

JUNE 2023

Active Seniors

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



CELEBRATING Fathers



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!

CONTACT INFORMATION

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541-883-7171 ext 136

Transport Dispatcher - Cindy Dupart

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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 Honor Our Fathers This Month

Our cover this issue says it all about the value of good fatherhood. This piece of art was digitally created by our Health Promotion Services Manager, Anne Davenport. Please enjoy the article Anne presents on page 10 about the influence of her father and his living legacy that she carries throughout her everyday life. I hope that we all have an opportunity to celebrate fathers this month as Anne has suggested, whether they be biological or perhaps someone special who had/has a fatherly influence in our lives. I know this month is also special for me as I also carry many good memories of the great care my father provided to my three brothers and I. Thanks Dad!



Marc Kane, Center Director

There is much happening at the Senior Center this month. Please note we always have a What's New column in our paper to alert you of new offerings. Thanks to Bristol Hospice we will have a monthly birthday celebration every third Thursday beginning June 15th. Their staff will be present on these days and will be bringing a birthday treat for after lunch. Also on the same date is the annual Senior Empowerment Fair formerly titled the Elder Abuse Awareness Fair. While we continue to bring awareness of abuse, its effects and what can be done, we also want to emphasize all the positive resources and programs available to older adults at this fair. Please come join us.

Twice each year we have what we refer to as the Bingo Extravaganza at New Year's Eve and at mid-year. This year the mid-year extravaganza will be on Saturday, June 17th. This event and all our

evening bingo games raise the funds that are critically needed to complete the funding of all our services. We gave special recognition this past month to the Breeden family for all the volunteer time and effort they have donated to these events and many other needs of the center. Please take note of the picture on page 14 of four generations of volunteer Breedens. We frequently state that volunteers are our foundation, but it might also be said that the Breedens have been the foundation of that foundation. Please offer your thanks if you see a volunteer here at the Center.

There is an organizational chart also on page 14 that emphasizes where our foundation lies. Volunteers outnumber paid staff by at least 5 to 1. What to volunteer? We have a place for you! See the article on page 5 introducing our new Volunteer Coordinator, Erica Dow. She will gladly help you find your purpose with us.

As mentioned in earlier editions my days are numbered as our Executive Search Committee has narrowed the field of applicants and is now deciding who is to be interviewed for our Executive Director position. They are on track with the original goal of hoping to name my successor by July 1st. I will be staying on for a bit of time to orient the new director and hopefully to finish up the many capital projects that are currently under way at the Center.

All Are Welcome Here!
Please Join Us
In Our Many Activities
and Services.



INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

Are you interested in or need...

- Meals on Wheels
- To Find Local Lunch Sites for Seniors Outside of Klamath Falls
- Information on Getting Support for Family Caregivers
- In-home Care Support
- Volunteer Opportunities

Come and meet our staff at the Klamath Basin Senior Center Every 2nd Tuesday of the Month from 11:00 am to 1:00 pm

Call for more information:

541-205-5400

www.klamathlakeareaonaging.org



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:.....
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 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!

Why Volunteer?

Volunteers are crucial to 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 and those that receive services through the Villages, you are providing support, connection, reducing isolation, increasing availability of services and activities, and more!

We have many different types of volunteer positions. Some of them are regularly scheduled positions, and some are on an “as needed” basis.

NOW IS THE TIME. Call the Senior Center today and sign up to be a volunteer. 541-883-7171 and ask for Erica Dow, our new Volunteer Coordinator at ext. 128.

- 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



WHAT'S NEW

Health Awareness Learn'n'Lunch

Second Tuesday of the Month, 11 – 11:30 am

June 13 Topic is Brain Health Awareness Month

Learn more on Page 18 . Please arrive by 10:45am!

Klamath & Lake Community Action Services will be joining us on the 2nd Tuesdays of the month!

Learn more on Page 15

Join us for the Elder Abuse Awareness Fair at the Senior Center on Thursday, June 15

Learn more on Page 16

Bristol Hospice (formerly High Desert Hospice) to host monthly birthday celebrations on the 3rd Thursday of each month!

Learn more on Page 13

Father's Day Luncheon

Friday, June 16th, see Menu

Memories in the Making

Watercolor Workshop, June 27th

Learn more on Page 17

Erica Dow has joined our team as Volunteer Coordinator

Learn more on Page 5

COME PARTY WITH US AT
MID-YEAR

BINGO!

SAT. JUNE 17th

OPEN AT 4:00 PM, CALLING AT 6:30 PM

WE PLAY UNTIL AROUND MIDNIGHT

FEATURING

2 - \$1,000.00 BLACKOUTS

1 - WINNER TAKE ALL GAME

DOOR PRIZES & MORE GIVEAWAYS

PRE - PAYS ARE NOW OPEN (SAVE TIME BY PREPAYING)
Call the Center Mon-Thurs to pre-pay - 541-883-7171!

Advance Table Reservations are available if you have six or more in your party

Payouts will be based on # of players and amounts sold

THIS EVENT FUNDS PROGRAMS AT THE SENIOR CENTER

SHIP TALK

(Senior Health Insurance Program)

MEDICARE AND MENTAL HEALTH

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

People are uncertain how or if mental health treatment is covered by Medicare. The answer is YES, it certainly is covered. So let's take a brief review of what kind of coverage exists.

Outpatient Mental Health Care: This is covered by Medicare Part B and includes all of the following:

- One depression screening per year (fully covered)
- Individual and group psychotherapy with doctors and other licensed professionals
- Family counseling, if the main purpose is to help with your treatment
- Psychiatric evaluation
- Medication management
- Prescription drugs that are not "self-administered". Others covered by Part D.
- Diagnostic tests
- Partial hospitalization
- Substance abuse

Your costs in Original Medicare: Basically, it is the same as all other services. Medicare Part B pays 80% of the approved amount and you are billed for the balance or purchase a supplement. It's best to check with your provider to find out exactly how much you will be billed.

