

AUGUST 2023

Active

Seniors



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

INSIDE THIS ISSUE

FREE Emergency Preparedness Workshop August 22

Find the Menu & Calendar on the Inside Back Page

Come Chill With Us in Our Cooling Center!

Weekly Walking Group Starts in September!

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.



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 **For more information:**
541-883-7171
klamathseniorcenter.com

 **WE ARE LOCATED AT:**
2045 Arthur Street, Klamath Falls, OR 97603
*See map below
Mailing Address: PO Box JE, Klamath Falls, OR 97602

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



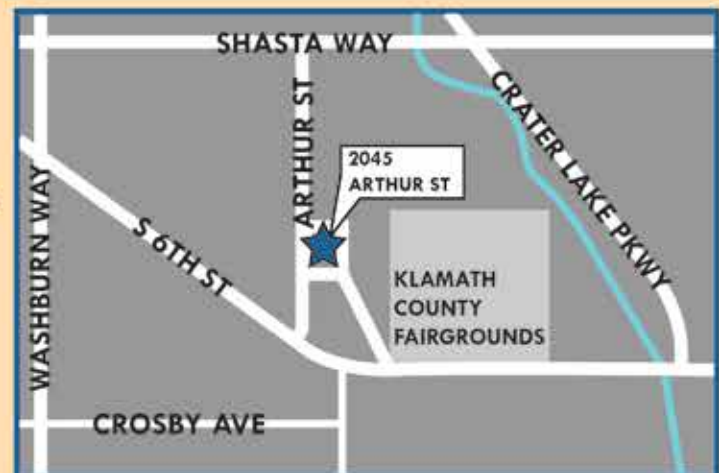
Rolland Bailey



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

**Two Fairs Bringing Us Together!
Search Committee Continues To Seek a
New Director**

This is the week of the Klamath County Fair. It's an opportunity for gathering and celebrating all that is good about our piece of the earth and all that it brings us. There will be many showing the achievement of their efforts in the agricultural and livestock communities and much to be shown from crafters and cooks. Surrounding all this will be some fine entertainment. Note the Fair advertisement on page 16.

The Klamath Senior Center will make its contribution by offering up its parking lot on Thursday the 3rd and Saturday the 5th and canceling our regular Thursday and Saturday evening Bingo games. In their place we will be offering a social ("nickel bingo") game from 10 to noon at the Fair Grounds on Thursday, Friday and Saturday. Take a load off your feet while at the fair and enjoy visiting at our bingo games.



Marc Kane,
Center Director

We'll be closing our fine summer days by gathering again for another fair in Tulelake. There is an announcement on page 14 about that event. It is a short drive to visit our neighbors in Tulelake and again another opportunity that brings us all together to celebrate and view the products of our efforts. Hope to see you all there too.

This month will likely bring us some of the hottest days of the year. That may bring wildfires and the need to shelter from the heat and

smoke. Take some time to prepare for the unexpected. On August 22nd, we will host an Emergency Preparedness Event at the Senior Center, and all year long the Center welcomes you to come visit to seek relief from unusual hot, cold or smokey weather. If you are sheltering at home, enjoy reading this paper and take advantage of our recently introduced feature, the crossword puzzle on page 8.

Two activities that ceased during the pandemic are now in planning to return. The first is the Ukulele Group which plans a renewal with a kickoff meeting on the 8th of August (notes on page 14). We have also been approached to restart the Pickleball game at the Center. More news on that will be coming. We are also starting a Weekly Walking Group in September with support from the Roundhouse Foundation (grant announcement was in the June Active Seniors). See page 4 for contact information to register.

By the time you read this I expect our bathroom remodeling project will be completed or very close to it. Thanks to Atone Contractors for their work on this project and the new lift to the second floor of the building. The lift is also ready to go awaiting final inspection and commissioning. Next comes the remodeling of our building entrances, all to be made more attractive and ADA compliant.

I had expected this greeting would be my last as I am retiring this year, but the Executive Search Committee is struggling to find a good fit for my replacement. So you will be hearing from me again next month. Please be patient and appreciate that the committee is doing their due diligence to get this right. Applications for the Executive Director positions have been opened again and will be taken through Friday, August 18th. Know anyone with some experience managing a non-profit agency and looking for a rewarding job? Please send them our way.

ALL ARE WELCOME HERE!

Save the Date

**2nd Annual
Age Well Expo
Tuesday
September 19th**


during National Fall Prevention Awareness Week

SEEKING EXHIBITORS!
**Email stayactive@kbscc.org
to learn more!**



Klamath Basin Senior Citizens' Center
2045 Arthur Street, PO Box JE, Klamath Falls, OR 97602
541.883.7171

To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center
Call 541-883-7171
In person at 2045 Arthur St, Klamath Falls, OR
Online at klamathseniorcenter.com
Or mail this form to:
Klamath Basin Senior Citizens' Center
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 # _____

Expiration Date _____ CSC _____

Recurring monthly contribution? Yes No

Signature: _____

Find Your Purpose at the Senior Center Today!

Discovering our purpose in life is a fundamental desire that drives many of us. While there are several ways to find one's purpose, giving back through volunteering can be a powerful path that not only helps you discover your purpose but also aids in personal growth.

Volunteering is an incredibly fulfilling and rewarding experience that allows us to make a positive impact in our community while helping those in need. Through volunteering, you can learn more about yourself, identify your strengths, weaknesses, and values, and develop empathy and understanding towards others. These experiences can help you discover your purpose and passions in life.

Volunteering can help you gain a sense of accomplishment and develop new skills. By participating in activities like leading classes or assisting with organizing events, you can boost your confidence and self-esteem, which is crucial in helping you find your purpose.

When helping out, you meet people from all walks of life and different circumstances, providing an opportunity for growth and development. By stepping outside your comfort zone and engaging with individuals with different backgrounds and experiences, your sense of purpose may shift or become more apparent.

Volunteering your time can help you establish a sense of community and belonging. When you dedicate your time to helping others, you become part of something larger than yourself. The relationships you

Image credit: designervector on stock.adobe.com



build with other volunteers, staff members, and the people you serve can become a significant part of your life.

If you are looking for a path to self-discovery, giving back can be an excellent place to start. It can help you feel more fulfilled and bring meaning to your life. You may find that you have a passion for a particular activity or discover new interests you never knew you had.

In conclusion, volunteering can be transformative, helping you grow as an individual and find your purpose in life. Through your experiences, you can discover your strengths, values, and interests, develop new skills, and gain a broader perspective on the world around you. So, if you're looking to find your purpose, consider giving back through volunteering. It may be the path that leads you to a more fulfilling life.

TODAY IS THE DAY! Call the Senior Center today and sign up to be a volunteer. 541-883-7171

WHAT'S NEW

Learn'n'Lunch Cancelled for August!

Ukelele Group Returns on August 8th!

Learn more page 14

**FREE Emergency
Preparedness Workshop**

Tues, Aug 22! Learn more on Page 16

**NO BINGO at the Center
on Thurs Aug 3 or Sat Aug 5th**

Find Nickel Bingo at the Klamath County Fair
Aug 3, 4, 5 – 10 am to Noon.

