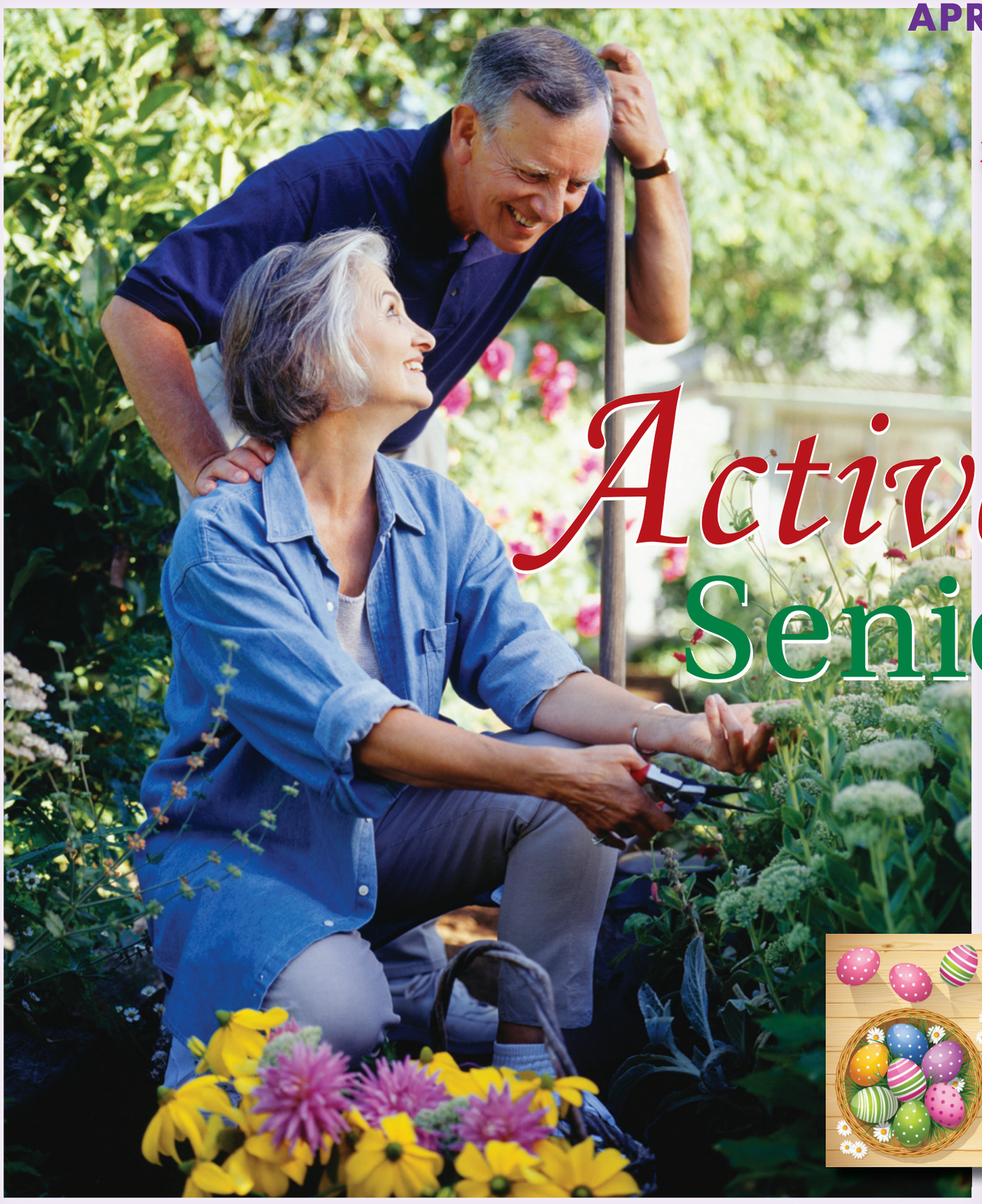
APRIL 2019

FREE Take One!

Active Seniors



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

FIND YOUR PURPOSE

Volunteer opportunities for everyone

Have you considered giving back to your community?

Volunteer opportunities at the Klamath Senior Center include:

- 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)

Visit our WEB site at www.klamathseniorcenter.com

Contact Marc Kane, executive director at 541-883-7171 Ext 117.

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 marc.kane@kbscc.org

Volunteers make the difference

Henley High school student Cody Bartlett, left, volunteers during spring break with senior volunteer Bernice Sharpe and food services manager John Beard in packing Meals-On-Wheels.

SAVE THE DATE

Please join us Wednesday, June 12, for the second annual World Elder Abuse Awareness Event and provider fair. We'll have lunch, presenters, vendors and fun activities.

It's all at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, in Klamath Falls. For questions or to participate, call Shawn Georgiou at 541-885-7648. Or email at shawn.georgiou@dhsoha.state.or.us

WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

Find your purpose and extend your life

Introducing Klamath Village

The Blue Zones Project tells us when we have purpose we experience longer, healthier lives — up to seven more years. It asks us to answer the question, "why do I wake in the morning?" If you are stumped, then consider volunteerism.