Your costs in an Advantage Plan: This will vary depending on the plan and you need to make sure you're aware of their cost schedule. But there will be a co-pay, usually a fixed amount, and usually a limitation on number of treatments. Here in Klamath Falls, we have only two advantage plans, MODA and ATRIO.

Notes: As with all coverage, Medicare only covers counseling and psychotherapy if your provider is licensed to do so and the provider accepts assignment for Medicare. It could be a medical doctor (psychiatrist), clinical psychologist, clinical social worker, clinical nurse specialist, nurse practitioner, a community mental health center.

That's it for this month. Remember your SHIBA program is here to help - free of charge, to support you in your health care decisions. Counselors are trained and certified. Call the Senior Center to make an appointment. 541-883-7171.

Erica Dow Is Our New Volunteer Coordinator

We are pleased to announce the appointment of Erica Dow to the position of Volunteer Coordinator and Village Manager. She follows the retirement of Ginnie Reed. Erica has a Bachelor's Degree from Eastern Oregon University and an Associate Degree from Klamath Community College, both Business Management. She is well known to our community having been the general manger at the Fairfield Inn and Suites and serving for several years at Klamath Community College as the Assistant Director of Workforce Development, a contract education Coordinator and an Admissions Counselor. She has also been an In Home Caregiver, giving her valuable insight into the needs of many of our patrons. She is also an approved Driver Education Instructor.

The Volunteer Coordinator seeks volunteers to support the work of the Center as well as to find volunteer positions for our patrons throughout the community so that older adults can find new purpose in community service. In addition, the Volunteer Coordinator manages The Village Program, a combined effort between many agencies serving the older adult population, in order to fulfill the volunteer needs of the older adults served by the collaborating agencies.

Erica will keep office hours at the Center from 10 to 2, Mondays through Friday, and available additional hours as needed throughout the community. She can be reached by calling the Senior Center at 541-883-7171, Extension 128.

Erica will introduce herself further in the next issue of this newspaper. We are excited to have Erica join our team and look forward to the value that she will add to our community!

**Senior Center Closed
July 3rd and 4th
Father's Day Luncheon
Friday, June 16th**



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.

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

Parkinson's Disease Support Group

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

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

Contact Ron or Kate to find out more.
Ron: 541.591.0686
Kate: meymurp@hotmail.com, 541.810.2134

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

Klamath Falls Parkinson's Support Group

3rd Tuesday of the month

1:00 pm meeting

12:00 pm lunch

Red Rooster Grill and Pub

3608 S 6th St

(across from the

Fairgrounds)

Contact Ron or Kate

before your first

meeting.



Parkinson's Resources
Serving Oregon & SW Washington

Expressions of Heart and Mind

What In The World?

By Sharon (Johnston) Pappas ©

What in the world did your Dad do
So many memories for me and for you

Mine was a rancher, a cowboy at heart
Never ending chores from dawn to dark

Rubber boots and a shovel irrigating from the ditch
Then mowers, rakes and balers to the tractor he'd hitch

Filling the barn with bales of hay
To feed the herd on a winters day

Riding and roping was his favorite, of course
Candy, being Dad's number one horse

Brandings and cattle drives in spring and fall
Family and friends helping, one and all

A dance with Mom on a Saturday night
As Lawrence Welk music came through our tv - black and white

There are many stories of the life I knew
You have them too...

What in the world did your Dad do?

Klamath Falls Spring

By Jean Knight

Yet again, I have been duped, flimflammed, taken in.
Along about the middle of March each year
for two, maybe three days in the Klamath Basin,
Spring gives me a nod,
and I am so desperate for its presence,
I believe, against all my better judgement,
and am readily hoodwinked by its beguiling wave.

Not that it takes much to fool me.
But when a tantalizing, warm breath
of air, like a lover's embrace from the sharp sky
touches my bare, cold arms
I become giddy, mesmerized by hopeful longings.

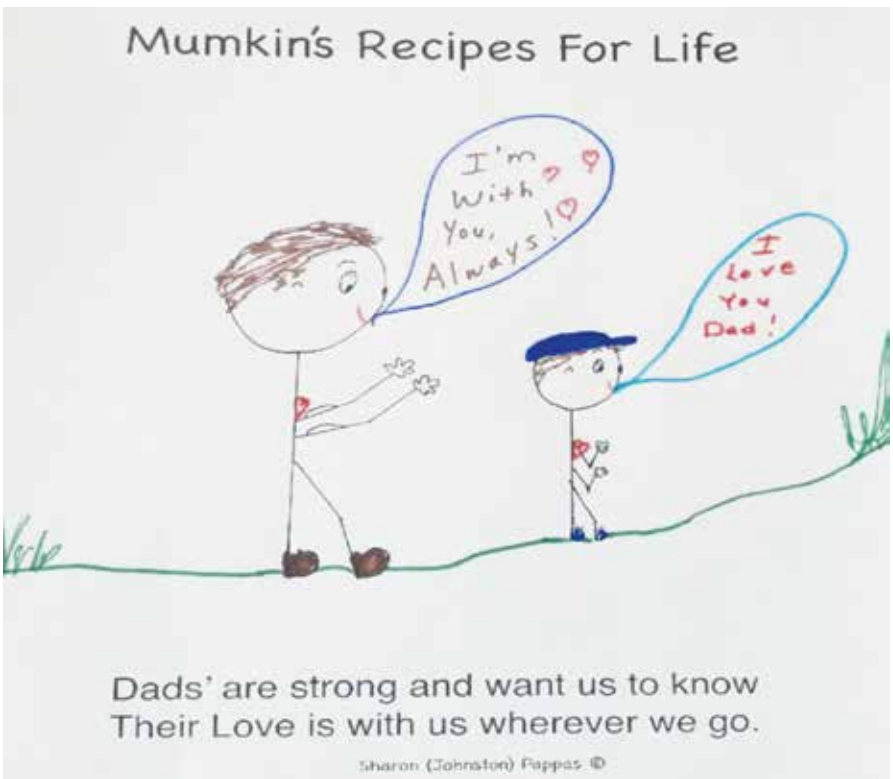
And soon I am in Bi-Mart buying package after package of seeds
parsley, thyme, marjoram and chives
to stare at on my kitchen windowsill
and think about planting in the warming ground.

