills. He has been married to Mary Beth for 40 years. They have 2 children and 2 grandchildren which live in Portland, Oregon.

His most favorite traveling experience was going deep sea fishing in Ixtapa, Mexico. While fishing on the boat, taking in the sun and sea breeze, he looks to see his pole bending down toward the water. He knows he has a "big" fish on his line. After 1hr and 15min Hootie pulls up a 252 pound Marlin.

Hootie also likes to travel, especially to Reno so he can "donate his money" to the casinos.

Every year for the last 32 years on Memorial Day he goes on the Shasta Lake House Boats to enjoy a nice relaxing time on the lake. He mentioned one time on the boat where he walked through an open screen door to speak to someone. He then turned around to go back out and walked through the screen door that had been closed in his absence. The screen door was knocked off the runners as he fell through and as he did so his big toe was bleeding profusely and in need of stitches. He knew that leaving the house boat was not an option so his friends poured "drinking" alcohol on his big toe, wrapped it and called it good.

We, at the Senior Citizens, appreciate his contribution to help patrons by distributing Meals on Wheels to those in need. You are welcome to join Hootie on the Meals-On-Wheels crew. It's a great place to find your purpose, serve your community, and make new friends. Call us at 541-883-7171 for an application today, or visit our front desk.

Bulletin

Muffin Mondays!

KLAMATH HOSPICE

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

KSC KLAMATH SUSTAINABLE COMMUNITIES

☐ **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.

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®

Rite Aide Pharmacy to provide a flu shot clinic at the

Senior Center

October 9th and October 23rd

9:00 AM to12:00 PM

CALL THE FRONT DESK AT

541-883-7171

FOR AN APPOINTMENT

OR FEEL FREE TO WALK IN.

Bulletin

Pancake Breakfast

PANCAKE BREAKFAST!

$8 for all you can eat
Pancakes, Sausage, Eggs, Coffee or Orange Juice

When: October 7, 2017
Time: 8-10 A.M.
Where: Applebee's
2750 Campus Drive

Proceeds will go to SPOKES Unlimited to provide services designed to enhance the ability of people with disabilities to live more independently.

Tickets can be purchased at SPOKES at 1006 Main Street or call us at 541-883-7547 for more information

Bulletin

Klamath Senior Center – Health Promotion Activities And Classes September 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) *See article on page 6* 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) *See article on page 6* SC: **Dancing** *Live Music from the* ***Take Four Band*** 1:00 to 4:00 pm **Qi Gong** *Jimme Alcorn* 4:15 to 5:15 pm (25) **Tai Chi** *Mel Murakami and* *Tina Mahacek* ***Beginners*** 5:30 to 6:30 pm (25)	SC **Stretch and Tone** *Bev Fairclo* **New class begins Sept 21st** 9:00 to 10:00 AM (25) SC: **SAIL Exercise** *Suzan Phipps* 10:15 to 11:15 am (32) SC: **Boast Your Brain & Memory** *Kate Murphey/ Dawn Wallace* Sign up for class - 8 Sessions 10:00 am to 11:30 (12) ***NEW Class Starts September 7th*** ***Sign Up Now*** ***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: **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 2:00 pm
Friday, Open Court, Arrive between 1 & 2 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.

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Bulletin

Chili Feed Fundraiser

SAVE THE DATE!

CHILI FEED FUNDRAISER
FRIDAY - OCTOBER 13TH
AT THE SENIOR CENTER
Music - Dinner and Dance

Thank you!

A BIG thank you to all our donors, volunteers and guests for making this year's Camp Evergreen a huge success and for making a difference in the lives of our community's youth.

2017
KLAMATH HOSPICE
Camp Evergreen

Watch for details about Camp Evergreen 2018!
www.klamathhospice.org
KLAMATH HOSPICE

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Lake Health District

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www.lakeviewgardens.org

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Feature

SHIP TALK (Senior Health Insurance Program)

FRAUD AND ABUSE

Most of you have no doubt heard of the fraud, abuse, and just plain waste that happens in Medicare. Unfortunately, there's no shortage of people willing to take advantage of the chance to get some money that isn't theirs. Remember all the ads you used to see on TV about the scooter store? Ever noticed that you don't see them anymore? That's because they've finally been shut down for massive fraud. They would just create a doctor's prescription, send it in to Medicare, get approval for payment, and ship the buyer a scooter. This is fraud, plain and simple, because the prescription was not from buyer's authorized physician and, therefore, not a valid prescription. It was done knowingly and with intention to defraud.

The above example is certainly one of the most well- known and egregious fraud schemes. Technically, fraud takes place when someone intentionally falsifies information or deceives Medicare. Examples of possible Medicare fraud are Medicare is billed for services you never received, equipment you never got or was returned, documents that are altered to gain a higher payment, misrepresentation of dates, descriptions of furnished services, or the identity of the beneficiary. It is also considered fraud if someone uses your Medicare card, or if a company uses false information to mislead you into joining a Medicare plan.