Opportunities abound In Klamath County. In fact, there are volunteers in Klamath who are "purpose-full"—those who rise at 4:30 a.m. to prepare and then later deliver food for Meals on Wheels, serve at the hospital, keep watch over neighbors, prepare and serve meals at churches, regularly stock and distribute food at one of the 11 food pantries, serve on nonprofit boards, etc.

Nancie's Corner

Blues Zones reporter, health and wellness counselor

A brand new volunteer opportunity is on the horizon. It is Klamath Village, a recently formed Klamath and Lake County organization whose purpose is to find and fill the needs of isolated seniors and people with disabilities, those off the grid. Its initial focus is to establish a formalized clearing house for this purpose. Villages such as this are already operating throughout the United States and in many Oregon cities and towns.

Klamath Village wants you — individuals, youth groups, skilled or semi-skilled contractors or businesses that will provide home maintenance services at reduced cost, individuals who will assist with household tasks, help solve transportation issues, drop by for friendly visits and more.

Klamath Village hopes to not only improve lives, but in doing so, strengthen our community.

Driving this initiative is a group of service agencies, businesses, nonprofits, physicians, and senior representatives who have met for many months with one goal in mind — helping to serve and minimize isolation among our senior and disabled population.

Find your purpose and extend your life!

Come on out Friday, April 26, from 2 to 6:30 p.m. for the Klamath Village Volunteer Recruitment event at the Senior Center. A complimentary afternoon meal, prizes and speakers will be offered.

SENIOR Center receptionist Joanne Campbell

Contact information

General Information — Joanne Campbell: 541.883.7171

Donations — Shawn McGahan: 541.883.7171 ext. 136

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

Transport Dispatcher — Cindy Dupart 541.850.7315

Bingo Information — Linda Breeden: 541.883.7171 ext. 115

Medicare Counseling — 541.883.7171

Volunteer Opportunities — 541.883.7171

Executive Director — Marc Kane: 541.883.7171 ext. 117

Website — *www.KlamathSeniorCenter.com*

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.

Produced in conjunction with the Herald and News.

Welcome

Join us to celebrate volunteers in April

April is the month we honor volunteers and we have a number of events planned to recognize those that give of their time and talents to make our community a better place for all of us.

The United Way will be leading off with its Klamath Country Volunteer of The Year banquet luncheon on Tuesday, April 9.

All are invited, but come early (11:30). The food is great but most importantly the stories you will hear about those most dedicated volunteers are just amazing and inspiring to those still contemplating volunteer service. An RSVP is recommended to the United Way office at 541-882-5558.

Later in the month, on April 26, the new Village to Village Project will be launching its efforts to recruit volunteers throughout the county to assist seniors and people with disabilities who remain in their homes but need assistance with various home chores and upkeep as well as the need for folks to just visit and offer some companionship. This event will be more like a health fair and will have provider service information tables, speakers, music and a free spaghetti dinner. Come join us at the Senior Center starting at 2 p.m. and running to 6 p.m.

Dinner service will start at 4:30. This is a free event and an opportunity to learn how you might be of service to your elderly neighbors. See related articles on pages 2 and 4.

Finally on Tuesday, April 30, the Senior Center will have its own volunteer awards banquet, when we will celebrate the service of those 155 volunteers who serve the Senior Center and the patrons that rely on us for a whole host of support services.

Pictured on page 2 are two volunteers working the food service line as they prepare Meals-On-Wheels for delivery that day. They come in early and have meals ready to go by 8:30. The young man on the left in that picture is a Henley High School student, Cody Bartlett, spending his spring break in service to his community.

Most high school students are now required to do some community service in order to graduate and have found that the senior center is the place to be of great service and to have a very worthwhile intergeneration experience that will likely inspire their service to others throughout the rest of their lives. Also pictured there is Bernice Sharpe, one of those folks who started early volunteering, and even though a senior now herself, finds her purpose in volunteering here nearly every day in many roles.

Pictured at left are Todd Andres representing Pacific Power Foundation with Paul Hanson of KFLS Radio and myself. Todd presented a check to the senior center while doing a radio interview with us about the importance of corporate and foundation giving.

We are happy to acknowledge grantors in many ways and appreciate the media's support in doing so. Those grants are necessary to support our volunteers.

JOIN US ! We CELEBRATE LIFE!

Active Klamath Basin Seniors

Ad Sizes	Open Rate	1 year Rate
1/8 page	$84	$60
1/4 page	$104	$84
1/2 page	$204	$155
Full page	$408	$360

Includes SEO Boost on heraldandnews.com

2019
Publishes the First Wednesday of Every Month

The Official monthly publication of the Klamath Basin Senior Citizen's Center

Business: _____ Start Date: _____

Authorization: _____ Agreement End Date: _____

Lake County Senior Citizens Association April event schedule

■ First three Tuesdays, 7:30 a.m. — Klamath Falls Trips for Medical Appointments & Shopping. ($20 donation when you sign up.)

■ Tuesday Friends, April 2, at 2 p.m.

■ Every Tuesday and Thursday our Thrift Shop is open 1 to 4 p.m., and second Saturday from 10 a.m. to 2 p.m.

