

DECEMBER 2019

# Active Seniors

## INSIDE

Protect  
yourself from  
fraud  
Page 6

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Easy Peanut  
Butter Cookie  
Recipe  
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## SAVE THE DATES

December 31

New Year's Eve Bingo  
Extraveganza

January 31

Bow Ties & Pearls

**FREE**  
Take  
One!



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

## FIND YOUR PURPOSE

# Volunteering is Good for Your Brain

By Ginnie Reed, Volunteer Coordinator

When you are a volunteer you wake up with a purpose. You have a place to go, something important to do. You are focused on a goal. Someone needs you. Suddenly your body aches are gone. Your thinking is more positive. You look forward to getting out of the house. You have new friends to chat with. Your universe is not centered around the same old TV programs. You are actually doing something for the greater good! Holy cow, this is great! Why didn't I think of this sooner?

Well, **NOW IS THE TIME**. Call me today. Tell me what you would like to do, how much time you have to offer and what your thoughts are on volunteering.

Ginnie Reed, Volunteer Coordinator, Klamath Basin Senior Citizens' Center

541-883-7171 ext. 128

There are so many things you can do and devote as much time as you like doing it!

- **Meals-on-Wheels** drivers and kitchen helpers. (Drivers are reimbursed for mileage).
- **Transportation** drivers using Senior Center vans
- **Computer and tech skills** instructors
- **Gift Shoppe** clerks and helpers
- **BINGO** callers & floor helpers (Thursday & Saturday evenings)
- *And so much more...*

Visit our WEB site at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)

# VOLUNTEER



## Community Service Opportunity!

*Answer the Needs of Isolated Seniors & People with Disabilities*

**Friendly visits, light household help, read, rake leaves, shovel snow and more ....**

**Phone: Lisa at Area Agency on Aging**

**541-205-5400**

## 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](http://www.klamathseniorcenter.com)

Contact Marc Kane, executive director at 541-883-7171 Ext 128.



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

Executive Director —  
Marc Kane: 541.883.7171  
ext. 117

Volunteer Coordinator —  
Ginnie Reed: 541.883.7171  
ext. 128

Website —  
[www.KlamathSeniorCenter.com](http://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

# Providing for all during the Holiday Season

Well we're full on into the holidays now, just past Thanksgiving and on to Christmas. What I love most about holidays throughout the entire year is that they are all about relationships. They all focus on remembering who we are and leaving no one behind. Thanksgiving is just as its name states, thanking and giving. We all put a lot of effort into giving thanks but also into making sure no one goes unfed that day. This happens because this whole concept of holiday is one that binds us together, a one-for-all, all-for-one event.

Christmas is the holiday that celebrates the One that taught us all about the value of relationship, and that is followed by the day of New Year's resolutions when we all resolve to do better at it. Then comes Martin Luther King Day when we celebrate diversity and the importance of recognizing that we really are truly one. President's day in February celebrates the leadership that should bring us all together. The list goes on remembering Veterans in May and November, workers in September and indigenous peoples in October. These are all opportunities to demonstrate our resilience and will to carry on in mutual respect and commitment to embrace the challenges to camaraderie and recognizing the contributions that all have made.

The Klamath Senior Center strives to encourage and maintain connectedness between the generations, to recognize the contributions of those that have gone before us and the value of those younger and older to contribute together to community. This Thanksgiving we celebrated our ability to be sure no senior eligible for our Meals-On-Wheels (MOW) program went unfed.

Despite reductions in funding for the MOW program we have been fortunate to live in a community where many have come together to make donations to cover the gap between those that government funds are able to cover, and those that fall beyond the funded mark. We have been fortunate through these donations to develop a reserve assuring that no one goes unfed, truly a cause for celebration. In addition a record number were fed at the Center's congregate meal at the Center. Thank you to all in Klamath Falls for your donations.

Come later this month we will also send Christmas boxes out to over



Marc Kane, Center Director

150 households funded by raffles at our Bingo games throughout the entire year. That's another way to help and we hope to see many attend our Bingo Extravaganza this New Year's Eve (See announcement on page 7). It's the place to be and to celebrate as community.

So as we approach the ending of one year and enter the next we look forward to celebrating the holidays in ways that will bring us together and perhaps to repurpose our lives in a way that contributes our time, talent and resources. Take note that we have a new volunteer coordinator, Ginnie Reed, at the Senior Center who stands ready to discuss the many ways in which you may contribute.

MERRY CHRISTMAS ! WE CELEBRATE LIFE !

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

**Call (541) 883-7171**

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

Name: .....

Email: .....

Street Address: .....

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

Amount of Contribution: .....

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

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

Or charge my contribution to my:

☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

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

Recurring monthly contribution: ☐ Yes ☐ No

Signature .....



