

MARCH 2024

Active Seniors



"Sky Lakes Sunset" Watercolor by Tonya Magness
etsy.com/shop/MagnessArt

Good luck is being in the right place at the right time!

"It was an warm early summer evening and I was watching the sky from my front windows, there weren't many clouds, but the shift of colors as the sun slowly receded told me there could be a good sunset. Suddenly, pinks started to emerge along the edge of thin clouds; I grabbed my camera and sprinted down to the edge of the lake and started snapping away!"

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	Volunteer Coordinator 541-883-7171 ext 128
Donations - Shawn McGahan 541-883-7171 ext 136	Health Promotions - Anne Davenport 541-883-7171 ext 122
Transportation - Cindy Dupart 541-850-7315	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.

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

Welcome to March, a month filled with promise, luck, and a focus on well-being. As we bid farewell to winter and embrace the blossoming of spring, our themes for the month ahead are focused on Good Luck and Nutrition. Let's explore how these themes intertwine to bring us health, happiness, and prosperity.

Luck, a concept as diverse as it is intriguing, often symbolizes a stroke of fortune or a chance occurrence that brings about positive outcomes. In many cultures, luck is associated with symbols, rituals, and traditions believed to invite good fortune. Whether it's finding a four-leaf clover, crossing paths with a black cat, or simply believing in the power of positive thinking, the idea of luck permeates our lives in various ways.

Perhaps luck isn't merely a matter of chance. Maybe it's about cultivating the right mindset, making bold choices, and seizing opportunities when they arise. As we reflect on Good Luck this March, let's consider how we can actively shape our destinies by embracing positivity, resilience, and determination. As you peruse this month's articles in the newsletter, perhaps ponder the possibility of opportunities for the active facilitation of fortune in your life.

March is also National Nutrition Month, an annual campaign that underscores the importance of making informed food choices and developing healthy eating habits. Our well-being is intricately linked to the foods we consume, impacting everything from our energy levels to our long-term health outcomes.

This March, let's embark on a journey to nourish our bodies and minds with wholesome foods that fuel our vitality and support

our overall wellness. Whether it's incorporating more fruits and vegetables into our diets, opting for whole grains over refined carbohydrates, skipping sugar, or savoring meals made from fresh ingredients, every choice we make contributes to our nutritional well-being.

National Nutrition Month serves as a reminder that small changes can yield significant benefits. By prioritizing nutrition and making mindful choices at meal times, we not only enhance our physical health but also cultivate a deeper appreciation for the connection between food and vitality.

Perhaps the secret to a fortunate life lies in the balance between serendipity and intentionality, between chance encounters and conscious decisions. By fostering a positive outlook and nourishing our bodies with wholesome foods, we lay the foundation for a life filled with abundance, vitality, and well-being.

In conclusion, March invites us to embrace the themes of Good Luck and Nutrition with open hearts and minds. As we embark on this journey, may we discover that luck is not merely a matter of fate. Certainly, being the right person, at the right place, and at the right time can lead to increased opportunities. In my estimation, "Luck" is more accurately described as the intersection "Where opportunity meets preparation" as the old adage states. Let's seize the opportunity to cultivate good fortune and optimal health, one positive decision at a time. Here's to a month filled with blessings, abundance, and the joy of nourishing our bodies, minds, and communities.



Matthew Pich-Maxon

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



Do you want to find out what's going on behind the scenes at the Klamath Basin Senior Citizens' Center? Would you like to meet members of the Board of Directors? Do you have ideas and opinions about the Senior Center programs?

The Board would like to get to know you!

March 14, from 11:30 to 12:30

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's Spotlight



The Klamath Basin Senior Citizens' Center Gift Shop is comprised of three volunteers who run the shop, Kathy Morris, Geraldine Wolfe, and Ruth Wilhite pictured here.

Thank you for your help with designing **140** Valentines for our Meals on Wheels, delivered on February 14, 2024.

The Gift Shop is open to the public from 10:00 am to 2:00 pm Monday through Friday and relies purely on volunteers and donated items. Additionally, the shop provides many different sundries such as consignments, yarn, gift ideas, books, artwork, sewing machine supplies, and fabrics of all colors and sizes. If you are looking for unique ideas for a gift or something special come in and visit us! The Gift Shop states that they need materials like yarn, materials of all shapes (of all colors) and sizes, also some volunteers

who like to spend time creating wonderful ideas! The Klamath Basin Senior Citizens' Center Gift Shop is located at to the right of the Front Desk as soon as you enter the Center at 2045 Arthur Street.

What Makes a Strong Community?

Family ties to our community, shared values, sense of belonging. Strong support systems and civic duty strengthen our community's well-being and our community's safety. Our enrichment of diversity, among our sense of belonging, education, and adaptability allows our development to grow.

Key Senior Statistics in Klamath Falls, Oregon and why we need community volunteers:

12% of the United States population are Seniors, however, in Klamath Falls, OR, 38% of our population are Seniors (Census.gov). 28% of Seniors in Klamath Falls Oregon are Veterans (Census.gov. ACS). Nationally, 9% Senior households' annual income are less than \$10k and 34% less than \$20k. 19% of Klamath Falls residents 60 and over received food stamps (SNAP) in the last year and the average Social Security Income in Klamath Falls Oregon is 16,348/yr (Census.gov. ACS).

