

March 2023

Active Seniors

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

Come celebrate St Patricks Day at the Senior Center!

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John 3:16

ALL ARE WELCOME.



Klamath Basin Senior Citizens' Center



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

*See map below

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



ACTIVITIES

BINGO

Creative Writing & Art Classes

Movies



FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

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All content for this publication has been provided by the Klamath Basin Senior Citizens' Center and partners. For questions, suggestions, and general information regarding this publication, please call 541-883-7171.

Produced in conjunction with the Herald and News.

Director's Greeting

We have a new look!

You may have noticed that the size of our newspaper just got larger this month. Fewer pages here but more space on each page than in earlier editions. These changes help support the Herald and News in operating more efficiently, and we are happy to contribute to that effort. The Herald and News has always been a staunch supporter of the Klamath Senior Center and we have all benefited from the contribution that is made to sustain our ability to keep the public informed of all the opportunities that we provide to our older adults and the community. I hope you will also do whatever you can to support our friends at the Herald and News.

Did you notice all those golden coins spilling out of that green hat on the front cover? It's no secret that I am one of the Irish and I love to celebrate St. Patrick's Day. It is also no secret that I am proud of all that the Klamath Senior Center has come to be in its ability to support the older adults of this community. I think of each of those coins as representing the many services and meals that we are able to provide. Being that gold is the symbol of endurance the symbolism fits well with all of our efforts to keep our seniors socially connected in an effort to assist each one in their personal ability to endure, to live longer, happier and healthier lives.



Marc Kane, Center Director

It is our pleasure to share for the first time part of our larger front page with an advertiser who has also been a long standing

supporter of the Klamath Senior Center. In fact many advertisers have been represented in our paper for many years. It is that advertising that keeps our paper alive and also supports the Herald and News. The Senior Center paper, Active Seniors, is published at no expense to our Center because of those who contribute by advertising here. Please support those that advertise here with one of your golden coins.

Have you noticed that the flag of Ireland sports both green and orange? Traditionally the green represents the Catholics, and the orange the Protestants who share that Emerald Isle. The white portion between is a symbol of the peace between these two religions. Again these Irish folks bring us symbols that remind us that we share values that support community. It is the collaborations we build between us here in the Basin that make our community and our center so great.

So, I leave you with an Irish blessing:

May the road rise to meet you.
 May the wind be at your back.
 May the sun shine warm upon your face,
 the rains falls softly upon your fields, and
 until we meet again may God hold you in the palm of His hand.

Enjoy this issue of our paper which focuses on proper and suggested nutritional practices.

Come see us for a corned beef and cabbage lunch on March 17th and enjoy the music and song of our friend Danny Hill.

Happy St. Patrick's Day. All are welcome!

SPAGHETTI FEED

FRIDAY MARCH 31st 5:30 pm



SUPPORT THE SENIOR CENTER

Enjoy a delicious Italian dinner
 Tickets: \$12 - adults \$6 - children
 Raffles, games for the kids, line dancing at 7pm

Klamath Senior Center

2045 Arthur Street
 541-883-7171

PAY AT THE DOOR

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:.....
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 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:
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 Card # Exp. Date CSC
 Recurring monthly contribution: Yes No
 Signature



Klamath Basin Senior Citizens' Center

BUILDING AND MAINTAINING A SUPPORTIVE COMMUNITY FOR SENIORS



Join us for Lunch March 17th
ST. PATRICK'S DAY
 Entertainment by Dan Hill

Health Awareness Learn'n'Lunch
 Second Tuesday of the Month, 11 – 11:30 am
 MARCH 14th Topic: Vision Health



POWERFUL TOOLS FOR CAREGIVERS

The Klamath and Lake Council on Aging is sponsoring a Powerful Tools for Caregivers workshop. This is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

6 classes - Wednesdays

April 26th through May 31st

10:00 a.m. to 12:00 p.m.

KLCCOA Office – 404 Main St., Suite 6

REGISTER TODAY! Call 541-205-5400

Registration deadline April 19th

*Respite funds are available to help you attend these classes.

SENIOR CENTER SPAGHETTI FEED

Enjoy a delicious Italian dinner

Friday, March 31st 5:30 pm

Tickets: \$12 – adults

\$6 – children

Raffles, games for the kids, line dancing at 7pm

SHIP TALK

SHIP TALK (Senior Health Insurance Program)

LONG-TERM CARE

For long-term readers, this is old information. So, why am I writing about long-term care when this is a column about Medicare and medical health insurance? The answer: because many people think long-term care is covered by Medicare, and it is not. Medicare covers only skilled medical treatment.

Long-term (often just “short term care”) is help for people who have difficulties and problems taking care of themselves, usually when they are elderly. A variety of personal, medical and social services are included. These include such things as bathing, eating, dressing, mobility, personal hygiene, taking medicines, toileting, day care, and residential care. Obviously, needs will vary greatly among persons. These services may be provided at home in a foster care home, in an assisted living facility, or in a nursing home setting.

Long-term care insurance – what does it cover? Short answer: all of the above. If you buy long-term care insurance, the producer must give you an outline of coverage when you complete your application. This should include (1) a description of the benefits, (2) a list of exclusions and restrictions, and (3) a statement of renewability (4) coverage cap, etc. Should I buy? If you have financial difficulty meeting your daily needs, my opinion is NO. Most people cannot afford it and the majority will probably never need it. You're throwing your money away. Put your savings in a bank account instead! You might consider buying it if you (1) have significant assets and income, (2) want to protect some of your assets and income, primarily to pass on to your heirs or to be independent of the support of others, (3) want to have the flexibility to choose care in a setting you prefer. Bottom line: be knowledgeable, choose wisely, use an agent you rightly trust, and be careful. In Oregon, I recommend you check with the Oregon Division of Financial Regulation. They have a consumer hotline: 888-877-4894 or via e-mail at dfr.insurancehelp@dcbf.oregon.gov.

This column is much too short to cover all the aspects of long-term care insurance and you will need to do your homework and study the issue and the company thoroughly before making this decision. You can also google: [Shopper's Guide to Long Term Care Insurance](#) for detailed information.

In the meantime, don't forget SHIBA is here for help with you with your MEDICARE decisions. Just call the Senior Center at 541-883-7171 and make an appointment. The service is free.

