

Active Seniors

September 2022

FREE
take one!



The Klamath Basin Senior Center is hosting
an **Age Well Expo** during **Fall Prevention Awareness Week**
on Tuesday, September 20, 2022.

PLAN ON ATTENDING!



*Seniors who enjoyed contests for best pickled food...quilts...
knitting.... homemade pies and pastries.....flower contests...and
much more in their youth can walk down memory lane at the*

Tulelake-Butte Valley Fair

September 8th-11th...

It's an old-fashioned community fair!

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

**ALL ARE
WELCOME.**



Klamath Basin Senior Citizens' Center



Image by Fabio on stock.abode.com

ABOUT US

The Klamath Basin Senior Citizens' Center provides activities and services that meet the changing needs of older adults, their caregivers, and families. The Center offers low and no-cost opportunities to promote healthy aging, independence and the well-being of older adults. We are a place to gather, to learn, to grow. All are welcome. We look forward to seeing you soon.

OUR MISSION

To build and maintain a supportive community for seniors.



For more information:

(541)-883-7171

klamathseniorcenter.com



WE ARE LOCATED AT:

2045 Arthur Street

Klamath Falls, OR 97603

OUR SERVICES



FOOD

Congregate
Meals

Meals on
Wheels



HEALTH

Counseling

Durable Medical
Equipment Loans

Exercise Classes



TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



FINANCIAL

AARP Foundation
Tax Help

Senior Health
Insurance Benefits
Assistance



ACTIVITIES

BINGO

Creative Writing &
Art Classes

Movies

and more!

Directors Greeting

Good news! We are planning an Age Well Expo this month on the 20th of September (see more information on page 5). Just received news at press time that we will be able to include a vaccination clinic in that event and if available the new COVID vaccine may also be offered. Watch our announcements for more details. Our Klamath County Health Department will be hosting the vaccine booth at no cost to us. The Age Well Expo event will be an opportunity to learn about all kinds of resources to help you maintain your health. The Klamath County Board of Commissioners will issue a proclamation declaring the week of September 18th Fall Prevention Awareness Week.

Last month we featured in our paper the Klamath County Fair, and now this month we are featuring the Tulelake Fair. Why do we like to promote fairs, you may ask? Because they bring people together of all ages to celebrate their accomplishments and to just have a good old time together. It's an opportunity to learn from and show pride in our younger folks and for seniors to share as well. Look at those jars on the front page, products of skilled produce canners. Home crafts are one of the biggest features at this fair. We encourage seniors and young people alike to join together in these celebrations sharing the pride they have in their efforts.

Summer is coming to an end this month and we enter fall. That won't stop us from fishing the local lakes and streams. Our fall weather here is always a great time to get out and be active. Our paper has a great fishing story and a fishing poem as well this month. While we have expanded our in-house offerings for exercise classes here at the center (see calendar of events) we still encourage regular outdoor exercise and activity as one of the best ways to remain active and healthy.

Did you notice that our paper has more pages this month? This is thanks to Mary Hyde, our paper's advertising sales executive, who now has attracted many new advertisers. The Herald and News is gracious in giving us three pages to tell our story for every page of advertising. Please take

some time to thank them for their support. And we hope you enjoy the new look those extra pages bring to our paper.

We are looking forward now to finally seeing some progress in October on some of our capital improvement projects.

First one up will be new cabinets on the beverage service wall, and new flooring to go in front of that area and the food service window. It seems it has been forever to get supplies and contractors together these days, but we are now getting close.

Thank you to all who support the senior center in whatever way, whether it be with time and talent, or with your financial donations. Volunteers are always needed. Featured needs this month are gift shop help, and help with checking people in for our congregate lunch. Call our volunteer coordinator.

Come See Us at the Senior Center.
ALL ARE WELCOME!



Marc Kane, Center Director

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



Your Time is Valuable... Share it!

Every year, tens of thousands of volunteers stay connected, find joy, and feel a greater sense of purpose through volunteering.

AARP Magazine

Volunteer today at The Klamath Senior Center

Ginnie Reed 541-883-7171 ext. 123

*Kitchen Help
Yard Work
Janitorial
Maintenance
Light Housekeeping
Teaching Computer
Classes
Teaching Arts &
Crafts
Card Making*

*Making Friendly Visits
to Older Adults
Shopping and
Errands
Meals on Wheels
Drivers/Runners
Lunch Check-in Desk
Gift Shop*

STAY IN A GOOD SPACE

by Ginnie Reed

It is amazing what the human body and mind can tolerate. Most of us were given this perfect container at birth to house us. I was no exception. Everything was there and working, however I inherited diabetes.

At 25 I discovered I had Type 2. At that time in my life, I owned the world and was impervious to anything negative. So I ignored it. I ate anything I wanted, played hard, drank a little and started a very stressful career in Seattle property management.

Needless to say after 35 years of this behavior things started to crash. I made it through colon cancer and chemo only to be confronted with vascular issues in my right leg which after a year of fighting gave in to an amputation. I was just getting started again when I was faced with breathing problems which turned out to be a bad heart valve.

After open heart surgery, I went back to work in a less stressful job, but still in Seattle. Seattle was still beautiful to me and I was enjoying a loving relationship with the wonderful man I eventually married, however it was becoming a nightmare to commute and even grocery shopping was scary. So I decided it was time for a move as did my wonderful man. He went to Tucson, and I to Klamath Falls, both to be closer to family.

To make a long story short, after one amputation and a heart valve replacement, my diet drastically changed for the better. Tucson was too hot and he missed me so in December 2020 we got married, adopted a cat and settled in to live happily ever after in Klamath Falls.

BUT the universe had another plan for me. Another fight began this last January for my left leg. Again it was vascular trouble and I lost that leg as well.

I have just begun to walk again. I enjoy my job, my family, my things and my cat. There is so much in life to look forward to everyday. I just don't have time to waste on the negative.

If you have diabetes, listen to it, love it, take care of it and work with it. Most importantly. Check your attitude. Stay in a good space.



Senior Center Receptionist
Rolland Bailey

General Information –
Rolland Bailey 541-883.7171

Donations –Shawn McGahan
541-883-7171 ext. 136

Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging –
541-205-5400

CONTACT INFORMATION

Transport Dispatcher –
Cindy Dupart 541-850-7315

Health Promotion Manager
Anne Davenport 541-883-7171
ext. 122

Medicare Counseling –
541-883-7171

Executive Director
Marc Kane 541-883-7171 ext 117

Volunteer Coordinator
Ginnie Reed 541-883-7171 ext. 123

Website –
www.KlamathSeniorCenter.com

All content for this publication has been provided by the Klamath Basin Senior Citizen's 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.



as part of National Fall Prevention Awareness Week

All ages & abilities encouraged to attend! It is never too early to learn how to stay active, stay independent, and Age Well.



TUESDAY, SEPTEMBER 20 FROM 10:30 AM - 1:30 PM

Event Includes

Wellness Assessments
Home Environment Check Lists
Fall Prevention Awareness
Vaccination Information & Clinic
Recreation Opportunities
Technology & Equipment
Community Resources
Food Boxes
Exercise & Qi Gong demonstrations
RAFFLES & LUNCH!



**AT THE KLAMATH BASIN
SENIOR CITIZENS' CENTER**
2045 Arthur Street
Klamath Falls, OR 97603



**For more information
on the Age Well Expo
& Fall Prevention
Awareness Week:**
klamathseniorcenter.com
(541)-883-7171

Get connected with resources to Live and Age Well for FREE!

Joe vs The Catfish

Another Fishing Story

By Gary Hartter



The three of us are sitting on the pier in front of Joe's lake home. We are drinking beer, smoking cigarettes and talking on a hot September holiday. There was Joe, of course, me, and The Cheetah (my now ex-wife.) She got the nickname "The Cheetah" because she had a lead foot. She once outran a Pennsylvania State Trooper, but that story is for some other time.

Joe invited us to Michigan for a Labor Day barbecue. I'm kicked back, enjoying the day and thinking about fishing, especially fishing in the lake that is in front of me. It's a panoramic view of blue water, surrounded by a shore dotted with lake homes and sugar maples just beginning to wear fall colors.

"Any good fishing in this lake?" I ask Joe.

"Well, it's pretty good," responds Joe, "but I don't fish too much anymore." I glance at his boat docked at the pier. It's a speed machine, built for water skiing.

