

FEBRUARY 2024

Active Seniors

FREE
Take one!



Photos by Dot Diedrich | Mobility from Head to Toe, Tuesdays at 9am

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

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Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

Produced in conjunction with the Herald and News.

Dear patrons, volunteers, partners and staff of the Klamath Basin Senior Citizens' Center

As we step into this New Year, it's a pleasure to gather once again to celebrate the loves of our lives and to delve into essential themes surrounding health. In this edition, we focus on matters close to our hearts: the cherished moments of our lives, the imperative of maintaining heart health, and preventing cancer.

Each day, we find ourselves surrounded by the loves of our lives, whether they be people, pets, places, or experiences. Let us cherish the moments spent with loved ones, the joy found in the company of our faithful pets, the beauty of the places we call home, the fraternity we find at KBSCC and the richness of our life experiences.

Sharing our gratitude and generosity for the people and places we love will bring us true prosperity. Sharing our gratitude can be as simple as a heartfelt "thank-you." Generosity can be paying attention and being present for others when we talk. All of us are able to share our gratitude and generosity.

Our community thrives on the bonds we share and the memories we create together. As we navigate the journey ahead, let's continue to nurture these connections and find solace in the love that surrounds us.

The pursuit of good health, particularly in matters concerning our hearts and the prevention of cancer, is important to us all. Check out several articles throughout this edition to learn more.

Our hearts, the steadfast engines that keep us going, deserve our utmost care and attention. This month, let's prioritize heart health by embracing heart-friendly habits. Whether it's expressing

ourselves in a more loving manner, adopting a nutritious diet rich in fruits, vegetables, and whole grains, engaging in regular physical activity, or managing stress through mindfulness and relaxation techniques, every effort contributes to the vitality of our hearts.

Following the old adage of "The Golden Rule," regular check-ups with healthcare providers and adherence to prescribed medications can also play a pivotal role in maintaining optimal heart health.

Let's embark on this journey together, supporting one another in our quest for healthy hearts and vibrant lives.

Cancer, a formidable adversary, underscores the importance of proactive measures in prevention and early detection. As advocates for our own health, let's empower ourselves with knowledge about cancer prevention strategies. Simple lifestyle modifications, such as avoiding tobacco, limiting alcohol consumption can significantly reduce the risk of certain cancers.

In conclusion, as we embark on the journey that is 2024, let us cherish the loves of our lives and prioritize our health and well-being. Together, we form a resilient community bound by shared experiences and a commitment to each other's welfare. As always, the Klamath Basin Senior Citizens' Center remains a beacon of support and camaraderie for all its members. May the coming month be filled with moments of joy, companionship, and good health.

With Love,
Matthew Pich-Maxon, Executive Director,
Klamath Basin Senior Citizens' Center



Matthew Pich-Maxon

Improve Your Photography with Gregg Waterman

Tuesday, February 20
10:30 am - 11:30 am

in the Klamath Basin Senior Center
Downstairs Conference Room



Do you photograph regularly, with a cell phone or a stand-alone camera? Would you like to find some ways to improve your photography?

Join us for this workshop!

We will go over the various kinds of light when photographing, and how to best utilize each; fundamental concepts of composition, and any other questions you may have.

Bring your phone or camera!

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



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: _____

Klamath Basin Senior Citizens Center Reasons to Volunteer:

Why is Volunteerism is important?

Melody Rhoades, Volunteer Coordinator

1. Boosting confidence and self-esteem.
2. Community health and wellness.
3. Meeting new people.
4. Engaging in new activities.
5. Strengthen Community.
6. Sense of belonging.
7. Learning new skills.
8. Doing fun activities.
9. Volunteering can advance your career.
10. Reducing stress and anxiety.

Why is volunteering important? It is important because you make a difference in your life and others.

Volunteering has made an impact on my life and my family. It has changed my life perspective and has given me a more positive outlook.

There are several more reasons to volunteer including, Hospitals, Tribes, Libraries, Museums, Food Banks, School Districts, AARP, and Senior Centers. These are some of the agencies that embrace Senior Citizens.



Members of the 173rd Fighter Wing, Oregon Air National Guard volunteering to deliver 2023 Christmas Baskets to Meals on Wheels recipients.

We are currently seeking volunteers for the Center, including Exercise Instructors and for the Village, specifically looking for housekeeping and light maintenance work.

**A Big Thank you to all of our KBSCC Volunteers!
Contact Melody at 541-883-7171**

Please call 541-883-7171, email Melody Rhoades 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!



**Learn'n'Lunch
on Swallowing Difficulties with Aging
Tuesday, February 13
from 10:30 – 11:30 am,
see page 18**

**Senior Center closed in observance of
Presidents' Day on Mon, Feb 19th**

**Photography Workshop
Feb 20th, see page 3**



**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**



Left : Steven Baker serving up meals in the kitchen. Right: Food boxes being assembled. Below: Christmas baskets for 2023 Meals of Wheels recipients.

Volunteer Spotlight

Steven Baker

Steven has been a volunteer in the kitchen, at KBSCC, for two years and drives meals on wheels, a total of five years with our organization. What brought Steven here? He wanted something to do! He retired at Weyerhaeuser and Collins Products is where he worked for 30 years & he is also a Navy Veteran, in communication. His busy schedule is quite amazing at full time (M-F).

