

Mt Shasta
Mary Kelley, 2023
Watercolor on Paper

FREE
Take
one!



A watercolor painting of a mountain landscape. The foreground shows a paved road curving to the right, with green hills and trees on either side. The middle ground features rolling green hills. The background is dominated by a large, snow-capped mountain peak under a cloudy sky. The painting is done in shades of blue, green, and white. The artist's signature 'M Kelley' is visible in the bottom right corner of the painting.

Active Seniors

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



A photograph showing several hands of different ages and skin tones joined together in a circle, symbolizing community and support. The hands are resting on a surface with autumn leaves and a checkered tablecloth.

We are grateful for the community we live in.
NOVEMBER 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.


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!

CONTACT INFORMATION

General Information - Front Desk
541-883-7171

Donations - Shawn McGahan
541-883-7171 ext 136

Transportation - Cindy Dupart
541-850-7315

Volunteer Coordinator - Erica Dow
541-883-7171 ext 128

Health Promotions - Anne Davenport
541-883-7171 ext 122

Executive Director - Marc Kane
541-883-7171 ext 117

Front Desk Staff



Rolland Bailey



Maurine Keena-Loprete



Judy Young



All content for this publication has been provided by the Klamath Basin Senior Citizens' Center and partners. For questions, suggestions, and general information regarding this publication, please call 541-883-7171.

Produced in conjunction with the Herald and News.

Director's Greeting

Embracing Gratitude, Volunteering, and Health: A Key to Well-Being

As the holidays approach, the Klamath Basin Senior Citizens' Center is celebrating gratitude, community, and staying healthy. I am deeply grateful for the opportunity to guide KBSCC into our next chapter. I have really enjoyed meeting with our patrons, volunteers, staff, board members and community partners. One thing that has immediately impacted me is how vibrant this organization is. It is amazing to see all the wonderful people here engaged in so many different activities and having fun. I have seen people participating in: bingo, dancing, cards, exercise, painting and volunteering.

It is more important than ever to express gratitude for the blessings we have. KBSCC encourages you to take a moment this Thanksgiving season to reflect on the positives in their lives. Gratitude not only improves mental well-being but also contributes to overall health.

One way many seniors find joy and purpose is through volunteering. Volunteering might be described as gratitude in action – the verb of gratitude as it were. The KBSCC is grateful for volunteers who dedicate their time and energy. Volunteering, whether it's preparing meals, helping with activities, or simply providing companionship, can be a fulfilling way to give back to the community. If you're interested in volunteering, please reach out to us – we are always grateful for your contributions. Volunteers are a cornerstone of our organization.



Matthew Pich-Maxon

Community involvement is an additional avenue through which we can bolster our health and gratitude. We would like to thank Bristol Hospice for recognizing our patrons' birthdays by providing dessert each month; their next visit is November 16. We would also appreciate your attendance at our Thanksgiving Dinner for Lunch on November 17.

Another aspect of well-being is maintaining a healthy lifestyle. Eating well and getting enough sleep are vital components of this equation. A well-balanced diet rich in fruits, vegetables, and whole grains can help boost the immune system, which is particularly crucial during cold and flu season. Adequate sleep, typically 7-9 hours for most adults, supports both mental and physical health. Additionally, as a part of healthy living we encourage everyone to continue practicing good hygiene, such as regular handwashing and staying home when sick.

To further ensure the health and safety of seniors in the Klamath Basin, KBSCC is pleased to announce two upcoming free flu vaccination clinics in partnership with Klamath County Public Health on November 13th and December 11th. These vaccinations are a crucial step in protecting seniors from the ongoing health risks. The Center is dedicated to making these clinics accessible, safe, and efficient for all who wish to participate

The importance of vaccination cannot be overstated, especially for the elderly who are more susceptible to severe illness. We encourage all eligible seniors to attend these clinics to stay well throughout the coming months.

I am looking forward to getting to know all of you over the coming months and years. Please, if you have any questions or need anything, feel free to ask.

Join us at the
Klamath Basin
Senior Center

Annual Christmas Bazaar

Saturday, December 2
One day only!

8:30 am to 3:00 pm

Baked goods, Garden Club, Christmas wreaths,
homemade jewelry, arts & crafts, and more
from over 30 local vendors!

To make a fully tax-deductible donation to the

Klamath Basin Senior Citizens' Center

Call 541-883-7171
In person at 2045 Arthur St, Klamath Falls, OR
Online at klamathseniorcenter.com

Or mail this form to:
Klamath Basin Senior Citizens' Center
P.O. Box JE
Klamath Falls, OR 97602

Name: _____
Email: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Amount of Contribution: _____
Does your employer have a matching gifts plan? Yes No
 My check is enclosed payable to KBSCC
Or charge my contribution to my:
 Visa Mastercard AMEX Discover
Card # _____
Expiration Date _____ CSC _____
Recurring monthly contribution? Yes No
Signature: _____



FINDING YOUR NICHE

Volunteers are an integral part of the work we do. By donating your time, you can play an invaluable role in supporting our older adults, people with disabilities and their families.

Just a few hours of your time is priceless to the older adults we serve every day.

“The best way to find yourself is to lose yourself in the service of others.” Mahatma Gandhi

Administration: Volunteers help with reception, clerical and data entry as needed in various programs.

Drivers: Help those who no longer drive get to their appointments, run errands and grocery shop.

Exercise Instructors: Provide physical activity programming at the Center, training provided.

Home Visits: Provide weekly visits to lonely and isolated seniors.

Maintenance Helpers: Conduct minor repairs at the Senior Center and assist maintenance manager with work orders.

Meals on Wheels: Drivers assist with daily meal deliveries to homebound adults in Klamath County.

BINGO: Assist with Bingo set-up, calling and monitoring.

SHIBA: (Statewide Health Insurance Benefits Advisors) Trained to help older adults understand their health insurance options, including private, prescriptions and government plans.