Anne Hartnett, SHIBA Coordinator



Thursdays and Saturdays
at the Senior Center
2045 Arthur Street

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

First Come, First Serve for seating

FULL Snack Bar Open

SENIOR CENTER FUNDRAISER

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: meyemurp@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

Volunteering is Good for Your Brain

By Ginnie Reed

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 on 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 the Senior Center today and sign up to be a volunteer. **541-883-7171**

Meals on Wheels drivers and kitchen helpers needed. (Drivers are reimbursed mileage)

Transportation drivers using Senior Center vans

Crafts, tech skills instructors

Gift Shop clerks and helpers

BINGO callers and floor helpers (Thursday & Saturday evenings)

And so much more...

Visit our WEB site at www.klamathseniorcenter.com



Volunteering for Meals-on-Wheels is a great way to make a huge impact in a short amount of time. By delivering meals you bring nutritious food and a friendly visit to eight to ten older adults and people with disabilities in our community.

Anyone can deliver meals, and it's a great volunteer opportunity for families and teams of employees, as well. Sign up today and find out how easy it is to bring nutrition and independence to your neighbors!

Delivering meals is a simple and rewarding way to help older adults and people with disabilities in need of hot meals and a daily visit from a friendly face, and you can do it over lunch! All you need to do is sign up to get started.

Volunteers bring the meal to each residents' door. Part of the fun of delivering is visiting with the resident but it is important to keep visits brief enough for you to complete your route on time. If you find that more help is needed, you can contact your program coordinator.

You can volunteer to deliver meals once a week, once a month, with a friend, with a group or on your own – whatever works best for you.

Sign up today to deliver meals and know you'll make an immediate impact on someone's life. Questions? Want to apply?

Call KBSCC at 541-883-7171



DRIVERS NEEDED TODAY!!



Parkinson's Resources of Oregon is a local non-profit that bridges the gap between medical care & wellness through support, education, & activities for those living with Parkinson's in Oregon and SW Washington

Join us for a special event!

Mike Mulligan, Community Health Education Coordinator will be presenting on Parkinson's disease. This program, **Basics and Beyond**, will help you piece together an understanding of this complex neurological condition.

Date: Friday, March 17th, 1:00—2:00 p.m.

Location: Klamath Basin Senior Citizens' Center - Ballroom

Registration Required: pro.eventbrite.com

Call 800-426-6806, or in-person at Senior Citizens Center

Expressions of Heart and Mind

A LEPRECHAUN TALE

By Sharon Hudson

With his lucky shamrock in his pocket,

And thoughts of his pot of gold,

The leprechaun sat quietly as

A story was being told.

The storyteller puffed on his

Pipe, and talked as he did.

He made me feel happy, like

When I was a kid.

It started out with a giant, who

Visited the forest so green.

The speaker followed him, and blended

Well, he could hardly be seen.

The giant had a club,

And was up to no-good.

The leprechaun was wise,

And did what he should.

He went to his den, being

Based underground.

He listened carefully to

Every little sound.

The giant shook the ground

As he passed over him.

Dirt fell from the ceiling, and

The lights went dim.

The giant whacked at the trees,

And stomped on the flowers.

He just wasn't happy, and

Minutes turned to hours.

The giant was from an

Ancient time,

One long forgotten, and

Had too much crime.

The giant met my friend,

And they formed a bond.

Respect came alive while

They sat by the pond.

They talked about love,

And the meaning of respect.

They talked about those close

And the ones to protect.

The giant stood up and smiled,

And then went on his way.

I haven't seen him since,

And my hair is turning gray.

Happy St. Patrick's Day,

Now don't be blue.

Wear green instead, and

No one will pinch you!



Music makes your heart sing as you twirl round the
dance floor
Bringing back memories of a simpler time when we
wanted nothing more!

Sharon (Johnston) Pappas ©

The Seeds We Sow

Brette Bliss, Healthy Klamath

Join Healthy Klamath this spring for a season of growth!

We are launching our Seeds We Sow campaign this March. This is a way for you to get back to the root of who you are and think about growing intentionally this year. Whether that be growing spiritually, physically, or literally growing your own food in your garden; we are here to support you.

We are launching this campaign on March 18th with our Spring 2023 Living Well Magazine. The issue will be dedicated to food systems in the Basin. Take our local food pledge to buy local produce, join us for a variety of physical activities, and give back to our community. Questions? email brette.bliss@skylakes.org

Look for our Living Well Magazine coming soon!

Looking for peace of mind?

Putting off planning for the future is easy. And now here we are, reminding you of things you were perfectly fine never thinking about.

We know how important it is to look at your insurance and financial needs together, which is why we take a team approach. I can help check insurance needs off your list and another authorized representative can help you prepare for retirement and your child's future.

Working together, we want to help you spend less time worrying and more time making memories.



Gary Cheyne, Financial Representative and COUNTRY Farm Certified

Insurance Agent

5031 S 6th St
Klamath Falls, OR 97603-5005
www.countryfinancial.com/gary.cheyne
gary.cheyne@countryfinancial.com
(541)884-1700



Eat Well to Stay Active

By Anne Davenport, PT, DPT

Being physically active has many health benefits, and good nutrition plays an important role in being able to stay active and athletic performance. Whether participating in exercise for personal fitness or physical activity like gardening or playing with your grandkids, everyone benefits from a well-balanced diet

Food gives you energy for physical activity. To have the energy you need to participate in the activities you love, you need to get the right amount of hydration, protein, carbohydrates, fat, vitamins and minerals. Protein maintains and rebuilds tissues, such as muscles. Carbohydrates are the body's preferred source of energy and provide an energy reserve for greater endurance and delays fatigue. Fat also provides energy and supports proper cell function. Vitamins and minerals have important roles in metabolism. Without vitamins and minerals there would be no muscle function. Creating a balanced meal with a variety of ingredients is key to maintaining a healthy lifestyle.

Simple ways to create a balanced diet:

- Aim to eat at least five servings of fruits or vegetables per day. Fruits and vegetables are full of fiber which increase digestion and can help with weight loss. Eat the rainbow and get lots of color on your plate!
- Incorporate various protein sources into meals such as beans, fish and meat. Protein provides sustenance in between meals and is an important building block of bones, muscle and blood.
- Opt for whole grain options such as whole grain breads, cereals and pastas. These nutritionally-packed foods provide protein, fiber, B vitamins and antioxidants, which have been shown to reduce the risk of heart disease and obesity.
- Add healthy fats to meals such as avocado, nuts, olive oil and coconut oil. Healthy fats promote brain function, support heart health and can lower cholesterol levels.
- Increase your calcium intake with milk, cheese and yogurt – or non-dairy sources such as almonds, figs, beans, leafy greens. Calcium sources help our bodies build and maintain healthy bones and have been known to lower blood pressure.