**Klamath Basin Senior  
Citizens' Center**

*BUILDING AND MAINTAINING A SUPPORTIVE  
COMMUNITY FOR SENIORS*

## Lake County Senior Citizens Assoc. December event schedule

### Closed Christmas day 12/ 25, Christmas Day!!!

- First three Tuesdays, 7:30 a.m. (December 3, 10, 16) — Klamath Falls Trips for Medical Appointments & Shopping. ( \$20 donation when you sign up. \$30 for Medford or Bend)
- We are now offering weekly trips from Lakeview to Alturas.
- Free monthly shopping trips from Christmas Valley to La Pine the 1st and 3rd Wednesday (December 4, 18) of the month.
- Free day of local transportation in Lakeview scheduled in the 1st Thursday (December 5) of the month.
- 1st Tuesday, December 3rd, FRIENDS meeting @2:00.
- Every Tuesday and Thursday our Thrift Shop is open 1 to 4 p.m., and second Saturday, December 14, from 10 a.m. to 2 p.m.
- Birthday Lunch second Friday, Dec 13, 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.

Contact us at: 11 North G Street, Lakeview, OR 97630 (541) 947-4966, ext. 101.

**We have a Volunteer position open for someone qualified to take blood pressures on Mondays before the lunch hour.**

## Prepare for Cold Weather— Avoid hypothermia

When they were my age, my Mom and Aunt kept their heat uncomfortably high. Now, I'm in the same boat. Why? We seniors lose body heat faster, plus our internal temperate gauge doesn't work so well. This exposes us to hypothermia, even in our own homes. More than half of hypothermia deaths are among seniors. What to do?

**HOUSE:** Keep the temperature between 68 and 74 degrees. Install weather stripping around windows and entry doors. Keep your drapes closed. Dress warmly even inside. Use a throw or blanket when seated, wear socks and slippers. In bed, wear long underwear under pajamas, use extra covers and wear a cap if necessary. Install a carbon monoxide detector if you use a fireplace or gas heater. Stock up on medications and at least 7 days of non-perishable food in case of a power outage or if snowbound. Buy some large bags of cat litter to spread on outside stairs and walkways for traction.

### Nancie's Corner

By Nancie  
Carlson,  
Blues Zones  
reporter,  
health and  
wellness  
counselor

**OUTSIDE:** Wear 3 layers of loose clothing, a waterproof jacket, hat, gloves and scarf. Wear waterproof shoes with good traction or use traction devices for them. Put an ice-gripper tip on a cane. Walk flat-footed using "baby steps" when on snow and ice. If you become disoriented or confused, if your fingers and toes are hurting or numb, get indoors as soon as possible and get help. Remove wet clothing immediately once inside.

**CAR:** Service your car. Have tires, oil, battery, antifreeze levels, wipers checked. Install winter or traction tires. Keep extra supplies in the car: long underwear, blankets, water, energy bars, extra gloves, shoes/boots and a battery cable. Carry a charged cellphone.

**DIET:** Drink plenty of water daily. Eat a variety of foods including fruits and vegetables, plus foods heavy in Vitamin D: milk, grains, fatty fish--tuna and salmon, mackerel--beef liver, cheese and egg yolks. Keep your weight up—well, not too high. Body fat helps you stay warm. Have a conversation with your doctor about your medications. Some alter your response to cold. Guard against inactivity. And, importantly, ask someone check on you each day.

Enjoy a safe, warm holiday season with your family and friends!

Nancie Carlson  
Health & Wellness Counselor



Door Prizes | Awards | Mustache Contest  
Guest Speakers | Family Friendly

**MAKE YOUR  
MOVE FOR  
MEN'S HEALTH**  
KLAMATH FALLS

*Men's Health*  
**CELEBRATION**

4 DECEMBER 2019 • 5:30 PM  
MIA & PIA'S PIZZERIA & BREWHOUSE

RSVP AT:  
[Facebook.com/MakeYourMoveKlamathFalls](https://www.facebook.com/MakeYourMoveKlamathFalls)  
[BlueZonesProject@HealthyKlamath.org](mailto:BlueZonesProject@HealthyKlamath.org)  
541-539-5920

SUPPORTED LOCALLY BY:









PLEASE SHOP THE

**See's Candies**

**Kiwanis Holiday Store**

At Diamond Home Improvement  
2380 South 6<sup>th</sup> Street



THE KIWANIS CLUB OF KLAMATH FALLS  
SUPPORTS THE SENIOR CENTER  
MEALS-ON-WHEELS PROGRAM



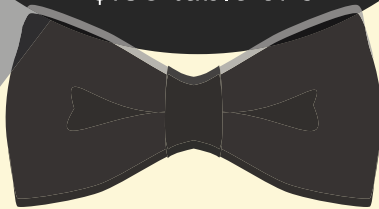
## BOW TIES & PEARLS

**JANUARY 31 | 5:00PM TO 9PM**  
**KLAMATH COUNTY FAIRGROUNDS**  
**EXHIBIT HALL #1**

Live music by the Black Cadillac Kings  
Dinner by Yummy's  
Fabulous Silent Auction Items

### Tickets

\$40 single \$70 couple  
\$180 table of 6



Tickets available at the Senior Center: 2045 Arthur St, 541-883-7171

*A special thanks to our co-sponsors!*

KLAD, 92.5fm and Wynne Broadcasting, Sunny 107fm

Fundraiser to benefit programs at the Klamath Basin Senior Citizens' Center

## 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.



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.



