

SEPTEMBER 2023



RELATIONSHIPS



COMMUNITY

INTERDEPENDENCE



CREATIVITY



HEALTH

Active

RESOURCES



VITALITY



Seniors

PURPOSE



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

INSIDE THIS ISSUE

Ukulele Group Continues - Mark Your Calendars

From Awareness to Action - Know Your Fall Risk and How to Lower It!

Exercise Class Instructors Urgently Needed



You're Invited to the
FREE Second Annual Age Well Expo
September 19th at the Center!

RESOURCES | RAFFLES | LUNCH

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.



Image credit: bobex73 on stock.adobe.com

 **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!

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Front Desk Staff



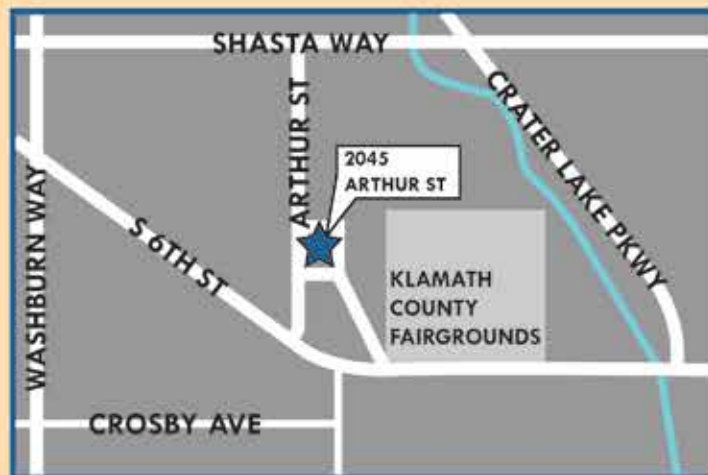
Rolland Bailey



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

TAKING THE TRAIN TO "ELDER LAND"

It has been a longer journey than we expected trying to recruit and select a new Executive Director, but we are near the end of the tunnel. The board conducted what we believe were final interviews last week, and we hope to present to you a new director in the October issue of this paper. Perhaps this will be the last opportunity I have to present the paper's greeting.

I first arrived in Oregon in 1977 to take my first position as an executive director at a small non-profit agency in North Bend. I started at the Klamath Senior Center eleven years ago in 2012 and this is the third Oregon community in which I have settled my family. My, how time flies by. I was reading a devotional piece written by a Quaker named Darlene Graves this past week. Here's what she wrote about her retirement experience:



Marc Kane,
Center Director

How did the decades fly by like blurry scenery outside a high speed train? Suddenly we rounded a corner, slowed down a bit, and I stepped off on a platform in a different country! Whoa, I'm transported to "elder land."

Darlene goes on in a celebratory tone about being freed from the demands of full time employment and the responsibilities of managing others. I have to be honest here, I am a bit skeptical about the freedoms my retirement may offer as I have dearly loved the work I have had the opportunity to perform here at the senior

center. I will miss you all in my present role, but feeling good about seeing you in "elder land." I do expect that I will join my wife as a Meals-On-Wheels volunteer so I won't be far away. I do look forward to sleeping later, taking vacations and enjoying what time I have left with family and friends. Incidentally however, I know there are lots of volunteers in "elder land" and I am looking forward to being part of our community's army of volunteers.

There is lots to take note of in this issue regarding our many activities. First take note of our cover this month, designed by our Health Promotion Services Manager, Anne Davenport. She highlights our values with pictures and titles. My favorite is the one titled INTERDEPENDENCE. We talk a lot as seniors about maintaining our independence, but we really know better. We survive on community and relationships as we are social beings and welcome the interdependent relationships that hold us up. This is the core of what we do here at the senior center, providing opportunities, not only to take advantage of activities, but to build those relationships that keep us connected.

I especially value the intergenerational opportunities or activities. I heard more than once this past month how much fun groups of young people have had attending our evening BINGO games. We appreciate the support, and our older adults who attend welcome your participation. Family BINGO is scheduled this coming month on Sunday, October 8th. You won't want to miss that.

The big event this month is the Age Well Expo on September 19th. It's the second annual of this event and promises to provide resource information about all that is available in "elder land" and elsewhere

ALL ARE WELCOME HERE! COME CELEBRATE LIFE!

save the date
FAMILY BINGO
SUNDAY OCT 8
 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

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
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 Or charge my contribution to my:
 Visa Mastercard AMEX Discover
 Card # _____
 Expiration Date _____ CSC _____
 Recurring monthly contribution? Yes No
 Signature: _____

Simple Habits to Make You Happier

Easy ways to spark joy

Adapted from article Kim Painter, AARP Magazine.

Submitted by Cheryl Gibbs.



1. Greet the dawn. Dawn has a magical quality whereby we come to realize that life is cyclical, but there will be something new and joyful. Getting up with the dawn can also help us get into a rhythm in which we sleep when it's dark and feel alert when it's light, improving both sleep and well-being.

2. Go outside and draw something. Spending time in nature, whether you are hiking through a forest or sipping coffee on your patio, is a proven mood booster. One way to boost that connection is to find something that attracts your eye — a flower, a tree, a hillside — and draw or photograph it. When you compose a photo or drawing, you really have to look at the shapes in front of you and you see in a completely different way. In the process, you become engaged in the now.

3. Talk to a stranger. A sense of connection boosts happiness, even if we don't know the people whom we are connecting with very well or at all, research reveals.

4. Get an ice cream cone with a friend. A sweet treat, a delicious meal or a perfectly crafted cappuccino can add a little pleasure to your day, and it can be even more enjoyable by sharing the treat. But, research shows that just seeing someone else experience pleasure increases our own, even if we don't say a word about it.

5. Smell a fresh towel...or some cinnamon or a lemon. Engaging your senses is a way to connect anew with the world and spark a little joy. Scents can be particularly evocative, particularly for pleasant memories.

6. Play a game. Something crucial to everyday happiness is finding playmates and play spaces ... in which you can let down your guard and where you find yourself laughing a lot. Play isn't just for kids and doesn't have to be childish. If you struggle to lighten up and have fun, it can help to ask yourself, 'If I were a child right now, what would I be doing?' The answers might include playing a board game, doing some coloring or going to a playground.

7. Try something new. Find fresh sources of fun and bursts of happiness. Trying new things that you are not very good at can be hilarious, if you go into them with a carefree attitude. If you don't come away with a new passion, you may at least collect a funny story. Don't underestimate the power of a good laugh: It can reduce stress and trigger the release of feel-good hormones, studies show.

8. Gaze at a baby, a puppy ... or an axolotl. As parents and grandparents know, holding and gazing upon a baby can trigger feelings of delight. Those sentiments are so hard-wired into human brains that we can get similar bursts of good feeling from interacting with creatures that share babylike traits, such as puppies and kittens! None of the real thing in sight? Go online and Google search "puppies, kitties" or an "axolotl" (a cute, baby-faced salamander).