Village Volunteers: Assist with minor home repairs, build wheelchair ramps, weatherizing homes, yard maintenance, light housekeeping.

**For more information please stop in at 2045 Arthur Street,
Klamath Falls, OR 97603**

Or call Erica Dow, Volunteer Coordinator, 541-883-7171 ext. 128

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.



Parkinson's Resources
Serving Oregon & SW Washington

WHAT'S NEW

Weekly Walking Group

Join us at the Center, Tuesdays at 9am

The Age Well Path is in being installed around the perimeter of the Center!

Vaccination Clinics offered at the Center

8:30a to 12:00p on Nov 13, Dec 11

Klamath Hospice Hosts "Advanced Directives and POLST" with Dr. Holly Montjoy, Tues Nov 21, 10 - 11am (see page 5)

Senior Center is CLOSED on
Thurs, Nov 23 and Fri, Nov 24

We will have Bingo on Sat, Nov 25

Ukulele Group Continues on Nov 28th (see page 16)

Christmas Bazaar on Sat, Dec 2 (see page 3)
8:30am - 3:00pm

No NICKEL BINGO on Sat, Dec 2
Fundraising Bingo will open at 4:30pm as usual.

BINGO

**THURSDAYS & SATURDAYS
AT THE SENIOR CENTER
2045 Arthur St.**

**THURSDAY BINGO Fundraiser
open at 4:30 pm call at 6 pm**

**SATURDAY BINGO Nickel Bingo
open at 10 am call at 11:30 am**

**SATURDAY BINGO Fundraiser
open at 4:30 pm call at 6 pm**

**We apologize! The Bingo Kitchen will be closed
starting Sept 1 until further notice
Outside food will be allowed due to this change.**



**PROCEEDS FROM BINGO FUND
PROGRAMS AT THE SENIOR CENTER**

Bingo Heading Credit: linebyline on stock.adobe.com

Volunteer Spotlight!

Name: Bob Jensen

Position: Meals on Wheels Driver

How long have you been volunteering at the Senior Center?

Once I retired, I decided that I had given so much time to work that I would like to give back to the community. I started officially in January of 2019. I have been a Meals on Wheels Driver at the senior center for 3 and ½ years.



Bob Jensen

Bob also volunteers at the Klamath-Lake Counties Food Bank.

Why do you volunteer?

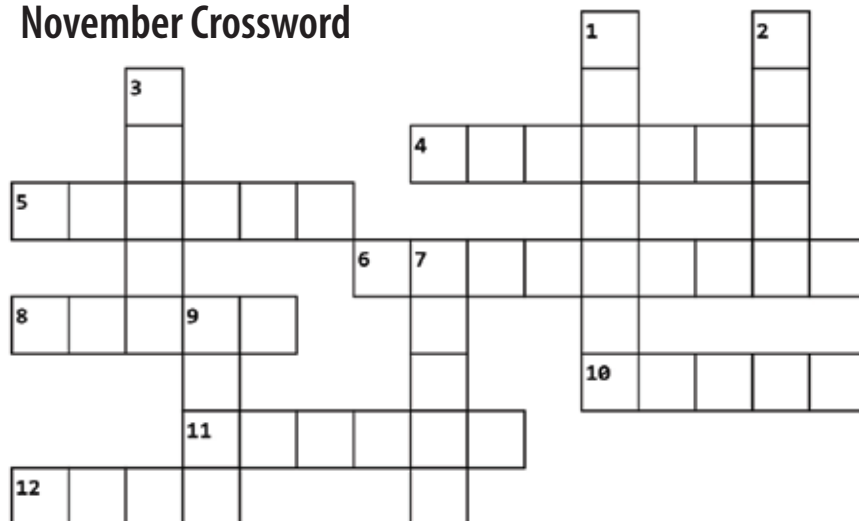
I enjoy helping the local community members. I also enjoy the engagement that I am able to have with the individuals that I deliver to.

What's your favorite thing about volunteering?

My favorite part is the interaction with the people that I deliver to. There is always great conversation and everyone is so appreciative.

Linda Breeden, Meals on Wheels Manager, states "I have numerous drivers that work extra days to help cover shortages and Bob is one of them. I really appreciate all of his hard work and extra time. It's wonderful to have him back at work with us. I know he cares about the clients and is well received by them."

November Crossword



If you've read the paper, these clues will be a breeze!
Answers on page 12.

Down

1. Only 2-5 mins of this may lower your blood sugar
2. Together, we break _____. Also, topic of Knight's poem
3. Octopus Garden musician, found in Uku News
7. A dapper looking painted gentleman, Sir...
9. Used to gather leaves

Across

4. It takes one of these to build a strong community
5. Our November Volunteer Spotlight
6. The quality of being thankful
8. Fruit of the oak tree
10. Fleshy, large fruit with hard skin, often decorative
11. Mt Shasta Cover Artist
12. Choices to be made to prevent diabetes

In observance of National Hospice & Palliative Care Month
Join Dr. Holly Montjoy
Klamath Hospice & Palliative Care Medical Director,
for a workshop on
Advanced Directives and POLST
(Portable Orders for Life Sustaining Treatment)

You have the right to make health care decisions in advance, to make your preferences about end of life known to your families long before illness strikes and regardless of your age.

This is a Free Workshop! Hosted by
Klamath Hospice & Palliative Care
at the Klamath Basin Senior Citizens' Center
2045 Arthur St

Tuesday, November 21, 10:00 - 11:00 am
For more information, call Jennifer Smith at 541-882-2902



KLAMATH HOSPICE
AND PALLIATIVE CARE



Expressions of Heart and Mind

BE A FRIEND

By Sharon Hudson

A community is what its
Residents make it.
It's people helping people,
Or not, depends on how you fit.

Most residents have similar
Goals and likes.
Some like to walk their dog,
And some like to ride bikes.