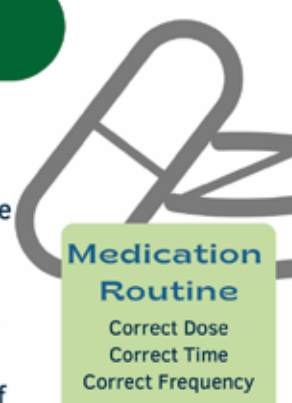
In addition to eating a nutritionally balanced diet, it is essential for older adults to stay hydrated. Dehydration can lead to confusion, headaches and drowsiness. Aim to drink eight glasses of water throughout the day.

If you need more assistance with crafting a balanced diet, consider online resources such as My Plate at <https://www.myplate.gov/life-stages/older-adults> or local resources such as the Sky Lakes Wellness Center that hosts nutrition classes monthly – call [541.274.2770](tel:541.274.2770) to learn more.



Why Is Taking Your Medication Important?

It is crucial to take your provider's prescribed medicines to maintain your well-being. Medications can prevent the worsening of some chronic conditions including rheumatoid arthritis and osteoporosis. Most commonly, medications are used to prevent complications including heart attack, stroke, and kidney failure. Many illnesses can be life-threatening if you don't follow your provider's prescriptions.



When taking medication, some people may feel that it's not effective because they do not feel any better. Medications that prevent stroke and heart attack usually do not make someone feel better. Some medicines may have side effects, so it is essential to discuss these if you think you may be experiencing any. When you speak with your provider, tell them of any side effects, share concerns, and ask any questions you might have.

You are an important factor in your health. It is important to ask questions to understand why your provider may have prescribed you a drug.

Medication must be taken regularly to be effective, especially for conditions such as diabetes and high blood pressure. With advances in healthcare, prescriptions are improving and easier to manage. This is why medication adherence is more important than ever. Following your prescription can keep you healthy. Always tell your provider if you have any concerns about your medication. They can help if you need assistance.



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
- Chef-prepared meals
- Medication management
- Social & recreational programs
- Studio and 1-bedroom apartments
- 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.

Rethink Your Drink

Adapted from Centers for Disease Control and Prevention

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see the amount of added sugars in some drinks.

Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks. Adding sugar and flavored creamer to coffee and tea at home counts, too.



Amount of Sugar and Calories in Common Drinks

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Tap or Unsweetened Bottled Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Brewed Sweet Tea	7	115
Regular Soda	10	155
Fruit Juice Drink	10	186

Why Should I Be Concerned About Sugary Drinks?

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis.

The latest health eating guidelines recommend keeping added sugar to less than 10% of your total daily calories. For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars. Two hundred calories is about 12 teaspoons of added sugar in food and beverages combined. A 12-ounce regular soda has more than 10 teaspoons of added sugar, adding up to about total 150 calories. Cutting out 2 regular sodas per day would reduce total calories by 2,100 in a week!

Tricks to Rethink Your Drink

- Choose water** (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water.

- Need help breaking the habit?** Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first.
- At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store?** Read the Nutrition Facts label to choose drinks low in calories, added sugars, and saturated fat.
- On the go?** Carry a reusable water bottle with you and refill it throughout the day.

Other Names for Added Sugar

According to the Food and Drug Administration, added sugars include sugars that are added during the processing of foods (such as sucrose) or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Added sugars do not include naturally (cont.on page 9)



Grief Support Group

Losing a loved one is one of life's most difficult challenges. Grief can be overwhelming emotionally, mentally, physically, and spirituality. Engaging with others who are also going through the healing process can provide comfort and support.

Bristol Hospice is here to help. Our trained volunteers, Chaplains and Bereavement Counselors provide grief support for adults who have experienced loss.

**Second and Fourth Thursdays
from 2:30 to 3:30**

Glad Tidings Worship Centre
1007 Pine Street
Klamath Falls, OR 97601
541-882-1636

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

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**

541.622.9562

You are not alone.



Mediterranean Diet Shopping List

Vegetables

The Mediterranean lifestyle focuses on the use of seasonal fresh vegetables. Frozen and canned veggies that are low-sodium are also okay to consume.

Must-have

- Garlic
- Onions/Spring Onions
- Leafy Greens
- Tomato (fresh, canned, sauce...)

Other

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash (including zucchini)

Nuts and Seeds

Nuts and seeds are used in cooking and also as snacks. They are a good source protein, fiber, and healthy fats.

- Walnuts
- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds

Healthy Oils/Fats

Quality extra virgin olive oil is the main fat used in our Mediterranean cooking. We use Greek extra virgin olive oils from organically grown and processed Koroneiki olives.

- Extra virgin olive oil (we use Private Reserve and Early Harvest olive oils. Visit our shop on TheMediterraneanDish.com)
- Avocado Oil
- Grape Seed Oil
- Ghee (clarified butter, not very often)

Dairy and Eggs

In the Mediterranean lifestyle, dairy, including a variety of cheeses, are enjoyed in moderation. Choose traditional "real" cheese and avoid highly processed cheeses.

- Yogurt (Greek yogurt preferred)
- Cheeses such as feta, ricotta and fresh mozzarella, burrata, Parmesan
- Eggs, preferably organic, free range

Fruits

Fruits are a good source of energy and helpful to weight control. Include fresh fruit, dried fruit, and frozen without added sugars.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons (used regularly)
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates

Beans and Legumes

Beans are used regularly in eating the Mediterranean way. They are budget-friendly, and a good source of fiber and protein. When using canned beans and legumes, opt for low-sodium. And be sure to rinse and drain before using.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Kidney Beans
- Lentils
- Pinto Beans
- White Beans (Cannellini)

Herbs and Spices

Perhaps the most exciting part about eating the Mediterranean way is the generous use of fresh herbs and quality spices, which add bold and exciting flavor without the use of too much salt nor adding extra fat.

