

MAY 2023

# Active Seniors

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



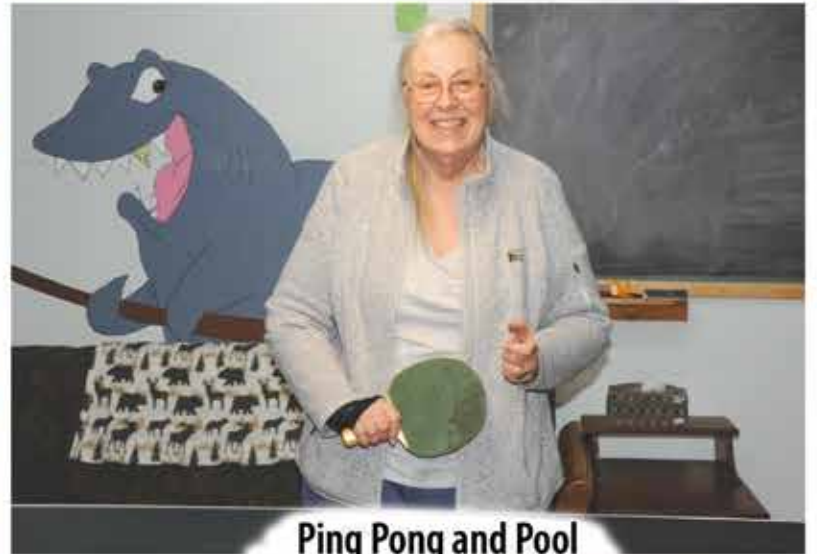
**Cards and Games**



**Exercise and Health Programs**



**Puzzles and Crafts**



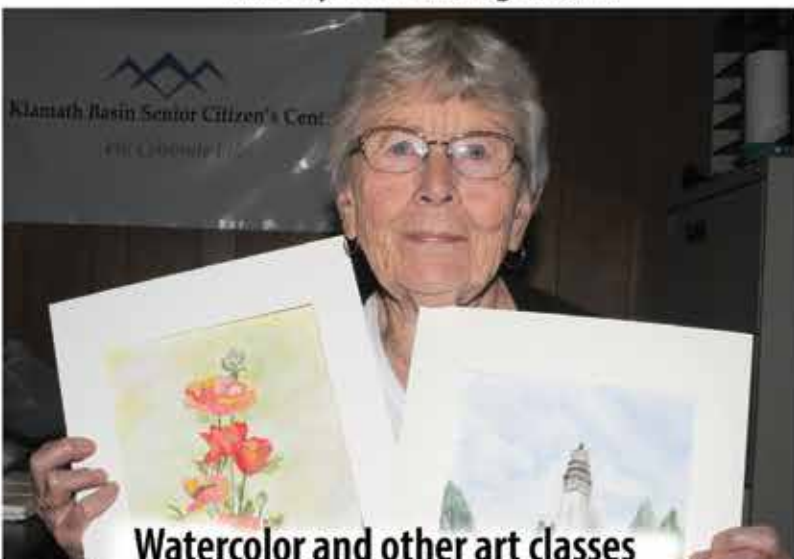
**Ping Pong and Pool**



**Library and Writing Classes**



**Computer Access**



**Watercolor and other art classes**



**Bingo**

# 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](http://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!**

## CONTACT INFORMATION

### General Information - Front Desk

541-883-7171

### Donations - Shawn McGahan

541-883-7171 ext 136

### Transport Dispatcher - Cindy Dupart

541-850-7315

### Volunteer Coordinator - Ginnie Reed

541-883-7171 ext 123

### Health Promotions - Anne Davenport

541-883-7171 ext 122

### Executive Director - Marc Kane

541-883-7171 ext 117

### Front Desk Staff



Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

### IT IS OLDER AMERICANS MONTH, COME SHARE

Among the many things I assert, there is one of which we can all be absolutely and undeniably certain. That is we all have mothers, and this is the month we can all gather to celebrate motherhood, on Mother's Day, Sunday, May 14<sup>th</sup>. Start your weekend celebration here at the Senior Center with a special Mother's Day Lunch on Friday the 12<sup>th</sup>. My mother lived into her 80's and left me with so many happy and fond memories. She was a proud mother of four boys, one born during WWII and the others, including me, immediately thereafter in the days of Baby Boomers. We all grew to be successful men with the encouragement that she and my Dad lavished upon us all. Thanks, Mom! We're celebrating your extraordinary care and efforts again this year.

This month has been designated as Older Americans Month and you will find much information in this issue of our paper describing events and practices that you can do to raise your awareness of the value older adults bring to the quality of our lives. Please note the article on page 14 adapted from the Administration on Community Living, Aging Unbound, and share with others.

Celebrating our elders should remind us all of the importance of supporting intergenerational activities, especially those that provide opportunities to share between generations what we have accomplished, experienced and learned. This month, we are supporting the efforts of Hannah Darrah, a senior at Mazama High School. On Friday, May 26<sup>th</sup> she will introduce us to her



*Marc Kane, Center Director*

senior project, Seniors Got STEM. She will bring together our grandparents, our grandchildren and all of us in between to work on projects that reveal the value of science (S), technology (T), education (E) and math (M), STEM. Please register for this no cost event and come prepared to learn and to share. More details are on page 11 of this issue.

We will also be celebrating the value of our well-worn, but valuable old stuff, at an upcoming Rummage Sale fundraiser. It may not be until July, but we will start collecting your goods to be someone else's treasure soon. Please set your goods aside and call the center at 541-883-7171 for the date we will start accepting your donations.

I have already received well wishes from many of you relating to my pending retirement, and I thank you all. One thank you note stated, "You gave many of us old folks a chance for the Last Hurrah, the writing class was mine." What we offer here comes from a large group of volunteers and skilled staff. Please come to share what we offer.

Our Search Committee will be accepting applications for our Executive Director's position until noon on May 15<sup>th</sup>. We hope to have my successor named by July 1<sup>st</sup>. In the meantime it remains my pleasure to serve until we have a new director well seated. Thanks are due to the Gordon Elwood and Smullin Foundations for supporting our search efforts and expenses. They have offered advice and are also helping to fund the Search Committee expenses.

**ALL ARE WELCOME HERE!  
COME CELEBRATE LIFE WITH US!**

## The KLCAS Energy Assistance team is leading a focus group at the Klamath Basin Senior Citizens' Center on Tuesday May 23 from 10:30am – 11:30am.

The focus group will be provided a demonstration of KLCAS's new online energy assistance application platform, Action Point. KLCAS would like feedback on the application platform including whether it is easy to use and accessible. KLCAS would also like feedback on how their team can better serve the community. For more information about KLCAS and this focus group, visit [klcas.org](http://klcas.org), email [energy@klcas.org](mailto:energy@klcas.org), or call 541-882-3500. Registration is highly recommended. Please see the front desk or call 541-883-7171.

Klamath & Lake Community Action Services (KLCAS) is a private non-profit organization that assesses community needs and coordinates with community partners to leverage resources and provide high-quality, responsive services such as energy assistance, family support, housing, and more.

**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*

## Find Your Purpose - Volunteer!

Volunteers are a vital part of our community, offering their time, talent, and skills to every dimension of our services. Volunteering can benefit both you and others. It can provide a healthy boost to your self-confidence, self-esteem, life satisfaction, and sense of accomplishment. Your role as a volunteer can also give you a sense of pride, community, and identity.

For patrons at the Senior Center, you are providing support, connection, reducing isolation, increasing availability of services and activities, and more!

### What Can I Do?

We have many different types of volunteer positions. Some of them are regularly scheduled positions, and some are on an “as needed” basis. All of them are important in helping us to maintain the quality programs and services we provide. You can volunteer as an individual or in a group. Some of the volunteer activities are “volunteer driven,” which means an individual volunteer sees a need at the Senior Center and then offers to do the work to meet the need. Please feel free to offer your suggestions if you see a way to help us out.

**NOW IS THE TIME.** Call the Senior Center today and sign up to be a volunteer. Call KBSCC at 541-883-7171

- Lunch desk
  - Meals on Wheels driver and kitchen helpers needed (Drivers are reimbursed mileage)
  - Kitchen & Lunch
  - Cleaning & Maintenance
  - Exercise Class Instructor
  - Art Class Instructor
  - Workshop Instructor
  - Bingo and floor helpers
- on Thursday and Saturday evenings
- Fundraising
  - Activities Support
  - Newsletter
  - Computer Training
  - Gift Shop
  - Clerical & Organizational
- And so much more!



