

APRIL 2024

FREE  
Take  
one!

# Active Seniors





# ALL ARE WELCOME.



## Klamath Basin Senior Citizens' Center

### ABOUT US

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

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

All are welcome. We look forward to seeing you soon.

### OUR MISSION

To build and maintain a supportive community for seniors.



 **For more information:**  
**541-883-7171**  
[klamathseniorcenter.com](http://klamathseniorcenter.com)

 **WE ARE LOCATED AT:**  
2045 Arthur Street, Klamath Falls, OR 97603  
\*See map below  
Mailing Address: PO Box JE, Klamath Falls, OR 97602

### OUR SERVICES



#### FOOD

Congregate Meals

Meals on Wheels



#### HEALTH

Counseling

Durable Medical Equipment Loans

Exercise Classes



#### TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



#### ACTIVITIES

BINGO

Creative Writing & Art Classes

Movies



#### FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

## CONTACT INFORMATION

**General Information - Front Desk**  
541-883-7171

**Donations - Shawn McGahan**  
541-883-7171 ext 136

**Transportation - Cindy Dupart**  
541-850-7315

**Volunteer Coordinator**  
541-883-7171 ext 128

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

**Executive Director - Matthew Pich-Maxon**  
541-883-7171 ext 117

#### Front Desk Staff



Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

Produced in conjunction with the Herald and News.



# Dear KBSCC Community

April is here, ushering in Earth Month, a time to reflect on our bond with the environment. Let's delve into ways to deepen this connection, whether through outdoor activities like nature walks, gardening, educational workshops, or community initiatives like local clean-up efforts.

Simultaneously, let's address the importance of stress awareness. In our fast-paced world, stress has become ubiquitous, affecting both our physical and mental well-being. Through mindfulness sessions, healthy living workshops, practicing forgiveness, engendering humility and accessing community support networks, we can equip ourselves with the tools needed to manage stress effectively and prioritize our health.

In addition to our amazing exercise classes, we also offer great opportunities to lessen stress through focused practice in our Qigong and Yoga classes. Have you participated in one of these recently?

I learned about a simple breathing technique the other day that helps lower stress. It is very simple. Think about a time when someone is crying really hard. At the end of the crying, the person will inhale twice very quickly, followed by an exhale that is longer than the inhale.



Matthew Pich-Maxon

Apparently this is a response to force our bodies to begin to return to self-regulation. That's one way I like to lower stress quickly.

Spending time in nature is also a great way to release stress and become more centered and calm. In fact, I had an insurance company send me an email a few years back imploring me to "Take a Forest Bath." I know one thing for sure. If insurance companies that own hospitals are promoting people spending more time in nature, there must be significant data informed benefits for our health. The time I spend in nature guarantees I feel more happy, centered and calm. If you are interested, visit Moore Park, Eulalona Park, or walk by Lake Ewauna starting at Veterans Park!

As we navigate April, let's cultivate growth, connection, and well-being. Together, we can create a healthier and more regenerative future for ourselves and our planet. Be sure to check out some of our well written articles for more ideas on connecting with the environment and lowering stress. You will be glad you did.

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

# FAMILY DAY BINGO

at the Klamath Basin Senior Citizens' Center

## April 14

**OPEN AT 12:00 PM  
FIRST CALL AT 1:30 PM**

### Kids 7+ welcome

must be accompanied by a parent or legal guardian, or have a note from a parent or legal guardian.

**Buy in: 1 of all games \$10. No hot ball.**

**Pay out: \$50 pack games, special games \$80, double action \$99, blackout \$300.**

**Goody bags and raffle for children.**

**THIS EVENT FUNDS PROGRAMS AT THE SENIOR CENTER**

To make a fully tax-deductible donation to the



**Klamath Basin Senior Citizens' Center**

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR  
Online at [klamathseniorcenter.com](http://klamathseniorcenter.com)

Or mail this form to:

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

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Amount of Contribution: \_\_\_\_\_

Does your employer have a matching gifts plan?  Yes  No

My check is enclosed payable to KBSCC

Or charge my contribution to my:

Visa  Mastercard  AMEX  Discover

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ CSC \_\_\_\_\_

Recurring monthly contribution?  Yes  No

Signature: \_\_\_\_\_







## Oral Health Contributes to Overall Health....And you don't have to break the bank addressing it...



### Did you know that there is a student dental hygiene clinic at OIT?

OIT Dental Clinic in Klamath Falls provides dental services to the public at a greatly reduced price. At the OIT dental hygiene clinic, quality meets affordability in the pursuit of optimal oral health. We provide prevention services including cleanings, education, fluoride treatments, and limited restorative work. Referrals can be made to local licensed dentists for any service we cannot provide. We are also able to clean your dentures and teach you how to easily take care of any oral appliance. One of our main focuses is education.