What does he like about volunteering? "I like meeting and visiting with everybody. I enjoy getting out and driving for Meals on Wheels." Advice to others who should volunteer: "Community interaction, visiting people. I enjoy helping people who are homebound."

What do you add to this job? "Smile and attitude towards everybody. I always try to be upbeat and positive. I take an approach Life is what you make of it."



"Klamath Basin Genealogical Society

Klamath Basin Genealogy Society monthly meeting on Feb 8th from 6 -8 p.m. at the Klamath County Library Media room. We will be discussing Love and Marriage and Divorce records. We hope to see you there! Find us on Facebook and on the Klamath County Library Website (klamathlibrary.org), or at klamath-basin-genealogical-society.square.site.

Sign up for our monthly newsletter!

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



Black Horse on Beach by Sybil Fulk. Acrylic on Canvas Board, 2021.

Haiku

*By Jean Knight
February 26, 2023*

DAWN OVER SHASTA

Tentatively, you
tiptoe onstage this morning,
slow dancing sunlight.

ICE STORM

BB shots of news
sting my brain and emotions.
Squinting, I trudge on.

FEBRUARY HOPE

Five Myer lemons
gracing a blue bowl bring Spring
on a snowy day.

Love Is For All

By Sharon Hudson

Love is the word with
Magic inside.
It's a wonderful feeling,
On which you take pride.

Our world is full of it,
And no one is left out
Some show it more than others,
But there is no doubt.

You bond with babies, and
Care for them right.
Your care is gentle, and they grow
Quick, enjoy them, and stay in the light.

To love a child is precious, and
Holds good feelings inside.
They are beautiful little people
Who needs you to guide.

Children are a blessing, and
Are here for us to love.
They are sent from God,
Who watches from above.

There is a love for animals
That share our planet with us.
They usually hide, and don't
Make much of a fuss.

The birds are amazing
That tolerate the cold.
They seem so happy, and
Are certainly very bold.
The love of a pet is
Unique and warm,
There love is soothing when
The world around you is a storm

Having a pet is a very
Wonderful connection.
Many have a dog for
Companionship, and protection.

Give them love, and
They will love you back.

This is a trait that they
Don't lack.

Be kind to mother nature, and
She will be kind to you.
The forest will stay green, and
The sky will be blue.

With love in your heart
You can't go wrong.
Follow your inner feelings, and
God will keep you strong!



The Girl Who Can Shovel

By Debbie Plummer

There are girls who look darling, when
wearing a ruffle,
but nothing's as fine as the girl who can
shovel.

There are fashion-plate beauties, in tight
jeans and duffle
but nothing's as grand as the girl who can
shovel.

One girl, in a mansion, and one, in a hovel
But nothing's as rich as the girl who can
shovel.

as she lifts and throws snow, from the very
first start
The girl who can shovel, wins every man's
heart

All covered in snow. Yes, her beauty's no
truffle
cause none can charm more, than the girl
who can shovel.

Do you have a short creative writing piece or artwork you would like to submit and share?

Please contact anne.davenport@kbscc.org or 541-883-7171 ext 122.



All Grown Up

By Vaudine Cullins

<p>He pressed his heels against the wall And jutted out his chin He stiffened up his little back And sucked his tummy in “Am I bigger, Mama? Can you tell? Did the mark move very far?” As Mama lined the yardstick up And drew a little star</p>	<p>And safely snuggled on my lap Or playing at my knee Time has a way of slipping by Too soon we’re made aware The little boy has disappeared And now a grown man’s there</p>
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*In memory of my son, Sid
Cullins Jr., who passed away
November 27, 2023.*

It seems like only yesterday
My little boy was three

Birthday Month Treat & Free Raffle!

Every 3rd Thursday Bristol Hospice Klamath Falls hosts a special birthday month event at the Senior Center!

We provide a birthday treat alongside the resident’s meal and a FREE birthday raffle that each person has a chance to win!

Bristol Hospice
(541) 882-1636

Not Just a Bell | Celebrating a job well done

By Bronwyn Hoffman



Throughout history, a bell has been used for many different things. The oldest bell discovered was created nearly five thousand years ago, and ever since then humankind has come up with all sorts of uses and symbolisms for them. Musical bells, liberty bells, church bells, and even jingle bells. It seems like such a common object with so many different versatile meanings.

But why are bells so important to cancer treatment?

Bells are used in cancer treatment to help signify the transition a patient goes through when they are declared to be in remission. When a Sky Lake’s Cancer Treatment Center patient gets this news from their care team, they are invited to ring a bell. This is perhaps one of the most important uses of a bell, when a cancer patient becomes a survivor and gets to ring the bell.

Bells to celebrate important events

TV Shows such as the Red Band Society have shown how big of a deal this tradition is for cancer treatment patients, such as Malissa (pictured here ringing the bell), but they don’t talk about its origins.

There are many theories about where the tradition of ringing a bell for an accomplishment originated. Many people believe that it likely originated in China, where large bronze bells were used to signal important events, before spreading across Asia and into Europe. Others believe the tradition started in Greece, where the ringing of the bell signified the start of a game or an event, the start of something good.

The origin of cancer patients ringing bells is very well-documented.