Most are friendly, and wave to you
When you go by
With love in their hearts and
Wave with a friendly, Hi.

Some people are perky, and some
Are quiet, listening to it all.
Either way you learn, you
Just don't want to fall.

Communities can be large, and
Communities can be small,
Give me the country, and
I'll have it all.

Kids grow up with each other, and
Some become friends.
They might stay in the neighborhood,
And see what life sends.

Some will move and explore
Our world today
Having fun, and working on ideas
In their kind of way.

Thanksgiving is enjoyable, and
Coming up soon.
Some will cook turkey, and
Eat gravy with a spoon.

Families come to visit, and
Will stay for the day.
Bringing a tasty recipe made
With care, their way.

I'm thankful for mine, and
Pray for the poor.
I've given what I can,
And wished it was more.

Happy Thanksgiving to all.
Hope yours is good.
Remember you are fortunate, to
Live in the neighborhood.

Bread making time

By Jean Knight

Grandpa Whiteneck

in his red, cotton apron

plops his toddler grandson,

already baptized with a dusting of white flour,

on the tiled kitchen counter

and says, "Punch it down good now!"

My son plunges his round, small fists

into the white sticky cloud of dough and

laughs his infectious toddler laugh.

Will You Miss Me?

Vaudine L. Cullins

"Will you miss me when I'm gone?"
Said the young boy to his mom, as he
scampered out the door
to go to school.

"Oh yes!" the mother said,
"Have a good day with your friends
And remember to obey The Golden Rule."

"Will you miss me when I'm gone?"
Said the young man to his mom
As he hurried to the church
To meet his bride.
"Oh yes" the mother said,
"On this day as you are wed
My heart will overflow with so much pride."

"Will you miss me when I'm gone?"
Said the mother to her son.
As she lay there in the stillness of the night
"Oh yes" the son replied
As he sat there by her side
"And like you, I'll teach my children wrong
from right."

The circle of life, from one generation to the
next, carrying on the traditions taught by
parents and practiced by their children, is a
precious part of our culture.

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



Fantasy by Sheila Amberson, painting on found rock



Willow Tree

By Janet Johnson

How familiar is the wind
That blows the leaves
Across the ground from
The willow trees
I have been here before
In this place
Not in this body or
Behind this face
I have sat here to pray
In some long lost yesterday

Old Age

By Janet Johnson

Old age has really crept
Up on me
Sometimes it's even hard
To see
Until I find my glasses
Upon my head
My back hurts when I
Make my bed
My knees tell me when
It's going to rain
But alas I won't complain
For I was a child of the
Sixties
Running free and wild as
Hippies
With flowers in my long
Hair
Without a worry without a
care

**The Senior Center
will be closed in observance of
Thanksgiving
on November 23 and 24.**



Sir Raven, by Alice Dreyer, whichnana1@gmail.com, 541-892-2976.



Photo 88094999 © Andrey Popov | Dreamstime.com

Gratitude Tips

- Be present.** Try to notice moments as they are happening, rather than thinking of the past or what is to come.
- Take a moment.** Take a deep breath. Think about the things that have brought you joy throughout the day.
- Journal.** Make a habit of writing down things, people, events that you are grateful for.
- Relive the good times.** Relive positive moments later by thinking about them or sharing them with others.
- Tell someone.** Write a letter to someone you feel thankful toward. You can send it or not. Text someone or call someone to tell them!
- Make a visit.** Tell someone you're grateful for them in person.



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, COUNTRY Farm Certified
Financial Representative
5031 South 6th Street
Klamath Falls, Oregon 97603
www.countryfinancial.com/gary.cheyne
gary.cheyne@countryfinancial.com
5418841700

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Whole Life Policy: ICC13(WL). 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.

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Just 2 Minutes of Walking After Eating Helps Blood Sugar!

By Anne Davenport, PT, DPT, Geriatric Clinical Specialist Program Manager of Health Promotion Services, Klamath Basin Senior Citizens' Center

For years, we have understood that walking after eating can support healthy digestion. New research suggests that a stroll after each meal – even one as short as TWO TO FIVE MINUTES – may lower your blood sugar!

The most recent article to highlight this increasing evidence was a review published in 2022 in the journal, Sports Medicine. This review analyzed seven studies comparing the impact of sitting, standing, and walking on the body's insulin and blood sugar levels. The conclusion of the review is that intermittent standing breaks and light-intensity walking reduced blood sugar levels compared to prolonged sitting, however, standing did not help lower insulin in the bloodstream.

If participants went for a short walk after eating, their blood sugar levels rose and fell more gradually, and their insulin levels were more stable than either standing or sitting, the article noted. Keeping blood sugars from spiking is important for your body. Large spikes and falls can raise your risk for diabetes and heart disease, experts say. Studies have shown blood sugar levels will spike within 60 to 90 minutes after eating, so it's best to get moving soon after finishing a meal.

Why does movement help keep your blood sugar (aka glucose) in check? Muscles need glucose to function, so movement helps clear sugars from the bloodstream. Using your muscles helps burn glucose and improve the way insulin in your body works.

Walking throughout the day does more than lower your blood sugar. It can help you:

- Maintain or attain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease,

- stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

To enjoy the benefits listed above, step up your game to meet the minimum physical activity standards for Americans: 150 minutes of moderate-intensity physical activity and two days of muscle strengthening activity a week.

“People who are physically active for about 150 minutes a week have a 33% lower risk of all-cause mortality than those who are physically inactive,” the US Centers for Disease Control and Prevention notes.

Check out our Calendar of Events for opportunities to get physically active on page 22.

Interested in reading the original article? Check it out: <https://link.springer.com/article/10.1007/s40279-022-01649-4> or call 541-883-7171 ext 122 and I can get you a copy!