Image credit: VICTOR PROTASIO

Roasted Chicken and Acorn Squash with Sumac Brown Butter

By Josh Miller from Food & Wine Test Kitchen

Active Time: 20 mins; Total Time: 1 hr 50 mins; Yield: 4 servings

Ingredients

- 4 chicken leg quarters (about 3 1/2 pounds)
- 3 1/4 teaspoons kosher salt, divided
- 4 teaspoons lemon zest, divided
- 2 teaspoons black pepper, divided
- 2 medium acorn squash, halved and cut into 1/2-inch slices
- 3 tablespoons extra-virgin olive oil
- 3 thyme sprigs
- 2 tablespoons unsalted butter
- 1 teaspoon honey
- 1 teaspoon sumac, divided (replace with coriander or lemon-pepper)
- 1 teaspoon Aleppo pepper (replace with 1/2 tsp paprika, 1/2 tsp cayenne)
- Fresh thyme leaves, for garnish

Directions

1. Place chicken on a rimmed baking sheet; sprinkle evenly with 2 teaspoons salt, 2 teaspoons lemon zest, and 1 teaspoon black pepper. Refrigerate, uncovered, 8 hours or overnight.
2. Let chicken come to room temperature, about 1 hour. Preheat oven to 450°F. Add acorn squash to baking sheet; drizzle chicken and squash with olive oil. Sprinkle squash with 1 teaspoon salt and remaining 1 teaspoon black pepper. Tuck thyme sprigs around chicken and squash.
3. Bake in preheated oven until a thermometer inserted in thickest portion of chicken registers 165°F and squash is tender, about 35 minutes. Transfer chicken and squash to a platter. Discard thyme sprigs; reserve pan juices.
4. Heat butter in a small saucepan over medium, stirring occasionally, until browned and fragrant, about 3 minutes. Scrape pan juices from baking sheet into saucepan. Whisk in honey, 1/2 teaspoon sumac, remaining 2 teaspoons lemon zest, and remaining 1/4 teaspoon salt. Drizzle over chicken and squash. Sprinkle with Aleppo pepper, thyme leaves, and remaining 1/2 teaspoon sumac.



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

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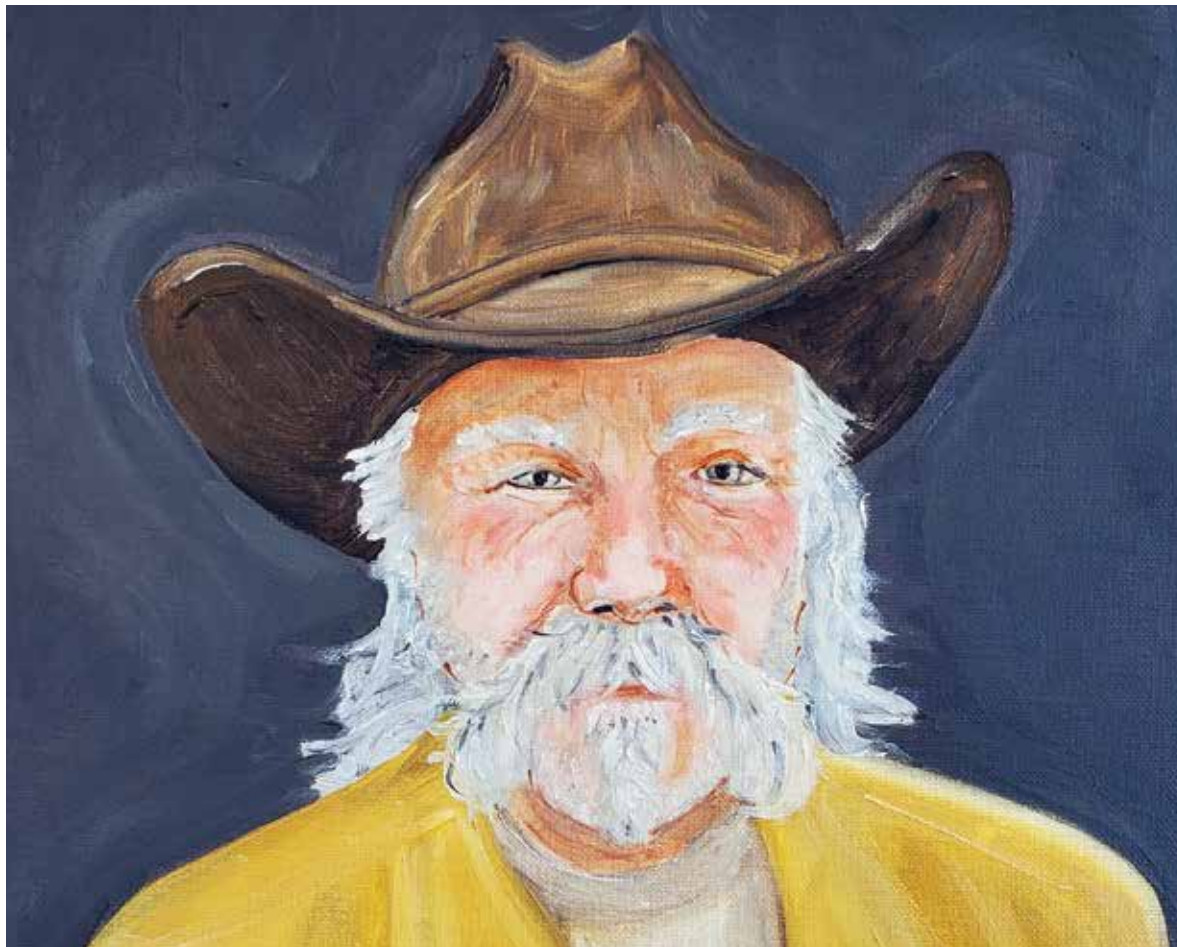
Call 877-302-5471 today to schedule your personalized tour.

Expressions of Heart and Mind

Saturday afternoon at the Klamath Folk Festival

By Jean Knight 8/27/22

An autumn-tinted breeze Shares
the scent of stale beer mixed with
refried beans and raw onions.
bees dance choreographed reels
Around blue plastic flowers
scattered on checkered tables.
the old and young in Cowboy
hats, and tie-dye and tattoos
clap in time to yodeling
from a guitarist named Bucket
all join in the chorus
singing the drunken cheer
"Shut up and drink your own damn
beer!"



Casey's Cowboys by Mona Novotny

Independant Spirit

By Sharon Hudson

She was born independent, and full of
Love, wanting to help those in need.

She pushed onward, and upward, and
Did so at her own speed.

Her independent nature was good
To a certain degree.

She learned what she needed,
And kept good company.

She ran her own life, and didn't
Let others push her around.

Some would try, and just didn't care, but
They don't have what she found.

She is a free thinker, and her
Thoughts are her own.

Her grandpa taught her well,
Deductive reasoning was shown.

She makes friends easily, and is
A good friend in return.

She will help you if she can
With caring and genuine concern.

She took classes, when young,
And learned to defend,
Learned balance as well
On this she will depend.

She gets up in the night drifting
Slowly from her dreams.
She comes to terms with her problems,
And finds solutions, it seems.

When she is refreshed she will go
To the park, and sit in the afternoon sun.
It's something she enjoys, and
She does it just for fun.

There are children with dogs,
And moms close by,
Children riding swings, and time
Just seems to fly.

Her hobbies keep her going,
And busy as well.