**DRIVERS NEEDED TODAY!!**

## WHAT'S NEW

The Senior Center will be closed in observance of Memorial Day, Monday, May 29<sup>th</sup>

Game Room will be set up for Ping Pong on Mondays in May!  
12:30 – 2:00 pm

Health Awareness Learn'n'Lunch  
Second Tuesday of the Month, 11 – 11:30 am  
May 9 Topic is National Stroke Awareness Month  
Learn more on Page 12  
*Please arrive by 10:45am!*

Qi Gong in the Morning!  
Thursdays at 10:30 am in the Ballroom  
Starting on May 4<sup>th</sup>  
Learn more on Page 17

“Seniors Got STEM” Workshop  
Bring your grandchildren!  
Friday, May 26<sup>th</sup>, 2:30 – 3:30 pm  
Learn more on Page 11

Klamath & Lake Community Action Services  
Energy Assistance Team Focus Group  
Tuesday, May 23, 10:30 am – 11:30 am  
Learn more on Page 3

## Find Your Purpose – Join Our Team Hiring Volunteer Coordinator

Are you passionate about serving older adults and the community?

The Klamath Basin Senior Citizens' Center is actively seeking a part-time (20 hours/week) Volunteer Coordinator. Flexible. Contact Marc Kane 541-883-7171 ext 117 or email [marc.kane@kbscc.org](mailto:marc.kane@kbscc.org).

Full job description upon request at the Center or online at [klamathseniorcenter.com/get-involved/](http://klamathseniorcenter.com/get-involved/)



THURSDAYS AND SATURDAYS  
AT THE SENIOR CENTER

2045 Arthur St.

- 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

**FULL Snack Bar Open**

**SHIP TALK**

**(Senior Health Insurance Program)**

**MEDICARE OR MEDICAID?**

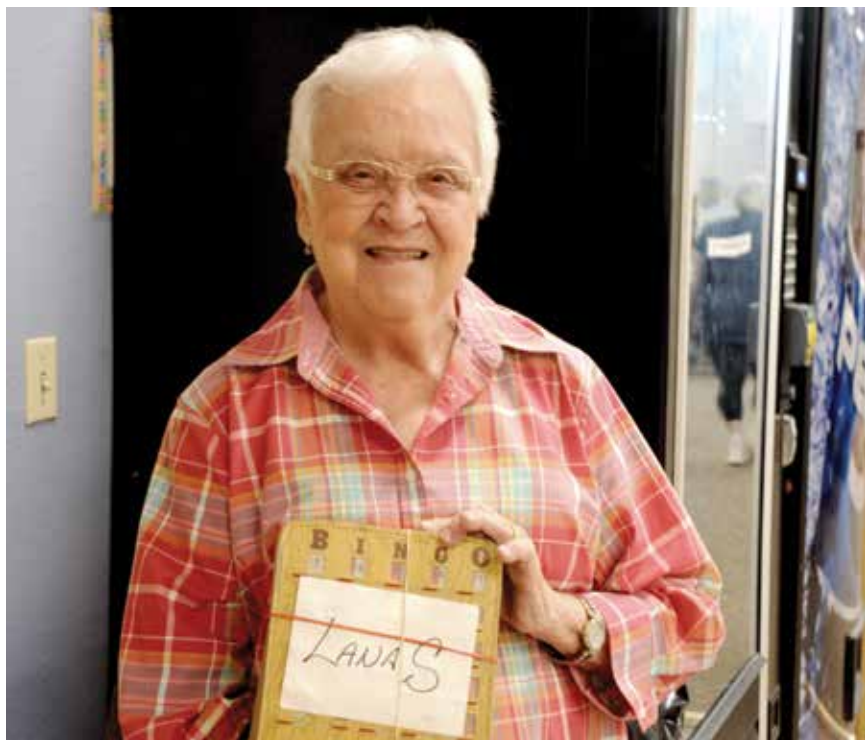
Anne Hartnett,  
SHIBA Coordinator(Senior Health Insurance  
& Benefits Assistance)

Which is which? And what's the difference? I tend to write on this topic once every year. And there's a reason why. These questions continue to be the most asked and the least understood in any discussion of health insurance. So let's dive in – one at a time. Medicaid is a federal-state partnership to provide health insurance assistance to the needy. In Oregon, the Oregon Health Plan is funded by Medicaid. This program is administered by the Department of Human Services (DHS). It provides a safety net for low-income people who fall below the state established poverty level. There are strict income and asset guidelines. If you're receiving Oregon Health Plan, full coverage will end when you turn 65 or are deemed disabled.

However, Medicaid can still be helpful for Medicare recipients with its Medicare Savings Program. What does this mean? – If your income is less than 150% of poverty level, you may qualify for part or all of your Medicare Part B premium to be paid for by the State with Medicaid funding. If your income is actually below poverty level, you may even qualify for Medicaid to act as your secondary insurance, since Medicare covers only 80% of Parts A and B. How much assistance you will get depends on your income. In this case, recipients are often called "dual eligible" since they qualify for both Medicaid and Medicare to cover Part A (hospital) and Part B (medical). Medicaid will also pay for long term care. This includes nursing home care, assisted living, or hiring help into your home to help you with the activities of daily living. It is available if the Medicare recipient has run out of income to pay for these services. Again, there are strict guidelines and for long term care services, DHS may put a lien on your home to help with payment. This lien is applied only with long term care, not health care, as described above.

Medicare is a federal health insurance program which is administered by the Social Security Administration. You are eligible for Medicare when your turn 65 or if you are deemed disabled. There are no income limitations. However, you must have paid into the fund through your payroll taxes during your working years. It does not pay for long term care and as noted above, pays only 80% of Parts A and B. When you become eligible for Medicare through age or disability, you must enroll in Medicare Parts B and D (drugs) or be penalized. (This penalty does not apply if you are adequately covered by private health insurance, such as provided by your employer, etc. ) Part A is free and Part B has a premium - \$164.95 per month this year (2023). Social Security also provides assistance with Part D drug insurance for those low-income recipients who qualify. This is commonly called Extra Help.

We're here at the Klamath Basin Senior Services Center to help you examine your options. Just give us a call at 541-883-7171 to make an appointment with a trained and certified volunteer counselor. The service is free.



Lana Shaw enjoys Bingo three times a week at the Senior Center.

**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.



**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
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- Housekeeping & laundry

**Rogue River Place**

Senior Living



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Klamath Falls, OR 97603  
541-882-0440

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

# Expressions of Heart and Mind

## EXPERIENCE YOUR DAY

*By Sharon Hudson*

We will have to build the  
Snowman again next year.  
He melted away, and now  
His space is empty and clear.

Green grass has sprouted where  
He was, and will soon need a trim.  
The grass is usually thick, and  
I will remember him.

While out and about and  
Shopping for seeds,  
I stopped at the feed store, and  
Found many needs.

I saw baby chicks, and  
I saw baby ducks.  
I saw farm equipment, and  
I saw pickup trucks.

Spring is a busy time, while  
People like it outdoors.  
Ready to plant what grows  
In between other chores.

While life brings breaths of  
Fresh air, and you hunger for more.  
When it reaches you inside, you  
Get excited to the core.

Warmer times are usually  
Abundant in the days ahead.  
The trees will blossom,  
Produce fruit, and shed.

Flowers of different colors  
Will reach for the sky.  
Adding radiance and beauty, and  
Are delightful to the eye.

The rain drops gently, as  
It slides down the glass.  
It is perfect for watering  
The trees and the grass.

Little animals are enjoying it  
Too, as they are coming out.  
Stretching and sunning from a  
Long winter's rest, no doubt.

Wave to your neighbor, and  
Do it with a smile.  
Go home and take off your  
Shoes, and kick back for a while

Get out tomorrow, and  
Have some fun.  
Be happy with you,  
And what you have done.