The Klamath Basin Senior Citizens' Center provides low or no-cost services and opportunities to older adults to support their physical, mental, emotional and social well-being. We rely on our amazing base of volunteers and community partners in fulfilling this mission. Thank you to all KBSCC staff, volunteers, partners, and patrons!

Please call 541-883-7171, ext. 128 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 Food Demo –

Make the Healthy Choice the Easy Choice!
Tuesday, March 12 from 10:30 – 11:30 am,
see page 18

Lunch with the Board

March 14th, see article on page 5

Photography Workshop

March 19th, see page 7

Save the Date!

Family Day Bingo Sunday, April 14th

SAVE THE DATE

Family Day Bingo

at the Klamath Basin Senior Citizens' Center

April 14



Lunch with the Board

by Jennifer Patterson, patron and Klamath Basin Senior Citizens' Center Board of Directors

The Klamath Basin Senior Citizens' Center has been a fixture in the Basin for many years. Most of us know about the wonderful meals, services and programs provided here. Many of us are aware that the Senior Center has a wonderful staff and a large group of volunteers who keep the Center running smoothly and efficiently.

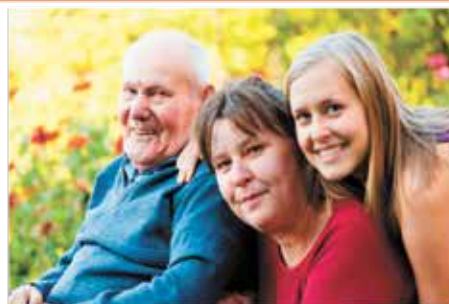
But, did you know, that behind the scenes there is an equally dedicated group of volunteers who are responsible for seeing that we are meeting the goals of our mission statement and keeping the Center fiscally healthy? These volunteers are the Board of Directors of which I am one of nine members. You may even recognize me as I am also a patron.

Do you want to find out what's going on behind the scenes? Would you like to meet some of the other board members? Do you have ideas and opinions about the Senior Center programs? The Board would like to get to know you!

So, join me for lunch on March 14, from 11:30 to 12:30. Get to know me, tell me about yourself and how I can be of service to you, the staff and patrons.

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



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

GOOD LUCK TO YOU

By Sharon Hudson

A rabbit's foot and a 4 leaf
Clover are symbols of good luck.
Someone started believing it,
And the idea stuck.

Is good luck related to karma?
Maybe it is.
Is it related to God's Golden Rule?,
Absolutely, it's his.

Luck in a card game, is it skill?,
Or the luck of a card.
When you win it's ok, but when
You lose, it's hard.

This is your lucky day came an
Announcement from a friend.
Your lottery numbers match, and
Now you don't have to fend.

There is magic in a rainbow,
And it's a lucky thing to see.
The colors are vibrant, and maybe there's
A pot of gold to set you free.

Count your lucky stars
Beginning at one.
Build them up gradually, and
Have a lot of fun.

Do you have lucky numbers that
Seem to answer your call?
When you look around, can
You see them all?

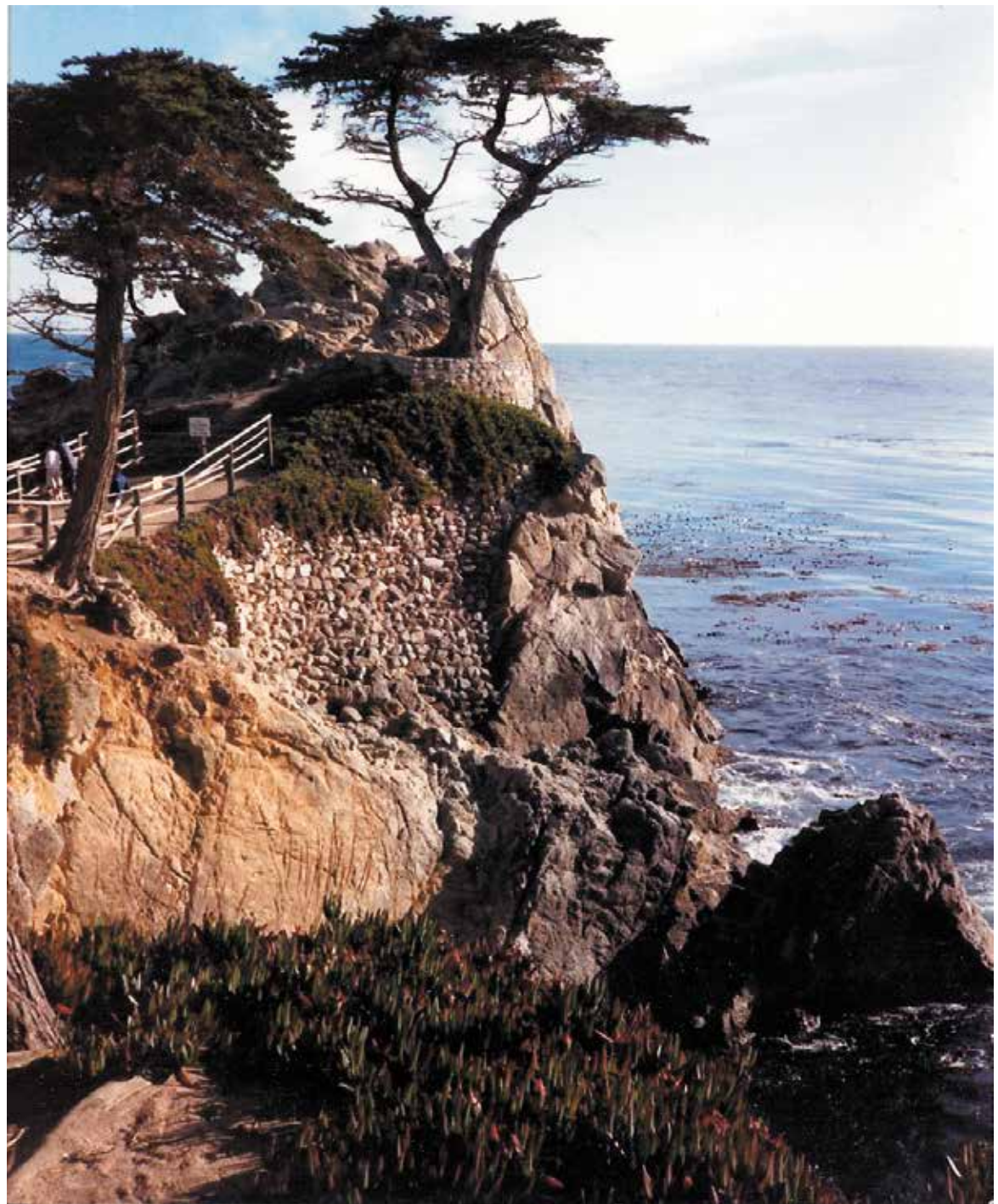
Was your karma good luck while
You find all you need?
Do you feel good about it?, and
The guilt is freed.

