



# Active Seniors

**FREE**  
Take  
one!

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

**DECEMBER 2023**

Photo by Gregg Waterman, [greggwaterman.com](http://greggwaterman.com)  
'Skiing the South Slopes'  
Vivian Waterman at Applegate Peak in Crater Lake National Park

# ALL ARE WELCOME.



Klamath Basin Senior Citizens' Center

## ABOUT US

The Klamath Basin Senior Citizens' Center provides activities and services that meet the changing needs of older adults, their caregivers, and families. The Center offers low and no-cost opportunities to promote healthy aging, independence and the well-being of older adults.

We are a place to gather, to learn, to grow.

All are welcome.


We look forward to seeing you soon.



## OUR MISSION

To build and maintain a supportive community for seniors.

 **For more information:**  
**541-883-7171**  
[klamathseniorcenter.com](http://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 - Matthew Pich-Maxon  
 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 Winter Wonder at the Klamath Basin Senior Citizens' Center

As the snow will soon blanket the Klamath Basin, transforming the landscape into a shimmering winter wonderland, the Senior Citizens' Center becomes a haven of warmth, community, and connection. Winter holds a special charm for many, but for some, it can also bring a sense of social isolation. Here at the Center, we are dedicated to dispelling the chill of loneliness and creating a vibrant atmosphere that embraces the magic of the season.

In the heart of this winter wonderland, the Center stands as a beacon of togetherness. The crisp air and glistening snow outside serve as a backdrop for the lively activities and camaraderie within – as well as our volunteers as an extension of the Center out in the community. Recognizing the unique challenges that winter can pose, we have curated programs and events to foster a sense of belonging and combat social isolation.

Check our Calendar of Events page for activities designed to keep both body and spirit invigorated during the colder months. We provide a range of exercise classes that promote mobility and strength and informative presentations on health to contribute to your overall well-being. These gatherings not only provide valuable health insights but also offer a platform for social interaction, creating bonds that can last well beyond the winter season. Our other daily activities add an extra touch of magic to the season. Festively decorated spaces, warm beverages, and a spirit of celebration turn ordinary days into extraordinary ones. Whether it's a cozy afternoon coffee, Bingo, Pinochle, learning the ukulele,



Matthew Pich-Maxon

volunteering for Meals on Wheels, a crafting session to make handmade cards, jig-saw puzzling, or dancing, everyone can find an opportunity to share laughter, stories, and the joy of the season. As the snowflakes fall outside, the warmth and sense of community within the Klamath Basin Senior Citizens' Center dispel the winter blues. The staff, volunteers, and patrons come together to create an environment that not only acknowledges the challenges of the season but actively works to turn them into opportunities for connection and joy. Take a look at our article on page 15 on "How to Beat the Winter Blues" and "Embrace the Wonderland" on

page 16. Join us for our Christmas Dinner for Lunch on Friday, December 23. Pick a tag off of our Wish Tree found near the Front Desk to share connection and joy with an individual in need at this special time of year.

In this winter wonderland, the Senior Citizens' Center becomes a beacon of light, guiding our community through the colder months with a sense of purpose, belonging, and the knowledge that you are not alone. As the snow continues to fall, so does the barrier of social isolation, allowing the true magic of the season to unfold within the walls of this community-centered haven.

## Happy Holidays!

**The Senior Center will be closed in observance of Christmas and New Year's Day on Monday, December 25th and Monday, January 1.**



*Have you been waiting all year for New Year's Eve Bingo? Wait no longer!*

**JOIN US SUNDAY, DECEMBER 31ST FOR OUR ANNUAL NEW YEAR'S EVE BINGO**


Open at 4 pm, Calling at 6:30 pm  
Balloon Drop at Midnight

Featuring  
2 - \$1,000 Blackouts  
1 - Winner Take All Game  
Raffles - 50/50 - Door Prizes & Giveaways  
Payouts based on # of players & amounts sold

Come Party With Us!  
Pre-pays open Sat, Dec 2nd  
Save time by prepaying!  
Advance table reservations available for 6 or more in your party

**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](http://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: \_\_\_\_\_





Thank you to the Girl Scouts Service Unit 65 for making the wonderful Thanksgiving Dinner for Lunch Centerpieces!



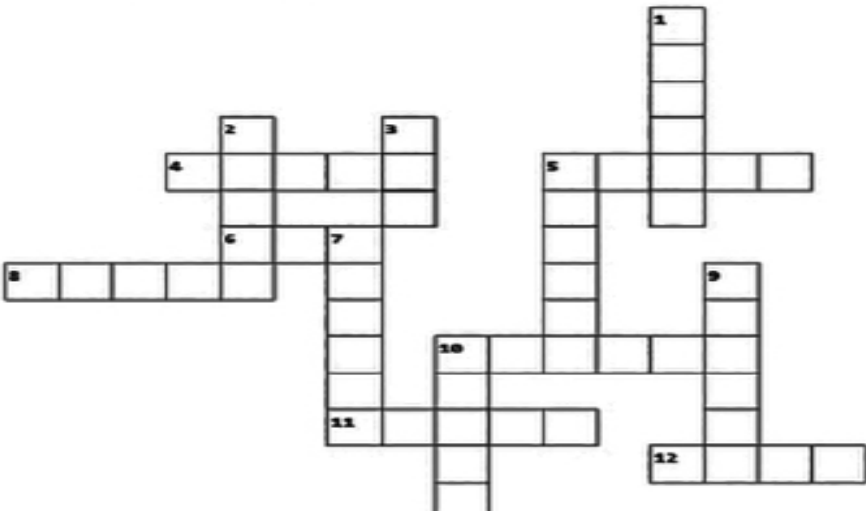
### Winter & Holiday Card Making Class

By Klamath Basin Senior Citizens' Center, photos by Dot Diedrich  
 We had a lot of joy making cards in November, so we will be offering this class again! We are grateful to Ruth Wilhite, a Gift Shop and Lunch Check in Desk volunteer at the Klamath Basin Senior Citizens' Center, for offering her time and talent for such a fun event.

When Ruth is not at the Senior Center volunteering, she is at home making her own greeting cards for all occasions – Birthday, Wedding, Sympathy, Christmas, Thanksgiving, just to name a few. Join Ruth on Thursday, December 7th and 21st, 9-11:00a, and “let’s make cards!”