Malin Gas Station, Oregon 1-19-2023 - Acrylic on Canvas by Mona Novotny

## Memories of Moments Past

*Sharon Johnston Pappas ©*

The years they seem to fly by  
Never slowing down, no matter how we try

Being in the moment is best to do  
Those moments become memories quickly too

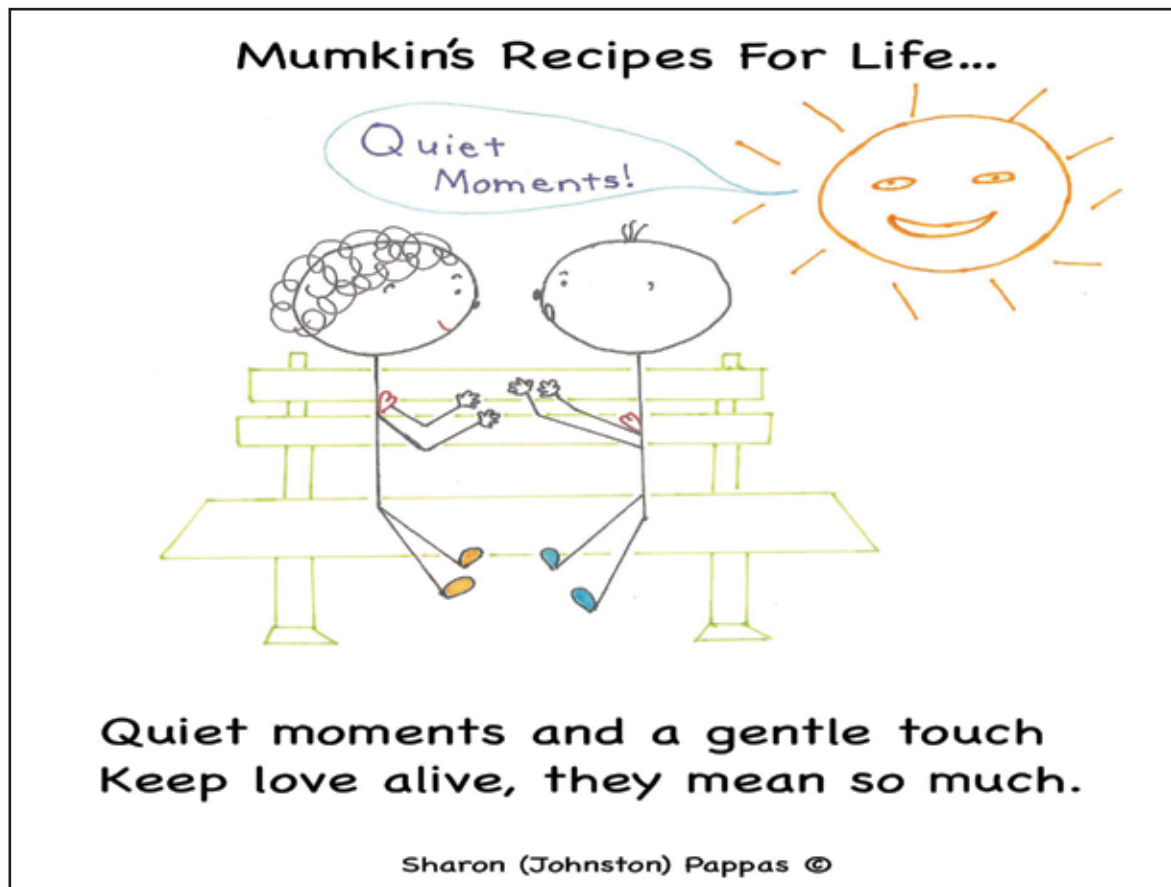
The journey brings laughter, along with pain  
But growth within, we chance to gain

Sadness and sorrow happen along the way  
Let it move through you at the end of each day

Hold onto laughter and love in your heart  
They're the priceless treasures, never to part

Create the life you want to bring  
Notice and appreciate the simplest of things

For we never know what will linger and last  
But we'll always have Now and Memories of moments past.



**Do you have a short creative writing piece or artwork you would like to submit and share?  
Please contact [stayactive@kbscc.org](mailto:stayactive@kbscc.org) or 541-883-7171 ext 122.**

## Ruthie from the Ridge: Introduction: Part 1 of 6

Hi, let me introduce myself! I am Ruthie from Plum Ridge, which is a Marquis facility attached to Sky Lakes Medical Center here in Klamath Falls. I am not a Klamath Falls native.

My husband of 49 years passed away in the spring of 2019, a year before the COVID pandemic, so I was living by myself in western Colorado. At the time, I used a rolling walker following an unsuccessful hip replacement, but I was quite independent and kept busy with friends and activities.

My interests were reading, traveling, duplicate bridge, and cribbage. My husband and I have two adult daughters, two wonderful son in laws and three adult grandchildren who all lived quite a distance from Colorado.

The girls were concerned about my being alone and far from family during the COVID pandemic and arranged for me to move closer in case of illness. Originally, the plan was to consider an independent living facility in Klamath Falls, so my daughter and son in law drove to Colorado and brought me here to stay with them until an apartment came available.

While staying with my daughter and son-in-law in the downstairs guest suite for five months, I suffered a stroke while sitting outside on the patio. I was partially paralyzed. An ambulance took me to Sky Lakes emergency room and the rest is history.

After a month long stay in the rehabilitation facility, I moved into a new home at Plum Ridge. This was quite surprising to me and my plan with this column is to introduce other folks to this journey of medical facility care.



From the  
Klamath Basin  
Senior Citizens' Center

Craft  
Connection  
Corner!

Join us in  
the lunchroom  
Thursdays  
9am - 11am

No experience needed,  
only a desire to connect.



Cascade Comprehensive Care



Cascade Health Alliance

## Aging and Alone?

### Tips for Seniors to Avoid Social Isolation and Loneliness

- Join local senior centers or community groups. This is a great way to meet new people with similar interests and can help combat social isolation.
- Stay connected through technology. Video chats, social media, and messaging apps can help you stay in touch with family and friends.
- Get involved with religious or spiritual communities. Religious or spiritual communities may not be for everyone, but they can provide a sense of belonging.
- Discover new hobbies. Painting, playing cards, or writing can offer a sense of purpose and provide ways to meet new people.
- Volunteer: Volunteering is a great way to stay active, meet new people, and give back to your community.

**If you or someone you know feels lonely or isolated, please reach out for help today. There are many resources available to help people connect with others and build community.**

[www.CascadeHealthAlliance.com](http://www.CascadeHealthAlliance.com) May 2023



Study of Van Gogh's Pink Roses 12-04-2021 by Mona Novotny

## Honoring Motherhood on May 14<sup>th</sup>

*By Klamath Basin Senior Citizens' Center*

As children, Mother's Day gifts were often heartfelt handmade gifts of macaroni necklaces or cards, or flowers and chocolate. As an adult, Mother's Day may feel a bit different. Maybe Mom lives miles away, in a long-term care facility or is grappling with various health challenges that may come with aging. Perhaps your mother has passed, but you know of other strong and supportive women in your life. Whether you are celebrating yourself as a mother, or another as a biological mother, step-mother, or adopted mother – that same heartfelt sentiment associated with childhood gifts can be expressed in adulthood too.

As children, our moms treasured our handmade cards and artwork. Now we consider her interests and abilities as we celebrate and honor her on May 14<sup>th</sup>.

Here are a few ways to celebrate that special woman in your life.

- Make a playlist of her favorite tunes (digital or on CD). Music can boost her mood, invoke special memories, and even ease chronic pain.
- Have a theater night at home. Choose her favorite flick and set the mood with popcorn or other movie snacks.
- Enjoy a fancy meal at home. Have it catered from her favorite restaurant and invite her family and friends. Or set up a call over dinner so that you can enjoy a meal "together."
- Craft a memory collage. Have the family donate pictures or cards that signify pleasant events and emotions. Make it with her or send to her if she lives farther away.

- Host a game night. Invite family and friends for dominos, puzzles, cards, to name a few.
- Attend a Senior Center event or a Community Event with her. Check out our Calendar of Events for something special for her, including our Mother's Day luncheon on May 12<sup>th</sup>.
- Fulfill an item on her bucket list. What has she been putting off for one reason or another? See if you could support her in making it happen this year.

Regardless of what you choose you plan, she's sure to appreciate an attention to detail – and her interests.







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

### 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

**WORK WITH KIDS**  
Flexible hours  
Various Locations

**EARN EXTRA CASH**  
Non-Taxable  
Won't Impact Benefits

[FGP@retirement.org](mailto:FGP@retirement.org)  
541-539-1208

## RETIRE IN THE COMFORT OF YOUR HOME

- Payoff existing mortgage and retire.
- Cover current and future medical expenses.
  - Pay for in-home care.
- Renovate your existing home instead of moving.
  - Diversify your overall retirement strategy.

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



**Mike Bliss**  
NMLS# 291410



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



# OVER 12.6 MILLION RIDES SINCE 1981



## Annual Service Highlights

- 61,552** Seniors and Individuals with disabilities rides
- 13,401** US Veterans Riders
- 10,370** Free rides for children and youth (new born to age 18)
- 10,370** College Student rides
- 84%** Of funds received are used for operations and maintenance

# VOTE YES

## ON MEASURE 18-130



[www.basintransit.com](http://www.basintransit.com)

### Title VI Notice Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates its programs and services without regard to race, color, national origin, religion, or sex in accordance with Title VI of the Civil Rights Act. Any person who believes he or she has been subjected to any unlawful discriminatory practice under Title VI may file a complaint.

