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Thank you to the Age Well Expo Exhibitors!

Medication Safety Learn'n'Lunch on October 10th

Creative Writing Class Starts October 17th

Vaccination Clinics This Fall - First on October 23



**WELCOME TO
OUR NEW
EXECUTIVE
DIRECTOR!**

Active

Seniors



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

OCTOBER 2023

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.



Image credit: bobex73 on stock.adobe.com

OUR MISSION

To build and maintain a supportive community for seniors.

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

 **WE ARE LOCATED AT:**
2045 Arthur Street, Klamath Falls, OR 97603
*See map below
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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541-883-7171 ext 136
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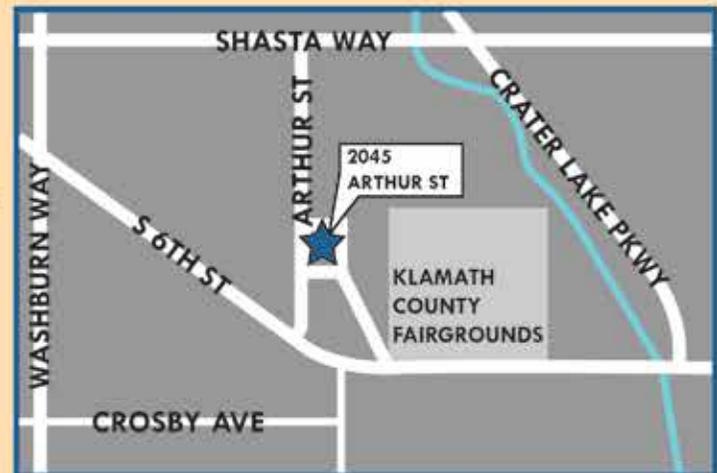
Rolland Bailey



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

Welcoming A New Captain For The Ship

You have read my reports for months now relating progress in finding a new Executive Director to fill my position when I retire at the end of this month. Well, look to the right column! There he is with wife and son pictured in his first greeting to you. My thanks to our board search committee, all who worked diligently to find the right person. I have already got to know Matthew and am confident that he will be able to steer the ship through both calm and stormy seas, and perhaps to new ports. He has already shared with me some of his vision for the Center's future and I pray he will find your support in the Center's journey with a new director. Matthew takes the wheel on October 16th and I will remain to support the transition until the end of October.



Marc Kane,
Center Director

If you have been at the Center recently you will see that our building improvements continue with some projects finally coming to a close. The new lift to the second floor is now operational. The bathroom remodels adjacent to the dining room are now complete and the women's bathroom off the reception area will be complete by month's end, as will the re-carpeting of most of the building. Finally, the County has now approved our plans for a remodel of our front entrances. Hopefully that project will be complete before the end of the year along with new sidewalks and a refurbish of the parking lot. Our Health Promotion Services Manager, Anne Davenport, is also overseeing the development of a walking path around the perimeter of our property to become a place to regularly stretch your legs. I had hoped to see these projects complete before my retirement but construction projects move slowly. Nevertheless, I hope you will agree that I left the place better than I found it.

My time at the helm here has been a wonderfully rewarding experience and I believe I am leaving what we sometimes refer to as a well-oiled machine. Matthew is inheriting a diligent and competent staff that works hard to support the older adults that board our ship. It has truly been my pleasure to serve you all and to build what I believe will be lasting relationships with many. I expect to drop in for lunch from time to time for a good chat and some great food.

My wife Maryann will be continuing to volunteer here delivering Meals-On-Wheels and I will assist whenever she needs a runner. Both Maryann and I will continue to manage the Ukulele gathering which is now meeting monthly at the Center on Tuesday evenings (see the schedule for details). Additionally we both are avid volunteers for the SMART reading program and I am active in the local Kiwanis Club. So those are a few places where I will find my purpose. I have preached here for years now that seniors must find their purpose to remain happy and healthy, and hopefully live longer and satisfying lives. My boat is a bit smaller now but my sails are big. It is my hope that I will meet many others joining the volunteer sailing crew that is the foundation of the Senior Center.

**Thank you all for your support
over these past 11 years.**



New Director's Greeting

I am thrilled to have the opportunity to introduce myself to the wonderful community of Klamath Falls. My life's journey has taken me on a remarkable path, beginning in the picturesque state of Wisconsin, where I was born and raised. Over the

years, I've had the privilege of calling various states home, including Wisconsin, Oregon, Colorado, New Mexico, California, Vermont and even a few months in Zacatecas, Mexico.

Most recently, my family and I have really enjoyed living in Southern Oregon and are moving to Klamath Falls from Medford. Joining me in relocating to Klamath Falls is my wife Roth and our 8-year-old son, Sam. My family and I find immense joy in traveling. We like taking trips far away from highways if possible. These journeys not only rejuvenate my spirit but also allow me to create cherished memories with my loved ones.

My passion for helping others has been a constant thread throughout my life; instilled in me by the examples of my parents. I am dedicated to making a positive impact on people's lives, and I have worn many hats along the way. My journey has led me to work in a number of fields over the years. I have had the privilege to work in special education, real estate, mental health, and end-of-life care. These diverse experiences have allowed me to connect with individuals from all walks of life and give back to the communities I have been a part of.

My story does not end with my professional endeavors. I have always had a deep connection to the land and a love for nature. I have studied broad acre water harvesting and resiliency with experts from around the globe. At one point, I had a two-acre garden! In addition to gardening, I have also raised chickens, ducks, pigs, and rabbits.

My fondness for nature was instilled in me as a youth when I embarked on hunting and fishing adventures with my grandfather. Those moments of tracking game and exploring the great outdoors left an indelible mark on me and deepened my love for the natural world.

The bond with the land runs deep in my family. My parents were the proud owners of a log home company in rural Wisconsin. My first job was sweeping the floors of the sawmill at 11 years old. My parents instilled in me the spirit of hard work.

I want to express my profound excitement and honor in becoming a part of the Klamath Basin Senior Citizen's Center community. The opportunity to get to know and serve this community is a privilege that fills me with enthusiasm. I am eager to embark on this new chapter, to forge meaningful connections, and to contribute my experiences and passion to this wonderful community. I look forward to getting to know each of you and working together to make the Klamath Basin Senior Citizen's Center an even more vibrant and supportive place for all of us. **Please, feel free to reach out if you have any questions or need anything.**

Sincerely,
Matthew Pich-Maxon

PEARLS – is it for you?

by Patricia Card, Klamath Basin Behavioral Health

Are you feeling sad or blue from time to time? This is normal when the feeling goes away in a few days, but if it doesn't you may be experiencing depression. Ask yourself if over the last two weeks, you have consistently felt down, sad, blue, and/or lost interest in pleasurable activities. If yes, you may benefit from a free 8-week PEARLS group.

What is PEARLS? Well besides a beautiful gem, PEARLS is an acronym that stands for Program to Encourage Active Rewarding Lives. Tell you more? Okay.

PEARLS educates older adults about what depression is (and is not) and helps develop the skills they need for self-sufficiency and more active lives. The program takes place in 6-8 sessions over the course of 4-5 months. Sessions can be held in the older adult's home or a community-based setting that is more accessible and comfortable for those who might not see other mental health programs as a good fit for them. PEARLS also allows for coordination with their current health care providers when appropriate.