"Yeah, I imagine," I reply. Joe just looks out at the water, lost in thought, then he smiles and turns to us.

"I used to fish a lot," he says. "As a matter in fact, I used to fish down in your neighborhood, there behind Kroger's."

I look at him squarely, shielding my eyes from the sun with my hand. "You mean in the river?" I ask.

"No, not at all," he says. "I fished in the big, old gravel pit that is now High Dive Park. It used to be a kind of junk yard when I was a kid. The city cut the river in, to feed water to the gravel pit, preparing for the day when that real estate would become High Dive Park. There was a chop shop where Kroger's is now. The shop owner would take old cars and cut off what they could sell, then roll what was left into the pit. Fish from the river would swim to the pit to hang out around the old cars that were sunk in the water. It was a kind of man made habitat. People would scuba dive down there too and look at the old cars on the bottom. Even the Elkhart Police Department's scuba team would practice there."

Joe continued. "In fact, I was out there fishing one time when two guys with scuba gear showed up to do a dive. I thought, well, there goes the fishing. But, I hung around with a line in the water watching those two do their dive. They got all ready and jumped into the water on the opposite side of the pit from me. As soon as they disappeared under the water, I suddenly got a hell of a bite on my line. Whatever it was took off and my line was zinging out of my reel like 90 miles an hour. I gave it a tug and felt something big on the other end.

I slowly started working it toward shore, hoping that I hadn't hooked one of them divers. As I got it closer to shore, I saw it was a huge river catfish about three feet long and as big around as a football. I wrestled him close to shore, but he took one look at me through his whiskers and headed off for deep water, with my line zinging once again like it would catch on fire.

I started winching the catfish in again, when suddenly my line got stuck. I could feel the catfish tugging on the other end, but I couldn't get him to move. No matter what I tried, I could not get the line free, so I figured it must be snagged. I worked with it for the better part of a half hour without success and I had just pulled out my Case Double X folding knife to cut the line, when them two divers appeared on the surface about twenty feet from me.

One guy looked at me with my pole bent over and my knife in my hand and asked what was the matter. I told him what had happened and he said it would be a shame to lose such a fish and if I didn't mind he would be glad to dive down and see if he could get the line unstuck. Well, that sounded pretty good to me, so I agreed and the guy dove back down into the pit. I watched his bubbles move over until they were coming up where my line went down. Then they moved out, away from shore until they stopped in one spot.

I could feel a little tugging on my line, but soon it stopped and after five minutes, the guy surfaced. My line was still stuck when he got out of the water and I asked him what happened down there.

"Well," he said, "I saw your fish. He was snagged on the steering column of a 1949 Nash."

"Did you get him untangled?" I asked.

"Nope," the diver said. "I tried, but every time I got close, the damn fish rolled up the car window."

I laugh. The Cheetah rolls her pretty green eyes. Joe smiles a big wise guy, "Gotcha" smile, then he sparks up a cigarette and heads to the house to fetch three more beers.

Expressions of Heart and Mind

THE FREEDOM TO SOAR

By Sharon Hudson

The bear climbed the tree
To see what he could see.
A deer rested in the shade loving
Her baby, sleeping on her knee.
The Eagle flew above them,
Owning it all,
Enjoying fresh air, and noticing
Everything, large and small.
He flew through the air with
Each movement of his wings
Taking each day as it comes, and
Seeing what tomorrow brings.
He flies over the water, and
He flies over the land,
Over trees, and fields of flowers,
And he is in God's hand.
He can see people in the city,
But he stays away from there.
He likes wide open spaces,

Like the tree climbing bear.

He lives a free life, and
His spirit is strong.
He has all he needs, and
He will always belong.
He has few enemies, and
His size says a lot.
He is a big one, and
The others are not.
He is our national bird, and
A symbol of strength to us.
I delight in seeing him, and
I make a little fuss.
"Bald Eagle, Bald Eagle, you're
So special to me."
The sky is yours, and satisfies
Your need to be free.
The world is ours, so we
Need to treat it right.
Enjoying our animals, on
The ground and in flight.

Do You Remember?

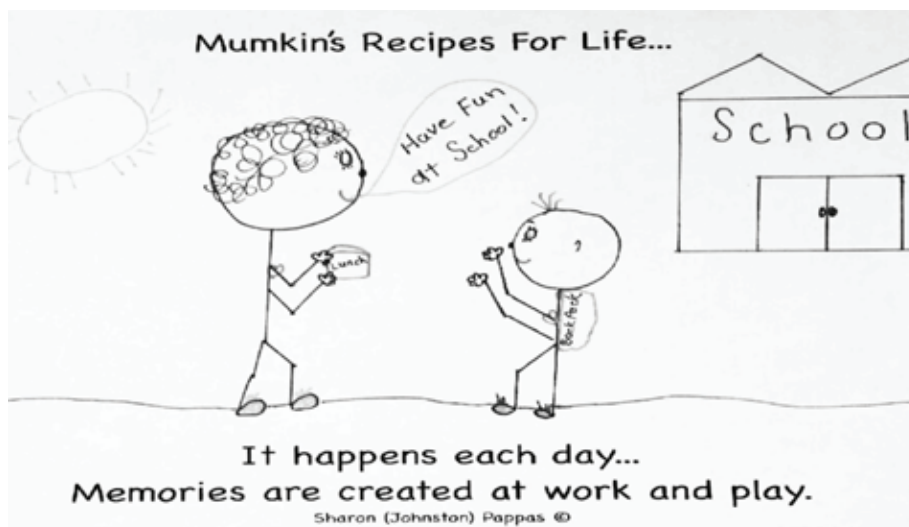
Do you remember the first day of school
Were you shy or ultra cool
Walking up to the front door
Butterflies in your tummy... galore
Will it be hard, will I have friends
Will I be happy when the school day ends
We grow up but the feelings remain
For beginning a new job is always the same
Encouragement and praise give us strength
To take those steps, no matter the length
Give it freely and from the heart
Do you remember... it's the best way to start!

Sharon (Johnston) Pappas ©

See Our Calendar of Events On Page 10

But What's NOT On Our Calendar Of Events?

- 1. We serve a congregate meal every weekday.** It's free to everyone age 60 and over. If you are able a small donation of \$5.00 is requested. There is no eligibility requirement other than age. Younger folks are welcome but pay a fee of \$7.50, See the menu on page 11.
- 2. Nearly 150 people receive Meals-On-Wheels** for all seven days of the week, cooked and packed fresh each morning and delivered by an army of volunteers.
Call the Klamath Lake Counties Council On Aging to see if you are eligible at 541-205-5400. Call the senior center at 541-883-7171 Ext 123 if you would like to be a volunteer driver and meal deliverer.
- 3. Transportation Services:** The Center operates six vans, all ADA accessible and operated by well-trained drivers. Residents age 60 and over ride free when coming to the Senior Center. A small fare of 75 cents is expected for riding elsewhere. We will pick you up at your door step! Call our dispatcher, Cindy, at 541-850-7315. Reservations must be made two days in advance. This is an open public transportation service. Services are coordinated with Basin Transit Service and you may be assigned to a BTS vehicle.



Fishing Lessons

by Tim Kral

On the small pond southeast of the farmhouse
just past the tangled hump of the old farmdump
I fished alone with a cracked cane pole
found in the old garage haywired to the wall
strung with thick green twine, rusty hook and cobwebbed bobber.

Coffeecanned garden worms for bait would work for bullheads
said my grandfather, who'd help dig that pond at my age
sixty years before and stocked the fish brought by neighbors
but no one fished anymore, kids grown, other grandkids uninterested.

I walked down the sloping pasture in Nebraska August sun
scattering the eartagged Angus my grandfather
Imported from Scotland in a joint venture with JC Penny
bringing the first purebreds to southcentral Nebraska
and whipped that old pole into the greenbrown water with hope.

When the bobber bobbed
I jerked that pole in a high arc
and saw a green something fly overhead
to thump on the dry mudbank studded with hoofprints
and writhe in the suncorched dirt.

Frantic to end its struggle but wary of the poisoned backfin
I tried to pull a swallowed hook too deeply impaled for gentleness
guilt mixed with need as I ripped it out
festooned with fish guts
and found a small heart at hook's tip still beating.

The raw red perfect heart beat for minutes
as I sat stunned in the hot sun
suddenly aware we weren't that different
my heart could be ripped out
if I swallowed the hook.