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

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

Call our clinic today to schedule an appointment: (541) 885-1330 OIT Dental hygiene students will be at the Senior Center from 11:30 a - 12:30 p on Tuesday, April 9th to offer an overview of services offered at the OIT dental hygiene clinic, education on oral health, the relationship between oral health and nutrition, and oral cancer awareness.

### 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.



IN-PERSON EVENT



## HOPE FOR PARKINSON'S

This presentation will address new research and highlight current opportunities for developing disease slowing treatments.

FRIDAY, MAY 3RD

Our Presenters, Dr. Kelly Block, D.O. and Dr. Jessica Decker, D.O., practice at the OHSU Parkinson Center.



Kelly Block, D.O.

Dr. Block's research focuses on using molecular and cellular biomarkers to improve our understanding of who will benefit most from which treatments. Dr. Decker's fellowship work is focused on the future thinking capabilities of individuals with PD.



Jessica Decker, D.O.

12:00PM - 1:30PM

#### LOCATION:

Sky Lakes Community Health Education Center  
2200 N Eldorado Ave, Klamath Falls, OR 97601

#### REGISTER TODAY:

REGISTRATION IS REQUIRED  
PRO.EventBrite.com  
Call 800-426-6806

In collaboration with Oregon Health & Science University  
Parkinson Center and Movement Disorders Program

Special thanks also to Klamath Basin Behavioral Health and Sky Lakes Community Health Education Center for supporting this program.

## BASIN TRANSIT SERVICE PUBLIC ANNOUNCEMENT

### NEW SERVICE HOURS

EFFECTIVE: APRIL 1ST

MONDAY-FRIDAY  
8am-5pm

ROUTES 4-6 AND 3-5 CONSOLIDATED IN ONE ROUTE

SATURDAY & SUNDAY  
NO SERVICE

BTS is decreasing service to sustain a long-term minimum level of public transportation due to funding and staffing shortages.



www.basintransit.com



## Expressions of Heart and Mind



“Yachats River Bridge” by Sybil Fulk. Acrylic on Canvas Board, 2022.



Painting on found rock by Sheila Amberson.

## EARTH

By Sharon Hudson

Earth is a livable planet for many  
Life forms, you see,  
From the smallest to the largest, and  
There is still room for you and me.

She has been our friend  
For many, many years.  
She has been with us when we  
Are happy, and seen us in tears

We are the caretakers, and try  
To treat her right  
If everyone did this, our children's  
Future would look bright.

There are many beautiful things,  
From flowers of variety, and colors to see.  
The tall trees in the west bring  
amazement, and help us to feel free.

When the sun shines on the trees  
That have survived winter storms  
Ideas start to appear, and  
Are realized in many forms.

Earth is a planet that is  
Amazing how it works,  
With different seasons, and animals  
That are all part of her perks.

There are sky creatures, and sea creatures,  
And creatures that live on land.  
God gave it diversity, and I'm  
Sure that's what he planned.

There is air to breath that is  
Replenished by the plants.  
Small creatures keep the soil rich,  
Now there is a good reason for ants.

There is light in the daytime,  
Supplied by the sun.  
The stars and the moon give it at  
Night, that can be denied by none.

Most people are generous, and  
Like to give back,  
But the selfish ones take, and  
Integrity they seem to lack.

We should work together, and care  
For earth in a thoughtful way,  
Be kind to our planet so our  
Young ones don't have to pay.