She has a lot of interests,
And her actions will tell.

Ruthie from the Ridge: Living in a Nursing Home

Hello from Ruthie Ridge!

So you had a crisis—maybe you fell and broke a hip or a shoulder. You went to the hospital emergency room (ER) and you needed to be admitted to the hospital until you were stabilized. The social worker talked to you and informed you that you need rehabilitation services, so that you can get stronger and more stable. That step is paid by Medicare and may be pursued in a rehabilitation facility. At Plum Ridge, that service is provided at the Transitional Care Unit (TCU). There you will receive physical therapy, occupational therapy, or even speech therapy. You will also receive meals, be given a room and care of a registered nurse (RN), a licensed nurse practitioner (LPN), and certified nursing assistants (CNA). They work on different shifts to provide you with help in your everyday needs as well as your rehabilitation.

Your rehabilitation progress may be sufficient enough for you to go home and

obtain in-home assistance. There at home, they may provide additional home health therapy and/or nursing assistance on a limited basis. If your care team evaluates your progress and feels you need more assistance than you can obtain at home, they may suggest long term care in an adult foster care home, assisted living facility, or skilled nursing home.

Medicare will pay for 100 days. 100% of the first 20 days, and then 80% on days 21-100 leaving you with a 20% copay. There are options available to cover copays, like coinsurance or requesting assistance from Medicaid.

The lowest cost is probably adult foster care, where there will be a bed and meals, but limited activities and fewer residents. For the Klamath Falls area the cost varies between \$3000 and \$5000 per month. Additional services can be added through in-home health care. If you are relocated to a nursing home, you can choose to have your clothes washed at the facility or your family may choose to handle your laundry. You will need your clothes marked if they are washed in the long term care facility. You will either have a private room or share a room with a roommate. You will need to bring your personal effects; clothes, cosmetics, accessories as preferred. Limit the jewelry you will bring as you don't have opportunities to wear them.

Some facilities will carry a financial account for you. No one would expect you to keep cash in your room and there is no need for money as all expenses are included in the monthly bill. The cost for a nursing home care in the Klamath Falls area depends on the level of care provided but range from \$12,000 to \$15,000 per month. This may be augmented by Medicaid once you have exhausted your savings and financial resources and property. If you are married, your spouse can keep the house, care, and a certain amount of resources for his/her maintenance.

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. If you have questions about your insurance benefits, please contact the Center's Senior Health Insurance Benefits Assistance counselor at 541-883-7171.

**The
Klamath Basin
Senior Center
Annual
Christmas Bazaar
is only 3 months away!**

Applications to rent tables will be available starting September 13, 2023.
The tables will be going for \$25.00 per table (same as last year).

Come to the Gift Shop to sign up starting September 13th.
The Gift Shop is open from 10:00 am til 2:00 pm, Mon-Fri.
Stop by the Front Desk if the Gift Shop is closed.

Stay Independent

Four Things You Can Do to Prevent Falls:

① Speak up.

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

② Keep moving.

Begin an exercise program to improve your leg strength and balance.

③ Get an annual eye exam.

Replace eyeglasses as needed.

④ Make your home safer.

Remove clutter and tripping hazards.



A gift that doesn't go out of style

Shopping for a child or grandchild? Before buying another toy that could end up tossed to the side, why not get them something that will last?

Consider giving the gift of life insurance this year.

While it's not as flashy as this year's hottest toy, it could be considered much more valuable.

Why?

- Typically, children are more easily insured and premiums are generally lower since they're in such an early stage of life. Plus, the premiums will never increase, regardless of age or state of health.
- Whole life insurance can provide a child with guaranteed insurance protection when they start their own families someday.
- The policy can build tax-deferred cash value, which could help pay for future expenses, such as college.

Give me a call today for a no-cost, no-obligation quote or to learn more. And be sure to ask about your free Gift card!*



Gary Cheyne, Financial Representative
COUNTRY Farm Certified
5031 S 6th St
Klamath Falls, OR 97603-5005
www.countryfinancial.com/gary.cheyne
gary.cheyne@countryfinancial.com

*No Purchase Necessary. New customers only. Limit one per household. Must be resident 18 years or older at the time of the quote. COUNTRY Financial® will not trade or sell this information, and will not share with any third party unless required by law. A quote creates no contract of insurance, and your response does not obligate you to purchase insurance products or services from any company.

Life Insurance policies issued by COUNTRY Life Insurance Company, Bloomington, Illinois.

Whole Life Policy (CC006). This is not a statement of contract. For a complete description of all coverages, options, exclusions, and limitations, please refer to the policy. Please note that the information shown is general. Policies are individually underwritten and there may be other factors and underwriting guidelines that affect the coverage or the amount due. Policy loans and withdrawals decrease the cash value and face amount of the policy. The decision to purchase life insurance should be primarily based on a need for the death benefit. Policies are not an investment and are not appropriate as a replacement for retirement savings accumulation.

0125 16/18/CJ - 01/26-07/12/2023





Register today for our
September Medicare Basics Workshops
with *Brannon Kaefting*

- ✓ 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
- September Workshops**
Sept. 6 / 1 PM Sept. 20 / 1 PM

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4509 So. 6th Street, Suite 109

541-882-6476

One-on-One appointments
also available



Volunteering with the Foster Grandparent Program benefits everyone!




Volunteering your time and energy helps strengthen your community, but also delivers significant emotional and physical rewards. By interacting with younger generations, seniors are able to share important life lessons. On the flip side, younger generations are able to teach Foster Grandparents new ways of looking at life and build meaningful connections. By building a connection with each other both generations are able to offer the respect and affirmation that humans crave. Volunteering keeps the brain active, which contributes to a person's mental health. Participating in volunteer activities that are meaningful and productive may lower the risk of dementia and other health problems in older adults. Physical activity remains an important role in positive health outcomes through the oldest ages. Find an activity you're passionate about, like working with kiddos. Volunteering is best for all parties involved when you are doing something you enjoy. It's never too late to get started and no experience is necessary. Whether you just retired or are in your later years there is an opportunity out there for you.

If you are wondering where to start volunteering consider the Foster Grandparent Program! Please join us for our next in-service meeting Thursday, September 28th at WAFED Community Conference Center 5215 S Sixth St, Klamath Falls, OR from 12:00 PM - 3:00 PM. Please call Kayla to RSVP.

Kayla Ratty, Volunteer Coordinator
The Foster Grandparent Program of Southern Oregon
(541) 857-7786 kratty@retirement.org

We rely on our volunteers to accomplish our mission "to build and maintain a supportive community for seniors." Volunteers are so critical to the Senior Center that we would not be able to do our vital work without the power of volunteers. TODAY IS THE DAY! Call the Senior Center today and sign up to be a volunteer. 541-883-7171.



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Grand In Your Hand
FRIDAY DRAWINGS
SEPTEMBER 8-29 • 6PM-9PM
WIN UP TO \$1,000 CASH!

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

TRAVELING LUGGAGE
SUNDAY KIOSK
SEPTEMBER 3-24 • 11AM-7PM

EARN PRIZES!

- September 3: Travel Pack Bag
- September 10: Carry All with Strap
- September 17: Duffel with Strap
- September 24: 20" Hard Side Luggage

Earn 75 points and swipe at the kiosk to receive prize voucher.
May only redeem once per day. While supplies last.