The wonder of luck is
A mystery today.
Just enjoy it when it's your turn,
And it comes your way.

The luck of the Irish is
Remarkable they say.
They must work hard at it.
I wonder if they pray.

Good luck comes from the inside,
And starts at your heart.
The spirit of Jesus will reside
There if you offer him part!

Luck in a card game, is it skill?,
Or luck of a card
When you win, it's

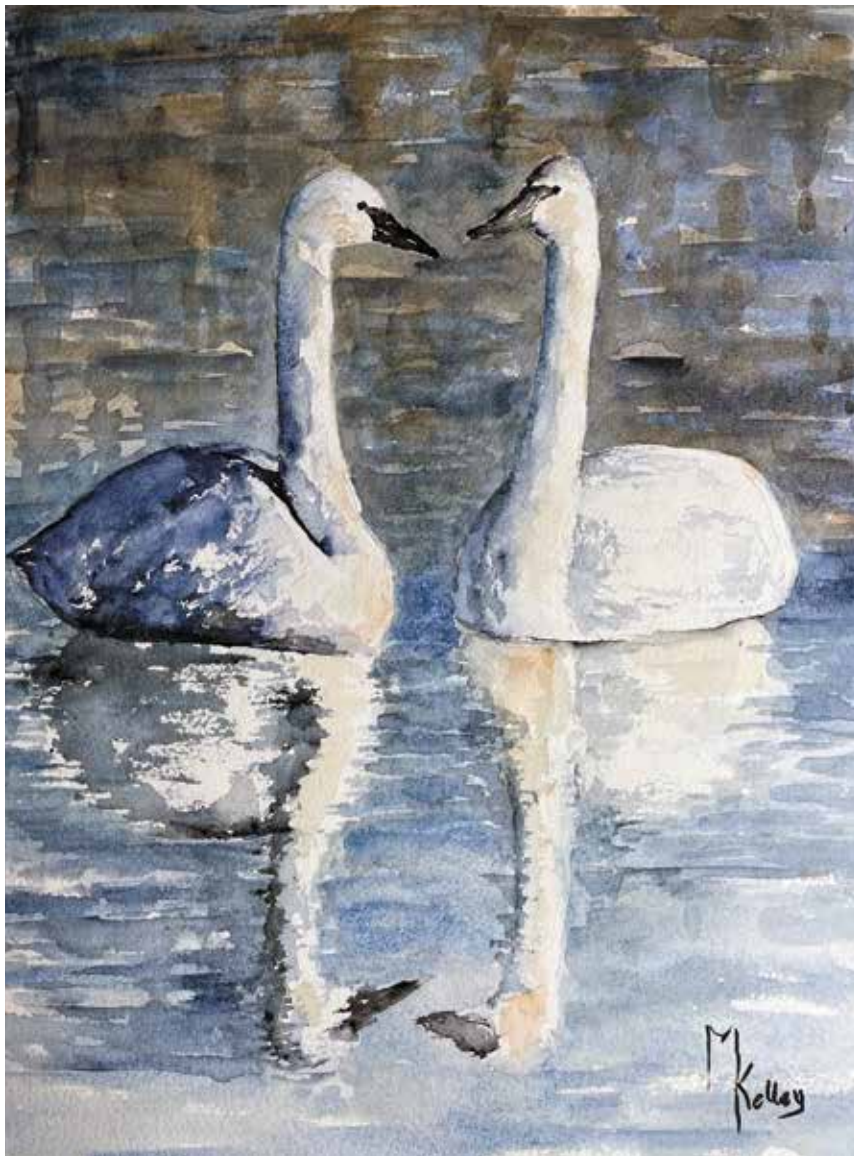


"Cypress Tree" photo by Dot Diedrich. 35mm film, mid 1980s, Pebble Beach, CA.



A beautiful male Northern Harrier lifts off from his Miller Island perch. Photo by Mary Williams Hyde

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.



