

Active Seniors



Photo by Aurora Simpson, nrbstudios.photoshelter.com
'Eagle Moon' taken January 1, 2016
9am (-6°F) Eagle Road, Lower Klamath National Wildlife Refuge

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

JANUARY 2024

*"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on!
A day full of possibilities! It's a magical world, Hobbes, ol' buddy ... let's go exploring!"*

— Bill Watterson, Cartoonist, Author of 'Calvin & Hobbes'

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

 **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
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

As we step into 2024, we stand on the brink of new beginnings and transitions. January ushers in a sense of renewal and the promise of unfolding opportunities, a spirit we warmly embrace at the Klamath Basin Senior Citizens' Center. To our patrons, volunteers, and community partners, we extend a heartfelt welcome, grateful for your contributions to the KBSCC milieu. We eagerly anticipate continuing to forge lasting connections with all members of our community, both new and longstanding.

At the core of our community lie the bonds we form, encouraging everyone to engage in the diverse array of activities and events planned for the upcoming months. Recognizing the natural ebb and flow of life, we understand that transitions are intrinsic to the human experience. While change may present challenges, it also opens doors to growth and discovery.

In the coming year, physical changes to the building and its interior layout are planned to optimize our space for the benefit of all. Your patience and understanding are appreciated as we make these adjustments, including a significant construction project in 2024 to improve building access. Another notable change is the introduction of the KBSCC Member's Council, providing patrons a platform to regularly share their ideas and experiences. Details will follow, and those interested in participating are encouraged to connect with me.

January is globally recognized as International Quality of Life Month—a time for reflection on factors contributing to a fulfilling life. At KBSCC, we are dedicated to promoting the well-being of

our members, fostering an environment that enriches their overall quality of life. Our calendar this month offers activities promoting physical health, mental well-being, and social connectedness, ranging from fitness classes and social gatherings to art courses and bingo.

Your participation in these activities is sincerely appreciated. In celebration of International Quality of Life Month, we encourage everyone to reflect on what contributes to their own well-being and happiness. Share your stories, insights, and experiences to foster a supportive community where each individual's journey is valued. For more information on how to become more involved in all that KBSCC has to offer, please, take some time to read about What's New, the many articles in this edition, and as always, our Calendar of Daily Events.

As we embark on this New Year, we anticipate positive changes and growth at KBSCC—a community where beginnings are celebrated, transitions are navigated with grace, and the quality of life is continually enriched.

Thank you for being an integral part of our community.

Together, let's make 2024 a year of embracing new opportunities, fostering positive transitions, and celebrating the richness of life.

Wishing you all a joyous and fulfilling New Year!!

Sincerely,
 Matthew Pich-Maxon
 Director, Klamath Basin Senior Citizens' Center



Matthew Pich-Maxon

Come one, come all to our public reading of "Life's Journey of Remembrance"

This session of the Klamath Basin Senior Center Creative Writing Class has been exciting and interesting! The group has worked diligently and this is the result of their hard work.

We invite you to a reading of these stories and poems on Tues, January 16 from 10:30 - 11:30 am in the Ballroom at the Senior Center!

Light refreshments will be served!

**2045 Arthur Street
 Call with questions
 541-883-7171**



To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR
 Online at klamathseniorcenter.com

Or mail this form to:

Klamath Basin Senior Citizens' Center
 P.O. Box JE
 Klamath Falls, OR 97602

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



Volunteer Spotlight

Name: Cheryl Gibbs (pictured on right) & Kristi (on left)

Position / Duties at the Center: Cheryl is a Meals on Wheels Driver and Kristi is her helper / runner.

How long have you been a volunteer at the Senior Center? Cheryl has been volunteering for 11 years. Kristi is pictured here on her first day in December 2023!

Why do you volunteer? I want to help others and care for others while I am still able.

What’s your favorite thing about volunteering? Volunteering at the Senior Center gives me direction, humility, & joy!



Image by pikisuperstar on Freepik

Volunteer to be a Meals On Wheels Driver

Our community relies on compassionate volunteers for Meals on Wheels, delivering essential nourishment and human connection to those in need. Joining as a volunteer driver means more than delivering meals; it’s about offering companionship and care to our elderly and homebound neighbors. Your commitment for just a few hours a week can brighten someone’s day and make a significant impact. Step up, become a Meals on Wheels driver, and be the lifeline that our community members depend on.

Please call 541-883-7171, email Erica Dow at volunteercoord@kbscc.org or stop by the front desk for an application today!

Did you know that the Senior Center can provide transportation to your pharmacy of choice for a vaccination? Call 541-850-7315 today and set up a ride!

WHAT'S NEW?

New Weekly Class Offerings!
 Art Workshop, Game Day, Qi Gong Meet Up
 Walk Your Way to Wellness with Chris McPherson
 See page 18 for more details

Special Learn’n’Lunch Topic on Tues, Jan 9, 10:30 – 11:30 am
 See page 18 for more details

Senior Center closed in observance of
 Martin Luther King, Jr Day on Mon, Jan 15th

Story & Poetry Reading Tues, Jan 16, see page 3

Phone Photo Editing Workshop with Gregg Waterman
 Tues, Jan 23 from 10:30 – 11:30 am, see page 11

SAVE THE DATE! A Special Valentine’s Family Day Bingo, Sunday, February 11!

BINGO

20 36 53 81

SATURDAYS AT THE SENIOR CENTER

2045 Arthur St.

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

★ ★

PROCEEDS FROM BINGO FUND PROGRAMS AT THE SENIOR CENTER

Retire Resolutions and Set New Year's Intentions Instead

By Klamath Basin Senior Citizens' Center Staff

January is International Quality of Life Month. "Quality of Life" is feeling that we are living at the highest possible physical, mental, emotional, and social level as we age.