Thirty years ago, Irve Le Moyne—a rear admiral in the U.S. Navy—decided to follow a tradition from his time in the Navy of ringing a bell to signify when a job was done.

The brass bell Le Moyne used was donated and mounted on the wall of the MD Anderson Radiation Treatment Center and Le Moyne’s Navy tradition has since spread around the world, including to right here at Sky Lakes.

Sky Lakes Cancer Treatment Center is currently creating a new bell wall and is excited for more cancer survivors to celebrate locally.

When patients reach a milestone in their treatment journey like Admiral Le Moyne did, ringing the bell can bring them a sense of joy because they completed something that was hard. Sky Lakes believes in the value of supporting patients by celebrating the successes in their journey.



Winter brings chilly temperatures and cozy moments by the fire. It's also a time when our bodies crave warmth and comfort through hearty, nourishing foods. Eating healthy during this season is not only important for staying strong and active but can also be budget-friendly. Let's explore a yummy recipe and some tips for eating healthily without breaking the bank during the winter months!

Recipe: Hearty Vegetable Soup

Ingredients:

- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 can of diced tomatoes
- 4 cups of vegetable or chicken broth
- 1 cup of your favorite pasta (optional)
- 1 cup of chopped spinach or kale
- Salt, pepper, and herbs (like thyme or rosemary) to taste
- Olive oil for cooking

Instructions:

Heat a tablespoon of olive oil in a large pot over medium heat. Add chopped onions and garlic, stirring occasionally until they're soft and fragrant.

Add carrots and celery to the pot and cook for about 5 minutes until they start to soften. Pour in the diced tomatoes and broth. Bring the mixture to a boil, then reduce the heat and let it simmer for 15-20 minutes until the vegetables are tender. If using pasta, add it to the pot and cook according to package instructions. Stir in chopped spinach or kale and cook for an additional 2-3 minutes until they wilt. Season with salt, pepper, and herbs to taste. Serve hot and enjoy your delicious vegetable soup!

Tips for Healthy and Affordable Winter Eating:

- Buy Seasonal Produce:** Winter vegetables like carrots, kale, cabbage, and squash are not only flavorful but also tend to be more affordable during this time of year. Look for them at your local farmers' market or grocery store.
 - Plan and Prepare Meals:** Make a meal plan for the week to avoid impulse buying. Cooking large batches of soups, stews, or casseroles can save money and provide meals for several days.
 - Use Affordable Protein Sources:** Beans, lentils, and canned fish (like tuna or salmon) are nutritious and budget-friendly protein options. Incorporate them into meals for added nutrients.
 - Frozen Fruits and Vegetables:** Don't forget about frozen produce! They're often just as nutritious as fresh ones and can be more affordable. Use them in smoothies, soups, or stir-fries.
 - Limit Processed Foods:** Try to minimize buying processed and pre-packaged foods, as they can be more expensive and less healthy. Opt for whole foods that you can prepare at home.
- Remember, staying healthy during the winter months is all about nourishing and loving your body with wholesome ingredients. With a bit of planning and creativity, you can enjoy delicious meals without straining your budget. So, gather your family and friends, cook up some hearty dishes, and stay warm and healthy this winter!

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<p>Chill Out FRIDAY DRAWINGS FEBRUARY 9-23 • 6PM-9PM WIN UP TO \$750 CASH! Beginning Thursday, February 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.</p>	<p>Thursday Player Choice Kiosk FEBRUARY 1-22 • 10AM-8PM Earn free play, food voucher, points or prizes! Earn 75 points and swipe at the kiosk to reveal prizes to choose from. Guest will be able to choose one of four prizes: • \$15 free play • Gift of the Week • \$20 food voucher • 10,000 Points</p>	<p>WHEEL OF FORTUNE SUPER SUNDAY PRIZE WHEEL FEBRUARY 4, 18 & 25 • NOON-4PM WIN UP TO \$100 CASH! WINNERS WILL SPIN THE PRIZE WHEEL TO DETERMINE THEIR PRIZE. DRAWINGS EVERY HALF HOUR.</p>	<p>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, FEBRUARY 19 (Must be 55+. Max only rebuys/coin once per day.)</p>	<p>HOT SEAT BLITZ Sunday, February 11 • Noon-4pm Win up to Two Recliners and a 65" TV! Drawings every half hour. Win Free Play, Cash or Prizes!</p>
<p>MARDI GRAS SLOT TOURNAMENT Tuesday, February 13 5pm-8pm Win up to \$500 CASH! Buy-In Tournament: 5pm-7:30pm Initial buy-in: 50 points. Go to kiosk and print your slot tournament entry ticket. Rebuy: 25 points (maximum two rebuys). Top seven scores qualifies for final round at 7:45pm. Payouts to the seven finalists.</p>	<p>Get A Little SPARKLE VALENTINE'S KIOSK WEDNESDAY, FEBRUARY 14 • 10AM-8PM EARN JEWELRY! EARN 75 POINTS AND SWIPE AT THE KIOSK TO RECEIVE PRIZE VOUCHER. While supplies last. Max only rebuys/coin once per day.</p>	<p>PRESIDENTS' DAY PLINKO HOT SEATS MONDAY, FEBRUARY 19 • NOON-6PM WIN UP TO \$250 CASH! WINNERS WILL PLAY THE PLINKO BOARD TO DETERMINE THEIR PRIZE. DRAWINGS EVERY HALF HOUR.</p>	<p>LEAP YEAR SLOT TOURNAMENT THURSDAY, FEBRUARY 29 • 3PM-6PM WIN UP TO \$500 CASH! BUY-IN TOURNAMENT 3PM-5:30PM • Initial buy-in: \$10. • Rebuy: \$5 (maximum two rebuys). • Top seven scores qualifies for final round at 5:45pm. • Payouts to the seven finalists. Guests may only qualify to play one spot in the final round.</p>	<p>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.*</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