"Swans" by Mary Kelley, Watercolor on Paper.

Ode to a Faithless Friend

Jean Knight

You gave up on me after our Wood River excursion.
 You left me without words, just because of a brief emersion.
 In the cold rushing river you got a little splashed
 OK, you got dunked, but it all happened so fast!
 I pulled you out, and I rescued you.
 There wasn't much else I could possibly do.

For the river was beguiling and moseying along
 until it became challenging as its current grew strong.
 It ran my kayak into an overhanging bush
 jamming me sideways with the water's forceful push.
 I reached out and grabbed a sturdy, long branch
 to pull against the current in an awkward dance.
 But my kayak tipped sideways and shot out from under me,
 bouncing downriver until being trapped, stopped by a large, fallen
 tree.

Still grasping the Willow's limb, too cold to be sore,
 I managed to heave myself up onto the high grassy shore.
 You were still in my life jacket pocket, safely tied
 so I quickly took you out and shook you until you had dried.

But you were stubborn and refused to return to life
 even after days of being stuffed into a bag of white rice.
 So now I have to replace you and really very soon;
 In fact, I have an appointment at Spectrum this very afternoon.
 An updated Apple phone will now become my new good friend
 though I would forgive you if you decided to join me happily
 once again.

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



Back by popular demand! Photography Workshop with Gregg Waterman

Tuesday, March 19th
 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.greggwatman.com

Can you create your own luck?

Brette Bliss, Sky Lakes Medical Center

A lot of our luck is set by circumstances outside of our control, but luck isn't static. We all start in different places but we can influence our luck — or at least our perception of luck.

We usually focus on the talent and personal characteristics of successful people to determine factors of success and ignore other aspects like luck and opportunity — which play a much greater role in success than we might realize.

Successful people are usually talented or competent, but talent isn't a determinant of success on its own. How often do talented and hard workers get passed up on promotions and raises in favor of those who may not be the highest performers?

In 2018, Italian researchers created a 40-year simulation to test the relationship between talent, luck, and success. They found that talent can be normally distributed in a population, but success will never be because of the random nature of luck. In the simulation, half the population remained within the starting range of success and the most talented individuals in the simulation were rarely the most successful. In the real world,



success is even more unevenly distributed due to massive wealth disparities. But not all people who start out with “unlucky circumstances” are doomed to be unsuccessful. Many successful people started out with poor circumstances and didn't experience a lot of luck or opportunity in the beginning of their lives.


I think this is because we can create our own luck with our attitude and relationships. Many sources claim that lucky people trust themselves, take risks, are optimists, embrace failure, and hang-out with other lucky people. But I think it's simpler than that: Lucky people have the right attitude and make healthy connections, which is something anyone can do.

Characteristics like bravery, self-esteem, optimistic intuition, embracing failure, and self-assurance are all about attitude. If you always think bad things happen to you, are afraid of change due to the risk of failure, and have unconscious negative beliefs about yourself, you're probably unlucky. Even more so if you surround yourself with people who make you miserable, don't support you, and are also unlucky for the same reasons you are.


Attitudes don't change overnight; it takes a change in perspective, mental discipline, and maybe even some significant self-healing. Negative people don't suddenly become self-assured optimists by deciding it.

Hanging out with the right people also takes work, but surrounding yourself with strong, life-long connections who want the best for you and have good attitudes will increase your luck and opportunities. When you have strong connections with others, even the friends of your friends' become resources. Making connections with people who are supportive of you and your goals is a huge part of luck.

The secret to having good luck is to have a good attitude and surrounding yourself with good people.



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MARCH INTO MONEY

FRIDAY DRAWINGS

MARCH 8-29 • 6PM-9PM

Win up to \$750 CASH!

Beginning Friday, March 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour.

GET LUCKY

SLOT TOURNAMENT SUNDAYS

MARCH 3-24 • 2PM-5PM

Win up to \$500 CASH!

Buy-In Tournament: 2pm-4:30pm
 Initial buy-in: 50 points.
 Rebuy: 20 points (maximum 2 rebuys).
 Top seven scores qualifies for final round at 4:45pm.
 Payouts to the seven finalists.

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.
(Must be 55+. Play only in banquets/club levels per day.)

MARCHING MADNESS

PUNCH BOARD THURSDAYS

MARCH 7-28 • 3PM-8PM

Win up to \$250 CASH!

Winners will play the Punch Board to determine their prize. Drawings every half hour.

Easter Egg Hunt Kiosk

SUNDAY, MARCH 31 • 10AM-6PM

EARN PRIZES!

Earn 75 points, go to the kiosk and swipe your card to reveal prizes to choose from.

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 SMOKE FREE CASINO Gambling Problem? Call 1-800-GAMBLER

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!



Gregg Waterman teaching a Photography Workshop in February. Photos by Dot Diedrich.




Register today for our
March Medicare Basics Workshops
 with *Brannon Kaefting*

- ✓ 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

March Workshop
March 13 / 10 AM

MICK Insurance Agency
 Your Local Health & Medicare Agents
 Since 1980

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



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.

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The Science of Good Luck: The Power of Positive Thinking

Good Luck may start with manifestation.

Adapted from *Mentalhelp.net*



What is Manifestation?

“Bringing specific desires, goals, or outcomes into reality through focused thoughts, beliefs, and actions. The law of attraction suggests that positive or negative thoughts and energies attract corresponding experiences or circumstances into one’s life.”