2210 North Eldorado Avenue  
Klamath Falls, OR 97601

[www.KBBH.org](http://www.KBBH.org)  
541.883.1030



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



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



Edwin Tuhy, O.D.  
Optometrist



Jennifer Sparks, O.D.  
Optometrist

**KLAMATH EYE CENTER**

New Patients Welcome

2640 Biehn St. • 541.884.3148 • [www.klamatheyecenter.com](http://www.klamatheyecenter.com)

# SHIP TALK

## BE ALERT!

As the year 2019 draws to a close, it seems fitting to talk about what has been an extraordinarily active year for the escalation of fraud and abuse. Let's look at a recent ploy uncovered by the Oregon FBI, which is diligently tracking phone scams. This is far-out, to say the least. Are you ready?

More and more companies are offering services to test your DNA, allowing you to explore your generic heritage. These tests can be spendy, so when someone offers you a special deal to do it for free, it sounds like a good deal. Scammers know this and have concocted a new scheme to steal your personal information.

The Federal Trade Commission (FTC) is receiving reports that callers are asking for personal information, such as Social Security or Medicare numbers, in exchange for a "free" testing kit. The fraudster may make a convincing argument by claiming that the test is a "free way" to get an early diagnosis for diseases like cancer. However, the truth of the matter is that Medicare does not market DNA testing kits to the general public.

This is just one of the many clever ploys you may come across. Here are some tips on what you can do to avoid being a victim.

- If an alleged company or government agency calls you, never give them personal information.
- Don't rely on caller ID. Scammers can make it appear as if they were calling from a government-affiliated number.
- Never give ANYONE who calls you information such as your bank account, credit card, Medicare or Social Security number. Scammers can use this information to either steal your identity and your money. Sometimes the caller will say that it's your own bank. In this case, just tell them you will call your bank to be sure that it's legitimate – and then do so.

You can report imposters on-line at [ftc.gov/complaint](https://ftc.gov/complaint).

Change of subject: SHIBA continues to inform you of the myriad of options available for Medicare and insurance decision-making. Our volunteer counselors are trained and government certified. We are located at the Klamath Basin Senior Citizens Center. Call 541-883-7171 to make an appointment. And Merry Christmas to all from us at SHIBA!

Anne Hartnett  
Klamath and Lake County SHIBA Coordinator

## SKY LAKES MEDICAL CENTER OFFERS DIABETES SELF MANAGEMENT CLASSES IN DECEMBER

Diabetes Self Management class sessions will be held December 4th and 18th from 9:00am to 1:00pm (light meals will be provided) at 2200 Bryant Williams Dr., Suite 7. Anyone with a diagnosis of diabetes is eligible to attend and newly diagnosed are highly encouraged. A referral is required. Call Cora at 541-274-2633 to get that started. Classes are taught by Registered Dietitians, Registered Nurses and Certified Diabetes Educators.



# SPOKES Unlimited



## December Calendar of Activities

Closed December 24th & 25th for the Christmas Holiday

- 17 — American Council for the Blind meeting,** 12-2 p.m., Red Roosters Grill and Pub, 3608 S. 6th Street
- 18 — Social Security Workshop,** 2-3:30 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. 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.



## Active Seniors

Klamath Basin  
2019

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

**2018**  
Publishes the First  
Wednesday of Every Month

Includes SEO Boost on [heraldandnews.com](https://heraldandnews.com)

The Official monthly publication of the Klamath Basin Senior Citizen's Center  
To advertise in this publication, contact Susan Belden at 541-885-4443, at the Herald and News.



Help Support Our Senior Programs

Have Fun - Win \$\$\$

"BINGO"

AT THE SENIOR CENTER

2045 ARTHUR STREET, KLAMATH FALLS, OR

THURSDAYS AND SATURDAYS EVENINGS

GAMES START AT 6:00 pm - DOORS OPEN AT 4:30

NEW YEARS EVE BINGO EXTRAVAGANZA!

MONDAY DECEMBER 31ST

ADVANCE TICKETS NOW ON SALE. SEATING  
IS LIMITED TO THE FIRST 300.

SPECIAL PRIZES, GAMES AND RAFFLES.

TWO \$1000 BLACKOUTS.

IT'S THE PLACE TO BE ON NEW YEARS EVE !