This first month of the year symbolizes a new beginning and is a great time to reflect on the quality of our lives and its purpose.

The concept of enhancing one's quality of life has existed for decades. However, the perception of "quality of life" differs from person to person and from region to region. In terms of clinical practice and research, "quality of life" revolves around being provided optimum health care. It is due to this concept that medical fields have begun to focus on not just the QUANTITY of one's life, but also the QUALITY. So essentially addressing not only how long we live, but how well we live.

How to Celebrate Quality of Life Month with Intentions

Review Your Current Quality of Life

While evaluating our quality of life, we may think about our relationships, community, work, school, finances, health, fitness, spirituality or other segments of our lives. For example, as we age relationships may disappear or weaken due to changing lifestyles. It is essential, especially during these times, to have social interaction. A circle of healthy and strong relationships has been shown to reduce stress, improve healing, offer a heightened sense of purpose and extend one's lifespan. Take time to reflect on who is important in your life and set intentions to preserve those relationships. An intention is a guiding principle that you want to live by, a broader idea that directs your energy into the journey as opposed to an inflexible goal (resolution). A resolution is something you either achieve or you don't. An intention is a framework, a mental state that commits to an action, but allows for flexibility in the path taken.

Improve Your Quality of Life

After a reflection on the various aspects of our lives, address the areas that require intention and strengthening. Change the conversation from an end point (resolution) to a journey (intention) and then choose actions that align with the intention. For example, if your intention is to "Spark Joy," depending on what area of your life would like to address, this could include a daily walk, reading a few pages of a book every day, or joining friends for coffee on a Saturday.

Help Others

Commit to including your family and friends in on the intentions you have set and supporting them in their journey. Life is a journey, filled with changes, challenges, and incredible moments. Offer guidance and compassion. Create awareness about the importance of quality of life.

At the Senior Center, we are committed to you. To enriching your quality of life and supporting your independence and vitality. Please check out What's New and the Calendar of Events for opportunities to connect. Please call 541-883-7171 if you have any questions.



A large group of Hooded Mergansers are spending their winter in the Moore Park/ Putnam's Point area this year. These cute little fish-eating, diving ducks are in full mating display mode. The males swim around throwing their heads back trying to make a favorable impression...and generally the females ignore them. - Mary Williams Hyde

"Klamath Basin Genealogical Society

will be offering help in Ohio and Indiana research. Class is Thursday January 11th from 6-8 p.m. at the Klamath County Library meeting room. The class will be led by Karen Kunz. She has several years of experience in Genealogical research. She has recently retired from the O.I.T. Library. Our DNA Group meets January 3rd at the Klamath County Library meeting room from 1-3pm. The class is led by Richard Oelkers and is a round table type discussion group. Hope to see you soon."

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.



Expressions of Heart and Mind

My Cup

by Sybil Fulk

I never thought it would mean so much
 To hold a cup that you once touched
 One you had chosen just for me
 With careful thought, so lovingly

I did not put much thought in to
 The meaning of this gift from you
 It seemed a small but thoughtful thing
 But now this gift means everything

I place my lips upon it's rim
 And think of memories now dim
 Of moments that we'd often share
 While you sat in your favorite chair

I hold the cup close to my chest
 The warmth of it can bring me rest
 Knowing now your loving plan
 To give a gift I'd understand

It's funny how something so small
 Can be a comfort when I fall
 Can wrap around my weary mind
 And with it's warmth, help me unwind

The mighty winds can blow apart
 My tattered soul and broken heart
 But I sit down and drink my tea
 And hold the cup you gave to me

It offers not a hand to hold
 Nor is it made of gleaming gold
 But when I'm close to giving up
 I think of you, and hold my cup



Medium Acrylic, Circa 2005. By Dot Diedrich

New Year's Resolution

By Debbie Plummer

Put down the sword, and pull out the pen.
 Look not at the “didn’ts”, but look toward the “when”.
 Don’t hold the clipboard, instead, grab a towel
 Use your words wisely, eliminate “foul”.

Seek others first, and the “you” falls in place
 Think more on clean body, and less on your face.
 Every morn get up and get on your way
 But first, thank the Lord, that He gave you this day.

Try to right wrongs, and make God your true light.
 Then the upcoming year will shine ever so bright!

Sharon Hudson

By Jeremy Hudson

Our lives are the total of the things we live,
 Plus the things that we learn minus the things that we give.
 From my Mom, I have learned to live positive with hope
 That goodness exists if you see good in your scope.

Always to look at the bright side of life,
 And the brightness will shine with the brightest of light.
 From it I will spread good to all that I meet,
 Except those creeps out in traffic,
 “Outta my way!” Beep Beep!

She lives her life for good and from it goodness has come
 For the goodness now lives in her granddaughters and son.

REACH
 is seeking an
Art Teacher
 to offer a painting class
 a few times a week.
Extensive knowledge
of art skills not required,
but a passion
for teaching people who
experience disabilities
is a must.

Please contact
REACH
Executive Director,
Jessie Oates,
for more information
at 541-887-8660,
Email:
joates@reachkfalls.com



2024 is a great time to deepen a relationship with a casual friend. It's an opportunity to share skills and memories. I am also a sourdough baker and will teach another friend to become a sourdough baker in 2024. Teaching someone a new skill is a great way to share of yourself and improve relationships with others.



Deepen Connections in the New Year

By Jennifer Patterson, KBSCC Board Member and Patron

Right before Christmas, my friend Pat and I got together to make lefse. I had been making lefse for my family and friends for over thirty years. Lefse is a traditional soft, thin potato-dough Norwegian flatbread. Pat had eaten lefse and it was a part of her family culture but she'd never made it. In December, before Christmas, I taught Pat how to make it. Pat and I are friends because of the Senior Center. We see each other and socialize multiple times per week when we attend activities there. We met a year or so ago and have become friends. We are also neighbors.

