

JULY 2023



Active Seniors



FREE
Take
one!

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

INSIDE THIS ISSUE

Family Bingo July 9

FREE Scams & Fraud Protection Workshop July 11

10th Annual Rummage Sale July 21-22

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

General Information - Front Desk
541-883-7171

Donations - Shawn McGahan
541-883-7171 ext 136

Transportation - Cindy Dupart
541-850-7315

Volunteer Coordinator - Erica Dow
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



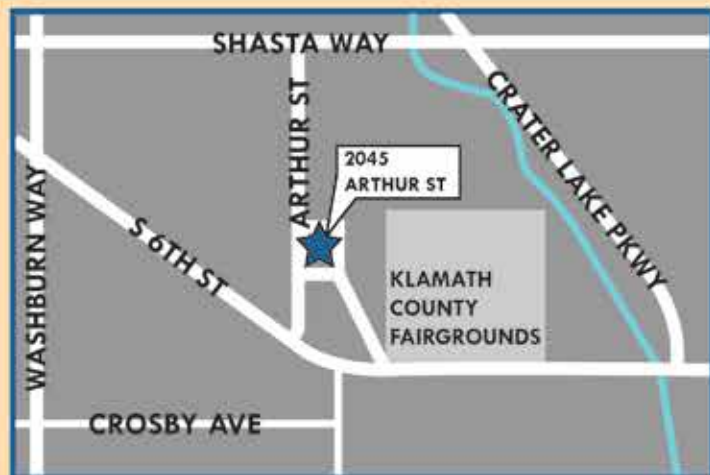
Rolland Bailey



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

Come Celebrate What Is New.

There is always something new at the Senior Center, so please take a look at "What's New" on page 4. One of my favorites on the list is Family Bingo scheduled for July 9th. I really love that we can provide opportunities that bring families together here at the Senior Center and have occasion for multigenerational activities.

Speaking of what's new, you will soon be reading about a new Executive Director for the Senior Center. The board is interviewing the final candidates for the position and is expected to have made a decision by the end of this week. It will be my pleasure to introduce our new director in the August edition of this paper. Many have asked about the upcoming transition, and that has frequently given rise to conversations reminiscing between us over the last eleven years since I arrived here. I am proud to say that we have together built an environment where we can comfortably gather together, share our stories and feelings, appreciate our diversity and convey that all are welcome here.



Marc Kane, Center Director

There have been other new arrivals in the past few weeks. Two new board members, Jennifer Patterson and Ardie McDermott, have provided statements on page 5 letting us know their thoughts about the Senior Center. And Erica Dow, our new Volunteer Coordinator shares her thoughts on page 7. Please take the opportunity to greet these ladies. They all have a regular presence here at the center. Erica offices upstairs from 10 to 2 each weekday, and Ardie and Jennifer are regular participants in our health promotion activities in the morning hours.

A new budget for our Center was approved by the board of directors at its June 28th meeting. Our 1.5-million-dollar budget supports 25 staff, over a hundred volunteers, and provides the means to serve over 78,000 meals, provide 13,000 transportation rides, and host multiple health promotion activities and classes every weekday. In addition, we facilitate numerous activities that bring folks together such as the Wednesday Dance Group and the Golden Age Club on Mondays and Thursdays. Check out our calendar of activities and events on page 18. The budget reveals that the funds that we raise locally and from foundations, nearly \$600,000, enable us to bring an additional \$900,000 in government funding to the Klamath Basin.

The Senior Center relies on the collaboration that has been created between the Center and many other organizations, all working to serve the needs of our Older Adult population and to improve the health rankings of the entire community. Our center is a community wide effort that relies on the support of many. We are thankful for all that has been contributed and the acknowledgement that what we provide is of value and a worthwhile investment of the time and talents of so many.

Please take a moment to consider volunteering your time and talent and contact our Volunteer Coordinator. Please also consider a gift of your financial support knowing that it provides so much. Together we can honor our elders as we keep them connected to family, friends and the community. Every day is a day to celebrate the contributions of those that have gone before us and all that they have contributed to our community and well-being.

Oh, and please come on by our annual rummage sale on July 21st and 22nd. Details on page 17.

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



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:.....

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!

People volunteer for all types of causes and for different reasons.

With a compassionate heart and a genuine desire to help others, volunteers give of their time, energy and skills. Volunteers are the glue that holds our Senior Center community and the Villages together.

Where can you help out? In so many ways!

- Exercise Class Instructor
- Art Class Instructor
- Lunch desk
- Meals on Wheels driver and kitchen helpers needed (Drivers are reimbursed mileage)
- Kitchen & Lunch

- Cleaning & Maintenance
- Computer Training
- Gift Shop
- Fundraising
- Activities Support
- Workshop Instructor
- Bingo and floor helpers on Thursday and Saturday evenings
- Newsletter
- Clerical & Organizational And so much more!

TODAY IS THE DAY!

Call the Senior Center today and sign up to be a volunteer.

541-883-7171

Meals on Wheels Drivers Needed!

WHAT'S NEW

Learn'n'Lunch

Second Tuesday of the Month, NEW TIME!

10:30 – 11:30 am

IN THE LUNCHROOM

July 11 Scams & Fraud Protection Workshop

Learn more on Page 18

Please arrive by 10:15am!

Bristol Hospice (formerly High Desert Hospice) hosting monthly birthday celebrations on the 3rd Thurs of each month!

Learn more on Page 14

10th Annual Rummage Sale, July 21st and 22nd

Learn more on Page 17

Volunteer Open House July 25th!

Learn more on page 13

Crossword on Page 8

FAMILY BINGO

SUNDAY JULY 9

OPEN AT 12:00 PM
FIRST CALL AT 1:30 PM

Kids 7+ welcome
must be accompanied by a parent or legal guardian,
or have a note from a parent or legal guardian.