References:

Buffey, A.J., Herring, M.P., Langley, C.K. et al. The Acute Effects of Interrupting Prolonged Sitting Time in Adults with Standing and Light-Intensity Walking on Biomarkers of Cardiometabolic Health in Adults: A Systematic Review and Meta-analysis. Sports Med 52, 1765–1787 (2022). <https://doi.org/10.1007/s40279-022-01649-4>



KLA-MO-YA CASINO & HOTEL
 888.552.6692 • klamoyacasino.com
 SLOTS • FOOD • HOTEL • FUN



GIVING AWAY
FRIDAY DRAWINGS
 NOVEMBER 3-17 • 6PM-9PM
WIN UP TO \$1,000 CASH!
 Beginning Wednesday, November 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.
May only win once per day.

STUFF YOUR WALLET
THURSDAY KIOSK
 NOVEMBER 2, 9, 16 & 30 • 10AM-8PM
Win up to \$250 CASH!
 Earn 50 points and swipe at the kiosk for your chance to win.
May only redeem once per day.

KISS THE COOK
SUNDAY KIOSK
 NOVEMBER 5-26 • 11AM-6PM
WIN PRIZES!
 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.
(Must be 55+. May only redeem/win once per day.)

VETERANS DAY
 SATURDAY, NOVEMBER 11 • NOON-6PM
RECEIVE A WIND-BREAKER JACKET!
 All guests currently in or previously in the Military. Must be a Bonus Club Member. Go to Bonus Club to be entered into Group. Go to Promotional Kiosk to receive voucher for Wind-Breaker Jacket.
May only redeem once per day. While sizes and supplies last.

Thankful Thanksgiving
HOT SEATS
 THURSDAY, NOVEMBER 23 • 1PM-6PM
WIN UP TO \$500 CASH Drawings every half hour.

May only win once per day.

NATIVE AMERICAN HERITAGE DAY KIOSK
 Friday, November 24 • 2pm-9pm
WIN PRIZES
 Earn 50 points and swipe at the kiosk to receive prize voucher.
May only redeem once per day. While supplies last.

NEW MEMBERS
WIN UP TO \$250 FREE PLAY
 Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details **No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.** **Gambling Problem? Call 1-800-GAMBLER**

WHERE WINNING COMES NATURALLY **SMOKE FREE PROPERTY!**

Card-Making Classes in November



My name is Ruth Wilhite and I am a volunteer at the Klamath Basin Senior Citizens' Center. I work in the gift shop and occasionally at the lunch check in desk.

When I am not at the Senior Center volunteering, I am at home making my own greeting cards. I make a variety of cards and shadow boxes for all occasions – birthday, wedding, sympathy, Christmas, Thanksgiving, just to name a few. I am very excited to share my hobby with you making cards. I have lots of fun and creative ideas to share.

If you would like to join me, come to the Senior Center on Thursday, November 9th and 16th, 9-11:30a, and "let's make cards!"

Please stop by the Gift Shop or Front Desk to learn more!

Building Resilience

From NIH News in Health

Nurturing your body, brain, and social connections can help you bounce back from stress.

Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

Take time for yourself. Make taking care of yourself part of your daily routine. Take time to notice the good moments or do something that you enjoy, like reading a book or listening to music.

Look at problems from different angles. Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes and don't dwell on them.

Practice gratitude. Take time to note things to be thankful for each day.

Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.

Tap into your social connections and community. Surround yourself with positive, healthy people. Ask friends, family, or trusted members of your community for information or assistance when you need it.

Look for cultural practices that you feel help in times of stress.

Get help for mental health and substance use disorders. Talk with a health care professional if you're having trouble coping.

Or call SAMHSA's free national helpline at 1-800-662-HELP. If you or someone you know is thinking about suicide, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK. You can also text "HOME" to the Crisis Text Line at 741741.

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

Gratitude Promotes a Healthy Mind and Body!

By Jeanette Rutherford, MA, LPC Behavioral Health Therapist



Diabetes prevention should include practices that support your mental and emotional health. **Gratitude** can be an effective mental health strategy when you are trying to prevent type two diabetes and other health problems.

Gratitude is an affirmation of goodness - affirming that there are good things in the world, gifts and benefits we receive. This doesn't mean that life is perfect; it doesn't ignore complaints, burdens, and hassles. But when we look at our life, **gratitude** encourages us to identify some goodness.

Gratitude helps us refocus on what we have instead of what we don't have. When we focus on what we have, we tend to be more likely to exercise regularly, have a better sense of mental health and well-being, and to sleep better!

When practicing **gratitude**, we acknowledge that other people or a "higher power" give us many gifts, big and small, to help us achieve goodness in our lives. This reinforces the need for community in living our best lives.

People who regularly practice **gratitude**, by taking time to notice and reflect upon the things they are thankful for, experience: **more positive emotions, increased ability to be present, less anxiety and depression, feeling more alive, better sleep, more compassion and kindness toward themselves and others, and even have stronger immune systems.**

Simple Gratitude Practices:

- Gratitude journal
- Set aside time each day to write down what you are grateful for that day. Right before bed is a good time to reflect on the positive – it will help you sleep more peacefully!
- Verbalize your gratitude
- Tell people, in writing or in person, when you are grateful for something they have done.
- Be concrete

- Be specific about what you are grateful for- make it real, tangible, and recent.

Keep a jar full of gratitude

- Write down what you are thankful for and place it in a jar, then read it on a special occasion or when you are feeling less grateful.
- Be social
- Share your gratitude with those around you – what you appreciate about them, about others and about the world around us.
- Challenge yourself
- When you get really good at being grateful, pick someone, something, or an event that is/was difficult for you and challenge yourself to find gratitude in that situation.

Be happy with what you have while working for what you want. - Helen Keller

Gratitude Journal
Before bed or throughout the day,
briefly note things or events that
inspire you to feel grateful.