One fall day when I was at the senior center for exercise class, I shared with my friends that I was getting ready to start my yearly lefse making marathon. I make lefse for my family like my grandmother did when I was a child. Turns out Pat's grandmother made lefse for their family as well. Pat and I shared memories about our lefse experiences. My grandmother sent our lefse in the mail, in a repurposed card box from Newberrys or Woolworths. The lefse inside was folded into quarters and wrapped in waxed paper. The box was tied with crochet thread, then sent to us in the mail. I was the coolest kid in school when I brought lefse in my lunch. My mom used to joke that lefse couldn't possibly taste right unless it was sent in a Woolworth's card box, tied with crochet thread through the mail.

When I was asked if I'd teach Pat how to make lefse, I was doubtful about how to go about it because lefse is a bit art and a bit science. My parents had gathered recipes from relatives, years ago, while in Minnesota on vacation. These recipes I'd learned from called for a little bit of this and a handful of that. My nephew, who is a chef in Portland, showed an interest several years ago in learning the art of lefse so I gifted him all my recipe cards. He experimented and converted them to one recipe. Having this recipe helped me decide that I could use it to teach Pat.

We gathered at my house on a Sunday morning and proceeded to make lefse. Pat has many kitchen skills and is a gifted cook in her own right so she took to the tools and the recipe with no difficulty. After the first few were baked on the lefse grill, Pat said she was ready to do it herself. I watched and made suggestions. She finished the rest of the lefse and took it home. Pat has since made lefse in her own home and been successful!

**Story & Poetry Reading
Tues, Jan 16, see page 3**

Valentine's Card Making Class

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 and we are looking forward to her offering her expertise in creating Valentine's Day Cards this month!


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, January 11th and 25th in the lunchroom from 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.



Card Making Workshop with the Girl Scouts Service Unit 65. We made over 130 cards for our annual Christmas Baskets! Thank you for your time and talent!



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Bundle-Up

FRIDAY DRAWINGS

JANUARY 5-26 • 6PM-9PM

WIN UP TO \$750 CASH!
 BEGINNING MONDAY, JANUARY 1 AT 8AM,
 EARN ONE DRAWING ENTRY FOR EVERY 10 POINTS
 DRAWINGS EVERY HALF HOUR.

May only win once per day.

SENIOR DAY MONDAYS

8AM - MIDNIGHT

HOT SEATS
NOON - 3PM

WIN UP TO \$100 CASH!
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, JANUARY 1.
(Must be 55+. May only redeem/win once per day)

Points-Up Thursdays

JANUARY 4-25 • 10AM-8PM

EARN BONUS POINTS!

Arrowhead receives 3X points.
 Crows Knees receives 4X points.
 Quails Plume receives 5X points.



Blizzard Blow-Out

PLINKO SUNDAY HOT SEATS

JANUARY 7-28 • 2PM-6PM

WIN UP TO \$200 CASH!
 Winner will play the Plinko Board to determine prize.
 Drawings every half hour.

May only win once per day.

NEW MEMBERS

WIN UP TO \$250 FREE PLAY

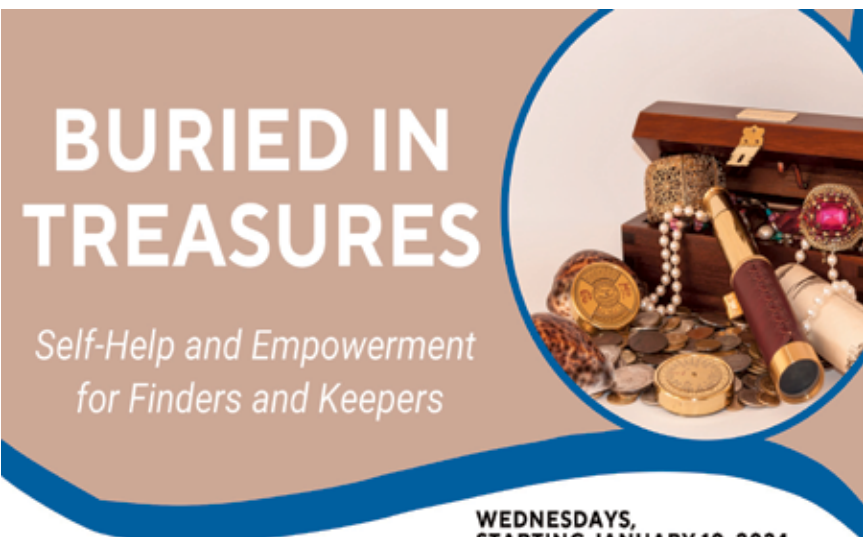
Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*



See Bonus Club for Complete Details

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

Gambling Problem? Call 1-800-GAMBLER



BURIED IN TREASURES

Self-Help and Empowerment for Finders and Keepers

WEDNESDAYS, STARTING JANUARY 10, 2024

**DAY: 1 PM - 3 PM
EVENING: 5:30 PM - 7:30 PM**

16 WEEK CLASS

**HEALTH EDUCATION CENTER CLASSROOM A
2200 ELDORADO AVE.
KLAMATH FALLS, OREGON 97601**

(OR JOIN VIRTUALLY VIA ZOOM)

CAPACITY: 8

FACILITATOR(S)

Kelli Bowers, LCSW
Older Adult Therapist
kbowers@kbbh.org
(458) 202-2252

Patty Card, QMHA, PSS
Older Adult Behavioral Health Specialist
Register via email: pcard@kbbh.org

ABOUT

For some, managing possessions can be extremely difficult. If resisting the urge to acquire more while finding your home cluttered and full is a challenge, you might be suffering from a condition known as hoarding disorder.