KLAMATH  
BASIN  
SENIOR  
CITIZENS'  
CENTER

HEALTH  
AND  
EXERCISE CLASSES

MEALS  
PROGRAMS

SOCIAL EVENTS

LIBRARY

EDUCATIONAL  
CLASSES

TRANSPORTATION

ENTERTAINMENT

INFORMATION  
AND ASSISTANCE

HOST TO THE  
GOLDEN AGE CLUB

Holiday BINGO Schedule

Closed Thursday - December 5th

See You At The Snow Flake Parade

Closed Thursday - December 26th

See You New Year's Eve - December 31st



Get Established  
with a  
Provider Today!

Establish with a primary care provider.<sup>1</sup>

By having a primary care provider (PCP), you have someone who knows you and is in your corner. A PCP will track your health progress to ensure you receive the best care possible. Your PCP works with a team of healthcare professionals to coordinate your care.

It can take time for an initial appointment to be scheduled, so call your provider today to establish care.

Communicate with your provider.<sup>2, 3</sup>

When meeting with your PCP, make sure to discuss your health history and any changes that may develop. Discuss any concerns you may have, as well as ask questions to help you fully understand your health status. Listen to your provider's advice and find out what happens next.

Remember to talk to your provider about:

- Medications
- Breast cancer screening
- Colon cancer screening
- How you feel
- Your lifestyle
- Immunizations

Put the focus on prevention.<sup>3</sup>

It is important to see your provider even when you feel good, so you can stay healthy. Provider visits are for more than just treating illness and disease. Make sure to schedule annual wellness check-ups help for early disease detection and potentially disease prevention.

-Patricia Pahl, Quality Management Analyst  
Source1: mayoclinichealthsystem.org  
Source 2: ahrq.gov  
Source3: mayoclinic.org

First Interstate Bank Supports **YOUR**  
Klamath Basin Senior  
Citizens' Center



Bienne Humphrey, First Interstate Bank Manager and Ashley Cardenas, Finanacial Services Representative present a check from The First Interstate Bank Foundation to center director Marc Kane at the Thanksgiving Lunch event November 22.

# CALENDAR OF EVENTS

## Daily calendar for December 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.:  
December 2— Leann Meeds-Singing Christmas Tree  
December 9 — Dr. Jeff Merrill-Podiatrist  
December 16 — The Klamath Corale  
December 23 — Pictures with Santa
- Watercolor class (make sure you get on the waiting list) 10 to 11:30 a.m.
- Golden Age Club bingo and card games, 12:30 p.m.
- Movie at 12:30 p.m.  
December 16 — Christmas Train
- Sitting Yoga 4 P.m. to 5 P.m.
- Yoga 5 to 6 p.m.

### Tuesdays

The center will be closed December 24th & 31st

- 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 to 4:30 p.m.
- Evening Tai Chi: Advanced 6 to 7 p.m.
- Ukulele 6:30 p.m. (First and third week: Dec 3 and 17)

### Wednesdays

The center will be closed December 25th & January 1st

- SAIL class 8:45 to 9:45 a.m. And 10:15 to 11:15 a.m.
- Dancing with the Take 4 Band 1 to 3:15 p.m.
- QI Gong 4 p.m. To 5 P.m.

### Thursdays

- Craft class 9 to 11 a.m.
- KBBH counseling 10 a.m. to 1 p.m.
- SAIL 10:15 to 11:15 a.m.
- J.D. Howell Hearing Aid Service, 10:15 a.m. to noon (Third week of month)
- Golden Age Bingo and card games, 12:30 p.m.
- Library 1:30 to 4 p.m.
- Bingo fundraiser: open 4:30 p.m., call at 6 p.m.  
(No Evening Bingo Dec 5th & 26th)

### Fridays

- SAIL 8:45 to 9:45 and 10:15 to 11:15 a.m.
- County Library 9:30 a.m. to 1 p.m.
- KBBH counseling 11 a.m. to 2 p.m., first, third, fourth and fifth week of each month; 12 to 2 p.m. second week of the month
- Dementia class for caregivers 11 a.m. to noon (second Friday only)
- Pickleball 1 p.m. (No Pickle Ball Dec 6th)
- Line dancing 7 p.m. (No Line Dancing Dec 6th)

### Saturdays

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



## Muffin Mondays

### Veteran's Group

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

Senior Center, 2045 Arthur St.

**Coffee • Muffins • Conversation**



## Special classes, events in December

- DEFENSIVE DRIVING CLASSES, December 5 and 12 9:00-12:00 (must attend both classes) Sign-up sheet at the front desk
- Closed Monday, December 24 & 25— Christmas Eve & Day
- Closed December 31 & January 1— New Year's Eve & Day
- Water Color Class Starting in January— 8 week class 10 to 11:30 a.m., sign up at the front desk
- "Buried in Treasure" Group with KBBH — Every Tuesday 1:30 to 3:30 p.m.
- Gift shop Monday-Thursday, 10 a.m. to 3 p.m. , Friday 10 to 2





**WHERE:**  
KLAMATH BASIN  
SENIOR CENTER  
2045 ARTHUR ST.  
541-883-7171

**WHEN:**  
SATURDAY  
DECEMBER 7th  
8:30 – 3:00

Concession stand will  
be open  
8:30 – 2



**Home  
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## **You can't always be there... But we can!**

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## TAKING CONTROL OF YOUR MENTAL HEALTH:

# Tips for Talking With Your Health Care Provider



**Don't wait for your health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on how to talk to your health care provider about your mental health and get the most out of your visit.**



### 1. Don't know where to start for help? Talk to your primary care provider.

If you're going to your primary care provider for other health concerns, remember to bring up your mental health concerns. Mental health is an integral part of health. Often, people with mental disorders can be **at risk for other medical conditions**, such as heart disease or diabetes. In many primary care settings now, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Take this opportunity to talk to your primary care provider, who can help refer you to a mental health specialist. You also can visit the [NIMH Find Help for Mental Illnesses](#) webpage for help finding a health care provider or treatment.



### 2. Prepare ahead of your visit.

Health care providers have a limited amount of time for each appointment. Think of your questions or concerns beforehand, and write them down.

- **Prepare your questions.** Make a list of what you want to discuss and any questions or concerns you might have. This [worksheet can help you prepare your questions](#).

- **Prepare a list of your medications.** It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This [worksheet can help you track your medications](#).
- **Review your family history.** Certain mental illnesses tend to run in families, and having a close relative with a mental disorder could mean you're at a higher risk. Knowing your [family mental health history](#) can help you determine whether you are at a higher risk for certain disorders. It also can help your health care provider recommend actions for reducing your risk and enable both you and your provider to look for early warning signs.



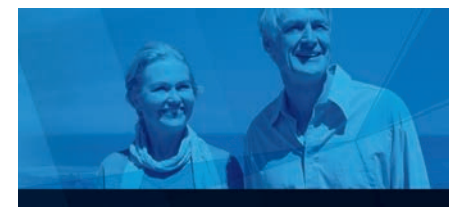
### 3. Consider bringing a friend or relative.

Sometimes it's helpful to bring a close friend or relative to your appointment. It can be difficult to absorb all the information your health care provider shares, especially if you are not feeling well. Your companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing.



### 4. Be honest.

Your health care provider can help you get better only if you have clear and honest communication. It is important to remember that communications between you and a health care provider are private and confidential and cannot be shared with anyone without your expressed permission. Describe



## SHOULD YOU BE SCREENED FOR AAA?

### ➤ YOU COULD BE AT RISK FOR ABDOMINAL AORTIC ANEURYSM (AAA),

a potentially life-threatening condition that affects your body's largest artery. Although AAA usually has no symptoms, the good news is that screening—key to effective AAA treatment—is simple and non-invasive. Take a moment to evaluate the risk factors listed below to determine if you should receive an AAA screening.

#### AAA RISK FACTORS

- ☐ Male
- ☐ Age 60+
- ☐ Current or past smoker (more than 100 cigarettes in a lifetime)
- ☐ Previous heart bypass
- ☐ Family history of AAA
- ☐ High cholesterol
- ☐ High blood pressure

If you checked at least three of the above risk factors, please contact our office to schedule a screening, and reference this voucher.

#### SCREENING: THURSDAY JANUARY 2, 2020

##### Klamath Senior Center

2045 Arthur St.

Klamath Falls OR 97603

Phone: (541)313-8111

RSVP: [hannahlundborg@oregonvascular.org](mailto:hannahlundborg@oregonvascular.org)



Klamath Basin Senior Citizens' Center

### Senior Dancers every Wednesday

1 to 3:30 p.m. ~ All ages are welcome

Refreshments will be served  
Live music by the Take Four Band



Not open 12-25 or 1-1



National Institute of Mental Health



## KLAMATH FALLS COMMUNITY CELEBRATES MEN'S HEALTH MONTH

SUBMITTED BY KENDRA SANTIAGO

Klamath Falls, OR. — November 27, 2019 — During the entire month of November, local organizations and community members have been participating in the first-ever Make Your Move for Men's Health challenge. Spearheaded locally by Blue Zones Project, Klamath Basin Behavioral Health, Sky Lakes Cancer Treatment Center, and Rudius Quest Coaching, the month-long campaign aimed to increase awareness of men's health in the area of prostate cancer, testicular cancer, mental health, and suicide prevention.

"In 2019, we set our sights on engaging more men in our community in health-related topics," says Kendra Santiago, PR & Marketing Manager for Blue Zones Project. "The Make Your Move for Men's Health campaign has been a great project this year, one that has opened our eyes to some of the battles men face with their own health.

Community members — men and women alike — can join the campaign on [www.Movember.com](http://www.Movember.com) by joining the "Make Your Move for Men's Health — Klamath Falls" challenge. During the month, men have been growing mustaches, and community members have been walking or running 60 miles in the 30 days of November.

Alongside the community, teams from 173rd Fighter Wing, Klamath Falls City Police, Klamath County Fire District #1, and Oregon Department of Forestry will be competing in a separate Strut Your Stuff challenge, with teams taking on the fitness tests that their staff members are required to complete. These tests varied from a 3-mile hike with 45 lb. pack, to a modified Firefighter Candidate Physical Ability Test (CPAT).