SENIOR DAY MONDAYS
8AM - MIDNIGHT

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

HOT SEATS NOON - 3PM **WIN UP TO \$100 CASH!** DRAWINGS EVERY HALF HOUR.
NO SENIOR DAY HOT SEATS ON MONDAY, SEPTEMBER 4.
(Must be 55+. May only redeem/win once per day.)

3X Points
Thursdays
September 7-28 • 8am-Midnight
EARN BONUS POINTS!

All guests using their players card while playing will receive 3X points.

Fall o' Up
Saturday Hot Seats
September 9-30 • 1pm-5pm
WIN UP TO \$200 CASH!
Drawings every half hour.
May only win once per day.

NEW MEMBERS
WIN UP TO \$250 FREE PLAY

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

See Bonus Club for Complete Details

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

Gambling Problem? Call 1-800-GAMBLER

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

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.



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



GIVE A LITTLE, GET A LOT...

Join the team at the Klamath Basin Senior Citizens' Center today!
Stipend allowance provided!

EXERCISE INSTRUCTORS URGENTLY NEEDED

Join our Health Promotions team to provide physical activity programming to older adults in the Klamath Basin. Walking Groups, Tai Chi, Cardio, Strength, and more! Training provided. Stipend provided at a negotiable rate. Mornings required. Availability Mon - Fri, however specific days and number of days per week is flexible.

For more details, please contact Program Manager at 541-883-7171 ext 122 or email at stayactive@kbscc.org



The Saturday Ritual for introverts who self-isolate

Brette Bliss, Sky Lakes Medical Center

As an introvert who has a history of self-isolation, sometimes the last thing I want to do when I'm not feeling my best is to be around other people. This is especially true when I know that being alone isn't helping me feel better, but I don't have the energy required for direct social interaction. I also work from home and have very little reason to leave my house these days, which compounds the problem.



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

Something I learned about loneliness and being an introvert that self-isolates, is that social interaction doesn't necessarily mean striking up a conversation with anyone, anywhere. It doesn't mean you have to call someone or invite them over to visit. Having meaningful connections with people is incredibly important to our health, but sometimes we aren't up for the challenge of socializing. Sometimes being in the presence of other humans is enough. To make sure I wasn't self-isolating, I started a weekend ritual filled with activities that didn't require me to have conversations or do anything I didn't want to do. I call it the Saturday Ritual. On Saturdays, I take myself out to breakfast at a coffee shop, alone, and hang out for a bit. Then I go to the library and browse the space quietly. Afterwards I might go walk around a thrift store or hang out at the park depending on the weather. Some days I put a quiet buffer in between activities, like driving around neighborhoods I've never been to before or reading in my car.

The only rules to the Saturday Ritual were:

1. You have to spend most of the day out of the house and at least an hour (nonconsecutive) in the presence of other people.
2. If you aren't having a good time, leave and do something else.

After a month, the Saturday Ritual stopped feeling like a chore. I started to get excited about what all I could do in a day and planning new ways to get out of the house. Even when I'm in a better place and don't feel like I needed to "force" myself to spend time around others, I still want to because it's a fun and low stakes way to make sure I wasn't falling into habits that keep me isolated from others.

I found new places I liked to hang out around town that I would never have found if I hadn't gotten out of the house, and I spent more time doing things I wanted to do instead of rotting on my couch scrolling through the same four apps endlessly.

The Saturday Ritual has helped me tremendously and while I make time to visit with friends in family, I do like my solo time out and about just as much.

"Have you reached the point in your life where assistance with daily needs would make your life safer and more enjoyable? Let the friendly staff at Pelican Pointe be the caregivers so you and your family can enjoy relaxing family time rather than often more stressful care giving time. I love helping families through this transition. Call me for a tour today!"

**We are a community that takes Medicare...
Get on our waiting list!**



Pelican Pointe
ASSISTED LIVING

**Tours daily...
even walk-ins welcome!**

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

Amber Anderson
Pelican Pointe
Sales Director
Amber's cell:
541-205-2018

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

Lake County Senior Center



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

We are "The Center" as of September 1st.

September 2023 Events

Join us on the Second Thursday, Sept. 14th for our various Handiwork projects taught by each other. Any ideas for projects are acceptable.

Our Birthday luncheon will be on the second Friday, September 8th.

Our "Grief Relief" class will be held on the third Thursday, September 15th.

ALL rides require reservations.

We request a 24 hour notice for transportation to ride the Lunch Bus to the center for meals on Monday, Wednesday and Fridays @ 12:00. 541-947-4966-x106.

Home delivered meals are provided weekly. Congregate Meals are being served on Mondays, Wednesdays and Fridays in the dining room @ 12:00 - 12:30.

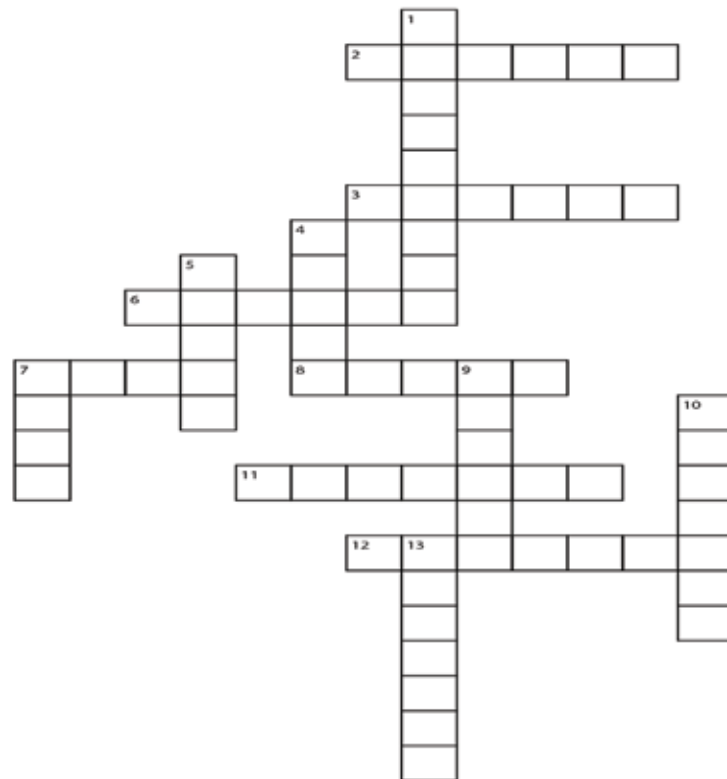
Lakeview Local operates 8-5 each Thursday of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice. First & third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00 & 1:00. Second Tuesday Klamath Falls Shopping Trip. Must have a minimum of 3 riders. Riders please meet at the Center Parking Lot.

Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. We will meet at The C.V. Community Center. Tuesdays & Thursdays stop in for a puzzle swap. Bring some to trade/share and take something new for you!

Outback Thrift Shop days are on Mondays & Wednesdays 10:00 - 2:00 so our shoppers can join us for lunch. Donations are accepted during store hours or through the week before 2:00.