Buy in: 1 of all games \$10. No hot ball.

Pay out: \$50 pack games, special games \$80,
double action \$99, blackout \$300.

Goody bags and raffle for children.

THIS EVENT FUNDS PROGRAMS AT THE SENIOR CENTER

Introducing New Board Members!

Last month we introduced some new board members with a brief description of their background and credentials. This month two of those board members have provided a brief statement relating to their interest in serving, their experience here and their hopes. Please feel free to reach out to any of our board members or the Executive Director with any suggestions or comments that might be carried to the board for discussion. Contact information available upon request.

ARDATH MCDERMOTT

“As I have gotten involved with the Senior Center, I have been so appreciative of all the resources and programs there! And, I have benefitted, personally, from a few of the services. Most of all, I have appreciated the friendly, positive, relaxed atmosphere in the Center. I have met many kind, interesting, and caring people there. From my experience with the morning fitness program, I now call it Extra-cise Class – because it is exercise and a lot more! We get exercise, socialization, support, fun, great music, laughter, and joy!!



I feel we are very fortunate to have this Center in our community – with its range of services and caring, dedicated people to help us. Asked what my vision is for my role at the Center, my hope is to join with others to continue to support quality of life and health for Seniors and others in our community, and to contribute from my background and resources, however I can, to serve these efforts.”

JENNIFER PATTERSON

“My Name is Jennifer Patterson and I have been a member of the Klamath Basin Senior Citizen’s Center Board of Directors for a little more than three months. I became involved because I find the Senior Center to be a friendly, vibrant and fun place to be. I had always thought the Senior Center was a place where ‘other’ people found help, meals and social activities. I didn’t know it was for me until I started attending exercise classes.



I attend the SAIL (Stay Active and Fit for Life) classes on Tuesday and Thursday and a movement class on Wednesday. They are so much fun. I have made new friends and improved my balance, strength and mobility as a result of these classes.

The wellness classes, presented regularly, featuring topics such as brain health are also enlightening and educational. I’m looking forward to being a part of the board and continuing to improve the Senior Center’s programming and physical plant.”

Meet Our New Volunteer Coordinator – Erica Dow!

“I am pleased to join the team at the Klamath Basin Senior center as the new Volunteer Coordinator. I grew up in Klamath Falls after my family re-located from Fort Bragg, California when I was young. I started a career in home health just after I turned 18 where I was in home care giver for both seniors and individuals with disabilities. I realized quickly that I had a passion for helping people in the community and wanted to do more. I decided to go back to school and pursue a degree in business in 2014 and that was when I joined Klamath Community College as a part-time assistant in the admissions office.



Erica Dow
Klamath Basin Senior Citizens’ Center
Volunteer Coordinator

I was then trained to take on the role as the Community Education Coordinator for both Klamath and Lake Counties. I later took on Workforce Development where I was able to help address local workforce needs. While working as Assistant Director of Workforce Development at the college I trained to become a certified Drivers Education instructor, certified flagger, and a general contractor.

I believe that my experience working closely with the local community will assist me in my role as Volunteer Coordinator. I look forward to being able expand the volunteer’s services that the center currently offer.” *Erica Dow, Klamath Basin Senior Citizens’ Center Volunteer Coordinator*

Interested in volunteering? Please email Erica at volunteercoord@kbscc.org or call 541-883-7171 ext 128

You can meet Erica at our Volunteer Open House at the center on Tuesday, July 25 from 12:30 – 1:30 pm.



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

Choose to make your new home at the beautiful Rogue River Place, located in Klamath Falls – down the street from Black Bear Diner. Here, you’ll find friendly residents and a compassionate care team. Enjoy home-like amenities plus 24/7 care.

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


Rogue River Place
Senior Living

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

enlivant.com



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

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.



Expressions of Heart and Mind

THE LAND OF THE BRAVE*By Sharon Hudson*

Listen to the birds as they
Announce a beautiful day.
The sun is shining and the
Wind is light and opening our way.

We have fought hard, and
Have been very brave.
Everyone knows that it
Is FREEDOM we crave.

Our country is liberated, and
Has been for many years.
We count our blessings,
And dry our tears.

Happy 4th of July to my
Patriotic friends,
With a healthy outlook, on
This our life depends.

I love my country, for
Which it stands.
Freedom and unity are
In everyone's hands.

The 4th of July is very
Special you see,
For the land of the brave,
And the home of the free!

We wave our flag of
Red, white, and blue,
Each is a symbol of what
Our country has been through.

I am an American, and
Happy that I am,
Being grateful for all I have,
And a salute for Uncle Sam.

There are always those who
Want to spoil it for all,
But they are selfish, and want
Their own way, and usually fall.

America is beautiful from
The east, to the west.
With attitudes and scenery,
We are some of the best.

The fireworks always
Spark up the night,
Reminding us that we
Had won the fight.

The fight for FREEDOM that We enjoy
today,
Was sent by GOD, and
Gives us time to play!

Excerpt from Chapter 7 of "A Hippie's Tale"*By Faith Leith, from the "Producing Unforgettable Memoirs" Workshop*

My college journey began at a community college in Whittier, California. I was curious and wanted to learn as much as I could. Donald and I signed up for classes while the girls were in school.

I attended this college for two years for \$6 plus the cost of books. The \$6 included a health card with access to a clinic on the campus. I used it once for an infection and received an exam and medication at no charge. Another example of a learning situation outside the classroom. This experience convinced me that education and health care should be free, as they are in other industrialized countries, and many unindustrialized ones.

The logistics of attending college in our spare time included taking advantage of the co-op child care center. For a few dollars we could leave our youngest in the center as long as one of us volunteered our time and talents a few hours each week. I spent time cleaning up and helping with games. Another student played the guitar and sang during his shift. I was grateful our shifts coincided as I enjoyed the music as I cleaned.