Please stop by the Front Desk or call 541-883-7171 to sign up! You can expect to make 2 cards per session. A donation of \$3/card is suggested.

### December 2023 Crossword Puzzle



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

#### Down

1. Embrace this type of wonderland
2. If you behave, you may get some of these this season.
3. Tis the season to spread this far and wide.
5. Visit the Center and grab a tag from this tree
7. Bake some yummy ones using our recipes this month!
9. Learn’n’Lunch Topic for Dec 12th
10. We celebrate a special one the Friday before each holiday.

#### Across

4. Come party with us for New Year’s Eve!
5. He received a prestigious award on his 80th birthday.
6. \_\_\_\_ for Two by Alice Dreyer
8. Beat the Winter \_\_\_\_ with tips from an article
10. Head to Eulalona Park to see many of these.
11. Join the Uku group on Dec 12th to strum and sing these.
12. This will soon blanket the basin.



Thank you to the Pacific Crest Federal Union for providing emergency funds for the purchase of a new Commerical Milk Cooler at the Center to support our nutrition programs, Meals on Wheels and Congregate Meals. We were excited to have Billy Redd, Pacific Crest Marketing Manager, (center left) join us on Halloween to place the commemorative plaque and pose with our Kitchen Staff in costume!

<h3 style="margin: 0;">Parkinson’s Disease Support Group</h3>	<p><b>Klamath Falls Parkinson’s Support Group</b>                  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.</p>
<p>Are you or a loved one diagnosed with Parkinson’s disease? <b>You are not alone!</b></p> <p>Join us for a monthly support group to learn, share, and connect. This group is free and confidential.</p> <p>Contact Ron or Kate to find out more.                  Ron: 541.591.0686                  Kate: meyemurp@hotmail.com, 541.810.2134</p>	<p>If you are looking for more resources, contact Parkinson’s Resources at 800-426-6806</p>
 <p><b>Parkinson’s Resources</b>                  Serving Oregon &amp; SW Washington</p>	

## Expressions of Heart and Mind



Tea for Two by Alice Dreyer, whichnana1@gmail.com ,541-892-2976

## THE KITCHEN TABLE

By Peggy Thomas

Hopeful leaders try getting my attention by referring to the people of Main Street, USA, or the American people sitting around their kitchen table. It does get my attention but in a very unique way. Walking Main Street in Klamath Falls is always a pleasurable experience and gives me a chance to reflect back on the mid 1900's. Do families today share a meal together or even have a kitchen table?

In my generation Main Street was the place to be. It was the hub of Klamath Falls. Saturday was a day for shopping. J.C. Penney, Sears and Roebucks, LaPointes, Millers, Your store, Shaw Stationary, Waggoner Drug , and many others .It seems that a whole day could be spent shopping, eating lunch, or maybe watch a movie at the Pine Tree Theatre. On weekends the young adults piled in their vehicles dragged Main Street. The hollering, laughter, horns honking and waving back and forth lighted up the streets. The money spent on gas and the times circling the blocks was unimportant.

My family had a kitchen table. When it was time for supper/dinner meals it was a scheduled event you did not want to miss. I think my family was much like others during that time. Our fathers worked and our Mothers kept house and cooked the meals. It was a big chore for my Mother as there were six kids to feed. Missing a meal could get you into big trouble in our family. An excuse for being late for mealtime seemed plausible when you were hurrying

home. Standing before the kitchen table in front of your family that perfect excuse seemed to get quite lame as you explained with a lot of nervous stumbling words. Worse yet, was that growling in your stomach that became much louder as your eyes saw the slim Pickens of food left on the table. It was not always a perfect time eating our meals together, but most of the mealtime conversations my family had during that time stayed with us.

Even today, the family that I still have living, discuss our views on topics from long ago. Bygone days are for our memories. The future intertwines with our past and at times it is hard to see the trees for the forest or the forest for the trees.

## WINTER ADVENTURE

By Sharon Hudson

There is adventure in the air,  
As winter becomes near.  
Days become longer when  
The winter solstice is here.

There is so much delight  
In freshly fallen snow.  
Some came last night, and  
Wanted us to know.

When a lot of snow is  
Hanging From the trees  
Swirling snow is blowing  
In a breeze.

Snow is elegant, and snow  
Comes in many forms.  
Shapes are endless, and  
There are no norms.



The beauty of sparkles are  
Out on a quest.  
Showing off for us,asking  
Which one is the best?

.a winter wonderland is  
A sight to see,  
It is full of beauty, and  
You have the key!

Free your imagination,and  
Free your love  
Send it to God, and know,  
And know that he is above



Sea Glass by Sheila Amberson, painting on found rock



### Thelma Baldwin Obituary

Thelma Jane “TJ” Baldwin was born August 7, 1935, to Elmer and Doris Miller in Williamsport, PA. She gained her wings on November 5, 2023, while surrounded by family. A Funeral Service will be held at 1:00 pm on Friday November

17, 2023, at First United Methodist Church. Interment will follow at Eternal Hills Memorial Park.

Growing up, she and her sisters were always playing practical jokes on each other, such as moving an outhouse in the middle of the night or putting spiders and snakes under each other’s pillows. In her middle teens, her family moved to California where she eventually met the love of her life, Neal, whom she was married to for 70 years before he preceded her in death.

She was a military wife and enjoyed living all over at Neal’s many duty stations. There were always stories to tell about the places she’d get to live during his military career; such as: monkey chasing her daughter Linda down the street in the Philippines, their kids playing on the runway in Texas, and their oldest son trying to see under hula skirts while lying in a bush in Hawaii. As her children got older and had their own children, they did even more family activities: lots of trips to the lake teaching the grandchildren how to crawdad fish and camping trips with lots of family entertainment. Her favorite times were with family. Even staying home and playing games. They were her greatest joy.

She believed in helping others. She was always volunteering somewhere. She volunteered for the Senior Center and the guild at Sky Lakes hospital for many years. She belonged to the Rebecca’s and the Grange because these clubs were always helping different parts of the community. She loved being a smart reader volunteer. TJ was preceded in death by her husband Neal Baldwin; oldest son Donald Baldwin; parents Doris & Elmer Miller; and sisters Esther and Lila.