PEARLS teaches empowering skills and problem-solving techniques; uses an easy to learn approach; promotes increasing pleasant events in your life; helps to reduce anxiety and improve your mood; helps you get on a path toward increased physical activity; helps you feel better and attain a greater sense of well-being; and, last but not least provides ongoing support from a trained PEARLS counselor. But is it free you ask? Yes! Klamath Basin Behavioral Health (KBBH) and the Oregon Older Adult Behavioral Health initiative (OABHI) are excited to offer this group at no cost to our Klamath Basin community.

Research shows that loneliness and social isolation have increased since the COVID pandemic. About 24% of community-dwelling Americans 65+ are considered socially isolated, while 43% of adults 60+ report feeling lonely. (NASEM 2020) Social isolation has a price: it is associated with roughly \$6.7 billion in excess annual health care costs for Medicare beneficiaries and contributes to poor health outcomes, including a 50% increased risk of early mortality. (Commonwealth Fund 2021)

Please join Patty Card, QMHA, OABHS, PSS-MH, PSS-A and Kelli Bowers, LCSW, OABHS for this free community group – Mondays from 12:00-1:00 pm starting on October 9th at the Klamath Basin Senior Center, 2045 Arthur Street, Klamath Falls, OR 97601. For more information, call KBBH at 541-883-1030 and ask for Patty Card or Kelli Bowers. We look forward to meeting you!

Join the Klamath Basin Genealogy Society on the 2nd Thurs of the month.

On October 12th 2023 from 6-8 p.m. Patti Escamilla will give a presentation on "What's in a Name?" Come learn about Given names, Naming Patterns, Origins and Surnames.



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

Groups meet at the Klamath County Library meeting room. 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!

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



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

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Expiration Date _____ CSC _____

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Expressions of Heart and Mind

The Voice

by Sybil Fulk

Abused and afraid as a child
I faced life with barely a crawl
Finding my way in a darkness
I would have gladly given up on it all.

Terrifying nights thrust upon me
I barely remember the days
Neglected and bruised, I surrendered
And it broke me in so many ways.

A child withdrawn and in silence
I walked with my head hanging low
The fear that I lived in was mounting
And the anger was starting to show.

I struggled through life in a blindness
Wondering just why I was here
My broken heart had since hardened
So I missed our Lord's voice in my ear.

Years just flew by with no feeling
With no crying, no laughter, no joy
All dreams of a brighter tomorrow
Had long been devoured and destroyed.

Then one night I heard angels singing
I imagined like heaven would be
I entered but quickly decided
That devotion would not be for me.

The following weeks were a battle
Between what I knew and could understand
Little did I know that the Lord, my God
Was already holding my hand.
That evening arose like a mountain
Like a geyser from the desert it came
Awaiting the master's direction
While God was gently calling my name.

That is the night I met Jesus
My savior, my anchor, my Lord
I believed, and the fear and the anger
Out of my hardened heart, they poured.

God filled my heart in an instant
With a joy like I'd never known
Although my life is not perfect
I'm no longer walking alone.

I suddenly noticed the snowflakes
And how no two are ever the same
That the nest of each bird is a masterpiece
Given knowledge by God, from which they came.

I no longer dream of revenge or hate
But have a deep love and appreciation
For sunsets, for music, and beautiful smiles
And for all of God's perfect creations.

I pray every night for those still torn
That they may too hear his voice
And open their hearts to their master
There's no better moment, or choice.

OLD MEMORIES

By Vandine Cullins

Burning memories
That's what I did today.
Pictures, cards, and letters
I found hard to throw away.
The dreams we had
So long ago
Were never meant to last.
So I've been busy sorting
Old memories from the past.



A Wolf and Her Cub by Sheila Amberson, painting on found rock

Autumn Is Cool

by Sharon Hudson

The temperature is getting cooler
As summer comes to an end.
We are now into Autumn, and
Things just seem to blend.

The animals are scurrying to
Collect what they can get.
They will save it in their place
Where it won't get wet.

At the river the fish are jumping,
And attracting the birds.
The pelicans, and blue herons,
In other words.

What a beautifully crisp morning,
And the air smells so clean.
No smoke, just blue skies,
And my senses are keen.

The leaves will dry out, and start
Falling from the trees.

The winds will help them out,
And so will a nice breeze.

They will turn colors, and create
An awesome sight,
With purples, golds, and browns,
Mother nature will keep it right.

Cooking will be fun, and add warmth,
And good smells to your house.
Pumpkins will ripen, for a pie, or a
Jack-O Lantern pleasing your spouse.

Got up at night and noticed a
Cold floor.
My un-slipped foot reminded me
Not to do that anymore.

Football begins while cool
Months are here.
The fans are ready, and
Willing this year.

A sweater, or light jacket,
Might be kept in the car.
They could keep you warm
When you have gone too far.

What is Creative Writing?

By Maurine Loprete, Creative Writing Instructor

The most common reasons for writing are to express yourself, to analyze, to inform, entertain, and to persuade. Sometimes your writing will combine several purposes. Some writing that you do for yourself is practical, such as filling out forms and writing letters of complaint. Other self-prompted writing you will do simply because you enjoy it. This type of writing (creative writing) includes poems, journal entries, personal memories, and reminiscences and "just for fun" topics of interest.

We are all individuals and think and act in ways that are uniquely our own voice. As you write, you discover what you think about yourself and the world around you, which is different for everyone.

Come join us! Discover your voice and be heard! On October 17th, we will start our Fall Class. Please stop at the front desk to learn more and sign up.

Ruthie from the Ridge: Residents

Hello! It is Ruthie from the Ridge, writing in for my last installment. I wanted to provide you a glimpse into life at a nursing home.

Nursing home patients are considered “residents” and they may think of their residence as their home – they eat, sleep, and live here in long term care. Here at Plum Ridge we are in what is called RCU, which stands for residential care unit. We have three groups of CNAs (certified nurse assistants) a day. The shifts are from 6am-2pm, 2pm-10pm, and 10pm-6am. We have CNAs that are both female and male. They are trained to care for all the residents. They assist the residents with whatever care needed. Each individual may require different support, such as prescribed therapies, feeding, dressing, toileting, bathing, skin care, nail care and socializing.

We have also 3 CNAs who are responsible for our exercise and our individual or group activities (games, movies, art projects, reading material, visiting, cooking demonstrations, religious programs and entertainment) throughout the week on alternating schedules. They provide a calendar of events for the entire month.

Meal times are either congregated in the dining room or in room. If a resident eats in their room, then trays are brought directly to the individual in his/her room. The meals are prepared in the Plum Ridge kitchen for RCU and TCU – which stands for transitional care unit (patients who stay for a short period of time after illness or injury). The meal planning is done seasonally by our corporate management weeks in advance! There are generally several choices for entrees and orders are taken at least a day ahead if serving. The dining room CNA staff can assist by providing condiments and beverages as requested.

There is also a living room area with a large screen TV that is used by groups of residents. Group activities are ordinarily enjoyed in the dining room area with the activities staff in charge and assist when needed to maximize participation.