Of course, then, it snows wet heavy, not quite, snowflakes
that melt quickly on my brown grass
then recreate themselves into black ice overnight.

Rain, hail, slush, rain again
edge to sky edge canvas of grays shroud the Basin.
I stay inside and drown my bamboo plant.

In another month the sun makes an understudy appearance
enough to persuade me to uncover
my bin of warm weather clothes
pastel pinks and purples, grass greens and lagoon blues.
I wrap myself in sunlight yellows and venture outside.

Shivering in the April wind, my resurrected daffodils and I officially
welcome Spring to the Klamath Basin.



Music on the Rocks (Athens on Clean Monday, Filopappou Hill) by Mona Novotny

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



Seniors Got STEM Workshop brings joy and science to participants through chemical reactions and growing crystals

LOVE TO THE CHILDREN

By Sharon Hudson

Our children are precious,
And need to be told,
In a positive manner, and
Being careful not to scold.

Trying to guide them,
And teach a lesson well,
Hoping it sinks in, as
Only time will tell.

Keeping our kids safe is
The right thing to do.
There is so much involved,
It's a huge responsibility too.

Happy faces, and happy minds
Busy playing at the park.
That's what they are there for,
Just go home before dark.

What are they thinking, and
What's on their mind?
Is it destructive?
Or is it kind?

They see things pure, and
Their touch is real.
Their minds are active, and
They try to control what they feel.

Cuddle them softly, and
Try to be kind.
Let them know they are
Loved, and need time to unwind.

Most children are eager, and
Want to please.
Rewards are a good way,
And put things at ease.

Watch them grow, and hear
Their voices change.
It's a miracle of love,
And has a wide range.

The parents who abuse them,
Are bullies inside,
Picking on smaller ones, who
Want to run and hide.

They are selfish and sick inside,
And need help indeed
To give children the kind
Of care they need.

Please think about what you
Do, and remember the "Golden Rule"
Try a different way that
Is kind and not cruel

Ruthie from the Ridge: Nursing Homes

Hi, this is Ruthie from the Ridge again. Believe it or not; I'm actually living in a NURSING HOME!! Never thought this would be my experience, but there are about 30 of us at Plum Ridge in the nursing home. Another 30 or so in the Transitional Care Unit (TCU). The TCU people are expected to regain their living skills and recover from their injuries or crisis with therapy and assistance. Some of these folks need strengthening to be able to go home or move to an assisted living facility, which will provide help with daily living skills; taking medication, meal preparation mobility, socializing, etc. For assisted living one must be able to transfer from chair to a bed and do independent toileting and take care of body hygiene with minimum assistance (generally only needing 1 person assistance).

Here in Klamath Falls, there are several assisted care facilities, such as Crystal Terrace, Pelican Pointe, and Pacifica. Adult foster homes are another type of facility, that usually refers to care provided to persons of adult age in a home-like environment, usually to 6 or less residents, whereas assisted care is for a bigger group of residents. Adult foster homes provide care depending on the needs of the residents and the level of care the foster home is able to provide.

The most complete or total care level type of care is memory care, which may be a unit in a larger facility or a facility on its own. A resident in memory care has usually lost the ability to reason and understand and may show symptoms of dementia. They usually need serious supervision to provide safety and avoid accidents; confusion, changes in personality and mood, lack of memory and recognition of people, place and events are evidenced.

The prognosis is not likely to abate over time but the range of behavior from mild to severe may present over time. Physical health is sometimes not seriously diminished although there is a wide difference and ordinary signs of aging maybe observed. Below that level of care is known as long term care, skilled nursing, or a nursing home, which is where I am living now!

**Senior
Center
Closed
July 3rd
and
4th**

**Father's
Day
Luncheon
Friday,
June
16th**



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0621-096MM_07556-3/9/2023



Dangerous Spring Cleaning Mistakes

Submitted by Cheryl Gibbs, adapted from *One Good Thing* by Jill Nystul at onegoodthingbyjilllee.com.

Ready to do some spring cleaning? Keep yourself safe and healthy by avoiding these mistakes!

1. Heavy Lifting

Lifting heavy furniture can be a common cause of back injuries, so take care when moving or lifting anything heavy! Use furniture sliders to make moving furniture quick and easy. If you must lift something heavy, ask for help—many hands make light work! :-)

2. Climbing Ladders

If cleaning windows or gutters is on the to-do list, be extra cautious when

climbing your ladder. Falling off of ladders is a common cleaning-related injury, and those falls can have dire consequences. It's not just extension ladders that can be dangerous—accidents can happen on step ladders too!

3. Skipping Protective Gear

No cleaning kit is complete without protective gear! A good pair of gloves will protect your hands from caustic chemicals, abrasive cleansers, and hot water. Depending on what you're cleaning, a mask and goggles may also be a good idea! A mask that covers your nose and mouth will help prevent chemicals from irritating your respiratory tract, while goggles will keep harmful fumes out of your eyes.