One requirement to volunteer at the center was attendance at a training session one evening. When I arrived I was blindfolded and taken on a journey to "see" the world as a child does. It was the early '70s and this was but one of the lessons being taught at most colleges across the country. Not unique at the time but looking back it was an outside-the-box way to obtain child care.

The room was set up as if you were 5 years old. A table too high for you to reach to pick up a huge cup. A bed you were told to jump on. Cuddly stuffed animals. Finger painting. The idea was to make you realize the limitations and fun our little ones were experiencing at the center every day. It was a hoot.

Note: In late Spring, our first Producing Unforgettable Memoirs Workshop was concluded and memoirs from the participants were produced. Above is an excerpt from the memoir of Faith Leith. Another, written by Peggy Thomas, will follow in our next issue.

Would you like to participate in a future Memoirs program with instructor Perri Zepeda? It involves several classes over a number of weeks. Sign up at the front desk. If we have enough interest we hope to raise

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.

A Summer Day*Sharon (Johnston) Pappas ©*

Have you ever gazed at the sky
On a warm summer day
Clouds drifting by
As across the blue they play

A cast of characters' faces revealed
Billowing, rolling like mountains of whip
cream
O'er hills, valleys and acres of fields
Shifting, evolving then disappearing, it
seems

Now you see them, now you don't
As they slowly begin to form
A ray of sunlight is shone
Then a calidescope of colors is born

The beauty of this moment
Takes ones' breath away
God's love revealed with words unspoken
In the quiet of a summer day.



Banjo Player 11-23-2022 - Oil on Canvas - by Mona Novotny

Ruthie From the Ridge: The Unthinkable

Hello! Ruthie from the Ridge here.

Imagine you had a stroke and you cannot go home, no one lives with you or gives you all the care you need. The hospital where you've been languishing recommends skilled nursing home care and rehabilitation. One side of your body is partially paralyzed. Once your family or representative locates a facility that has space for you, the reality sets in while you are still in the hospital. Other people live in nursing homes, but you never considered that possibility for yourself. You were independent. Let's see what you will need: Obviously you need some support.

Since you're being discharged from the hospital and you are on Medicare, Medicare will cover your first 100 days in the skilled nursing home, 20 days at 100% coverage and day 21-100 is covered 80% with a 20% copay. Staying in a skilled nursing facility can be expensive. The copays can be up to 200\$ a day! If you have savings, you'll be responsible for the cost of the skilled nursing home care until you spend down some savings. A senior can apply for Medicaid services, but there are some financial and other requirements that one must meet before they are eligible to apply for Medicaid services and get assistance paying for long term care, a more permanent solution to your hospitalization and new care needs.

After all, while you were in the hospital, your family visited you and were part of the group that helped make decisions for you about your care. Hopefully you are still able to communicate with them about where you will live and who will help you adjust to your new circumstances. If you are lucky you have children who have your power of attorney to make decisions for you and handle your finances on your behalf. They can open a bank account with you and pay your bills. You may be fortunate to have a family lawyer who can help with arrangements you may need to make to help with legal procedures.

If you have specific questions about Health Insurance, please make an appointment with our SHIBA (Senior Health Insurance Benefits Assistance) Counselor 541-883-7171.



Participants in the Memories in the Making Watercolor Workshop exploring their creativity through color.

Blessed In Aging

*Blessed are they who understand
My faltering step and shaking hand
Blessed, who know my ears today
Must strain to hear the things they say.*

*Blessed are those who seem to know
My eyes are dim and my mind is slow
Blessed are those who look away
When I spilled tea that weary day.*

*Blessed are they who, with cheery smile
Stopped to chat for a little while
Blessed are they who know the way
To bring back memories of yesterday.*

*Blessed are those who never say
"You've told that story twice today"
Blessed are they who make it known
That I am loved, respected and not alone.*

*And blessed are they who will ease the days
Of my journey home, in loving ways.*

Poem by Esther Mary Walker

Submitted by Patty Card, Klamath Basin Behavioral Health



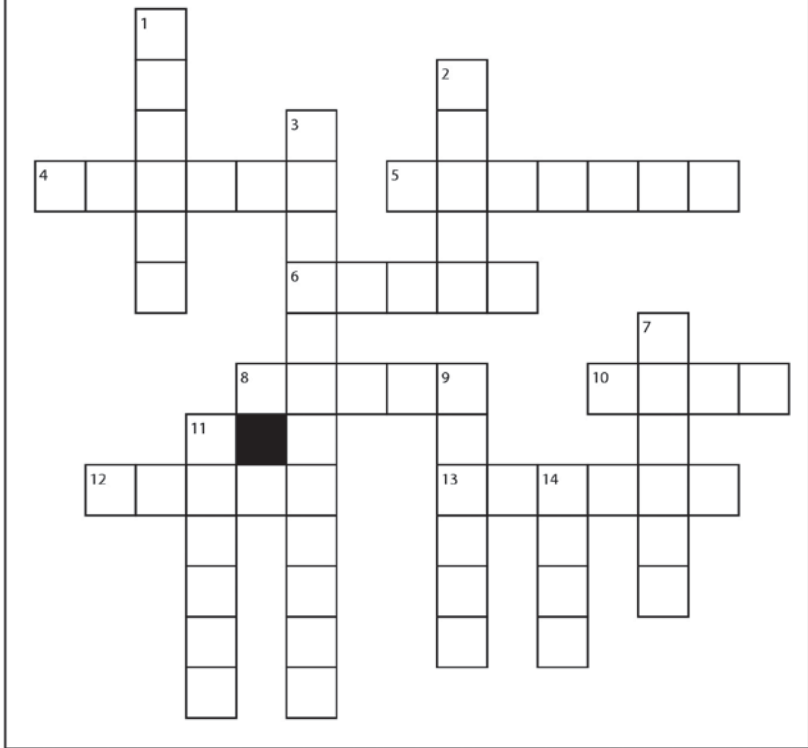
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July 2023 Crossword Puzzle



JULY 2023 CROSSWORD

(Some answer clues are to be found in this issue of our paper. Did you read it?)