Weekly Walking Group Starts in September!

Registration required.

Email stayactive@kbscc.org or
call 541-883-7171 ext 122

**Save the Date for the
2nd Annual Age Well Expo**

Tuesday, September 19th
Learn more on Page 3

A vibrant green poster for bingo fundraisers. At the top, the word 'BINGO' is written in large, colorful, outlined letters (B: yellow, I: orange, N: pink, G: purple, O: blue) with small white stars around it. Below this, the text 'THURSDAYS & SATURDAYS AT THE SENIOR CENTER' is in bold purple, followed by '2045 Arthur St.' in bold purple. Then, 'THURSDAY BINGO Fundraiser open at 4:30 pm call at 6 pm' and 'SATURDAY BINGO Nickel Bingo open at 10 am call at 11:30 am' are listed. Below that, 'SATURDAY BINGO Fundraiser open at 4:30 pm call at 6 pm' is listed. At the bottom, 'FULL Snack Bar Open' is written in bold purple, followed by a row of seven blue stars. A blue banner at the very bottom contains the text 'PROCEEDS FROM BINGO FUND PROGRAMS AT THE SENIOR CENTER' in yellow. At the bottom of the banner, it says 'Bingo Heading Credit: linebyline on stock.adobe.com'.

New Transportation Service Policies Implemented In July

There have been some changes with the Senior Center's Transportation Services Program effective July 1, 2023. They involve an update to the fare schedule and a new definition of the area served by our vans.

Fares

Our reduced fare schedule has always been indexed to the Federal defined poverty level and was recently updated to the 2023 schedule as published by the Federal Government. Patrons may apply for fare reductions based on their household income. Our dispatcher, Cindy Dupart, will take applications for fare reductions here at the Senior Center and will match your declared amount of household income to the schedule. The schedule utilizes 5 levels of fare reduction based on 100, 125, 150, 175 and 200 percent of the Federal Household poverty.

In addition to fare reductions, all older adults age 60 or over may ride fare free when being transported directly to the Senior Center and when returning home from the Senior Center. The Klamath Lake Counties Council on Aging funds about 15% of the \$311,000 transportation budget in order that the rides to the center can be provided free of charge to older adults.

Fares only cover a very small portion of our transportation expenses. Donations are encouraged. In addition, we are funded by the Basin Transit Transportation Services District, the Oregon Department of Transportation, the Federal Transportation Administration, and the Klamath Lake Counties Council on Aging (KLCCOA) and United Way. Service Area

The Transportation Program historically has had a policy of serving patrons who reside within the Urban Growth Boundary of the City of Klamath Falls (KFUGB), and at times has extended the boundary beyond that as allowed by our funding and staffing levels. The KFUGB is a very oddly shaped area on the map, and this has caused a bit of confusion. So, a new policy on this subject is now in place and reads as follows:

In order to be eligible for transportation service, the location of the pick up or drop off point must be within a reasonable distance in order that the transportation system can operate with a level of efficiency to sustain our services. Generally we operate within the Urban Growth Boundary of the City of Klamath Falls. Locations that fall outside of the Urban Growth Boundary will be served so long as the distance from the Klamath Senior Center (2045 Arthur Street, Klamath Falls) to the pick up or drop off point is no further than eight (8) miles from your point of origin (generally your home).

If you are not sure of your eligibility for our transportation service based on distance, please feel free to call on our dispatcher. She has a software program that will calculate the distance from your home to the senior center, or between your home and any other point within the service area.

Rides are scheduled by the following priority list:

- Medical Appointments
- Congregate Meal site (Senior Center)
- Employment
- Grocery Shopping
- Any other non-essential appointments

If it becomes necessary for us to cancel rides we will cancel in order of the priority list. You will be called if your ride needs to be cancelled.

Please call at least 2 (two) business days in advance of your appointment to schedule transportation. Transportation reservations can be made by calling 541-850-7315.

Did you know that the Klamath Basin Senior Citizens' Center is a Cooling Center?



That means you and your loved ones are welcome to come cool off and get out of the heat - and while you're here, consider joining us for lunch or one of our many activities, including exercise,

library branch, game room, Bingo and more.

A note on extreme heat Per the Oregon Health Authority, "All Oregonians are asked to check in on vulnerable friends, family, and neighbors who may be susceptible to extreme heat to help them access ways to stay safe, especially those who live alone or lack air conditioning. Signs of heat stroke include fever, rapid pulse, nausea or vomiting, and hot or damp skin. OHA advises people to call 9-1-1 immediately if someone shows signs of heat stroke."

Parkinson's Disease Support Group

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

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

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

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

Klamath Falls Parkinson's Support Group

3rd Tuesday of the month
1:00 pm meeting
12:00 pm lunch
Red Rooster Grill and Pub
3608 S 6th St
(across from the Fairgrounds)
Contact Ron or Kate before your first meeting.



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

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

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


Rogue River Place
Senior Living

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enlivant.com



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

Expressions of Heart and Mind

CAMPING TIME*By Sharon Hudson*

A camping trip is on my mind,
As summer takes its turn.
Time with nature, the trees, the
Animals, and new things to learn

There is a great place to go
That isn't far away.
With plenty of trails, lots of
Water, and room to play.

I planned ahead, and reserved
A beautiful spot,
With lots of shade, and sun,
I shouldn't get too hot

My family came later
When they got off work.
They also live close, and
That is another perk.

We set up camp, and
Then took a rest.
Fixing dinner was easy, and
We had our little nest.

With a campfire by the lake
On a cool summer's eve,
The flames dancing upward, and
I don't want to leave!

The moon peeks through the tops
Of the trees, and seems to smile
Giving some extra light,
If only for a while.

The night sky is full of
Bright twinkling stars.
Some can be wished on, and
Some are like lightning bugs in jars.

It's time to give hugs, and a
Wish for a good night
I'll see you in the morning
Refreshed and bright.

We'll have fish for breakfast.
And maybe lunch too.
It depends how our luck runs,
And we don't catch an old shoe.

We went for a swim, and
Got cooled off well.
Back on shore we skipped rocks,
And talked on the cell.

Tomorrow I'll make a yummy breakfast
With eggs, pancakes and bacon.
It takes a while, but it is
One that I enjoy maken.

We'll stay a couple more days,
And enjoy them so.
Each day will be different,
And they will go by slow.

Klamath Falls Garden*By Jean Knight*

Klamath Basin's Spring has a kaleidoscope to show,
a quicksilver gift of frost sleet, sun, rain, wind and even snow.
Numbing storms push me past the brown and gray of April's dead weeds,
and into mail order catalogs: Burpee's Thompson, Harris, and Annie's Country
Heirloom seeds.