Blue Zones Project and Rudius Quest Coaching also hosted live interviews with men throughout the community; discussing topics such as weight loss, time management, exercise, and mental health. "One thing that stood out in all of this is that social connections, having people to hold you accountable, or a supportive family member are extremely important to helping men stay on track with their health goals. It's not about having the motivation to exercise or eat better, it's about having an environment that helps you be consistent," says Kendra.

On December 4, at 5:30pm, Mia & Pia's Pizzeria & Brewhouse is hosting a celebration to wrap things up. Those who participated in the community challenge will be eligible for awards and prizes. Terrance Hunter with Sammy's Parlor will be the local celebrity guest judge and will name winners for best mustache in several categories.

For more information about the event or to get involved in Blue Zones Project contact us at 541-359-2802 or email us at [info@healthklamath.org](mailto:info@healthklamath.org).

## Nine Tips to Help Someone Grieving During the Holidays

### Hospice Professionals Offer Advice

For many people, the holiday season is a special time of year marked by celebrations and gatherings with family and friends. For those struggling with the death of a loved one, the holidays may be a difficult time full of painful reminders that emphasize their sense of loss.

Hospice professionals, who are experienced at helping people deal with grief and loss, offer some suggestions:

1. Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to avoid customs of the past and do something new. It's okay to do things differently.
2. Offer to help the person with decorating or holiday baking. Both tasks can be overwhelming for someone who is grieving.
3. Offer to help with holiday shopping. Share catalogs or online shopping sites that may be helpful.
4. Invite the person to join you or your family during the holidays. You might invite them to join you for a religious service or at a holiday meal where they are a guest.
5. Ask the person if he or she is interested in volunteering with you during the holidays. Doing something for someone else, such as helping at a soup kitchen or working with children, may help your loved one feel better about the holidays.
6. Donate a gift or money in memory of the person's loved one. Remind the person that his or her loved one is not forgotten.
7. Never tell someone that he or she should be "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.
8. Be willing to listen. Active listening from friends and family is an important step to helping some cope with grief and heal.
9. Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.

In general, the best way to help those who are grieving during the holidays is to let them know you care and that their loved one is not forgotten.

Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss.

More information about grief is available from Caring Connections, [www.caringinfo.org/grief](http://www.caringinfo.org/grief).



Article Respectfully Submitted by Klamath Hospice



Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city's environment, policy, and social networks. Established in 2010, Blue Zones Project is based on research by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five cultures of the

world—or blue zones—with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates Buettner's findings and works with cities to implement policies and programs that will move a community toward optimal health and well-being. Currently, 50 communities across North America have joined Blue Zones Project, impacting more than 3.4 million citizens. The population health solution includes two Health Districts in California; 15 cities in Iowa; Albert Lea, Minnesota; the city of Fort Worth, Texas; Corry, Pennsylvania; Airdrie, Alberta; Brevard, North Carolina; and communities in Southwest Florida, Hawaii, Illinois, Oklahoma, Oregon, and Wisconsin. Blue Zones Project is a partnership between Blue Zones, LLC, and Sharecare, Inc. For more information, visit [bluezonesproject.com](http://bluezonesproject.com).

Klamath Falls is Oregon's first Blue Zones Project Demonstration Community. To learn more about Blue Zones Project, contact the Blue Zones Project team in Klamath Falls at [BlueZonesProject@healthyklamath.org](mailto:BlueZonesProject@healthyklamath.org), or visit [www.healthyklamath.org/bluezones](http://www.healthyklamath.org/bluezones).

## Writer's Corner

Expressions of  
Heart and Mind

### THIS TIME OF YEAR

By Sharon Hudson

The rain trickled down lightly,  
And covered the street.  
The clouds hid the sun, and  
The air smelled so sweet.

The leaves are gone, and  
The trees are bare.  
They are like skeletons  
Just standing there.

In the summer they made  
Plenty of shade.  
But the seasons change, and  
The colors fade.

We change our clocks, and  
Time moves back.  
It messes us up, and  
Takes us off track.

Slowly we adjust and  
Make things right,  
To fit our schedules  
Both day and night.

Heating bills go up, and  
Warm cloths come out.  
Taxes are due so we  
Pay them, no doubt.

So smile and pray as you  
As you go out today.  
I love this country and hope  
You have a nice day!

### AGING

By Vaudine Cullins

She dabs some cream  
Beneath her eyes  
And underneath her chin,  
She stands before the  
looking glass  
And wishes she were  
thin.

Her auburn hair is  
turning gray  
And furrows line her  
brow  
She's facing lots of  
changes

Unconsidered until now.  
She doesn't seem to  
realize

Her smile is still the  
same

Her heart is just as tender  
And her touch still sparks  
a flame.