She is survived by son Ronald Mark Baldwin (Monica); daughter Linda Breeden (John); daughter-in-law Kathy Baldwin; 8 grand-children, 26 great grand-children; and 8 great great grandchildren.

*“No one I know of has been more successful than TJ at instilling a devotion to volunteerism among her family and the many generations that have followed. The Breeden family has been a foundation of the Senior Center’s volunteer program for many years and likely for the foreseeable future. Thank you, TJ, for your service and dedication. May you rest in peace.”* - Marc Kane, Past Executive Director of the Klamath Basin Senior Citizens’ Center

**Vaccination Clinic**  
**on Dec 11, 10am – 1pm.**  
**\$20 Gift Cards for participants!**  
**All are welcome.**



Image credit: Oregon Medical Association. Pictured from left to right, OMA CEO & Executive Vice President Bryan Boehringer, 147th OMA President Marianne Parshley, M.D., and Dr. Glenn Gailis

## Dr. Glen Gailis, Klamath Falls Physician, Honored with Oregon Medical Association Award

And Holy Smokes Batman - on his 80<sup>th</sup> birthday!

Transcribed from award presentation video and adapted for space  
 “This award honors a physician that goes above and beyond the call of duty to improve the lives of their patients, advance the practice of medicine, and strengthen their communities in Oregon where they live and serve. The deserving recipient of this year’s Doctor Citizen Award is Dr. Glen Gailis.

Dr. Gailis has been a physician in Klamath Falls for 48 years, where he’s practiced family medicine and obstetrics. He is also a military veteran. Shortly after earning his medical degree, Dr. Gailis was

drafted by the Army and spent his first year as a Captain in Vietnam, and his second year as an emergency room physician at Madigan Army Hospital at Fort Lewis, Washington. It was during his internship that Dr. Gailis met his wife of 51 years, Ursula, a pediatric ICU nurse at OHSU at the time. They moved to Klamath Falls, where he joined Klamath Medical Clinic in 1975. He retired in 2014, at the age of 71.

Since 2016, Dr. Gailis has volunteered at Sky Lakes Medical Center. When the co-founder and director of the Wellness Center suffered an early and tragic death in 2017, Dr. Gailis volunteered to fill that role until a permanent replacement could be recruited. Dr. Gailis was the recipient of the Klamath County Volunteer of the Year in 2017. He volunteers with Klamath Promise, an organization working to improve educational outcomes from early childhood to career and college transitions. In addition, he serves on the Board of Directors for Klamath Wingwatchers, and worked tirelessly to get Klamath Falls appointed as the Northwest’s first Blue Zone Community, the ideal healthy community.

During retirement, Dr. Gailis has been a passionate advocate for preventing disease from tobacco and nicotine addiction, which remains the single greatest cause of preventable death and disease in healthcare expense. He teaches school children and veterans about the dangers of the highly addictive nicotine, quitting, and about the importance of never starting to smoke and becoming nicotine addicted. In fact, for years, Dr. Gailis has put his words into action – he regularly dresses up like a superhero, picks up cigarette butts throughout Klamath Falls, and talks to anyone willing to listen about the dangers of smoking.”

Dr. Gailis stepped up to the podium, unfolding his speech, “Can all of you see me?” amidst laughter and applause. “I would like to thank OMA for the honor and the award. I was totally surprised

**KLA-MO-YA CASINO & HOTEL**  
 888.552.6692 • [klamoyacasino.com](http://klamoyacasino.com)  
 SLOTS • FOOD • HOTEL • FUN

<p><b>12 Days of Christmas Drawings</b>                  THURSDAYS - SUNDAYS                  DECEMBER 7-10, 14-17 &amp; 21-24 • 5PM-8PM  <b>WIN UP TO \$500 CASH!</b>                  Pick a Reindeer to determine the prize.                  Beginning Friday, December 1 at 8am, earn one drawing entry for every 10 points.                  Drawings every half hour.</p>	<p><b>SENIOR DAY MONDAYS</b>                  8AM - MIDNIGHT  <b>HOT SEATS</b> NOON - 3PM  <b>WIN UP TO \$100 CASH!</b>                  DRAWINGS EVERY HALF HOUR.                  EARN 2 POINTS, RECEIVE \$5 FREE PLAY.                  10% DISCOUNT AT PEAK TO PEAK RESTAURANT.                  NO SENIOR DAY HOT SEATS ON MONDAY, DECEMBER 25 &amp; JANUARY 1.  <small>(Must be 65+. May only redeem/win once per day.)</small></p>	<p><b>CHRISTMAS SHOPPING</b>                  TUESDAY KIOSK                  DECEMBER 5 &amp; 19 • 10AM-6PM  <b>WIN PRIZES!</b>                  Earn 25 points and swipe at the kiosk to receive prize voucher.</p>	<p><b>CHRISTMAS GIFT KIOSK</b>                  MONDAY, DECEMBER 25 • NOON-8PM  <b>WIN PRIZES!</b>                  Earn 75 points and swipe at the kiosk to receive prize voucher.                  Triple Wireless Charging Pad                  Wireless Sound Bar                  Surveillance Cam 1080p w/ 32GB Micro SD card                  Journeyman Tool Bag</p>
<p><b>END OF THE YEAR</b>                  TIERED BONUS KIOSK                  THURSDAY, DECEMBER 28 • FRIDAY, DECEMBER 29                  SATURDAY, DECEMBER 30 • 2PM-8PM  <b>WIN FREE PLAY!</b>                  Arrowhead win up to \$50 free play.                  Crows Knees win up to \$75 free play.                  Quails Plume win up to \$100 free play.                  Earn 75 points and swipe at the kiosk to redeem.  <small>May only redeem once per day.</small></p>	<p><b>New Year's Eve Starry Night</b>                  HOT SEATS                  SUNDAY, DECEMBER 31                  4PM-12:15AM  <b>WIN UP TO \$1,000 CASH!</b>                  Drawings every hour.                  Total of \$10,000 CASH given away.                  \$1,000 CASH each hour.  <small>May only win once per day.</small></p>	<p><b>New Year's Day</b>                  HOT SEATS                  MONDAY, JANUARY 1 • 1PM-6PM  <b>WIN UP TO \$500 CASH!</b>                  Drawings every half hour.  <small>May only win once per day.</small></p>	<p><b>NEW MEMBERS</b>  <b>WIN UP TO \$250 FREE PLAY</b>                  Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*</p>

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!



and humbled - I do not feel that I really did anything special to deserve this. It's not about me, but about the people who have helped me along the way.