SHIP TALK

(Senior Health Insurance Program)

ABC's (and D's) of Medicare

For long time readers this is probably old news. However, the great majority of newcomers to Medicare who come in to SHIBA for counseling do not comprehend the basics at all. This is understandable. Once you're eligible for Medicare there are many different paths you can take. So let's dig into a brief Medicare 101 - very brief.

Medicare Part A is mostly hospital coverage. I say mostly because it covers other things too, such as home health, skilled nursing care and hospice. It's free and you're eligible if you have the required forty quarters of Social Security participation. You get it automatically when you become eligible for Medicare.

Part B is mostly medical care and again I say mostly because it covers other things besides doctor visits, such as lab tests, emergency room, diabetes supplies, medical equipment, therapies - and more. Sometimes it pays 100%; other times less. This is why people purchase a private Medicare supplement plan (or Medigap) to supplement what Medicare Part A and B does not pay for. Part B is required, unless you have other creditable health insurance, and has a premium.

Medicare Part D is drug insurance, also required. It too is sold by private insurance companies and can vary widely in price and coverage, depending on your needs.

Last, but certainly not least, is Part C, the advantage plan. In this scenario, private insurance companies contract with Medicare to manage your health care. They cover everything that Medicare covers. They have preferred providers but also cover providers outside of their network at a greater cost. They may or may not have a premium. They may or may not include a drug plan, depending on your needs. They will always have co-pays. These co-pays will vary depending on which plan you choose. I like to think of an advantage plan as a package, and like all packages they come with different wrappings and contents.

That's it! Yet I certainly acknowledge it's not as simple as A B C (and D) above. The devil is in the details, and there are many many choices and details among these different parts and plans. Yet a basic understanding is absolutely necessary as a starter if you are to make an informed decision about your coverage.

Please make an appointment at the senior center (phone 541-883-7171) with a trained and certified SHIBA counselor.
- Anne Hartnett, SHIBA Coordinator

Anne Davenport Awarded National Findhelp Fellowship



The Senior Center's Program Manager of Health Promotion Services, Anne Davenport, was recently chosen as one of ten individuals to participate in a 6 month national fellowship offered by Findhelp, the nation's leading social care network. A "social care network" is an online platform where providers, caregivers, and community-based organizations can search for available community resources and make appropriate referrals based on a person's need. Findhelp's mission

is to connect people seeking help and the programs that serve them – with dignity and ease. From food assistance to help paying bills and many more free or reduced-cost programs, this national platform is an easy way to bridge the gap between the need and a solution. Findhelp can be seen on the local level through HealthyKlamathConnect.com brought to the Klamath Falls community by the Healthy Klamath Coalition and the Cascade Health Alliance, LLC.

The purpose of the fellowship is to support and enhance the work of social care champions in their communities through training, mentorship, and collaboration. As a fellow, Anne will design and implement a community project and present on her experience nationally upon completion. Her project, the Age Well Pathway, aims to increase the digital visibility of the services provided by the Klamath Basin Senior Citizens' Center to patrons and partners in the Klamath Community, as well as strengthen a clear referral pathway between health care providers and the Senior Center. Anne explains, "As a physical therapist working in the acute care setting, I see firsthand how social determinants of health like safe housing, transportation, nutritious food, and physical activity, to name a few, have a major impact on people's health, well-being, and quality of life. This community, this center, have wonderful resources to support individuals in those areas - I want to make sure they can find the help that they need."

**The Senior Center will be closed,
Monday September 5th
in honor of Labor Day**

WHAT'S NEW?

**The senior center will be closed, Monday
SEPTEMBER 5th FOR LABOR DAY**



MUFFIN MONDAYS SEPTEMBER SPEAKERS

9/12: Kendra Santiago or Andrew Stork – Oktoberfest

9/19: Patty Card – Falls Prevention Event

9/26: Steve Rooker – U.S. Fish and Wildlife Service –
Featuring Photographs from around the Klamath Basin

10/3: Speaker pending from the Potato Festival

Saturday 9/17 Steve Baker presenting Honor Flight photos for Viet Nam Vets

DRIVER SAFETY CLASS

9/17 and 9/24 9am to NOON KCC

To Register Call Marie at 541-880-2243

Saturday 9/17 Steve Baker presenting Honor Flight
photos for Viet Nam Vets

Save the Date
Klamath Basin Senior Center

Christmas Bazaar

When: Saturday, December 3rd

Time: 8:30 am – 3 pm

ONE DAY ONLY. Doors open for sellers 7am to set up tables. Tables
must be cleared by 3:30 pm. \$25 per table. Call Kathy for more info.
541-883-7171 ext. 124



LINE DANCING IS BACK
WITH FERN STEERS
FRIDAYS – 7:00 pm in the
Senior Center Ballroom

Tuesday – September 20th
AGE WELL EXPO

A HEALTH PROMOTION INFORMATION FAIR
Come see what's available to you for your well-being.
have lunch, hook up with a friend. Door Prizes

KLAMATH SENIOR CENTER SEPTEMBER 2022 CALENDAR OF DAILY EVENTS

MONDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- MUFFIN MONDAYS 10:30 am
- COUNTY BRANCH LIBRARY 9:30 am to 1 pm
- Dementia Support Group with Kathleen Rutherford – 9:30 am to 10:30 am
Preregistration required, Call Kathleen at 541- 622-9562
- WATERCOLOR 10 am – 11:30 am
- Buried In Treasure Support Group – with K. Rutherford, KBBH – 10:45 am Preregistration Required, Call Kathleen at 541- 622-9562
- GOLDEN AGE BINGO - 12:30
- YOGA 4:00 pm to 5:00 pm with Kim Carson

TUESDAYS

- SAIL Class with Anne Davenport – 9:00 am
- CREATIVE WRITING CLASS BEGINS 9/27 call to register 541-883-7171
- WATERCOLOR 10 am – 11:30 am
- Seated QiGONG with Rachel Stephens – 1:30 pm
- QiGONG 2:30 pm with Rachel Stephens
- SHIBA (MEDICARE Counseling) by appointment

WEDNESDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- QiGONG 2:30 pm with Rachel Stephens
- Tai Chi 4:00 pm to 5:00 pm with Andrew Hyun

THURSDAYS

- SAIL Class with Anne Davenport at 9:00 am
- Golden Age Club BINGO and card games 12:30 pm
- COUNTY BRANCH LIBRARY 1:30 pm – 4 pm
- Movies on fourth Thursdays – 1:30 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment
- Individual Health Promotion Counseling by appointment

FRIDAYS

- SAILing classes with Mary Noller at 9:00 am and 10:30 am
- Circle of Friends with K. Rutherford, KBBH – 10:30 am to 12
- COUNTY BRANCH LIBRARY 9:30 am – 1 pm
- Line Dancing – 7:00 pm

SATURDAYS


- BINGO Nickel Bingo open at 10 am call at 11:30
- BINGO Fundraiser open at 4:30 pm call at 6pm



Check for event calendar updates at www.klamathseniorcenter.com

SEPTEMBER 2022

NOTE: Menu is subject to change depending upon availability of supplies. Tea, coffee, juice and milk are available with each meal.
Sugar free DESSERT if available and salads are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SLOPPY JOES Veggie Salad DESSERT IF AVAILABLE	2 FISH & CHIPS Veggie Salad DESSERT IF AVAILABLE
5 CLOSED FOR LABOR DAY	6 CHEESEBURGERS & FRIES Veggie Salad DESSERT IF AVAILABLE	7 ROAST CHICKEN & ROAST VEGGIES Veggie Salad DESSERT IF AVAILABLE	8 LIVER & ONIONS or CHEF'S CHOICE Veggie Salad DESSERT IF AVAILABLE	9 CHILI DOGS & FRENCH FRIES Veggie Salad DESSERT IF AVAILABLE
12 SWEDISH MEATBALLS & EGG NOODLES Veggie Salad DESSERT IF AVAILABLE	13 CHICKEN STRIPS & FRIES Veggie Salad DESSERT IF AVAILABLE	14 MEATLOAF W/MASHED POTATOES & GRAVY Veggie Salad DESSERT IF AVAILABLE	15 BEEF GOULASH & GARLIC BREADSTICKS Veggie Salad DESSERT IF AVAILABLE	16 SPLIT PEA SOUP W/HAM Veggie Salad DESSERT IF AVAILABLE
19 BARLEY BEEF STEW & CORNBREAD Veggie Salad DESSERT IF AVAILABLE	20 Roast Chicken Veggies Salad Dessert Age Well Expo	21 BEANS & HAM CORNBREAD Veggie Salad DESSERT IF AVAILABLE	22 POLISH DOGS & SAUERKRAUT Veggie Salad DESSERT IF AVAILABLE	23 SPAGHETTI & MEATBALLS Veggie Salad DESSERT IF AVAILABLE
26 CHICKEN FRIED STEAK MASHED POTATOES Veggie Salad DESSERT IF AVAILABLE	27 AU GRATIN POTATOES W/HAM Veggie Salad DESSERT IF AVAILABLE	28 SALISBURY STEAK W/EGG NOODLES Veggie Salad DESSERT IF AVAILABLE	29 BREAKFAST FOR LUNCH Veggie Salad DESSERT IF AVAILABLE	30 ROAST PORK Veggie Salad DESSERT IF AVAILABLE