## Grandma's Quilts

By Vaudine Cullins

Little bits and pieces of the quilts that  
grandma made are keepsakes from the  
special role in life that grandma played

The colors and the textures of the fabrics  
that she chose are remnants of the love she  
stitched in all her children's clothes

To be wrapped in loving comfort on a  
stormy winter night is to be reminded how  
you felt when grandma hugged you tight



Sandhill Cranes can be very entertaining to watch if you can catch them playing and sparring. 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](mailto:anne.davenport@kbscc.org) or 541-883-7171 ext 122.



## Monthly Recipes

Dive right into a sustainable lifestyle with these easy, delicious Earth Day recipes that will better your health and the planet. Happy Earth Month!



You've likely heard of Earth Day on April 22, but did you know that the whole month of April is considered Earth Month? Earth Month is a time of year when people rally together to discuss (and raise awareness for) important global environmental issues, such as pollution, climate change, and industrialization. While these issues are vital to understand and share, they can also be overwhelming, which often brings people to ask the question "what can I do to help?"

In addition to recycling and food composting, what you put on your plate matters to both you and the earth. When you fuel your body with plant-based foods and sustainable seafood, you can reduce the risk of chronic disease and obesity, as well as reduce your carbon footprint.

### Easy Baked Salmon

#### Ingredients

- 1.5 pounds salmon fillet or 4 smaller fillets
- 3 tablespoons packed brown sugar
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarse black pepper
- grated orange peel from 1 large orange (about 2 teaspoons)
- 1 large orange, sliced

#### Instructions

1. Preheat oven to 350°F. Place the salmon on a baking sheet lined with aluminum foil.
2. Prepare the rub by mixing the first 7 ingredients together (brown sugar through orange peel). Spread it on the salmon. Place the orange slices on top.
3. Bake about 20 - 25 minutes or until the fish flakes easily.

#### Nutrition

Serving: 1 fillet | Calories: 285 | Carbohydrates: 12g | Protein: 24g | Fat: 16g | Saturated Fat: 3.5g | Trans Fat: 0g | Cholesterol: 62mg | Sodium: 210mg | Fiber: 1.5g

### Broccoli Salad with Honey-Tahini Dressing

Ever wonder what to do with broccoli stalks? Shred them with some carrots and create this delicious slaw!

Servings: 4, Calories: 137 kcal

#### Ingredients

- 3 cups shredded broccoli stalks (about 4 stalks)
- 1 cup shredded carrots
- 1/4 cup plain tahini (room temperature)
- 2 tablespoons apple cider vinegar
- 1/8 teaspoon garlic powder (or 1 clove, grated)
- 1 tablespoon pure honey
- salt to taste

#### Instructions

- Shred the broccoli stalks and carrots. Set aside.
- In a medium bowl, whisk the tahini, honey, vinegar, and garlic powder until smooth.
- Add the shredded broccoli and carrots. Toss to coat. Serve.

## 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



## FOSTER GRANDPARENT PROGRAM



# VOLUNTEERS NEEDED

Talk, connect, share a meal, make a friend, and learn new things. Your community needs you now, more than ever before.

**WORK WITH KIDS**  
FLEXIBLE HOURS  
VARIOUS LOCATIONS

**EARN EXTRA CASH**  
NON-TAXABLE  
WON'T IMPACT BENEFITS

"EVERY CHILD IS ONE CARING ADULT AWAY FROM A SUCCESS STORY."

**GET INVOLVED**

Email: [fgp@retirement.org](mailto:fgp@retirement.org)  
Call: (541) 539-1208





## Foods You Can Regrow

Submitted by Cheryl Gibbs, KBSCC Volunteer



### 1. How To Grow Green Onions From Scraps

After using the green tops and white centers of green onions, collect the bottom parts (the root sections) and set them aside. To regrow them, trim the root sections to about 1 inch above the roots, then set them in a container of shallow water in a sunny area. Refresh the water as needed and watch your green onions grow!

### 2. How To Grow Potatoes From A Piece Of Potato

You can grow a whole potato plant (or sweet potato plant) from a relatively small piece of potato — ideally a piece that has at least two root eyes. You can plant the potato piece directly in your garden with the eyes facing up, or wait for it to sprout inside. To sprout a potato in water, use toothpicks to suspend a piece of potato with two eyes so that the cut side is submerged while the

eyes remain up out of the water. When you see roots starting to grow in in the water, plant your sprouted potato in a pot or out in your garden.