DOWN

- 1. This Resource Guide recently published by KLCAS
- 2. Fire it up this summer and enjoy a meal with your friends and family
- 3. Senior Center will be closed on July 3 and 4 in observance of this day
- 7. On July 9th, BINGO theme
- 9. A _____ Day poem by author Sharon Pappas
- 11. Blessed in Aging poem author Esther Mary _____
- 14. Historic item sewn by Betsy Ross

ACROSS

- 4. Featured on the Cover and a type of "gathering" place in the article by Brette Bliss
- 5. Activity by two in a boat in silhouette found in a 4th of July quarter page flyer
- 6. This patriotic animal was suggested by Benjamin Franklin
- 8. Provided 5 days a week at the Center in congregate form, delivered 5 days a week
- 10. Join us July 21 and 22 for our 10th Annual
- 12. The Topic of this Month's Learn'n'Lunch
- 13. Weekly group with community speakers hosted by Klamath Hospice, _____ Mondays

Answers to this Crossword Puzzle can be found on Page 14.

SHIP TALK

(Senior Health Insurance Program)

Medicare Preventive and Screening Services

Anne Hartnett, SHIBA Coordinator

Looking for a way to stay on top of your health in 2023? Medicare covers many preventive and screening services. These services are valuable since they can keep you from getting sick and also can help find health problems early when treatment is most likely to work best. Talk to your doctor about which one might be right for you. Let's look at what's covered. The list is long but it's worth wading through.

- Abdominal and aortic screening
- Alcohol misuse screenings and counseling
- Cardiovascular disease (behavioral therapy)
- Cervical and vaginal cancer screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings – and self-management training if necessary
- Glaucoma tests
- Hepatitis B infection screening and Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram screening
- Nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- SHOTS: (1) Flu shots (2) Hepatitis B shots (3) Pneumococcal shots and (4) new this year, SHINGLES shots
- Tobacco use cessation
- Yearly wellness visit

Likewise, if you're needing any information about health insurance and Medicare, we're here at the Senior Center, volunteer certified and trained SHIBA counselors, ready to tackle your questions. Call 541-883-7171 to make an appointment. It's free!

KLA-MO-YA CASINO & HOTEL

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SLOTS • FOOD • HOTEL • FUN

MONEY EXPLOSION

FRIDAY DRAWINGS

JULY 7-28 • 6PM-10PM

WIN UP TO \$1,000 CASH!

Beginning Saturday, July 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.

May only win once per day.

SENIOR DAY MONDAYS

8AM - MIDNIGHT

EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.

HOT SEATS NOON - 3PM

WIN UP TO \$100 CASH! DRAWINGS EVERY HALF HOUR.

(Must be 55+. May only redeem/win once per day.)

WHAT A BLAST

WEDNESDAY KIOSK

JULY 5-26 • 3PM-9PM

WIN UP TO \$250 CASH!

Earn 50 points and swipe at the kiosk to receive prize voucher.

May only redeem once per day.

Sparkler

THURSDAY HOT SEATS

JULY 6-27 • 1PM-4PM & 6PM-9PM

WIN \$100 FREE PLAY!

Drawings every half hour.

May only win once per day.

CARNIVAL DELIGHTS FOR HOME

SUNDAY KIOSK

JULY 9-30 • 11AM-7PM

EARN PRIZES! Earn 100 points and swipe at the kiosk to receive prize voucher.

July 9: Snow Cone & Shaved Ice Machine

July 16: 8-cup Popcorn Maker

July 23: Mini Pretzel Maker

July 30: Mini Corn Dog Maker

May only redeem once per day. While supplies last.

NEW MEMBERS

WIN UP TO \$250 FREE PLAY

Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details

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

Gambling Problem? Call 1-800-GAMBLER

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!

Managing Money: A Caregiver's Guide to Finances

Submitted by the Alzheimer's Association Oregon & SW Washington Chapter



Experience the impact of "Managing Money: A Caregiver's Guide to Finances," an event that will transform your understanding of financial management, led by the Janis Jasinsky. As a fervent advocate and caregiver, Janis brings a wealth of experience and expertise to caregivers and anyone seeking to navigate the intricacies of monetary matters. You will gain valuable insights that will revolutionize your approach to managing finances, preparing for future care costs, and the advantages of early planning.

Janis Jasinsky's guidance will empower you to navigate the complexities of financial planning with confidence, enabling you to allocate resources efficiently and effectively. From understanding budgeting techniques to insurance strategies, and more, you will discover a comprehensive range of topics that will enhance your financial literacy and ability to safeguard your loved one's well-being.

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. This online seminar is presented in collaboration with Oregon Care Partners. Oregon Care Partners is a free, high-quality education resource for family and professional caregivers of older adults and people living with Alzheimer's in Oregon.

Join us ONLINE or BY PHONE on July 18 from 10am to 12pm for a transformative journey of personal growth, enhanced caregiving skills, and connections with fellow caregivers.

Sign up today at web address bit.ly/3p8cY4y

If you need assistance signing up, please call 541-883-7171 ext 122. If you do not have the ability to attend online or by phone, please call and arrangements can be made.

special finds 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

Crystal Terrace of Klamath Falls

MBK SENIOR LIVING

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.

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.