Techniques often involve visualization, affirmations, and setting clear intentions to align thoughts and actions with desired outcomes. While some may view manifestation as a spiritual or metaphysical practice, others approach it from a psychological perspective, emphasizing the power of mindset and intention in influencing behavior and outcomes.

You can start by clarifying your goals, visualizing success, maintaining a growth mindset, and taking consistent action

toward their aspirations. The key is then integrating manifestation techniques with practical goal-setting strategies so that you can focus your energy and attention on achieving desired outcomes through clear action steps while fostering a sense of empowerment and self-efficacy.

Manifestation and therefore, good luck, is not magical, as you need to take steps in your everyday life to achieve your goals. However, manifestation practices may help change negative thought patterns and allow people to utilize their subconscious minds to create their desired realities.

For example, if a person wants to manifest a new job and they believe it will happen, they may instinctively use habitual action and exhibit determination to move closer to their goal. Whether it’s waking up each morning and submitting resumes to potential employers or taking business courses to sharpen their skills, these actions have the power to potentially manifest positive results. Therefore, positive thoughts and habitual action can naturally lead to positive results. Another example, if someone has a dream of purchasing a home, they may use journaling manifestation techniques to achieve their goal. Journaling is a habitual action in which an individual records their goals and dreams in a notebook. The practice of writing out exactly what they want and what steps are required to get there can ultimately result

in taking action to create the change or outcome.

Psychological studies have explored the connections between manifestation, optimism, goal-setting, and success, shedding light on their interplay in achieving desired outcomes. Research suggests that optimism, characterized by positive expectations about the future, is linked to resilience and adaptive coping strategies, which can contribute to greater success in various domains of life. Research has highlighted the importance of goal-setting in driving motivation and performance, emphasizing the effectiveness of setting specific, challenging, and achievable goals in enhancing success rates.

It is crucial for people to approach manifestation practices with discernment and a balanced perspective, recognizing the importance of taking proactive steps in pursuit of their goals while acknowledging the inherent uncertainties and complexities of life.

When a person chooses to let go of their limiting beliefs and negative feelings and actively work toward good things in their everyday life, they may achieve positive results. Setting a specific intention of aligning mental activity with action to achieve attainable goals can bring positive change and Good Luck!

NOW OPEN! NOW OPEN! NOW OPEN!

OUR NEW RESIDENTIAL CARE FACILITY ADDS 48 APARTMENTS TO MEET THE NEEDS OF PEOPLE WHO ARE LIVING ON MEDICAID



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- Same activities as the main building
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- Assistance with your daily living needs
- Shared snack kitchens
- Ilene Peterson will be the dedicated director of our new residential care facility

We are excited to finally be able to offer more housing for Medicaid residents... meeting the demand has been something we have been wanting to do for a long time!

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even
walk-ins welcome!



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

National Nutrition Month—Beyond the Table

By Jennifer Newton, RD, CDCES, MPH

Nutrition Coordinator, Sky Lakes Wellness Center

March is National Nutrition Month, a month to focus on informed choices around food and to work on habits that support our health. It wouldn't surprise me if your first thoughts after reading that statement went to eating more fruits and vegetables, or more whole grains, or drinking more water. While these are things that can help us improve our health through food habits, good nutrition extends beyond the table. Consider the following:

1. Check in on your hunger before you start eating. Do you have a physical hunger when you reach for that snack or meal? Is your stomach growling and it's been several hours since you've last eaten? If not, is it an emotional hunger (ie stress, boredom), a taste hunger (ie craving), or a practical hunger (ie eating during your lunch break or because the clock says it's time)? Eating without a physical hunger can get in the way of our health goals, so understanding why we eat is an important awareness if we are trying to change habits.

2. Make your meals and snacks a mindful practice. Next time you reach for nourishment, make it an experience. Use

all your senses to enjoy your food. Eating mindfully isn't just about slowing down your meals or snacks. It's about developing a conscience experience around food, and noticing your fullness levels rather than eating until the food is gone. Check out the Sky Lakes Wellness Center for upcoming classes exploring mindfulness led by behavioral therapist Jeanette Rutherford.

3. Choose more plant-based meals. While you don't need to give up meat to be healthy, including plant-based meals each week or each day can help you save money at the store, lower your risk of type 2 diabetes, cardiovascular disease and many types of cancer. Don't know where to start? Check out the lentil taco filling recipe on FoodHero.org as a starting point. Or attend a hands-on cooking class at the Sky Lakes Wellness Center.

4. Support a local producer. Check out the locally grown and made foods available year-round online on KlamathGrown.org or downtown at the Northwest Makers Market. Starting in June, check out the outdoor Farmers' Market downtown on 9th Street between Main Street and Klamath Ave.

5. Grow your own food. While the growing season in the Basin is shorter than some areas, consider indoor gardening like a windowsill herb garden to enjoy year-round. Once it warms up, grow something outside. Whether you have space for a full garden or a few pots on your porch, home grown food just tastes better! If you need support, reach out to the Master Gardeners at the Klamath County OSU Extension and ask about their Grow This! challenge.

Call the Sky Lakes Wellness Center 541-274-2770 or visit us on social media (@skylakeswellnesscenter) for information on upcoming mindfulness and hands-on cooking classes.



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...