	WORK	FAMILY/FRIENDS	NATURE	UPLIFTING EXPERIENCES	MATERIAL COMFORTS
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

*If you are stuck, here are a few ideas!
 Roof over your head, transportation, good health, bed to sleep in, sunlight/snow/rain, ability to smile, electricity, running water, food to eat, supportive people in your life...*

Lavonna Temple has only lived at Pelican Point since September, but she met 3-4 ladies already that she really enjoys. They meet and go down early before dinner and visit. She also enjoys other Pelican Pointe activities, especially Happy Hour when there is entertainment and wine. She also enjoys bingo, bible study, and the ice cream socials!



Toni Hand helps her mother, Lavonna Temple, by blowing up the Pelican Pointe monthly activity schedule so she can read it easily.

A long time Paisley, Oregon resident, she lived for a year in LaGrande until her husband died earlier this year. She loves being at Pelican Pointe so she can be closer to her family and Paisley friends.

**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



Lake County Senior Center



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

Lake County Senior Center

November 2023 Events

Bingo every Monday after lunch. Callers welcome.

SOUP served @ 11:30 on Monday, Wednesday & Fridays.
Center Hours: Monday – Thursday 9 – 5; Friday 9 – 2
Bingo every Monday after lunch. Callers welcome!!!

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 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 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.

AnchorHead Coffee Group for Veterans: Thursdays 9-10am in the Sunroom

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cascadecremations.com



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

Meetings with Brannon Kaefring on:

- Thursday Nov 9th – 10 am
- Thursday Nov 16th – 10 am
- Tuesday Nov 21st – 10 am
- Tuesday Nov 28th – 10 am
- Thursday Nov 30th – 10 am
- Tuesday Dec 5th – 10 am
- Thursday Dec 7th – 10 am

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



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4509 So. 6th Street, Suite 109
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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

SHIP TALK

(Senior Health Insurance Program)

MORE ON OPEN ENROLLMENT

Anne Hartnett, SHIBA Coordinator

Open Enrollment (sometimes called Annual Enrollment) is happening right now - October 15 through December 7, 2023). Once again I'm reminding you that open enrollment is the time for only TWO changes- (1) changing your Part D drug plan and (2) switching between an Advantage plan and original Medicare.

Right now you're probably being inundated with lots of mail, phone calls, and TV ads which can be extremely confusing. Remember, most of it is just ads, and some can actually be scams. BE CAREFUL! Do not give any personal information over the phone and come see us if you don't understand something sent in the mail.

Let's look at advantage plans. There are only two plans that are sold in Klamath County – MODA and ATRIO. Once again - No other advantage plans are sold in Klamath County. You can examine summaries of both of these plans on the internet or (if you're not computer savvy) by coming into SHIBA and we will review them with you.

If you're currently in an advantage plan and want to switch to original Medicare we can also help you find a supplemental plan (also called Medigap) and a drug plan.

If you're already on original Medicare re with a drug plan, the most commonly changed thing during open enrollment is the Medicare Part D prescription drug plan. Every drug plan is different – and has a different price tag. And they all seem to change every year. And your needs may have changed. 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 January 2024.

Let's also look at some changes we'll all see in 2024. The Part B premium will be \$174.70. This is a \$9.80 increase from 2023, which is \$164.90. The Part B deductible will increase to \$240 versus \$226 this year – a \$14 increase.

So come in and see us at the Senior Center if you want assistance reviewing your options. Call for an appointment with a Medicare certified counselor today at 541-883-7171.

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 that open enrollment is about!

NOVEMBER 2023 CROSSWORD ANSWERS – PUZZLE ON PAGE 5

DOWN 1. Walking 2. Bread 3. Ringo 7. Raven 9. Rake

ACROSS 4. Village 5. Jensen 6. Gratitude 8. Acorn 10. Gourd 11. Kelley 12. Wise

The Senior Center will be closed in observance of Thanksgiving on November 23 and 24.

DONOR REPORT

Individual and Program Donations Falling Behind

Submitted By Matthew Pich-Maxon

In the wake of a challenging pandemic and rising inflation, income allocation priorities have shifted for all. This shift has affected the donations received by our Senior Center, with only 15% of planned donations collected by the end of September, falling short of the expected 25%. We are optimistic that this trend will soon reverse.

Donations play a crucial role in our budget of nearly \$1.5 million. While they may seem small in isolation, they are vital to match government funding, which constitutes over two-thirds of our budget. Every donated dollar multiplies its impact, typically generating at least \$5 or more when used to meet matching requirements for government contracts and foundation grants.

We appeal for your support to the Senior Center. Please reconsider your contribution, as it is essential to our services, including nutrition support, transportation, health promotion, education, and programs connecting our seniors to the community. Your support ensures the well-being of older adults who rely on these services. We hope to see your name on the list of donors next month.

September 2023 donations of \$5794 were received from the following organizations and individuals:

Pacific Crest FCU	Marta Stephens	Ernie Palmer
PacificCorp	Kenneth Banes	Donna Maloney
Sharon Flury	Jon Schnebly	Charlotte Moseley
Refuge City Church	Burl Parrish	Wilma Petrik
	Rose Chapman	

Unidentified contributions in September for Meals, Transportation and Other Services amounted to \$3553

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



Can you lower your risk for developing late-onset type 1 diabetes?

Brette Bliss, Sky Lakes Medical Center

When we discuss reducing the risk for diabetes, it’s almost always centered around type 2. I never hear discussions about reducing risk for type 1.

My mom has late-onset type 1 diabetes. She was diagnosed around 32 years old. Because my mother has type 1, my brother and I are genetically predisposed to the risk of developing late-onset type 1 diabetes.

Late-onset type 1 diabetes is more prevalent than childhood-onset type 1 diabetes. Additionally, more than 40% of people with late-onset type 1 diabetes are misdiagnosed with type 2 diabetes, which can lead to inappropriate treatment or management for the condition. Type 1 and type 2 diabetes both start out as a genetic disposition and then environmental factors can trigger the condition. When it comes to type 1 there are a variety of potential triggers in addition to genetics. According to the CDC, type 1 diabetes is thought to be caused by an autoimmune reaction that destroys beta cells in the pancreas and it can take months or years before symptoms appear.