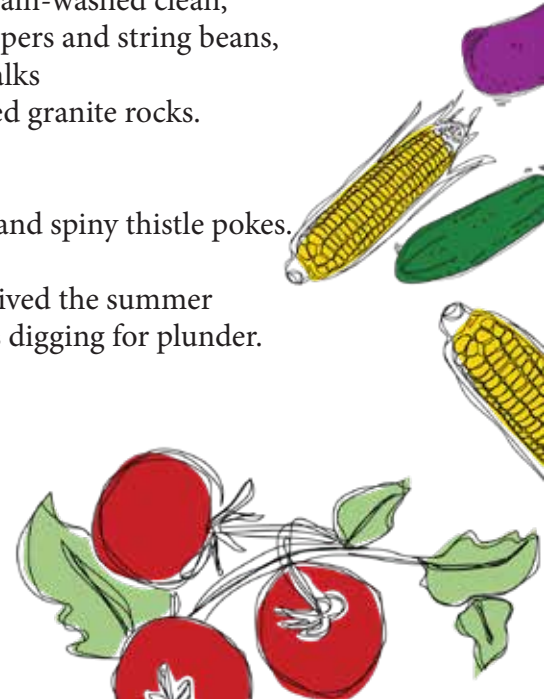
I dream at night of amethyst eggplants, sun-kissed squash, and verdant Swiss Chard
and in the morning I'm at Freddie's seed racks, holding my worn-out Visa credit card.
I wait impatiently until the end of May
then dig, cut, plow, hoe, level, smooth, spade and grade.

Finally, I plant, visions of Sunset cover gardens, rain-washed clean,
swirling pictures in my imagination of green peppers and string beans,
chives, peas, beets, squash, and towering corn stalks
nasturtiums lining neat pathways of moss-covered granite rocks.

I water, weed, wait, pray and hope,
and scuffle with aphids and earwigs, dandelions and spiny thistle pokes.

Finally, in late August I find a plant that has survived the summer
living through dogs running after sticks and kids digging for plunder.
On it I've found three tomatoes on a vine
round, juicy, plump and the color of Rose wine!

I pluck them off, each one a winner
too precious to eat,
I go to McDonald's for dinner.

**Excerpt on a Family trip from****Ft. Wayne, Indiana to California shortly after the war in 1946***By Peggy Thomas, from the "Producing Unforgettable Memoirs" Workshop**(In late spring, our first Unforgettable Memoirs Workshop concluded. Following is an excerpt from the memoir of one of our participants.)*

It was hard to travel very many miles in one day because of the rest stops, auto repairs and mealtime. I was prone to headaches that developed into migraines. The heat made my head throb and I had to stay in the trailer on the sofa one or two days until the pain would subside. Mom, Joy, or Bonnie would place wet rags on my forehead, and give me the prescribed aspirin. The swaying and rattle of the trailer did not help my recovery. One of them would dig in my cardboard box and hand me my doll or book but it was little comfort when my head was hurting. Dusty our trusted family dog would lie beside me and I could pat his head. He would be panting with his tongue hanging out looking at me. In his own dog language he told me, "Everything will be okay. This trip was not my idea, I just came along for the ride."

During those times when I was ill, I longed for home. I thought about the shade trees, and playing on the front porch, using kitchen chairs lined up for a make – believe train ride. Hearing the tinkle bell of the ice cream man making his way down the street. Even with Joy's hopeful voice ringing in my ears I knew the door was slowly closing on that chapter of our lives. In fact, we had no home. No doubt she knew that as well but to give up trying meant tossing all hope aside.

Sometime during our trip, mom developed an unconscious habit of crossing her arms and rubbing opposite elbows; a habit that never left her. Mom came from a close-knit family and miles could not separate the love she had for her family. But the strong love she had for her children and their wellbeing was foremost on her mind.

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.

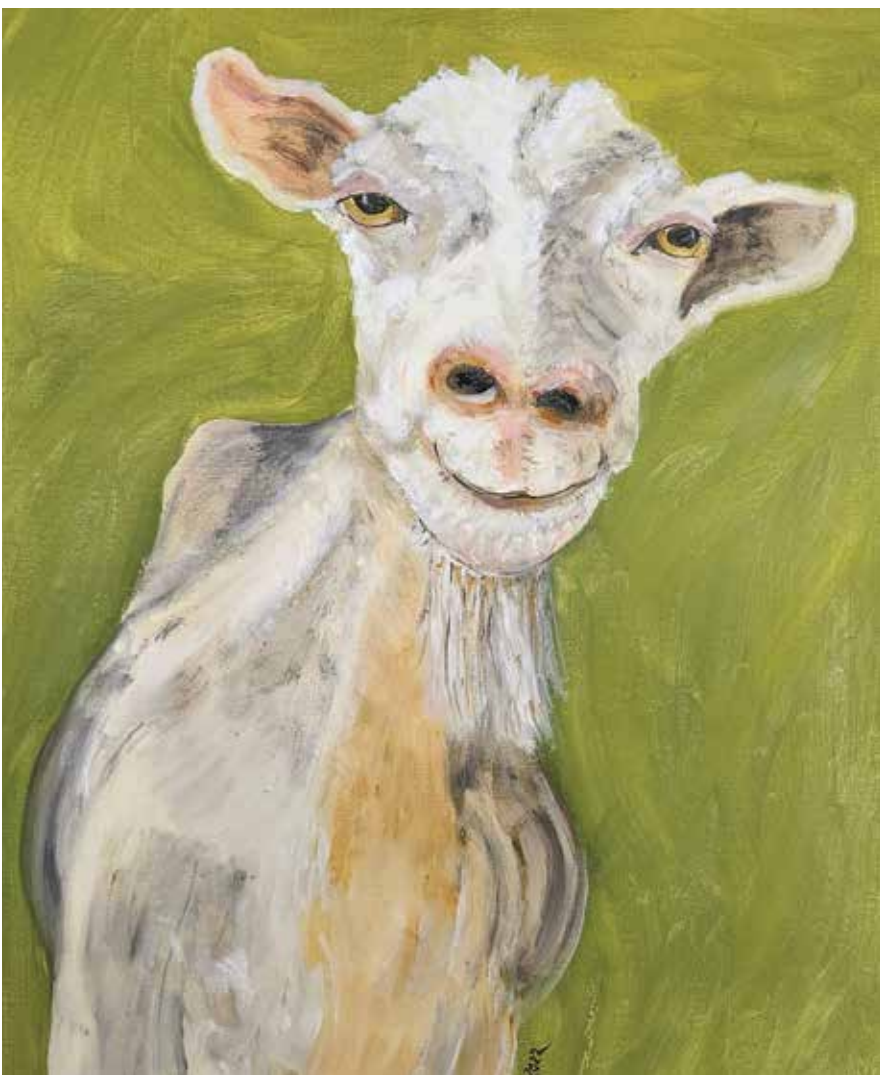
Ruthie From the Ridge: Assistance

Hi, this is Ruthie Ridge, again!