### 3. How To Grow Romaine Lettuce From A Cut Heart

Grow another round of romaine leaves by placing the bottom of the cut heart into a bowl of warm water. You won't end up with a whole new head of romaine lettuce, but you can grow enough additional leaves for a few sandwiches.

### 4. How To Grow Mint From A Mint Stem

To grow mint from scraps, start by removing the bottom leaves from a mint stem while keeping the top leaves intact. Soak the stem with the cut side down in a glass of warm water, then wait for new roots to sprout before transferring it to a pot


### 5. How To Grow Carrot Tops From Carrot Ends

When you buy carrots with the tops intact, cut the topmost part of a carrot off with the top still attached. You can regrow the carrot tops from this little piece of carrot! Start by soaking the little carrot piece in a shallow bowl of water for one week, then transfer it to soil once roots start to form. The tops will continue to grow beautiful greens that make a delicious addition to salads and pestos.


### 6. How To Grow Basil From A Basil Stem

The process for growing basil from scraps is almost identical to the process for regrowing mint (see #4 above). Just take a basil stem, remove the lower leaves, and place the stem in water until it start growing new roots. You'll have bunches of basil before you know it!

Continued next page



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



<p><b>TAX FUND</b>                  FRIDAY DRAWINGS                  APRIL 5-26 • 6PM-9PM                  Win up to \$1,000 CASH!</p>	<p><b>SENIOR DAY MONDAYS</b>                  8AM - MIDNIGHT                  EARN 2 POINTS, RECEIVE \$5 FREE PLAY.                  10% DISCOUNT AT PEAK TO PEAK RESTAURANT.                  NO SENIOR DAY HOT SEATS ON MONDAYS, APRIL 1 &amp; 22.</p>	<p><b>Foolin' AROUND</b>                  TUESDAY SLOT TOURNAMENTS                  APRIL 2-30 • 1PM-4PM                  Win up to \$200 CASH!                  Free Slot Tournament</p>
<p><b>RAIN OR Shine</b>                  THURSDAY HOT SEATS                  APRIL 4-25 • 10AM-8PM                  ALL winners will receive \$50 free play!</p>	<p><b>TIERED PLAYER CHOICE</b>                  SUNDAY KIOSK                  APRIL 7-28 • 1PM-6PM                  Earn 75 points, go to the kiosk and swipe your card to reveal prizes to choose from.</p>	<p><b>TAX DAY 1040</b>                  POINTS GIVEAWAY                  Monday, April 15 • 10am-8pm                  All Bonus Club members swipe at the kiosk to receive 1040 points.</p>
<p><b>Picnic Day Kiosk</b>                  SATURDAY, APRIL 20 • 10AM-8PM                  EARN PRIZES!                  White supplies last. May only redeem once per day.</p>	<p><b>EARTH DAY HOT SEATS</b>                  MONDAY, APRIL 22                  NOON-4PM                  WIN UP TO \$100 CASH!                  OR A HOME GREEN HOUSE OR URBAN PLANTER.</p>	<p><b>NEW MEMBERS</b>                  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

**SMOKE FREE CASINO**

Gambling Problem? Call 1-800-GAMBLER



Continued from previous page

## 7. How To Grow Celery From The Root End

Trim the celery down to about an inch or two above the base. Place the celery base in a bowl of water and leave it somewhere where it will get a decent amount of sunlight. New leaves will soon begin to sprout from the middle, but give it a week or so after that to increase in thickness before transferring it to a pot of soil.

## 8. How To Grow Bok Choy From The Root End

If you're interested in growing bok choy from scraps, you'll be happy to know it's as easy as regrowing romaine lettuce! Grow a few more bok choy leaves by placing the stem end into a bowl of warm water.

## 9. How To Grow Cilantro From Cilantro Stems

To grow cilantro from scraps, follow the same process outlined for mint and basil: remove the bottom leaves from a few sprigs of cilantro, then soak the stems in warm water until new roots form. Then transfer them to a pot of soil and let your cilantro flourish!

## 10. How To Grow Cabbage From The Root End

Get a few more leaves from a head of cabbage by placing the root portion in a bowl of warm water. Bonus coleslaw is the best kind of coleslaw!