Marquis Plum Ridge is located at 1401 Bryant Williams Drive in Klamath Falls. “At Marquis Plum Ridge, we offer residents the highest level of post hospital rehabilitation and long term care services.” If you have additional questions about their services, please visit marquiscompanies.com/facility/marquis-plum-ridge/ or call 541-882-6691

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:
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www.klamathlakeareaonaging.org






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FINANCIAL FOCUS

Help protect finances of loved one with Alzheimer's

Sept 11, 2023

If you have a loved one showing signs of Alzheimer's or another form of dementia, you'll obviously experience some strong emotions — and you'll likely ask yourself this question: *What can I do to help?* While there are certainly many ways you could provide assistance over time, there's one area that might require your immediate attention: *finances*.

Alzheimer's patients often exhibit a range of money-related problems. Here are some of the most common ones, according to the National Institute on Aging:

- Trouble counting change or paying for a purchase
- Difficulty in balancing a checkbook
- Confusion over bank statements
- Not paying — or even opening — bills
- Making strange and unnecessary purchases with a credit card

Of course, your awareness of these problems depends, to a great extent, on just how familiar you are with the daily life of your loved one with Alzheimer's or similar dementia. But if you have noticed these issues, it may be time for you to act before things get worse — and they *can* get worse, because scam artists constantly target the elderly by making false promises, soliciting personal data, asking for money and even requesting changes in estate-planning documents.

So, what steps can you take? You'll need to clearly communicate your concerns to your afflicted loved one, and you'll have to get their consent for the actions you wish to take on their behalf. This may not be easy, but it's certainly worth the effort.

Here are a few moves to consider:

- *Set up auto-pay.* If your loved one has still been paying bills manually, now may be a good time to set up auto-pay for utilities, loans and other bills.
- *Open a joint checking account.* By opening a joint checking account with your loved one, or perhaps adding your name to an existing account, you can help ensure all payments are accurate and appropriate.
- *Freeze credit reports.* By freezing your loved one's credit reports at the credit reporting bureaus — Equifax, TransUnion and Experian — you can prevent bogus credit lines from being opened in their name.
- *Create a durable power of attorney.* In the early stages of Alzheimer's or dementia, your loved one could create a durable power of attorney and name you, or another close family member, as the "agent" — which means you'd be empowered to make financial and other decisions when your loved one is no longer capable of doing so. (A durable power of attorney could also be created in cases of advanced Alzheimer's, but it can be somewhat more challenging.)
- *Help establish a living trust.* In addition to a durable power of attorney, a living trust can be valuable for families of Alzheimer's patients. A living trust can hold a person's financial assets and other property while the trustee manages the money and makes investment and spending decisions. A living trust can be complex, so before establishing one, you'll need to consult with your legal and tax professionals.

When you're dealing with the financial issues associated with your loved one's Alzheimer's or dementia, it can feel like you're on a long road. But diligently seeking out the appropriate financial moves can help make the journey less stressful — for everyone involved.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Submitted by: Jessie Hecocta, Financial Advisor, 1891 Avalon St Ste C. Klamath Falls, OR 97603 (541)884-5417 www.edwardjones.com/jessie-hecocta



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<p style="font-size: 24px; font-weight: bold;">BATTY FRIDAY DRAWINGS</p> <p>October 6, 20 & 27 • 6pm-9pm</p> <p>Win up to \$1,000 CASH!</p> <p><small>Beginning Sunday, October 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.</small></p> <p><small>May only win once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">SENIOR DAY MONDAYS</p> <p>8AM - MIDNIGHT</p> <p>EARN 2 POINTS, RECEIVE \$5 FREE PLAY. 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.</p> <p>HOT SEATS WIN UP TO \$100 CASH!</p> <p>NOON - 3PM DRAWINGS EVERY HALF HOUR.</p> <p><small>NO SENIOR DAY HOT SEATS ON MONDAY, OCTOBER 9. (Must be 55+. May only redeem/win once per day.)</small></p>	<p style="font-size: 24px; font-weight: bold;">EARLY BIRD</p> <p>Wednesday Hot Seats</p> <p>October 4-25 • 10am-2pm</p> <p>WIN \$50 FREE PLAY</p> <p>Drawings every half hour.</p> <p><small>May only win once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">SPOOK-FEST</p> <p>SUNDAY KIOSK</p> <p>October 8, 22 & 29 • 10am-5pm</p> <p>Win up to \$100 CASH!</p> <p><small>Earn 50 points and swipe at the kiosk for your chance to win.</small></p> <p><small>May only redeem once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">INDIGENOUS PEOPLES DAY PRIZE WHEEL</p> <p>Monday, October 9 • Noon-5pm</p> <p>Win up to \$100 CASH!</p> <p><small>Winners will spin the Prize Wheel to determine their prize. Drawings every half hour.</small></p> <p><small>May only win once per day.</small></p>
<p style="font-size: 24px; font-weight: bold;">lok sloki ECLIPSE</p> <p>ANNULAR OCTOBER 2023</p> <p>ANNULAR ECLIPSE EARN & GET</p> <p>Thursday, October 12, Friday, October 13 & Saturday, October 14 • 10am-8pm</p> <p><small>Earn 10 points on players card and receive \$10 free play!</small></p> <p><small>May only redeem once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">lok sloki ECLIPSE</p> <p>ANNULAR OCTOBER 2023</p> <p>ANNULAR ECLIPSE WEEKEND CASH HOT SEATS</p> <p>Friday, October 13 & Saturday, October 14 • 2pm-9pm</p> <p>Win up to \$1,000 CASH!</p> <p><small>Drawings every hour.</small></p> <p><small>May only win once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">ANNULAR ECLIPSE SUNDAY</p> <p>HOT SEATS</p> <p>October 15 • 10am-5pm</p> <p>Win up to \$500 CASH!</p> <p><small>Winners will pick an "eclipse" to determine prize. Drawings every hour.</small></p> <p><small>May only win once per day.</small></p>	<p style="font-size: 24px; font-weight: bold;">NEW MEMBERS</p> <p>WIN UP TO \$250 FREE PLAY</p> <p><small>Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*</small></p>	<p style="font-size: 18px; font-weight: bold;">See Bonus Club for Complete Details</p> <div style="border: 1px solid white; padding: 5px; margin: 5px 0;"> <p style="font-size: 16px; font-weight: bold;">No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.</p> </div> <p style="font-size: 12px;">Gambling Problem? Call 1-800-GAMBLER</p>

WHERE WINNING COMES NATURALLY
SMOKE FREE PROPERTY!

Plan ahead for medication needs in an emergency

Submitted by Valeree Lane, Public Information Officer, Klamath County Public Health

About half of all Americans take a prescription medicine every day, according to the CDC.

An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. It is important to organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

The October 14 annular eclipse is a good event to test how prepared you are for an emergency. Here are some quick tips about being prepared:

Talk to your doctor or pharmacist about how you can create an emergency supply of medicines. Create a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs, and allergies.

Have a supply of nonprescription drugs, like pain and fever relievers, antihistamines, and antidiarrheal medicines. A cooler and chemical ice packs can be used to chill medicines that need to be refrigerated.

Here are more considerations about your medication resources: Make sure you have the phone numbers for your doctors and pharmacies.