My medical retirement has given me the chance to give back to my community and to do more preventative medicine in Klamath Falls. I continue to be very passionate about the scourge of tobacco and nicotine addiction on rural America. Cigarettes and tobacco remain the single biggest cause of preventable disease, death, and healthcare expense in the world and we are still not putting enough emphasis on it.

Growing up, my family was quite poor. My mother was a single mom and my father was an abusive alcoholic and he also smoked. When my brother and I were both very young, my parents were hospitalized for a year in a tuberculosis center. None of our family had a college education. My mother was a saint [saying] to us, 'you boys don't have to remain in this situation if you study and work hard.'

Much of my good fortune is due to the people around me. I did work hard, but many people helped me along the way. A best friend's father was the father that I did not have. He took me everywhere and gave me opportunities. I was also bullied a lot because I was so small, and no one wanted 'shrimpy' on their football team. However, a physical education teacher said to me one day, 'for your small size, you are very strong,' and encouraged me to go out for gymnastics...[giving me the] opportunity to gain a gymnastics scholarship to the University of Iowa, then I was able to go on to medical school [there].


There is someone else... that actually deserves this award more than me. This person enabled me for 48 years. I would like to recognize my wife, Ursula, of 51 years. There is a saying that behind every successful, good man is a woman...rolling her eyes. Ursula was a pediatric nurse for many years and raised our 4 children. People used to say to me, 'your kids are great,' and I would say, 'I had nothing to do with it.' Many people also ask me what is the secret to

a long marriage and being a small town doctor, and I say 'it was very easy, I was never around.'

In closing, I would like to read a quote that I first heard at a purpose workshop for a Healthy Klamath - A Blue Zones Project. When I heard this quote, I said to myself, that is exactly how I feel."

*This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.*

*I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations. -The Splendid Torch by George Bernard Shaw*





## Crystal Terrace of Klamath Falls

MBK SENIOR LIVING

***If you're in search of a place where you can be yourself, with extra support and care nearby if and when it's needed, Crystal Terrace of Klamath Falls is just the place for you.***

To us, you are a hero, navigating the adventure of your life, and we're here to serve as your trusty guide on this next leg of your journey. Come, sit with us and tell us all about you, and what would make your life even better. We are committed to serving our residents by first building a relationship with you or your loved one, so we can provide a personalized experience and the right amount of care for you.

***Together - it's how our community works, and we look forward to working with you. Reach out today to learn more.***





**1000 Town Center Dr  
Klamath Falls, OR 97601  
541-238-2456**

**Independent Living**  
Maintenance-free living at Crystal Terrace of Klamath Falls means more time for you to be you.

**Assisted Living**  
Experience a new level of independence with right-sized care and support when it's needed.

**Memory Care**  
Comfort, support, and new connections for you and your loved one living with memory loss.



# NIGHT to Shine

SPONSORED BY THE **TIM TEBOW** FOUNDATION™

Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs, ages 14 and older.

**VOLUNTEERS NEEDED!**  
**February 9, 2024**

Night to Shine requires the help of volunteers to make the event happen. It is a wonderful way to connect with and serve your community of people with special needs!

[healthyklamath.com/NightToShine](https://healthyklamath.com/NightToShine)

Email: [jessica.kostick@healthyklamath.org](mailto:jessica.kostick@healthyklamath.org)  
or visit [bit.ly/NightToShineKFalls](https://bit.ly/NightToShineKFalls) to sign up!

## Healthy Holiday Recipes for Klamath Basin Seniors

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

As the holiday season approaches, it's easy to get carried away with indulgent dishes and sweet treats. However, it's important to remember that maintaining a balanced and healthy diet is essential, especially for older adults. The Klamath Basin Senior Citizens' Center is here to help you enjoy the festivities while keeping your health in mind. We've put together a collection of delicious and nutritious holiday recipes. These recipes are not only tasty but also low in added sugars and unhealthy fats, making them ideal for older adults who want to celebrate the holidays without compromising their well-being.

### Roasted Turkey Breast with Herb Stuffing (Serves 4-6)

#### Ingredients:

- 2 pounds boneless, skinless turkey breast
- 2 cups whole wheat bread, cubed
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 cup carrots, chopped
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 cup low-sodium chicken broth



#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a non-stick pan, sauté the onion, celery, and carrots until they are tender.
3. Add sage, thyme, and black pepper to the vegetable mixture. Stir well.
4. In a separate bowl, combine the vegetable mixture with the bread cubes and chicken broth. Mix until it's slightly moist.
5. Season the turkey breast with a pinch of salt and pepper.
6. Fill the turkey breast with the herb stuffing mixture.
7. Place the stuffed turkey breast in a roasting pan and bake for about 1 hour or until the internal temperature reaches 165°F (74°C).
8. Allow it to rest for a few minutes before slicing and serving.

### Cranberry Orange Quinoa Salad (Serves 4-6)

#### Ingredients:

- 1 cup quinoa, cooked and cooled
- 1 cup fresh cranberries
- 1 orange, peeled and segmented
- 1/4 cup chopped walnuts
- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 tablespoons fresh orange juice
- 1 teaspoon orange zest

#### Instructions:

1. In a large bowl, combine the cooked quinoa, fresh cranberries, orange segments, and chopped walnuts.
2. In a small bowl, whisk together honey, olive oil, fresh orange juice, and orange zest to create the dressing.
3. Drizzle the dressing over the quinoa salad and toss to combine.
4. Refrigerate for at least 30 minutes before serving.

### Baked Apples with Cinnamon and Walnuts (Serves 2)

#### Ingredients:

- 2 apples, cored and sliced
- 2 tablespoons chopped walnuts
- 1/2 teaspoon ground cinnamon
- 1 tablespoon honey
- 1/4 cup water

#### Instructions:

1. Preheat your oven to 350°F (175°C).
  2. Place the sliced apples in a baking dish.
  3. In a small bowl, mix the walnuts, cinnamon, and honey.
  4. Stuff the apple slices with the walnut mixture.
  5. Pour water into the baking dish to prevent the apples from drying out.
  6. Bake for about 20-25 minutes until the apples are tender.
- These recipes offer a balance of protein, whole grains, and fruits, providing essential nutrients for seniors during the holidays. They are not only delicious but also easy to prepare. By choosing these healthier options, you can enjoy the festivities without compromising your well-being.