## 11. How To Grow A Pineapple Plant From A Pineapple Crown

While you certainly won't be growing a pineapple right away, you can grow a nice new houseplant in just a few weeks. If you've really got a green thumb, you could end up with a homegrown pineapple after a few years! The trick is to grab hold of the pineapple crown by the leaves, twist, and pull it off so the stalk is still attached. Then remove some of the lower leaves to expose the stalk, and make sure there's no fruit flesh attached to the stalk that will cause it to rot. Place the pineapple crown in a glass of water and wait until new roots begin to sprout, which should take about three weeks. At that point, you can transfer the rooting crown to a pot with fast-draining soil in a sunny location.

## A Big Thank You!

*From Jennifer Patterson, Board Member, Klamath Basin Senior Citizens' Center*

A big thank you is due to the staff and patrons of the Senior Center for making me feel so welcome at our first monthly, Lunch with the Board event. After clearing up some confusion about the expectation of an actual lunch time board meeting, I was accepted as the "one man show"!

I spoke with volunteers, staff and patrons and was pleased to hear so many positive comments about Center activities, services and food. Everyone loves the food and camaraderie of our daily congregate lunches.

I also received constructive criticism and suggestions, which I will be happy to pass on to our director. I helped clear up some confusion around the entrance/exit issues with the side doors and shared about new construction projects in the works.

**On April 15th, 2024, from 11:30 – 12:30, join board member Jennifer Little for Lunch with the Board. I know all of you will enjoy meeting Jennifer Little! She is the Director of Klamath County Public Health, has served on the Klamath Basin Senior Citizens' Center Board since 2017 and has a passion for healthy aging.**

**SAVE THE DATE!**  
**Senior Awareness Fair**  
**on Wednesday, May 22nd**  
**from 10-2**  
**at Klamath Hospice & Palliative Care,**  
**2751 Washburn Way.**

## Introducing La Patrona, Klamath's New Spanish Language Radio

*By Katherine Duarte, Program Coordinator  
 Klamath County Public Health*



Klamath County Public Health, Wynne Broadcasting and the Hispanic Health Committee are excited to bring you La Patrona, the Klamath Basin's new Spanish language radio station, and La Voz de Klamath (The Voice of Klamath, [www.lavozdeklamath.com](http://www.lavozdeklamath.com)), the station's website. Tune into La Patrona on 106.5 FM, AM 1240 or stream it on the Klamath Radio app.

Submitting content for La Patrona and La Voz is an easy way to make sure your messaging is reaching our Spanish-speaking community. Send your event flyers and public service announcements (PSAs) to Katherine Duarte at [kduarte@klamathcounty.org](mailto:kduarte@klamathcounty.org) to get them added to both the radio and website. No need to translate PSAs to Spanish—La Patrona has this covered! Plus, La Patrona can take your basic information and turn it into an amazing radio ad or PSA for you, including all the copywriting, translation and production! The partnership is offering this service to our valued community partners AT NO COST at this time, so take advantage of the opportunity to get your content into the rotation! Contact Katherine with questions.

We've also begun a fun new five-minute FREE interview series. Spanish speaking community partners have come by the studio to share how their programs are creating better health and wellbeing for our Latino community. We'd love to interview your agency's Spanish speaking staff. Contact Katherine to learn more.





## New Alzheimer’s Association Report Reveals Top Stressors for Caregivers and Lack of Support

Submitted by Lori Stanton, Program Director, Alzheimer’s Association Oregon and SW Washington Chapter

The Alzheimer’s Association 2024 Alzheimer’s Disease Facts and Figures ([alz.org/alzheimers-dementia/facts-figures](http://alz.org/alzheimers-dementia/facts-figures)) report reveals that both dementia caregivers and health care workers report difficulties in navigating dementia care within the U.S. health care system. The new report estimates that 6.9 million people age 65 and older in the U.S. are living with Alzheimer’s dementia, including 79,100 in Oregon.

This year the cost of caring for people living with Alzheimer’s and other dementias is projected to reach \$360 billion — a \$15 billion increase from a year ago. This does not include unpaid care provided by family caregivers and friends. Last year in Oregon there were 170,000 dementia family caregivers, providing 229,000,000 hours of unpaid care valued at \$5,285,000,000.