Have your card. Keep your health insurance or prescription drug card with you at all times so your pharmacy benefits provider or health insurance plan can help you replace any medication that was lost or damaged in a disaster.

Keep a record. Make copies of your current prescriptions and keep them in your emergency kit and/or go bag. You can also scan and email yourself copies, or save them in the cloud. If you can't reach your regular doctor or your usual pharmacy is not open, this written proof of your prescriptions make it much easier for another doctor to write you a refill.

Storage matters. Keep your medications in labeled, child-proof containers in a secure place that does not experience extreme temperature changes or humidity. Don't forget to also include nonprescription medications you might need, including pain relievers, cold or allergy medications, and antacids.

Rotate the date. Don't let the medications in your emergency supply kit expire. Check the dates at least twice every year.

Prioritize critical medicines. Certain medications are more important to your health and safety than others. Prioritize your medications, and make sure you plan to have the critical medications available during an emergency.

Communicate a plan. Talk to your doctor about what you should do in case you run out of a medication during an emergency.

Plan ahead. Make sure you know the shelf life and optimal storage temperature for your prescriptions, because some medications and supplies cannot be safely stored for long periods of time at room temperature. If you take a medication that needs to be refrigerated or requires electronic equipment plan ahead for temporary storage and administration in an emergency situation.

Check before using. Before using the medication in your emergency kit, check to make sure the look or smell hasn't changed. If you are unsure about its safety, contact a pharmacist or healthcare provider before using



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.*



GIVE A LITTLE, GET A LOT...

Volunteer at the
Klamath Basin
Senior Citizens'
Center today!
Stipend provided and negotiable!

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 available. 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

Klamath Basin Senior Citizens' Center has been awarded \$10,000 by the National Council on Aging to Help Older Adults Get Vaccinated

Klamath Basin Senior Citizens' is pleased to announce that it has been awarded a \$10,000 grant by the National Council on Aging (NCOA) for the COVID-19 and Influenza Vaccine Uptake Initiative. The program is supported with funding from the Administration for Community Living, U.S. Department of Health and Human Services.

The grant will support the Senior Center's work in making it as easy as possible for older adults and people with disabilities to get their updated vaccinations and protect their health. The Center will use the funds to reach older adults with trusted information, providing several free vaccination clinics at the Center, and support individuals in getting to vaccine appointments. We will be collaborating with the Merrill Clinic and with Klamath County Public Health in delivering this clinics.

Vaccination Clinic Schedule:

- Monday, October 23, 8:30a – 12:00p
- Monday, November 13, times printed next issue
- Monday, December 11, times printed next issue

At time of publication, we are confirmed for flu vaccinations only. Please call ahead to ask about COVID vaccinations. We can provide transportation to your clinic or pharmacy of choice to receive your COVID vaccination. Call the Center's Transportation Services at 541-850-7315 for a free ride to that appointment! Make sure you tell the Dispatcher you are requesting the ride for a vaccination appointment.

Today, nearly nine out of 10 deaths from COVID-19 are among people 65 and over, and 70-85% of seasonal flu-related deaths occur in older adults, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID-19 vaccine uptake has slowed among older adults. Thanks to this grant, we will be able to provide a robust vaccination initiative to address this challenge in the Klamath Basin.

About the National Council on Aging

The National Council on Aging (NCOA) is the national voice for every person's right to age well. NCOA believes that how we age should not be determined by gender, color, sexuality, income, or ZIP code. Working with thousands of national and local partners, NCOA provides resources, tools, best practices, and advocacy to ensure every person can age with health and financial security. Founded in 1950, NCOA is the oldest national organization focused on older adults. Learn more at www.ncoa.org



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



Carima Moreno
Lifestyle Director

After four years in the kitchen, I got this position as Lifestyle Director for Pelican Pointe. I love the job because I get to hang out with great people all day. We start with a long relaxed coffee social every morning and then exercise follows. Later I plan craft projects, cooking classes, cards and games, speakers and so much more!



Pelican Pointe
ASSISTED LIVING

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



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

Amber Anderson

**I have to keep the entertainment rolling!
I love it! Everyone is family here!!**

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

Lake County Senior Center



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

Lake County Senior Center

October 2023 Events

Bingo every Monday after lunch. Callers welcome.
SOUP Is BACK!!!! served @ 11:30 on Monday, Wednesday & Fridays.
NEW Lake County Senior Center hours starting October 2nd!
 Monday – Thursday 9 – 5, Friday 9 – 2
Birthdays luncheon will be on the second Friday October 13th.
Crafter’s Corner. Tuesday, October 17th 1:00- All Crafters Welcome.
“Grief Relief” class will be held on the third Thursday, October 19th.
ALL rides require reservations. We provide transportation to most events.
Lunch bus available for meals on Monday, Wednesday, & Fridays @ 12:00. Please call 541-947-4966 to request a ride to The Lake County Senior Center.
Home delivered meals are provided weekly. Congregate Meals are served on Mondays, Wednesdays, and Fridays in our 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.
FREE Second Tuesday Klamath Falls Shopping Trip. Must have a minimum of 3 riders. Riders please meet at the Lake County Senior Center Parking Lot.
Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. We will meet at The C.V. Community Center.
 Outback Thrift Store is open 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.

New! AnchorHead Coffee Group for any Veteran.
 Thursday 9 - 10:00 in the Sunroom.



Please join us for an informational meeting to learn about **ATRIO Health Plans new Medicare Advantage plans for 2024**

Meetings with Brannon Kaefring on:

- Tuesday, Oct 17th – 10 am
- Thursday, Oct 19th – 10 am
- Tuesday, Oct 24th – 10 am
- Thursday, Oct 26th – 10 am
- Tuesday, Oct 31st – 10 am
- Thursday, Nov 2nd – 10 am
- Thursday, Nov 9th – 10 am

Call 541-882-6476 to reserve a spot. Seating is limited!



Your Local Health Insurance Agents
 Since 1980



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 HEALTH PLANS

4509 So. 6th Street, Suite 109
 Klamath Falls, OR
 541-882-6476

One-on-One appointments also available

ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. We do not offer every plan available in your area. Currently we represent 10 organizations which offer 59 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodation of persons with special needs at meetings call 1-877-672-8620 (TTY 711). To file a grievance or complaint about marketing efforts with Medicare, contact 1-800-MEDICARE, 24 hours a day/7 days a week. Please provide your agent/broker name and plan name if possible.

H6743_MKT_AG_MTGS_2024_C

Parkinson’s Disease Support Group

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

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

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

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

Klamath Falls Parkinson’s Support Group

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



SHIP TALK

(Senior Health Insurance Program)

OPEN ENROLLMENT IS ALMOST HERE!

Anne Hartnett, SHIBA Coordinator

Mark your calendar: the dates for Open Enrollment (sometimes called Annual Enrollment) are October 15 through December 7, 2023. Open enrollment is the time to make two changes – (1) Changing your Part D drug plan and (2) Switching between an Advantage plan and original Medicare. That's basically it.