For more information on the Klamath Senior Center's civil rights program, obligations and procedures to file a complaint, contact the Center by phone 541-883-7171, by mail at PO Box JE, Klamath Falls, OR 97602 or visit us at 2045 Arthur Street, Klamath Falls, Oregon 97603

A person may also file a complaint directly with the Federal Transit Administration, the Oregon

Department of Transportation, Basin Transit Transportation Services District or The Klamath Lake Counties Council On Aging (KLCCOA) for transportation service complaints. All other complaints should be addressed to (KLCCOA)

KLCCOA  
404 Main Street, Suite 6  
Klamath Falls, Oregon 97601  
541-205-5400

FTA Office of Civil Rights  
1200 New Jersey Avenue SE  
Washington, DC 20590  
1-866-377-8642

Oregon Department of Transportation  
Office of Civil Rights, Title VI Office  
355 Capital Street NE  
Salem, OR 97301  
(503) 986-3169

Basin Transit Service  
1130 Adams Street  
Klamath Falls, Oregon 97601  
(541) 882-9630

A complete copy of the KLAMATH BASIN SENIOR CITIZENS' CENTER, INC., TITLE VI PROGRAM and NON DISCRIMINATION POLICY is available at the center.



**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

## Pacific Power Klamath Falls Kiwanis and Reser Family Foundations All Announce Grants

*Submitted By Marc Kane*

Grants large and small. They all add up to meeting our goal in raising funds from foundations and individual planned gifts. We are hopeful to reach a goal of \$155,000 by calendar year's end. We are now half way there. This campaign funds about 11% of the Senior Center's annual budget and is critical in raising the necessary matching and complementary funds needed to provide our services and attract nearly \$900,000 in government support. Local donations continue to be needed and are critical to our success.

Special thanks this month to The Reser Family, Klamath Falls Kiwanis and Pacific Power Foundations for this support. All three of these foundations have made recurring gifts over the past several years, and are part of what we call our Family of Foundations that we can count on for on-going support.

March 2023 donations of \$11,810 were received from the following organizations and individuals:

Anne Weaver	Refuge City Church	Burl Parrish
Pacific Power Foundation	Geraldine Schindler	Mildred Miller
Valerie Howard	Rose Chapman	Ernie Palmer
First Presbyterian Church	Stephen Mathies	Donna Maloney
Marta Stephens	Patricia Henderson	Charlotte Moseley
Jon Schnebly	Kenneth Banes	Paul Pohl

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$3,973.

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:

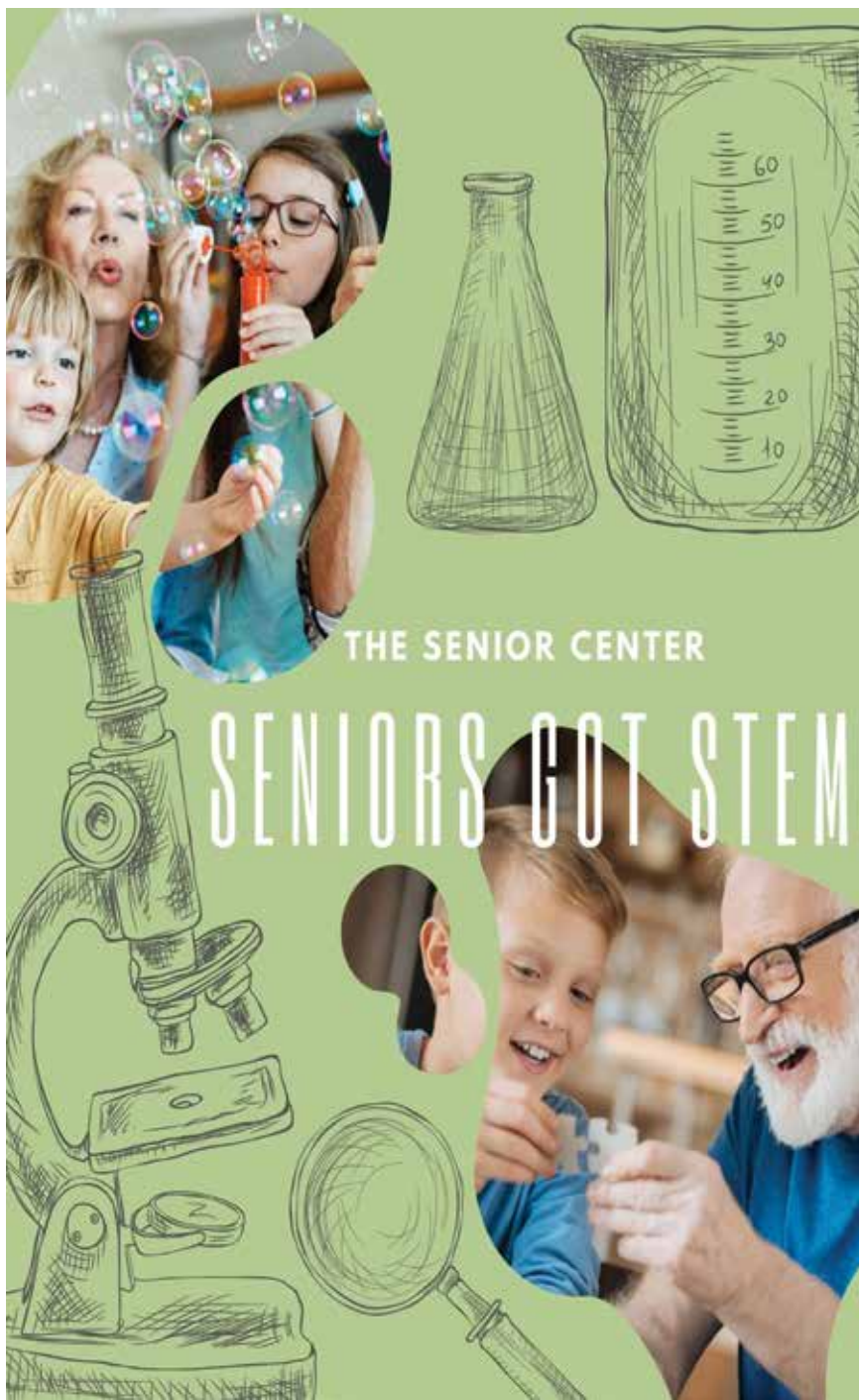
First Presbyterian Church	Jon Schnebly	Cheryl Gibbs
Marta Stephens	Burl Parrish	Ernie Palmer
Refuge City Church	Howard McGee	Peggy Thomas
Geraldine Schindler	Patricia Henderson	Mildred Miller
Dorothy Winters	Rose Chapman	Charlotte Moseley
	Wilma Petrik	Donna Maloney

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 SENIOR CENTER

### SENIORS GOT STEM

*Presented by Hannah Darrah*

Hi, I am Hannah Darrah, a senior at Mazama High School who is involved in the STEM program and a Certified Science Officer (CSO). Each year, CSOs create projects to bring STEM into the local community. STEM stands for science, technology, engineering, and math.

This year, my goal is to bring senior citizens, their grandchildren and high school students together in STEM. I invite you and your grandchildren to come to a one time workshop and build STEM projects to get hands-on activities and bonding experiences. The event will focus on the S in STEM and will be doing science experiments and projects with your grandchildren and/or high school students.

Students from Mazama High School will be joining to assist with projects and socialize. Projects range from crystal making and volcano eruptions to science magic tricks. Even if you may not have a grandchild, feel free to come on in and join us for a fun experience.

This is an opportunity to socialize, work with STEM, and build a bond with others from your community. Please come in and join us on Friday May 26th from 2:30 - 3:30 pm. Everyone is welcome! Register for this event by stopping at the front desk or calling 541-883-7171. There is limited space, so sign up soon! There is no cost to attend this workshop.

## NIH News in Health

### Digging Into Vitamin D

All About the "Sunshine" Vitamin

Vitamin D helps your body absorb calcium, a mineral your body needs to build strong bones. Your heart, muscles, and nerves also need vitamin D. Even your immune system uses vitamin D to fight off germs.

How much is enough? Guidelines recommend adults get 600 to 800 IUs (international units) of vitamin D each day. Not enough can lead to serious health issues. In adults, a long-term deficiency can lead to fragile bones, or osteoporosis.

You can get vitamin D from the sun and from your diet. Many people don't go outside enough to get all the vitamin D they need this way, and there are several factors that affect how you absorb vitamin D in the sun. (See Wise Choices for how to get it in your diet)

As we age, our ability to make vitamin D in the skin declines, and older adults may not go outside as often. A supplement may be right for you, but cannot replace a healthy diet. Talk to your primary care provider to check for your current levels and see what lifestyle changes may be right for you.



### Wise Choices Get More Vitamin D

Vitamin D can be found in many foods and beverages:

- **Fatty fish.** Trout, salmon, tuna, mackerel, sardine, and fish liver oils naturally contain high amounts of vitamin D.
- **Dairy milk.** Almost all cow's milk in the U.S. is fortified with vitamin D. But be sure to check the label.
- **Some plant-based milks.** Some brands of soy, almond, oat, or other milk alternatives are fortified with vitamin D. See the labels for how much they include.
- **Many brands of breakfast cereals, orange juice, yogurt, and other foods** also contain added vitamin D.
- **Egg yolks, cheese, and mushrooms.** These foods naturally contain a small amount of vitamin D.