If you need some assistance with medication and exercise and general daily living skills, then assisted living may be for you. For example, perhaps you have trouble prepping your regular meals. In assisted living, your accommodations maybe similar to apartment living with extra help. For example, you may choose a facility that provides an apartment style home with laundry and equipment in each group of residence so you can do your own laundry and perhaps you will let the facility take care of your laundry for you. The unit will probably be one or two rooms, a living room or a bedroom combined or apart, some have small efficient kitchens others may not. At least a small refrigerator and microwave. You can choose to eat some meals in a congregating dining room or in your private unit.

The cost will depend on what services you require, like number of meals, bathing assistance, dressing support housekeeping etc. Facilities that are considered assisted living will provide some group activities, exercise or physical therapy, hair care, nail care and other amenities an individual needs. They may provide transportation or you may be capable of driving. Some facilities allow you to bring your own pets with you when you move in. You will probably bring your own furniture and decorations with you. Some folks choose to furnish the kitchen area with coffee maker, or place setting for breakfast or snacking or light meals. As time goes on you may require support and greater level of care sometimes memory care may not may be needed or nursing home care. It will be an individual matter as needs change.

If you need help in securing support services for your current or future living environment, please contact the Klamath and Lake Counties Council on Aging for assistance at 541-205-5400.



Goat 11-15-2022 - Acrylic on Canvas by Mona Novotny

Looking back I can almost see her mind replaying the advice from her parents, “it would be foolhardy hauling your six children across the country.” She never saw her parents again. My dad had a stoic personality but when his temper took control he had the vocabulary of a mule skinner. He was raised in a household where the rule of the day was “Children are to be seen but not heard.” If he received any advice from his parents regarding leaving the city, he never shared it with his family. I know my dad had a complete love for all of us. He took his role as the sole provider of his family seriously and was willing to travel miles for a chance to find work. He never saw his mother again but many years later his father made the trip to Oregon.



Note:
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 funds for another class.



Your kids work hard to get into college. Let me help you plan for it.



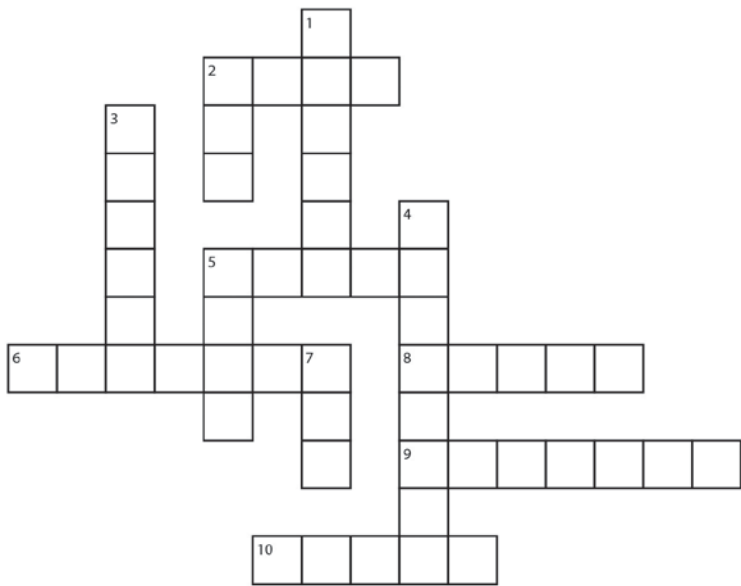
Gary Cheyne, Financial Representative
 COUNTRY Farm Certified
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 Klamath Falls, OR 97603-5005
www.countryfinancial.com/gary.cheyne
gary.cheyne@countryfinancial.com

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 May Lose Value



August Crossword Puzzle



AUGUST 2023 CROSSWORD

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

Answers on page XX.

DOWN

1. You might find flowers here, or even tomatoes, peppers, lettuce, and more
2. A great idea, if you will be outside enjoying the sun
3. August is right in the thick of it
4. Made of fruit or other yummy ingredients, treat to cool you off
5. We have a branch within the Center, so you can pick one of these up for your summer vacation
7. To keep yourself healthy, we urge you to schedule this exam regularly

ACROSS

2. The Center serves as a Cooling Center in order to help you escape from this
5. Join us Thursdays and Saturdays for this activity
6. "Find Your _____" and Volunteer at the Center Today!
8. Seen around the basin, the Western Tiger Swallowtail on _____ Milkweed
9. Hudson Poem Topic
10. We provide these 5 days a week, straight to the Center, or around the community as able

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

Healthy Eyes at All Ages

From the National Institutes of Health

- Know your family's eye health history. Learn if any eye conditions affect your family members.
- Eat right. Fruits and vegetables (especially dark leafy greens like spinach or kale) and fish high in omega-3 fatty acids (like salmon or tuna) may help your eyes.
- Maintain a healthy weight. Excess weight raises your risk for diabetes and other conditions that can harm vision.
- Wear protective eyewear. Wear eye protection specially designed for sports, home improvement projects, and other activities.
- Wear sunglasses. To protect your eyes from sun damage, choose glasses that block at least 99% of both UV-A and UV-B rays.
- Quit smoking or never start. Smoking is linked to an increased risk for several eye diseases.
- Clean your hands and your contact lenses. Avoid infection by washing your hands thoroughly before putting in or taking out contact lenses. Disinfect and replace lenses as instructed.



Seen Around the Basin, Wingwatchers Trail, Western Tiger Swallowtail on Showy Milkweed

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SLOTS • FOOD • HOTEL • FUN

FRIDAY NIGHT

REWARDS DRAWINGS
AUGUST 4-25 • 6PM-10PM

August 4-18: Win up to \$750 CASH!
August 25: WIN UP TO \$1,000 CASH!

Beginning Tuesday, August 1 at 8am, earn one drawing entry for every 10 points.
Drawings every half hour.
May only win once per day.

RESTORATION SATURDAY

GRAND PRIZE DRAWINGS
AUGUST 26 • 7PM-10PM

Win up to \$10,000 CASH!

Beginning Tuesday, August 1 at 8am, earn one drawing entry for every 10 points.
Drawings every hour.
May only win once per day - except for Grand Prize of \$10,000. All guests are eligible for the Grand Prize \$10,000 drawing at 10pm.

Spirit Sunday

HOT SEATS
AUGUST 6-27 • 1PM-5PM

August 6-20: Win up to \$100 CASH!
August 27: WIN UP TO \$250 CASH!
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.)

TUESDAY PRIZE WHEEL

AUGUST 8-29
NOON-3PM & 5PM-8PM

Win up to \$100 CASH!

Winners will spin the Prize Wheel to determine their prize.
Drawings every half hour.
May only redeem once per day.

MYSTERY THURSDAY KIOSK

AUGUST 10-31 • NOON-8PM

August 10, 17 & 31: Win up to \$100 CASH!
August 24: WIN UP TO \$500 CASH!
Earn 50 points and swipe at the kiosk to receive prize voucher.
If your prize voucher shows the "Mystery Gift Prize," you will choose a bag where you will win a prize and up to \$100 cash on August 10, 17 & 31 or \$500 cash on August 24.
May only redeem once per day.