The shell that holds a  
woman's soul  
Does not define her part  
It's not the pretty  
wrapping  
It's the beauty of the  
heart.

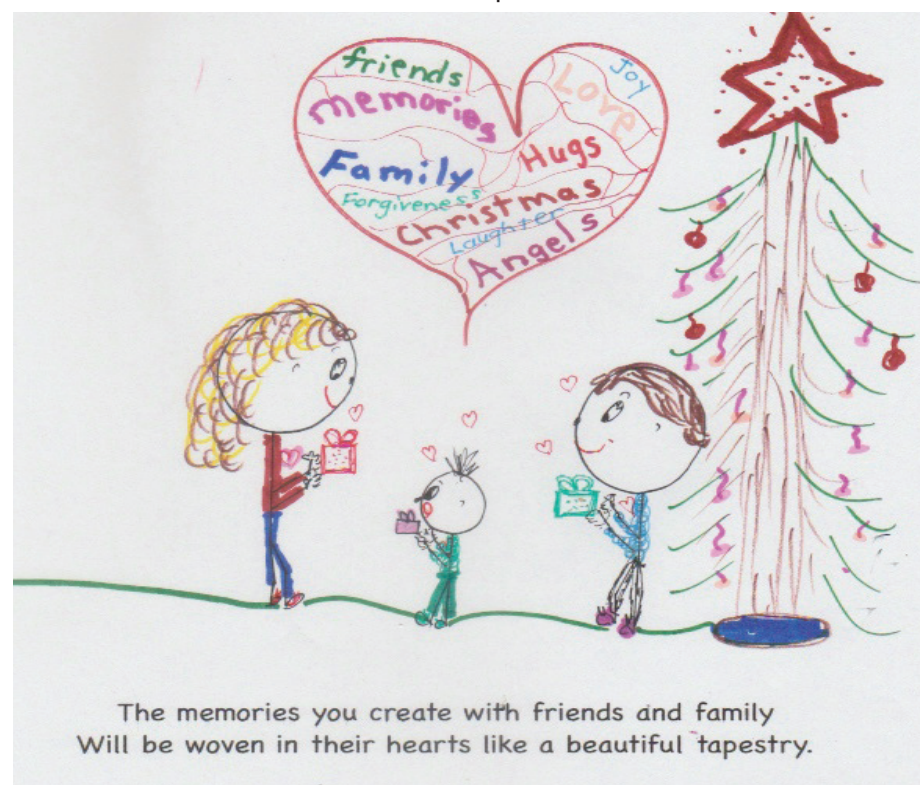


Happy Holidays

bluesketchpad.deviantart.com

From All of Us at The Klamath Basin Senior Citizens' Center

Mumkin's Recipes For Life...



## Christmas Memories

Sharon (Johnston) Pappas ©

There's wonder and excitement  
For it's Christmas Eve  
As through our living room window  
Santa Claus did peek

With gasps, giggles and squeals  
We ran to the door  
Maybe there were reindeer  
We had to see more

Lights on the tree  
Were brightly colored and glowing

While coyotes yipped outside  
Windy, cold and snowing

A warm fire crackled  
in the Ole' fireplace  
The fragrance of Mom's cooking  
Brought a smile to each face

Holiday s bring memories  
The LOVE of family  
Close your eyes- reminisce  
What stories do YOU see?

### Peanut Butter No Bake Cookies

2 C. Sugar      1/2 C. Milk      1 t. Vanilla  
1/4 C. Margarine      1 C. Peanut Butter      3 C. Rolled Oats

Directions:

In a large saucepan, mix sugar, margarine and milk; bring to a full, rolling boil (large bubbles rising to surface that can't be stirred down) over medium heat.

Boil for one minute, stirring constantly

Remove from heat and stir in peanut butter and vanilla, stirring until peanut butter is melted; stir in oats.

Working quickly, drop by spoonfuls onto waxed paper. Let cool completely



## DONORS REPORT

# Maintenance Fund Continues To Grow

The campaign to raise funds for the roof and HVAC systems on the center building continues with hopes of reroofing next fall. We have raised \$85,018 to date. When we reach \$100,000 we will have about half of what is needed and will then be eligible to apply for matching grants to bring us to the needed \$200,000. Contributions received are placed in a restricted account to be used only for building maintenance needs.

Pictured on this page are Brienne Humphrey, Manager and Ashley Cardenas, Financial Services Representative, from First Interstate Bank making a foundation donation to our general operating fund that was pledged and announced last month.

A big thanks to all our individual contributors for their monetary support of our ongoing programs 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. October donations of \$6,140 were received from the following organizations and individuals:

Reser Family Foundation	Jon Schnebly	Jonny Jones
Geraldine Schindler	Burl Parrish	Anonymous
Lynette Harvey	Linda Bourcy	Joyce Moore
Howard McGee	Rose Chapman	Albert & Delores
Jon Schnebly	Ernie Palmer	Errecart
Lynette Harvey	Cheryl Gibbs	

Unidentified contributions October for Meals, Transportation and Other Services amounted to \$3,848.00.