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Spices such as Aleppo pepper, Allspice, cumin, coriander, harissa, paprika, sumac, turmeric, za'atar and more. Visit our shop for all natural and organic Mediterranean spices on TheMediterraneanDish.com

Grains and Such

Among other benefits, grains are a good source of fiber, vitamin Bs, and minerals. As much as possible, use wholegrain products, which are said to help with weight management and reduce the risk of heart disease.

- Barley
- Bulgur
- Freekah
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- Breads (we use whole grain, or pita)

Seafood

Fish is a good source of lean protein. Oily fish like wild salmon provide a great deal of Omega 3s. Eating the Mediterranean way allows you to incorporate fish and seafood at least twice a week (consult your physician). As much as possible, choose wild fish. Frozen fish is fine to use.

- Small fatty fish, such as sardines
- White fish such as cod
- Wild salmon
- Shell fish such as crab, shrimp, and lobster
- Tuna (including quality low sodium canned tuna)



www.TheMediterraneanDish.com

A VA home loan with plenty of benefits

A VA Cash-Out Refinance converts your home equity into cash. Use the cash-out to pay off high-interest credit cards, remodel your home, or however you wish. This can be a great solution for refinancing your existing VA loan to a lower interest rate or for replacing a conventional mortgage with a VA-backed loan.

Locally owned and operated

Features and benefits

- Flexible underwriting
- Cash-out funds available at closing with payments spread out over a longer term
- May have a lower interest rate than home equity financing
- Available for 1- and 2-unit homes, condos



541-850-9020

1420 Esplanade Ave
Klamath Falls, OR 97601



Steve Coe
NMLS ID: 244035
Referrals always welcome!



PRESENTED BY
BRANNON KAEFRING

Medicare Basics - 2023

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

March Workshops

March 8 | 5PM
March 22 | 1PM

4509 S 6th St, Ste 109

541.882.6476

One-on-One Appointments Also Available



Hearty One-Pot Lentil Stew



1 ½ cups green lentils
Extra virgin olive oil,
1 medium yellow onion, chopped
1 large carrot, chopped

2 celery stalks, chopped
1 russet potato, small diced
3 to 4 garlic cloves, minced
1 small zucchini squash, diced
Kosher salt, a pinch
Black Pepper, a pinch
1 teaspoon ground coriander

1 teaspoon ground cumin
1 teaspoon turmeric powder
½ teaspoon ground cinnamon
½ teaspoon cayenne pepper, optional
1 (28 ounce) can diced tomatoes
2 ½ cup water or low-sodium broth
1 cup chopped fresh parsley, stems removed
juice from half a lemon or lime
Bread to serve

1. Wash and soak lentils for 10 minutes or so. Drain well.
2. Add 2 T. olive oil into a large heavy pot or Dutch oven and sauté diced onions, carrot, celery, and potatoes. Cook

over medium-high heat for 4 to 5 minutes, stirring regularly.

3. Add garlic and zucchini. Sauté for another 5 minutes, stirring regularly.

4. Add lentils, salt, pepper, coriander, cumin, turmeric, cinnamon, and cayenne. Toss to combine, then add the tomatoes and water (or low-sodium broth, if you prefer.)

5. Bring to a boil for 5 minutes, then reduce heat to low. Cover and let simmer for 20 minutes or until the vegetables are tender and lentils are well cooked (stir occasionally and watch to add water or liquid, if

needed.)

6. Remove from heat and stir in parsley and lime juice (or lemon juice). Transfer to serving bowls and top with a generous drizzle of extra virgin olive oil. Serve hot with your favorite crusty bread.

Servings: 6

Calories: 247.4kcal | Carbohydrates: 46.2g | Protein: 15.4g | Fat: 1.1g | Saturated Fat: 0.2g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 0.3g | Sodium: 216.9mg | Potassium: 1087.3mg | Fiber: 18.1g | Sugar: 6.6g | Vitamin A: 2860.6IU | Vitamin C: 38.4mg | Calcium: 113.3mg | Iron: 6.5mg
Author: Suzy Karadsheh
<https://www.themediterraneanandish.com/vegan-lentil-soup-recipe/>



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.



DONOR REPORT

Local FEMA Board Awards Grant for Meals Support.

Submitted By Marc Kane

The local FEMA Board met Wednesday, February 22nd to review requests from six local service agencies seeking support for meals and housing services. Grants ranged from \$1,000 to \$7174. The Klamath Senior Center was awarded \$7,173. The grant will help fund nearly 2400 congregate meals at the Senior Center. Congregate meals are served each weekday from 11:30 am to 12:30 pm. There is no charge for seniors age 60 and over, but donations are accepted. Although government funds cover part of the meal expenses, the center must raise almost half of the cost on its own.

The Senior Center has had to raise its goals this year for donations and foundation support due to the rapidly increasing cost of supplies, especially food for our meals programs. Our food service expense alone will exceed budgeted funds by more than \$47,000 this year due to the unexpected impact of inflation on food supplies. Other budget lines are also falling short as well in meeting the demands of rising costs and demand for services. The Center is hopeful that the general public, like our foundation supporters, also recognizes these challenges and is able to increase donations this year to help support our seniors.

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 older adult residents.

January 2023 donations of \$24,321 were received from the following organizations and individuals:

KMSB Foundation	Kenneth Banes	Mildred Miller
Linda Bourcy	Duckworth Family	Ernie Palmer
Eileen Andrewson Thorpe	Jon Schnebly	Donna Maloney
Klamath County, Oregon	Felice Koblos	Patricia Henderson
Refuge City Church	Burl Parrish	Charlotte Moseley
Marta Stephens	Rose Chapman	

Unidentified contributions in January for Meals, Transportation and Other Services amounted to \$3,740.00. The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2022 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church	Burl Parrish	Ernie Palmer
Marta Stephens	Howard McGee	Peggy Thomas
Refuge City Church	Patricia Henderson	Mildred Miller
Geraldine Schindler	Rose Chapman	Charlotte Moseley
Dorothy Winters	Wilma Petrik	Donna Maloney
Jon Schnebly	Cheryl Gibbs	

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.

Best Fruit For People with Diabetes

Despite what people think, plenty of dietitians recommend that people with diabetes eat fresh fruit. Even though fruit is a natural source of sugar, it's also packed with fiber—a type of carbohydrate that helps keep blood sugar steady. Plus, fruit is nutritionally dense, meaning it's loaded with important vitamins and minerals such as magnesium, potassium and vitamin C. The extra dose of these nutrients is likely one of the reasons people who regularly eat fruit have extra protection against heart disease, high blood pressure and cancer.