NEW MEMBERS

WIN UP TO \$250 FREE PLAY

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

See Bonus Club for Complete Details

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

Gambling Problem? Call 1-800-GAMBLER

EXTRA! EXTRA!

Klamath Basin Senior Citizens' Center is seeking volunteers for the Active Seniors Newsletter. Experience with computers preferred.

Possible tasks: Collaborate with editor; research, find, and/or write content as requested; prepare copy for publication by ensuring accuracy, readability, and accessibility; take photos; complete interviews; and more! Training provided.

Interested in learning more??
Email stayactive@kbscc.org or call Anne at 541-883-7171 ext 122

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

Meals Donations How Are We Doing?

The Klamath Lake Counties Council on Aging increased the rate of funding for the congregate meal on July 1, 2023 from \$5.50 to 6.50 per meal. The actual cost of producing a meal is \$10.00, so we must collect donations and other funds for the balance of the expense. In order to sustain the meal service we need to collect an average donation from all those attending of \$3.50. To meet that average we are hopeful that many are able to donate more. The suggested donation is \$5.00. Not all patrons are able or expected to make a donation, but many patrons are able to donate to help make up what is needed to cover the full cost of the meal. Other organizations that help fund the congregate meal are FEMA and United Way.

Here's how we are doing over the last quarter of the year:

Month	Number Served	Donations Received	Average Donation	Amount Short
March	2587	\$ 3,222	\$ 1.25	\$ 2.25
April	2018	\$ 3,611	\$ 1.79	\$ 1.71
May	2397	\$ 2,910	\$ 1.21	\$ 2.29

Projected annual number of congregate meals has increased to 28,000.

When we fall short of collecting sufficient donations to cover our meal cost then we must draw from other donations, and must at times draw from donations allocated to other Senior Center programs. So, please donate what you are able so that the center may continue to offer the wide array of services currently in place. We expect that without an increase in donations we will fall short of funding the annual cost of the congregate meal program by over \$63,000 this current fiscal year.

A VA home loan with plenty of benefits

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

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PLACE OF THE BRIDGE®

Beat the Heat with a Frozen Treat!

Submitted by Cheryl Gibbs, Adapted from Blog by Jillee ONE GOOD THING

Frozen Berries & Cream: Pour sweet cream over a dish of frozen berries.

Yogurt-Covered Blueberry Kabobs: Slide blueberries onto a wooden skewer, dunk in your favorite yogurt; place in the freezer on a plate covered in wax paper for at least 30 mins.

Mixed Fruit Kabobs: Thread cut strawberries, sliced bananas, and raspberries onto wooden skewers in any arrangement. Pop into the freezer for at least 30 mins.



Image credit: Jenifoto on stock.adobe.com

Frozen Berry Bites: Add one part berries and one part plain yogurt to a blender, and blend until smooth. Pour the mixture into an ice cube tray and freeze.

Kiwi Pops: Peel a kiwi fruit and cut it into thick slices. Insert a Popsicle stick into the side of each slice, then freeze until solid.

Breakfast On A Stick: Insert a popsicle stick into 1/2 of a peeled banana. Roll the banana in your favorite yogurt. Cover the yogurt layer in a topping of choice (like chopped nuts, granola, toasted coconut, seeds, cereal etc) Freeze the whole thing!

Frozen Fruit In Drinks: Instead of ice, use frozen fruit! Frozen grapes and blueberries work really well, and they won't water down your drink as they thaw.

Blueberry Oatmeal Pops:

1/2 cup gluten free quick oats

1 cup water or milk of choice

1 cup frozen blueberries

1/4 cup maple syrup

1/2 cup plain yogurt

Heat oatmeal and your liquid of choice in the microwave for 1-2 minutes or until steaming hot. Mix in the frozen blueberries, maple syrup, and yogurt. Pour the mixture into Popsicle molds. Freeze.

Coffee Pops:

2 cups chilled coffee

1 cup vanilla frozen yogurt

1/4 cup chocolate chips

1/4 cup milk

Fill each Popsicle mold about 1/2 way with chilled coffee.

Place the molds in your freezer with the Popsicle sticks in place for at least 2 hours.

In a blender, mix the frozen yogurt, chocolate chips, and milk.

Pour a 1/2" layer of the frozen yogurt mixture into each mold, and allow this layer to freeze for at least 2 hours.

Add a final layer of coffee, then allow the pops to freeze fully overnight.



Bliss Yoga & Wellness



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

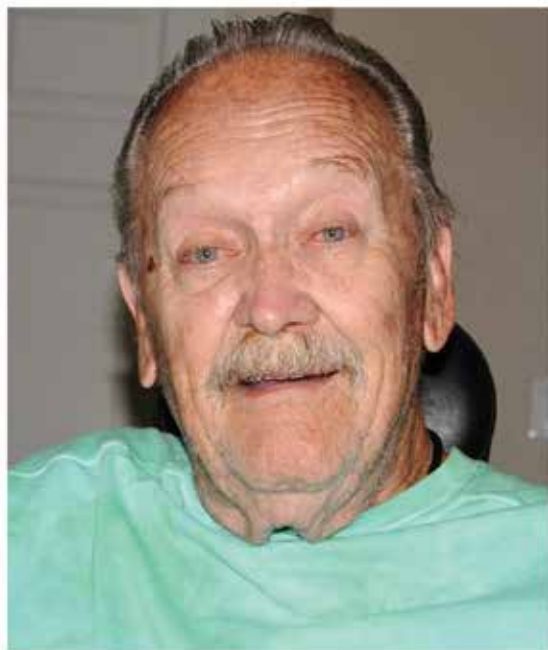
We also offer massage, meditation, reiki, private yoga classes and a variety of workshops. We have fine chocolate from around the world & hand crafted herbal tea by Chocolate Mudra, candles by The Healthy Candle Co., jewelry by Finding Evy, and artwork by Tammy Wanzer, all locally made!



Classes for all levels, please check out our website!!

Bliss is located at 2245 Crest St #4, adjacent to the Klamath County Fairgrounds.

blissyogakf.net 541-851-9537



"I love it here in assisted living at Pelican Pointe," says 80-year-old Dick Harris. "If I hadn't moved here, I wouldn't be alive. I love the food, the staff is great, and I have no complaints," adds the 40-year retired conductor for Southern Pacific Railroad and Navy veteran. Dick has been here for one year and four months and especially enjoys card and bingo games.

Dick Harris
Pelican Pointe Resident

Tours daily...
even walk-ins welcome!



Pelican Pointe
ASSISTED LIVING

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



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

August 2023

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 the Lake County Pantry for Food.

Begin to FLEX your Medicare with your ATRIO Health Plan.



Lake Health Specialty Clinic offers

- ✓ WOUND CARE
- ✓ TOENAIL CARE for seniors

All services require a referral and most may be covered by your insurance.



WOUND CARE

- Diabetic Ulcers
- Pressure Ulcers
- Skin Tears
- Venous Ulcers
- Arterial Ulcers
- Non-healing Surgical Sites
- Burns and other wounds that don't heal

TOENAIL CARE

Toenail care is provided for seniors who are no longer able to trim their own toenails or who have toenail fungus.