Tulelake-Butte Valley Fair Parade Grand Marshals

JOHN AND LOUISE CRAWFORD



John and Louise have been married for 42 years and the Crawford Family's "Fair Roots" run pretty deep. In 1968 John rode on a float in the Tulelake parade just days after returning home from a tour of duty in Vietnam. That same year Louise had the Grand Champion lamb and a couple years later was Grand Champion sheep showman at the Klamath County Fair. In 1980 John's Mother, Ruth Mary was appointed to the board of the Tulelake Butte Valley Fair and served into the 1990's. Son Bryce and Daughter Shyla both raised swine and earned Showmanship awards during their years in 4-H. Louise was the 4-H swine leader during those years. Louise led a delegation of 4-H kids to the 4-H Congress in Washington D.C. in 2004. In 2005 Shyla was Tulelake's Fair Princess. John and Louise have been loyal supporters of the Livestock Auction for many, many years.

John's Daughter Jana Carrington, a Chico State graduate, is a teacher in Burlingame California. Granddaughter Samantha is a junior at Burlingame High School and Granddaughter Katherine is a freshman at Purdue University. Louise, Bryce, and Shyla are all graduates of Oregon State University and as John attended the University of Oregon, the family's "Civil War" is never ending.

John and Bryce, along with John's brother Rob and nephew Max operate Crawford Farms and Cascade Farms which is the family's organic division. Bryce and wife Ashley have four little "Crawford" boys, 6-year-old triplets Bryson, Gavin, and Easton and 2-year-old Logan. Shyla is the Wholesale Manager for Roxy Ann Winery in Medford. John and Rob have farmed in Tulelake their entire lives, growing grain, potatoes, onions, alfalfa and until recently peppermint. The Peppermint was grown and processed in cooperation with the Leo and Mike McKoen families.

The Crawford brothers are also owner, members of Cal-Ore Produce. John is a proud "Life Member" of both the Veterans of Foreign Wars and The National Rifle Association and has been fighting the Klamath Basin's "Water Wars" for more than forty years. He was President of the Klamath Water Users for four years and is serving his 40th year on

the board of directors of the Tulelake Irrigation District. He is currently President of that board. He has always tried to deal with the conflict using only one weapon "The Truth". With the farm in capable hands, John and Louise can spend more time traveling and enjoying life. Enjoying life to them means grandkids and dogs for Louise and fishing for John.

PIONEER DAY



Highlights of the Tulelake-Butte Valley Fair are the Saturday parade and the annual Pioneer Day, an event celebrating the Tulelake pioneers created by the late Francis Johnson and Jacqui Krizo 20 years ago. Pioneer Day celebrants gather from 10 am to 1 pm at the the Honker, next to Tulelake High School, for coffee and donuts in the morning and a light lunch before watching the parade together. The event welcomes Tulelaketers, friends and neighbors. It is typical for 60-100 people to attend, some coming from as far away as Texas, Southern California and Washington. A lot of people come to meet their friends in a place that is easier than trying to track them down at the fair itself; it's like an annual Tulelake reunion. The cost is \$10 per person to cover food and expenses. More photos and discussion are on the Tulelake Homesteader Facebook page.

**TULELAKE-BUTTE VALLEY
FAIR VISITORS:**

Stop at the newly remodeled kiosk honoring Tulelake WWI and WWII veterans who won homesteads at the entrance to Tulelake from Highway 39.

It's An Atrio Social

Tuesday - September 20, 2022
at the Age Well Expo

Atrio Health Plans will have agents available at an information table from 10:30 am - 2:00 pm during the Age Well Expo to provide information about available health insurance plans and services. Senior Center patrons are encouraged to attend.



This is a paid advertisement from Atrio Health Plans. Vendor tables at the senior center are purchased by the vendor and made available in the interest of public information. The Klamath Senior Center does not endorse products provided by vendors but only provides these opportunities to enable its patrons to make informed choices about available products and services.



PRESENTED BY
BRANNON KAEFRANG

Medicare Basics – 2022

What is Medicare?
When Can I Enroll?
What Are My Coverage Options?
4 Stages of Rx Coverage
Medicare's "Extra Help" Program
Where to Get More Help

September Workshop

September 14 | 10AM

4509 S 6th St, Ste 109 | 541.882.6476

One-on-One Appointments Also Available



The Senior Center will be closed, Monday September 5th in honor of Labor Day

Parkinson's Disease Support Group

Are you or a loved one diagnosed with Parkinson's disease? **You are not alone!**

Join us for a monthly support group to learn, share, and connect. This group is free and confidential.

Contact Ron or Kate to find out more.

Ron: 541.591.0686

Kate: meymurp@hotmail.com, 541.810.2134

If you are looking for more resources, contact Parkinson's Resources at 800-426-6806

Klamath Falls Parkinson's Support Group

3rd Tuesday of the
month

1:00 pm meeting

12:00 pm lunch

Red Rooster

Grill and Pub

3608 S 6th St

(across from the

Fairgrounds)

Contact Ron or Kate
before your first
meeting.



**Parkinson's
Resources**
Serving Oregon & SW Washington



There are Many Reasons to Call Rogue River Place in Klamath Falls "Home Sweet Home."

Choose to make your new home at the beautiful Rogue River Place, located in Klamath Falls – down the street from Black Bear Diner.

Here, you'll find friendly residents and a compassionate care team.

Enjoy home-like amenities plus 24/7 care.

- Individualized care plans
- Medication management
- Studio and 1-bedroom apartments
- Chef-prepared meals
- Social & recreational programs
- Housekeeping & laundry


Rogue River Place
Senior Living

2437 Kane Street
Klamath Falls, OR 97603
541-882-0440

enlivant.com



Call 877-302-5471 today to schedule your personalized tour.

The 71st annual Tulelake-Butte Valley Fair is September 8-11, 2022!

We will be celebrating the theme "American Grown Traditions" We hope you all can join us!

ENTERTAINMENT SCHEDULE THURSDAY, SEPT. 8TH FARMERS & RANCHERS APPRECIATION DAY - MACY'S FLYING SERVICE AND EVER- GREEN AGRICULTURE

7-9am Exhibits Received:
Arrangements, Potted Plants
& 1st Cut Flower Show-Home
Ec. Building
8:00 am Gymkhana Horse
Show - @ Horse Arena in
Grandstand area
8:00 am Livestock Exhibitors
and Leaders Meeting - Swine
Arena

10:00 am All Exhibit Buildings
& Barns open to the public
10am-7pm Free Activities @
Kiddie Korral
11am-8pm Pony Land
Amusement Petting Zoo
11am-8pm Tumbleweed Pony
Rides

11am- 8pm Helicopter Rides
11am-7pm Train Rides
11:00 am, 2 pm Majik Moment
@ Community Stage
11:30 am, 2:30 pm, 4:30 pm
Dog Agility Show - Lawn by
Grandstand
11:30 am, 2:30 pm, 5:30 pm
Alan Sands Hypnotist @ Main
Stage

NOON MIDWAY CARNIVAL
OPENS
NOON, 3 pm Mood Swing @
Community Stage

12:30 pm, 3:30 pm 5:30 pm
Canine Stars Show @ Lawn by
Grandstand
1:00 pm 1st Cut Flower Show
Judging- Home Ec. Bldg.
1:00 pm, 4:00 pm Dana Wirth
@ Community Stage
1:00 pm, 4 pm Racyne Parker
@ Main Stage