1. Blueberries

Nutrition Facts 1 cup blueberries: 84 calories, 21 g carbohydrates (4g fiber, 15g sugar)

High in water and low in carbohydrates, blueberries are a diabetes-friendly pick. Blueberries get their deep blue-purple color from anthocyanins, potent antioxidants that may help prevent heart disease. Just keep the 1-cup serving in mind when you try fresh blueberries in this [spinach blueberry salad](#). When they're out of season, choose frozen blueberries. Just double-check the ingredient list to make sure there's no added sugar.

2. Bananas

Nutrition Facts 1 small banana: 90 calories, 23 g carbohydrates, (3g fiber, 12g sugar)

Are bananas OK for people with diabetes? Absolutely. Bananas can be a healthy choice, as long as you eat one small banana or half a medium banana to help keep blood sugars in check. You can use bananas to add natural sweetness to green smoothies or this peanut butter banana oatmeal.

3. Avocados

Nutrition Facts 1/3 medium avocado: 73 calories, 12g carbohydrates (9g fiber, 1g sugar)

Avocados—yep, they're a fruit—are low in carbohydrates and a great choice for people with diabetes. The healthy fats and other nutrients in avocados may also help with heart health, which is important since people living with diabetes have a higher heart disease risk. Just be sure to exercise portion control. Find the best vegetables for diabetics, too.

4. Raspberries

Nutrition Facts 1 cup raspberries: 64 calories, 15g carbohydrates (8g fiber, 5g sugar)

With 8 grams of fiber per cup, raspberries are an excellent addition to any diabetes meal plan. According to one study, red raspberries may even help people with prediabetes achieve better blood sugar control. Enjoy fresh raspberries as a snack or on top of Greek yogurt for an easy breakfast.

5. Strawberries

Nutrition Facts 1 cup strawberries: 64 calories, 15g carbohydrates (8g fiber, 5g sugar)

With a generous 1-1/4 cup serving, strawberries are packed with potassium, folate and other nutrients that may help lower the risk for heart disease and diabetes. Enjoy a bowl of fresh strawberries, whip up a healthy smoothie or puree them into a saucy topping for whole wheat pancakes.

6. Blackberries

Nutrition Facts 3/4 cup blackberries: 45 calories, 11g carbohydrates, (6g fiber, 5g sugar)

Packed with antioxidants, blackberries are an excellent source of fiber to help keep blood sugars in check. You'll get similar benefits from fresh or frozen berries. Each 3/4-cup serving is perfect for a snack or as a sweet-tart addition to this balsamic spinach salad.

7. Apples

Nutrition Facts 1 small apple: 78 calories, 12g carbohydrates (4g fiber, 16g sugar)

Research suggests that white fruits may be linked to lower stroke risk. Carry apples as an on-the-go snack or make a healthy apple crisp for dessert. Just be sure to eat apples with the skin on since peeling them reduces appetite-suppressing and blood sugar dampening fiber by 75%!

8. Pears

Nutrition Facts 1 small pear: 84 calories, 23g carbohydrates (5g fiber, 14g sugar)

Pears are an excellent source of fiber, making them a great choice for people with diabetes. One medium ripe pear serves up a sweet treat without the blood sugar spike. Pair fresh pears with sharp cheddar cheese and add them to your list of quick and tasty diabetes-friendly snack ideas. One warning: Always opt for fresh versions over canned, which are traditionally packed in a syrupy liquid that ramps up the sugar content.

9. Oranges

Nutrition Facts 1 small Florida orange: 65 calories, 16g carbohydrates (3g fiber, 13g sugar)

Known to be high in vitamin C, oranges are also a good source of fiber. One small orange makes a convenient snack or a gorgeous addition to salads. Similarly, half a grapefruit is a good option for people with diabetes, too. Either way, be sure to eat the fruit rather than drink the juice to avoid blood sugar spikes!

10. Pomegranates

Nutrition Facts 1/2 cup pomegranate arils: 73 calories, 16g carbohydrates (3g fiber, 12g sugar)

The juicy, ruby red seeds found in this festive fruit are loaded with phytochemicals such as flavonoids and polyphenols, which are known to have a myriad of benefits including reducing insulin resistance. Toss them into smoothies or salads for a crunchy pop of tartness, color and flavor.

11. Kiwis

Nutrition Facts 1 small kiwifruit: 61 calories, 15g carbohydrates (3g fiber, 9g sugar)

One of the richest sources of immune-boosting vitamin C, these green orbs are also high in blood-sugar-stabilizing fiber and low on the glycemic index—two reasons why one study found they help to lower blood sugar spikes after eating a bowl of carbohydrate-rich cereal.

Kiwis are linked to a list of other benefits for people with diabetes, too, including bringing down blood pressure.

senior Meals On Wheels

"More than just a Meal"

**DELIVERING SO MUCH MORE
THAN JUST A MEAL**

Each year the Klamath & Lake Counties Council on Aging (KLCCOA) provides more than 68,000 Meals on Wheels to homebound seniors age 60 or older, throughout Klamath and Lake counties. More than just a meal, the program offers crucial assistance in areas of basic need.

THE MEALS ON WHEELS program provides meals that are delivered up to five times a week, to homebound seniors who can no longer shop for or prepare their own meals. In addition to preventing hunger and malnutrition, the program helps to end the social isolation while fostering independence, dignity, and self-respect among those who are aging.



KLCCOA'S CONGREGATE meal program is supported at Senior Centers in Klamath Falls and Lakeview. In the outer rural areas there are meal site areas in Bly, Bonanza, Ft. Rock, Chiloquin, Keno, Malin, and Beatty. The cost of the meal is free but the meal sites rely on donations to help with food costs.



As a Southern Oregon non-profit, KLCCOA greatly appreciates generous contributions, including cash donations, in-kind gifts, sponsorships, or volunteering. In addition to excellence in nutrition through Meals on Wheels and congregate dining, KLCCOA offers compassionate case management/monitoring, information and referral, education, caregiver support, small home modifications and more!

To make a difference for our seniors, contact

KLCCOA at 541-205-5400 Klamathlakeareaonaging.org



Lakeview Senior Center March 2023 Events St. Patrick's Day, Friday March 17th

Birthday Luncheon Friday, March 9th.