■ Birthday Lunch second Friday, April 12, at noon. Join us for birthday cake.

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

■ Tuesdays & Thursdays join us for the Strong People Program! 10 to 11 a.m.

■ Wednesdays, Noon to 1 p.m. — Lions: Lunch Meeting.

We rent rooms evenings and weekends. For space during working hours, just call to reserve a space for your crafting group, card players, nonprofit, etc. We appreciate donations. We have plenty of space to share, call and see how we could work together.

We serve hot meals to everyone Monday, Wednesday and Friday. It's only $7 for those under 60 and we request a $5 donation for those over 60. We provide home delivered meals weekly. Lunch is served at noon. Join us! Seniors and disabled may request local medical transportation with advance notice.

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

We have a Volunteer position open for someone qualified to take Blood Pressures on Mondays before the lunch hour.

Carlson's Furniture

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

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Become a Klamath Village Volunteer for Seniors

Klamath Village Volunteers in Action

FRIDAY, APRIL 26

2:00 - 6:00

at the

KLAMATH FALLS SENIOR CITIZENS CENTER

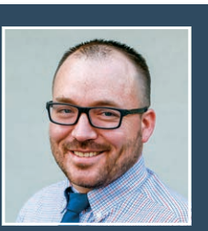
2045 ARTHUR STREET

FREE SPAGHETTI DINNER

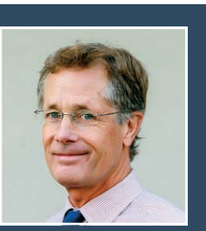
4:30 to 6:00

FREEBIES & DOOR PRIZES

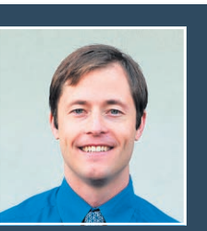
For more information call:
Klamath & Lake Counties Council on Aging
(541) 205-5400



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



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



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

KLAMATH EYE CENTER

New Patients Welcome

2640 Biehn St | KlamathEyeCenter.com | 541.884.3148

SAIL classes increase strength, agility

Improve your ability to do everyday activities, such as carrying grocery bags and getting out of your car. Regular exercise increases your strength and agility so you can maintain your independence and quality of life. You don't have to sweat or work hard to get these benefits.

SAIL classes make it fun and easy to get the exercise you need.

Classes are at the Senior Center: From 8:45 to 9:45 every Monday, Wednesday and Friday. And from 10:15 to 11:15 every Monday, Wednesday, Thursday and Friday.

Mary Noller and Suzan Phipps are the Certified Instructors.

A two dollar donation is suggested.

SPOKES Unlimited

SPOKES Unlimited

A Resource Center for People with Disabil ties

1006 Main St.
Klamath Falls, OR
97601
541-883-7547 v/
tty

Calendar of Activities

April

15 — American Council for the Blind Meeting, 12 p.m.-2 p.m., Red Roosters Grill and Pub, 3608 S. 6th Street

24 — Social Security Workshop, 2-3 p.m. in SPOKES office. 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.SPOKES office

All support groups follow confidentially guidelines.

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.

Are you struggling with anxiety, depression, or grief? You are not alone.

Drop in at the Klamath Senior Center between 10am and 1pm on Tuesdays and Thursdays and talk to Kathleen Rutherford, LMSW, at no cost to you.
Or call 541.883.7171 to make an appointment at the Senior Center.

KLAMATH BASIN BEHAVIORAL HEALTH
GROWTH • WELLNESS • COMMUNITY KBBH

2210 North Eldorado Avenue | 541.883.1030
KBBH.org

Call today if you experience any of the following symptoms:

- Anxiety
- Depression
- Grief and Loss
- PTSD
- Substance Abuse
- Loneliness
- Suicide Risk
- Alzheimers or Dementia
- Feelings of isolation

Klamath Basin Behavioral Health is here to help you with these challenges and more.
Medicare, Medicaid, and most insurance plans accepted.
A sliding fee scale is available.
No one is turned away for inability to pay.
All services are confidential.

KLAMATH BASIN BEHAVIORAL HEALTH
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2210 North Eldorado Avenue
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Join us for a 6-week course that will teach you how to prepare nutritious and affordable meals!

Thursdays, starting April 25
Friends Church, 1918 Oregon Ave
5:30-7:30 pm

Attendance preferred at all 6 classes:
April 25, May 2, 9, 16, 23, 30 2019

Childcare available

To sign up, complete registration form at:
Friends Church or KBREC
Questions? email patty.case@oregonstate.edu or call KBREC office, 6923 Washburn, 541-883-7131