For more about vitamin D, see "Links" in the online article: [newsinhealth.nih.gov/2023/04/digging-into-vitamin-d](https://newsinhealth.nih.gov/2023/04/digging-into-vitamin-d)



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<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
					
<b>BALANCE</b> Loss of balance, headache/sudden or "thunderclap" headache or dizziness	<b>EYES</b> Blurred vision	<b>FACE</b> One side of the face is drooping	<b>ARMS</b> Arm or leg weakness	<b>SPEECH</b> Speech difficulty	<b>TIME</b> Time to call for ambulance immediately

# B.E. F.A.S.T.

## Spot a Stroke Before It's Too Late

*Adapted from RWJBarnabas Health*

Stroke is a serious medical condition and requires immediate medical attention. The acronym B.E. F.A.S.T. is an easy way to remember the most common symptoms of a stroke so you can act quickly.

- Balance – Have you lost your balance, felt a sudden headache or “thunderclap” headache, or felt dizzy?
- Eyes – Is your vision blurry?
- Face – Is one side of the face numb or drooping? Is your smile lopsided?
- Arm – Do you have feeling in both arms? Can you raise them both up without one drifting down?
- Speech – Slurring words? Are you able to form coherent sentences?
- Time – Every second counts! Call 911 immediately if any of the above symptoms occur.

Family and friends are usually the first to notice these symptoms and not the individual. Recognition of these symptoms will determine how quickly someone will receive help and treatment.

Some other symptoms of a stroke include memory loss and fatigue. You have higher stroke risk factors if you drink excessively, smoke, have hypertension, or have been diagnosed with diabetes. It is difficult to see a stroke coming, so learning your risk factors is very important for preventing long-term stroke damage. Learn more at the “Be Stroke Aware” Learn’n’Lunch on Tues, May 9<sup>th</sup>. See page 22, Calendar of Events for details.



Meet our new Pelican Pointe Executive Director, Tami Alexander...transitioning comfortably into her leadership role after 6 years in the business office!

Our Pelican Pointe family felt comfortable with Tami being the new director because we knew her and trusted her after her long service as a senior manager of finances. She says, “I love taking care of people. I am a mom so it is second nature to take care of everybody.”

**We have lowered the prices on a few open apartments...give us a call for details!**

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Tami Alexander  
Executive Director  
Pelican Pointe



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Amber Anderson

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Amber's cell: 541-205-2018

## Lake County Senior Citizens' Association



### May 2023 Events

Find us at 11 N G St, Lakeview, OR 97630. Call for more information 541-947-4966.

Our Birthday luncheon will be on the 1<sup>st</sup> Friday, May 5<sup>th</sup> this month. We are also planning a Mother's Day High Tea on Friday, May 12<sup>th</sup>. There will be 60 tickets sold and seating will be @ 11:45. May 16<sup>th</sup> is Crochet day. Bring your supplies. This is a participant taught class so we can learn from each other.

### ALL rides require reservations.

In conjunction with Lake Health District and Studio 11 3/4, we will be having free guitar lessons. It is a Four Week Class on Tuesdays & Thursdays starting May 16<sup>th</sup> - June 8, 3:30 - 4:30. It will be held at Studio 11 3/4 at the Lake County Senior Center, 11 N. G Street, Lakeview (2<sup>nd</sup> awning basement entrance). The class is free but the space is limited for this grant-funded program.

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 each Thursday 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. We 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 are accepted during store hours or through the week before 2:00.

## Begin to FLEX your Medicare with your ATRIO Health Plan.



### 3/4 of Oregonians agree they would want someone to say something if they had a gambling problem.

Thirty-eight percent of older gamblers say they gamble to distract themselves from everyday problems, and to combat boredom and loneliness.



Feeling lonely makes us more vulnerable and increases our risk for poor health conditions - mental and physical.

**Take a walk outside**  
*Being outdoors helps us feel happier and more balanced.*

**Talk to a friend**  
*Positive relationships help us feel connected.*

**Take a class**  
*Learning new things increases the natural "happy" chemicals in our brains.*

**Volunteer!** *Doing something for someone else makes us feel better!*

Check with your local Community Center/Senior Center about classes or clubs that might interest you **because loneliness is something we can do something about.**

A message supported by Oregon Problem Gambling Resources because gambling is an activity that carries risk. Go to [opgr.org](http://opgr.org) or call **877-MY LIMIT (877-695-4648)** for help and advice.



*A message from Lake District Prevention*

*Equal opportunity provider and employer*

**One-Pan Salmon and Vegetables** *Written by Claire Samuels with A Place for Mom (aplaceformom.com)* This recipe is so easy, it's almost not even a recipe. It showcases flaky and richly pink salmon, a low-calorie protein source full of heart-healthy omega-3 fatty acids and energy-boosting B vitamins. This non-recipe is versatile! Replace salmon with another flaky fish like tilapia or trout. Swap out the veggies for whatever's in your fridge, or add potatoes for a heartier meal.

### Ingredients

1 squash or zucchini, sliced into rounds  
1/2 onion, cut into wedges  
1 cup cherry or grape tomatoes  
1 bell pepper, sliced  
3 tablespoons olive oil, divided  
1 teaspoon Cajun seasoning or your favorite fish-seasoning blend

2-3 salmon fillets, about 4 ounces each  
1 lemon, optional

### Instructions

Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.

- In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single

layer on the baking sheet.

- Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.
- Roast for 12-15 minutes, until salmon is flaky and mostly opaque.
- Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!



**Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy. Check out our Calendar of Events on page 14 for a new opportunity.

**Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities. Share this knowledge with others in the community.

**Stay engaged in your community.** Stay connected and active by volunteering, mentoring, and taking part in activities at the Senior Center or elsewhere in the community. For more information on volunteering at the Senior Center, call 541-883-7171 or stop by the front desk.

**Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

## Aging Unbound!

*Adapted from the Administration for Community Living*

May is Older Americans Month, a time to encourage and recognize the countless contributions that older adults make to our communities. Their time, experience, and talents enrich the lives of those around them. The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. This year, the Klamath Basin Senior Citizens' Center would like to promote flexible thinking about aging – how we all benefit when older adults remain engaged, independent, and participating in ways they choose.

We are recognizing the 60th anniversary of Older Americans Month and we challenge people to change the narrative on aging. Here are some ways we can all participate in *Aging Unbound*.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