According to the American Diabetes Association, children of a female parent with type 1 diabetes who were born before she was 25 years old have a one in 25 risk of developing the disease, which is my baseline risk. Being ethnically white also may increase my risk. Growing up with a parent with type 1, I was part of at least one childhood study as an effort by my mom to identify my brother’s and my risk for also developing type 1. My brother and I religiously had our blood sugar tested anytime we felt “bad”, and the entire family lived on a low-carb diet. A lot of my life growing up revolved around managing my mom’s condition and reducing my brother’s and my risk. My lifestyle remains the same.

According to a 2021 study about diabetes risk, healthy lifestyle choices can reduce your risk for developing type 1, including those with genetic susceptibility, by 49%.

As someone who has their own chronic health conditions, the closer I get to the age my mother was when she developed type 1, the more vigilant I am about my health. Something I was taught from a young age, intended or not, is that family health history and being open about health conditions can be important to reducing risk for certain conditions in our children’s or grandchildren’s lives.

I can happily say that according to my doctor, my last A1C score was “perfect” but I’m still vigilant about my existing risk for developing type 1 diabetes and choosing a lifestyle that lowers that risk.

Additional sources

Adult-Onset Type 1 Diabetes: Current Understanding and Challenges. Diabetes Care. 2021 Nov;44(11)

Combined lifestyle factors and the risk of LADA and type 2 diabetes – Results from a Swedish population-based case-control study, Diabetes Research and Clinical Practice Volume 174, April 2021

HOW THE SENIOR CENTER IS FUNDED

2023/2024 BUDGET

Klamath Lake Counties Council on Aging	\$564,128
Transportation Grants Via BTS.....	\$246,678
Other Government Funding.....	\$180,223
Foundation/Organization Grants.....	\$125,000
Bingo Fundraisers (net after payouts).....	\$192,000
General Contributions and Fundraisers...	\$46,000
United Way.....	\$38,667
Program Donations from patrons.....	\$70,500
Concessions/rents/fees/interest	\$65,450
Refunds/Single Payments/Misc.	\$2,500
In-Kind Volunteer Services.....	\$300,000
In-Kind Food Bank Donations.....	\$38,000
TOTAL	\$1,869,146

Your Contribution Is Needed. Every \$1.50 may provide the matching dollars needed to serve a senior a meal.

Make One Today!!

We work to promote senior citizen participation in all aspects of community life by facilitating activities and opportunities for socialization, recreation, proper nutrition, physical fitness, mental fitness, education, the arts and volunteerism.

With 24 staff and 110 volunteers we will reach 4000 senior residents directly this year ending June 30, 2024 with more than 78,000 meals, 10,000 health class units, 13,500 assisted transportation rides and numerous other programs including the arts. Indirectly the entire community benefits.

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



Wise Choices

Take Steps To Prevent Diabetes

Reprinted from National Institute of Health, News in Health

Move more. Walk, dance, or ride a bike with your friends or family. It doesn't matter what activity you do, as long as you enjoy it.

Choose healthy foods. Eat fiber-rich fruits and vegetables.

Maintain a healthy weight. With healthy eating and more physical activity, you can drop pounds and keep them off.

Set reasonable goals. Start with small changes, like being active for 15 minutes a day this week. Add 5 minutes per day each week until you're up to at least 30 minutes, 5 days a week.

Record your progress. Keep a diary of what you eat and drink and the number of minutes you exercise. It's a great way to stay focused and reach your goals.

Keep at it. Making even small changes is hard in the beginning. If you get off track, start again.

'Sweet Dreams Begin with Safe Sleep' Training Coming to Klamath

Submitted by Katherine Duarte, Program Coordinator, Klamath County Public Health

Did you know the safest way to put babies to sleep is ALONE on their BACKS in a CRIB, bassinet or Pack n Play free of blankets, toys and bumpers? To spread the word about these "ABCs of Safe Sleep" (ALONE, BACK, CRIB), the Trends on Thriving (TOTs) Infant Mortality Prevention Coalition, Klamath County Public Health (KCPH), Take Root Parenting Connection and Healthy Families will be sponsoring free trainings on the Sweet Dreams Begin with Safe Sleep (Sweet Dreams) curriculum.

Captain James Carroll of Sweet Dreams and the Direct On-Scene Education (DOSE) Program of Broward County, Florida will be traveling to Klamath County to deliver the training. More than ten partner agencies, including Klamath County WIC, Pregnancy Hope Center, Sky Lakes Outpatient Care Management, Klamath Family Early Head Start, Oregon Child Development Coalition and Klamath Tribal Health & Family Services have registered to receive this life-saving education.

All members of the community are invited to take the FREE 60-minute training on November 30 or December 1. This could include partner agencies (especially first responders, home visitors, and those working with families of infants), parents, grandparents, and anyone else who is interested in learning how to create a safe sleep environment for babies. Drinks and snacks will be provided.

For more information on scheduling your session, contact KCPH Program Coordinator Katherine Duarte at (541) 882-8846 Ext. 3465 or kduarte@klamathcounty.org. Let us know if you are interested in becoming a Sweet Dreams trainer to share this information with patients, clients or families. To learn more about the DOSE version of the training designed for first responders, visit www.doseprogram.com. We hope you will join us to learn how to help our babies sleep safely.

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Klamath Falls, OR 97601



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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UKU TUESDAY 10-24-2023

By Maryann Kane

ALOHA MUSIC LOVERS!

The fall colors brightened in October by our joyful UKULELE GATHERING! Dr. Jon McKellar really got us going with the relaxed strum and tempo of Hawaiian music, and may unveil more songs from the islands for future get-togethers.

We are exploring all kinds of music, using Cynthia Lin's beginner tutorials as a framework for our basic skills. Check her out on YouTube.