This class will help you dig your way out of the clutter and chaos. Join us for a program that includes skill-building, learning to think about possessions in a different way, and gradual challenges to help you manage the clutter. Families and friends of people who hoard will also find useful information as they struggle to understand and help. This class offers easy-to-understand strategies and techniques.

Sponsored by Klamath Basin Behavioral Health and the Older Adult Behavioral Health Initiative



POLST & Advance Directive

Free Workshop

Presenter:



Dr. Holly Montjoy
Klamath Hospice & Palliative Care
Medical Director

For more information:

541-882-2902

January 11, 2024

1:00 p.m. - 2:00 p.m.

Virtual - Register Online

<https://lp.constantcontactpages.com/ev/reg/9hm6mp3>



KLAMATH HOSPICE AND PALLIATIVE CARE

Founding Member of Oregon Nonprofit Hospice Alliance



Lumina
Hospice & Palliative Care

Founding Member of Oregon Nonprofit Hospice Alliance

Care Partners

Founding Member of Oregon Nonprofit Hospice Alliance



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

Email: jessica.kostick@healthyklamath.org
or visit bit.ly/NightToShineKFalls to sign up!



Register today for our
January 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 2024 Medicare Advantage Plans
- January Workshop
January 17 / 10 AM to 11 AM**

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541-882-6476

One-on-One appointments also available

ATRIO
HEALTH PLANS

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.



Thank you to the Girl Scouts Service Unit 65 for making the beautiful Christmas Dinner for Lunch Centerpieces!

Carrot Soup Recipe with Ginger

Prep Time: 10minutes mins

Cook Time: 46minutes mins

Serves 3 to 4

This easy 7-ingredient carrot ginger soup is great for warming up on cold nights.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 medium yellow onion, chopped
- 1/2 teaspoon sea salt
- 3 garlic cloves, smashed
- 1 pound carrots, roughly chopped
- 1 teaspoon grated fresh ginger
- 1 tablespoon apple cider vinegar
- 3 cups vegetable broth
- freshly ground black pepper
- 1 teaspoon maple syrup, optional
- coconut milk for garnish, optional

Instructions

Heat the oil in a large pot over medium heat.

Add the onions, salt and pepper and cook until softened, stirring occasionally, about 8 minutes. Add the smashed garlic cloves (they'll get blended later) and carrots to the pot and cook 8 minutes more, stirring occasionally.

Stir in the ginger, apple cider vinegar, and broth. Bring to a boil, then reduce the heat and simmer for 30 minutes.

Let cool slightly and transfer to a blender.

Blend until smooth. If your soup is too thick, add a little water. If you would like your soup a little sweeter, add the maple syrup.

Serve with a drizzle of coconut milk, if desired.

Linda Woodard Yates has roots in the Klamath Basin that go back to the early 1920's. Her dad was a rancher who summered cattle in the Sprague River area and trailed them back to home in the Lost River area seasonally. He also founded the Junior Rodeo held here for years. She moved into Pelican Pointe last February and loves it here!!!



"I feel so safe," she says. "The other residents and staff are so pleasant and helpful. I eat three meals a day in the dining room.

They keep track of my prescriptions, clean my studio apartment, and help me do laundry. I also love all the activities...there is no need to bored. Their bus takes us to doctors appointments, shopping, and even to a friends house ...free!

Linda Woodard Yates

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

Join the Winter Networking Luncheon to Help Improve Latino Health

By Katherine Duarte, Healthy Klamath Network's Hispanic Health Committee

The Hispanic Health Committee cordially invites community members to join our Winter Networking Luncheon on Wednesday, January 17th, 2024 from 11:30 a.m. to 1:30 p.m. at Klamath Community College's (KCC) Building 7.

Admission is free and open to anyone interested in creating better

health and wellbeing for Klamath's Latino community. The event will be generously co-sponsored by KCC and the Klamath & Lake Counties Council on Aging. We will review our progress to date, discuss plans for the future and do some fun networking. Bring your business cards and a plus-one! RSVP at www.tinyurl.com/HHCWNL.

Devoted to improving health and wellbeing for Klamath's Latino community, the Hispanic Health Committee is a coalition of organizations and individuals from areas such as health, human services, education, and more. In addition to our twice yearly in-person networking luncheons, we meet virtually on the second Monday of each month from 12:00 to 1:00 p.m. If you would like to learn more about the committee's goals and activities, join our email distribution list, receive the Zoom invite, or if you have questions about the networking luncheon, contact Katherine Duarte at (541) 882-8846 Ext. 3465 or kduarte@klamathcounty.org.



Improve Your Cell Phone Photographs!

Many of the best photos you see on social media, at web sites, or in magazines have been "tweaked" some, to bring out the best in the subject. In this class you will learn how to edit your phone photos in ways that make them more visually compelling. No experience is necessary – just a cell phone with a touch screen and a camera. You will be surprised at how easy and fun it is to edit your photos! Join Gregg Waterman on Tuesday, January 23 from 10:30 - 11:30 am for this photo editing workshop.

Gregg Waterman retired from Oregon Tech, where he taught mathematics, in 2018. Since then he has enjoyed traveling and exploring Klamath County on skis and bicycles, and also takes pleasure in photographing the wonderful area we live in. You can see his photographs at his web page, www.greggwaterman.com

**The Senior Center
will be closed on
Monday, January 15th
in observance of
Martin Luther King, Jr Day.**

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**

**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

You are not alone.



SHIP TALK

(Senior Health Insurance Program)

GETTING HELP WITH YOUR
MEDICARE COSTS

There are several ways you may be able to get government help paying for your Medicare premiums. Let's look at them. Most of you reading this column will likely not have need of subsidy, but it's good to be informed and pass on information to friends who might qualify.