2:00 pm Criss Family Local
Bred Beef Contest-Beef Ring
3:00 pm Replacement Heifer
judging- Beef Show Arena
5:00 pm Farmers & Ranchers
Appreciation Dinner @ Jock's
Sale Pavilion



7:00 pm Sonshine Mountain
Band @ Community Stage
7:00 pm Nephilim Band @
Main Stage
8:00 pm Country Artist Ashley
Barron @ Main Stage
10:00 pm FAIRGROUNDS &
MIDWAY CARNIVAL CLOSED



FRIDAY, SEPT. 9TH PREMIER SPONSOR OF THE DAY: GOLD DUST AND WALKER FARMS

8:00 am Meat Goat Show-
manship followed by Market
9:00 am Beef and Dairy Cattle
Showmanship followed by
Market Beef
10:00 am All Exhibit Buildings
& Barns open to the public
10am-7pm Free Activities @
Kiddie Korral
11am-7 pm Train Rides
11am-8 pm Pony Land
Amusement Petting Zoo
11am-8 pm Tumbleweed Pony
Rides
11 am- 8 pm Helicopter Rides
11:00 am, 4 pm Majik Moment
@ Community Stage

8:00 am Meat Goat Show-
manship followed by Market
9:00 am Beef and Dairy Cattle
Showmanship followed by
Market Beef
10:00 am All Exhibit Buildings
& Barns open to the public
10am-7pm Free Activities @
Kiddie Korral
11am-7 pm Train Rides
11am-8 pm Pony Land
Amusement Petting Zoo
11am-8 pm Tumbleweed Pony
Rides
11 am- 8 pm Helicopter Rides
11:00 am, 4 pm Majik Moment
@ Community Stage
11:30 am, 2:30 pm, 5 pm Dog
Agility Show -Lawn by Grand-
stand
NOON MIDWAY CARNIVAL
OPENS

Noon, 3:00 pm Mood Swings
@ Community Stage
12:30 pm, 3:30 pm, 6 pm
Canine Stars Show by Grand-
stands Lawn
12:30 pm, 3:30 pm, 7:30 pm
Alan Sands Hypnotist @ Main
Stage
1:00 pm Jr. Sheep Breeding
Show followed by Sr. Sheep
Breeding Show
1:30 pm, 5:00 pm Dana Wirth
@ Community Stage
2:00 pm, 6:30 pm Racyne
Parker @ Main Stage
3:00 pm Pygmy Goat Show @
TBD
5:00 pm Nephilim Band @
Main Stage
7:00 pm Sonshine Mountain
Band @ Community Stage
7:00 pm MONSTER TRUCKS &
QUAD WARS @ GRAND-
STAND
8:00 pm Wampus Cat @ Com-
munity Stage
8-9:00 pm Removal of cut
flowers from first of 2 flower
shows
9:30 pm Group Sierra Nevada
@ Main Stage
10:00 pm All Exhibit Buildings
& Barns closed
11:00 pm FAIRGROUNDS &
MIDWAY CARNIVAL CLOSED

SATURDAY, SEPT. 10th PREMIER SPONSOR OF THE DAY: MONTE JOHNSON INSURANCE

8:00 am Swine Showman-
ship followed by Market
Swine Show
9:00am Beef Ultrasound
9:00 am Sheep Showman-
ship followed by Market
Sheep Show
10:00 am All Exhibit Build-
ings & Barns open to the
public
10:00 am Jr. Dairy Goat
Show Judging
10:00 am Rabbit Show
Judging - Open Sheep Barn
Exhibit Hall

SATURDAY, SEPT. 10th continued

10am-1pm Pioneer Day at the Honker
10am-7pm Free Activities @ Kiddie Korral
10am-3pm Heart of Basin Quilters Demonstration - Home Ec. Bldg.
10:30 am Showmanship & Market, Poultry and Turkey Judging
10:30 am, Majik Moment @ Community Stage
11am-8pm Pony Land Amusement Petting Zoo
11am-8pm Tumbleweed Pony Rides
11am-7pm Train Rides
11am - 7pm Helicopter Rides
11:00 am MIDWAY CARNIVAL OPENS
11:30 am, 1:00, 2:30 pm, 5:00 pm Dog Agility Show - Lawn by Grandstand
11:30 am, 5:30 pm Racyne Parker @ Main Stage
11:30 am, 3:30 pm Dana Wirth @ Community Stage
NOON Annual Fair Parade - Main Street
12:30 pm, 3:30 pm, 6:00 pm Canine Stars Show- Lawn by Grandstand
1:00 pm 2nd Flower Show Judging - Home Ec. Bldg.
1:00 pm Pee Wee Showmanship - Beef Show Arena
1:00 pm, 8:00 pm Wampus Cat @ Community Stage
1:00 pm Beef Skill -a- thon
1:30 pm, 4:00 pm, 8:00 pm Alan Sands Hypnotist @ Main Stage
2:30 pm, 4:30pm Mood Swing @ Community Stage
2:30 pm Master Showmanship - Beef Show Arena
3:00 pm Latino Dancers @ Main Stage
4:00 pm Parade of Champions - Beef Show Arena
5:30 pm Cascade Cloggers @ Community Stage
6:30 pm Nephilim Band @ Main Stage
7:00 pm Sonshine Mountain Band @ Community Stage
6:30 pm Destruction Derby @ GRANDSTAND
10:00 pm Aventuros De Mexico @ Main Stage
10:00 pm All Exhibit Buildings & Barns closed
11:00 pm FAIRGROUNDS & MIDWAY CARNIVAL CLOSED

American Grown Traditions...Seniors ...the fair competitions you enjoyed as a youth are alive and well at our fair.....preserved foods, cake, cookies and biscuits, quilts, arts & crafts, woodworking, ceramics, painting and drawing, forage crops, and much more!
Come walk down memory lane!!!!



Seniors with accessibility concerns...come on Thursday and Friday mornings to avoid the crowds in the parking lots. Enjoy train rides around the fair from 11am to 7pm Thurs.-Sat. 11am to 6pm Sun.

SUNDAY, SEPTEMBER 11TH PREMIER SPONSOR OF THE DAY: MONTE JOHNSON INSURANCE

9 am - 9:30 am Sign-up Greased Pig Scramble and Kids Barnyard Rodeo
10:00 am Greased Pig Scramble followed by Kids Barnyard Rodeo
10:00 am All Exhibit Buildings & Barns open to the public
10:00 am Open Dairy Goat Show Judging - Goat Show Arena next to Open Sheep Barn Exhibit Hall
10:00 am Sunday Services @ Main Stage Carnival Area
10am-7pm Free Activities @ Kiddie Korral
10am-3pm Heart of Basin Quilters Demonstration - Home Ec. Bldg.
11am-6pm Pony Land Amusement Petting Zoo
11am-6pm Tumbleweed Pony Rides
11am - 6pm Train Rides
11am - 6pm Helicopter Rides
11:00 am MIDWAY CARNIVAL OPEN
11:00 am Exhibitor Awards Ceremony - Jock's Sale Pavilion
11:00 am Majik Moment @ Community Stage
11:30 am, 2:30 pm, 5:00 pm Dog Agility Show - Lawn by Grandstand
11:30 am, 2:30 pm, 5:30 pm Alan Sands Hypnotist @ Main Stage
Noon, 3:00 pm Mood Swing @ Community Stage
12:30 pm, 3:30 pm, 6:00 pm Canine Stars Show - Lawn by Grandstand
1:00 pm, 4:00 pm Nephilim Band @ Main Stage
1:30 pm, 6:00 pm Dana Wirth @ Community Stage
4:00 pm Rotary Junior Livestock Auction - Jock's Sale Pavilion
4:30 pm Majik Moment @ Community Stage



2022 Fair Shuttle Schedule

Friday, September 9, Saturday, September 10, and Sunday, September 11, 2022

- 10:00am - DEPART KFLS SENIOR CENTER (Arthur Street) DRIVE TO MERRILL
- 10:40am - DEPART MERRILL
- 11:00am - ARRIVE AT TULELAKE FAIRGROUNDS, DROP OFF, DEPART FOR KFLS
- 12:00pm - DEPART KFLS SENIOR CENTER, DRIVE TO MERRILL
- 12:40pm - DEPART MERRILL
- 1:00pm - ARRIVE AT TULELAKE FAIRGROUNDS, DROP OFF & PICK UP, DEPART
- 2:00pm - DEPART KFLS SENIOR CENTER, DRIVE TO MERRILL
- 2:40pm - DEPART MERRILL
- 3:00pm - ARRIVE AT TULELAKE FAIRGROUNDS, WAIT FOR LAST RETURN TRIP TO KFLS
- 6:30pm - DEPART BACK TO MERRILL AND KFLS - LAST BUS