Cheryl Bongiovanni

PhD, RVT, CWS, FACCWS, FASA

Lake Health Specialty Clinic

700 S. J St., Lakeview

541-947-7313

Equal opportunity provider and employer

THANK YOU

Klamath County Sheriff's Department, Pacific Crest Federal Credit Union, and the Senior Center SHIBA Counselor for an informative workshop on Scams & Fraud!

Thank you to Atrio Health Plans for being available to answer questions on the topic.



SHIP TALK

(Senior Health Insurance Program)

Fraud, Scams, Medicare Card Tricks*Anne Hartnett, SHIBA Coordinator*

As a follow up to our workshop on July 11 on Scams & Fraud – here is additional information to keep you safe.

There seems to be no end to the tactics that scammers use to obtain the Medicare number of unsuspecting beneficiaries. The latest scheme involves prepaid debit cards, known as Medicare flex cards, which are available through many advantage plans. Scammers impersonate an advantage plan representative to obtain a Medicare number under the pretense of issuing a special deal on flex cards. Do not fall for this; if your Medicare Advantage plan has a flex card for you, it already has your Medicare number. If you have questions about the flex card, contact the advantage plan you are in and ask them about their policy and get clarification from them. Never give that Medicare number to a solicitor!

Another popular ruse is the phone call that will give you a free brace for your back, or something similar. The problem with this is that they will use your Medicare number and then can defraud Medicare with false charges issued by a false provider.

Here are some common credit card tricks they will try to play:

“You need a new plastic card with a security chip.”

“It’s a new year so you need a new card.”

“Your card is expiring so we need to send you a new one.”

“There has been suspicious activity on your Medicare account. We need to verify your account.”

On and on it goes! Medicare and Social Security will NEVER call you (unless YOU have set up an appointment with them to call on a certain day at a certain time). Since we have no Social Security office in Klamath Falls, this is a common practice here working with the Medford Social Security office.

Finally, and while we’re on the subject of scams, obviously there are many many other scams going on that have nothing to do with Medicare. A popular scam now is using the internet to e-mail you with a sad story of woe and asking for money. Tragically, this e-mail may come with the name of someone you know and so you open it and send the money. This has just happened to me, which is why I’m speaking out. People on my contact list received an e-mail, supposedly from me, asking for money. Sadly, one of my friends fell for it and lost some money.

If you’re reading this column, you’re probably sophisticated enough to be aware of these problems. I’m asking you to share this information with friends and acquaintances. It’s extremely important to get the word out.

In the meantime, if you have questions about your Medicare or associated health care insurance, Oregon SHIBA (Senior Health Insurance and Benefits Assistance) is here to help you through the maze. We participate in the Senior Medical Patrol program also for fraud and abuse. Just call the Senior Center at 541-883-7171 for an appointment with a certified counselor.

AUGUST 2023 CROSSWORD ANSWERS –

PUZZLE ON PAGE 8

DOWN 1. Garden 2. Hat 3. Summer 4. Popsicle 5. Book 7. Eye

ACROSS 2. Heat 5. Bingo 6. Purpose 8. Showy 9. Camping 10. Rides

DONOR REPORT

County ARP Funds Received for Building Modifications. Food Bank Grants Emergency Funding for Freezer Repair.

Submitted By Marc Kane

The contributions report for the last month includes a very large contribution of \$135,000 from Klamath County’s American Rescue Plan Fund. These funds are to be used for a remodel of the front of our building including primarily a redesign of the three front entrances and to bring all entrances up to ADA compliance. Two of the entrances will also receive enclosures to create a weather cell double door entrance. Construction on this project may start as early as late August.

The State Food Bank recently granted \$5,000 to assist with the repair of our walk-in freezer which need a new compressor unit. The local Klamath County Food Bank also granted support by providing emergency storage of our frozen foods during the repair. Those Food Bank folks are the best.

Individual donations are also being received for general operations, capital projects and toward our endowment program. Please consider a gift this year.

June 2023 donations of \$158,550 were received from the following organizations and individuals:

Klamath County, Oregon	Kenneth Banes	Donna Maloney
Crystal Springs Foundation	Jon Schnebly	Patricia Henderson
Oregon Office of Rural Health	Burl Parrish	Mildred Miller
Oregon Food Bank	Rose Chapman	Charlotte Moseley
Sky Lakes Medical	Ernie Palmer	Jana Rupert
Marta Stephens	Cheryl Gibbs	
Refuge City Church	Johnny Long	

Unidentified contributions in June for Meals, Transportation and Other Services amounted to \$3,467.

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.

**Heat related deaths and illnesses
are preventable.**

Come Cool Off at the Center!

Keep Your Vision Healthy

From the National Institutes of Health and National Today



Observe National Eye Exam Month by keeping your vision clear and healthy. Ophthalmologists recommend eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. If you have diabetes, high blood pressure, or a family history of eye disease, you may need yearly eye exams earlier.

Even if your vision seems fine, the only way to know that your eyes are healthy is to get a comprehensive eye exam. Many diseases that affect the eye often do not have warning symptoms, but can have

severe effects on vision and eye health later on. Eye conditions can often be easily managed when caught early. Eye exams can also reveal more than the health of your eyes – they could point towards other health issues that need to be addressed.

Growing older puts you at risk for glaucoma, age-related macular degeneration, and diabetic retinopathy—the most common cause of vision loss from diabetes. These eye diseases tend to arise without any warning at their earliest stages. By the time you notice vision loss, it usually can't be reversed. Timely treatment may let you keep more of your vision longer.

What are some steps you can take today?

Schedule an exam: There is no reason to put off something this important. An eye exam usually takes about 20-30 minutes. See

your doctor and make sure everything's ok. Encourage others to do the same: So many people believe "if ain't broke...", however, with your vision this may be too late. Urge your loved ones to

Make sure you have the right prescription: Your eyes change over time. Adjusting your prescription may be necessary to reduce eyestrain, optimize performance and clarity. It's estimated that around 12.2 million Americans need vision correction.

What's involved in an eye exam?

Visual Field Test: Gauges what you're able to see. Looking straight ahead, with alternating eyes covered, you'll respond each time you see a light or the examiner's hand held at the periphery of your vision. Loss of peripheral vision may be a sign of glaucoma, which damages the optic nerve responsible for carrying visual messages from the eye to the brain.

Visual Acuity Test: Detects how well you see at various distances. Looking at an eye chart about 20 feet away, you'll read aloud the smallest letters you see, first with one eye covered, then the other. The results can help assess disease progression or response to treatment, and may reveal a need for low-vision aids.

Dilated Eye Exam: Your Ophthalmologist will place drops in each eye to widen the pupil, which allows more light to enter the eye. A magnifying lens is used to examine the tissues at the back of the eye, including the retina (light-sensitive tissue), the macula (the central region of the retina required for straight-ahead vision), and the optic nerve. Damage to these areas may be a sign of diabetic retinopathy, glaucoma, or age-related macular degeneration.