1. The Medicare Savings Program (MSP) can help with monthly Medicare Part B premiums. This program is administered by the local Aging and People with Disabilities office. Currently your monthly income must be less than \$1,660 (single) or \$2,239 (couple). If your monthly income is even much lower, (\$1,235 single and \$1,663 {couple}) you may even qualify for Medicaid as a secondary to Medicare. It's important to note that there are no resource or asset limits to qualify for MSP. No matter how much you have in savings, or investment property, etc. you can still qualify for this program. All they look at is your income. AND, if you qualify for MSP, you automatically qualify for Extra Help with drug insurance as described below.

2. The Low Income Subsidy program (LIS) is commonly known as Extra Help and is administered by Social Security. It helps with Part D prescription drug premiums and co-pays. The income limits for this program are higher. Income must be below \$1,843/mo. (single) and \$2,485/mo. (couple). If you are able to qualify for this program but are not low enough to qualify for MSP as described above, your resources, such as stocks, bonds, savings in the bank, etc. will be counted. Certain things you own, like your house, car, life insurance and up to \$1,500 in burial expenses do not count as resources. And remember, if you qualify for the MSP program described above, you automatically qualify for Extra Help, no matter what your resources are.

These numbers increase annually, so if you're close and think you might qualify, come in and check.

Finally, anyone can get the Oregon Prescription Drug Program (OPDP) card which provides discounts on drugs that may not be covered by your plan. This program is now administered by a private company called ArrayRx. Just go to ArrayRx.com and sign up for a card. Other drug discounts are available and we especially recommend you check out GoodRx.com. These discount cards cannot be used in conjunction with Medicare Part D – only if you have drugs that are not covered by your insurance, or if you have no Rx insurance. Sometimes they even pay more than your insurance does.

If you have questions or need help or guidance with any of these options, make an appointment for SHIBA assistance at the Klamath Basin Senior Citizens Center – 541-883-7171.

Anne Hartnett,
SHIBA Coordinator

DONOR REPORT

We Need Your Support

With rising inflation and economic uncertainty priorities have shifted for all. This shift has affected the donations received by KBSCC. Currently, with only 29% of planned donations collected by the end of November, we are falling short of the expected 45% needed. We are optimistic that this trend will soon reverse.

Donations play a crucial role in our budget of nearly \$1.5 million. 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.

November 2023 donations of \$3701 were received from the following organizations and individuals:

Marilyn Howell	Patricia Henderson
Steven Keller	Janet Hall
First Presbyterian Church	Burl Parrish
Refuge City Church	Rose Chapman
Michael Casey	Elizabeth Western
Marta Stephens	Cheryl Gibbs
Juanita Neitling	Charlotte Moseley
Charles Thompson	Ernie Palmer
Dennis Steinbock	Margarite Breedon
Donna Maloney	Mary Lou Beach
Helen Meyer	Mary Kelley
Jon Schnebly	
Karin Dix	

Unidentified contributions for Meals, Transportation and Other Services in November amounted to \$4537

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

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.

**Did you know that
the Senior Center can provide
transportation to
your pharmacy of choice
for a vaccination?
Call 541-850-7315 today
and set up a ride!**



You may have to hunt for them as December and January have the lowest bird count numbers because of the cold and iced over water, but there will still be birds to see. This Belted Kingfisher hangs out in the Moore Park/Putnam's Point area. Listen for its distinctive rattle. Raptors like the gorgeous Golden Eagle pictured above, along with Bald Eagles, Harriers and Hawks, can be found anywhere there are abundant ducks and geese or squirrels for them to eat. – Mary Williams Hyde

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Bedroom Gallery Inc.
[Comfort, Quality and all the Rest....]
www.bedroomgallery.com f@i

541-884-2773

1204 Main St.
Klamath Falls, OR 97601

Annual Valentine's Day Bake Sale February 14, 2024

5:30 a.m. - 2:00 p.m.

Sky Lakes Medical Center - Main Lobby
Questions? 541-882-2902



All proceeds benefit Klamath Hospice and Palliative Care seriously ill patients and their families.

**KLAMATH HOSPICE
AND PALLIATIVE CARE**

Founding Member of Oregon Nonprofit Hospice Alliance



Happy New Year!

Those of us who have been part of our ukulele gatherings each month seem to be enjoying our time together more and more! It's great to welcome new folks to our time on the 4th Tuesday of each month.