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<p style="text-align: center; color: #800040; font-size: 1.2em;"><i>Spring Into the Fun</i></p> <p style="text-align: center; font-weight: bold;">FRIDAY DRAWINGS May 12-26 • 6pm-9pm</p> <p style="text-align: center; font-weight: bold; color: #800040;">WIN UP TO \$1,000 CASH!</p> <p style="font-size: 0.8em;">Beginning Monday, May 1st at 8am, earn one drawing entry for every 10 points. Drawings every half hour. <small>May only win once per day.</small></p>	<p style="text-align: center; font-size: 1.5em; color: #800040;"><b>SENIOR DAY MONDAYS</b></p> <p style="text-align: center; font-weight: bold;">8AM - MIDNIGHT</p> <p style="font-size: 0.8em;">EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT. NO SENIOR DAY HOT SEATS ON MONDAY, MAY 29. <small>(Must be 55+. May only redeem/win once per day.)</small></p> <p style="text-align: right; font-size: 0.8em; font-weight: bold;">HOT SEATS NOON - 3PM</p> <p style="text-align: right; font-weight: bold; color: #800040;">WIN UP TO \$100 CASH!</p> <p style="text-align: right; font-weight: bold;">DRAWINGS EVERY HALF HOUR.</p>	<p style="text-align: center; font-size: 1.5em; color: #800040;"><i>MAY FLOWER</i></p> <p style="text-align: center; font-weight: bold;">THURSDAY KIOSK</p> <p style="text-align: center;">May 4-25 • 11am-7pm</p> <p style="text-align: center; font-weight: bold; color: #800040;">WIN UP TO \$100 CASH!</p> <p style="font-size: 0.8em;">Earn 50 points and swipe at the kiosk to receive prize voucher. <small>May only redeem once per day.</small></p>
<p style="text-align: center; font-size: 1.5em; color: #800040;"><b>CINCO DE MAYO</b></p> <p style="text-align: center; font-weight: bold;">FRIDAY, MAY 5 • 6PM-9PM</p> <p style="text-align: center; font-weight: bold; color: #800040;">WIN UP TO \$1,000 CASH!</p> <p style="font-size: 0.8em;">WINNERS WILL SELECT A SOMBRERO TO DETERMINE PRIZE. DRAWINGS EVERY HALF HOUR. <small>May only win once per day.</small></p>	<p style="text-align: center; font-size: 1.5em; color: #800040;"><i>Mom's Self Care</i></p> <p style="text-align: center; font-weight: bold;">SUNDAY KIOSK</p> <p style="text-align: center;">MAY 7-28 • 11AM-7PM</p> <p style="font-size: 0.8em;">EARN PRIZES! Earn 75 points and swipe at the kiosk to receive prize voucher.</p> <div style="display: flex; justify-content: space-around; font-size: 0.8em;"> <div style="text-align: center;"> <p>May 7: Neck &amp; Shoulder Massager</p> <p>May 21: Light-Up Mirror Phone Holder</p> </div> <div style="text-align: center;"> <p>May 14 - Mother's Day: Mani/Pedi Set with Nail Dryer</p> <p>May 28: Facial Steamer Kit</p> </div> </div> <p style="font-size: 0.7em;">May only redeem once per day. While supplies last.</p>	<p style="text-align: center; font-weight: bold; color: #800040;">TIERED REWARDS TUESDAY KIOSK</p> <p style="text-align: center; font-weight: bold;">MAY 9-30 • 1PM-8PM</p> <p style="text-align: center; font-weight: bold; color: #800040;">WIN FREE PLAY!</p> <p style="font-size: 0.8em;">Arrowhead members can win up to \$50 free play. Crows Knees members can win up to \$75 free play. Quails Plume members can win up to \$100 free play. Earn 75 points and swipe at the kiosk to receive free play. <small>May only redeem once per day.</small></p>
<p style="text-align: center; font-weight: bold;">See Bonus Club for Complete Details</p> <div style="background-color: black; color: white; padding: 5px; text-align: center; font-size: 0.8em;"> <p>No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.</p> <p style="font-size: 0.7em;">Gambling Problem? Call 1-800-GAMBLER</p> </div>	<p style="text-align: center; font-weight: bold; color: #800040;">MEMORIAL DAY KIOSK</p> <p style="text-align: center; font-weight: bold; color: #800040;">MONDAY, MAY 29 • NOON-6PM</p> <p style="font-size: 0.8em;">Earn various prizes! Earn 75 points and swipe at the kiosk to receive prize voucher.</p> <div style="display: flex; justify-content: space-around; font-size: 0.8em;"> <div style="text-align: center;"> <p>Set of Four Ceramic Mug Set</p> <p>Starburst Thermos</p> </div> <div style="text-align: center;"> <p>Medium Duffel Bag</p> <p>Signature Sherpa Throw</p> </div> <div style="text-align: center;"> <p>Pyrex Weekender Bag</p> <p>Bake &amp; Take Set</p> </div> </div> <p style="font-size: 0.7em;">May only redeem once per day. While supplies last.</p>	<div style="border: 2px solid #800040; padding: 10px; text-align: center;"> <p style="font-size: 1.5em; color: #800040; font-weight: bold;">NEW MEMBERS</p> <p style="font-weight: bold; color: #800040;">WIN UP TO \$250 FREE PLAY</p> <p style="font-size: 0.8em;">Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*</p> </div>

## Springtime Splendor Success

By Klamath Basin Senior Citizens' Center

"I've been exploring a lot with play and whimsy in my own art, and I wanted to share that sense of wonder and creativity with others," says Anne Davenport, Program Manager of Health Promotion Services, and Mixed Media Workshop Instructor on Tuesday, April 25<sup>th</sup>. Anne received her Bachelors in Fine Art in Film Production Design from the University of North Carolina School of the Arts and enjoys sharing her personal love of creation using various artistic mediums. Prior to the workshop, she could be found organizing papers, fabrics, stickers, maps, books, and more for all participants to sort through and find inspiration.



Citizens' Center Gift Shop, Jennifer Patterson, and Basin Book Traders. There was no cost to attend this workshop due to the generosity of the donations. Keep an eye on this newsletter for the next workshop dates – likely to occur in the summer



At the beginning of the workshop, participants were shown several versions of paper mixed media by Anne and a Colorado-based artist, Katie Horney. They were given a brief tutorial on creating space in an artwork through the use of foreground, middleground, and background, as well as techniques for paper preparation and assemblage. From this starting point, participants were then guided through creating a work of art rich in texture and color. Mixed-media collage offers a lot of room for curiosity and playfulness, beginner-friendly as well as useful for the more experienced art maker.

"The whole workshop was unexpected! I learned about concepts I had not encountered before, like layering and texturing. I met some wonderful class participants and had a relaxing and reflective experience," one participant, Kathy, noted. "As simple as my piece was, I loved it and my husband did as well when I brought it home to show him. I have already hung it in my second bedroom. I am looking forward to the next one!"

One participant felt inspired to create gifts for upcoming events, another spent the workshop time in playful creation, letting go of her expectations of a finished product and allowed her art to evolve based on the joy she found in the materials.

All materials were included in the workshop and were donated by Anne Davenport, Hannah Watah, the Klamath Basin Senior



## How the internet can demystify aging for women

Brette Bliss, Sky Lakes Medical Center

You can say anything about social media and the pervasiveness of the internet. Sometimes it feels like nothing good comes from being online, but our negative interactions on the internet sometimes take up more space in our minds than the positive ones. A positive experience I've noticed is that my online activity is passively changing how I feel about aging.

Aging can be scary, especially in a society that values youthfulness. We don't often see depictions of aging in the media, and when we do, it's usually the same story over and over again. As native internet users age, we get to see more real people in older demographics on platforms like Instagram and TikTok. I see women in their 70s with long silver hair and sleeves of tattoos and realize aging doesn't look the same for everyone. We don't all have to look like Mrs. Doubtfire after 50.

I remember online discussions about depictions of aging in the media when Marisa Tomei took on the role of Aunt May in the 2017 Spiderman movie. The outcry that this Aunt May looked "too young" was everywhere; but Marisa Tomei is in her 50s and was definitely not too young to be the beloved Aunt May. It's just that we have been conditioned to see women as young or old, nothing in between. We aren't used to seeing women in their 40's to 60's on screen playing women in their 40's to 60's. We consistently use a woman's age against her, and that bleeds into how we view aging in our own lives.

It's hard to feel excited about aging when the media we consume tells us that getting "old" is the worst thing that can happen to us. Seeing an underrepresented demographic of women online celebrating themselves is a gift we should embrace and cherish. Women are expected to "look and dress our age" as soon as we start to show signs of aging and this restrictive standard lays out a bleak aging process that is hard to be excited about.

I know I'm expected to fear and resist physical signs of aging, but I look forward to graying hair and wrinkles. I've been lucky to be surrounded by

women in my life who have shown me many possibilities of what aging can look like. I'm also lucky to have a mother who gave me a healthy relationship with my body. Seeing women older than me confidently and excitedly post pictures of themselves online really makes me feel hopeful and excited about who I can become in 30 years.

Getting to see women of all kinds rejecting restrictive aging expectations and embracing the aging process the way they want is so incredibly freeing and exciting. It's a promise, not a warning. Aging doesn't have to be scary and instead can be fun.



Marisa Tomei as she looked when cast for Aunt May. <https://amazing-spidertalk.com/2015/07/marisa-tomei-cast-as-aunt-may/>



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## Qi Gong on Thursdays at 10:30am!

By Klamath Basin Senior Citizens' Center

We are delighted to announce that Rachel Stephens, our current Qi Gong instructor, will be offering a morning Qi Gong class in addition to the existing class on Tuesdays at 2:30pm!

The term “qigong,” pronounced “chee gong,” is a combination of two words: “qi,” which means “subtle breath” or “vital energy,” and “gong,” which translates to “skill cultivated through steady practice.” Together, the words describe an age-old practice that harnesses the power of breath, movement, and intention setting to create health and balance within the body. Through simple poses and patterned breathwork, qigong is believed to remove obstacles to promote a healthy flow of qi. First, you will learn how to coordinate physical movements with breath through the repeated practice of exercises. It may sound simple, but there’s a lot happening within the body and mind during a qigong practice.

This class can be done in seated or standing. Please wear comfortable, loose-fitting clothing and tennis shoes so that your body can move freely. Bring a water bottle.

Before starting any new exercise, we recommend that you consult your primary care physician.

Registration is not required. A participant agreement must be signed prior to joining any Senior Center exercise class. Please see the instructor before class to sign. Please arrive 10-15 minutes before class starts to find a seat, grab equipment, and be ready to start! A \$3 donation is suggested for each exercise class; however, no one will be turned away for lack of funds. Please call 541-883-7171 with any questions.

## Bliss Yoga & Wellness

*Bliss Yoga & Wellness is a Klamath Original, combining yoga & wellness all in one space!*

We also offer massage, meditation, reiki, private yoga classes and a variety of workshops. We have fine chocolate from around the world & hand crafted herbal tea by Chocolate Mudra, candles by The Healthy Candle Co., jewelry by Finding Evy, and artwork by Tammy Wanzer, all locally made!

Classes for all levels, please check out our website!!  
Bliss is located at 2245 Crest St #4, adjacent to the Klamath County Fairgrounds.