We added the songs Stand By Me, the version by Iz of Somewhere Over the Rainbow, and Ringo Star's Octopus's Garden. No kidding! Great times!

The ukulele is a simple instrument that anyone can learn. It becomes even more amazing when we learn to play and sing at the same time! I encourage everyone to join us, even if you want to just come and sing along. Brain-training? Absolutely!

Our next UKU TUESDAY song fest will meet NOVEMBER 28th. See you at 5pm for a pre-teach session, and 5:30-6:30, the regular meeting.





It Takes a Village!

By Erica Dow, Volunteer Coordinator, Klamath Basin Senior Citizens' Center

What is it?

Klamath and Lake Counties' Villages are centralized, non-profit, volunteer driven organizations that coordinates services to help people remain independent (in their home) and thrive.

Why?

The aging population in Klamath and Lake Counties are some of the highest per capita of Oregon counties. In the U.S., a doubling of adults aged 65 and over is expected by 2030. This trend presents challenges in providing services and support within a community.

How does it work?

Klamath and Lake Villages are a managed database clearing house with diversely skilled volunteers and key partnerships to meet the needs of older adults and people with disabilities. Funding is provided through grants and foundations. Staffing is provided through Klamath and Lake Counties Council on Aging and the Klamath Basin Senior Citizens' Center.

Purpose:

- Reduce isolation, trauma and loneliness
- Provide maintenance for challenged living situations (minor home repairs/safety checks)
- Strengthen connection to the community (Personal contact with clients)
- Avoid often unaffordable institutional care (Nursing homes / Assisted Living)
- A way for community members, youth groups and businesses to give back to their community (Volunteer)

Examples of services provided:

- Information referrals to service agencies
- Home health care and physician appointments (In-home visits/ transportation)
- Access to transportation services
- Assistance with household tasks such as moving furniture and general housework
- Handiwork, i.e., repairing broken things in the home,
- Friendly visits (In-home/telephone)

History:

Emerging in Boston over 15 years ago, the Village movement is a growing option throughout the United States. Today there are over 200 open Villages and more than 150 in development throughout the United States including several in Oregon. In 2010, the Village to Village network, a national organization, was formed. The emphasis is on strengthening community, providing opportunities for volunteerism and minimizing isolation in the population served.

Twice-Baked Sweet

Potatoes

By Mary-Frances Heck on EatingWell.com

Prep Time: 20 mins; Additional Time: 2 hrs; Total Time: 2 hrs 20 mins; Servings: 12

Ingredients

- 8 medium sweet potatoes (10-12 ounces each)
- 1 tablespoon canola or sunflower oil
- ½ cup finely grated Parmesan cheese, divided
- ⅓ cup sour cream
- 2 tablespoons pure maple syrup
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon freshly grated or ground nutmeg

Directions

Preheat oven to 400 degrees F. Line a large rimmed baking sheet with parchment paper. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with oil and place on the prepared baking sheet. Roast until tender, 45 minutes to 1 hour. Let stand until cool enough to handle. Increase oven temperature to 450 degrees. Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous 1/4-inch border in the skins. Place 12 of the prettiest skins back on the baking sheet. (Discard the remaining 4 skins.) Add 1/4 cup cheese, sour cream, syrup, salt, pepper and nutmeg to the sweet potato flesh and mash with a potato masher until smooth. Divide the filling among the skins. Top each with a little of the remaining cheese.

Bake until the filling is bubbling, 20 to 25 mins. Garnish as desired.



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
BEHAVIORAL HEALTH
KBBH



Image credit: by hedgehog94 found on Adobe Stock

Later Lessons in Life

Submitted by Patty Card, Klamath Basin Behavioral Health. Source unknown, adapted for space.

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes she is feeling in herself? She sent me the following:

After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.

I am not “Atlas”. The world does not rest on my shoulders.

I stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter’s school fees.

I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

I stopped telling the elderly that they’ve already narrated that story many times. The story makes them walk down memory lane & relive their past.

I learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say “Thank You.”

I do not bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

I walk away from people who don’t value me. They might not know my worth, but I do.

I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.

I am learning not to be embarrassed by my emotions. It’s my emotions that make me human.

I have learned that it’s better to drop the ego than to break a relationship. My ego will keep me aloof, whereas, with relationships, I will never be alone.

I have learned to live each day as if it’s the last. After all, it might be the last.

I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

I decided to share this with all my friends. Why do we have to wait to be 60 or 70 or 80, why can’t we practice this at any stage and age?

Special finds at the
 Klamath Basin Senior Citizens' Center Gift Shop,
 Open Mon.-Fri., 10 am - 2 pm.



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



Cascade comprehensive care



Cascade Health Alliance

Managing Diabetes as a Senior

Seniors with diabetes require comprehensive care to manage their condition effectively.

Monitor your blood sugar levels, eat a balanced diet, get regular physical activity, and ensure you have emotional support.

Collaborative healthcare teams play a pivotal role in enhancing the quality of life for seniors with diabetes.

It is important to protect your vision if you have Diabetes

Diabetes can damage small blood vessels in the eye

Diabetes is a disease that affects the body's ability to produce or use insulin effectively to control blood sugar (glucose) levels. Too much glucose in the blood for a long time can cause damage in many parts of the body. Diabetes can damage the heart, kidneys and blood vessels. It damages small blood vessels in the eye as well. Even if diabetes is well controlled, it can affect your regular eye care.

The Centers for Disease Control and Prevention (CDC) says that about 90% of vision loss from diabetes can be prevented. Early detection is key. People with diabetes should get critical, annual eye exams even before they have signs of vision loss. Studies show that 60% of diabetics are not getting the exams their doctors recommend.

There are treatments for Diabetic Eye Disease that can help retain vision for individuals diagnosed with Diabetic Retinopathy and Diabetic Macular Edema.