So, let's review some of the things you need to check out. Probably the most commonly changed are the Medicare Part D prescription drug plans. Every drug plan is different – and has a different price tag. And they all seem to change every year. And your needs may change. When you get your notice of 2024 pricing and formulary from your drug plan, be sure and check it out and make sure you want to keep it. When you make an appointment with SHIBA to check out drug plans, you'll need to bring in a complete list of the drugs and dosages you're taking. Changes made during the open enrollment period will become effective in January 2024.

Another change that people can make only during open enrollment period is switching from regular Medicare to an Advantage plan or vice versa. An Advantage plan covers the same benefits that regular Medicare offers but with different price tags and co-pays. You will also include your prescription drug package in the Advantage plan. Conversely, if you are currently in an Advantage plan and would like to change into regular Medicare plus a supplement and a stand-alone drug plan, this is the time to do it. The change will take place January 1, 2024.

Many people think this is the time to change your supplement (or Medigap) if you have original Medicare. WRONG! Medigap can be changed at any time of the year. But the only time you can change your Medicare supplement with a GUARANTEED ISSUE is the 30 days following your birthday. Key thing to remember here is that Medicare supplemental plans can refuse to insure you if you have a pre-existing condition. However, the "birthday rule" protects you with a guaranteed issue for the 30-day period after your birthday.

Summing it up: Changing from original Medicare into an advantage plan, or vice-versa or changing your Part D drug plan are the only two things reserved for open enrollment.

Hopefully this information will be helpful for those of you who are uncertain how to handle all the information you'll be getting in the mail. Remember, most of it is just ads. And some of the mail or phone calls may be a scam! **Be careful!** If you want to check prices and if you think you might need help with your Medicare options and decisions, be sure and call the Senior Center at 541-883-7171 and ask for an appointment with a certified SHIBA counselor.

OCTOBER 2023 CROSSWORD ANSWERS – PUZZLE ON PAGE 4

DOWN 1. Safety 4. Open 5. Sunday 7. Past 8. Rolls 10. NCOA 11. Voice
ACROSS 2. Age 3. Wolf 6. Pumpkin 9. Autumn 12. Chords

Vaccination Clinics at the Center this Fall,
please see page 10 for more details!

DONOR REPORT

AVANGRID STAR CORPORATE GRANTOR IN SEPTEMBER

Submitted By Marc Kane

Avangrid? "Who is Avangrid?" you may ask. Everyone in the Basin is familiar with what we originally called the co-generation project. The co-gen plant is now known as Klamath Energy and is located south of Hiway 66 just west of Hiway 97. They are a wholly owned subsidiary of Avangrid an energy services company primarily located in the New England states. They have been a recurring grantor for several years in a row now and their local plant director, Greg Dolezal, serves as president of the Klamath Senior Center's Board of Directors. We especially honor those organizations that give every year and become members of what we refer to as our family of grantors. They are also recognized with the placement of their logo in our building foyer.

Will your organization be our next grantor? Our general operating campaign has now raised 28% of its goal by the end of September, which completes our first quarter of the fiscal year.

August 2023 donations of \$52,346 were received from the following organizations and individuals:

JTMF Foundation	Mary Ellen Sargent	Burl Parrish
NCOA.	Avangrid	Rose Chapman
Smullin Foundation	Refuge City Church	Cheryl Gibbs
Atrio	Marta Stephens	Ernie Palmer
BNSF	Jon Schnebly	Robert Petrik
		Donna Maloney

Unidentified contributions in August for Meals, Transportation and Other Services amounted to \$4,505.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2023 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.

Holiday Grief Workshop

Thursday
December 7, 2023

11:00 a.m. or 4:00 p.m.

2751 Washburn Way



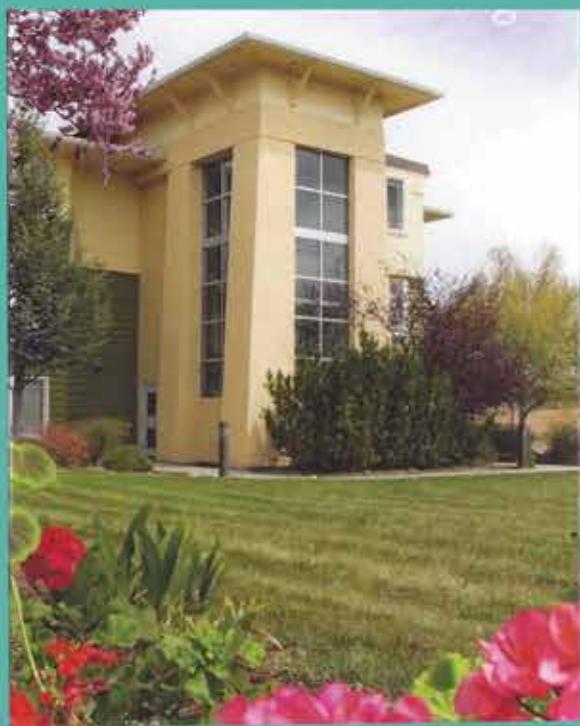
KLAMATH HOSPICE
AND PALLIATIVE CARE

Free
Workshop for
Adults Only

Family groups
available upon
request

Please bring a
photo of your
loved one or
pet for the
memorial craft

Interested in
joining this group?
Contact Emily at
541-882-2902



Independant Living
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 Klamath's only Memory Care
 Exceeding your expectations
 and enriching your life is
 what's most important to us
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 want to get to know you and
 your family...your favorite
 stories, your daily joys and
 your hopes and dreams...so
 that we can deliver on our
 promise every day...to treat
 you the way you want to be
 treated. Let us make you
 feel at home here.

Feel At Home Here



WELCOME
 to our new
Executive Director
GREG HANSEN

Crystal Terrace
 offers a beautiful
 campus setting with
 a service-enriched
 lifestyle and
 thoughtful continuum
 of care for your needs
 today and tomorrow.

My passion for excellent care for seniors started with my parents being badly treated in an assisted living facility in Florida years ago. My wife, a nurse practitioner, and I started our own assisted living/memory care facility 2010-2016. That experience shaped the rest of my working life and now I am pleased to be here at Crystal Terrace.

Compassion and care, dignity and respect are the virtues I live by. I commit to making sure we do everything we can to enhance the quality of life for our residents...and our staff! CALL for a tour today of this beautiful 22 acre campus.



Crystal Terrace
of Klamath Falls

MBK SENIOR LIVING

1000 Town Center Dr

Klamath Falls, OR 97601

541-238-2456

**Consider donating to support
Senior Center
programs & services.
See page 5.**



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

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

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- Chef-prepared meals
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Senior Living

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

UKU TUESDAY NEWS

By Maryann Kane

The ukulele players are coming' out of the woodwork! We had a great time playing and singing the songs learned so far. Jon McKellar shared some great tips to sharpen our skills as we learned new chords. He also shared how to play 'Beautiful Kauai'. Maryann Kane reviewed the basics with the 5-5:30pm class to prep us for the 5:30-6:30 UKU Gathering. Executive Director, Marc Kane was busy photocopying and distributing music packets for the participants.

We added a new song from Cynthia Lin's 3rd beginner's ukulele tutorial found on youtube, 'Don't Worry, Be Happy', by Bob Marley. Check it out! Two of our fine joiners played one song each that they enjoyed learning on their own, awesome! We are encouraged to provide a 'Share Time' for those who may have a song to play/sing to rev up our enjoyment.