Arts & Crafts Day March 16th 2:00 for all that are interested. Sign-up at the front desk. There will be more on this later.

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 – 12:30.

Lakeview Local operates 8-5 on Thursdays of the month. The service is FREE, 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 every Wednesday. 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 open Mondays & Wednesdays 10:00 – 2:00 so our shoppers can join us for lunch. Donations are accepted during store hours or by appointment through the week before 2:00.



Assisted living is the best thing for me... I absolutely love it...Pelican Pointe is my home!

When I moved in here the only people I really loved were members of my family. Now I have people here I love as much...to me this is one big extended family. It's just wonderful. I keep busy with activities like beading. It always smells so clean and fresh.

My life story is about setting goals and working to achieve them. My formal education ended with the ninth grade and I married very young. 24 years of marriage didn't end well. All along I worked to educate myself by reading and keeping a dictionary by my side in case I got stuck with words I didn't know. Eventually I achieved my GED. In 1999 I seriously injured my back in a train wreck. At that time my sister helped me navigate the financial aid system and I was able to enroll in community college where I studied medical assisting. I just loved school ... it was really good for me. I encourage people that want to learn to go to school...teachers love older students who are there to learn, not to socialize!



Pelican Pointe
ASSISTED LIVING

Bobbie Smith
Resident

**Pelican Pointe...
where you can relax and
enjoy having all the help you
need when you need it.**



Look no further
than Pelican
Pointe...
call me for
a tour TODAY!

Amber
Anderson

615 Washburn Way, Klamath Falls, OR 97603
541-882-8900,
Amber's cell: 541-205-2018

Your Brain

Submitted by Patricia Card, KBBH

The brain, as we all know, is a very important organ in our body. It helps us move, think, feel, breathe, and more. Brain Health includes food and nutrition, sleep and relaxation, meditation, social interaction, and physical exercise. This helps us to keep our brain healthy.

Sleep and relaxation are the true backbone of all brain health. Memory loss is often associated with a lack of sleep. During sleep the brain gets rid of waste products such as beta- amyloid, which if aggregated to plaques is associated with Alzheimer's. (Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker)

Food and Nutrition that we give our brain are so important to keep it functioning properly and stay healthy. Some foods to eat everyday to help your brain health include leafy greens, eggs, salmon, blueberries, walnuts.

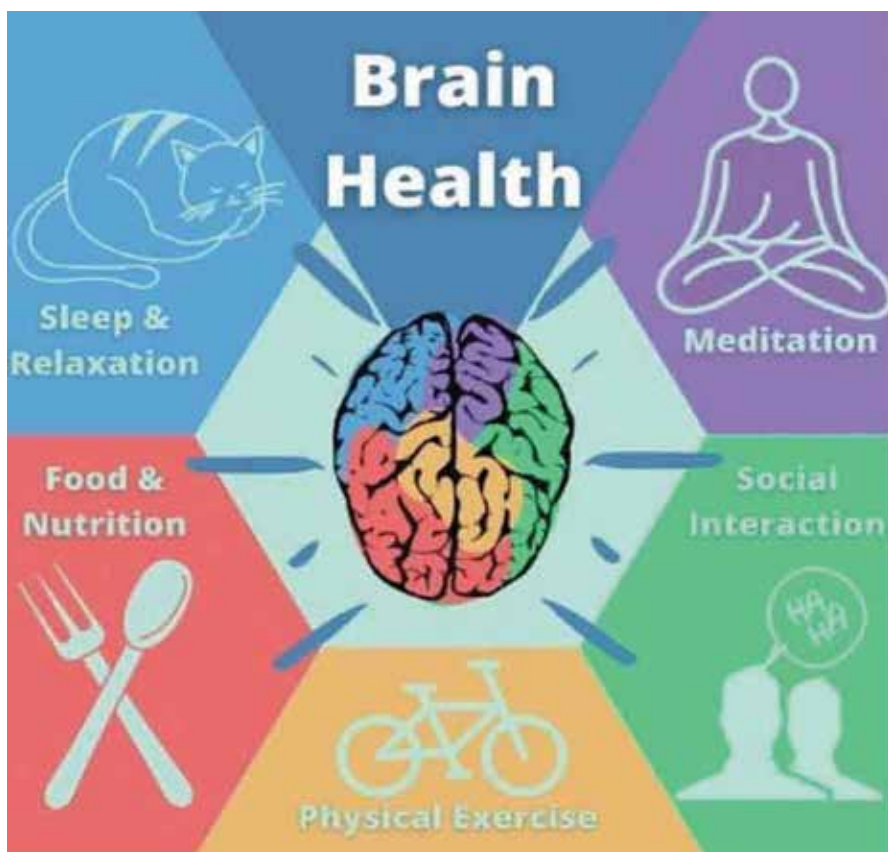
a. Leafy greens – kale and spinach contain Vitamin E for one thing that has been linked to preventing cognitive decline. All leafy greens are helpful, but the kale and spinach contain the most.

b. Eggs – Regular consumption of eggs has been associated with improved cognitive performance. Eggs contain Choline which helps with reducing inflammation and promoting brain function.

c. Salmon – is a great source of protein but it is also great for brain health. Salmon and other fatty fish are high in Omega 3 fatty acids which are critical for brain development and function. It also can help with lowering the risk of heart disease and arthritis.

d. Blueberries – all berries are beneficial for brain health, but blueberries top the list. They contain Vitamin C and K, manganese, and phytonutrients. Eating a variety of vegetables and fruit is all associated with lower risk of age-related cognitive impairment, dementia, and Alzheimer's.

e. walnuts contribute the most. They offer twice as many antioxidants. They contain a great source of alpha-linolenic acid which is a fatty acid that helps to counteract cognitive decline by suppressing inflammation and oxidative stress. Evidence suggests that eating 1-2 ounces of walnuts per day can improve cognitive function.



Physical Exercise of any type of aerobic activity for 20 minutes a day can have great benefits. It also helps improve blood flow to the brain which then means more oxygen and nutrients delivered to the nerve cells. Exercise also helps enhance learning, mood and thinking.

Social Interaction/Activity is an important pillar of brain health. Harvard Medical School reports feelings of loneliness can have detrimental consequences on cognition like memory loss.

Meditation not only helps manage stressful situations but also improves memory. It can help increase the learning and memory and can help decrease for fear and anxiety.