Perhaps, just as common, is what's more correctly referred to as abuse. Abuse happens when health care providers or suppliers don't follow good medical practices, resulting in unnecessary costs to Medicare, improper payment, or services that aren't medically necessary. Finally, there are, numerous, ordinary and unintentional plain, old, innocent mistakes made in the billing process. Watch for these.

With this knowledge in hand it's incumbent on all of us to take an active interest and a watchful eye on our Medicare charges. When you get health care services, record the dates on a calendar and save receipts and statements you get from providers to check for mistakes. If you think you see an error or are billed for services you didn't get, you should do the following:

- Check you Medicare Summary Notice if you have Original Medicare to see if the service was billed to Medicare. If you're in an Advantage plan, check the statements you get from your plan.
- If you know the health care provider or supplier, call and ask for an itemized statement. They should give you this within 30 days.
- You can also visit MyMedicare.gov to review your Medicare claims.
- Always verify dates and name of provider. A name you don't recognize is a definite red flag. In short, does the service or supply, the date and name of provider match your records?
- Last, but certainly not least, if you've done your homework and you still suspect that Medicare is being charged for a service or supply you didn't get, or you don't know the provider on the claim, never hesitate to call Medicare at 1-800-633-4227.

Be vigilant. Keep track of your paperwork. And remember, SHIBA counselors are available at the Klamath Basin Senior Citizens Center. Just call 541-883-7171 and make an appointment and 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, Klamath Basin Senior Citizens Center*

Feature

September is Pain Awareness Month

Article submitted by Klamath Hospice

September has been declared Pain Awareness Month and offers a time for organizations to work toward increasing public awareness regarding the issues surrounding pain and pain management.

There are two types of pain, acute and chronic. Acute pain is often associated with inflammation, tissue damage, injury, illness, or surgery. It typically lasts less than a week or two and resolves after the underlying issue is resolved.

Chronic pain, however, is pain that persists for months and even years intermittently or continuously. It is estimated that nearly 100 million Americans live with chronic pain, which can often be debilitating and adversely affect day-to-day activities. Severe cases result in the inability to work, eat properly, take part in physical activities and find joy in life. This type of pain is often additionally accompanied by depression, irritability, and sleeplessness.

Managing symptoms and gaining support are important for effective treatment. Pain management takes into consideration a person's diagnosis, stage of disease process, response to pain and treatment options, and personal preferences. It is important to become knowledgeable about your pain and to learn to advocate, or have an advocate, that will help you address your pain in a way that works best for you so that you can live as fully as possible.

Here are a couple of tips for advocating for your care:

- Be prepared. Making a list can be helpful to prioritize your concerns and questions.
- Ask questions, especially if you are unclear about something your physician has explained.
- Communicate any concerns, especially issues you would like your physician to consider in your treatment regime.
- Bring someone with you to appointments. They may hear something that you miss during your conversation with your physician.

KLAMATH HOSPICE

Bulletin

The Senior Dancers

The Senior Dancers

Every Wednesday Afternoon

With LIVE MUSIC By the *Take Four Band*

At the Senior Center,
2045 Arthur Street

1:00 to 3:30 P.M.

All Ages Are Welcome. Refreshments will be served.

Sponsored by:
Emmett's Line-Up and Auto Repair Center.

Emmett's AUTO REPAIR CENTER, INC.

Feature

Cough Culprits

What's the Difference Between Bronchitis and Pneumonia?

Coughs help your body clear your airways of irritants and prevent infection. But a deep cough from your chest may signal bronchitis or pneumonia. Although they may have different underlying causes, their symptoms can be similar—and both can be serious enough to send you to the doctor.

Bronchitis and pneumonia both involve inflammation in the chest. Both can cause coughs that bring up a slimy substance called phlegm to help clear out germs and pus. And both can cause shortness of breath and wheezing.

Bronchitis is a condition in which the bronchial tubes that lead to the lungs become inflamed. Viruses, bacteria, and even toxins like tobacco smoke can inflame the bronchial tubes. Most of the time, though, bronchitis is caused by an infection with one of several types of viruses. If you develop bronchitis during flu season, a likely culprit may be the flu virus. Cold viruses are also common causes at this and other times of year.

Pneumonia is caused by an infection of the lungs. "About 1/3 of cases are caused by viruses, but most of them are bacterial related," says Dr. Kenneth Olivier, a lung infection expert at NIH. "They're from bacteria that are quite common, like Streptococcus pneumoniae, which is the leading cause of bacterial pneumonias in all ages in the U.S."