Lowering Your Cancer Risk

Healthy Living for Cancer Prevention

From NIH News in Health

Most people know someone who's had cancer: a family member, a friend, a loved one. Who gets it can sometimes seem random. But there are many things you can do to reduce your risk.

Cancer can start almost anywhere in the body. Normally, your cells grow and divide to form new cells as the body needs them. When a cell is old or becomes damaged, it dies. Then a new cell takes its place.

But when cancer develops, this orderly process breaks down. Cancer cells divide without stopping. They can then spread into surrounding tissues or other parts of the body.

Causes of Cancer

Cancer starts with damage to the genes that control the way cells function. Many things you're exposed to over your lifetime can damage genes. These include chemicals, radiation, tobacco, alcohol, and others. Your body has ways to repair the damage, but they don't always work perfectly.

As you age, your body has had more time to build up damage. And the normal aging process causes other changes in cells that help cancer develop. These factors make cancer more likely to appear as you age.

"Fortunately, most cancers do not develop as a result of a single exposure," explains NIH researcher Dr. Erikka Loftfield, who studies cancer prevention. "Typically, you don't have just one cause for a given cancer. And some potential risk factors, like cigarette smoking and diet, are changeable." Lowering your Cancer Risk to Page 10



Register today for our
February 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

February Workshop
February 14 / 10 AM

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VOLUNTEER TODAY!



We are looking for YOU!!

Are you Retired?

Are you looking for a Volunteer Opportunity?

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Call for more information

Klamath & Lake Counties Council on Aging Office 541-205-5400

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

Lowering your Cancer Risk from page 9

Because damage to your genes builds up slowly over time, there are many opportunities for prevention. “Not smoking, maintaining a healthy weight, getting enough physical activity, limiting alcohol, and eating a nutritious diet are all intertwined in cancer prevention,” Loftfield says. “These are all things that also help us live a healthy life.”

Quit Tobacco

Tobacco use is the leading cause of cancer in the U.S. This includes smoking and use of other tobacco products, like chewing tobacco. Many chemicals in tobacco products can damage your genes.

“Smoking is one of the the most dangerous health behaviors there is,” says Dr. Johannes Thrul, a tobacco researcher at Johns Hopkins University. Using tobacco also increases your risk of heart attack, stroke, lung disease, and many other conditions. But it can be very hard to stop—even if you know the risks.

Tobacco products contain an addictive substance called nicotine. But there are medications that can help you quit. They can reduce nicotine withdrawal and cravings. Some are available by prescription. Others can be found over-the-counter, like nicotine replacement gums or patches. Using medications with counseling can be even more effective. Thrul and others are looking for new ways to help people quit smoking. They’re developing smartphone apps that track when smokers are close to places that trigger nicotine cravings. The apps then send personalized support messages.

“We’re trying to deliver support to smokers in these critical situations, in real time,” he says. These apps are still being tested. You can get free help now by visiting smokefree.gov, calling 1-800-QUIT-NOW (1-800-784-8669), or by texting QUIT to

47848. “No matter how long you’ve smoked, no matter how old you are, quitting smoking will always benefit your health,” Thrul says.

Eat Smart, Keep Moving

When it comes to cancer prevention, the saying “you are what you eat” applies, says NIH researcher Dr. Jill Reedy, who studies diet and cancer. But it’s not just diet. Your overall lifestyle—including weight and physical activity—also matters. “There’s a lot of evidence that maintaining a healthy lifestyle has the potential to reduce cancer risk,” Reedy says.

Diet and related factors can raise your risk in many ways. For example, excess weight can increase inflammation in the body, Reedy explains. Long-term inflammation is thought to increase cancer risk.

Excess weight can also cause the levels of certain hormones to rise. High levels of these hormones can raise the risk of some types of cancer, such as breast cancer. How diet itself affects cancer risk is complicated, Reedy explains. What we eat gets broken down and used by our cells to keep the body running. Chemicals in some foods—like highly processed meats—may raise the risk of cancer. But overall, there aren’t many single foods to avoid.

Other chemicals in food may lower your risk. But no single food, nutrient, or vitamin alone can protect you from cancer. “It would be great if there was a magic bullet, but there isn’t,” Reedy says. “It’s really about the overall quality of your diet. Choose fruits and vegetables, whole grains, lean proteins, and healthy oils. Limit alcohol, added sugars, saturated fats, and sodium,” she explains.

You can learn more about healthy eating patterns from the Dietary Guidelines for Americans (dietaryguidelines.gov/resources/2020-

Tim Murphy is the bus driver of the Pelican Pointe bus. Three times a week from as early as 6:00 in the morning to as late as necessary, he takes our residents wherever they would like or need to go. Walmart and Freddy’s are frequent destinations as are medical appointments. “I take as few as 1-2 at a time, dropping them off, then coming back to pick them up.