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.

You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3 of this publication.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.



## Muffin Monday

### Veteran's Group

10:30-11:30 a.m.  
Senior Center  
2045 Arthur St.



Every Monday  
Coffee • Muffins • Conversation

For more information:  
Jennifer Smith • 541-882-2902  
jsmith@klamathhospice.org

[www.klamathhospice.org](http://www.klamathhospice.org)



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# THANKSGIVING DINNER DRAWS A RECORD CROWD

BY GINNIE REED, VOLUNTEER COORDINATOR

We literally had a FULL HOUSE at the Senior Center on Friday. We were full of seniors, guests, food and volunteers! Nearly 300 hungry folks! The sounds of happy voices rang through the dining room. Knives and forks busily scooping up mashed potatoes, gravy, turkey and stuffing. I've never seen so many pumpkin pies!

This delishness was all prepared by our very own kitchen crew and John Beard, chef. They were joined by the helping hands of volunteers from the Baptist Church on Homedale. None of this bounty would have been possible without the help and devotion of the volunteers.

EagleRidge High School is a major contributor of volunteer teenagers. I had the pleasure of meeting them Friday in between their serving, running the tables, pouring beverages, assuring everyone that we had not run out of pies and actually getting to partake in the dinner. They were impressively organized, calm and genuinely there to serve. This is, I'm sure, in part due to the diligence of Ms. Barker, their advisor. We thank you.



17 Eagle Ridge High School Volunteers

EagleRidge will be back at Christmastime to serve at our holiday festivities as will many other volunteers. The Klamath Basin Senior Citizens Center could not keep their doors open without the generosity of our volunteers. There are so many areas here at the Center that needs your support. You can give as much time as you would like.

Volunteering is beneficial to your health and happiness, and like the Grinch, your heart will grow.



*Note: Ginnie Reed is the new Volunteer Coordinator at the Senior Center. She may be reached at 541-883-7171 ext. 128 and by email at [volunteercoord@kbscc.org](mailto:volunteercoord@kbscc.org)*

*From our family to yours...  
Happy Holidays!*



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# Menu

**December 4, Wednesday**

Chicken strips w/ French fries,  
veggie, salad bar, dessert

**December 5, Thursday**

Salisbury steak w/ noodles &  
gravy, veggie, salad bar, dessert

**December 6, Friday**

Loaded potato soup, veggie,  
salad bar, dessert

**December 9, Monday**

Chili dogs, French fries, veggie,  
salad bar, dessert

**December 10, Tuesday****BRUNCH FOR LUNCH:**

Scrambled eggs, biscuits &  
sausage gravy, hash browns,  
birthday cake & ice cream

**December 11, Wednesday**

Split pea soup w/ corn bread,  
veggie, salad bar, dessert,  
birthday cake & ice cream

**December 12, Thursday**

Chicken fried steak, mashed  
potatoes & gravy, veggie, salad  
bar, dessert

**December 13, Friday**

Roast pork w/ roasted veggies,  
salad bar, dessert

**December 16, Monday**

Fish & Chips, veggie, salad bar,  
dessert

**December 17, Tuesday**

Polish sausage & sauerkraut,  
veggie, salad bar, dessert

**December 18, Wednesday**

Liver & onions, mac & cheese,  
veggie, salad bar, dessert

**December 19, Thursday**

Chicken strips w/ French fries  
veggie, salad bar, dessert

**December 20, Friday****Christmas Dinner**

Turkey, ham, roasted veggies,  
salad bar, dessert

**December 23, Monday**

Beef goulash, garlic bread,  
veggie, salad bar, dessert

**December 24, Tuesday**

Closed for Christmas Holiday

**December 25, Wednesday**

Closed for Christmas

**December 26, Thursday**

Spaghetti w/ corn bread,  
veggie, salad bar, dessert

**December 27, Friday**

Roast chicken, mashed  
potatoes, veggie, salad bar,  
dessert

**December 30, Monday**

Sloppy joes, veggie, salad bar,  
dessert

**December 31, Tuesday**

Closed for New Year's Eve

**January 1, Wednesday**

Closed for New Year's Day

**January 2, Thursday**

Chicken fried steak, mashed  
potatoes, veggie, salad bar,  
dessert

**January 3, Friday**

Roast Pork, 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.

# Looking for grief support this holiday season?

All grief groups  
are open to the  
community,  
free of charge.

Location:  
Klamath Hospice  
4745 S. 6th Street



**Weekly Drop In  
Groups**  
Every Tuesday  
(unless otherwise announced)  
4:00 p.m.

**Holiday Drop In  
Groups**  
Dec. 12  
5:30 p.m.

For more information please contact:

**541-882-2902**

[www.klamathhospice.org](http://www.klamathhospice.org)  
[tgarlock@klamathhospice.org](mailto:tgarlock@klamathhospice.org)

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See Bonus Club for details.

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