Photo 82469875 | Eye Care © Koolaabuy | Dreamstime.com

Get those eye exams!

KLAMATH EYE CENTER

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

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



Senior Dance Group
Costume Contest on October 25



Meals on Wheels



Do you know someone in need of meals?

Meals on Wheels provides meals to adults 60 + delivered up to seven times a week to homebound seniors who can no longer shop or prepare their own meals. In addition to preventing hunger and malnutrition, the program helps to end social isolation, while fostering independence, dignity, and self respect among those who are aging.

Call us today!



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

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CREMATION
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KLAMATH SENIOR CENTER NOVEMBER 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 541-200-4257
- **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. 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 16 for more details and dates.

WALK YOUR WAY TO WELLNESS: 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, November 14, 10:30 am is 'Make a Change for Life'

There are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years. Diabetes is currently the eighth leading cause of death in the United States—and studies show that deaths related to diabetes may be under-reported! Today, 1 in 10 US adults has diabetes, and 1 in 5 don't know they have it.

In 2017, the total cost of care for people with diagnosed diabetes was \$327 billion, up 33% over a 5-year period. About 1 in 4 health care dollars is spent on people with diagnosed diabetes. The majority of expenses are related to hospitalizations and medications used to treat complications of diabetes.

With numbers like that, it's important to learn about prediabetes and take action. Join us at the Center on **Tuesday 14, Nov 14 at 10:30 am** as we welcome Jennifer Newton, the Registered Dietitian, Certified Diabetes Educator, and Nutrition Coordinator for the Sky Lakes Wellness Center. She will review a risk test to see if

you are at risk for prediabetes and type 2 diabetes, discuss diabetes prevention and, describe the National Diabetes Prevention Program that is offered at the Sky Lakes Wellness Center.

"It's not about how long you live; it's about how well you live." -*Cynthia Johnson, 54, National Program Participant*

"The motivation for me is to watch my children grow and be here for them. And that starts with taking care of myself and my body." -*Mike Jones, National Program Participant*

Please arrive 10-15 minutes early so that we may start the workshop on time.

Registration for Learn'n'Lunch is not required, but highly recommended. Please stop by the front desk or call 541-883-7171.

NOVEMBER 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	
				1		2		3	
				CHILI BAKERS Veggie Salad Dessert		ROAST PORK W/STUFFING Veggie Salad Dessert		CHICKEN STRIPS & FRIES Veggie Salad Dessert	
6		7		8		9		10	
CORN CHOWDER Veggie Salad Dessert		LIVER & ONIONS Veggie Salad Dessert		BREAKFAST FOR LUNCH Veggie Salad Dessert		CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert		SHEPHARD'S PIE Veggie Salad Dessert	
13		14		15		16		17	
MEXICAN LUNCH Beef Burritos Spanish Rice Refried Beans		AU GRATIN POTATOES w/HAM Veggie Salad Dessert		SWEDISH MEATBALLS Veggie Salad Dessert		POLISH SAUSAGE & SAUERKRAUT Veggie Salad BRISTOL HOSPICE BIRTHDAY CELEBRATION		THANKSGIVING DINNER Turkey & Dressing w/Gravy Salad Dessert	
20		21		22		23		24	
MEATLOAF & MASHED POTATOES & GRAVY Veggie Salad Dessert		CHICKEN CASSEROLE Veggie Salad Dessert		BEEFY BEAN SOUP w/CORNBREAD Veggie Salad Dessert		CLOSED FOR THANKSGIVING		CLOSED FOR THANKSGIVING	
27		28		29		30		1	
SALISBURY STEAK Veggie Salad Dessert		BROCOLLI CHEDDAR SOUP Veggie Salad Dessert		LASAGNA ROLLS w/GARLIC BREADSTICKS Veggie Salad Dessert		BEANS & HAM w/CORNBREAD Veggie Salad Dessert		SPAGHETTI & MEATBALLS Veggie Salad Dessert	
4		5		6					
CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert		MEXICAN DINNER Veggie Salad Dessert		ROAST CHICKEN 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

- Klamath Hospice Upcoming Speakers for Muffin Mondays
- 11/6: Dutch Brothers – Honoring our Veterans for Veteran's Day early.
 - 11/13: Chris Bailey – USPS Mail Fraud
 - 11/20: Stephen Rooker – U.S. Fish and Wildlife – Wildlife Slideshow
 - 11/27: Viola Fritts-Anthony – Klamath & Lake Community Action Services (KLCAS)
 - Jennifer will promote Klamath Hospice & Palliative Care's 2nd Annual Tree Lighting
 - Musical December – Time Change 11:30 AM to 12:30 PM
 - 12/4: School choir pending.



Feel At Home Here

WELCOME to our new Director of Sales and Marketing Candace Victor

"I am usually the first point of contact for our new residents. I build the relationship with the family. I get to listen with compassion. I get to talk to people about their needs and concerns. Then, if I can't help, I try to find someone who can.

I am a person who gives a darn about good customer service.... you can count on me to go above and beyond!

I especially love working here because, as someone who grew up in foster care, I now have the grandparents and family I missed so much as a child.

COME HAVE LUNCH ON ME AND HAVE A TOUR!

Director of Sales and Marketing
CANDACE VICTOR

Independant Living
Assisted Living
Klamath's only Memory Care

Feel supported with a full continuum of care

Crystal Terrace is the only senior living community in the Klamath Falls area where residents don't need to worry about moving if their needs change. A variety of options include one- and two-bedroom apartments and two-bedroom cottages with garages for independent living, private suites for assisted living, and our best-in-class memory care neighborhood, which offers personalized care plans and science-based activity programming.



Crystal Terrace
of Klamath Falls
MBK SENIOR LIVING

Call us at (541) 885-7250 to schedule your tour of our community, and receive a complimentary lunch for two!

1000 Town Center Dr., Klamath Falls, OR 97601 • CrystalTerraceMBK.com

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