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Oregon State University

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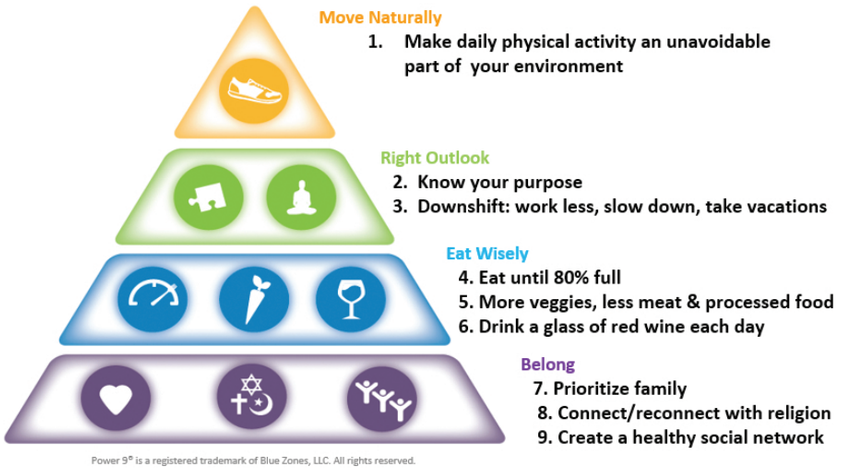
Class size is limited. This curriculum is designed for households at or below 200% of the federal poverty guidelines, $3842/month for a family of four.

To eliminate hunger and its root causes ... *because no one should be hungry.* **oregonfoodbank.org**

Blue Zones Power 9



Celebrating our local legacy by moving naturally

By Kendra Santiago, PR & Marketing Manager for Blue Zones Project – Klamath Falls

The research of National Geographic Fellow Dan Buettner identified 9 commonalities shared among the longest lived cultures around the world. Blue Zones Project calls these, seen in the chart above, the Power 9®.

Blue Zones Project isn't intended to make us all marathoners and vegetarians. In fact, one of the things that Dan Buettner noticed in his research was that people weren't overdoing it when they exercise. Each place he visited that had a high percentage of people living to 100, shared a lifetime habit of "Moving Naturally." In Sardinia, Italy, they're shepherds. In Okinawa, Japan, it's commonplace to grow a garden. In Costa Rica, they hike to visit their neighbors. These are cultural traditions that have them moving every day.

What does that mean for the Klamath Basin? What legacies do we have that mirror those found in the Blue Zones? We tend to have poor self-esteem as a community, and as most of us know, a poor outlook can be self-fulfilling. We have many wonderful things to celebrate that are part of our heritage and complement the research from the world's Blue Zones.

One tradition that stands out is our hunting and fishing culture. This may sound contradictory to the principle that touches on eating more veggies, yet this is a great way to move naturally and spend more time with family. Plus, getting outdoors is a great way to down shift and relieve stress. For those that aren't hunters or fishermen, mushroom picking, bird watching, and hiking are other great options enjoyed for generations in the Klamath Basin.

If you're not an outdoor enthusiast or you're looking for something less strenuous, there are a number of ways to get moving — walking along the OC & E Trail, taking water aerobics classes, or "Walk with a Doc" at Steen Sports Park. Try one of the classes offered at the Senior Center or another fitness center. As you may have noticed, the Power 9 Principles are interrelated.

When you integrate more movement in your day, you're likely to invest more time with family and friends, surround yourself with the right tribe and relieve stress. Improving our outlook on a personal level is the first-step in improving our outlook as a community. That first step is an important one in ensuring we maintain a culture of health in the Klamath Basin.

Let's reframe the way we look at our community and celebrate what gives us potential to be our own "Blue Zone." If you're seeking opportunities to improve your overall well-being, feel free to reach out to the Blue Zones Project office at 541-359-2802 or BlueZonesProject@HealthyKlamath.org.

What public transportation service is right for you?

The design of the transportation services program at the Senior Center is to provide public transportation to those unable to utilize the services of the BTS fixed route or Dial-A-Ride services.

Fixed route services provide transportation between established bus stops while the Dial-A-Ride service will pick you up at your home and take you back to your home. Some seniors and others however require additional services that include assistance getting from the home to the curb, and at times with assistance with placing packages in the home.

Transportation services are provided by appointment and as available. Over 1500 residents now use the Klamath Senior Center Public Transportation Program.

Generally appointments must be made two to three days in advance. Travel to medical appointments is prioritized but transportation is available for other purposes as well. Seniors travelling to the Senior Center are not charged a fee, but asked for a donation.

Rides to other locations are offered for a fee based on income ability. The minimum fare is $0.75.

Additional funds have been made available to the Senior Center to purchase additional replacement vans this year, to add additional drivers and to expand the level of services to include assistance and instruction to patrons on how to best use the overall transportation services system. The Center coordinates its services with Basin Transit Service and The Klamath Tribes' Quail Trail service.

Learn to Ride the Bus Days offered this spring

In order to meet the expanding demand for services it is imperative that local residents utilize the most appropriate transportation service based on their need for transportation support.

Most residents are able to utilize the BTS Fixed route service or the BTS Dial-A-Ride. The senior center service needs to prioritize its services to those who are unable to use BTS systems. In order to encourage residents to use the BTS fixed route system "Learn To RideThe Bus Days" will be scheduled this spring and summer. Residents can call BTS or the Senior Center to participate.

Those participating will be picked up at their home and transported to a BTS fixed route bus stop where they will board a BTS bus and ride with BTS and Senior Center Staff to various locations and back, and then transported home again.