4. Running a Dirty Humidifier

If you use a humidifier, don't forget to clean it thoroughly and regularly. Grimy humidifier tanks are an ideal breeding ground (cont. on page 9)



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<h3 style="font-size: 2em;">26TH</h3> <p>ANNIVERSARY FRIDAY DRAWINGS June 9-23 • 6pm-8pm</p> <p>June 9 & 16: Win up to \$500 CASH! June 23: Win up to \$2,600 CASH!</p> <p><small>May only win once per day.</small></p>	<h3 style="font-size: 2em;">26TH</h3> <p>ANNIVERSARY GRAND PRIZE SATURDAY DRAWINGS June 24 • 7pm-10pm</p> <p>Win up to \$10,000 CASH!</p> <p><small>May only win once per day. (except for Grand Prize drawing of \$10,000. All guests are eligible for the Grand Prize \$10,000 drawing at 10pm.)</small></p>	<h3 style="font-size: 1.5em;">SPRINGING THROUGH</h3> <p>SUNDAYS KIOSK June 4, 11 & 25 • 11am-7pm</p> <p>Win up to \$100 CASH!</p> <p>Earn 50 points and swipe at the kiosk to receive prize voucher.</p> <p><small>May only redeem once per day.</small></p>	<h3 style="font-size: 1.5em;">SENIOR DAY MONDAYS</h3> <p>8AM - MIDNIGHT</p> <p>EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.</p> <p>HOT SEATS NOON - 3PM WIN UP TO \$100 CASH! DRAWINGS EVERY HALF HOUR.</p> <p><small>(Must be 55+ May only redeem/win once per day.)</small></p>	<h3 style="font-size: 1.5em;">GRAB BAG</h3> <p>TUESDAY KIOSK June 6 & 20 • 11am-6pm</p> <p>WIN PRIZES! Earn 30 points and swipe at the kiosk to receive prize voucher.</p> <p><small>May redeem up to twice per day. While supplies last.</small></p>
<h3 style="font-size: 1.5em;">CHOOSE YOUR TREASURE</h3> <p>THURSDAY HOT SEATS June 8-29 • 1pm-8pm</p> <p>Win up to \$260 CASH! <small>Winners will choose a treasure box to determine prize. Drawings every hour.</small></p>	<h3 style="font-size: 1.5em;">FATHER'S DAY BBQ</h3> <p>HOT SEAT DRAWING & KIOSK Sunday, June 18 11am-7pm</p> <p>HOT SEAT DRAWING at 7pm One (1) winner will receive a BBQ Smoker/Grill.</p> <p>Earn 75 points and swipe at the kiosk to receive prize voucher.</p> <p>Win a Grilling Skillet & 3pc BBQ Set!</p> <p><small>May only redeem once per day. While supplies last.</small></p>	<h3 style="font-size: 2em;">26th ANNIVERSARY</h3> <p>T-SHIRT GIVEAWAY Saturday, June 24 8am-Midnight</p> <p>Free Anniversary T-Shirt!</p> <p><small>One (1) T-Shirt per guest. May only redeem once per day. While supplies last.</small></p>	<h3 style="font-size: 1.5em;">2ND CHANCE ANNIVERSARY</h3> <p>FRIDAY DRAWINGS Friday, June 30 • 6pm-9pm</p> <p>Win up to \$2,600 CASH!</p> <p><small>Beginning Thursday, June 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour. May only win once per day.</small></p>	<h3 style="font-size: 1.5em;">NEW MEMBERS</h3> <p>WIN UP TO \$250 FREE PLAY</p> <p>Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*</p>

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

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!





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FOSTER GRANDPARENT PROGRAM

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(cont. from page 8) for bacteria, viruses, and even mold, which can get pushed into the air if the humidifier continues to be used. These airborne pathogens can be especially harmful to those with lung conditions.

5. Mixing Cleaners

Many chemical reactions produce toxic fumes, which is why mixing cleaning solutions is never a good idea. These fumes can cause headaches, coughing, eye irritation, or worse. These fumes don't just occur when solutions are mixed—they can even form if you use one cleaner after another on the same surface. If you've tried one cleaner and aren't satisfied, wipe the area down with soapy water before trying another cleaner.

6. Working in Poorly Ventilated Areas

No matter what you're cleaning or what products you're using to do it, keep your area well ventilated. Using windows, doors, and fans to keep the air moving will help protect you from potentially harmful fumes. Fragrances in cleaners can also be harmful, especially if you have any lung conditions. Choose fragrance-free cleaners to avoid irritating your lungs and throat.

7. Handling Animal Waste

You may encounter wild and domestic animal droppings when cleaning up outside, which can harbor all sorts of nasty stuff, including roundworm larvae and viruses that can be accidentally ingested during cleanup efforts. To clean up animal waste, wear protective coverings like a mask and gloves. Spray the waste with a diluted bleach mixture (1 part bleach to 10 parts water) and let sit for 5 minutes, then pick up with a paper towel and throw them away. When you're done, be sure to clean and disinfect any items that may have come into contact with animal waste.

Governing Board Elects Three New Members

There are three new faces on the Klamath Senior Center's Board of Directors. The Board is made up of nine members each serving up to two three-year terms. New members include Dawn Wallace, Jennifer Patterson and Ardath McDermott.

Dawn Wallace is a resident of Dorris, Callifornia and brings to the Board a perspective of what it's like to attend our Senior Center from places well beyond our Klamath Falls Urban Growth Boundary. She is currently employed at the Klamath Health Partnership as a Patient Resource Manager. She has an Associate Degree in Business Management. Dawn served as a Certified Community Health Worker for seven years and was elected Mayor for the City of Dorris in July of 2022.

Jennifer Patterson retired from the Klamath Youth Development Center, where she provided case management services for children and families. She volunteered as a SMART reader, at Integral Youth Services, and with the CASA program. Now her new volunteer effort is with the Senior Center. She has a Bachelor of Science Degree in pre-school teaching from Oregon State University.

Ardath McDermott, MS-OTR/L, LCSW, has master's degrees in both social work and occupational therapy, and is licensed in both. She operates a private mental health therapy practice for adults in the Klamath Basin. She is also, like Jennifer, a regular patron of our health promotion services participating primarily in the morning exercise classes. Her background makes her a valued asset to the Board and staff as an advisor to our health promotion services.