**We hope these recipes bring warmth and flavor to your holiday gatherings, while also taking care of your nutrition. Remember, making mindful choices in the kitchen can make all the difference in maintaining good health during the holidays.**



## The Christmas Giving Tree

Every Christmas, the Klamath Basin Senior Citizens' Center has a Giving Tree for older adults who receive Meals on Wheels. The tree will have tags on the branches, which will tell you male or female and what they need, if we know, or you can donate items such as blankets, gloves, hats etc. You can pick a tag (or more than one!) from the tree and bring the gift back by December 18th. Gifts will be paired with donated food items and handmade holiday cards.

**The Christmas Giving Tree is located near the Front Desk.**

**Come by the Center and Share the Love of the Season!**



Samantha Maier  
Med Tech

"I keep busy every day distributing meds to the residents .....helping them make sure they take them and are not forgotten, lost or spit out. I also monitor problems and reach out to physicians if I see issues with meds or vitals. I really enjoy working here!"

Samantha Maier

**AT PELICAN POINTE DEDICATED STAFF AND RESIDENTS ARE LIKE ONE BIG HAPPY FAMILY!**



Stephanie Franco  
Staffing Co-ordinator

"I have been the staffing co-ordinator since March... I do all the hiring for the facility and all the scheduling for the staff We staff 24-hours a day. I started off five years ago as a caregiver. I have always loved working with the residents and look forward to coming to work every day!"

Stephanie Franco

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



**Pelican Pointe**  
ASSISTED LIVING



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

Amber  
Anderson

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

## Lake County Senior Center



We are located at 11 N. G Street, Lakeview Oregon, 97630  
 Phone (541)947-4966. Our Fax number is (541)947-6085. Everyone is Welcome.

## Lake County Senior Center

### December 2023 Events

Our Christmas Dinner will be on Wednesday, December 20th so get signed up so you don't miss out.  
 We will be closed on Monday December 25th for Christmas.  
 We are playing Bingo every Monday after lunch. Bingo Callers are needed.  
 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. To apply, call (541) 205-5400  
 Lakeview Local operates 8:00-5:00 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.  
 Grief Relief class will be on the third Thursday, December 21st @ 2:00. Newcomers welcome.  
 Coffee Group for all Veterans every Thursday 9:00 -10:00 in the Sunroom.  
 Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. We will meet at The C.V. Community Center.  
 New classes starting December 9th are Yoga, Holiday Card Making, Radio Theater & more.  
 Stop by for information and sign up.

*Let cedar fill the air*

*With its spicy sweetness rare*

*Wake the carol----sound the chime----*

*Welcome!*

*Merry Christmas time!*

**Klamath Basin Genealogical Society**  
**Christmas Meet & Greet**  
**December 14, 2023, 6 pm**  
 at the Klamath County Library meeting room.  
 Come visit, share stories or let us know what you would like to see us offer in 2024. We will have refreshments.  
 Hope to see you there!

## LOCALLY OWNED LOCALLY OPERATED

Prompt, professional, compassionate care when you need it most.

Now providing on-site, eco-friendly water cremation. Call today for more information.



1229 E. Main Street  
 Klamath Falls, OR 97601  
 (541) 887-2919  
 cascadecremations.com

**12 Days of Christmas**  
 Daily deals!  
 Starts Dec. 11

Stop in to see the deal of the day and save big!

<p><b>Treasures</b>                  A UNIQUE THRIFT STORE                  3226 S. 6th Street                  SHOP                  Monday - Saturday                  10:00 a.m. - 6:00 p.m.</p>	<p><b>Treasures too</b>                  Thrift Store                  3198 S. 6th Street</p> <p>Your purchases and donations benefit the patients and families served by:</p>
---	--

## 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.*



## SHIP TALK

(Senior Health Insurance Program)

### MORE ON OPEN ENROLLMENT

Anne Hartnett, SHIBA Coordinator

### SIGNING UP - DEADLINES

Now that open enrollment is ending, I like to review some of the other major schedules and deadlines, which are on-going year after year. For review: open enrollment has just two purposes (1) to change from regular Medicare to an Advantage plan or vice-versa and (2) to change drug plans. Most readers seem to know that the time to register for Part B is 7 months long - the three month period prior to your birthday month, your actual birthday month and three months after your birthday month. At this time you decide whether to choose Original Medicare (which means you also must sign up for Part D drug insurance during this same period, or you choose an Advantage plan, which includes drug insurance.

If you miss this period, Medicare also features the General Enrollment Period (GEP) during January, February, and March. Your coverage will begin the following month. You may have a penalty for late enrollment.

There are also special enrollment periods (SEP) available when you lose other coverage you may have had. First, if you lose your Employer Group Health Plan (EGHP), you do have up to 8 months after active work ends to sign up for Medicare. (You also can sign up for Medicare while still participating in your EGHP and your EGHP will probably become your secondary insurance.) That depends on your employer's policies, so you need to coordinate this with your employer. However - here's where it gets confusing - you only have 60 days after EGHP ends to sign up for Part D drug insurance. So in effect, you should get all of it taken care of within the 60 day time period. During this 60 day period you can choose either regular Medicare or an Advantage plan. Other special enrollment periods (SEP) exist for emergency or natural disasters, release from incarceration, loss of Medicaid, employer error. Most SEP's must take place within 60 days.

Finally, and this is very important, if you're in regular Medicare and want to purchase a Medicare supplemental plan, (also called Medigap) you have six months after enrollment of "guaranteed issue" (GI) Guaranteed issue means that the supplemental insurance plan MUST sell you a policy during this initial six month period of signing up for Medicare.. After that they are free to turn you down because of pre-existing condition(s). This means, in effect, you may never be able to get a supplemental plan. BUT, If you chose an advantage plan when enrolling, you have a 12 month free trial period to switch to original Medicare and still have guaranteed issue for a supplemental plan. Last but not least, If you already have a supplemental plan and you're dissatisfied, you can SWITCH to another supplemental plan, guaranteed issue (GI) during the 30 days before and following your birthday date.. This is the birthday rule, recently expanded to include 30 days before and after.