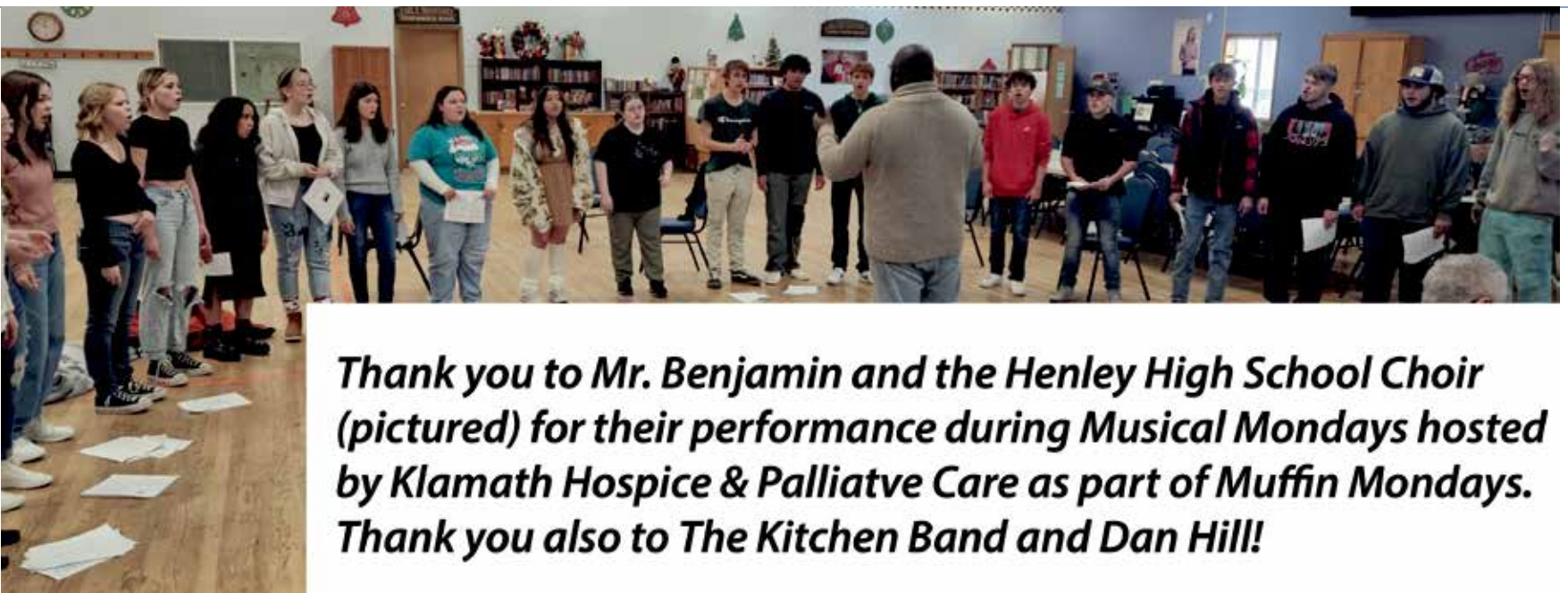
In January, 2024, we will meet on 1/23, 5-5:30 for warm up, and 5:30-6:30 for the rest of our music-making.

Some have suggested that we meet twice a month (the 2nd and 4th Tuesdays of the month). How does that sound? I think it would be great, as folks share music and take turns choosing songs to play. If we do this, someone would need to be in charge of opening and closing up the Senior Center on the second Tuesday. Please contact Marc Kane at 541-891-3288 if you would like to volunteer. We could begin twice a month in February if someone is interested. The word-of-the-day is "PRACTICE". That's it!

Cynthia Lin, on her ukulele tutorials in YouTube will be happy to help! See you on 1/23,

Maryann, Marc & Jon

Questions? Please reach out at 1maryantra@gmail.com or call/text 541-891-3288.



Thank you to Mr. Benjamin and the Henley High School Choir (pictured) for their performance during Musical Mondays hosted by Klamath Hospice & Palliative Care as part of Muffin Mondays. Thank you also to The Kitchen Band and Dan Hill!

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**



Where Character Counts and Mentoring Matters.

CITIZENS FOR SAFE SCHOOLS CELEBRATES NATIONAL MENTORING MONTH

Submitted by Citizens for Safe Schools

January is National Mentoring Month, and this year Citizens For Safe Schools is celebrating the annual campaign aimed at expanding quality mentoring opportunities to connect more of our community's young people with caring adults.

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity. Statistics overwhelmingly support the tremendous outcomes a mentor provides a youth:

Nationally, youth with a mentor are:
 55% more likely to enroll in college
 81% more likely to participate regularly in sports or extracurricular activities. 78% more likely to volunteer regularly in their communities.

90% are interested in becoming a mentor themselves.
 130% more likely to hold leadership positions.

Youth in Citizens For Safe Schools' 'Kids In The Middle' mentoring program are:

- 2x more likely to plan for their future
- 3x less likely to commit an act of violence or delinquency
- 6x less likely to re-offend for those with existing delinquency histories
- Improving grades, attendance, and graduation rates

Yet, the same research shows that one in three young people in our country will grow up without a mentor. In our community, Citizens For Safe Schools maintains close partnership with school counselors to identify children who would benefit from having a mentor. The need is great, but the potential for life changing impact is far greater. Meet two youth waiting to be matched now:

Dean is 10 and goes to Henley Elementary School. He says "I want to be a sports trainer or pilot when I grow up and would love to play in the NFL. I'd like a mentor who wants to play games."

Annie is 12 and goes to Chiloquin Elementary School. She says "I like jogging, bike riding, playing board games, doing community service, watching movies, going into nature and shopping. I want to learn to be successful in school and I would really like someone I can talk to."

We encourage anyone interested in going beyond digital engagement to connect with us and get involved 'in real life'. Our 'Kids in the Middle' mentoring program is actively recruiting new volunteers to the cause. Please call 541-882-3198 or e-mail Citizens for Safe Schools at info@citizensforsafeschools.org.



cascade comprehensive care




Cascade Health Alliance

Why is taking your medication important?

It is crucial to take your provider's prescribed medicines to maintain your well-being. Medications can prevent the worsening of some chronic conditions including rheumatoid arthritis and osteoporosis. Most commonly, medications are used to prevent complications including heart attack, stroke, and kidney failure. Many illnesses can be life-threatening if you don't follow your provider's prescriptions.

Medication Routine
 Correct Dose
 Correct Time
 Correct Frequency



Medications that prevent stroke and heart attack usually do not make someone feel better. Some medicines may have side effects, so it is essential to discuss these if you think you may be experiencing any. When you speak with your provider, tell them of any side effects, share concerns, and ask any questions you might have.

You are an important factor in your health. It is important to ask questions to understand why your provider may have prescribed you a drug.

Medication must be taken regularly to be effective, especially for conditions such as diabetes and high blood pressure. This is why medication adherence is more important than ever. Following your prescription can keep you healthy. Always tell your provider if you have any concerns about your medication. They can help if you need assistance.



We are looking for Advisory Council Members

Advisory Council members are volunteer citizens who represent older adults and individuals with disabilities within our community.