“I will turn 75 in July,” says Tim. “I tried retirement ten years ago but started working here as a resident assistant, then I became a Medical Aide. I have really enjoyed being the bus driver now for over eight years.”

Before becoming part of the Pelican Pointe family, Tim retired from the hospital where he worked on the surgery floor, then worked as a home care aid. He served two tours in Viet Nam.”

Tim Murphy, our bus driver

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



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Anderson

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541-882-8900,
Amber's cell: 541-205-2018

Lowering your Cancer Risk from page 10

2025-dietary-guidelines-online-materials). Healthy eating appears to reduce cancer risk even if you have trouble losing weight, Loftfield explains. And the same seems to be true for physical activity. “We’ve seen that physical activity lowers the risk of some types of cancers, independent of its effects on weight,” she says. This may be because exercise can reduce inflammation, stress, and other things that can harm your cells.

Loftfield and Reedy are studying new ways to measure what happens in the body after eating different types of foods. This will help them learn more about how diet impacts cancer risk.

Prevention Tips

There are other simple actions you can take to reduce your risk of specific cancers. To lower your chances of skin cancer, wear sunscreen and sun protective clothing, limit your time in the sun, and avoid tanning beds.

Certain vaccines can reduce your risk of cervical, liver, and other cancers. This is because some viruses, like human papillomavirus (HPV), can damage your genes in ways that lead to cancer.

“Getting vaccinated against HPV and other cancer-related viruses is a very practical way to modify your cancer risk,” Loftfield says.

Common screening tests can also reduce your risk. These let doctors find and remove small growths that may turn into cancer. A colonoscopy, which looks for growths in the colon and rectum, is one example. Cervical cancer screening is another. For tips on talking about your risk for cancers, see the Ask Your Doctor box.

Ask Your Doctor

Ask about reducing your cancer risk:

- What can you recommend to help me quit smoking?
- Have I had all the recommended vaccinations to prevent cancer?
- What cancer screening tests should I have at my age?
- What dietary changes can I make to help reduce my risk of cancer?
- How can I safely exercise to improve my health?
- Does my family medical history put me at higher risk for cancer?
- Is there anything else I should know about my cancer risk?

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**FREE MEDICAL
SCREENING**

**SATURDAY MARCH 2nd
KLAMATH COUNTY
FAIRGROUNDS Exhibit Hall 1
3531 South 6th St.
8AM - 2PM**

- Free cholesterol screening. (recommended 8-12 hour fast)
- Free blood glucose screening. (recommended 8-12 hour fast)
- Free blood pressure check.
- Plus exhibits by Sky Lakes Medical Center departments and many community partners
- Special activities and information specifically for ages 3-13



SHIP TALK

(Senior Health Insurance Program)

SENATE COMMITTEE HEARINGS ON MEDICARE SCAMS

I just finished reading Senator Ron Wyden's recent testimony on the Senate Finance Committee, which I thought readers of this column would find interesting. Here are some highlights: According to Wyden when Advantage plans were just beginning, middle marketing scammers were going door to door wearing white coats with stethoscopes around their neck to enroll seniors into advantage plans. Thank goodness we haven't seen anything quite that audacious here. "We got some protections," says Wyden, "but it still wasn't enough."

I don't even pretend to understand how it all works, but I do know that a "middle marketer" gathers all the information he/she can about seniors, calls them and sells a scam plan that is worthless. They may even use names of actual insurance companies, get your money, and you think you've enrolled in a legitimate plan. The cost to both seniors and the government runs into the billions. (You can learn more at www.financesenate.gov.)

In Klamath County we have only two advantage plans that are sold here. They are MODA and ATRIO, both familiar and reputable companies. During Open Enrollment I had several people tell me they'd been called by Humana to purchase an advantage plan. It probably wasn't Humana at all. The innocent senior had no way of knowing who was calling – and the pitch sounded just like the ads on TV, so how were they to know it was actually a "middle marketer"?

Although the scams permeating the advantage plan market are the most egregious recently, you need to be aware that scams permeate the whole landscape. Just prior to writing this column I received an e-mail from "Medicare.com" saying they could help me find a Medicare supplement. I did not open it up any further because I knew it was not Medicare. Medicare URL is Medicare.gov. Anything with a .com at the end is a private business. I don't know whether it was a legitimate business or not, but I do know you would be charged a fee for their "services". More than likely it was a scam. You'd not only pay a fee, you'd get a worthless supplement.

Please share these concerns with friends and relatives who aren't reading this column. The elderly population is the most vulnerable to scams – whether it involves Medicare, Social Security or a plea for help from someone who is not who they say they are.

Last but not least, come see us at SHIBA (Senior Health Insurance and Benefits Assistance) at the Klamath Basin Senior Citizens Center if you have trouble unraveling the complexities of the Medicare program. Just call the senior center at 541-883-7171 to make an appointment with a trained and certified counselor.

Anne Hartnett
SHIBA Coordinator

The Senior Center will be closed on
Monday, February 19th in observance of
Presidents' Day.