Participants will learn how to read and use the bus schedule, how to plan their trip, how to board and pay the correct fare, how to use a transfer when necessary and what reduced fares might be available to them. Interested residents should call BTS at 541-883-2877 or the Senior Center to reserve a space for these special events.

Calendar of Events

HOT LUNCHES MONDAY-FRIDAY 11:30-12:30 2045 Arthur St., Klamath Falls
Need Meals-On-Wheels ? Call 541-205-5400

Daily calendar for April 2019

The following are regularly scheduled classes and programs offered at the Senior Center.

Mondays

- SAIL classes 8:45 to 9:45 a.m. and 10:15 to 11:15 a.m.
- Library 9:30 a.m. to 1 p.m.
- Vets Muffin Monday 10 a.m.
  - Speakers at 10:30 a.m.:
  - April 8 — Linda Tupper, Klamath Falls Airport
  - April 15 — Karen Rippee, KLCAS
  - April 22 — Dawn Wallace, Klamath Open Door
  - April 29 — Mark Runnels, attorney
- Movies at 12:30 p.m.
  - April 8 — Green Book
  - April 22 — Instant Family
- Balance and Stability at KLC 10 a.m.
- Watercolor class 10 to 11:30 a.m.
- Golden Age Club bingo, 12:30 p.m.
- Yoga 5 to 6 p.m.

Tuesdays

- Tai Chi:
  - Advanced/Intermediate 8:15 to 9:15 a.m.
  - Intermediate 9:15 to 9:45 a.m.
  - Beginner/Intermediate 9:45 to 10:30 a.m.
  - Beginning 10:30 to 11:30
  - Advanced 12:30 to 1:30 p.m.
- Watercolor class 10 to 11:30 a.m.
- Pickleball 2 p.m.
- Evening Tai Chi:
  - Advanced 6 to 7 p.m.

Wednesdays

- SAIL class 8:45 to 9:45 a.m. And 10:15 to 11:15 a.m.
- Balance and Stability at KLC 10 a.m.
- Dancing with the Take 4 Band 1 to 3:15 p.m.
- Tai Chi 5 to 6 p.m.

Thursdays

- Craft class 9 to 11 a.m.
- KBBH counseling 10 a.m. to 1 p.m.
- Happy Pet Vet (first Thursday of the month) 10 a.m. to noon
- SAIL 10:15 to 11:15 a.m.
- Golden Age Bingo, 12:30 p.m.
- County Library 1:30 to 4 p.m.
- Bingo fundraiser (second Thursdays are paper only)
  - Open at 4:30 p.m.
  - Call at 6 p.m.

Fridays

- WISE class 9 to 10:30 a.m.
- SAIL 8:45 to 9:45 and 10:15 to 11:15 a.m.
- County Library 9:30 a.m. to noon
- KBBH counseling 10:30 a.m. to 2 p.m.
- Caregiver Support class 11 a.m. to noon (second Friday only)
- Pickleball 1 p.m.
- Dancing 7 p.m.

Saturdays

- Nickle Bingo: open at 10 a.m., call at noon
- Bingo fundraiser: open 4:30 p.m., call at 6 p.m.

Exceptions and special classes and events for April

- United Way banquet, Tuesday, April 9.
  First 2 Tai Chi classes ONLY, no lunch served
- Ukelele classes, Tuesday, April 2 and 16, at 6:30 p.m.
- New creative writing class Wednesdays, April 24 through June 12, 10 to 11:30 a.m.
- No Qi Gong classes during April.
- Next board of directors is May 22.
- Two-part AARP Safe Driving Course, Thursday, April 18 and 25, 9 a.m. to noon. Must attend both sessions.
- JD Howell, Hearing aid service , Thursday, April 18, 10:15 to noon
- Village to Village project launch, Friday, April 26, 2 to 6 p.m. Free spaghetti dinner 4:30 to 6 p.m.
- Geneology Assistance Family History with Peggy Nealon, April 1 and 15, 10 a.m. to 12:30 p.m.

Awaken your body

By Judith Jensen

This new series of lessons presents an engaging way to help you get to know your body. The class is designed for people interested in taking responsibility for improving their movement.

Tina Mahacek is not only a licensed physical therapist but also a Feldenkrais graduate. Widely respected, the Feldenkrais method (Google it) is a system of physical movements that aims to improve human functioning by increasing self-awareness through movement.

This class is not for the impatient. The movements will be small and slow, and participants will learn to micro-sense distinctions between different motions. As you pay attention and become more mindful, you and your body will work together to change old patterns.

To participate, you must be able to get up and down from the floor.

Location: Klamath Lutheran Church (Behind Klamath Union High School) 1175 Crescent Ave. Use Back Door.