These three join six others. Greg Dolezal, President; Ernie Palmer, Vice President; Kathy Morris, Treasurer; Jessie Wilkie, Secretary; Jennifer Little, Director and Dr. James Calvert MD, Director.

Each board member serves on one of three working committees. They are the Development, Budget, and Policies Committees. Non-board members who are interested in serving on these committees are welcome to apply and participate. All are welcome to assist in governing the services of the Klamath Senior Center



Construction Update! The elevator was delivered on May 30. Pictured LEFT is the elevator awaiting assembly. RIGHT is downstairs, looking up to the 2nd floor where the elevator will be installed - which will likely be by the time you read this!

We love our duplex. It is half the size of our last home...we have all the room we need...so much less work! No longer do we have to do yard work, shovel snow, and worry about ice. We have a view of the lake from our front window, and the mountain is just a few feet away behind us for wonderful hikes.

We Love Crystal Terrace!



Mike and Ruth Smith

Moving from our home at the Running Y really simplified our life at a time when we needed it. We don't miss a thing about our life before.

We really like the convenience of the location....close to OIT, the hospital, and town.

Ruth, who is the creator of the stunning quilts displayed everywhere in their beautiful home, loves the friendliness and supportiveness of the staff. "They have been really good," she says. "The workers are all so pleasant."

Though their duplex has all the amenities, they enjoy the one meal a day in the dining room that comes with their plan. Socializing, exercising, and Ruth's quilting activities fill their days. Mike enjoys drumming, a unique Cardio exercise.

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

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In Honor of Our Fathers

By Anne Davenport, Program Manager of Health Promotion Services at the Klamath Basin Senior Citizens' Center

Father's Day celebrates fathers and their influence in our lives. You can honor your biological father as well as celebrate grandfathers, stepfathers, adoptive fathers and others you consider father figures. The history of Father's Day goes back to 1908, when a church in West Virginia honored men who died in a coal-mining explosion. This was the country's first-ever event to strictly honor fathers.

The following year, Sonora Smart Dodd, the daughter of an American Civil War veteran, began her quest to establish Father's Day as a national holiday. Dodd was one of six children raised by their single father, and felt fathers should be honored similar to mothers (Mother's Day had been celebrated since the 1870s, established as a national holiday in 1914). Dodd petitioned community and government, culminating in Washington celebrating its first official Father's Day on June 19, 1910. Father's Day spread and was declared a national holiday in 1972.

As I put together the content for June's newsletter – the picture published with this article sits in a frame on my desk. Pictured is a very young me and my father at some now forgotten holiday at my grandparents' house.

I recently visited my father in North Carolina and was reminded of the many lessons he has taught me (and continues to teach me). Lessons that laid the foundation for who I am. How to hand sew, make pancakes, garden, and build a treehouse. He insisted that I learn to drive a manual car, which was crucial during a terrifying event in my twenties. He instilled in me a love for Duke Basketball, Eric Clapton and the Beatles, action movies, and the great American novel. A devotion to animals, awe and wonder of the outdoors, a sense of adventure.



From him, I learned arriving early is a sign of respect and the value of being responsible and acting responsibly. I have a fond memory of the lesson of saving money. My father had a bronze-colored container shaped like an apple – the stem was the handle to the lid. At the end of each day, he would unload his pocket change into this apple. Periodically, we would dump the contents of the apple out. I would sort the coins, count them, and then roll them into brown paper wrappers with colors to indicate denomination – red for pennies, blue for nickels, orange for quarters, and green for dimes. We would then ride into town and deposit them at the bank.

I am fortunate to still have my father to call upon – however, I know that no matter what, my father – our fathers are still with us. Because of the lessons, they live with us and take part in our everyday life. Where we go, they go with us. Happy Father's Day to those who celebrate, and I wish peace and comfort to those who feel loss on this day.

Bliss Yoga & Wellness

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

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Lake County Senior Citizens' Association



June 2023 Events

Our Birthday luncheon will be on the second Friday, June 9th.

Wednesday, June 14th, will be World Elder Abuse Awareness Day. We will be providing lunch, presentations, local resources, and fun activities at 11 a.m. to 1 p.m.

We are starting a Grief Class named "Friends" on the third Thursday of each month starting June 15th.

Our Father's Day meal will be held on Friday, June 16th.

June 20th is Crochet day. Bring your supplies. This is a participant taught class so we can learn from each other.

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 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.

Father: A man in relation to his child or children.

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Watermelon Salsa

What says summer more than a sweet piece of watermelon? Watermelon is not just delicious, it's good for you, too. This juicy fruit is a good source of antioxidants, vitamin C, and lycopene. And it's 92% water, which means it helps you stay hydrated on hot summer days.

Don't be misled by watermelon's sweet flavor. One cup of diced watermelon has only 46 calories and no added sugar. Try this interesting take on a delicious summer salsa at your next family cook out!

Ingredients

- 4 cups diced watermelon
- 1 red bell pepper, diced
- ½ red onion, diced
- 1 jalapeño, seeded and finely diced

- ¼ cup fresh cilantro, chopped
- 2 Tbsp lime juice

Preparation

In a large bowl, toss all ingredients together. Serve on top of grilled fish or chicken, or with a handful of tortilla chips.



Nutrition Information Serving size: Around 1 cup

Per serving

Calories: 62; Total fat: 0 g; Saturated fat: 0 g; Sodium: 3 mg; Cholesterol: 0 mg; Total carbs: 15 g; Fiber: 1 g; Sugars: 12 g; Protein: 1 g; Potassium: 254 mg

DONOR REPORT



Representatives of the Washington Federal Bank Foundation presenting a contribution at the Senior Center congregate lunch on May 22nd

Washington Federal Bank Foundation Grants \$3,500

Year after year Washington Federal Bank Foundation has made a grant to the Klamath Senior Center. It is this kind of on-going assistance that confirms that our services are valued and worthy of the support of local businesses and foundations. Nothing goes further than this kind of encouragement to our staff and patrons. We are just a little over half way to a goal of raising \$155,000 this calendar year. We are hoping more businesses and individuals will step up to help us make the goal and ensure all our services are funded this year.