Our next 5-5:30pm review and 5:30-6:30pm UKU Gatherings will be on Tuesday, October 24th, and Tuesday, November 28th.

We will follow Cynthia Lin's tutorials #4 (Stand By Me), and #5 (Somewhere Over the the Rainbow). Practice at home. Mark your calendars and come join us! All are welcome!

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Get to know **ATRIO** Dental Benefit!



Good oral care is important for overall health.

With the ATRIO Health Plans Flex Card debit card, you receive an annual dental allowance to spend how you see fit. Whether it is for regular cleanings and check-ups, for more comprehensive items like fillings, tooth removal, or root canal, or for products sold by the dentist, you are in charge of how you spend your dental dollars.

Dental Coverage includes:

- Dental coverage benefit amount varies by plan and ranges from \$750 to \$4,000.
- Access to any dentist! *No provider network restrictions*
- No paperwork! *Simply use your ATRIO Flex Card debit card to pay for your dental needs*

Call for more information about this benefit and the different ATRIO Medicare Advantage plans available.

Call Today!
541-492-5129



For 20 years we've been Oregon's local, dependable Medicare Advantage plan.

ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. To file a grievance or complaint about marketing efforts with Medicare, contact 1-800-MEDICARE, 24 hours a day/7 days a week. Please provide your agent/broker name and plan name if possible.

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At the 2nd Annual Age Well Expo – Attendees Learned That Falls Are Not a Normal Part of Aging – But They Are All Too Common

“NOW THEREFORE BE IT PROCLAIMED, by the Board of Klamath County Commissioners that September 18th – 22nd, 2023 as ‘Falls Prevention Awareness Week’ in Klamath County and urge our citizens to commend its observance,” read Vice-Chair County Commissioner Kelley Minty on Tuesday, September 12 at the weekly business meeting. Dr. Jim Calvert, retired family medicine specialist, was present to accept this proclamation on behalf of the Klamath Basin Senior Citizens’ Center (KBSCC) as a current KBSCC Board Member.



The KBSCC understands the importance of Fall Prevention, serving the Basin’s older adult population through evidence-based fall prevention programming including Stay Active and Independent for Life (SAIL) and the Arthritis Foundation Exercise Program, as well as evidence-informed yoga, Qi Gong, and physical activity classes. As part of their effort to bring awareness and action to Fall Prevention, the KBSCC hosted the 2nd Annual Age Well Expo on Sept 19 – with 33 community organizations and over 250 event participants. The Center was excited to have exhibitors from local and statewide resources join us, getting community members the important information they need to stay mentally, physically, and socially active in the Basin.



“At least 22% of Klamath County citizens are 65 years of age or older. We know that 29% of older adults fall yearly in Oregon, which is higher than the national average. In addition to the major financial toll, falls cause serious injury and can lead to depression, loss of mobility, and loss of functional independence,” notes Anne Davenport, PT, DPT, Program Manager for Health Promotion Services at the KBSCC. She is Board Certified in Geriatric Physical Therapy, the Chair of the Oregon Fall Prevention Coalition, and crafted the Fall Prevention Awareness Week Proclamation.

“There is the myth that it is normal to fall as you age,” cautions Davenport. “It’s not normal, but it is, unfortunately, quite common. By seeing falls as ‘normal,’ we assume that we have to ‘just live with it,’ and ‘there’s nothing that can be done.’ The good news is that it is a largely preventable community health problem and there are cost-effective strategies to support older adults in reducing their risk for falling.”

“There are six big and relatively simple steps we can take today to bring our risk down,” Davenport explains. “Find a balance and exercise program. Talk to your PCP about your risk. Review your



medications with your pharmacist or PCP. Get your vision and hearing checked. Remove hazards in the home. Talk to your family and friends.”



Attendees could find resources to address each of these steps at the Expo, enjoyed a lunch provided by Klamath and Lake Counties Council on Aging, to-go food from the Klamath Lake Counties Food Bank, and raffles from the 33 participating organizations (please see page 18 for a list and gratitude!) We look forward to hosting you all again next year as we work together to Age Well in the Basin!



Pumpkin Cinnamon Rolls

Recipe and photo from “Amy’s Healthy Baking” found at amyshealthybaking.com

Ingredients

Dough

3 tbsp warm nonfat or nondairy milk (about 100-110°F)

½ tbsp unsalted butter, chef’s choice, melted

3 tbsp coconut sugar

½ tsp salt

2 ¼ tsp (one ¼-oz package) active dry yeast

¾ cup pumpkin purée

1 tbsp ground cinnamon

2 – 2 ½ cups whole wheat flour

Filling

6 tbsp coconut sugar

2 tsp ground cinnamon

½ tbsp unsalted butter, chef’s choice, melted

Topping

Your choice of store bought cream cheese icing or, Greek yogurt drizzled with maple syrup

Lightly coat a 9”-round cake pan with nonstick cooking spray. Set aside.

Dough: mix milk, butter, sugar, and salt in a large bowl. Sprinkle yeast on top, and wait 10-15 mins or until the mixture turns frothy. Stir in pumpkin purée and cinnamon. Mix in 1 ½ cups of flour. If the dough is still wet, continue adding flour 2 tbsp at a time until the dough begins to pull away from the sides of the bowl.

Turn the dough out onto a well-floured surface, and knead for 3-5 mins or until the dough springs back most of the way when you gently press your index



finger into it. Let the dough rest while preparing the filling. To prepare the filling, stir together the coconut sugar and cinnamon in a small bowl.

On a clean, well-floured surface, roll the dough out into a 16x10” rectangle. Brush with the melted butter, leaving a 1” border on the two longer sides. Sprinkle with the cinnamon sugar, leaving a 1” border on the two longer sides again. Carefully roll the dough into a log, starting at one long edge. Pinch ends to seal. If the dough won’t stick, gently brush the second longer edge with water before pinching to seal. Slice the log into 12 pieces using a sharp serrated knife. Place the rolls into the prepared pan, and cover the pan with a clean towel. Set the pan in a warm, draft-free spot, and let the rolls rise for 30-45 mins or until doubled in size.

Preheat oven to 350°F. Bake cinnamon rolls for 18-22 mins or until filling is bubbling and the sides feel firm. Cool in the pan for at least 10 mins before serving.

Top with your choice of store bought cream cheese icing or Greek yogurt drizzled with maple syrup, or leave “naked”!

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.





Oregon Department of Veterans Affairs
Aging Veterans Services



Sky Lakes Wellness Center

THANK YOU!



Department of Human Services,
Aging and People with Disabilities

Oregon Health & Science University
Knight Cancer Institute



Sky Lakes Pharmacy
commute options



Pelican Pointe Assisted Living

Home Repair and Modifications



Did you know?

We can help with small home repairs and modifications for Seniors who are eligible.
We have helped seniors with ramps needed in their homes for safety.
We have helped with heating systems and more!

Do you have something you may need help with and are not sure where to ask?



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

Walk Your Way to Wellness



Based on the Arthritis Foundation's Walk With Ease Program, supported by funding from the Roundhouse Foundation.