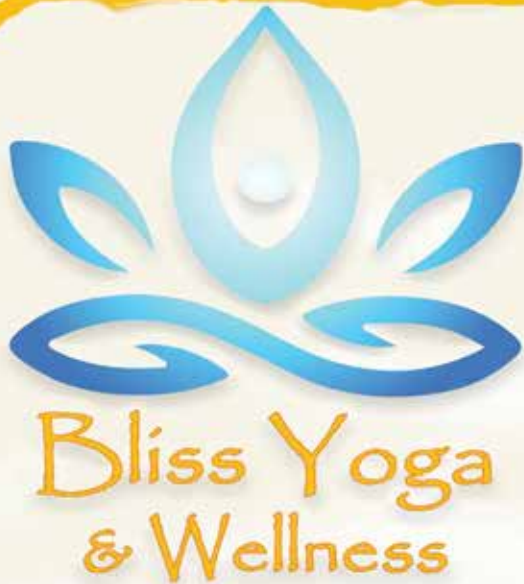
Call Mike to see if a **Reverse Mortgage** is right for you

Mike Bliss
 NMLS# 251410

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

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

**10th Annual
Rummage Sale
on July 21st and 22nd.
See page 17**



*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 541-851-9537

**Energy Resource Guide for Klamath and Lake Counties Published By
Xitlali Torres, Klamath and Lake Community Action Services
Community Resource Specialist, RARE Americorps**

A new resource for all things energy is now available for the community in Klamath and Lake County.

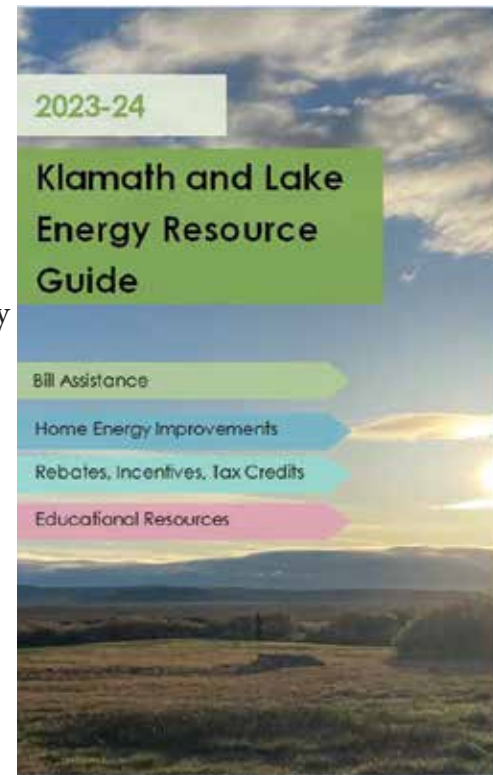
Do you need help with your energy bill? Do you want to get incentives to make energy efficiency upgrades to your home? Are you interested in tips to save energy or learn about energy policy?

You can find detailed information on all this and more in the new Klamath and Lake Energy Resource Guide. This guide was created to spread awareness of energy-related services available to everyday users of energy.

The Guide provides information on eligibility rules, service area, timeline and application process, contact information, website links, and more.

Agencies with programs in the guide include; Avista Natural Gas, Cascade Natural Gas, Energy Trust of Oregon, Klamath and Lake Community Action Services, Klamath Tribes, Midstate Electric Cooperative, Oregon Human Development Corporation, Oregon Department of Veterans Services, Pacific Power, South Central Economic Development District, and others.

The Guide is available both in Spanish and English. You can find copies at the Senior Center in the Front Entry or the Klamath and Lake Community Action Services office. It is also available online at www.klcas.org/energy.



I came to live at Pelican Pointe to have assisted living support in February...after two months my health improved so much I was back to being able to do most things for myself again. I particularly enjoy my new little dog, taking nice long walks, and tending the tomatoes I planted in the garden that will provide fresh produce for our kitchen.

Sue Ramage
Pelican Pointe Resident

**I love it here....the other residents are super, the staff is so caring.....
Pelican Pointe is a lovely place!!!**



Pelican Pointe
ASSISTED LIVING



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

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

Lake County Senior Citizens' Association



11 N G St, Lakeview, OR 97630 | (541) 947-4966

July 2023 Events

Join us on the Second Thursday for our various Handiwork projects taught by each other. Any ideas for projects are acceptable.

Our Birthday luncheon will be on the second Friday, July 14th.

Our "Grief Relief" class will be held on the third Thursday, July 20th at 2:00.

ALL rides require reservations. We request 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 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. Must have a minimum of 3 riders.

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 accepted during store hours or through the week before 2:00.

Check out our new Pantry for Food.

Begin to FLEX your Medicare with your ATRIO Health Plan.



SLEEP LAB



Getting enough sleep is essential to overall health

Identifying and treating sleep disorders can help patients lead more productive and fulfilling lives.

WHY CHOOSE US?

At Lake District Hospital, our sleep lab is state-of-the-art and we strive to keep you comfortable and relaxed while you undergo testing. AASM accredited.

If your provider recommends a sleep study, call or email us today to find out what's next.

Getting better sleep has never been easier.

Lake District Hospital

700 S. J St. • Lakeview
541-947-2114 ext. 322

email:

#sleeplab@lakehealthdistrict.org

Equal opportunity provider and employer

Senior Center Board Establishes Endowment with the Klamath Community Foundation

The Klamath Community Foundation manages over twenty designated funds for as many organizations that have pooled their endowments with the foundation for a more effective and efficient investment strategy and to ensure the stability of their financial support in the long term. A designated fund with the foundation for the Klamath Senior Center was established with the gift of nearly \$40,000 from an anonymous grantor. The Senior Center Board of Directors approved an additional contribution to the fund of \$10,000 at its May board meeting.