DONOR REPORT

We Need Your Continued Support

With rising inflation and economic uncertainty priorities have shifted for all. This shift has affected the donations received by KBSCC as well. Currently, with only 31% of budgeted general contributions collected at the end of December 2023 we are falling short of the budgeted need by 69%. Moreover, general contributions are down by nearly 19% from this same time last year. Additionally, the contributions directed for Meals on Wheels is 29% lower than the amount received last year.

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.

We appreciate your donations!! We are able to offer these services because of your generosity. Donations we are able to receive include: time, stocks, and real property as well as monetary donations.

November 2023 donations of \$3516 were received from the following organizations and individuals:

Anonymous	Burl Parrish
Maria Harmon	Rose Chapman
Marta Stephens	Charlotte Moseley
Dennis Vander Schaaf	Margarite Breeden
Peggy Thomas	Cheryl Gibbs
Refuge City Church	Wilma Petrik
Donna Maloney	Connie Lemieux
Valerie Howard	Elizabeth Western
Patricia Henderson	Mary Renn
Jon Schnebly	

Unidentified contributions in December for Meals, Transportation and Other Services amounted to \$3790

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!



Hooded Mergansers, non-breeding males at Tulelake. Photos by Mary Williams Hyde.

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

Need An Extra Lift?



**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 Inc.

Comfort, Quality and all the Rest....
www.bedroomgallery.com

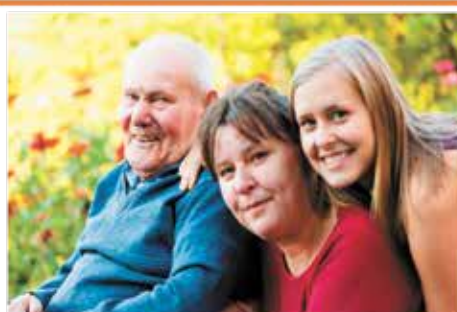
541-884-2773

1204 Main St.
Klamath Falls, OR 97601

Caregiver Support Group

A support group for those caring for a loved one with critical or ongoing illness.

Caregivers and the loved one you are caring for are welcome to attend.



2nd Tuesday
February - June 2024
10:30 a.m. - 11:30 a.m.
2751 Washburn Way

Interested in joining this group?

Contact Emily, GC-C at

541-882-2902



UKULELE NEWS



THE UKULELE.

This is quite the beloved Hawaiian instrument, played by young and old. It is grouped in the guitar family, created sometime in the 19th century. The Hawaiian term for this instrument refers to it as the “jumping flea”, possibly because of the rapid finger picking? Could be.... We had a fun time playing together, and learning our new song ‘My Girl’, fingerpicking the introduction by Cynthia Lin’s tutorial, (youtube) along with strums. No fast pickin’ with our group though! We just strum along at a casual pace, enjoying the tunes.

Our next UKU gathering will be Feb. 27th. We send out email reminders before the event. If you didn’t get a reminder for January, email Marc at marckane08@gmail.com and provide him your email address. Please join us, we celebrate LIFE! Practicepracticepracticepracticepractice.

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 1maryanntra@gmail.com or call/text 541-891-3288.

Beans! Beans! The Magical...Legume?

By Jennifer Newton, RD, CDCES, MPH

Nutrition Coordinator

Sky Lakes Wellness Center



February is American Heart Month. So what do beans have to do with a healthy heart, you ask? Beans and other legumes, such as lentils, are a cornerstone to heart health. Beans provide us with 7 or more grams of dietary fiber per half-cup serving, which helps us achieve the recom-

mended 25-35 gm of dietary fiber we should be getting each day!

Fiber helps us:

1. Control blood sugar
2. Feel fuller longer
3. Lower our LDL cholesterol
4. Improve our gut health
5. Beans are a great source of minerals, protein and dietary fiber without saturated fats or cholesterol. Eating beans in place of some animal protein, such as beef or pork, can help lower your risk of cardiovascular disease.

You can cook beans from dry or use them from a can. If you use them from a can, drain and rinse beans to reduce the sodium content, or choose varieties labeled as “no salt added” or “reduced sodium.” If you cook from dry, soak overnight or do a quick soak to speed up the cooking time.

Beans are naturally gluten free, are a budget-friendly source of protein and can be eaten in a variety of ways.

1. Toss them on your salad.
2. Mix them in with rice, bulgur or another grain for a tasty side salad.
3. Add them to soups, stews and casseroles.
4. Mash or process them into a spread to use as a dip or as a sandwich or wrap spread.
5. Eat them straight out of the can or pot!

Need recipe ideas? Check out FoodHero.org for a delicious Barley, Bean and Corn Salad, along with many other quick and tasty recipes.

If you are looking for more support for healthy living, check us out on Facebook and Instagram @ [skylakeswellnesscenter](https://www.facebook.com/skylakeswellnesscenter) to learn about program we offer. The National Diabetes Prevention Program, a 12-month program with support from a trained lifestyle coach, starts in February! It’s not too late to sign-up! Call 541-274-2770 for information and to sign-up.

Love Yourself In February!

By Klamath Basin Senior Citizens' Center



February is the month for sending love and gifts to our chosen Valentine(s). Someone we may often overlook is ourselves! Here is a daily calendar to encourage small gestures self-care, inner growth, and loves towards ourselves every day this month. In less than 10 minutes each day (you could do each for more time), you can embrace your internal well-being, express heartfelt appreciation for your journey of self-acceptance, and foster self-compassion.