That's it for this month. If you aren't confused at least a little bit, I'd be surprised! Don't forget - trained and certified SHIBA counselors are available at the Klamath Basin Senior Citizens Center to help guide you through this maze. Just call 541-883-7171 and make an appointment.

## December 2023 CROSSWORD ANSWERS – PUZZLE ON PAGE 5

DOWN 1. Winter 2. Gifts 3. Joy 5. Giving 7. Apples 9. Vision 10. Lunch  
ACROSS 4. Bingo 5. Glenn 6. Tea 8. Blues 10. Lights 11. Songs 12. Snow

## DONOR REPORT

### Gratitude for Our Donors

Gordon Elwood Foundation is a private foundation that supports education, human service, and various charitable endeavors. The foundation has a specific regional focus on Southern Oregon. The KBSCC expresses deep gratitude for the invaluable assistance provided by the Gordon Elwood Foundation during our recent leadership transition. Originating from the heartfelt wish of one individual to leave a lasting legacy of hope within the community, Gordon initiated the establishment of the foundation and entrusted his financial advisor, Bob Hutchins, with the task of selecting a dedicated group of trustees. Recognizing the ever-changing nature of circumstances, Gordon Elwood placed unwavering faith and respect in the individuals shaping the foundation. Gordon's philosophy emphasized the inevitability of change, urging the foundation to evolve and, above all, to "do good." We are extremely thankful for receiving support from partners like Gordon Elwood Foundation. A foundation that leads the region as exemplars of open minds and open hearts. The donations we receive from exceptional Donors like the Gordon Elwood Foundation help to bring to fruition our mission: To Build and Maintain a Supportive Community for Seniors

Currently, with only 24% of planned donations collected by the end of October, we are falling short of the expected 33%. We are optimistic that our community will continue its generous support moving forward. October 2023 donations of \$9166 were received from the following organizations and individuals:

Gordon Elwood	Refuge City Church	Patricia Henderson
Valerie Howard	Marta Stephens	Burl Parrish
Bernice Norro	Jon Schnebly	Rose Chapman
First Presbyterian Church	Anonymous	Charlotte Moseley
John Novak	Joanne Schuyler	Robert White
		Wilma Petrik

Unidentified contributions in September for Meals, Transportation and Other Services amounted to \$3798

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2022 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church	Jon Schnebly	Cheryl Gibbs
Marta Stephens	Burl Parrish	Ernie Palmer
Refuge City Church	Howard McGee	Peggy Thomas
Geraldine Schindler	Patricia Henderson	Mildred Miller
Dorothy Winters	Rose Chapman	Charlotte Moseley
	Wilma Petrik	Donna Maloney

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. There is a giving form on page 3 of this publication.

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

## 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

# Are you suffering from Social Isolation?

Let us help connect you with the right resources

Call one of our friendly Case Managers today!!

**Who are we?** We are the Klamath & Lake Counties Council on Aging, a non-profit agency that provides resources for different programs like the local "Meals on Wheels" program to home bound senior citizens in our communities. We also offer different programs including our Respite Program, Home Modification Program and MORE! Our programs help with social isolation while fostering independence, dignity and self-respect among those who are aging.

[www.klamathlakeareaonaging.org](http://www.klamathlakeareaonaging.org)



Call for more information

**KLCCOA Office 541-205-5400**

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

# 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*

# Need An Extra Lift?

Get It  
**DELIVERED  
RIGHT AWAY!**

**RECLINING LIFT CHAIRS and  
ADJUSTABLE MATTRESS SETS**

**IN STOCK!**



Visit one of our two locations today!

*Legacy*  
FURNITURE Inc.

**541-882-3217**

3250 Washburn Way  
Klamath Falls, OR 97603

**Bedroom Gallery**  
[Comfort, Quality and all the Rest....]  
[www.bedroomgallery.com](http://www.bedroomgallery.com) f i o

**541-884-2773**

1204 Main St.  
Klamath Falls, OR 97601

## 3 Gingerbread House Tips and Tricks

By Bronwyn Hoffman, Sky Lakes Intern

Growing up, some of my fondest Christmas memories revolved around my grandma. She would always put up this little village... that didn't seem so little when you realized it spanned across every table and shelf in the living room.

Christmas has changed as I've grown up, and while the magic hasn't completely gone away, I've noticed that my grandma puts up less and less decorations each year. I know part of the reason is that it just isn't as easy as it used to be, and the other big part is that she knows that us "big kids" don't need every single surface decorated to make us happy on Christmas. Something we still make sure we decorate is a gingerbread house on Christmas Eve.



Pictured are the author's uncle and younger cousin with their completed gingerbread train from a few years ago!

Here are three tips and tricks from my family to yours so you can make the best gingerbread house this holiday season.

Use Caramel instead of Frosting to glue the house together. This first trick has taken the internet by storm this year and I am eagerly looking forward to trying it out. Now the trend says to slowly heat some sugar up on the stove until it melts, and then carefully dip the edges of your gingerbread structure into the pan before pressing it against its partner piece to create a hardened sugar super glue when it dries.

But I'll be honest and say that's a bit risky for me, so my family and I are going to try to use gooey caramel, the kind for dipping apples, to see if the stickiness helps keep things together.

Use a muffin tin to store candy decorations. This trick is a tried-and-true classic at my house. We used to pass around and inevitably spill a bunch of tiny bowls, but having all of the candy goodies in one container to decorate from has reduced our number of spills to zero!

Get creative with your snow. Powdered sugar is great and all, but it can be kind of hard to get anything but flat snow with it. My family loves to experiment with what we use as snow. Dried shredded coconut makes some great grass, while mixing powdered and regular white cane sugar can create different textures of snow. My little brother once pranked us all by using lemonade mix to make yellow snow! Have fun with it and see what kinds of snow you can make!

**Happy holidays, and best of luck with your gingerbread houses!**

## UKULELE NEWS



### Happy Holidays from the Ukulele Tuesday strummers!

On Tuesday, November 28th, we jumped into some holiday songs along with other songs we have been collecting. It was great to see newcomers joining us. I never knew there were so many types, sizes and shapes of ukus (to be pronounced "ooo-kooz", plural)!