JOIN OUR TEAM!

www.klamathhospice.org/employment

KLAMATH HOSPICE AND PALLIATIVE CARE

40 YEARS
1982-2022

MSW and Chaplain

Want flexibility to have a life outside of work?

Want to work with a team who is supportive and caring?

Want great benefits including up to 25 days off a year?

2751 Washburn Way, Klamath Falls OR 97603 - 541.882.2902

PULMONARY REHABILITATION

A BREATH OF FRESH AIR

We're celebrating Pulmonary Rehabilitation Week!

March 12th - 18th

OPEN HOUSE

Thursday, March 16 • Noon to 3 p.m.

In the Pulmonary Rehabilitation Clinic
(entrance in Dr. Graham's office lobby)
at Lake District Hospital

Pulmonary Rehab is approved by most insurance and can help reduce symptoms of:

- Asthma and chronic bronchitis
- Post-COVID complications
- Chronic fatigue syndromes

COPD is the third leading cause of death worldwide. Although it is a severe disease, pulmonary rehabilitation can improve ability to function and quality of life.

Theresa Conklin
RRT-SDS

Lake Health District
Quality Care Close to Home

700 S. J St. • Lakeview
541-947-2114 ext. 322
#pulmonaryrehab@lakehealthdistrict.org
Equal opportunity provider and employer

KLAMATH SENIOR CENTER MARCH 2023 CALENDAR OF DAILY EVENTS

MONDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- MUFFIN MONDAYS 10:30 am
- COUNTY BRANCH LIBRARY 9:30 am to 1 pm
- Dementia/Alzheimer's Caregiver Support Group with Jim Rains and Patty Card - 9:00 am to 10:00 am - Registration required - pcard@kbbh.org or 458-200-4257
- WATERCOLOR 10 am - 11:30 am
- GOLDEN AGE BINGO - 12:30
- YOGA 4:00 pm to 5:00 pm with Kim Carson

TUESDAYS

- SAIL Exercise with Anne Davenport - 9:00 am
- Watercolor Class - 9:30 am - 11:00 am
- 2nd Tuesday Lunch'n'Learn 11am-11:30am
- Qi GONG 2:30 pm with Rachel Stephens
- Tai Chi 3:30 pm to 4:30 pm with Andrew Hyun
- SHIBA (MEDICARE Counseling) by appointment

WEDNESDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- Boost Your Brain and Memory Class 10:30 am - 12:00 pm with Kate Murphey, current class full. Call 541-883-7171 to be placed on waiting list for next cohort.
- Senior Dance Group 1 pm - 3 pm

THURSDAYS

- SAIL Exercise with Anne Davenport at 9:00 am
- CRAFT Connection Corner 9am to 11am
- Golden Age Club BINGO and card games 12:30 pm
- COUNTY BRANCH LIBRARY 1:30 pm - 4 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment

FRIDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- Circle of Friends for KBBH clients - 10:00 am to 12 pm - To determine eligibility & register, reach out to Patty Card at pcard@kbbh.org or 458-200-4257
- 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

DESCRIPTION OF DAILY EVENTS

Body Recall: A lower intensity program of physical fitness, designed to reclaim the natural motion of the body and the strength to help make life pleasurable. This class emphasizes the essential development of full range of movement in all joints and muscles. This class is offered at the Senior Center by community members, Jack & Mary Noller.

Circle of Friends: A support group for clients of Klamath Basin Behavior Health who come together weekly for crafts, presentations, and to make friends. You will need to reach out to KBBH to determine if you are eligible.

CRAFT Connection Corner: Free weekly opportunity to engage in conversation, brainstorming, show & tell of projects, and more. Craft topics that have been discussed are potholders and other kitchen wares, crocheting, macramé, knitting, paper beads, and dolls. No experience with crafts needed, only a desire to connect!

Qi GONG: Pronounced "chee gong," involves exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. This class can be done in seated or standing.

SAIL: Stay Active & Independent for Life is an evidence-based class that includes aerobics, strength, balance and education. This class can be done in seated or standing, with or without equipment. This class is delivered at a moderate to high intensity.

Tai Chi: Originally developed for self-defense, tai chi has evolved into a graceful form of exercise for stress reduction, strength, and balance. Described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

WATERCOLOR: Weekly art class offered by local artist, Kat Benson, entitled "Watercolor For The Fun Of It," encouraging all to come together, have fun, and create.

YOGA: An ancient mind and body practice that combines movement, postures, breathing techniques, and meditation or relaxation to promote mental and physical well-being.

Check for event calendar updates at www.klamathseniorcenter.com

Eye Can See Clearly Now Learn'n'Lunch

by Anne Davenport, PT, DPT

The risk of chronic illnesses increases as we age, which is why improving health awareness is vital. Health awareness is learning about diseases, symptoms and preventive measures. Increasing knowledge about a disease and its symptoms makes individuals more likely to go for screenings and testing as well as take early steps to address any issues that arise.

The Klamath Basin Senior Citizens' Center is excited to continue hosting health promotion presentations on the Second Tuesday of the month to aid in improving health awareness. Presentations provide information about selected monthly health topics, including disease education, lifestyle changes, risk screening and available resources in the community.

March is Save Your Vision Month, a time to prioritize our Eye Health. The major causes of vision impairment in older adults

are age-related eye diseases such as glaucoma, cataracts, and age-related macular degeneration. Your risk for developing age-related eye diseases significantly increases after 65. Poor vision impairs balance and increases the risk of falls and fractures in older people. Vision problems are often considered a normal part of aging, but they don't have to be. Early detection and treatment through regular eye exams can improve and preserve your vision now and in the future.

We are delighted to have Dr. Jennifer Sparks, OD from Klamath Eye Center to share her expertise and discuss vision health. "Growing up very nearsighted, Dr. Sparks understands and appreciates the importance of clear vision."




Learn more on Tuesday, March 14, at 11:00am. Please arrive 10-15 minutes early so that we may start the workshop on time. Registration for Learn'n'Lunches is not required, but *highly* recommended. Please stop by the front desk or call at 541-883-7171.