- NOTE: Pickup in Merrill will be behind Polar Bear Restaurant



6:00 pm Truck Sled Pull @ GRANDSTAND
6:00 pm Grupo Sierra Nevada @ Main Stage
7:00 pm Begin the Release of Livestock Exhibits

7:00 pm Release of Commercial Building Vendors and Building Exhibits
8:00 pm FAIRGROUNDS AND MIDWAY CARNIVAL CLOSE

FARM JOURNAL FRESH PACK DILL PICKLES

FarmJournal.com

17-18 pounds (3-5") cucumbers

1 1/2 cups salt

2 gallons water

6 cups vinegar

3/4 cup salt

1/4 cup sugar

9 cups water

2 Tablespoons whole pickling spices

Dill heads, fresh or dried (3 per quart jar)

Whole mustard seeds



Wash cucumbers; cover with brine made by adding 1 1/2 c. salt to 2 gals. water. Let stand overnight. Drain.

Combine vinegar, 3/4 c. salt, sugar, 9 c. water and pickling spices, tied loosely in clean, thin white cloth. Heat to boiling.

Pack cucumbers into hot quart jars. Add 3 dill heads and 2 tsp. mustard seeds to each jar. Pour boiling vinegar mixture, spice bag removed, over cucumbers to within 1/2" of jar tops.

Adjust lids. Process in boiling water bath (212-degrees F.) 20 minutes.

Remove jars from canner and complete seals unless closures are self-sealing type. Makes 7 quarts.



LET'S LIVE HEALTHIER
TOGETHER

healthyklamath.com/fall-into-fitness

Beat the heat

in Klamath County's cooling spaces



The nation, including Oregon, has experienced several days of extreme heat this summer. Listed below are places local people can go to get out of the heat and experience some cool, fresh air. Please note, pets cannot be accommodated at these locations.

Bly Branch Klamath County Library

61100 Metler Street, Bly,
541-353-2299, Tuesday, Wednesday, Thursday 8 a.m. to 2 p.m.

Bonanza Branch Klamath County Library

31703 Hwy 70, Bonanza, OR
541-545-6944. Tuesday and Thursday 10 a.m. to 6 p.m.; Wednesday 10 a.m. to 2 p.m.; Saturday 11 a.m. to 3 p.m.; Sunday 12 noon to 4 p.m.

Chemult Branch Klamath County Library

120 Damon Street, Chemult, OR
541-365-24120 Thursday and Friday 10:30 a.m. to 5 p.m.; Saturday 2 to 5 pm.

Chiloquin Branch Klamath County Library

140 South 1st Street, Chiloquin, OR
541-783-3315, Saturday and Monday 10 a.m. to 2 p.m.; Tuesday, Wednesday and Thursday 10 a.m. to 6 p.m.; Friday 1 to 5 p.m.

Gilchrist Branch Klamath County Library

138306 Michigan Ave, Gilchrist, OR
541-433-2186, Tuesday 10 a.m. to 12:30 p.m.; Wednesday 10 a.m. to 2 p.m.; Saturday 1 to 5 p.m.

Keno Branch Klamath County Library

15555 Hwy 66 No. 1, Keno, OR
541-273-0750, Tuesday and Wednesday 12:30 to 4:30 p.m.; Thursday 10 a.m. to 4:30 p.m.; Saturday 10 a.m. to 2 p.m.

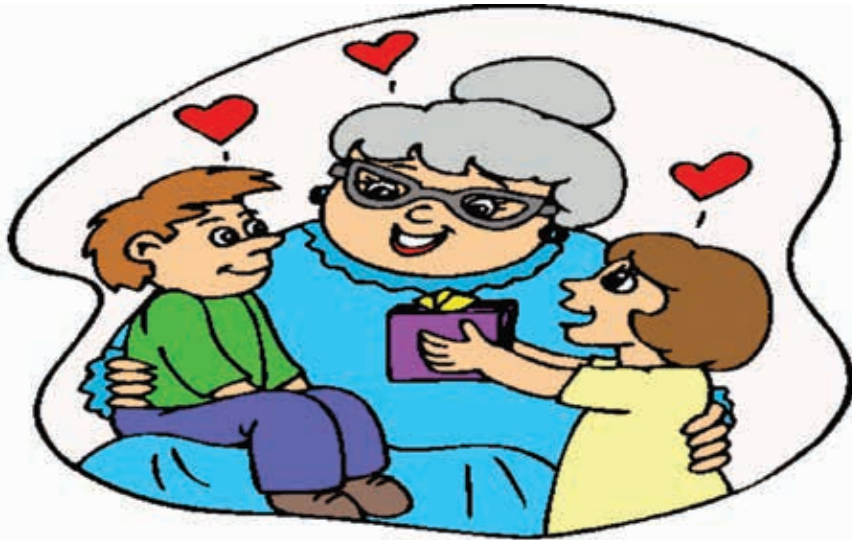
Klamath Basin Senior Citizens Center

2045 Arthur Street, Klamath Falls, OR 541-883-7171. Monday through Thursday 8 a.m. to 4:30 p.m.; Friday 9 a.m. to 2 p.m.; Saturday 10 a.m. to 9 p.m.

(Continued on page 16)

Are You Interested in Earning Non-taxable Income While Volunteering?

Become a Foster Grandparent and Earn an Hourly Income While Helping Children Succeed in School and in Life!



Foster Grandparents provide support, mentorship, and tutoring services to school-aged children in public and private schools and in local, child-focused, nonprofit organizations in Klamath County. The Foster Grandparent Program....

- ...helps children succeed in school and in life
- ...improves the budgets of low-income senior citizens through a non-taxable, hourly stipend and generous mileage reimbursements
- ...connects the generations for a stronger community
- ...provides generous mileage reimbursements to volunteers to offset the cost of community volunteerism
- ...provides "on the job" insurance in case of accident/injury
- ...provides meaningful purpose in the lives of low-income retirees
- ...allows volunteers to choose their own hours/days of service
- ...paid time off (PTO)-2 hours of PTO for every 10 hours of volunteer service
- ...monthly training opportunities
- ...new friendships and bonding with older adults, children and teachers

Please contact Lisa Bertash today to learn more about the AMAZING Foster Grandparent Program available to low-income older adults in Klamath County.

Lisa Bertash, Volunteer Coordinator
The Foster Grandparent Program of Southern Oregon
(541) 539-1208
Lbertash@retirement.org



"Every child is one caring adult away from a success story."



WORK WITH KIDS
Flexible hours
Various Locations



EARN EXTRA CASH
Non-Taxable
Won't Impact Benefits

FOSTER GRANDPARENT PROGRAM

Talk, connect, share a meal, make a friend, and learn new things. Your community needs you now, more than ever before.

GET INVOLVED

FGP@retirement.org
541-539-1208

Community Volunteer Network

A PRS Organization

We're growing.

JOIN OUR TEAM!



Openings for: RNs & CNAs

Are you interested in joining an award winning team?



2751 Washburn Way - 541.882.2902
www.klamathhospice.org/employment


RETIRE IN
THE COMFORT OF
YOUR HOME

*Increase Monthly cash flow

*Pay medical expenses now and in the future


*Pay off current mortgage and no monthly payment

*Reap the rewards of a lifetime investment in your home




Mike Bliss
NMLS# 291410

Call Mike
to see if a
Reverse Mortgage
is right for you




All Seasons
MORTGAGE SERVICES GROUP
Your Lender For Life NMLS#226699

541-850-9020
1420 Esplanade Ave
Klamath Falls, OR 97601



OLDER ADULT PROGRAM


Are you struggling to connect with others?
Are you feeling lonely, sad, or worried?
Are you feeling hopeless about your life?



LOCAL
SUPPORT IS
AVAILABLE

KATHLEEN
RUTHERFORD, LCSW
541.622.9562

You are not alone.