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Klamath Falls, OR 97601
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cascadecremations.com



Healthy Klamath Connect

CONNECTING PEOPLE LOCALLY



Did you know that healthyklamathconnect.com has all the information you need to connect to the resources that are available in our community like food, job training, child care, medical care, mental health and so much more.

Help is just a click away so visit

healthyklamathconnect.com today!

SHIP TALK

(Senior Health Insurance Program)

MORE UPDATES ON PART D

If you are a regular reader of this column, you already know what Part D is. It's prescription drug coverage for Medicare. – easy to remember - D for drugs.

The first thing you need to know about Part D is that it is required. It is sold by private companies and if you don't get it when you get Part B for Medical, you will be penalized for every month you didn't have it. In 2024 the base premium penalty is 34 cents. That means for every month you're late, you add 34 cents to the premium. That could be a lot of money. Multiply three years (36 months) times thirty-four cents and you get \$12.24 added to your monthly premium. Don't let that happen to you.

You can purchase a Part D drug plan in two ways. First as a stand-alone plan if you choose to be on Original Medicare with a subsidy. Second, if you choose to go with an Advantage Plan, the drug coverage will be part of the plan. More people are choosing an advantage plan all the time. This means fewer stand-alone plans available, although there are still xx sold in Oregon. The maximum deductible is \$545 or it may be lower.

What about the infamous donut hole? This is very good news. The maximum out of pocket is now \$8,000. **HOWEVER**, remember the donut hole includes a manufacturer discount on brand-name drugs as part of your out-of-pocket costs. With this manufacturer discount, it's estimated that the average out-of-pocket cost will actually be only about \$3,300. (This estimate based on brand name drugs only. It could be higher with only generics.)

And here's more great news. After you get out of the donut hole, catastrophic coverage will no longer cost even 5%, instead it will be fully paid.

The Inflation Reduction Act includes several provisions to lower prescription drug spending. These provisions started to take place in 2023 and will be phased in. A 30 day supply of insulin is capped at \$35. This came in last year, along with free vaccines. It also expands eligibility for "Extra Help" for low income individuals and authorizes DHS to negotiate the price of some drug prices. This is huge.

Finally, it states that no one, no matter what the income, will pay more than \$2000/year for prescription drugs and that drug companies will bear more of the costs.

Come see SHIBA (Senior Health Insurance & Benefits Assistance) at the Klamath Basin Senior Citizens' Center to find out what you qualify for and what your choices are. Call for an appointment with a trained and certified counselor at 541-883-7171.

Anne Hartnett,
SHIBA Coordinator

DONOR REPORT

We Need Your Continued Support

KBSCC thanks our local contributors and the foundations who support us. This month, KBSCC would like to recognize the Autzen Foundation for their generous support of our mission: To Build and Maintain a Supportive Community for Seniors.

The Autzen Foundation has been supporting charitable work since 1951. Their partnerships makes Oregon a better place. The Autzen Foundation awards grants to smaller non-profit organizations; most often to groups with social service, arts and culture, educational, environmental and/or youth-centered missions.

If you would like to send the Autzen Foundation a thank-you card for their support of KBSCC their mailing address is: 2455 NW Marshall Street, Suite #9, Portland, OR, 97210

We appreciate your continued support!! We are able to offer services because of your generosity.

January contributions of \$7066 were received from the following organizations and individuals:

Autzen Foundation	Rose Chapman
Craig Fleck	Charlotte Moseley
Meal on Wheels America	Ernie Palmer
Golden Age	Elizabeth Western
Marta Stephens	Wilma Petrik
Refuge City Church	Robert White
Geraldine Schindler	KBSCC Yoga Class
Sherry Lee Plumb	
Jon Schnebly	
Burl Parrish	

Unidentified contributions in January for Meals, Transportation and Other Services amounted to \$3752

The KBSCC 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.

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	

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

You can choose a recurring gift by authorizing the KBSCC 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 KBSCC. There is a form on page 3 of this publication or online at klamathseniorcenter.com.

Gifts we are able to receive include: time, stocks, taxable IRA distributions, vehicles, real property and monetary contributions.

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!**

In honor of National Nutrition Month, start and end your day with healthy AND delicious meals.

Healthy Fruity Oatmeal

Ingredients

- 1 1/3 cups rolled oats (1/3 cup dry for 1 serving)
- 2 2/3 cup water (2/3 cup water for 1/3 cup oatmeal; see Chef Tips)
- Generous pinch sea salt
- 1 tablespoon golden raisins
- 1 tablespoon dried cranberries
- 1/2 teaspoon cinnamon (optional)
- 2 apples (try tart Granny Smiths or Braeburns)
- 2 tablespoons almonds, sliced, dry toasted
- 2 bananas, thinly sliced
- Milk of your choice, or yogurt to taste

Directions

Mix the oats, water, salt, raisins, cranberries, and cinnamon in a pan. Bring to a boil, stir well, then lower the heat to a low simmer. Cook, covered, for about 10 minutes, stirring the oatmeal from time to time so that it doesn't stick. While the oatmeal is cooking, grate the apple using the coarsest bore. When the oatmeal has cooked, stir in the grated apple until it is well mixed. Cover and turn the heat off. Leave the oatmeal for 5 minutes to



steam. Serve sprinkled with almonds and sliced bananas, and with milk or yogurt on the side.