Learn more about Aging and Vision Loss at www.nia.nih.gov/health/aging-and-your-eyes



Health Literacy Can Help You Age Well

With increasing age, attention to our health becomes more and more critical. That is why health literacy among senior citizens should be taken seriously.

“ Being health literate means you can find, understand, and use information and services to inform health-related decisions and actions for yourself and others. ”

To experience healthy aging, become educated and proactive regarding your healthcare and lifestyle. This means being willing to ask doctors questions and taking the time to understand treatments or new medications. Healthy habits such as eating nutritious foods and regular exercise can also help facilitate healthy aging.

It is also important to remember that some conditions take time to get under control and manage. Health literacy is a critical factor that should not be overlooked, as it can make a world of difference when achieving healthy senior years. If you have questions, learn more at www.cdc.gov/healthliteracy/learn/index.html



VOLUNTEERS NEEDED!

Help us build the new
MOORE PARK PLAYGROUND

FRIDAY, AUGUST 25 & SATURDAY, AUGUST 26



541-539-8031
www.healthyklamath.org/playground
& bit.ly/mooreparkplayground




Want To Join A Ukulele Group?

Jon McKellar Is Back To Lead A New Group.

It was music to my ears when Jon McKellar stepped back up to restart our Ukulele group here at the Klamath Senior Center. Jon led a group prior to the pandemic which quite successful. But then the pandemic hit and you know the rest of the story. The group hasn't met since.



We are hoping a new group will meet at least monthly, possibly more often. The group will first meet to play and discuss organizational details on Tuesday, August 8th at 5:00 pm.

If you are interested in participating, please call 541-883-7171 or sign up at our front desk so we may have an understanding of how many may be coming.

The first meeting is expected to be located in the Center's conference room. A larger space will be provided if the group size grows to warrant another space. The center has a couple of Ukulele instruments to lend. Beginners are very welcome.

Emergency Preparedness Workshop August 22nd! See page 16.
New Transportation Service Policies. See page 5.
Consider donating to support Senior Center programs & services. See page 3.



Fair Entries are due by August 18....check our website www.tbvfair.com to enter online. Grandstand Event tickets are for sale online www.tbvfair.com...buy today!!!

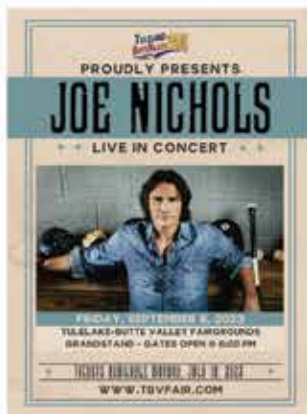
FAIR ONLINE ENTRIES OPEN

ENTRY DEADLINE FOR ALL STILL EXHIBITS, BREEDING LIVESTOCK and AG MECHANICS (online & paper): FRIDAY, AUGUST 18, 2023
www.tbvfair.com

Any questions or concerns please contact the fair office BEFORE the deadline (530)-667-5312



TICKETS ON SALE TODAY ONLINE



FRIDAY, SEPT 8 - COUNTRY STAR JOE NICHOLS LIVE!

"The Tulelake-Butte Valley Fair Board of Directors & Staff are proud to present Joe Nichols, live in concert, at the 2023 Tulelake-Butte Valley Fair. Joe will bring music back to the Grandstand. Get your tickets now! Joe Nichols has been a mainstay of country music for over two decades, bridging the gap between the genre's old school roots and contemporary era. He's a 21st century traditionalist, an artist who's both timely and timeless, racking up more than 2 Billion streams, a half dozen Number 1 singles and ten Top 10 hits with a sound that honors his heroes.

THURSDAY, SEPTEMBER 7 - FLEETWOOD MASK

The live concert tribute to Fleetwood Mac!

Fleetwood Mask presents Fleetwood Mac's most memorable live performances, hit songs, and fan-favorite deep cuts. Each Fleetwood Mask production includes historically accurate stage equipment and instruments (including original pieces used on tour by Fleetwood Mac), meticulous character wardrobe, and era-specific curated set lists. Relive your favorite moments from the most iconic live performances of Fleetwood Mac each time the "five fireflies" of Fleetwood Mask take the stage as the mystery, magic, and music of Fleetwood Mac continues...



SATURDAY SEPTEMBER 9 - FAIR DESTRUCTION DERBY NEW THIS YEAR! POWER WHEELS DERBY FOR KIDS

The power wheels derby for the kids ages 2-7 years old prior to the start of the derby and at intermission. The power wheels cars will be provided for the first kids that sign up. If you are interested in signing up for the power wheels derby please call the fair office at 530-667-5312 or email at nancy@tbvfair.com DERBY TICKETS AND ENTRY FORMS ARE AVAILABLE ONLINE!



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John 3:16

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



KLAMATH HOSPICE AND PALLIATIVE CARE CELEBRATING 41 YEARS



"Thank you for the compassion, guidance, and support. Your team improved Dad's quality of life during his last months. Everyone we spoke with from day one had one goal in mind - support us through this difficult transition and you did just that and so much more! Thank you!"

2751 Washburn Way - 541.882.2902



Register today for our
August 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
- August Workshops
August 9/1 PM August 23/1 PM

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KLAMATH COUNTY
FAIR
It's Your Fair
AUG 3-6 2023

Country Pride
County Wide

Presented by
KLAMATH FALLS
SUBARU

BINGO

Thursday, Friday & Saturday
on the KLAD Main stage
from 10:00AM to noon

OREGON'S
KLAD 92.5fm
Country Giant

Make memories at the
Klamath County Fair!

KlamathCountyFair.com

“Be Prepared” is more than a Boy Scouts slogan!

Submitted by Tyler Otterson, Klamath County Public Health
Emergency Preparedness Coordinator



In a time of regional emergency, responders may not reach you for three days. Examples of regional emergencies would be floods, earthquakes, wildfires and severe weather events. Are you prepared if the expected Cascadia earthquake happened tomorrow?

Join Klamath County Public Health Emergency Preparedness Coordinator Tyler Otterson to learn how to be ready before a situation becomes urgent. A free workshop will be held 1 p.m. August 22 at the Klamath County Senior Center. Otterson will provide a list of what should be in an emergency preparedness kit, along with an item to begin a personal kit.

The CDC encourages people to prepare their health for emergencies by planning ahead, having medical information and prescriptions on hand, and knowing if your neighbors need help and support. The whole community — individuals, families, communities, businesses, and jurisdictions — needs to plan for disasters and emergencies, and the disruptions that often result from them. Otterson brings a career of experience in emergency planning to Public Health, after retiring from the U.S. Forest Service in Fire Management.

This free workshop will be limited to 10 participants at this time. Please call the Center at 541-883-7171 to reserve your spot today!

Keep it Cool

Submitted by Cheryl Gibbs, Adapted from Blog
by Jillee ONE GOOD THING

Ultra-hot summer weather is not for the faint of heart. Heat can be dangerous, both for humans and our four-legged friends. Here are tips and tricks for cooling off quickly.