(Continued from page 14)

Klamath County Library
126 South 3rd Street Klamath Falls, OR. 541-882-8894 Monday, Friday and Saturday 10 a.m. to 5 p.m.; Tuesday and Thursday 10 a.m. to 8 p.m.; Wednesday 1 p.m. to 8 p.m.; Sunday 1 to 5 p.m.

Malin Branch Klamath County Library
2307 Front Street, Malin, OR
541-723-5210 Tuesday and Thursday 9 a.m. to 12 noon and 1 to 5:30 p.m.; Wednesday 1 to 5:30 p.m.; Saturday 9 a.m. to 12 noon.

Merrill Branch Klamath County Library
365 West Front Street, Merrill, 541-798-5393 Monday, Wednesday and Friday 9a.m. to 12 noon and 1 to 5:30 p.m.; Saturday 1 to 5:30 p.m.


Red is the Road to Wellness
925 East Main St., Klamath Falls, OR 541-797-0088. Monday through Friday 9 a.m. to 7 p.m.; Saturday 9 a.m. to 3 p.m.; Sunday 9 a.m. to 12 noon

South Suburban Branch Klamath County Library
3625 Summers Lane, Klamath Falls, OR. 541-273-3679
Monday through Friday 9:30 am. to 6 pm.; Saturday 9:30 a.m. to 5 pm


Sprague River Branch Klamath County Library
23402 Sprague River Road, Sprague River, OR. 541-533-2769
Tuesday, Wednesday, Thursday and Saturday 10:30 a.m. to 4 p.m.

Submitted by Valeree Lane, Public Information Officer, Public Health, 541-882-8846. ext. 3508v


Hey these are
cool places to be!



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

Free Wellness Event



Worried you may be at risk for Type 2 Diabetes?

Join us Monday, September 12, at 1 pm for a free Wellness Event at the Sky Lakes Community Health Education Center! Learn how to prevent diabetes, enjoy a live cooking demonstration, win prizes, and find out more about our lifestyle change program.



Community Health Education Center • 2200 N. Eldorado Avenue
541.274.2770 • skylakes.org/preventdiabetes



If you're in search of a place where you can be yourself, with extra support and care nearby if and when it's needed, Crystal Terrace of Klamath Falls is just the place for you.

To us, you are a hero, navigating the adventure of your life, and we're here to serve as your trusty guide on this next leg of your journey. Come, sit with us and tell us all about you, and what would make your life even better. We are committed to serving our residents by first building a relationship with you or your loved one, so we can provide a personalized experience and the right amount of care for you.

Together – it's how our community works, and we look forward to working with you. Reach out today to learn more.



1000 Town Center Dr
Klamath Falls, OR 97601
541-238-2456

Independent Living

Maintenance-free living at Crystal Terrace of Klamath Falls means more time for you to be you.



Assisted Living

Experience a new level of independence with right-sized care and support when it's needed.

Memory Care

Comfort, support, and new connections for you and your loved one living with memory loss.



Muffin Mondays

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



Remember . . .

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



We can help you select Urns in large or small, simple or elaborate to capture your memories for all time.

DAVENPORT'S CHAPEL

Trusted
Since 1978



✦ of the ✦

GOOD SHEPHERD
The Different Funeral Home

New Location: Klamath Memorial Park • 541-883-3458

DONOR REPORT**DHS Grants \$61,000 for Infrastructure Improvements****Submitted By Marc Kane**

The Department of Human Services, Office of Aging and People with Disabilities has awarded the Klamath Senior Center two grants this month. The first for \$25,000 will fund the replacement of tables and chairs in the congregate dining room along with other improvement for the congregant program. The second will fund the acquisition of equipment for the Transportation Services Department to further our work in coordinating our dispatch and ride tracking. It will upgrade our radio communications equipment and update our computing equipment.

In addition to our efforts to raise general operating dollars we continue to appeal for funds for a capital improvement program. New grantors and contributors continue to be sought. We have yet to raise a needed \$300,000 in that campaign. Projects include a generator for the building, a lift to the second floor, bathroom remodels, new tables and chairs, new entrance doors, a new seven passenger van with lift, and a general makeover of the building appearance. All our gifts are valued the same no matter how large or how small. They all add up to making our community a better place and to our ability to honor our senior residents.

July donations of \$ 76,660 were received from the following organizations and individuals:

JTMF Foundation	Howard McGee
Wendt Family Foundation	Jon Schnebly
Crystal Springs Foundation	Burl Parrish
Anonymous	Rose Chapman
Emma Wyatt	Ernie Palmer
First Presbyterian Church	Mildred Miller
Dorothy Winters	Wilma Petrik
Geraldine Schindler	Patricia Henderson
Refuge City Church	Cheryl Gibbs (1)
Marta Stephens	Albert & Delores Errecart
	Ed Hampton

Unidentified contributions in April for Meals, Transportation and Other Services amounted to \$ 3,308.00

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2021 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church	Patricia Henderson
Dorothy Winters	Donna Maloney
Refuge City Church	Ernie Palmer
Marta Stephens	Cheryl Gibbs (1)
Jon Schnebly	Albert & Delores Errecart
Howard McGee	Wilma Petrik
Burl Parrish	Mildred Miller
Geraldine Schindler	Mary Reta
Rose Chapman	Joe Primm

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.

Stay Healthy, Active & on Your Feet in September*By Anne Davenport, PT, DPT*

One in six older people fall each year. You can lower your risk of falling by making a few simple changes. Increase your independence and stay active by following these tips. Many falls can be prevented.

Steps YOU can take today to prevent falls:

1. **Check Your Risk of Falling** using the CDC Fall Risk Assessment Tool provided on page 22.
2. **Attend the Age Well Expo on September 20** from 10:30 am - 1:30 pm (flyer on page 5) to assess your fall risk thoroughly, learn about prevention programs and resources, options for improving home safety and more. Visit klamathseniorcenter.com for schedule.
3. **Speak Up.** Talk openly with your healthcare providers and fall risks and prevention. Have your doctor review your medications which may cause side effects that increase your risk of falls. Attend the Age Well Expo or the Stay Healthy & On Your Feet Seminar on September 21 (flyer on page 25) to learn more about this topic.
4. **Keep Moving.** Attend an exercise program at the Senior Center to improve your leg strength and balance. We offer various classes for all abilities, including aerobics, strength training, balance activities, Yoga, Tai Chi, and Qi Gong. See page 10 for a calendar of activities.
5. **Create Your Network.** Fall Prevention is a Team Effort. Your team may include your family, friends, as well as your healthcare providers and community organizations. Each of them brings a unique mix of expertise and familiarity that can provide important protections against falling. Learn more about who can be on your team in the community at the Age Well Expo.

References:

www.ncoa.org/article/falls-prevention-is-a-team-effort
www.cdc.gov/steady/patient.html

Check your risk for falling on the next page

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____			Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). Adapted with permission of the authors.

“Let food be thy medicine.” We’ve all heard that saying at one point in our lives. Same holds true for “An apple a day keeps the doctor away.” These sayings have been circulating around society for a long time now, so there must be something to them to have such strong staying power.

How much of your diet consists of processed foods?

Take a few minutes to think about what food you ate during the last week. How much of that food was packaged or ready to eat? For the packaged food that you ate, did you read the labels to see the ingredients? Chances are those foods contain highly processed ingredients.

The US food supply contains more processed foods than ever before

As technology has advanced, so have food production processes. We can now take a variety of whole foods and process them into packaged foods and combinations like never before. One example is High Fructose Corn Syrup (HFCS), which is manufactured by adding enzymes to corn syrup in order to convert some of the glucose to another simple sugar called fructose.

HFCS hit the US food supply in the late 1970s and soon was used in many products as an alternative to cane and beet sugar due to rising costs. It’s notable that around this time a huge upward trend for obesity began.

Nowadays, more than 70% of America’s packaged food is ultra-processed according to The Healthfulness of the US Packaged Food and Beverage Supply: A Cross-Sectional Study. New York University investigators reviewed U.S. federal government data and found that the proportion of ultra-processed foods in Americans’ diets grew from 53.5% of calories in 2001-2002 to 57% in 2017-2018.

How can you eat healthy in a sea of unhealthy options?



It’s becoming increasingly more challenging to find healthy food options for a number of reasons. The cost of the whole foods are extremely high compared to those of processed foods, the market share of whole foods is dwindling as more processed foods hit the shelves, and the ease of grabbing a ready to eat or packaged snack can be appealing versus preparing a meal from scratch.