[blissyogakf.net](http://blissyogakf.net) 541-851-9537

# SENIOR AWARENESS FAIR 2023

Celebrating seniors during Senior Awareness Month in May, bringing awareness and planning for the future.

**FREE**  
Event Entry  
Community booths with information and advice

Giveaways

Entertainment

Food vendors

Contact Jennifer for details:  
541-882-2902

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Patrons enjoying Table Tennis in the Game Room

The Senior Center will be closed in observance of Memorial Day, Monday, May 29<sup>th</sup>

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## OLDER ADULT PROGRAM

Are you struggling to connect with others?  
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Are you feeling hopeless about your life?



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Register today for our **May Medicare Basics Workshops** with *Brannon Kaefring*

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- ✓ When can I enroll?
- ✓ What are my coverage options?
- ✓ 4 Stages of Rx Coverage
- ✓ Medicare's "Extra Help" Program
- ✓ Where to get more help
- ✓ Learn about ATRIO's 2023 Medicare Advantage Plans

**May Workshops**  
May 10 / 1 PM    May 24 / 1 PM

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# SAVE THE DATE

**10<sup>th</sup> ANNUAL  
SENIOR CENTER  
RUMMAGE SALE  
FUNDRAISER  
JULY 21 - 22  
Details to follow.**



**SAVE THE DATE:**

**Thursday, June 15, 2023**

## World Elder Abuse Awareness Event and Provider Fair

Please join us for lunch, presentations, local resources, and fun activities in recognition of the 5<sup>th</sup> Annual **World Elder Abuse Awareness Day**

**When:** 10:00 a.m. to 12:30 p.m. on Thursday, June 15, 2023

**Where:** Klamath Basin Senior Citizens Center  
2045 Arthur St., Klamath Falls, Oregon 97603

**Contact:** For questions or to participate as a presenter or vendor, please call Diane Mest at (541) 885-7628 or send an email to [diane.mest@odhs.oregon.gov](mailto:diane.mest@odhs.oregon.gov)



Klamath Basin Senior Citizens' Center

## Now hiring! Executive Director

**Our Mission:**

**"To build and maintain a supportive community for seniors"**

The Senior Center of Klamath Falls, Oregon is searching for an Executive Director to fill a vacancy created by the retirement of the incumbent. If you enjoy small communities, seasonal weather, friendly people, and outdoor sports, this is the place for you.

The Klamath Senior Center is a non-profit, non-residential community center that provides activities and services that meet the changing needs of older adults, their caregivers, and families.

This position works forty (40) hours per week for the nine (9) member board of directors to obtain grants and manage the daily operations of services to elderly citizens. Compensation is negotiable up to \$72,000 per year depending on education & experience. We provide a range of benefits such as paid holidays, paid vacations, and paid sick time.

Important requirements of this position include, but are not limited to:

1. Responsible for the generation of revenue through grants or other sources to meet Board approved budget goals.
2. Responsible for leading the Senior Center in a manner that supports and guides the organization's mission.
3. Responsible for fiscal integrity of the Senior Center to include submission to the Board of a proposed annual budget and monthly financial statements.

**INTERESTED PERSONS**

Please submit your resume and cover letter to include three (3) references with name, address, phone number, and email.

Submit to: Executive Director

Klamath Basin Senior Citizens' Center

P.O. Box JE

Klamath Falls, OR 97602

Email submittal: [seniorcenter@kbscc.org](mailto:seniorcenter@kbscc.org)

If you have questions or require clarification, please contact us at [seniorcenter@kbscc.org](mailto:seniorcenter@kbscc.org) or call (541) 883-7171.

Want to know more about us?

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

**Deadline for all submits is Monday, May 15, 2023, at 12:00PM PST**

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at the  
Klamath Basin Senior Citizens' Center

## Gift Shop

**Handmade Gifts & More**

- Knitted & quilted goods
- Cards for every occasion
- Jewelry & handbags
- Children's clothing
- Accessories, beadwork
- Specialty food

**Materials**

- Fabrics, yarn, thread
- Buttons, zippers
- Scrapbooking, beads, and more!

Open Mon - Fri | 10 am - 2 pm

Proceeds Benefit Senior Center Programs | Volunteer Operated

# HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.



**American Stroke Association.**  
A division of the American Heart Association.

Avoid **brain problems** like stroke, memory loss and difficulties with thinking and learning by **taking the following actions:**



MANAGE BLOOD PRESSURE, BLOOD GLUCOSE & CONTROL CHOLESTEROL



SLEEP WELL



STOP SMOKING & LIMIT ALCOHOL INTAKE



EAT BETTER



MONITOR COGNITIVE CHANGES



GET PHYSICALLY AND SOCIALLY ACTIVE

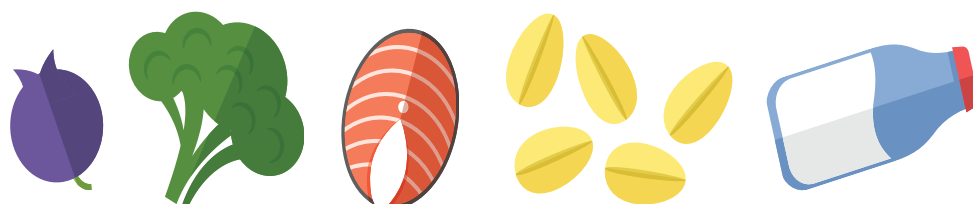


LOSE WEIGHT



**150 MINUTES**  
OF PHYSICAL ACTIVITY  
**PER WEEK**  
& A WELL-BALANCED DIET  
**CAN IMPROVE MEMORY**  
AND YOUR ABILITY TO PROCESS INFORMATION

Research shows a **brain-healthy diet** is:



**HIGH** in fruits, vegetables, poultry, fish, nuts, whole grains and low-fat foods



**LOW** amounts of red meats, sweets, sugar-sweetened beverages, saturated fat and cholesterol



**80% OF STROKES**  
**AND HEART DISEASE**  
**MAY BE PREVENTABLE<sup>1</sup>**

All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

<sup>1</sup><https://www.ahajournals.org/doi/abs/10.1161/01.str.0000442009.06663.48>

For more information visit [heart.org/BrainHealth](https://heart.org/BrainHealth)

## Congratulation to Grandma Joy for winning the United Way's Volunteer of the Year!

Grandma Joy has been a Foster Grandparent volunteer for over 10 years. Joy lives her life "heart forward." She has overcome incredible challenges in her life and is a walking example of resilience. She joined our program in 2013 and has served over 5,000 hours. She began her volunteerism at Sage Community School then transitioned to Chiloquin Elementary where she tutored and mentored children with special or exceptional needs. After the loss of her husband, she moved into Klamath Falls where she served at Peterson Elementary School.

During the pandemic Joy survived some significant changes. Joy did not let this stop her and she never quit serving children. She learned to embrace technology and has become a virtual volunteer with Falcon Heights Online Academy through Klamath County School District. Joy has become a Zoomer! She is officially the first Foster Grandparent volunteer to serve solely in an online setting. She has spent this school year reading online with children in Kindergarten and First Grade.

Each day in service she brings her unique talents, kindness, focus, and consistency to the children she supports. Joy has demonstrated the ability to thrive during extreme challenges, and adapt well in the face of adversity, trauma, and tragedy.

Joy provides ongoing support, helping children with their social and emotional development and she works daily to increase academic engagement. Joy also provided a layer of support for teachers, administrators, and educational assistants through her years of service. She has been a tutor, mentor, and friend who has enriched young lives by sharing her wisdom and experience. She assists students with academic activities, promotes resilience, and support children's overall health and educational outcomes.

She has also built trusted connections with other older adults through her service. She has recruited several other volunteers into the Foster Grandparent Program through the years. Joy is retiring from our program this month and is relocating out of the area to be closer to her grownchildren and family. She will be greatly missed by our program, the children, and the community.

Joy has been able to touch many children's lives in the program, but she feels that the children have helped her through the hardest times in her life and gave her a reason to get up in the morning to volunteer.