The Senior Center continues to accept contributions to its annual general fund campaign and for specific projects, but the Board recognizes that some contributors would prefer to support an endowment fund. The Center now maintains two endowment funds, one with the Klamath Community Foundation and another with Pacific Crest Federal Credit Union. The Center director hopes to leave the center as he retires this summer with at least \$100,000 in endowment funds. Contributions to our endowment can be made directly at the Klamath Community Foundation website (klamathbasinfoundation.org) or directly to the Senior Center (call 541-883-7171 for ways to donate).

Where do you find community?

By Brette Bliss, Sky Lakes and Healthy Klamath

Growing up, community meant family and gathering was usually multi-day events at my grandparent's house. Summertime was always busy with family get togethers all over Oregon. Now things are a little different. My grandparents no longer host for a variety of reasons. Gatherings are no longer scheduled calendar events, and if they are, we don't expect to see the whole family.

These days my people are incredibly busy or too far away to visit regularly. On top of that, the places we used to gather don't look the same anymore. Grandma's garden is less gathering place and more of

an actual garden; we definitely couldn't host dozens of people there with the pond and planters where benches and tables used to be.

I find myself craving community, but my family doesn't gather like they used to, and I don't live anywhere near family to participate even if they did. So where does that leave me?

I'm trying to redefine what community means for me and I keep coming back to the idea of surrounding myself with people who make me feel like I belong. As someone with no close friends nearby who knows making and keeping friends is incredibly difficult as an adult, this seems too lofty a definition. Especially since this definition puts the onus on me to curate my own community. But it's the only definition that holds any meaning for me.

So, in search of community, I've been going to yoga classes where I see the same people every Tuesday and Thursday. I go to HOA and neighborhood watch meetings to familiarize myself with my neighbors and their families. I'm paying attention to events that happen locally and I've become a regular at an ice cream shop and a cafe. I'm trying to make a community for myself.

Still, I'm lonely and miss the sense of belonging I had in old friend groups who used to gather just to see each other. I was never one to host a get together, always a passive attendee. Now I know I need to be an active member in the communities I want to belong to. The entire idea of it scares me as a socially awkward introvert who rarely leaves the house. But I know belonging and community won't just fall in my lap if I wait long enough or lurk in the right places.

Belonging isn't something we find, it's something we make. And I'm ready to go out and make a community for myself. My people are out there, I just have put in the work to find them and make a community with them.

DONOR REPORT

Sky Lakes and Chrystal Springs Foundations and Oregon Office of Rural Health all Award Grants in June.

Submitted By Marc Kane

Our partnership with Sky Lakes Medical Center has many faces. The Medical Center and Wellness Center staff are eager to collaborate with us in all our health promotion activities, and now the Foundation has stepped up with a small grant to our general fund. Anne Davenport our Health Promotions Manager successfully wrote an Elder Service Innovation Grant to The Oregon Office of Rural Health to implement a new software program that will support our Meals Program.

We start a new fiscal year in July and establish a new annual goal to raise General funds. Local contributions make a clear statement to the many out-of-the-area foundations that our services are valued and needed by local residents. The Center relies heavily on those foundations for support and your contribution communicates that their investment is worthwhile. Please consider supporting the Center with your financial assistance this summer. Early contributions will lever the support of others and help us achieve our goals.

Please note the announcement on page 11 relating to our endowment funds. Contributors that wish to restrict their contribution to an endowment fund now have two ways to donate.

May 2023 donations of \$24,645 were received from the following organizations and individuals:

Reser	Kenneth Banes	Ernie Palmer
Roundhouse Foundation	Jon Schnebly	Donna Maloney
Washington Federal Foundation	Burl Parrish	Donna Hill
Kiwanis Club	Rose Chapman	Cheryl Gibbs
Marta Stephens	Vicki Moore	Patricia Henderson
Geraldine Schindler	Valerie Van Scoyoc	Wilma Petrik
Refuge City Church	Shelley Miller	Mildred Miller

Unidentified contributions in May for Meals, Transportation and Other Services amounted to \$3,677.

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.

Family Bingo July 9th See page 4.

KLAMATH FALLS CBOC PACT ACT EVENT FOR VETERANS
July 12th 1PM-3:30pm
 2225 North Eldorado Boulevard
 Klamath Falls Oregon

Learn More About

- Pact Act expands toxic-exposures and Veterans access to VA care
- Extends health care eligibility for Vietnam, Gulf War, and Post 9/11 era combat Veterans
- Add New presumptive conditions for radiation, Agent Orange, Gulf War toxins, and burn pit exposures

Free Shaved Ice

New Expanded VA Care & Benefits

Learn more at VA.gov
 1 800 my VA411 (800-698-2411)

VA | U.S. Department of Veterans Affairs
 Veterans Health Administration
 Southern Oregon Health Services - Central and Coastal



Klamath Basin Senior Citizens' Center

Calling All Current and Potential Volunteers!

VOLUNTEER OPEN HOUSE

Join us Tuesday, July 25 from 12:30 pm - 1:30 pm.

Meet our NEW Volunteer Coordinator, Erica Dow

Visit with our Program Manager of Health Promotion Services, Anne Davenport

Learn about volunteer opportunities, provide feedback on existing programs and services

Volunteer Applications will be available

Come for lunch before Open House 11:30 am - 12:30 pm, light refreshments will also be served

Executive Director Search Update: Interviews in Progress!



cascade comprehensive care



Cascade Health Alliance

Don't lose your Oregon Health Plan (OHP) Insurance Benefits!

Keep your phone number and address current to keep your benefits.

You can do this the following ways:

Online: Log on or create a ONE account at benefits.oregon.gov.

By Phone: 1-800-699-9075 Mondays through Fridays from 7 a.m. to 6 p.m. (PST). Hold times are lowest from 7 to 8 a.m.