Mike Neuman President of the Kiwanis Club of Klamath Falls Presenting Marc Kane with a Contribution on May 23

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

Valerie Howard	Kenneth Banes	Mildred Miller
Emma Wyatt	Burl Parrish	Ernie Palmer
Geraldine Schindler	Millard Family Trust	Patricia Henderson
Refuge City Church	Rose Chapman	Donna Maloney
Marta Stephens	Wilma Petrik	Charlotte Moseley
Jon Schnebly	Mildred Miller	

Unidentified contributions in April for Meals, Transportation and Other Services amounted to \$4,417.

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.

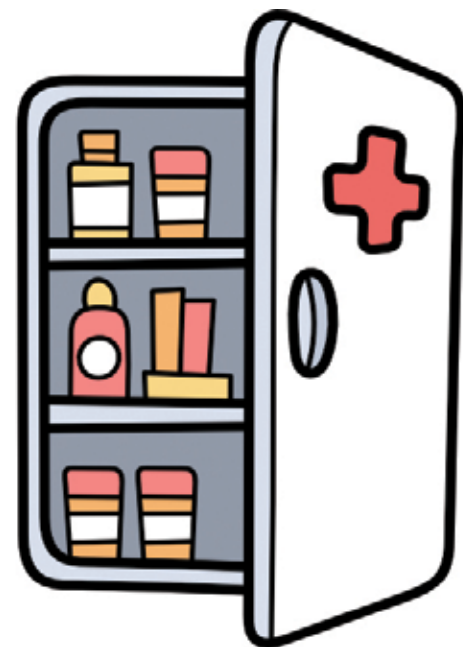
You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly.

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 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.

Spring Cleaning Your Medicine Cabinet

Submitted by Cheryl Gibbs, adapted from Teladoc Health Library at library.teladochealth.com



Why clean your medicine cabinet?

A clean medicine cabinet reduces your chances of making mistakes. Taking wrong or expired medication can be dangerous. Some drugs get weaker after they expire. Others can become toxic. Many people keep medicines that they no longer need. When your medicine cabinet gets crowded, the possibility of taking the wrong medication grows.

Save your daily and emergency medications

Make sure you set your current and daily medications aside before you start cleaning so you don't accidentally throw them away. Some people rely on medications that help them during an emergency. An example of this is a rescue inhaler, which stops asthma attacks. Move your emergency medicines to a safe spot before cleaning.

What to throw away

- Expired medications: Most medications have an expiration date printed on the container. Place all medicines that have expired to the side for disposal.
- Medications that smell "off" or are discolored: Medicine can go bad before the expiration date. Inspect your medications. If anything looks or smells off, place it in your disposal pile.
- Unlabeled medications: Keep your medication in its original container. If you find medication that has no label, do not try to guess what it is. Place it in the disposal pile.
- Medications you do not recognize: If you do not recognize a medication, do not save it.

Disposal of medication

Use medicine drop-off sites: Many pharmacies have medicine drop-off sites. You can look online to find a drop-off site near you. If getting to a drop-off site is difficult, you can do it at home. Follow these steps:

- Pour the medication into a sealed container like a plastic bag.
- Crush the pills so that there are no large chunks.
- Add water to the container and let the medication dissolve.
- Add kitty litter, soil or coffee grounds to the mixture and seal the container.
- Make sure to use a substance that looks unappealing to children and animals.
- Throw the sealed container in the garbage.
- Remove or black out the labels on the containers. Recycle the containers.

Do not flush. Flushing your medication can add to water system pollution and harm wildlife.

After you clean:

1. Make sure none of your medications are missing.
2. Refill any medications you may have thrown away by mistake.
3. Take a deep breath. You did it!

Klamath Basin Senior Citizens' Center Awarded Roundhouse Foundation Grant

By Senior Center Staff

We are excited to announce that the Senior Center recently received support for a new project entitled "Reducing Fall Risk and Improving Coordination and Physical Activity Among Older Adults" from the Roundhouse Foundation. The Roundhouse Foundation is a private, family foundation, based in Sisters, Oregon since 2002. The Foundation believes that solutions to the unique challenges of Oregon's rural communities can be found through creative thinking and problem-solving, innovation and collaboration. The Foundation partners with community organizations to develop, implement and sustain creative, place-based approaches and programs that strengthen and celebrate rural Oregon.

The Foundation is proud to have granted over \$30 million in support grants in four program areas including arts and culture, environmental stewardship, education and social services over the past 20 years. In addition to providing grant services to rural communities and tribal regions throughout the state of Oregon, the Roundhouse Foundation operates Pine Meadow Ranch Center for Arts and Agriculture in Sisters. For more information about the Foundation or PMRCAA please visit www.RoundhouseFoundation.org.

With this grant, the Senior Center will be able to expand their current physical activity offerings to provide Walk with Ease and the Arthritis Foundation Land Exercise Programs at the Center and within the community. We plan to deliver the Walk with Ease program in collaboration with the Sky Lakes Cancer Treatment Center, Sky Lakes Wellness Center, and the Klamath Trails Alliance. These programs will be safe, accessible, equitable and low-impact physical activity for older adults and are intended for adults, aged 60 or above with a confirmed diagnosis of arthritis or at risk for developing arthritis. Walk with Ease and the Arthritis Foundation Land Exercise Program have been shown to increase strength, endurance, daily function, self-confidence and self-care behaviors of participants. Stay tuned to this newsletter for program start dates! Reach out to stayactive@kbscc.org or 541-883-7171 ext 122 with questions or comments.