The KLCCOA Advisory Council (KAC) is a federally mandated council which helps to enhance the leadership role of the Area Agency on Aging in developing community based systems of services. The KAC also reviews and comments on policies, programs, and actions that affect older persons.

The Advisory Council has a maximum of 12 members. Fifty percent of whom are age 60 or older, persons with leadership experience, and the general public. Including minority individuals who are participants or who are eligible to participate in the Area Agency on Aging programs, also individuals with disabilities.

If you are interested in joining the Advisory Council, please contact the Director for an application.

www.klamathlakeareaonaging.org



We need YOU!! 541-205-5400

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!



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

Self-esteem Can Impact Your Quality of Life

By Brette Bliss, Sky Lakes Medical Center

Your self-esteem can affect your quality of life, and in my case, whether I feel like I'm living my life the way I want to.

Self-esteem isn't simple, it can be nuanced and complicated. I had always thought that as long as I didn't dislike myself that I had "good self-esteem", but I discovered something worse than disliking myself: indifference.

Feeling indifferent towards yourself amounts to not caring. In the last few years, I have become someone who doesn't care about myself enough to do the things I want to do, to have and achieve personal goals, and hold myself accountable for the things only I can hold myself accountable for. I realized that never taking the time to truly work towards the things I want and to put any real effort into my personal goals reflects how indifferent I feel towards myself. I always chalked up not committing or completing something as "oh well, if you cared enough then you would have done it." I had associated my lack of motivation with how much I cared about the goal, but never considered whether I could care about the goal if I didn't also care about bettering myself.

Because of my low self-esteem, I know I'm not living the life I want to. My indifference is holding me back from being the healthiest and most fulfilled version of myself. It's affecting my quality of life, and I need to improve my self-esteem if I want to improve my quality of

life. I want to be someone who always has a goal to work towards. I'm still navigating how I can help myself, but this is where I'm starting:

I'm giving myself a challenge- I've decided I want to go to Law school so now I'm studying for the LSAT and while it has been frustrating to motivate myself to study, I'm reminding myself that I'm doing this for me, and I ought to take it very seriously. I'm learning to be more open about what I'm feeling and what I want- I have a complicated relationship with expressing emotion in front of others. I've always disregarded what I want because I would rather do whatever everyone else wants than risk feeling unsafe. Now I'm practicing speaking up.

Being kind to myself- being indifferent towards myself is inherently unkind. The opposite of love isn't hate; its indifference. I'm practicing reminding myself that I do care and that having and reaching personal goals is important to my quality of life.

Seeking Therapy- Therapy is incredibly helpful for many people and it's definitely been helpful for me in the past. If you think you need to speak to a medical provider about your mental health, you absolutely should. Because you're important and I think it's fair to say that I believe caring about ourselves is also important.

Love yourself, it will improve your life.

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KLAMATH SENIOR CENTER JANUARY 2024 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 Caregiver Support Group with Jim Rains & Patty Card, 9 – 10am – Register pcard@kbbh.org or 458-200-4257
- **PEARLS with Patty Card & Kelli Bowers 12 – 1 pm
- (+) Golden Age BINGO & Cards Club 12:30 pm
- Yoga Pilates Fusion with Kim Carson 4:00 pm to 5:00 pm

TUESDAYS

- **SCHEDULE CHANGE!!!** Mobility from Head to Toe with Anne Davenport 9 – 10 am
- 2nd Tues Learn'n'Lunch, see below for topic!
- *2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- *2nd Tues Klamath & Lake Counties Council on Aging 11 am – 1 pm
- **NEW OFFERING!!!** Art Workshop with D.P. Redding 12:30 – 2 pm
- **CLASS CHANGE!!!** Qi Gong Meet Up 2:30 pm
- SHIBA (MEDICARE Counseling) by appointment, 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

- **INSTRUCTOR CHANGE!!!** Walk Your Way to Wellness with Chris McPherson, CTRS, MBK Fit Instructor from Crystal Terrace 9 am
- (+) Craft Connection Corner 9am to 11am
- *3rd Thurs Bristol Hospice Birthday Celebration
- (+) Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- SHIBA (MEDICARE Counseling) by appointment, 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
- **NEW OFFERING!!!** Game Day with D.P. Redding 12 – 2 pm
- (+) Line Dancing 7 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

** Support groups offered at the Senior Center provided by KBBH.

(+)Activities offered at the Senior Center provided by Community Members.

DESCRIPTION OF DAILY EVENTS

ART WORKSHOP WITH D.P. REDDING: Weekly opportunity to explore your creative side with DPRedding, Inc. Materials & guidance provided, no experience needed!

BODY RECALL: A lower intensity program of physical fitness, designed to reclaim the natural motion of the body & the strength to make life pleasurable. Class emphasizes the essential development of full range of movement in all joints and muscles and 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 & other kitchen wares, crocheting, macramé, knitting, paper beads, & dolls. No experience with crafts needed, only a desire to connect!

GAME DAY WITH D.P. REDDING: Grab a friend and join DPRedding, Inc. for a fun afternoon of games, puzzles, and social connection!

MOBILITY FROM HEAD TO TOE: Full-body low intensity mobility, based on the Arthritis Foundation Exercise Program, taught by a licensed physical therapist. Completed in sitting, in standing, & optional floor mat work at the end. Learn breathing techniques, postural control, guided joint range of motion from your head to your big toe!

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

QI GONG MEETUP: Pronounced "chee gong." Exercises to optimize energy in body, mind, & spirit, to improve & maintain health & well-being. Qi Gong will not have a formal instructor at this time. We encourage you to continue your practice at the Center! We will have a list of movements at the Front Desk for reference.

SAIL: Stay Active & Independent for Life (SAIL) is an evidence-based class that includes aerobics, strength, balance and education. Class can be done in seated or standing, with or without equipment and is delivered at a moderate to high intensity.