1. Make your bed.
2. Find a quiet space, close your eyes, and focus on your breath in for 3-5 minutes.
3. Write down three things you're thankful for.
4. Listen to 10 minutes of an audiobook or podcast.
5. Doodle or color on a blank piece of paper or with a color book.
6. Create a soothing ambiance at home with a warm bath and relaxing music.
7. Take a photograph of something you find beautiful. Share it with someone.

8. Go for at least a 10 minute walk and immerse yourself in the beauty of the outdoors.
9. Engage in a creative activity such as painting, playing an instrument, or journaling.
10. If you watch a lot of television, pause and move around in your house for 10 minutes.
11. Grab a wholesome snack (such as a piece of fruit or veggies with hummus), savoring each bite.
12. Spend a little time tidying up a corner or a surface in a room.
13. Select a book that aligns with your interests and read for 10 minutes.
14. Light a candle and sit in peace.
15. Send a message to a loved one to let them know you are thinking about them.
16. Seated or lying down, complete a progressive muscle relaxation series. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.
17. Write down three things that you valued the most about today.
18. Pick out and wear a favorite outfit, or article of clothing.
19. Put on one of your favorite songs and or simply sing along.
20. Watch the sunrise or sunset.
21. Make a cup of hot herbal tea and relax while sipping it.
22. Complete a stretch routine ([healthline.com/health/deskercise](https://www.healthline.com/health/deskercise))
23. Write yourself a love letter, reflecting on what you love and honor about yourself.
24. Spend 10 minutes reflecting on a habit that drains you (smoking, scrolling on social media, etc) and decide how you might remove it from your life.
25. Read a poem, such as "Continue" by Maya Angelou.
26. Schedule that thing you've been putting off, whether it is a doctor's appointment, or a family obligation, go ahead and make a plan to reduce stress.
27. Drink a glass of cool water.
28. Hug a friend, a family member, a pet, or even yourself.
29. Read a daily devotional.



Keep your heart healthy...

Heart disease is the leading cause of death in the United States. The major risk factors for heart disease are high blood pressure, high cholesterol, and smoking. Nearly half of Americans have at least one of the three major risk factors.

Medication Routine
 Correct Dose
 Correct Time
 Correct Frequency

Maintaining a healthy lifestyle can keep your blood pressure and cholesterol at healthy levels. However, you may need to take medication if your levels are too high. There are multiple types of common high blood pressure medications. Of the many cholesterol-lowering drugs, statins are the most effective. Make sure to follow the prescription directions from your doctor.

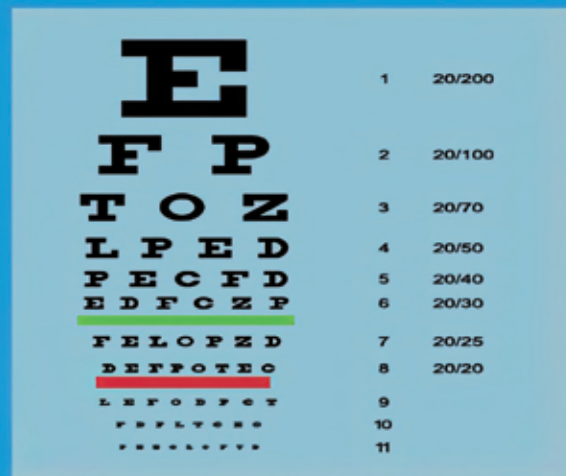
Healthy Lifestyle Habits

- Eat high-fiber foods and foods low in salt and saturated fats.
- Maintain a healthy weight
- Be physically active at least 2 hours and 30 minutes every week
- Limit alcohol use
- Monitor your diabetes ABCs (A1c, blood pressure, cholesterol, and not smoking)

February is Low Vision Awareness Month



Low Vision Awareness Month



Millions of people in the United States are living with a visual impairment.

A visual impairment can make it hard to do everyday activities like driving, reading, or cooking. And it can't be fixed with glasses, contacts, or other standard treatments like medicine or surgery.

We can help you find resources for low vision aids that help.

CALL FOR AN APPOINTMENT TODAY!



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



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

Are You Heart Smart?

What to Know for a Healthier Heart

From the National Heart, Lung, and Blood Institute

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.¹

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short Heart Smart Quiz:



Heart Smart Quiz

1. True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
6. True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from The Heart Truth® at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.

¹ <https://www.cdc.gov/heartdisease/facts.htm>



Computer Basics I:

02/05/24 - 03/07/24

5:30 PM - 7:30 PM

Cost: \$99.00

Register: 541-880-2243 or
KCC Campus Bldg. 8 Rm 821

Offering hospice care for the Klamath Falls area:

**In the home
In Assisted Living
In a Long Term Care Facility**

Bristol Hospice
(541) 882-1636

Bristol Hospice
embracing a reverence for life

Tech Pal

(In home computer help and tutoring)

Need help with your computer? I am here for you, with 25+ years experience in tech support and web development. I can work on Mac & PC. I can help with printer setup, computer cleanup, networking, computer migration, backup setup & recovery, purchasing advice, small web projects, AI consulting, and more...