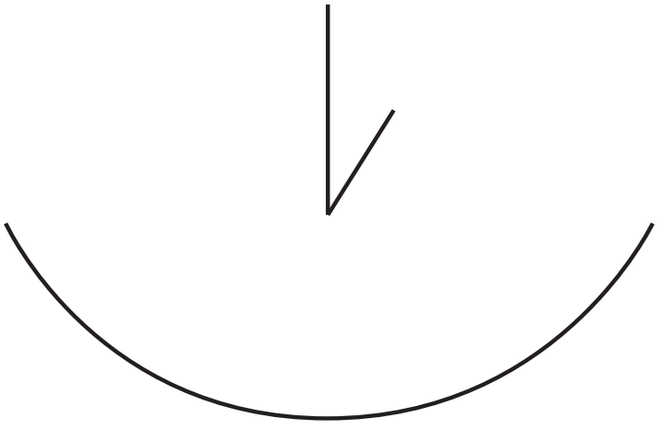
MW 10-11:15

A Klamath County Senior Center Program

Family Bingo Sunday, April 14. Open at noon, call 1:30 p.m. Age 7 and up. Special prizes.

On your next mammogram
turn this

Into This



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Genius 3D Mammogram coming in April. Call for appt.
2900 Daggett Ave., Klamath Falls | 541-274-6740

SKY LAKES
BREAST HEALTH SERVICES

Don't Let the Old Man In

Editor's note: *At least a dozen people have sent a video and song via email to the Senior Center this past week which has apparently gone viral on the Internet. Local resident Dr. Gallis commented, "this should be our song." It is presented by Lone Wolf Media as a song and video featuring Clint Eastwood. I encourage all to bring it up on your computers or TV to watch and listen. The lyrics are below.*

One day Toby Keith, the country-Western singer, was playing golf with Clint Eastwood. At one point, Eastwood said to Keith, "I turn 88 on Monday."

Keith asked,"What are you going to do?"Eastwood replied, "I'm going to shoot a movie," with filming scheduled to begin the following week.

Keith asked him, "What keeps you going:" Eastwood Replied,"I get up every day and Don't let the old man in."

Keith went home that day and wrote a song. He sent it to Clint and hoped that he would consider it. And, he did.

Don't Let the Old Man In

Don't let the old man in, I wanna leave this alone
Can't leave it up to him, he's knocking on my door
And I knew all of my life, that someday it would end
Get up and go outside, don't let the old man in

Chorus: *Many moons I have lived*
My body's weathered and worn
Ask yourself how would you be
If you didn't know the day you were born

Try to love on your wife
And stay close to your friends
Toast each sundown with wine
Don't let the old man in

When he rides up on his horse
And you feel that cold bitter wind
Look out your window and smile
Don't let the old man in

DJ Dan Hill

Coming to the Senior Center
to entertain during
the Village Project Fair
2 p.m.
Friday, April 26, 2019

Muffin Mondays

Veteran's Group

Every Monday • 10:30-11:30 a.m.

Senior Center, 2045 Arthur St.

Coffee • Muffins • Conversation

ENHANCING THE LIVES OF AGING ADULTS AND THEIR FAMILIES

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Writer's Corner

Expressions of Heart and Mind

IN MEMORY OF ROBERT B. PICKEL, Sr.

Editor's note: *Robert B. Pickel, Sr., a past contributor to our Active Senior poetry section passed away this last month. In his honor and with permission from his son, Robert Pickle, Jr. we are publishing his poem titled Spring.*

Spring

The winter storms have passed away,
Leaving my lane in disarray.
The leaves, the twigs and branches too,
Hinder the flowers peeking through.

But further down the lane I see
How nature moves aside debris;
As snowdrops lift their eager heads,
And push aside their former beds.

I slowly wander down the lane
Feeling droplets of dewy rain.
Now looking for the lake I see,
A scene that's etched in memory.

As daffodils seem to appear
In places far away and near.
Reflected from the shore to lake,
Double images they do make.
A gentle breeze now moves their heads,

To rhythmic patterns as if led;
By chirping of our feathered friends,
That only nature seems to blend.

The peaceful nature of rebirth,
Shows the beauty upon this earth.
Enticed by other lanes to roam,
I'll take my time in heading home.

— by Robert B. Pickel, Sr.

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.

Sharing moments, changing lives

VOLUNTEER OPENINGS

Treasures Thrift Store
Staffed with volunteers who donate heir time to sort merchandise, run the cash register and assist our community. All proceeds benefit Klamath Hospice patients and families. Treasures is open Monday through Saturday, 10 a.m. to 6 p.m.

Patient/family volunteer
Other additional support for Klamath Hospice families through reading to patients, social visits and more.

Bereavement volunteers
Provides a friendly shoulder to lean on; offering support through phone calls or home visits.

Caring companion
Impart a supportive and calming presence during a patient's final hours.

Life stories
Everyone has a story. Help patients records theirs.

Start today.
Call Brenda at 541-882-2902

KLAMATH
HOSPICE

Mumkin's Recipes For Life...

Celebrate Easter with friends and family
Remembering Jesus is ALIVE for You and Me!
Sharon (Johnston) Pappas©

Is It Spring?

The Rock Chucks are out.
Does that mean spring is close?
If it does, bring it on,
In a heavy dose!

I've seen green grass, and
The geese are here.
The snow is melting, and
The sky is blue, and clear.

The sun is shining brightly,
And there are buds on the tree.
Looks like things are transforming
Right in front of me.