MARCH 2023



NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.
To apply for Meals on Wheels call 541-205-5400. Congregate **LUNCH IS SERVED MONDAY-FRIDAY 11:30 - 12:30**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	2 BEANS & HAM W/CORNBREAD Veggie Salad Dessert	3 SWEDISH MEATBALLS Veggie Salad Dessert
6 SHRIMP CHOWDER Veggie Salad Dessert	7 SALISBURY STEAK & NOODLES Veggie Salad Dessert	8 QUICHE Veggie Salad Dessert	9 AU GRATIN POTATOES W/HAM Veggie Salad Dessert	10 MEATLOAF W/MASHED POTATOES & GRAVY Veggie Salad Dessert
13 POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	14 SPAGHETTI & MEATBALLS Veggie Salad Dessert	15 BROCCOLI CHEDDAR SOUP Veggie Salad Dessert	16 CHICKEN STRIPS & FRIED POTATOES Veggie Salad Dessert	17 CORNED BEEF & CABBAGE Happy St. Patrick's Day Roasted Veggies Salad/Dessert
20 BEEFY BEAN SOUP W/CORNBREAD Veggie Salad Dessert	21 LOADED BAKED POTATOES Veggie Salad Dessert	22 ROAST PORK Veggie Salad Dessert	23 LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	24 ROAST CHICKEN Veggie Salad Dessert
27 CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert	28 SHEPHARD'S PIE Veggie Salad Dessert	29 BRUNCH Biscuits & Gravy Scrambles Eggs Hashbrowns	30 TORTELLINI & MARINARA SAUCE Veggie Salad Dessert	31 FISH 'N' CHIPS Veggie Salad Dessert
3 MINISTRONE SOUP Veggie Salad Dessert	4 POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	5 BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Salad Dessert	 	



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



WE HONOR VETERANS

SAVE THE DATE
SPAGHETTI FEED
FRIDAY
MARCH 31ST
5:30 PM

See details on page 3

Muffin Monday for March 2023

- 3/6/2023: Jessica Kostick Healthy Klamath (hosted by Cathy)
- 3/13/2023: KLCAS - SSVF team (hosted by Cathy)
- 3/20/2023: David Houtchens - Advanced Directive Talks
- 3/27/2023: Waiting to hear back from the Health Department
- 4/3/2023: Cecily Gaudinski -Kingsley Field

Go for the Green on St. Patrick's Day

Adapted from University of Nebraska-Lincoln Institute of Agriculture and Natural Resources



People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

Green fruits and vegetables include leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onions, Brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwifruit and limes.

Some GREEN ideas for St. Patrick's Day (or any day) include:

- Enjoy a tossed LETTUCE, KALE, and SPINACH salad. Add extra green with GREEN PEPPERS, SUGAR SNAP PEAS, MICROGREENS, SPROUTS, if you like!
- Corned beef with CABBAGE is a natural for St. Patrick's!
- Have a sweet fruit snack of KIWI, GREEN GRAPES OR HONEYDEW MELON
- Add AVOCADO slices to salads and sandwiches. To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Although 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip (like hummus) in combination BROCCOLI florets. Or dip CELERY or GREEN APPLE slices into a low salt, low oil nut butter!
- A stir fry with GREEN PEPPERS, ZUCCHINI, GREEN PEAS. Use lots of fresh herbs like PARSLEY, BASIL, CHIVES.
- Serve thinly sliced GREEN ONIONS over rice, pasta dishes, broiled or baked fish, soups—you're limited only by your imagination!

Peanut Butter Banana Bread

By Anne Davenport

Satisfy your sweet tooth with this tasty treat that packs a powerful nutritious punch! Because it is naturally sweetened with fruit and dates, it has a low glycemic index – and the added benefit of fiber! Only 25 calories when divided into 42 bites (~1 tablespoon), and each bit would contain 1 g protein, 6 g carbohydrates, 2 g fat, 2.5 g sugar, 1.5 g fiber. If you opt for a loaf and divide into 12 slices, it would be 84 calories per slice, 3.5 g of protein, 21 g carbohydrates, 7 g fat, 9 g sugar, 5 g fiber.




Ingredients


- ⊖ 2 overripe bananas
- ⊖ ¼ cup apple sauce, unsweetened, organic (no additives)
- ⊖ ¼ cup peanut butter, crunchy or creamy (no oil or salt added)
- ⊖ 1 teaspoon vanilla extract
- ⊖ ½ cup finely chopped dates, pitted
- ⊖ 1 cup almond flour, fine
- ⊖ 1 ½ teaspoon baking powder
- ⊖ ½ teaspoon baking soda
- ⊖ 1 teaspoon cinnamon
- ⊖ a pinch Pink Himalayan salt
- ⊖ ½-1 tablespoon of coconut oil for greasing pan
- ⊖ ****You can add some yummy extras, if you wish like ½ cup of your choice of nuts, or dried fruit! Or up the cinnamon amount, if you desire.**

Directions

1. Preheat oven to 350°. Grease chosen pan. Cupcake or minis, loaf pan, etc.
2. In a food processor, combine bananas, applesauce, peanut butter, vanilla extract, dates. No processor? You can hand mash, but it may be a little chunkier!
3. Transfer mixture into a medium bowl. Add flour, baking powder, baking soda, cinnamon, salt (and any yummy extras as above). Mix well, but don't overmix!
4. Pour batter into chosen pan. For a loaf pan, bake 35-55 mins. For a cupcake or mini pan, bake 18-23 mins. Bread is done when a toothpick stuck into it comes out clean.
5. Let bread cool 10 mins after removing from oven.
6. Serve and enjoy!



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Luck of the Irish
 FRIDAY DRAWINGS
 MARCH 10-31
 6PM-9PM
 WIN UP TO \$750 CASH!

May only win once per day.

MARCHING MADNESS
 PLINKO THURSDAYS
 MARCH 2-30 • 3PM-8PM
 WIN UP TO \$250 CASH +
 A NATIVE DESIGN BASKETBALL!

May only win once per day.

CLEAN OUT THE CLOSET
 SUNDAY KIOSK
 MARCH 5-26
 11AM-7PM
 EARN PRIZES!



May only redeem once per day. While supplies last.

SENIOR DAY MONDAYS
 8AM - MIDNIGHT
 EARN 2 POINTS, RECEIVE \$5 FREE PLAY.
 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
 HOT SEATS WIN UP TO \$100 CASH!
 NOON - 3PM DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)

NEW MEMBERS
 WIN UP TO \$250 FREE PLAY
 Plus, earn up to an additional \$50 Free Play and
 a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details

No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.

Gambling Problem? Call 1-800-GAMBLER