Do you have a birthday in June?

Bristol Hospice (formerly High Desert Hospice) is excited to celebrate birthdays with you on the **3rd Thursdays of each month**.

Their team will be at the Senior Center to provide birthday cake, as well as to answer questions about services, support groups, and upcoming community events.

For June, the birthday celebration will coincide with the Resource Fair on June 15 from 10am to 12:30pm.

Bristol Hospice
embracing a reverence for life
KLAMATH FALLS

2210 Shallock Avenue, Klamath Falls, OR 97601
541-882-1636 | bristolhospice.com



Exercise: The Key to a Healthy Senior Life

Staying active is a key ingredient to living a healthy and fulfilling life, especially for seniors. Engaging in regular physical activity brings numerous benefits that can enhance both physical and mental well-being. From gentle walks in the park to low-impact exercises, you can find activities suitable for your abilities and preferences.

Other benefits include:

- Boost cardiovascular health
- Improve strength
- Enhance flexibility

Staying active promotes better sleep, boosts mood, and increases overall energy levels, allowing you to enjoy life to the fullest.

Here are some tips for getting started:

- Start slowly and gradually increase the amount of time you spend being active.
- Find activities that you enjoy and that are suitable for your fitness level.
- Talk to your doctor before starting any new exercise program.

Let's embrace physical activity and unlock the fountain of vitality at any age!

www.CascadeHealthAlliance.com June 2023

Volunteers are Our Foundation

By Marc Kane

At the Annual Klamath Basin Senior Citizens' Center Volunteer Banquet, nearly 100 certificates were distributed to volunteers this year expressing the Center's sincere appreciation for their time and service to the Center. Marc Kane, Executive Director, made a brief presentation reminding volunteers of something they already knew from the Blue Zones movement, that volunteering leaves us happier, healthier, and able to live longer. He quoted Mahatma Gandhi, "The best way to find yourself is to lose yourself in the service of others."



Five individuals were highlighted for their commitment in hours greater than 900 in 2022. Present and pictured are (from left to right), Carol Roberts, Carol Darling, and Crystal Breeden. Not pictured in this photo are Steve Baker (pictured later) and Jerry Morris.

During the banquet, several volunteers expressed what their service meant to them. One volunteer from the Meals on Wheels group made the following statement:

"I have really bonded with my clients in Meals on Wheels. They have learned to trust me, allowing me into their lives to care for them, not just by bringing food, but also by friendship and listening to their medical concerns so as to direct them to more resources to make their lives a little more comfortable. It feels more like I am the one who benefits from MOW more so than they are because I know I have a purpose in their lives. We are friends."



Steve Baker has been a Meals on Wheels driver since 2018 and started volunteering in the kitchen in the Fall of 2022. He is here almost every day from 7 am or earlier to help get Meals on Wheels out. He completes a Meals on Wheels route 4 days a week and then returns to the Center and serves at the Congregate Meals. He is one of our most dedicated volunteers.



The Klamath and Lake Counties Council on Aging honored Linda Breeden for her years of service and dedication to the community. She is an asset to coordinating Meals on Wheels volunteers and is always willing to do every job requested of her to ensure everything runs smoothly. Pictured are Linda and mother TG Baldwin in the foreground. Altogether four generations of Breeden volunteers are also pictured in the back row. They are (left to right) Angelo Meza, Alexandra Breeden, John Breeden, Crystal Breeden and Amanda Breeden Meza. We are grateful for their amazing generosity and commitment to the Klamath Basin over so many years.



This organizational chart was distributed demonstrating that fact and that volunteers out number staff by at least five to one.

VOLUNTEERS ARE OUR FOUNDATION!

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John 3:16

In need of Energy Assistance, Family Support, Housing Assistance, Managing SSI & SSDI Payments, or Veterans Assistance?

Starting in June, Klamath and Lake Community Action Services (KLCAS) will be at the Center on the 2nd Tuesdays of each month from 11 am to 1 pm. KLCAS is a private non-profit organization which provides supportive services to eligible households in Klamath and Lakes Counties.

Meet with the KLCAS team to learn about their services and programs including eligibility, apply for assistance in person or receive help in doing so online, and learn more about the Community Energy Resource Guides available to you. Learn more about KLCAS by calling 541-882-3500, visiting in person at 2316 S 6th Street Suite C, Klamath Falls, OR 977601, via email at energy@klcas.org, or online at klcas.org. 6th Street Suite C, Klamath Falls, OR 977601, via email at energy@klcas.org, or online at klcas.org.



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Workshops**
with *Brannon Kaefring*

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

June Workshops
June 7 / 1 PM June 21 / 1 PM

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JULY 21 – 22
Details to follow.**

KLAMATH HEALTH PARTNERSHIP OPENS NEW CLINIC

New Pine Street Open Door clinic provides primary care, behavioral health, imaging and lab services

Continuing its mission of serving marginalized communities, Klamath Health Partnership (KHP) has opened a new clinic to increase access to high-quality health care in underserved areas.



Pine Street Open Door (PSOD), at 403 Pine St., aims to foster a healthier and more vibrant community. Patients can receive primary care, behavioral health, x-ray and lab services, and will soon be able to access the organization's first physical therapy suite. PSOD also serves as the hub for KHP's patient outreach department, which offers transportation, Oregon Health Plan assistance, and community health worker services. KHP invites the public to the clinic's grand opening at 4 pm on June 15. CEO Amanda Blodgett and staff will provide tours of the state-of-the-art facility. The event will include a ribbon-cutting ceremony and a presentation by Todd Kepple of the Klamath County Museum on the history of the building.

"We are delighted to celebrate the grand opening of our new Pine Street location, representing an important milestone in our mission to provide accessible healthcare to the community," CEO Blodgett said. "This expansion reflects our unwavering commitment to delivering high-quality services and fostering a healthier future for the community. We invite everyone to join us as we embark on this exciting journey, together transforming healthcare and improving the well-being of our community."