The squirrel on the fence post,
Is silhouetted by the sun.
He seems to enjoy life,
And maybe having fun.
The daffodils are showing
Green, at the Y.
I'll bet they are beautiful flowers,
And waiting to say "Hi."

My house needs spring cleaning.
Let some fresh air in.
"Hey beautiful outdoors,
Where have you been"?

I'm happy to see you,
Please stay for awhile.
If this is a sample.
I like your style!

— Sharon Hudson

The Sound of Waves

The sound of waves
Steady and true
Is like the rhythm of hearts beating
Within me and you
One moment they are gentle
Lapping the sand
Then fierce and crashing
Against the rocky land
But after the 'crack'
The rumble and roar
Soft sand has replaced
A rugged seashore
Our lives, too, have times
Of turmoil and unrest
Then peace and joy
Arrive as our guests
So close your eyes
And embrace the sound
For the power of waves
Will forever abound.

— Sharon (Johnston) Pappas ©

SHIP TALK

Scams, more scams

Cybercrime and data breaches related to identity theft are in the news and on our phones daily. But we usually think of credit card and other financial fraud.

However, health care data systems can also be a treasure trove for cyber thieves. Medical identify theft is becoming one of the latest scams of choice you could become a victim of. According to the World Privacy Forum, medical identity theft occurs "when someone uses a person's name and sometimes other parts of their identity — such as insurance information — without the person's knowledge or consent to obtain medical services or goods, or uses the person's identity information to make false claims for medical services or goods."

Medicare beneficiaries are reporting increasing contact from call centers asking about back/neck/elbow/knee pain with the specific purpose of convincing the patient to agree to an internet consultation for the prescription of a geriatric orthotic that is not needed or wanted. But wait there's more! The patient will additionally have their identity stolen as part of the special service they receive.

Identity theft related to prescription drugs tops the list of case types. Prescription drug fraud and drug trafficking organizations and other criminals know that medical identity theft is key to committing high-dollar fraud in a short period of time.

To summarize, medical identify theft is a rising trend that threatens to unravel our health care system. This cannot be understated. So what can you do about it?

1. First and foremost: Be on the alert and watch out for scams. Medicare or any other official agency will never call you uninvited and ask you to give personal or private information to get your new Medicare card number and/or card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share information, HANG UP, but first tell them you know they're a scam.

2. If you do spend any time talking with them and have caller-id, write down the phone number for reporting purposes. Locally, the Medford Social Security office has advised us that if we receive a suspected scam call, we should call the Office of the Inspector General at 1-800-269-0271 and report it. Another number is the Office of the Attorney General at 1-877-877-9392. Call even if you didn't get the caller's number.

3. If you feel you may have inadvertently actually given out information you should not have, you can call us here at SHIBA and we will connect you with the State Senior Medical Patrol in Salem for assistance with fraud and/or abuse resolution.

4. Always read your Medicare Summary Notices or Explanation of Benefits, and if you see something suspicious, let us know. If warranted, we will connect you with the Senior Medical Patrol.

5. And last but not least, share these concerns with someone you know who may not be as sophisticated as yourself in handling scam calls. YOU may know what to do, but many other seniors don't!

As always, SHIBA is here for consultation at the Klamath Basin Senior Citizens Center @ 541-883-7171.

Mick Insurance Agency
541.882.6476
4509 S. 6th Street, #201
Klamath Falls, OR 97603

"Turning 65 soon or already on Medicare? Call us to learn about all of your options"
Your Local Health & Medicare Agents
Since 1980
"We are LOCAL & here to help BEFORE & AFTER the sale"
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mickinsagency.com

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The Different Funeral Home
New Location: Klamath Memorial Park • 541-883-3458

New date set for WISE class

Wellness Initiative for Senior Education

The WISE program will be offered at the Senior Center on Friday mornings starting in April 5.

The program focuses on wellness for older adults and covers numerous topics including Understanding the Changes Associated with Aging, Aging Sensitivity, Medication and the Older Adult, and An Enhanced Quality of Life.

The WISE program is a 6-week series, and each class will be from 9 to 10:30 a.m. Kathleen Rutherford is the instructor for the class.

If you would like to save a place in the class, call Kathleen at 530-636-3019 or sign up at the reception desk in the Klamath

To make a fully tax-deductible contribution to the Klamath Basin Senior Citizens' Center

Call (541) 883-7171

or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name: .....

Email: .....

Street Address: .....

City: ..... State: Zip: .....

Amount of Contribution: .....

Does your employer have a matching gifts plan? ○ Yes ○ No

○ My check is enclosed payable to ***KBSCC.***

Or charge my contribution to my:

○ Visa ○ Mastercard ○ AMEX ○ Discover

Card # ..... Exp. Date ..... CSC .....

Recurring monthly contribution: ○ Yes ○ No

Signature .....

Klamath Basin Senior Citizens' Center

BUILDING AND MAINTAINING A SUPPORTIVE COMMUNITY FOR SENIORS

DONORS REPORT

Corporate, foundation support nearing goal

Marc Kane received a grant check for the Senior Center from Heather Tyler, center, and Katie Savage representing the Washington Federal Bank Foundation.