September Crossword Puzzle



Read the paper & these clues will be a breeze! Answers page 12.

DOWN

1. Our Mission: to build & maintain a supportive _____ for seniors
4. Many are coming up for fun, for health, Aging Well
5. Not a normal part of aging, take action & reduce your risk of...
7. Starting 9/26, come to the center for this on Tuesdays at 9am
9. Only 3 months away, rent a table starting Sept 13th
10. Sometimes we may feel lonely and may need to...
13. Mark your calendars, this musical group continues

ACROSS

2. Painting by Mona Novotny
3. Saturday afternoon at the Klamath Folk for Festival Author
6. Save the Date on Oct 8 for this Bingo
7. Join us on Sept 19th for the Age _____ Expo
8. Confused by Medicare? Call our _____ Coordinator
11. We have a branch at the Center
12. As a Senior Center volunteer, you may find this



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

SHIP TALK

(Senior Health Insurance Program)

“Extra Help” for Medicare Prescription Drug Costs

Anne Hartnett, SHIBA Coordinator

The following is taken directly from a Medicare Fact Sheet.

Great news! Thanks to the new prescription drug law, part of the Inflation Reduction Act, in 2024 people with Medicare may qualify for even more savings through the Extra Help program. In 2024 everyone who qualified for Extra Help will pay:

\$ 0 for your drug plan premium

\$ 0 for your plan deductible

A reduced amount for both generic and brand-name drugs.

If you get Extra Help now, and continue to meet the qualifications for next year, you'll get these cost savings automatically. You don't have to do anything.

Your annual income must be below \$21,870 for an individual or \$29,580 for a married couple in 2023.

Your resources must be below \$16,600 for an individual or \$33,240 for a married couple in 2023.

Resources include money in a checking, savings or retirement account, stocks, bonds. Resources **don't** include your home, one car, burial plots, up to \$1,500 if you've put that money aside. These limits can change each year. Even if you don't qualify for Extra Help now, you can reapply any time if your income and resources change.

And here's good news - if your income is less than detailed above and the State of Oregon Medicaid is paying for your Part B premium (Medicare Savings Program), you automatically qualify for Extra Help and resources are not counted.

Here's how to apply if you're computer savvy. Visit Social Security online at ssa.gov/extra-help.

If you're not that computer savvy and you don't want to wait all day trying to call Social Security, you can call the Klamath Basin Seniors Citizen Center at 541-883-7171 for an appointment with SHIBA and we'll help you check out your eligibility and do it for you if you are indeed eligible.

FREE
Age Well Expo
on September 19th!
See page 23.

SEPTEMBER 2023 CROSSWORD ANSWERS – PUZZLE ON PAGE 11

DOWN 1. Community 4. Fairs 5. Falls 7. Walk 9. Bazaar 10. Connect 13. Ukulele
 ACROSS 2. Cowboy 3. Knight 6. Family 7. Well 8. SHIBA 11. Library 12. Purpose

DONOR REPORT

Atrio Health Plans, Smullin, Gordon Elwood, Pacific Power and JTMF Foundations lead August Contributions.

Submitted By Marc Kane

Two foundations, Smullin and Gordon Elwood have joined up to help fund the transition costs from one Executive Director to another when our current director, Marc Kane, retires this fall. The JTMF Foundation has granted a second contribution toward our capital improvement projects. Pacific Power has contributed to our outdoor exercise walking path projects. Atrio Health Plans has contributed to our annual general fund campaign. Individual donations are also being received for general operations, capital projects and toward our endowment program. Please consider a gift this year.

July 2023 donations of \$10,546 were received from the following organizations and individuals:

Klamath County, Oregon	Jon Schnebly	Ernie Palmer
First Presbyterian Church	Patricia Henderson	Louise Lyons
Emma Wyatt	Kenneth Banes	Wilma Petrik
Virginia Hone	Burl Parrish	Mildred Miller
Geraldine Schindler	Rose Chapman	
Marta Stephens	Charlotte Moseley	
Refuge City Church	Donna Maloney	

Unidentified contributions in July for Meals, Transportation and Other Services amounted to \$3,310

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.

Seeking exercise instructors!

See page 9.

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!

Conquer Loneliness Without Technology

Adapted from the AARP Newsletter, by Robin L. Flanigan, submitted by Cheryl Gibbs.

If you're feeling lonely these days, you're not alone. 1 in 3 adults between ages 50 and 80 reported feeling isolated from others in the past year.

Here are some tips to Stay Socially Active to combat loneliness and isolation.

1. Share with others. If you buy a bag of apples and realize you can't eat all of them before they spoil, leave a couple on a neighbor's doorstep with a note that says, "I want to share these with you." Do the same thing with a mason jar filled with flowers from your garden or with a recently finished book you want to lend. In doing so, we create connection and adds purpose. People who have a purpose in life are far happier.

2. Bond over food. Who doesn't like good food and good conversation? Start a recurring dinner club by selecting a group of people you'd want around the table, rotate who hosts. The host can decide the menu theme and serve a main course. Everyone else helps with an appetizer, side dish or dessert. If that feels overwhelming, invite someone for coffee, or pack some snacks or a picnic for an outdoor rendezvous.

3. Have meaningful conversations. Ask others about an important experience, favorite travel destination, or memorable book or movie. Use open-ended questions. Give space for silence, in case they are just thinking of a response. Really listen. It keeps you engaged and makes the other person feel that what they're saying matters. Release judgment. Share insights and stories.

4. Keep it short. Picking up the phone just to say hello — even for a quick exchange — can make someone's day. Say up front that you have only a minute to spare but that you wanted to reach out. O, if you're running errands and pass the house of someone you know, stop by for a quick greeting. No need to go inside — you weren't expected, after all!

5. Volunteer. Volunteering is an incredibly fulfilling and rewarding experience that allows us to make a positive impact in our community while helping those in need. Call Klamath Senior Citizen Center (541-883-7171), we need you!

6. Smile more often. We all have mirror neurons, which are brain cells that react when we observe the actions of others. They're why we feel tears when we see someone we care about cry, or why we wince when we see someone get hurt. Because those neurons fire when we see someone smile, we should make that happen for other people more often!

7. Be vulnerable. If you're lonely — which is different than simply being alone — it's likely someone living close to you is also lonely. Try reaching out and being honest about how you're feeling in the hope of creating a connection. We often are afraid of being vulnerable, but one of the greatest acts of kindness you could ever do for yourself, and for somebody else, is to say,

'I'm feeling lonely. I would like to connect.'

Consider donating to support Senior Center programs & services. See page 3.



Toni McMillan
Market Manager
Jackson, Josephine and Klamath Counties

ATRIO
HEALTH PLANS

Committed to delivering strong member value with affordable and comprehensive Medicare Advantage solutions.

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Klamath Falls, OR 97601
atriohp.com
Phone 541-492-5129 Cell 541-890-1828
ATRIO Customer Service: 1-877.672.8620

Did you know we can help caregivers take a break with our Respite Service program?



image by misty on Adobe Stock

What are Respite Services?

Respite Service – We offer "The Family Caregiver Support Program" which will provide support to obtain a trained caregiver so you can take a short-term break, giving you a chance to rest and making you a better caregiver in the process.