## Would you like to learn more about how volunteering with our program feeds the soul?

Please contact:  
 Kayla Ratty, Volunteer Coordinator  
 The Foster Grandparent Program of Southern Oregon  
 (541) 857-7786  
[kratty@retirement.org](mailto:kratty@retirement.org)



# Klamath Cremation Specialists

## For all your cremation Needs



# KLAMATH CREMATIONS

3539 Avalon Street • Klamath Falls, OR 97601

(541) 882-5950

[Kfallscremation.com](http://Kfallscremation.com)

CREMATION  
FOR **\$895**

## KLAMATH SENIOR CENTER MAY 2023 CALENDAR OF DAILY EVENTS

### MONDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 – 10 am
- Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Muffin Mondays 10:30 am – See below for speakers
- County Branch Library 9:30 am – 1 pm
- \*\*Dementia/Alzheimer's Caregiver Support Group with Jim Rains and Patty Card – 9:00 – 10:00 am – Registration required – pcard@kbbh.org or 458-200-4257
- Ping Pong in the Game Room 12:30 pm – 2 pm
- Golden Age BINGO & Cards Club 12:30 pm
- Yoga with Kim Carson 4:00 pm to 5:00 pm

### TUESDAYS

- SAIL Exercise with Sherry Hooke 9:00 am
- 2nd Tuesday Learn'n'Lunch 11 am – 11:30 am, please arrive by 10:45 am
- 2nd Tuesday Atrio Ice Cream Social 10 am – 2 pm
- 2nd Tuesday Klamath & Lake Counties Council on Aging Meet and Greet 11 am – 1 pm
- Qi Gong with Rachel Stephens 2:30 pm
- Tai Chi with Andrew Hyun 3:30 pm to 4:30 pm
- SHIBA (MEDICARE Counseling) by appointment, please call 541-883-7171

### WEDNESDAYS

- Mobility from Head to Toe with Anne Davenport 9 – 10 am (May 17 will be Qi Gong)
- Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Senior Dance Group, all are welcome! 1 pm – 3 pm

### THURSDAYS

- SAIL Exercise with Anne Davenport at 9:00 am
- Craft Connection Corner 9am to 11 am
- Qi Gong with Rachel Stephens 10:30 am
- Golden Age BINGO & Cards Club 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, please call 541-883-7171

### FRIDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 – 10 am
- Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- County Branch Library 9:30 am – 1 pm
- Line Dancing 7:00 pm – Subject to instructor availability, please call 541-883-7171 to confirm.

### SATURDAYS

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

\*\*These support groups offered at the Senior Center provided by KBBH

### 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 via video facilitated by community members..

**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!

**Mobility from Head to Toe** A full-body low intensity mobility class, taught by a licensed physical therapist. Most movement completed in sitting with some in standing while holding onto a chair. You will learn breathing techniques, postural control, guided joint range of motion starting at your head and neck, working your way all the way to your big toe!

**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 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 students to come together, have fun, and create. **Current class is full, please call 541-883-7171 or stop by Front Desk to be put on waiting list.**

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

## Be Stroke Aware

The Klamath Basin Senior Citizens' Center hosts 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.

May is National Stroke Awareness Month. Strokes occur when an area of the brain is deprived of blood flow, and thus oxygen, leading to damage to the cells in that area. Because the brain is divided into halves most strokes affect one side of the body, which is why some of the clues to look for are one sided weakness, numbness, or drooping, especially of the face, lips, and smile. This will also usually result in slurred speech. Some strokes can affect the cerebellum, which is more of a centrally located balance center, so not all strokes look the same. Mini strokes, called TIAs (transient ischemic attacks) are what we call stroke symptoms that resolve over a few hours - they don't cause permanent damage to the brain cells but are a

warning shot for recurrent strokes. There are many things that you can do to help reduce your risk of stroke, which is what we will be talking about in this topic! You will also learn how to spot the symptoms of a stroke so that you can respond quickly and lower your risk for lasting damage.

We are excited to host Dr. Stewart Decker, MD, FAAFP, FWMS to provide information on how to reduce your risk of stroke. Dr. Decker is the Medical Director of Sky Lakes Primary Care and of Sky Lakes Wellness Center.



Learn more on Tuesday, May 9, 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.

# MAY 2023

NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.

Sugar free desserts and salad are available for individuals with diabetes.

Congregate Lunch is served Monday - Friday 11:30 am - 12:30 pm. To apply for Meals on Wheels, please call 541-205-5400.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>BEANS &amp; HAM W/CORNBREAD</b> Veggie Salad Dessert	<b>SHRIMP &amp; CORN CHOWDER</b> Veggie Salad Dessert	<b>CHICKEN CASSEROLE</b> Veggie Salad Dessert
<b>CHEESEBURGERS &amp; FRIES</b> Veggie Salad Dessert	<b>AU GRATIN POTATOES W/HAM</b> Veggie Salad Dessert	<b>BEEFY BEAN SOUP W/CORNBREAD</b> Veggie Salad Dessert	<b>FISH &amp; CHIPS</b> Veggie Salad Dessert	<b>HAPPY MOTHER'S DAY HAM W/STUFFING</b> Veggie Salad Dessert
<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Veggie Salad Dessert	<b>PIZZA</b> Veggie Salad Dessert	<b>SHEPHERD'S PIE</b> Veggie Salad Dessert	<b>BREAKFAST FOR LUNCH</b> Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert	<b>SLOPPY JOES</b> Veggie Salad Dessert
<b>SALISBURY STEAK &amp; NOODLES</b> Veggie Salad Dessert	<b>GOULASH W/GARLIC BREAD STICKS</b> Veggie Salad Dessert	<b>CHICKEN ALFREDO</b> Veggie Salad Dessert	<b>CHICKEN FRIED STEAK W/MASHED TATERS &amp; GRAVY</b> Veggie Salad Dessert	<b>MEXICAN LUNCH BEEF TACOS</b> Spanish rice Refried Beans Dessert
<b>CLOSED FOR MEMORIAL DAY</b> WE HONOR OUR VETERANS	<b>CHILI DOGS &amp; FRIES</b> Veggie Salad Dessert	<b>LASAGNA</b> Veggie Salad Dessert	<b>BBQ CHICKEN</b> Veggie Salad Dessert	<b>MEATLOAF W/MASHED POTATOES &amp; GRAVY</b> Veggie Salad Dessert
<b>WHITE BEAN CHICKEN CHILI</b> Veggie Salad Dessert	<b>FISH &amp; CHIPS</b> Veggie Salad Dessert	<b>BEANS &amp; HAM W/CORNBREAD</b> Veggie 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](http://www.klamathhospice.org)



WE HONOR VETERANS

## Oregon Department of Veterans' Affairs Seeks Volunteers Interested in Serving Aging Veterans

For more information about the program, please visit: [www.oregonvetvolunteer.com](http://www.oregonvetvolunteer.com) or contact the Veteran Volunteer Coordinator Mark Newell at 971-720-8911 or [ODVA\\_VeteranVolunteer@odva.oregon.gov](mailto:ODVA_VeteranVolunteer@odva.oregon.gov).

### Muffin Monday Upcoming Speakers

- 5/8/23: Charlie Wyckoff – Farmer's Market
- 5/15/23: Steve Rooker – Migratory Bird Day – Saturday, May 20<sup>th</sup>
- 5/22/23: Jennifer – Klamath Hospice & Palliative Care's Senior Awareness Fair (Open to the public)
- 5/29/23: Closed due to observation of Memorial Day
- 6/5 – Charlie Wyckoff – 3rd Thursday
- 6/12 – Tammi DeForrest - Stand Down

www.basintransit.com  
ask@basintransit.com  
541-883-2877

# All on the go **BTS**



**Over 12.6 Million rides since 1981**

## Annual Service Highlights

**15,221**  
College Student rides



**10,370**

Free rides for children and youth (new born to age 18)



**13,401**

US Veterans rides



**61,552**

Seniors and Individuals with disabilities rides



## Ridership for 2022

184,006

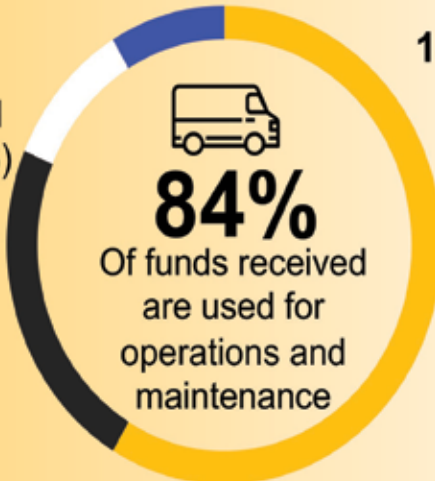
14,973

BASIN LIFT

FIXED ROUTE

10,672

KLAMATH BASIN SENIOR CENTER



## About Measure 18-130

Measure 18-130 would authorize Basin Transit Service Transportation District (BTS) to levy operating funds for public transportation services at a rate of \$.29 cents per \$1,000.00 of assessed property value for five years, beginning July 1, 2023. Revenue from the levy would be used to maintain transit operations for fix route, paratransit, and demand response services for low-income individuals, seniors, individuals with disabilities, veterans, youth, students, and the general public assuring a sustainable transportation service for our community.

Basin Transit Service Transportation District (BTS) provides the following services: daily fix route and Basin Lift transit services Monday through Saturday. Veterans ride for free on all services to improve

access to health care and other needs. Youth from new born to age 18 ride for free to to assist families and school students. BTS provides mobility management to assist seniors and individuals with disabilities to plan trips and

bring awareness of the program. Seniors, individuals with disabilities and the general public can use Sunday on demand service to attend services and other needs. College students attending OIT and KCC ride free with a group rate.