In Person with Help from OHP Assistors:

- ODHS office - 355 Timbermill Drive, Klamath Falls, OR 97601
- Klamath Open Door - 2074 S 6th St., Klamath Falls, OR 97601

The Oregon Health Authority (OHA) is mailing letters that will let you know if you need to complete a renewal form or send in additional information to see if you still qualify for the OHP or other benefits. Watch for this mail and respond as soon as possible.

If OHA can't reach you, you could lose your medical coverage and other benefits, even if you still qualify. Keep your contact information up to date so OHA will be able to contact you about your benefits. Even if you no longer qualify for OHP or other benefits from the state, there may be other options.

www.CascadeHealthAlliance.com July 2023

Crossword Puzzle on page 8

JULY 2023 CROSSWORD ANSWERS

DOWN 1. Energy 2. Grill 3. Independence 7. Family 9. Summer 11. Walker 14. Flag
ACROSS 5. Garden 5. Fishing 6. Eagle 8. Meals 10. Sale 12. Fraud 13. Muffin



Do you have a birthday in July?

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 dessert during the lunch hour, as well as to answer questions about services, support groups, and upcoming events.

Join Bristol Hospice for a Birthday Celebration on July 20th from 10:30 am - 12:30 pm

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



Join Us for a Live Webinar

Healthy Klamath Partners Share Resources

Cascade Health Alliance and Klamath & Lake Community Action Services will share about local resource guides.

Mark your calendars:
Wednesday, July 26 · 5:30 – 6:30pm
Video call link:
<https://meet.google.com/jwg-ikdz-fgw>
Or dial: (US) +1 323-609-5867
PIN: 696 322 727#

 healthyklamath.org

FUNDRAISER



Help us reach our goal of
\$50,000
 for
Meals on Wheels

It costs \$5.50 per meal.
\$50,000 will feed 25 adults, 60+ for 1 YEAR!

Who are we? We are a non-profit agency that provides the local “meals on wheels” program to home bound senior citizens in our communities. Meals on wheels provides delivery of meals 7 times a week to seniors who can no longer shop or prepare their own meals. In addition to preventing hunger and malnutrition, the program helps with social isolation while fostering independence, dignity and self respect among those who are aging.

100% of all proceeds received go toward our LOCAL meals on wheels program

www.klamathlakeareaonaging.org



Call for more information
KLCCOA Office 541-205-5400



Our agency also supports other programs such as Veteran Directive Care, Respite for Caregivers, Oregon Project Independence

Need An Extra Lift?

**RECLINING LIFT CHAIRS and
ADJUSTABLE MATTRESS SETS
IN STOCK!**



Visit one of our two locations today!

Legacy
FURNITURE Inc.

541-882-3217

3250 Washburn Way
Klamath Falls, OR 97603

Bedroom Gallery
[Comfort, Quality and all the Rest....]
www.bedroomgallery.com

541-884-2773

1204 Main St.
Klamath Falls, OR 97601

John 3:16

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

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.

JOIN OUR TEAM!



www.klamathhospice.org/employment



**KLAMATH HOSPICE
AND PALLIATIVE CARE**



RN and CNA

Want flexibility to have a life outside of work?

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

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

2751 Washburn Way, Klamath Falls OR 97603 - 541.882.2902



Register today for our

July Medicare Basics Workshops

with Brannon Kaefring

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

July Workshops

July 12 / 1 PM July 26 / 1 PM

Insurance Agency
MICK
Your Local Health & Medicare Agents
Since 1980

4509 So. 6th Street, Suite 109

541-882-6476

One-on-One appointments also available



Scams & Fraud Protection

Workshop July 11th.

See page 16.



Summer Glow Strawberry Kale Salad

Total time 30 mins Serves 4



Beautiful strawberry kale salad tossed with fresh strawberries, sweet corn, creamy avocado and a delicious cilantro lime dressing. This fresh chopped kale salad is wonderful as-is and the perfect base for your favorite proteins! Enjoy as a seasonal side dish or lunch all summer long.

Ingredients

For the dressing (if you don't want to make this dressing, use your favorite!):

- 1 bunch cilantro (about $\frac{3}{4}$ cup fresh chopped cilantro)
- $\frac{1}{3}$ cup olive oil
- 3 tablespoons fresh lime juice
- 1 tablespoon sugar, honey or pure maple syrup
- 1 clove garlic
- 1 jalapeno, seeded
- $\frac{1}{4}$ teaspoon salt, plus more to taste
- Freshly ground black pepper

For the salad:

- 6 cups finely chopped kale, stems removed
- 1 heaping cup halved strawberries
- 1 avocado, sliced or diced
- 1 cup corn, raw, grilled or sautéed
- $\frac{1}{2}$ cup feta crumbles
- $\frac{1}{4}$ cup thinly sliced red onion
- $\frac{1}{4}$ cup shelled nuts (your choice!)

Optional protein add-ins:

- 8 ounces bacon, or
- 2 grilled chicken breasts, or
- 8 ounces of garbanzo beans

Instructions

Make your dressing. Add all of the dressing ingredients to a blender or food processor. Blend until smooth.

Add your finely chopped kale to a bowl. You REALLY want chop the kale very well. Pour dressing over the kale and use tongs or clean hands to massage the dressing into the kale; toss together for 5 mins to break down the kale. Allow the dressing to sit with the kale for 15 mins or longer.

Add your strawberries, avocado, corn, feta crumbles, sliced red onion, nuts to the bowl with the kale. Give it a gentle toss with tongs to combine everything.

If desired, add a protein option.

Salad will keep well in the fridge for 1-3 days.

Nutrition

Serving: 1 serving; Calories: 424 kcal; Carbohydrates: 31.1g; Protein: 10.5g; Fat: 31.9g; Saturated Fat: 5.6g; Fiber: 10.1g; Sugar: 10.4g

OLDER ADULT PROGRAM

Are you struggling to connect with others?