At Klamath and Lake Counties Council on Aging (KLCCOA), a Case Manager is available to help you find the services your family needs and will offer information and referral to community services.



Call for more information
KLCCOA Office 541-205-5400

Our agency also supports other programs such as Veteran Directive Care, Meals on Wheels and Oregon Project Independence

National Falls Prevention Awareness Week is September 18 - 23, 2023. Take Action to Reduce Your Risk!

1 in 4 people 65 and older falls each year. Falls can lead to a loss of independence, but THEY ARE PREVENTABLE.

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6)493-499). Adapted with permission of the authors.

Bring this Risk Check to the free Age Well Expo on September 19 from 10a - 12:30p at the Senior Center to find out about resources to help you address any item you may have checked!

Need An Extra Lift?

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



Visit one of our two locations today!

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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

Walk Your Way to Wellness

On Tuesdays, starting on September 26th, the Senior Center is excited to host an instructor-led weekly walking group at 9am! This group will be based on the Walk With Ease Program and is supported by funding from the Roundhouse Foundation. This class will be offered as a 7-week pilot project (week 1 will be information, registration, and a short session, followed by 6 weeks of actual programming). In October, we will be seeking feedback about the structure and delivery of the program to determine whether or not it will continue in November.

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Participants in this weekly walking group will also be given the opportunity to join a community partner for a second weekly walk, day/time to be determined. Walk With Ease recommends completing a session three times weekly, so participants will be provided with a guidebook and suggested locations for a third, self-paced walk.



Image by pressmaster on Adobe Stock

Please call Anne Davenport at 541-883-7171 ext 122 or email at stayactive@kbscc.org for questions!

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

Your first choice for end-of-life care and support.

Hospice Services

- Physician
- Nurses
- Spiritual Counselor
- Social Worker
- Hospice Aide
- Volunteers
- Medication Management
- Education
- Grief Support



Celebrating 41 years



KLAMATH HOSPICE AND PALLIATIVE CARE

541-882-2902 ~ www.klamathhospice.org



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

WORK WITH KIDS

Flexible hours
Various Locations

EARN EXTRA CASH

Non-Taxable
Won't Impact Benefits

FOSTER GRANDPARENT PROGRAM

Talk, connect, share a meal, make a friend, and learn new things. Your community needs you now, more than ever before.

FGP@retirement.org
541-539-1208

GET INVOLVED



The 72nd Annual Tulelake-Butte Valley Fair - September 7-10, 2023 - "Growing Traditions Together" Grandstand Event tickets are for sale online www.tbvfair.com...buy today!!!

GENERAL INFORMATION

Welcome to the 72nd Annual Tulelake Butte Valley Fair!

Days & Hours of the Fair

- Thursday - September 7th 10:00 am to 10:00 pm.
- Friday - September 8th 10:00 am to 11:00 pm
- Saturday - September 9th 10:00 am to 11:00 pm
- Sunday - September 10th 10:00 am to 7:00 pm
- Exhibit / Vendor Building Hours**
- Thursday 10:00 am to 10:00 pm
- Friday 10:00 am to 10:00 pm
- Saturday 10:00 am to 10:00 pm.
- Sunday 10:00 am to 7:00 pm.

Gate Admission and Parking Fees

- General Admission (ages 6 and over): \$4.00
- Season Pass General Admission: \$10.00 for all four days
- General Admission (5 and under): Free!
- Season Pass (good for all 4 days) \$10.00
- Parking is Free everyday!

Sunday, September 10, 2023 is free admission for everyone!

KLAMATH FALLS TO TULELAKE SHUTTLE SCHEDULE



Let Basin Transit Service do the driving and drop you off at our main gate to enjoy a day at the fair!

- Friday, September 8, Saturday, September 9, and Sunday, September 10, 2023
- 10:00am - DEPART KFLS SENIOR CENTER (Arthur Street) DRIVE TO MERRILL
- 10:40am - DEPART MERRILL
- 11:00am - ARRIVE AT TULELAKE FAIRGROUNDS, DROP OFF, DEPART FOR KFLS
- 12:00pm - DEPART KFLS SENIOR CENTER, DRIVE TO MERRILL
- 12:40pm - DEPART MERRILL
- 1:00pm - ARRIVE AT TULELAKE FAIRGROUNDS, DROP OFF & PICK UP, DEPART
- 2:00pm - DEPART KFLS SENIOR CENTER, DRIVE TO MERRILL
- 2:40pm - DEPART MERRILL
- 3:00pm - ARRIVE AT TULELAKE FAIRGROUNDS, WAIT FOR LAST RETURN TRIP TO KFLS
- 6:30pm - DEPART BACK TO MERRILL AND KFLS - LAST BUS
- NOTE: Pickup in Merrill will be behind Polar Bear Restaurant

DAILY FREE ENTERTAINMENT Buck Ford, Huckleberry Road, Twinkle Time Childrens Show, Racing Pigs, and Pony Rides

Seniors with accessibility concerns

Come on Thursday and Friday mornings to avoid the crowds in the parking lots. Enjoy train rides around the fair from 11 am to 7 pm Thurs.-Sat., 11 am to 6 pm Sun.
www.tbvfair.com

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



TICKETS ON SALE 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!





Ukulele Group Continues – Mark Your Calendars.

By Maryann Kane

Greetings Uku players ! We had a wonderful time 8/29/23, at our gathering! I think we settled into a nice pattern of learn-play-play-play !

We had 6 players for our start-up class from 5-5:30, going over parts of an ukulele, tuning, how to hold the uku, and how to strum with uTube Uku Diva Cynthia Lin, in her first 101! tutorial. We had fun learning Bob Marley’s song, “Three Little Birds” using the chords C, F, & G.

At 5:30, more players joined us. We reviewed the same info as the earlier class and passed out a chord chart and sheet music for the following songs;

- Down in the Valley (C, G7) Three Little Birds (C, F, G)
- This Land is your Land (C, F, G7) If I had a Hammer (C, F, G7, Am)
- You are my Sunshine (C, F, G7)

For next time, Sept. 26, please review Cynthia Lin’s ukulele 101! Tutorial #2. She will introduce a few new chords that go with C. The target song in this lesson, “I’m Yours” will be handed out at our next gathering (and maybe a few more). To get to C. Lin’s tutorial, a) open uTube b) in the search bar enter “Cynthia Lin Tutorial 101! Lesson #2”

Please practice your UKU as often as you are able each week, as it renews your mind, heart and soul! It also keeps your finger strength up. See you next on September 26th.

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.



Klamath Basin Genealogical Society Presents the Annual Genealogy Seminar

Saturday, September 16, 2023
9:30 a.m. to 3:30 p.m.
Klamath County Library
Program Room
126 S. Third St.,
Klamath Falls

Featured Speaker Melinda Kashuba



Seminar Schedule:

- Session 1 – 9:30 a.m. to 10:30 a.m.
Using Maps in Genealogical Research – Part 1
 - Session 2 – 10:45 a.m. to 11:45 a.m.
Using Maps in Genealogical Research – Part 2
 - Lunch – 11:45 a.m. to 12:45 p.m.
 - Session 3 – 1:00 p.m. to 2:00 p.m.
American Migration Trails – Eastern
 - Session 4 – 2:15 p.m. to 3:15 p.m.
Replacing Lost Courthouse Records
- See Seminar Brochure for more information on each session, availability information below.