- **Sliding into a hot car is like sitting in an oven.** Roll all the windows down. Crank the A/C up, but adjust your settings to floor vents only to force hot air up and out!
- **It might be hard to fall asleep when it's hot out.** Put your pillowcases and top sheet in the freezer for a few hours before bed.
- **Pets can quickly overheat on very hot days.** Signs that your pet is overheated are excessive panting and drooling, very red gums. If you see these signs, ensure access to water. Soak a towel in cool water (not ice) and apply to your pet's armpit and groin. If symptoms haven't improved after 10 mins, take your pet to your vet.
- **Keep moisturizers and lotions in the fridge** for a refreshing and soothing effect on skin. Cold moisturizers and lotions can help reduce redness and soothe sunburns too.
- **Drink Up!** When temperatures get really high, you sweat more (whether you feel sweaty or not!) So it's really important to drink lots of water to stay hydrated! Avoid drinking too many caffeinated drinks, because their diuretic effect will make it harder to stay hydrated.
- **Run your wrists under cold water.** The blood vessels in your wrists are very close to the surface, so the cold water can cool off your blood, which will circulate through your body.
- **Snack on frozen treats!** Reach for frozen fruit instead of a Popsicle as a healthier choice to get the same relief from the heat. See this month's recipe for ideas on page 10!!
- **Create a breeze** by opening windows on opposite sides of the house or room. Place a fan in front of each window, one pointed inward and the other outward. One of the fans will draw the air into the room while the other fan pushes air out the other window.

Know Your Limits This Summer When Engaging In Physical Activity

By Jessica Kostick, Community Engagement Manager, Healthy Klamath

Physical Activity is great for your body. It helps you control your weight, reduces the risk of disease, improves your mental health, the benefits go on and on. However, summer heat brings a new challenge to being active especially if your outdoors or indoors with no air conditioning. Here are a few ways to make sure you're not overexerting yourself this summer.

Your body needs time to get used to the summer heat. Start out slower and lower your expectations for how long and hard you exert yourself.

Think about getting your chores/gardening/exercising done in the morning while it's still cool. As the temperature climbs above 80 degrees, your body will have a harder time with exertion.

Stay out of direct sun exposure as much as possible. If the morning doesn't work for you then think about being active in the evening when the sun has gone down.

Remember to stay hydrated, drink plenty of water, clear juices, and other liquids that don't contain alcohol or caffeine.

Dress appropriately. Think about loose fitting clothing and stay away from dark colors. A hat is a great idea when your outside.

Cool down if you feel like you're getting too hot, take a tepid shower/bath. You can also just place a wet washcloth or towel on your wrists, ankles, armpits and neck.

If you don't have air-conditioning at home, go somewhere that is air-conditioned. Try the Library, your favorite store, a friend's house, the Senior Center, etc.

Keeping these tools in mind as you engage in Physical Activity will help you get through the summer months and stay active. There are many types of health problems caused by heat. Keep in mind if you have signs of...

- a body temperature that is 104 degrees or higher
- red, hot and dry skin
- a fast pulse
- headache
- dizziness
- nausea or vomiting
- confusion or lethargy
- passing out

If you have any of the signs above, you could possibly have Heat Stroke. Call 911 immediately, move to a cool, shady place and take off or loosen heavy clothes, soak your clothes in cool water, try drinking small sips water or a sports drink while you wait for 911 to arrive.

If you do want to get physically active this summer reach out to Jessica at Healthy Klamath as we are looking for volunteers August 25th and 26th to help build the new Moore Park Playground. You can email at Jessica.kostick@healthyklamath.org or call at 541-591-4932.



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**

**OLDER ADULT PROGRAM
541.883.1030**

You are not alone.



The Senior Center
will be closed on
Monday,
September 4
for Labor Day.

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 SENIOR CENTER AUGUST 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 Menu Page 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 preferred – pcard@kbbh.org or 458-200-4257
- (+) Golden Age BINGO & Cards Club 12:30 pm
- Yoga Pilates Fusion 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 11 am – 1 pm
- *2nd Tuesday Klamath & Lake Community Action Services 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 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 Group 7:00 pm – Subject to instructor availability & participant attendance – Call 541-882-4715 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 Stay Active & Independent for Life (SAIL) 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 PILATES FUSION This class combines the gentle stretching of simple Yoga postures to improve flexibility with the core strengthening power of Pilates movements. This senior-friendly class is suitable for most fitness levels and is taught by Certified Personal Trainer, Kim Carson.

* Meet & Greet with Community Resource Providers

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

(+) These activities offered at the Senior Center provided by Community Members

Check for event calendar updates at www.klamathseniorcenter.com

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!



August Learn'n'Lunch Cancelled!

See you for the Age Well Expo in September!



Wednesday the 9th of August at
the Senior Center from 1 to 3pm.
The Senior Dance Group will have
live music for dancing! Jack Town
will perform. We hope everyone
will come and enjoy themselves.
Everybody's welcome!

AUGUST 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
		BEANS & HAM W/CORNBREAD Veggie Salad Dessert	SWEDISH MEATBALLS W/NOODLES Veggie Salad Dessert	SPAGHETTI W/GARLIC BREADSTICKS Veggie Salad Dessert
CHICKEN FRIED STEAK W/MASHED TATERS & Veggie Salad Dessert	CHILI DOGS & FRIES Veggie Salad Dessert	CHICKEN AL FREDO Veggie Salad Dessert	AU GRATIN POTATOES W/HAM Veggie Salad Dessert	BROCOLLI CHEDDAR SOUP Veggie Salad Dessert
FISH & CHIPS Veggie Salad Dessert	MEATLOAF W/MASHED POTATOES & GRAVY Veggie Salad Dessert	PIZZA Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs BRISTOL HOSPICE BIRTHDAY CELEBRATION	CHICKEN CASSEROLE Veggie Salad Dessert
QUICHE Veggie Salad Dessert	CHEESEBURGERS & FRIES Veggie Salad Dessert	CHICKEN CHILI Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	SALISBURY STEAK & NOODLES Veggie Salad Dessert
POILISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	SHEPHARDS PIE Veggie Salad Dessert	SLOPPY JOES Veggie Salad Dessert	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	BBQ PORK Veggie Salad Dessert
9/4 CLOSED FOR LABOR DAY	9/5 GOULASH Veggie Salad Dessert	9/6 CHILI BAKERS 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

Bristol Hospice (formerly High Desert Hospice) is excited to celebrate birthdays with you on the **3rd Thursdays of each month from 10:30 am - 12:30 pm.**

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.



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

- ### Muffin Monday Upcoming Speakers
- 8/7: Steven Rooker – U.S. Fish and Wildlife
 - 8/14: Cassie Rose – Foster Grandparent Program
 - 8/21: O.D.O.T. with Ben Ebner
 - 8/28: Patty Card – Klamath Basin Behavioral Health
 - 9/4: Closed for Labor Day
 - 9/11: Anne Davenport – Age Well Expo

New

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SkyLakes.org/Washburn-Pharmacy/



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