The clinic is open from 8 am to 6 pm, Monday through Friday. Call for more information 541-851-8110.

Bit of This & Bit of That
TOO
SALE
A Community Art, Craft & Rummage Market

Saturday, June 24, 2023
10 a.m. - 5 p.m.

Treasures Thrift Store
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TreasuresTOO
3198 S. 6th St.

OLDER ADULT PROGRAM

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



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You are not alone.



Join us at the World Elder Abuse Awareness Informational Event and Resource Fair

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

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

Event details:

Resource and information booths
Fun activities, giveaways
Free lunch at 11:30 a.m. for all attendees

Cost: Free and everyone is welcome.

Hosted by: Oregon Department of Human Services Office of Aging and People with Disabilities, Area Agency on Aging, Klamath Basin Senior Citizens Center, and other community partner agencies.



Everyone has a right to know about and use Oregon Department of Human Services (ODHS) programs and services. ODHS provides free help. Some examples of the free help ODHS can provide are: American Sign Language and spoken language interpreters, written materials in other languages, braille, large print, audio, and other formats.

If you need help or have questions, please contact: Diane Mest at ODHS APD at 541-885-7628, 711 TTY.



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Memories in the Making Workshop

Explore your summer spirit during this playful workshop that will guide you through creating a work of art using lines and color. As it is Alzheimer's & Brain Health Awareness Month, this workshop is based on a class called Memories in the Making by the Alzheimer's Association. Individuals with Alzheimer's disease or dementia are encouraged to attend; however, this class is open to everyone looking to unlock their creativity in a safe, non-judgmental environment.



With Memories in the Making, the focus isn't on the technique of painting but the joy of the art-making process. This workshop will facilitate a fun activity that allows participants to discover the uniqueness of their individual imagination. We will do this through a classic art technique, called the "Continuous Line Drawing" with pencil, watercolor paints, and ink pens. A "Continuous Line Drawing" is done by creating the lines, contours, and shapes of a piece of art without lifting your pencil from your paper!

Anne Davenport 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 with others.

Join Anne on Tuesday, June 27 from 10:30 - 12:30 pm. No cost to attend, all materials included. Registration required. Call 541-883-7171 or stop by the front desk to sign up.

KLAMATH SENIOR CENTER JUNE 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
- 2nd Tuesday Klamath & Lake Community Action Services Available 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
- 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 11am
- 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

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

Check for event calendar updates at www.klamathseniorcenter.com

Thursday, June 15 Exercise Class location changes: 9am SAIL class will be held outside on the North side of the Center 10:30am Qi Gong class will be held downtown at the Klamath Commons, 1112 Main St, under the pergola.

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.

Healthy Living for Your Brain and Body

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.

June is Alzheimer's and Brain Health Awareness Month. We are excited to host Lori Stanton from the Alzheimer's Association with "Healthy Living for Your Brain and Body." For centuries, we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise,

cognitive activity and social engagement. Participants will receive a workbook with hands-on tools to incorporate these recommendations into a plan for healthy aging.

Lori Stanton has been with the Alzheimer's Association Oregon and SW Washington Chapter for 10 years and currently serves as the Community Outreach Director. She holds a BA in Psychology and a MA in Social Gerontology and Advocacy. Lori currently resides in beautiful Grants Pass, Oregon. Learn more about the Alzheimer's Association at www.alz.org or call 541-772-2230

Learn more on Tuesday, June 13, 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.



June 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 served Mon - Fri, 11:30am - 12:30pm.

Cost: Age 60+ - Seated \$5, Take Out \$7.50 suggested donation. Under 60 - Seated \$7, Take Out \$7.50.

To apply for Meals on Wheels, please call 541-205-5400.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7	8	9
		BEANS & HAM W/CORNBREAD Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	SLOPPY JOES Veggie Salad Dessert
12	13	14	15	16
BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert	CHICKEN ALFREDO Veggie Salad Dessert	CHEESEBURGERS & FRIES Veggie Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Bristol Hospice Birthday Celebration	HAPPY FATHER'S DAY ROAST PORK CHOPS Veggie Salad Dessert
19	20	21	22	23
PIZZA Veggie Salad Dessert	SHRIMP & CORN CHOWDER Veggie Salad Dessert	SHEPHERD'S PIE Veggie Salad Dessert	POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	BEEFY BEAN SOUP & CORNBREAD Veggie Salad Dessert
26	27	28	29	30
SLOPPY JOES & FRIES Veggie Salad Dessert	AU GRATIN POTATOES w/HAM Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	CHICKEN STRIPS & FRIES Veggie Salad Dessert	GOULASH & GARLIC BREADSTICKS Veggie Salad Dessert
JULY 3	JULY 4	JULY 5		
CLOSED FOR INDEPENDENCE DAY	CLOSED FOR INDEPENDENCE DAY	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

Join the **Klamath Basin Genealogy Society** on the 2nd Thurs of the month. 6-8 pm

The DNA interest group (DIG) meets on the 1st Wed of the month. 1-3 pm

Both groups meet at the Klamath County Library meeting room.



Come join us for one or both groups.
We look forward to seeing you.

Questions? Please call 541-882-8894, email at kbgskf@gmail.com, visit our website at klamath-basin-genealogical-society.square.site, or Find Us On Facebook!

- ### Muffin Monday Upcoming Speakers
- 6/5: Tammi DeForrest - Stand Down
 - 6/12: Linda Tepper – Kruse of Klamath
 - 6/19: Lauren Hobbs – Treasures & Treasures Too - A Bit of This Event
 - 6/26: Charlie Wyckoff – 3rd Thursday (Jennifer will be gone)
 - 7/3: Closed – Happy 4th of July!

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