SEMINAR REGISTRATION FEES:

\$30 Member \$40 Non-Member
Seminar brochures with Registration forms are available at Klamath County Libraries and Klamath County Museums or by sending an e-mail request to: kbgskf@gmail.com

UPCOMING *Downtown Events*

WE WOULD LOVE FOR YOU TO PARTICIPATE!

- Sept. 16** *Fall Crawl*
 Downtown Businesses
 Be a part of the buzz at our Downtown Fall Business Crawl! Showcase your business's autumn spirit and attract eager visitors ready to explore. Join us in creating a vibrant seasonal experience that'll leave attendees falling in love with our downtown businesses
- Oct. 14** *Eclipse Event*
 Klamath Commons Park
 Join us for an out-of-this-world Eclipse viewing Extravaganza! This will be a family friendly event, we would like to have blackout cards to encourage our community to explore our beautiful downtown and support local businesses!
- Oct. 28** *Scarecrow Row*
 Downtown
 Get ready for a spooktacular showdown at Scarecrow Row! Downtown comes alive with wildly creative scarecrows as businesses compete for the quirkiest designs. Join the festive fun, trick-or-treat, and be part of our Halloween hullabaloo!
- Nov. 4** *Holiday First Look*
 Downtown Businesses
 Celebrate the season and join us for our Holiday First Look event. Showcase your seasonal treasures and set the tone for shopping small.
- Nov. 25** *Small Biz Sat Shop Hop*
 Downtown Businesses
 Join us for Painted Pieces 5th Annual Small Business Saturday Shop Hop. Each participating business donates prizes and we give away a 7-Day Vacation to one lucky winner.





KLAMATH SENIOR CENTER SEPTEMBER 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 with Sherry Hooke 9:00 am until Sept 19. Sept 19 class outside due to Age Well Expo, weather permitting.
- Starting Sept 26! Walk Your Way with Anne Davenport 9:00 am, call 541-883-7171 for info.
- *2nd Tuesday Atrio Ice Cream Social 10 am – 2 pm
- *2nd Tuesday Klamath & Lake Counties Council on Aging 11 am – 1 pm
- Qi Gong with Rachel Stephens 2:30 pm
- SHIBA (MEDICARE Counseling) by appointment, please call 541-883-7171

WEDNESDAYS

- Mobility from Head to Toe with Anne Davenport 9 – 10 am until Sept 20.
- Starting on Sept 27! SAIL with Sherry Hooke 9:00 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 with Anne Davenport at 9:00 am until Sept 21.
- Starting Sept 28! Mobility from Head to Toe with Anne Davenport 9 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 7:00 pm – Subject to availability & 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 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. Previous craft topics have been 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 Full-body low intensity mobility, taught by a licensed physical therapist. Most completed in sitting, some in standing, and optional floor mat work at the end. You will learn breathing techniques, postural control, guided joint range of motion starting at your head, working your way all the way to your big toe! This class is based on the Arthritis Foundation Exercise Program.

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. Participants may sit or stand.

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 at a moderate to high intensity.

UKULELE GROUP: A gathering of wonderful players to make music together, beginners and beyond are welcome! Please see page 17.

WALK YOUR WAY: A program that includes walking, stretching, strengthening, and education about health and wellness, based on Walk with Ease. Walks will take place inside the Center, or eventually on the planned outdoor walking path, as weather permits! Participants can choose their own intensity level.

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

Important Changes to the Calendar of Events

Tai Chi canceled until further notice. We are seeking a new Tai Chi Instructor!

We are excited to offer a new line-up of exercise classes at the 9 am time slot starting Sept 25 to ensure participants are receiving a well-rounded physical activity plan that aligns with the Physical Activity Guidelines for Americans.

To attain the most health benefits from physical activity, adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity at least 2 days each week. Flexibility and mobility training should be completed at least 2 days each week. With the new structure, participants will have the opportunity to satisfy all of these guidelines at the Center.

Monday, Wednesday, Friday at 9 am will be SAIL (by video on Mon/Fri, and by instructor on Wed). Tuesdays at 9 am will be a walking group at the Center. Finally, Thursdays at 9 am will be “Mobility from Head to Toe.” See additional class descriptions above. In October, we will be seeking feedback about the structure and delivery of the classes to determine future classes. As a reminder, patrons can also attend Body Recall, Qi Gong and/or Yoga (see above for times and descriptions).

Questions?

Please call Anne Davenport, Program Manager for Health Promotion Services at 541-883-7171 ext 122 or email at stayactive@kbscc.org



SEPTEMBER 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
		6	7	8
		CHILI BAKERS Veggie Salad Dessert	CHICKEN STRIPS & FRIES Veggie Salad Dessert	SPAGHETTI & MEATBALLS W/GARLIC BREADSTICKS Veggie Salad Dessert
11	12	13	14	15
CHEESEBURGERS & FRIES Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert	WHITE BEAN CHICKEN CHILI Veggie Salad Dessert	SWEDISH MEATBALLS W/PASTA Veggie Salad Dessert
18	19	20	21	22
CHILI DOGS & FRIES Veggie Salad Dessert	AGE WELL EXPO! ROAST CHICKEN Veggie Salad Dessert	POTATOES AU GRATIN W/HAM Veggie Salad Dessert	POLISH SAUSAGE & SAUERKRAUT Veggie Salad BRISTOL HOSPICE BIRTHDAY CELEBRATION	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert
25	26	27	28	29
CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert	TACO TUESDAY Spanish rice Refried Beans Dessert	SPLIT PEA SOUP W/HAM Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	SLOPPY JOES & FRIES Veggie Salad Dessert
OCT 2	OCT 3	OCT 4		
BROCCOLI SOUP Veggie Salad Dessert	ROAST PORK Roasted Veggies Salad Dessert	QUICHE 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

- 9/11: Anne Davenport – Age Well Expo
- 9/18: Stephanie McVey & Lisa Claybough - Protect Yourself from Fraud
- 9/25: Brannon Kaebring – Medicare & Atrio – Open Enrollment
- 10/2: Dawn Wallace - Klamath Open Door – Promoting their Health Fair on 10/14

Healthy Aging Never Gets Old!

Celebrating September as National Senior Center Month

By Klamath Basin Senior Citizens' Center Staff

Aging well means different things to different people. For some, aging well means being physically active. For others, it is a time to learn something new or devote more time to a hobby. Remaining connected to family and friends is important to others. For some, volunteering and giving back to their communities makes life more meaningful. While the meaning of aging well differs for each person, senior centers hold the key to enhancing and supporting the lives of seniors who are on their journey to age well.

September is National Senior Center Month, a month dedicated to highlighting the vital role that senior centers play in the lives of residents 60 and older. Here at the Klamath Basin Senior Citizens' Center, we provide numerous services and activities in supporting your journey in aging well. We strive to promote a positive image of aging and foster relationships with collaborative partners in our commitment to you. We offer a place for you to discover your unique interests, talents, and aspirations. That's why the 2023 theme for Senior Center Month is "Discover Yours."