UKULELE GROUP: A gathering of wonderful players to make music together, beginners and beyond are welcome! Questions? Please reach out at 1maryantra@gmail.com or call/text 541-891-3288.

WALK YOUR WAY TO WELLNESS: A program that includes walking, stretching, strengthening, & education about health & wellness, based on Walk with Ease. Walks will take place inside the Center, with music & laughter! Participants can choose their own intensity level. *Class will be taught by Chris McPherson, CTRS, MBK Fit Instructor from Crystal Terrace starting in January! We are excited that Chris will be offering his passion and expertise to the Center.*

YOGA PILATES FUSION: Class combines the gentle stretching of simple Yoga postures to improve flexibility with the core strengthening power of Pilates movements. Suitable for most fitness levels, taught by Certified Personal Trainer, Kim Carson.

We are excited to be partnering with the Klamath Basin Senior Citizens' Center (KBSC) for these activities!"

Art Workshop and Game Day open to the public. A \$3 donation is recommended. Please call 541-883-7171 with any questions.

Monthly Learn'n'Lunch

Misty Wright is a Safety Educator and teaches classes to keep you safe. She will be teaching on Situational Awareness on Tues, Jan 9 at 10:30a. She turns thoughts into action to keep you and your loved ones safe. She will also be showing you some basic self-defense moves using your cane, wheelchair and walker.

Story & Poetry Reading Jan 16, see page 3.

Phone Photo Editing Workshop Jan 23, see page 11.

January Special Events

New Weekly Art Workshop & Game Day Offered by DPRedding Inc!

Starting January 2, we are pleased to offer two new opportunities for fun and connection with the support of DPRedding Inc. On Tuesdays, explore your creative side at the Art Workshop from 12:30 – 2 pm. On Fridays, play board & card games, puzzles and more from 12 - 2 pm.

From Pam Redding, Director – Community Services, "We are a local agency that provides support to people to help them live and work in the community. Our Mission is to change people's lives and help them to overcome barriers. At DPRedding Inc., we believe that everyone has a right to be treated with respect, dignity, and have access to everything in the community. Our vision is to provide knowledge and training, so people overcome barriers to working and living in the community.



JANUARY 2024

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 suggested donation. Under 60 - Seated \$7.50. Take Out \$8 for all

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	BEANS & HAM w/CORNBREAD Veggie Salad Dessert	SWEDISH MEATBALLS Veggie Salad Dessert
CHILI BAKERS Veggie Salad Dessert	PASTA w/MEAT SAUCE Veggie Salad Dessert	QUICHE Veggie Salad Dessert	AU GRATIN POTATOES w/HAM Veggie Salad Dessert	MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad Dessert
SENIOR CENTER CLOSED FOR MARTIN LUTHER KING JR DAY	SWISS STEAK Veggie Salad Dessert	BROCOLLI CHEDDAR SOUP Veggie Salad Dessert	CHICKEN STRIPS & FRIED POTATOES Veggie Salad BRISTOL HOSPICE BIRTHDAY CELEBRATION	SLOPPY JOES Veggie Salad Dessert
BEEFY BEAN SOUP w/CORNBREAD Veggie Salad Dessert	SPAGHETTI w/MEATBALLS Veggie Salad Dessert	ROAST PORK Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	ROAST CHICKEN Veggie Salad Dessert
CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert	SHRIMP CHOWDER Veggie Salad Dessert	CHICKEN CHILI & CORNBREAD Biscuits & Gravy Scrambled Eggs Hashbrowns	TORTELLINI & MARINARA SAUCE w/GARLIC BREADSTICKS Veggie Salad Dessert	FISH & CHIPS Veggie Salad Dessert
CHEESEBURGERS & FRIES Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs 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

Welcome Back to Muffin Monday – Regular Time: 10:30 AM to 11:30 AM

1/8/24: Dr. Gailis – Healthy choices to start the year off right.
 1/15/24: Senior Center Closed for Martin Luther King, Jr. Day
 1/22/24: Patty Card – KBBH – Mental Health Check-in.
 1/29/24: Michelle Scott – Financial Fitness Tips 884-0649 ext. 120
michelle@klamathhousing.org
 2/5/24: Steven Rooker – Wildlife Presentation



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

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

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



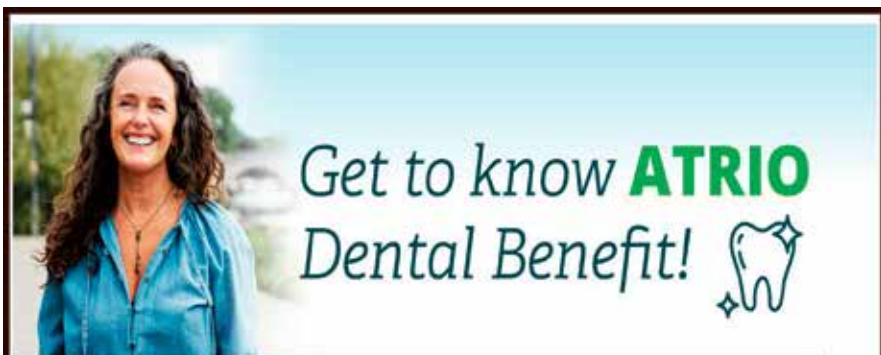
Where Character Counts and Mentoring Matters.

MENTORS NEEDED!

Youth in Citizens For Safe Schools' 'Kids In The Middle' mentoring program are:

- 2x more likely to plan for their future
- 3x less likely to commit an act of violence or delinquency
- 6x less likely to re-offend for those with existing delinquency histories
- Improving grades, attendance, and graduation rates

For more information please call
541-882-3198 or email
info@citizensforsafeschools.org



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.

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- 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.

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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. Y0284_MKTG_AG_FL_A_2024_M