Walk Your Way to Wellness 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

Tuesdays - 9:00am

Meet at the Klamath Basin Senior Center, 2045 Arthur Street, Klamath Falls
Oct 10, Oct 17, Oct 24, Oct 31

Thursdays - 10:30am

Meet at the Sky Lakes Wellness Center -- 128 S 11th Street, Klamath Falls
Oct 5, Oct 19, Oct 26, Nov 2 ** NO WALK ON OCT 12

Each session will include stretching, education, 20-30 minute walk, a cool down - and most importantly, fun!

Wear comfortable clothes and bring a water bottle!

Please call Anne Davenport at 541-883-7171 ext 122 or email at stayactive@kbscc.org to learn more.

FOSTER GRANDPARENT PROGRAM



VOLUNTEERS NEEDED

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

- WORK WITH KIDS**
FLEXIBLE HOURS
VARIOUS LOCATIONS
- EARN EXTRA CASH**
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GET INVOLVED

Email: fgp@retirement.org
Call: (541) 539-1208



AmeriCorps Seniors

Community Volunteer Network
A PRS Organization



cascade comprehensive care



Cascade Health Alliance

Don't Let the Cold or Flu Catch You This Season Get Vaccinated!

Cold and flu season is quickly approaching, and it's important to take the necessary precautions to protect yourself and others from these viruses. In addition to eating healthy foods, wearing masks, and practicing good hand hygiene, vaccines are one of the best ways to prevent infections from spreading in the community.

Flu season usually runs from October to May in the United States. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine yearly. It is vital for older adults to get vaccinated because they are more likely to experience complications from the virus.

Additional Recommended Vaccines for Older Adults:

- COVID-19
- Shingles
- Pneumococcal
- Tetanus, Diphtheria and Pertussis (Tdap)

If you have questions or need to know where you can get your vaccines, visit: www.vaccines.gov

October is Eye Injury Prevention Month

Protecting your eyes from injury is one of the simplest things you can do to keep your vision healthy throughout your life.



Surprising Facts About Eye Injuries

The fifth-annual Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma found that:

Most people believe that eye injuries are most common on the job — especially in factories and on construction sites. But in fact, nearly half of all eye injuries occurred in the home.

Home repairs, yard work, cleaning and cooking caused more than 40% of eye injuries. More than a third of those injuries in the home happened in the kitchen, bedroom, bathroom, living room or family room.

More than 40% of eye injuries every year are related to sports or recreational activities.

More than 78% of people were not wearing eyewear at the time of injury. Only about 5% of those those who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

Men should know that they are more likely to get an eye injury than women.

Sun can damage eyes just like objects, chemicals and dust. Always wear sunglasses or sport-appropriate UV-protective goggles, such as ski goggles, when outdoors.

The 2023 Annular Solar Eclipse will occur Saturday, Oct 14th, beginning at 9:13am. Klamath Eye Center, Benson Eye Center and Downtown Optical will have Eclipse glasses for sale! \$5 each or 5 for \$20.



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

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Kfallscremation.com

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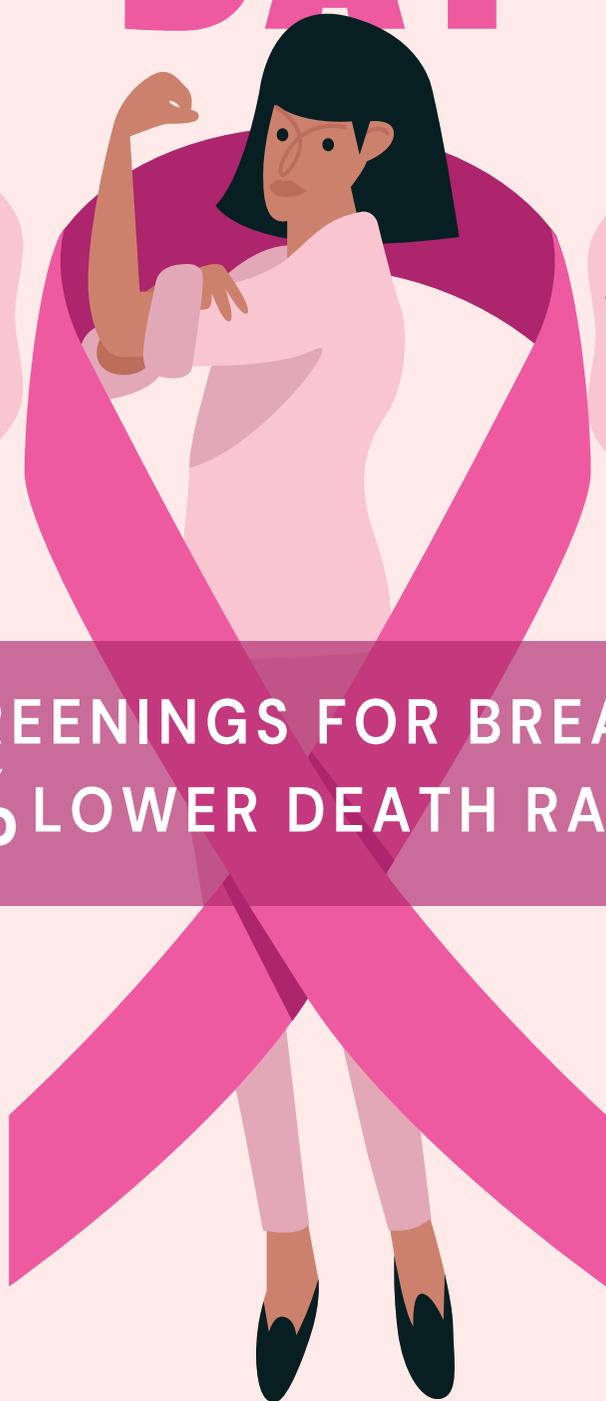
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THINK PINK DAY

THURSDAY
OCTOBER

26

2023



WEAR YOUR
PINK TO SHOW
YOUR SUPPORT FOR
BREAST CANCER
AWARENESS
MONTH

REGULAR SCREENINGS FOR BREAST CANCER =
26% LOWER DEATH RATE

SCAN TO SEE
PARTICIPATING
BUSINESSES



SHOW YOUR SUPPORT

STOP BY SELECT LOCAL RETAILERS FOR
SPECIAL DEALS IN HONOR OF
BREAST CANCER AWARENESS

KLAMATH SENIOR CENTER OCTOBER 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
- **PEARLS with Patty Card and Kelli Bowers 12:00 – 1:00 pm, more info: call KBBH at 541-883-1030
- (+) Golden Age BINGO & Cards Club 12:30 pm
- Yoga Pilates Fusion with Kim Carson 4:00 pm to 5:00 pm

TUESDAYS

- Walk Your Way to Wellness with Anne Davenport 9:00 am
- 2nd Tuesday Learn'n'Lunch, see below for topic!
- *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

- 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

- Mobility from Head to Toe with Anne Davenport 9 – 10 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

* 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

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.

PEARLS: Stands for Program to Encourage Active Rewarding Lives and educates older adults about what depression is (and is not) and helps develop the skills they need for self-sufficiency and more active lives. For more information, call KBBH at 541-883-1030 and ask for Patty Card or Kelli Bowers.

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 (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.