Our Center is open to everyone in the community, with a focus on older adults age 60 and above. The activities and programs offered at our Center provide opportunities to age well and make

a difference in people's lives. Services include transportation to the Center and out in the community; proper nutrition through Meals on Wheels and congregate meals; support services in collaboration with the Klamath and Lake Counties Council on Aging through the Village; Senior Health Insurance Benefits Assistance. Activities include art and craft workshops; creative writing and music; a game room; exercise classes; fall prevention and health awareness classes. We are constantly developing new programs and events to meet the needs and requests of our community.

According to the National Council on Aging, senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise.

To learn more about the Klamath Basin Senior Citizens' Center, visit klamathseniorcenter.com, call 541-883-7171, or come visit at 2045 Arthur Street in Klamath Falls!



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September Events at the Klamath County Library

There are plenty of activities for adults at the Downtown Klamath County Library! General topic information

provided below, please call 541-882-8894 or stop by the downtown library's Information & Reference desk for more.

****NOTE, these events are NOT at the Center, but at the Downtown location at 126 S 3rd St, Klamath Falls.**

Book clubs restart in September!

Real Reads at the Library: *The Wake Up* by Michelle MiJung Kim. **Thursday, September 7th at 5:30 pm** (meeting on the 1st Thursday at 5:30 pm from then on)

Mystery Readers: Discuss *The Only One Left* by Riley Sager. **Thursday, September 21st at 4 pm** (meeting on the 3rd Thursday at 4 pm from then on)

Adult Chess Club – Saturdays at 1 pm

Adult Dungeons & Dragons. Three times available, email staff dungeonmaster Clinton at libsupply@klamathlibrary.org for more information or to join!

Adult Board Game Night – Tuesday, Sept. 5th and Tuesday, Sept. 19th, 5:30 pm to 8 pm.

Fiber Art Circle – Tuesdays at 6 pm.

Klamath Basin Genealogical Society DNA Interest Group – First Wednesday of the Month (Sept. 6th) at 1 pm.

Adult Writers Group – 1st and 3rd Wednesday (Sept. 6th and 20th) 2 pm to 3 pm.

Foreign Film Night – 2nd Thursday (Sept. 12th) at 5:30 pm. Film is *All Quiet on the Western Front*.

Puzzle Palooza! Jigsaw Puzzle Competition – Thursday, Sept. 14th at 5:30 pm. Email Lia at ladamson@klamathlibrary.org to sign up.

Klamath Basin Genealogical Society – 2nd Thursday of the Month (Sept. 14th) at 6 pm.

Library Advisory Board – 3rd Wednesday (Sept. 20th) at noon, online and in person. Attending in person - please call the library at 541-882-8894. Attending via Zoom - please email Library Director Nathalie Johnston at njohnston@klamathlibrary.org to request a video link.

Editing & Copyright for Authors – Wednesday, Sept. 20th at 2 pm.

Time Travel Tuesday with the Society for Creative Anachronism – Tuesday, Sept. 26th at 5 pm.

Suicide Prevention Training – Wednesday, Sept. 27th at 3 pm and Thursday, Sept. 28th at 6 pm.

Fall Documentary Series: Thursday, Sept. 28th at 5:30 pm. Film is *To the End*.

New

PHARMACY

WITH DRIVE-THRU SERVICES

[SkyLakes.org/Washburn-Pharmacy/](https://www.SkyLakes.org/Washburn-Pharmacy/)



SKY LAKES
WASHBURN PHARMACY



2421 Washburn Way
Klamath Falls, Oregon



New Patients Welcome!

Klamath Eye Center is your complete eye care companion from comprehensive eye exams to surgery and full-service optical dispensary.

KLAMATH EYE CENTER

2640 Biehn Street / KlamathEyeCenter.com / 541 884-3148



Celebrating Women Making a Difference For a healthy Klamath County

We'd like to honor the women on our team that make such a positive impact on our community:

- | | | | | | |
|------------------|--------------------|-------------------|------------------|------------------|------------------|
| Denise Alves | Shelley Emary | Jordan Hiner | Brittany Legget | Dee Patzke | Danielle Sherman |
| Sherrie Ardolino | Elizabeth Evoniuk | Wendy Hoskins | Marcie Maples | Talythah Pena | Tammie Shields |
| Tina Bartholomew | Elizabeth Ferreira | Christina Hughes | Rebecca Martinez | Vicki Pena | Susan Sigmund |
| Brenda Brazille | Araceli Flores | Rhonda Janecke | Marjorie McClay | Denise Ringe | Shawna Silva |
| Marina Brown | Tonya Fuell | Christine Johnson | Calysta McCool | Heather Robinson | Chanel Smith |
| Kerri Burke | Ivonne Gamez | Jackie Jones | Deborah McCune | LeAnne Rose | Susan Snider |
| Rosa Burkhart | Emily Geise | Jill Kallweit | Erika Meng | Jessica Russell | Jackie St. Amand |
| Karen Cole | Barbara Getz | Jenine Kerns | Jamie Millsap | Josette Ryder | Kelli Tompkins |
| Cynthia Dailey | Lori Girodat | Betty Key | Deena Minton | Amy Sanchez | Malea Waldrup |
| Jennifer Daniels | Rebecca Goritz | Gretchen Koontz | Shelly Morton | Yoana Ruiz | Kimberly Walls |
| Jennifer Davis | Chelle Hager | Evelina Kovach | Dawna Oksen | Donna Schult | Sarah Walls |
| Andrea Dolansky | Amanda Hascall | Faith Lee | Patricia Pahl | Michelle Severns | Gita Yitta |

www.CascadeHealthAlliance.com

ALL ARE WELCOME



Klamath Basin Senior Citizens' Center
2045 Arthur St, Klamath Falls, OR
klamathseniorcenter.com | 541-883-7171

FREE EVENT!
TUES, SEPT 19
10 am-12:30 pm



You are invited

to the 2nd Annual

"Age Well Expo - From Awareness To Action!"

All ages and abilities encouraged to attend!

It is never too early or too late to learn
how to stay active, stay independent, and Age Well.

Get information about local resources, services,
products that support you in living well and aging well.

This Expo is a part of National Falls Prevention Awareness Week,
as falls among older adults continue to be
a national public health concern.

In addition to raffles, prizes, and a free lunch –
attendees will learn about the "6 Steps to Prevent a Fall,"
and the organization or resource that can help them address it!

Visit klamathseniorcenter.com/age-well-expo for more details

RESOURCES | RAFFLES | LUNCH

ATRIO AND KLAMATH HEALTH PARTNERSHIP PRESENT

Health Fair Fun Day

JOIN US FOR A DAY OF HEALTH, EDUCATION, AND FUN.
COOKING DEMOS, CHAIR EXERCISE DEMOS, SPEAK TO YOUR LOCAL
LICENSED ATRIO INSURANCE AGENTS, COMMUNITY RESOURCES
INTERACTIVE WORKSHOPS, OHP ASSISTANCE

OCTOBER 14, 2023
KLAMATH COUNTY EVENT CENTER
8:30AM-2:30PM

LINMAN HALL 3531 SOUTH. 6TH STREET.