You can manage to eat healthy, you just might have to work at it a little harder than ever before. Here are a couple of resources you might want to explore if you’re looking to improve your diet and reduce the amount of processed foods you consume.

- ▮ Oregon State University put together a great online resource at [foodhero.com](https://www.foodhero.com) that contains a wealth of healthy recipes.
- ▮ Sky Lakes Wellness Center offers a year-long course in lifestyle change as part of the National Diabetes Prevention Program. The next course starts in mid-September, if you want to learn more about what this course has to offer, then attend their free Wellness Event on September 12th at 1pm at 2200 N. Eldorado Avenue.

BINGO

Thursdays
and Saturdays
at the Senior Center
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- **THURSDAY BINGO** Fundraiser open at 4:30 pm call at 6 pm.
- **SATURDAY BINGO** Nickel Bingo open at 10 am call at 11:30
- **SATURDAY BINGO** Fundraiser open at 4:30 pm call at 6pm

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LAKEVIEW SENIOR CENTER



SEPTEMBER 2022 Events

We will be celebrating the Lake County Senior Center's 101 year old birthday on September 29TH, 4 - 7:00pm with an OPEN HOUSE to all interested.

We hope to start up Bingo again this month. We did well in the previous months that we held it. Transportation will be provided to those participating if needed.

ALL rides require reservations.

We request a 24 hour notice for transportation to ride the LUNCH BUS to the center for meals on Monday, Wednesday and Fridays @ 12:00. 541-947-4966-X106.

Home delivered meals are provided weekly. Congregate Meals are being served on Mondays, Wednesdays and Fridays in the dining room @ 12:00 - 1:00.

Lakeview Local operates 8-5 on Thursdays of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.

First & third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00 & 1:00.

Second Tuesday Klamath Falls Shopping Trip.

Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. Will Meet At The C.V. Community Center.

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

Outback Thrift Shop days are on Mondays & Wednesdays 10:00 - 2:00 so our shoppers can join us for lunch. Donations accepted during store hours.

Watch for updates to our basement space & new classes to follow.

The flower that follows the sun does so even on cloudy days.

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email:
sleeplab@lakehealthdistrict.org

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Creative Writing Class

Hello there! It's that time of the year, fall is right around the corner and it's time for A CREATIVE WRITING CLASS. Our next class begins on September 27th, and will continue until November 15th. O.K., who is next to explore and document your family's history, get all those wonderful and cherished memories down on paper. What a wonderful gesture to leave your grandchildren. Or maybe you have a hidden talent and have toyed with the idea of a mystery novel, short story or children's book. Come let's explore together. Please sign up at the front desk.

**We will have a
vaccination
clinic
at the
Expo 9/20.**

**FREE
Food Boxes will
be given out.**



Stay Healthy and On Your Feet

Free fall prevention event

Balance, strength, and overall health can change as you age, putting you a risk for falling.

Providence experts will offer a free educational presentation on how to reduce your risk of falling. Learn how your medications, footwear, and home environment can keep you safe and on your feet.

The event will also include a short, active introduction to Tai Chi. Tai Chi offers multiple health benefits. Regular Tai Chi has been shown to reduce the risk of falling by 50%. It is also a great way to improve strength and flexibility.

Attend for yourself or someone you love.

Personal medical advice will not be given.
Exercise participation is at your own risk.

Wednesday, September 21, 2022

6 pm – 8 pm

Health Education Center
2200 N. Eldorado Avenue

PRESENTER:

Jamie M. Caulley, DPT
Clinical Advancement Lead in
Balance Rehabilitation
Senior Health Clinical Liaison

Contact Patricia Card: 458-200-4257
Registration is *not* required.

We look forward to you joining us!





**What You Can Do to
Prevent Falls**

**If you have problems with
balance or walking, or if you
have experienced a fall recently,
talk to your doctor and follow
these tips to keep safe.**



Talk to Your Doctor

Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about how to prevent falls.

Do Strength & Balance Exercises

Do exercises that make you stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

Have your eyes checked by an eye doctor every year and update your eyeglasses if needed.

September 2022

Stand Tall & Get Up From a Fall

By Anne Davenport, PT, DPT



Studies show that 50% of falls occur during some form of movement. Tripping over obstacles and loss of balance are two of the most common causes of falls in older people. Individuals with poor postural stability and control have a greater tendency to fall. After an older adult falls, lying on the floor for a long time or getting up incorrectly could cause additional injury - even if they were not seriously injured from the fall itself. For example, someone who is unable to get up or call for help may develop serious complications like dehydration, hypothermia, pneumonia, or pressure sores.

That is why I am excited to offer the following two seminars during Fall Prevention Awareness Week!

On Thursday, September 22, from 10:15 am - 11:30 am, join me for *Posture Boot Camp*. You will learn what constitutes good posture and alignment, and how to achieve and maintain correct posture while going through your daily life. You will receive printed materials and immediate action steps that will decrease your risk of falls.

On Friday, September 23, from 12:30 pm - 2:30 pm, attend *I've Fallen and I CAN Get Up* to learn important skills about how to spend less time on the floor in the event that you experience a fall. The truth is, we are ALL at risk for falling, no matter our ability or age. We will discuss the general transitional movements to get you off the ground, as well as introduce strength-training activities to improve your ability to complete the movements.

Registration is REQUIRED for both seminars and there is limited seating available. Please call the Senior Center at 541-883-7171 or stop by the front desk to sign up today!

Donate Durable Medical Equipment

Do you or someone you know have durable medical equipment that you no longer need? If so, donate it today to the Senior Center. We will pass it along to someone in need. *(Make sure it is clean and sanitized, thank you).*

At the Klamath Basin Senior Center, we provide a Durable Medical Equipment Loan Program which is at no cost to participants. We are always in need of new or gently used equipment in order to continue this program successfully.

We can take most equipment, as long as it is clean and in good working condition. This may include wheelchairs, walkers, canes, shower chairs, bedside commodes, scooters, and more.

Please call 541-883-7171 or email us at seniorcenter@kb-scc.org to learn more.



"Bristol Hospice, formerly High Desert Hospice, is serving our community with the same values, excellent standards of patient care, and heart that we have always had. We serve Southern Klamath County and strive to bring compassionate hospice care to the community."

Want to truly make a difference for someone?
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for Bristol Hospice

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Klamath Falls
2210 Shallock Ave
Klamath Falls, Oregon 97601
Phone: (541) 882-1636
Fax: (541) 882-1799

If you need help, you can count on us to be there for you!

"I love my job and the people who live here!"
– Kayla Simonson, Caregiver

As a Pelican Pointe caregiver, I look after the residents, ask them how they are doing, and if they are having a rough time with personal issues, I try to give the help they need. I love the differences in the backgrounds and the stories they share. I always spend time with the people and find out who they are."
– Tyler Pedigo, Caregiver and Med Tech

"I like the people I work for, the residents, and who I work with. It gives me purpose to come to work everyday." –
Wanda Cleveland, Health Services

"The residents are fun to be around. I am a Resident Assistant. If help is needed, I get them up, help with showers and daily activities, and bring them to meals."
– Maria Gameros



Kayla Simonson



Tyler Pedigo



Wanda Cleveland



Maria Gameros

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BOSE GIVEAWAY
FRIDAY DRAWINGS
September 9-30 • 6pm-9pm
Win up to \$500 CASH and a Bose Wave Music System IV!
Beginning Thursday, September 1 at 8am, earn one drawing entry for every 10 points.
Drawings every half hour.
Win Free Play or Cash AND a Bose Item.
(May only win once per day. While supplies last.)




LABOR DAY CAMO KIOSK
Monday, September 5 • 11am-7pm
Win up to \$250 CASH!
Earn 50 points and swipe at the Kiosk for your chance to win.
Win Camo Items or CASH.
(May only redeem once per day. While supplies last.)




SENIOR DAY MONDAYS
8AM - MIDNIGHT
★ NO SENIOR DAY HOT SEATS ★
★ ON MONDAY, SEPTEMBER 5. ★
EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)



PATRIOTIC KIOSK THURSDAYS
September 8-29 • 10am-8pm
WIN UP TO \$100 CASH!
Earn 50 points and swipe at the Kiosk for your chance to win.
Win Points, Free Play or CASH.
(May only redeem once per day.)



Fall Sunday HOT SEATS
September 11-25 • 1pm-5pm
WIN UP TO \$200 CASH!
Drawings every half hour.
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