UKULELE GROUP: A gathering of wonderful players to make music together, beginners and beyond are welcome! Please see page XX for more details and dates.

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, with music and laughter! 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.

Check for event calendar updates at www.klamathseniorcenter.com

Learn'n'Lunch Tues, October 10 is 'Talk About Your Medicines'

The National Council on Patient Information and Education (NCPPIE) has designated October as "Talk About Your Medicines" month. The goal is to promote and enhance communications between patients and health care providers regarding the safe and appropriate use of medications.

Have you sat back and thought to yourself, HOW AM I SUPPOSED TO REMEMBER ALL OF THESE MEDICATIONS? HOW SHOULD I TAKE THESE MEDICATIONS? WE ARE HERE TO HELP!

Managing medications can seem overwhelming at times, but rest assured it can be accomplished. Please join **Sky Lakes Pharmacy Resident's Emoryan Foxe and Denna Mohamed for a discussion on October 10, 2023 from 10:30 am – 11:00 am.** They will be presenting a discussion, with supporting materials, on general medications, common side effects, how to manage your medications around potential side effects, and the best ways to stay organized.

Drs. Foxe and Mohamed will make themselves available after the discussion to support patients who bring their medication with pill organizer management and some 1-on-1 tips to help manage your medications.

Please arrive 10-15 minutes early so that we may start the workshop on time. Registration for Learn'n'Lunches is not required, **but highly recommended.** Please stop by the front desk or call at 541-883-7171.

OCTOBER 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
		4	5	6
		QUICHE Veggie Salad Dessert	BEANS & HAM W/CORNBREAD Veggie Salad Dessert	SWEDISH MEATBALLS W/PASTA Veggie Salad Dessert
9	10	11	12	13
CLOSED FOR INDIGENOUS PEOPLE'S DAY	MINISTRONE Veggie Salad Dessert	ROAST CHICKEN Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	SLOPPY JOES Veggie Salad Dessert
16	17	18	19	20
GOULASH W/GARLIC BREADSTICKS Veggie Salad Dessert	CHICKEN STRIPS & FRIES Veggie Salad Dessert	BEEFY BEAN SOUP W/CORNBREAD Veggie Salad Dessert	CORN CHOWDER Veggie Salad Dessert	AU GRATIN POTATOES W/HAM Veggie Salad Dessert
23	24	25	26	27
SPAGHETTI & MEATBALLS Veggie Salad Dessert	POLISH SAUSAGE W/SAUERKRAUT Veggie Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert	SPLIT PEA SOUP W/CORNBREAD Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert
30	31	NOV 1		
MEATLOAF & MASHED POTATOES Veggie Salad Dessert	LASAGNA ROLLS W/GARLIC BREADSTICKS Veggie Salad Dessert	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 10:30am - 12:30pm.**

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

- Klamath Hospice
 Upcoming Speakers for Muffin Mondays
- 10/9: Todd Kepple -Klamath County Museum - Night at the Cemetery
 - 10/16: Bobby Douglas – Potato Festival
 - 10/23: Carolyn Acevedo & Ken Weaver - BTS
 - 10/30: Kathy Neese – Heroes Breakfast
 - 11/6: Dutch Brothers – Honoring our Veterans for Veteran's Day early.

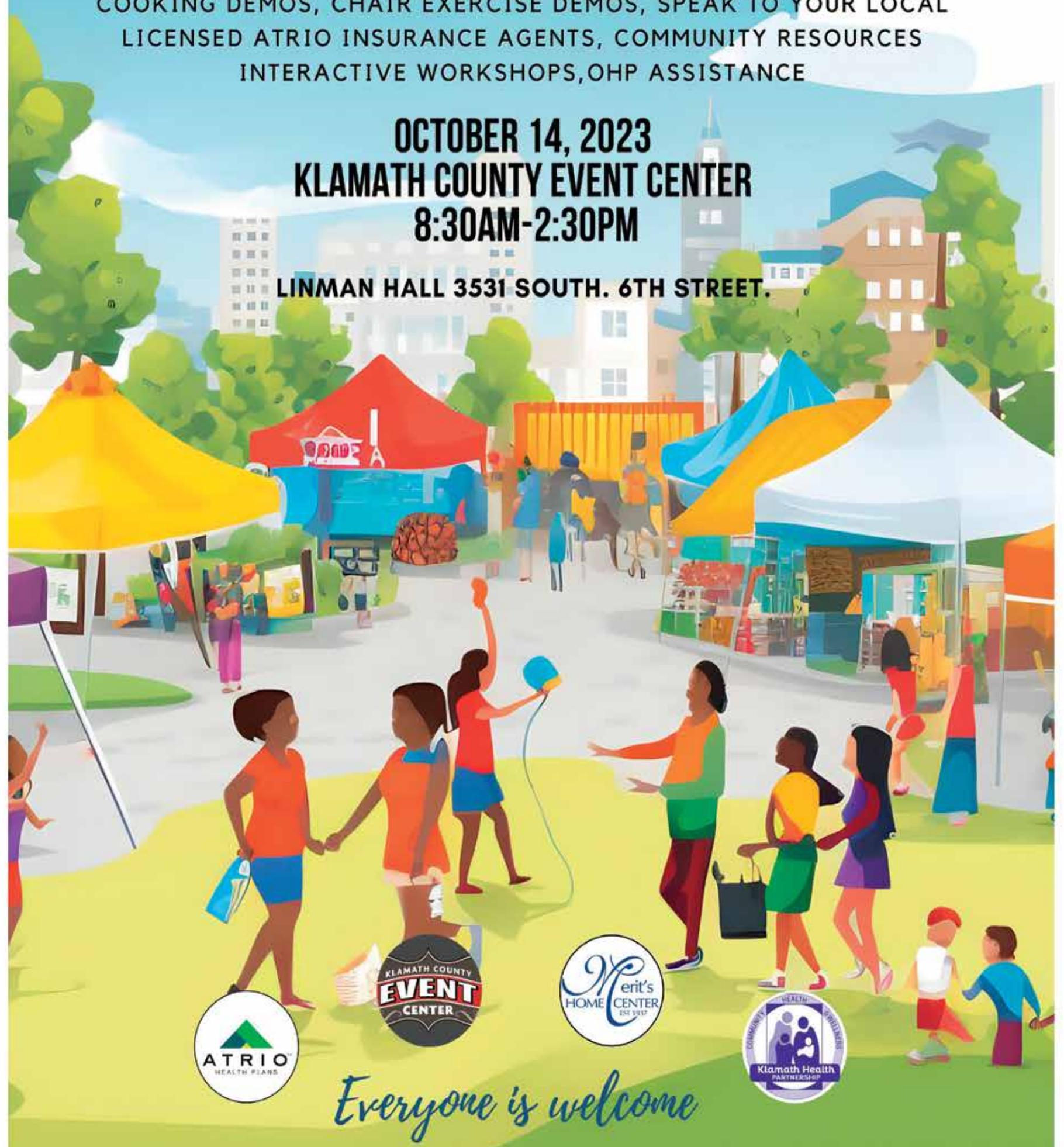
ATRIO AND KLAMATH HEALTH PARTNERSHIP PRESENT

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.



Everyone is welcome