Spaghetti Squash au Gratin

Ingredients

- 1 four pound spaghetti squash
- 2 teaspoons olive oil
- 2 bay leaves
- Sea salt, to taste
- 2 cups CFYL Quick Tomato Sauce, heated through
- Parmesan cheese, to taste
- Breadcrumbs, or gluten-free breadcrumbs, to taste

Directions

Preheat oven to 375 degrees. Halve and deseed the squash. Drizzle with olive oil, sprinkle with salt, and lay a couple of bay leaves on each half. Place on a baking sheet and bake for 40 to 50 minutes or until soft. Shred the squash into strings, place in a large bowl, and toss together with the warm tomato sauce. Pile into a gratin dish, cover with freshly grated Parmesan cheese and sprinkle with breadcrumbs. Bake until the cheese has melted and the breadcrumbs are browned into a crust, about 25 minutes. Serve hot or at room temperature.

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"I worked here for 13 years
and could not imagine a
better place to work."
-Tara, Referral Coordinator

Registered Nurse

Apply online today!
www.klamathhospice.org

UKULELE NEWS



Our UKU TUESDAY gathering was a lot of fun on Tuesday February 27th ! Jon shared a new song and we discovered that some of us may be interested in learning some blues tunes along with practicing Christmas songs to play next winter at different venues (beginning practice in the fall).

Beginning March, we will meet together from 6-7pm. Set up will be around 5:30, so all are welcome then also.

FUTURE DATES UKU TUESDAYS:

March 26, 6-7pm

April 30, 6-7pm (5th Tuesday, since we'll be out of town 4/23/24).

FOCUS: Each person picks 3 songs from our collection to practice, sharing one for all to play when we meet next session - very cool!

Maryann, Marc & Jon

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

Dejunking Your Diet

The Drawbacks of Ultra-Processed Foods

From the National Institutes of Health

Eating healthy isn't always easy.

Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.



Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home. "If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating

and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted. When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods?

Continued on page 15

Continued from page 14

The researchers aren't sure. Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might

lead to overeating is by altering the brain. DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan.

"Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits. If you're looking for ways to start eating healthier, see the Wise Choices Box for tips.



Nutrition is Key as We Age

Balanced nutrition is crucial for seniors to maintain their health and vitality. Adequate intake of vitamins, minerals, protein, and fiber is essential to support overall well-being and prevent common age-related conditions.

Talk with your healthcare provider, they can help create a diet plan tailored to meet your specific nutritional needs to live healthy and happy!

March is Workplace Eye Wellness Month



Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury. During Workplace Eye Wellness Month this March, the American Academy of Ophthalmology reminds employers and workers about the importance of wearing certified and approved eye protection.

KLAMATH  CENTER

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

Nutrition Is Important



**Have you heard about the Meals on Wheels Program?
Call us today for more information**



KLCCOA Office 541-205-5400

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



March Current Events 2024 Lake County Community & Senior Center

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

We are playing Bingo every Monday after lunch.

ALL rides require reservations. We provide transportation to most events.

Lunch bus available for meals on Monday, Wednesday, & Fridays @ 12:00. Please call 541-947-4966 to request a ride to The Lake County Senior Center.

Home delivered meals are provided weekly. To apply, call (541) 205-5400

Lakeview Local operates 8:00-5:00 each Thursday of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.

First & Third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00 & 1:00.

FREE Second Tuesday Klamath Falls Shopping Trip. Must have a minimum of 3 riders. Riders please meet at the Lake County Center Parking Lot.

Grief Relief class will be on the third Thursday, March 21st. Newcomers are welcome.

Coffee Group for all Veterans every Thursday 9:00 –10:00 in the Sunroom.

Weekly shopping trips from Christmas Valley to La Pine on Wednesdays. We will meet at The C.V. Community Center.

We are embracing many new classes. Swedish Decluttering on Thursday, March 14th at 12:00.

Care Giver Support on Tuesday March 19th. at 2 pm' Stop by to pick up a program guide.



In observance of National Nutrition Month: How Your Eating Habits Affect Your Health

From the National Institute of Health

A new study shows how the things you eat can influence your risk of dying from heart disease, stroke, or type 2 diabetes. The findings suggest ways to change your eating habits to improve your health. Experts already know that a healthy eating plan includes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. A healthy diet also includes lean meats, poultry, fish, beans, eggs, and nuts. It limits saturated and trans fats, sodium, and added sugars.

NIH-funded scientists analyzed how these 10 dietary factors affect your risk of death from heart disease, stroke, and type 2 diabetes. These are known as cardiometabolic diseases. The team relied on data from the CDC’s National Health and Nutrition Examination Survey (NHANES) and national mortality data.

The scientists found that risk of death from the 3 diseases was higher for those who consumed too much sodium, processed meat, sugar-sweetened beverages, and unprocessed red meat. Risk of death was also higher among those who didn’t eat enough nuts and seeds, seafood omega-3 fats, vegetables, fruits, whole grains, or polyunsaturated fats. According to the analysis, nearly half (45%) of deaths in 2012 from the 3 diseases was associated with too much or too little of these 10 dietary factors.

“This study establishes the number of cardiometabolic deaths that can be linked to Americans’ eating habits, and the number is large,” explains Dr. David Goff, a heart disease and public health expert at NIH. “Second, it shows how recent reductions in those deaths relate to improvements in diet, and this relationship is strong. There is much work to be done in preventing heart disease, but we also know that better dietary habits can improve our health quickly, and we can act on that knowledge by making and building on small changes that add up over time.”