We will meet one time in December on Tuesday the 12th, 5-5:30pm for review and for those new to the class. This provides time for tune up and chord/song review. Then ALL will gather 5:30-6:30 for some fun holiday tunes!

See you then! Maryann Kane Questions? Please reach out at [lmaryanntra@gmail.com](mailto:lmaryanntra@gmail.com) or call/text 541-891-3288.



Photos by Dot Diedrich

Thank you for joining us for Thanksgiving Dinner for Lunch on Nov 17. Thank you to Center Staff and to Eagle Ridge High School for making it a success. We served over 270 people!

## 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](http://www.klamathlakeareaonaging.org)

## Beat the Winter Blues: Staying Connected

By the Klamath Basin Senior Citizens' Center



Hello, friends! Today, we're going to talk about something important that affects us all – with a greatest effect on older adults during the winter - social isolation. Winter can be a chilly and lonely time for many of us, but there are ways to stay connected and happy. Let's explore how we can address the Winter Blues!

### What is Social Isolation?

Social isolation means feeling alone and disconnected from others. For older adults, winter – and the holidays – can be tough.

### What Makes It Harder

During winter, the days are shorter, and the nights are longer. It's colder outside, and that makes it difficult to go out and meet people. Snow and icy roads can be dangerous, so you choose to stay home. It may be more difficult to see friends and family as often due to inclement weather. Holidays may trigger memories of those that we have lost, or to those that we are no longer connected with.

### What Can We Do?

Here are some ways to avoid isolation and loneliness during the winter and Holidays.

- Visit your friends when you are able, grab a cup of coffee or tea!
- If you can't physically visit them – give them a call. Just talking can brighten your day!
- Send a card or letter to a friend or family member. It shows that you are thinking of them.
- Offer to help one another with chores or errands, like shoveling snow, grocery shopping, or cooking. It's a great way to spend time together.
- Think of fun indoor activities that you could enjoy. Puzzles, board games, or reading together can be a lot of fun.
- Come down to the Senior Center to meet friends, exercise, and have a hot meal.

### Conclusion

**Winter doesn't have to be a lonely time. By reaching out, showing kindness, and spending time with one another, we can beat the winter blues. Let's make sure our friends and family members know that they are loved and not alone during this chilly season. Together, we can make winter a warm and happy time for everyone!**



# Happy Holidays!

*Happy Holidays from the Cascade Health Alliance family to yours.*

*We hope you have a joyous and healthy holiday season.*

*We are grateful for the opportunity to serve you and your family.*

*-The Cascade Health Alliance Family*



# Embracing the Enchantment: Exploring the Magic of a Winter Wonderland

by Klamath Basin Senior Citizens' Center Staff



As winter descends upon the world, nature undergoes a mesmerizing transformation, turning landscapes into enchanting realms of frosty beauty. A winter wonderland, with its pristine snow-covered landscapes, glistening icicles, and the crisp, invigorating air, captivates the imagination and invites us to embrace the magic of the season.

The hallmark of a winter wonderland is, undoubtedly, the delicate touch of snow that blankets everything in sight. Each snowflake, a unique work of art, falls gracefully, creating a soft quilt that transforms the mundane into the extraordinary. Trees, once bare and skeletal, don elegant coats of snow, transforming them into silhouettes of wonder against the winter sky.

As the sun sets, the landscape comes alive with a symphony of colors. The sky takes on hues of pink, purple, and orange, casting a warm glow over the icy landscape. The reflection of the setting sun on the snow creates a magical play of light, turning the world into a canvas of pastel shades.

One cannot truly experience a winter wonderland without venturing into its heart. The hushed stillness of a snow-covered forest or the crunch of fresh snow beneath your boots creates a sense of tranquility and peace. It's a world apart, where the only sounds are the soft whispers of the wind and the occasional creaking of snow-laden branches.

The magic extends beyond the visual spectacle. It's a celebration of the senses. The frigid air bites at your cheeks, and the crisp scent of winter fills your lungs, awakening a sense of vitality. Wrapped in layers, with each breath forming a visible puff of warmth, there's a unique joy in braving the cold, knowing that the reward is an intimate connection with the winter wonderland. You may even experience a connection if braving the cold takes you to enjoy a stroll in downtown Klamath at one of the many wonderful businesses.

For those seeking adventure, a winter wonderland offers a playground of activities. From the exhilaration of gliding down snow-covered slopes on skis or snowboards, such as this month's cover, to the simplicity of building snowmen and engaging in spirited snowball fights, or visiting the Lights in the Park at Eulalona, the winter invites everyone to partake in the joyous spirit of the season.

However, the allure of a winter wonderland isn't limited to outdoor pursuits. Cozy evenings by the fireplace, sipping on hot cocoa and wrapped in blankets, are equally enchanting. The contrast between the cold outside and the warmth within creates a sense of refuge, making the winter wonderland an experience to be savored both outdoors and indoors.

In the tapestry of seasons, winter stands out as a time of transformation and renewal. A winter wonderland, with its ethereal beauty and serene charm, invites us to appreciate the quiet magnificence of the season. It's a reminder to slow down, immerse ourselves in the magic of the moment, and find joy in the simple pleasures that winter graciously bestows upon us.

## How to prevent Snow Blindness and other conditions this winter

You probably wear eye protection and sunscreen in the summer. Do you think about it during the winter months as well? In any season, sun exposure may increase your risk for conditions like:

- Cataracts
- Growths on the eye, including cancer
- Photokeratitis (including snow blindness)

Getting too much sun can increase your risk for these conditions. But the damage to the front surface of the eye that causes snow blindness is unique because it can happen quickly. You can prevent all these conditions simply by wearing sunglasses and goggles.

### High Altitude Means Higher Risk for Skiers and Snowboarders

David Turbert, American Academy of Ophthalmology



Sunglasses or goggles that block at least 99% of UV rays and protect from dry, freezing wind help prevent snow blindness. When you're not skiing or snowboarding, wrap-around sunglasses work well to block sun and wind. When you're skiing or snowboarding, goggles with polycarbonate lenses offer protection from the sun and eye injury as well. They will generally give you better side (peripheral) vision than wrap-around sunglasses.