It was a first for us last Wednesday when Todd Andres from Pacific Power Foundation presented a check to the Senior Center on the radio with Paul Hanson hosting on KFLS. That check, $4,000, and another presented in person the week before from Washington Federal Bank's Foundation ($2,000) left us with just $7,000 to go to meet our goal of $100,000.

The campaign ends in June so we have just three months to get there with hopes that others will step up to push us over the top. Local contributions are used to meet matching requirements of other grants and government support with each local dollar contributed bringing us another two.

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 grateful to all who support the Senior Center.

February donations of $15,606 were received from the following organizations and individuals:

KMSB Foundation	Donna Hill	Albert & Delores Errecart
Klamath Cultural Coalition	Burl Parrish	Joyce Moore
Soroptimist Club	Linda Bourcy	Rose Kruezer
Geraldine Shindler	Cheryl Gibbs (1)	Constance Scheutze
Refuge City Church	Wilma Petrik	Robert Davies
Lynette Harvey	Linda Powell	Art & Janet Luttig
Donna Maloney	(anonymous)	Roger Dionne
Dorothy Winters	Ernie Palmer	Mary Waters
Patricia Henderson	Rose Chapman	Golden Age Club
Jon Schnebly	Hazel Lewis	
Howard McGee	Jonny Jones	

Unidentified contributions February for Meals , Transportation and Other Services amounted to $3,521.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2018 amounting to at least $600 for the year. They were the following:

Amy Haack	Ernie Palmer	Jon Schnebly
Burl Parrish	Faith Tabernacle	Lynette Harvey
Cheryl Gibbs	Geraldine Schindler	Mary Ellen Sargent
Dorothy Winters	Howard McGee	Patricia Henderson

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.

Menu

April 3, Wednesday
Cheeseburgers, French fries, veggie, salad bar, dessert

April 4, Thursday
Chicken-fried steak, mashed potatoes and gravy, veggie, salad bar, dessert

April 5, Friday
Roast pork, veggie, salad bar, dessert

April 8, Monday
Chili dogs, French fries, veggie, salad bar, dessert

April 9, Tuesday
United Way banquet. Center will be closed. Meals on Wheels will be delivered.

April 10, Wednesday
Roast chicken, veggie, salad bar, dessert

April 11, Thursday
Salisbury steak with noodles, veggie, salad bar, dessert

April 12, Friday
Chicken strips with French fries, veggie, salad bar, dessert

April 15, Monday
Au gratin potatoes with ham, veggie, salad bar, dessert

April 16, Tuesday
Polish sausage and sauerkraut, veggie, salad bar, dessert

April 17, Wednesday
Liver and onions, mac and cheese, veggie, salad bar, dessert

April 18, Thursday
Chicken-fried steak, mashed potatoes and gravy, veggie, salad bar, dessert

April 19, Friday
Happy Easter! Baked ham, roasted vegetables, salad bar, dessert

April 22, Monday
Vegetable beef stew, veggie, salad bar, dessert

April 23, Tuesday
Sloppy Joes, veggie, salad bar, dessert.

April 24, Wednesday
Split pea soup with cornbread, veggie, salad bar, dessert

April 25, Thursday
Meatloaf, mashed potatoes and gravy, veggie, salad bar, dessert

April 26, Friday
Fish and chips, veggie, salad bar, dessert

April 29, Monday
Beef goulash, veggie, salad bar, dessert.

April 30, Tuesday
Baked potato bar, veggie, salad bar, dessert.

May 1, Wednesday
Cheeseburgers and French fries, veggie, salad bar, dessert

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

Legal services offered for seniors

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

Income and public benefits
Housing
Guardianship actions
Long-term care
Health care
Protection from abuse or neglect
Utilities
Age discrmination

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

Mike Spencer 541-891-9426
Mark Runnels 541-891-2956
(Leave a text message)

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

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

Weekly Grief Support Group

We are here to help you:
- increase your understanding of grief
- gain support
- find hope
- adjust to the loss
- gain self-awareness
- learn coping skills

One-on-one sessions available upon request.

Every Tuesday
(unless otherwise indicated)
4:00 p.m.
at Klamath Hospice
4745 S. 6th Street

KLAMATH HOSPICE
www.klamathhospice.org - 541.882.2902

Re-Discover what matters to you

Living at Crystal Terrace gives you the chance to write the next chapter of your life focusing on the things that bring you joy. When you take away the stresses of taking care of a home by yourself, the possibilities of how you can spend your time open up more than you ever imaged. Picture living in a well-appointed apartment home – with the privacy to retreat to your own oasis whenever you please – but with a wealth of services and support, engaging activities and wellness programs, and top-notch amenities right at your fingertips.

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1000 Town Center Dr., Klamath Falls, OR 97601 • MBKSeniorLiving.com

KLA-MO-YA Casino

The Money Train

March 30th and April 27th from 6-10pm manual ticketed drawings.
The money train is rolling in so don't miss out!
Redeem 25 points for 1 manual ticket that will be put in our drum.
Each half hour one Winner will be called to pull a prize.
You could win up to $5,000 CASH!!! Must be present to win.

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