If you get a fever with bronchitis, it is usually mild (below 101 degrees Fahrenheit). In more serious cases, you may have chest pain, feel short of breath, or wheeze when you breathe in.

"Pneumonia, on the other hand, typically is associated with fever, sometimes very high, spiking fever," Olivier says. Breathing problems, chest pain, and other symptoms also tend to be more severe with pneumonia.

If you have a fever and chills, trouble breathing, or a cough that is bringing up thick phlegm—especially if it's yellow or green—go see your doctor.

Your doctor can listen to your lungs by placing a stethoscope on your chest. "Frequently, the physician can hear areas where the breath sounds are altered," Olivier says. If you have pneumonia, your doctor may hear bubbling, crackling, or rumbling sounds from the lungs.

You may be sent for a chest X-ray, which can show whether the lungs contain fluid or pus from an infection. An X-ray is the best way to diagnose pneumonia and rule out bronchitis.

Whichever illness you have, resting and drinking plenty of fluids are important ways to care for yourself.

If you're diagnosed with bronchitis, your doctor probably won't give you antibiotics. Because viruses are the usual cause of bronchitis, antibiotics are seldom helpful. If you're wheezing, however, you may be given medicine to open your airways. Your cough may last 10 to 20 days.

Because bacteria are often the cause of pneumonia, your doctor may prescribe antibiotics. It can take 1 to 4 weeks to recover from pneumonia. Some people require treatment in the hospital.

Germs that cause colds, the flu, and lower airway infections are contagious. The best way to prevent getting bronchitis or pneumonia is to avoid getting these infections. And when you're sick, take care not to spread your germs to others (see box below for tips).

Guard Against Airway Infections

- **Wash your hands often with soap and water.**
- **Use alcohol-based hand gel if you're unable to wash them.**
- **Cough into a tissue, your elbow, or your sleeve.**
- **Ask your doctor about vaccines for you and your children. Certain vaccines can prevent airway infections caused by harmful viruses and bacteria.**
- **Avoid people who are coughing or showing signs of infection.**
- **Avoid tobacco smoke.**

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

Carlson's Furniture

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Menu

September 6, Wednesday
Bbq Chicken , Sliders, Veggie, Salad Bar, Dessert

September 7, Thursday
Salisbury Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

September 8, Friday
Fish & Chips, Veggie, Salad Bar, Dessert

September 11, Monday
Cheeseburgers, Veggie, Salad Bar, Dessert

September 12, Tuesday
HAPPY BIRTHDAY!
Spaghetti & Meat Sauce, Garlic Bread, Veggie, Salad Bar , Dessert, Birthday Cake & Ice Cream

September 13, Wednesday
Potato Bar, Veggie, Salad Bar, Dessert

September 14, Thursday
Chicken Fried Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

September 15, Friday
Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

September 18, Monday
Beans & Ham, Cornbread, Veggie, Salad Bar, Dessert

September 19, Tuesday
Sloppy Joes, Veggie, Salad Bar , Dessert

September 20, Wednesday
Teriyaki Chicken, Rice, Veggie, Salad Bar, Dessert

September 21, Thursday
Baked Pasta, Garlic Bread, Veggie, Salad Bar, Dessert

September 22, Friday
Pulled Pork, Sliders, Veggie, Salad Bar, Dessert

September 25, Monday
Chili Dogs, Veggie, Salad Bar, Dessert

September 26, Tuesday
Au Gratin Potatoes & Ham, Veggie, Salad Bar , Dessert

September 27, Wednesday
Chicken Fried Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

September 28, Thursday
Meatloaf, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

September 29, Friday
Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

October 2, Monday
Mac and Cheese w/ Ham, Salad Bar, Veggie, Dessert

October 3, Tuesday
Cheeseburgers, French Fries, Salad Bar, Veggie, Dessert

October 4, Wednesday
Roast Chicken, Salad Bar, Veggie, 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.

OUR FAMILY CARING FOR

YOUR FAMILY

At MMC, we are fortunate to have a staff of caring individuals who are committed to meeting your health care needs. Warnerview Skilled Nursing Facility is your hometown extended care facility offering individualized around-the-clock care. We realize you want to give your family every advantage for the best care available. MMC can provide you that care locally.

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www.modocmedicalcenter.org

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KLA-MO-YA Casino

EAT, PLAY, WIN SENIOR MONDAYS

Every Monday in September and October Random Hot Seats 12-3pm!

You can win Cash or Free Play. Simply be playing with your Bonus Club Card inserted into any slot machine. Each winner will spin the wheel to try and land on the special square to reveal a mystery prize!

WHEEL IN THE CASH

Every Wednesday from 12-2pm and 6-8pm

Come try your luck on taking home the cash! Every 50 points on your Bonus Club Card will get your one entry! Each winner will get to spin the wheel and if you land on the money prize we automatically add $100 to your prize!

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