Support Local Small Business.
Call or Text Today. Chad@ 541-621-2747

KLAMATH SENIOR CENTER FEBRUARY 2024 CALENDAR OF DAILY EVENTS

MONDAYS

- **INSTRUCTOR CHANGE!!!** SAIL with Anne Davenport 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 to 5:00 pm

TUESDAYS

- 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
- Art Workshop with D.P. Redding 12:30 – 2 pm
- 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

- Walk Your Way to Wellness with Chris McPherson 9:00 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
- Game Day with D.P. Redding 12 – 2 pm
- (+) Line Dancing 7 pm, Call 541-882-4715 with any questions

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.

ergy 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 taught by Chris McPherson, CTRS, MBK Fit Instructor from Crystal Terrace.

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.

and tear of the swallowing structures or can be in relations to certain conditions, such as a stroke or Parkinson's disease. Some dysphagia is typical as we age, but there are instances when dysphagia can be harmful and reduce quality of life. At that point, intervention may be indicated.

To cover this topic, we are excited to host Kendra L Drake, MA, CCC-SLP and Gloria Hoggarth Ramirez. Kendra is a medical based speech-language pathologist who specializes in feeding and swallowing for all ages as well as pediatric language therapy. Gloria is a graduate student clinician who is bilingual and hopes to specialize in pediatric feeding and swallowing. In this workshop, Kendra and Gloria will be discussing swallow function in older adults and differentiating between what is normal aging and what is disordered.

Stay after the presentation for lunch! Registration not required, but recommended. Please stop by the front desk or call at 541-883-7171.

February Learn'n'Lunch: Tuesday 2/13 at 10:30am

How Aging Affects Our Swallowing

The risk of chronic illnesses increases as we age, which is why improving health awareness is vital. Health awareness is learning about diseases, symptoms and preventive measures. Increasing knowledge about a disease and its symptoms makes individuals more likely to go for screenings and testing as well as take early steps to address any issues that arise.

The Klamath Basin Senior Citizens' Center hosts health and wellness presentations on the Second Tuesdays of the month to aid in improving health awareness. Presentations will provide information about selected monthly health topics, including disease education, lifestyle changes, risk screening and available resources in the community.

Older adults are at higher risk of swallowing difficulties, or "dysphagia." These difficulties can be part of the natural aging process due to wear



FEBRUARY 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
		31	1	2
		CHICKEN CHILI w/CORNBREAD Veggie Salad Dessert	TORTELLINI & MARINARA SAUCE w/GARLIC BREADSTICKS Salad Dessert	FISH & CHIPS Salad Dessert
5	6	7	8	9
CHEESEBURGERS & FRIES Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert	POTATOES AU GRATIN W/HAM Veggie Salad Dessert	SWEDISH MEATBALLS W/PASTA Veggie Salad Dessert
12		14	15	16
BEEFY BEAN SOUP w/CORNBREAD Veggie Salad Dessert	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	SWISS STEAK Veggie Salad Dessert	ROAST CHICKEN Veggie Salad BRISTOL HOSPICE BIRTHDAY CELEBRATION	QUICHE Veggie Salad Dessert
19	20	21	22	23
CLOSED FOR PRESIDENTS DAY	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad Dessert	POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	SLOPPY JOES & FRIES Veggie Salad Dessert
26	27	28	29	1
BROCCOLI SOUP Veggie Salad Dessert	MEATLOAF w/MASHED POTATOES & GRAVY Salad Dessert	PASTA w/MEAT SAUCE Veggie Salad Dessert	WHITE BEAN CHICKEN CHILI Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs
4	5	6		
POTATOES AU GRATIN W/HAM Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	CHILI BAKERS Veggie Salad Dessert		



Muffin Monday

Veteran's Group

10:30-11:30 a.m.
Senior Center
2045 Arthur St.



Every Monday
Coffee • Muffins • Conversation

For more information:
Jennifer Smith • 541-882-2902
jsmith@klamathhospice.org

www.klamathhospice.org



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

- 2/5/24: Steven Rooker - Wildlife Presentation
- 2/12/24: Jennifer - Promoting Klamath Hospice & Palliative Care's Valentine's Day Bake Sale
- 2/19/24: Senior Center Closed for Presidents' Day
- 2/26/24: Renea Wood - Sky Lakes Health Fair
- 3/4/24: Jude Goodwin - Back to Basics - (AA & Alanon)



Assisted Living at Crystal Terrace

Experience a new level of independence with right-sized care and support when it's needed. – Ivy Smith, Director of Assisted Living

Are you or your loved one in need of assistance with activities of daily living, such as dressing, eating healthy meals, or taking your medication? Crystal Terrace of Klamath Falls can help! Using a personalized care plan tailored to your unique needs and preferences, our professional caregivers will provide you the right level of support and care, so you can pursue each day with renewed confidence. Just knowing our team is close by, ready to lend a helping hand, can help you feel more capable. You won't want to miss a thing, with our rich calendar of daily activities and stellar amenities like an onsite movie theater, casual bistro, and scheduled transportation for shopping trips and more.

Ivy Smith heads the Crystal Terrace Assisted Living staff of 20 who currently care for 37 residents. "Previously a supervisor at a youth residential facility, Ivy says, "I love my job. I feel very supported and that I have all the tools needed to give excellent service to our assisted living residents."



Call for a tour today!
Ask for Candace.
1000 Town Center Dr
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



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