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

KLAMATH SENIOR CENTER MARCH 2024 CALENDAR OF DAILY EVENTS

MONDAYS

- 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 pm 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 & Craft Workshop with D.P. Redding 12:30 – 2 pm
- Qi Gong with Rachel Stephens 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, CTRS, MBK Fit Instructor from Crystal Terrace 9 am
- (+) Craft Connection Corner 9am to 11 am
- *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, 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 & CRAFT 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: Pronounced "chee gong," involves exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. This class can be done in seated or standing.

SAIL: Stay Active & Independent for Life (SAIL) is an evidence-based class that includes aerobics, strength, balance and education. 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.

Note: DPRedding Inc is a local agency that supports people to live and work in the community. Their Mission is to change people's lives and help them 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."

MARCH SPECIAL EVENTS

Learn'n'Lunch - National Nutrition Month!

Join Anne Davenport, PT, DPT, Board-Certified Geriatric Clinical Specialist and Jennifer Newton, RD, CDCES, MPH, Nutrition Coordinator at Sky Lakes Wellness Center in a discussion about healthy nutrition to support your physical activity goals and how to make the Healthy Choice the EASY choice.

Learn more on Tuesday, March 12, at 10:30 am in the Downstairs Conference Room.

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

Lunch with the Board on March 14th, 11:30 am - 12:30 pm

Join the Klamath Basin Senior Center Board for Lunch and get the inside scoop!

Photography Workshop on Tuesday, March 19th, 10:30 - 11:30 am

Back by popular demand! Gregg Waterman will be offering another photography workshop! Bring your phone or camera and learn more about the basics of photography, fundamental concepts, and any questions you might have! 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.greggwatman.com



MARCH 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
		6	7	8
		CHILI BAKERS Veggie Salad Dessert	SHRIMP & CORN CHOWDER Veggie Salad Dessert	SWISS STEAKS Veggie Salad Dessert
11	12	13	14	15
CHILI DOGS & FRIES Veggie Salad Dessert	TACO TUESDAY Beef Tacos Refried Beans Spanish Rice	BELL PEPPER BEEF CASSEROLE Veggie Salad Dessert	BBQ CHICKEN Veggie Salad Dessert	ST. PATRICK'S DAY CORNED BEEF & CABBAGE Veggie Salad Dessert
18	19	20	21	22
MEATBALL SUBS Veggie Salad Dessert	ROAST PORK & GRAVY Veggie Salad Dessert	POTATOES AU GRATIN W/HAM Veggie Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Veggie Salad BRISTOL HOSPICE BIRTHDAY CELEBRATION	SLOPPY JOES & FRIES Veggie Salad Dessert
25	26	27	28	29
POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Roasted Veggies Salad Dessert	BROCCOLI SOUP Veggie Salad Dessert	CHEESEBURGERS & FRIES Veggie Salad Dessert	EASTER DINNER SLICED HAM & SWEET POTATOES Salad Dessert
1	2	3		
MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad Dessert	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	QUICHE Veggie Salad Dessert		



Muffin Monday

Veteran's Group

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



Every Monday
Coffee • Muffins • Conversation

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

www.klamathhospice.org



WE HONOR VETERANS

Bristol Hospice (formerly High Desert Hospice) is excited to celebrate birthdays with you on the **3rd Thursdays of each month from 10:30 am - 12:30 pm.**

Their team will be at the Senior Center to provide birthday dessert during the lunch hour, as well as to answer questions about services, support groups, and upcoming events.



2210 Shallock Avenue,
 Klamath Falls, OR 97601
 541-882-1636
 bristolhospice.com

Klamath Hospice

Upcoming Speakers for Muffin Mondays

10:30 AM to 11:30 AM

- 3/11/24: Jennifer Newton – Sky Lakes Nutrition Coordinator
- 3/18/24: Nile Brown - Elvis Tributer
- 3/25/24: Cathy Cunningham & Kris Sachara – Almost Family
- 4/1/24: MSgt McKenzie & SMSgt Lundberg, Kingsley Field – Speaking on the F-35 Conversion
- 4/8/24: Alison West – Aging and People with Disabilities



We care for the mind, body and spirit at Crystal Terrace

– Terra Russo, Director of Wellness Programming

My title of Wellness Director is an umbrella for helping our residents be centered on optimum mind, body and spiritual activities. I work with our staff to plan activities that increase social interaction with friends, family and other residents, especially over a delicious meal. We encourage everyone to access our physical fitness and movement activities like aquacise and our Fit and Fun exercise classes. We also help our residents stay connected to spirituality and a sense purpose which is such an important aspect of aging well. Our scrabble clubs, bingo, arts and crafts activities, and a monthly book club help with mental acuity. And we have special support for those residents who want to keep up with the latest technology to keep track of scheduling or to stay in touch with family members.

Coordinating these activities at Crystal Terrace really brings me joy! I can't imagine a better job and look forward to coming to work every day! – Terra Russo



Crystal Terrace
of Klamath Falls
MBK SENIOR LIVING

Call for a tour today!
Ask for Candace.
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Klamath Falls, OR 97601

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



Get to know **ATRIO**
Dental Benefit! 

Good oral care is important for overall health.

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

Dental Coverage includes:

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

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

Call Today!
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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. Y0084_MKG_AG_FL_2024_M