Truhlsen-Marmor Museum of the Eye

The Inuit's innovative solution to snow blindness....Even before today's innovative eyewear, people have found ways to stay safe on cold, sunny winter days. Alaskan Inuits carved snow goggles from antlers, bone, hooves or wood to help prevent UV exposure. The goggles featured a narrow slit that limited brightness. They allowed for a full horizontal field of vision but blocked light reflecting vertically off the ice and snow.

Get those eye exams!

KLAMATH EYE CENTER

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



# Oral Health Contributes to Overall Health

And you don't have to break the bank addressing it...

Did you know that there is a student dental hygiene clinic at OIT? OIT Dental Clinic in Klamath Falls provides dental services to the public at a greatly reduced price. At the OIT dental hygiene clinic, quality meets affordability in the pursuit of optimal oral health.

We provide all sorts of prevention services including cleanings, education, fluoride treatments, and limited restorative work. Referrals can be made to local licensed dentists for any service we cannot provide.

We are also able to clean your dentures and teach you how to easily take care of any oral appliance. One of our main focuses is education.

Do you know how much your oral health contributes to your overall health? Well, it is closely related! Researchers are finding possible links between periodontal (gum) infections and other diseases throughout the body.

For example, studies suggest that people who have gum disease may be at a higher risk for heart attacks. The bottom line is your oral health affects your overall health. By choosing OIT dental hygiene clinic for your dental care needs, you not only invest in your oral health but also support the next generation of dental health professionals. Our students are meticulously trained, and all services are performed under the supervision of licensed and experienced faculty members.

Call our clinic today to schedule an appointment: (541) 885-1330



Some of our dental hygiene students will be at the Senior Center from 11a – 1p on Tuesday, December 12th to offer an overview of services offered at the OIT dental hygiene clinic, education on oral health, the relationship between oral health and nutrition, and oral cancer awareness.



Register today for our  
**December Medicare Basics Workshops**  
with *Brannon Kaefring*

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

**December Workshops**  
Dec. 5 / 10 AM Dec 7 / 10 AM

**MICK** Insurance Agency  
Your Local Health & Medicare Agents Since 1980

4509 So. 6th Street, Suite 109  
**541-882-6476**  
One-on-One appointments also available



# Klamath Cremation Specialists For all your cremation Needs



# KLAMATH CREMATIONS

3539 Avalon Street • Klamath Falls, OR 97601

(541) 882-5950

Kfallscremation.com

CREMATION  
FOR **\$895**

## KLAMATH SENIOR CENTER DECEMBER 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 11 am
- 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. See page 14.

**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](http://www.klamathseniorcenter.com)**

## Learn'n'Lunch Tues, December 12, 10:30 am is 'Vision and Vertigo 101'



Do you have glasses but are still having a hard time doing the activities you need or want to do around your home or in the community because of your vision?

Do you have vertigo, headaches, or challenges with your balance? Join us for our December Lunch and Learn Tuesday, December 12th at 10:30am, as we talk with Mallory Apel, OTRL and Dr. Alek Angeli PT, DPT, CCVT about specialty services available for vision

therapy and vestibular therapy in Klamath Falls.

Vision therapy is a personalized treatment program designed to improve and strengthen visual skills, and re-train your brain's ability to interpret visual input with better accuracy and ease.

Vestibular therapy is a specialized form of therapy to alleviate problems caused by vestibular disorders, primarily vertigo and dizziness, gaze instability, and/or imbalance and falls. The vestibular system is a sensory system that creates the sense of balance and orientation in your environment for the purpose of coordinating movement with balance.

**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.**

## DECEMBER 2023



NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.

Sugar free desserts and salad are available for individuals with diabetes.

Congregate Lunch served Mon - Fri, 11:30 am - 12:30 pm

Cost: Age 60+ - Seated \$5, Take Out \$7.50 suggested donation. Under 60 - Seated \$7, Take Out \$7.50

To apply for Meals on Wheels, please call 541-205-5400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6	7	8
		<b>ROAST CHICKEN</b> Roasted Veggies Salad Dessert	<b>QUICHE</b> Veggie Salad Dessert	<b>SLOPPY JOES &amp; FRIES</b> Veggie Salad Dessert
11	12	13	14	15
<b>GOULASH</b> Veggie Salad Dessert	<b>BREAKFAST FOR LUNCH</b> Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert	<b>ROAST PORK</b> Roasted Veggies Salad Dessert	<b>WHITE BEAN CHICKEN CHILI</b> Veggie Salad Dessert	<b>SWEDISH MEATBALLS W/PASTA</b> Veggie Salad Dessert
18	19	20	21	22
<b>CHICKEN FRIED STEAK &amp; MASHED POTATOES</b> Veggie Salad Dessert	<b>SHRIMP &amp; CORN CHOWDER</b> Veggie Salad Dessert	<b>POTATOES AU GRATIN W/HAM</b> Veggie Salad Dessert	<b>POLISH SAUSAGE &amp; SAUERKRAUT</b> Veggie Salad <b>BRISTOL HOSPICE BIRTHDAY CELEBRATION</b>	<b>CHRISTMAS DINNER FOR LUNCH ALL ARE WELCOME!</b>
25	26	27	28	29
<b>MERRY CHRISTMAS! THE CENTER WILL BE CLOSED</b>	<b>BROCCOLI CHEDDAR SOUP</b> Veggie Salad Dessert	<b>BEEFY BEANS &amp; CORNBREAD</b> Veggie Salad Dessert	<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Veggie Salad Dessert	<b>CHICKEN STRIPS &amp; FRIES</b> Veggie Salad Dessert
JAN 1	JAN 2	JAN 3		
<b>HAPPY NEW YEAR! THE CENTER WILL BE CLOSED</b>	<b>SALISBURY STEAK</b> Veggie Salad Dessert	<b>LASAGNA ROLLS &amp; GARLIC BREADSTICKS</b> 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](http://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

- Musical December – Time Change 11:30 AM to 12:30 PM
- 12/11: The Kitchen Band will perform for us.
- 12/18: Dan Hill – An Awesome One-Man Band!
- 12/25: Merry Christmas – The Senior Center will be closed to observe this holiday.
- 1/1/24: Happy New Year – No Muffin Monday! The Senior Center will be closed to observe the holiday.
- 1/8/24: Dr. Gailis – Healthy choices to start the year off right.



# 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.

Y0084\_MKG\_AG\_FL4\_2024\_M