Are you feeling lonely, sad, or worried?

Are you feeling hopeless about your life?

LOCAL
SUPPORT IS
AVAILABLE

541.622.9562

You are not alone.

Planned closure of Home Health & Hospice and Long Term Care in Lakeview

Statement from Lake Health District CEO Charlie Tveit

Lake Health District CEO Charlie Tveit and the Lake Health District Board of Directors have made the difficult decision to permanently close Lakeview Home Health & Hospice, as well as both the assisted living and long-term care facilities of Lakeview Gardens.

The closures have become necessary due to the challenges Lake Health District has faced in the wake of financial difficulties, especially since the inception of COVID-19. Lake District Hospital is a critical access hospital, with both Medicare and Medicaid funds covering a large portion of operating costs. Long term care services are inadequately covered by the State Medicaid program, resulting in the District losing money on every patient every day. If the State Medicaid program paid appropriately, this closure would not be necessary. The District is paid by the State Medicaid program \$245 per day less than our costs and the District cannot afford to continue carrying that loss.

The Home Health and Hospice agency in Lakeview is the smallest in the state. Not having enough patients to provide services to, it has never been sustainable on its own. While valuable to the community, its closure has become necessary.

Looming labor costs due in large part to travelers, higher than normal account receivables, difficulties with insurance company underpayments and new computer software billing and collection problems have contributed in part to budget shortfalls. While other cost-cutting measures are being considered, that information will be forthcoming as it becomes available. Every effort will be made to work with the staff to find positions within the District and is of paramount importance.

These closures will take effect as soon as possible, while taking into consideration our patient care concerns and relocation of assisted living and long-term care residents. It is the hope that these measures will bring stability to Lake Health District's financial outlook in order to continue to provide healthcare services to our community.

As always, our primary mission is to provide the best possible care and service to the community we live in and love. While closure of these facilities will impact us, it will not affect our ability to give our community and patients the high quality care we all expect and deserve.

Advertising supports the important health and activity news found every month in Active Seniors! To advertise, contact Mary Williams Hyde at 541-883-7456 or mary@maryhyde.com or your Herald and News ad rep.

**KLAMATH BASIN
SENIOR CITIZENS' CENTER**

**10TH ANNUAL
RUMMAGE**

S A L E

**July 21st
& 22nd**

**ALL FUNDS RAISED
DIRECTLY SUPPORT
SENIOR CENTER SERVICES!**

8 am - 3 pm
2045 Arthur Street
Food available!

DONATIONS WANTED!
Accepted July 5 - 18
Mondays thru Thursdays 11a - 4p
Items must be clean and
in good condition.
NO older TVs, mattresses,
tires or broken items.
Call before dropping off large items.
541-883-7171

KLAMATH SENIOR CENTER JULY 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, See below for details
- 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
- 3rd Thursday Bristol Hospice Meet & Greet and Monthly Birthday Celebration
- 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

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 in seated or standing, with or without equipment. This class is delivered at a moderate to high intensity.

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

WATERCOLOR: Weekly art class offered by local artist, Kat Benson, entitled "Watercolor For The Fun Of It," encouraging 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.

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

Check for event calendar updates at www.klamathseniorcenter.com

Learn'n'Lunch

Scams & Fraud Protection Workshop – Free!

Losing money or property to scams and fraud can be devastating. Scams and fraud are constantly changing and can happen at any time, any place, to anyone. It is important to know the warning signs, how to protect yourself, and how to take action.

We are excited to host a special panel including representatives from the Klamath County Sheriff's Department, Pacific Crest Federal Credit Union, and Senior Health Insurance Benefits Assistance (SHIBA). Ashley Linde is the Administrative Support Manager at Pacific Crest Federal Credit Union and oversees the risk department. Anne Hartnett is the Senior Center SHIBA Counselor. You will learn how to prevent, recognize, and report the most common financial and medical scams, as well as learn about common types of local scams and fraud.

Learn more on Tuesday, July 11, from 10:30 – 11:30 am in the lunchroom. Note the time and location change! 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.

JULY 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, 11:30 am - 12:30 pm

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
				
		5	6	7
		BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Salad Dessert	CHEESEBURGERS & FRIES Veggie Salad Dessert	SWEDISH MEATBALLS W/NOODLES Veggie Salad Dessert
10	11	12	13	14
LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	ROAST PORK & ROAST VEGGIES Salad Dessert	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	AU GRATIN POTATOES & HAM Veggie Salad Dessert	MEATLOAF MASHED POTATOES & GRAVY Veggie Salad Dessert
17	18	19	20	21
CHICKEN TORTILLA SOUP Veggie Salad Dessert	QUICHE Veggie Salad Dessert	CHILI DOGS & FRIES Veggie Salad Dessert	CHICKEN FRIED STEAK MASHED POTATOES & GRAVY Salad Bristol Hospice Birthday Celebration	BEEFY BEAN SOUP w/CORNBREAD Veggie Salad Dessert
24	25	26	27	28
SALISBURY STEAK & NOODLES Veggie Salad Dessert	SHRIMP & CORN CHOWDER Veggie Salad Dessert	POILISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	SLOPPY JOES Veggie Salad Dessert	CHICKEN STRIPS & FRIES Veggie Salad Dessert
7/31	8/1	8/2		
GOULASH W/GARLIC BREAD STICKS Veggie Salad Dessert	BBQ CHICKEN Veggie Salad Dessert	BEANS & HAM CORNBREAD 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




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

- 7/10: 3rd Thursday – Crystal from the Downtown Association
- 7/17: Kendra Santiago – Smith Bates
- 7/24: Kathy Crist – Bliss Float
- 7/31: Speaker Pending - Brats, Blues, and Brews Festival
- 8/7: Steven Rooker – U.S. Fish and Wildlife

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