Oregon caregivers and those across the country face significant emotional, physical and health-related challenges as result of caregiving as well, according to the report:

- Dementia caregivers report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In Oregon, 57.4% of caregivers reported at least one chronic condition.
- The prevalence of depression is higher among dementia caregivers when compared to caregivers for other conditions. In Oregon, 33.6% caregivers reported depression.
- Seventy-four percent of dementia caregivers report they are “somewhat concerned” to “very concerned” about maintaining

their own health since becoming a caregiver. In Oregon, 8.5% report frequent poor physical health.

An accompanying special report, “Mapping a Better Future for Dementia Care Navigation, provides a comprehensive look into dementia care navigation by surveying dementia caregivers and health care workers on their experiences, challenges, awareness and perceptions of care navigation in dementia care. Dementia care navigation provides clinical and nonclinical support to people living with dementia and their caregivers to overcome barriers that compromise care and health outcomes. **Key findings:**

\* A majority of caregivers (70%) report that coordination of care is stressful.

- More than half of the caregivers surveyed (53%) said that navigating health care was difficult.
- 2 in 3 caregivers (66%) also have difficulty finding resources and support for their needs.
- Care navigation facilitates medical and social support to alleviate patient and caregiver stress. Despite coordinating care and scheduling being top stressors for caregivers, only half of the caregivers surveyed (51%) have ever talked with a health care professional about challenges finding their way through the health care system or asked for help with dementia care.

Black and Hispanic caregivers report managing care on a daily basis

- (43% and 45%, respectively) compared to White caregivers (31%). The vast majority of dementia caregivers (97%) say that they would find navigation services helpful.

Full text of the 2024 Alzheimer’s Disease Facts and Figures report, including the accompanying special report, Mapping a Better Future for Dementia Care Navigation, can be viewed at [alz.org/facts](http://alz.org/facts).

# 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



**Ilene McCoy**  
Residential Care Facility Director



**Nicole Murphy**  
Residential Care Facility Care Coordinator

- Comfortable one room apartments
- Shared bathroom, showers and access to spa tub
- Eight social areas and lobby
- Three meals a day in the main dining room and snacks on request
- Same activities as the main building
- Free transportation to shopping, medical appointments, etc.
- Assistance with your daily living needs

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!

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



*Amber Anderson ....your tour guide...call today!*



**Pelican Pointe**  
ASSISTED LIVING

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



## What exactly is Narcan? And why you should carry it...

By Bronwyn Hoffman  
Public Relations Intern,  
Sky Lakes Hospital



Naloxone, more commonly known as Narcan, is a medicine meant to rapidly counteract opioid overdose.

Prescription painkillers like oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and codeine are all opiates. The most common illegal opiates are heroin and illegally manufactured fentanyl.

Drug addiction is a disease, and it can happen to anybody. Mothers who are prescribed opioids after a car accident, Grandparents who need are given opioids after a fall. Once the prescription runs out, the person still finds their body craving the medication even though they don't need it. Because of this, doctors are prescribing opiates less and less frequently, however sometimes it is the only option.

Despite doctor's best efforts, opioid addiction rates are on the rise, with the number deaths from opioid overdoses nearly tripling. According to the Oregon center for health statistics, 318 people died from overdosing on any opioid in 2019. In 2022, that number was 950 people.

People who've had opioid use disorders say these drugs created feelings of warmth, happiness, and acceptance inside of them. They describe feeling good in a way they'd never really experienced before. These feelings can motivate someone to continue to use, even when that use is putting their health at risk or causing problems in their life.

Naloxone/Narcan can be used within 30 to 90 minutes of a person taking opiates to counteract an overdose. An overdose looks like this: respiratory distress, blue or gray skin, dark lips and fingernails, unable to talk, pinpoint pupils, unable to be woken up, no response to stimuli. Injecting Narcan nasally can nearly immediately reverse these effects, and you should call 911 after you administer it.

Narcan is free with most insurances if you ask your primary care doctor for a prescription, but you can buy a two pack for less than 50 dollars over the counter.

Klamath county has on average 5 deaths from opioid overdoses a year. If every person started carrying Narcan, we could potentially help those people get treatment and maybe even save their lives.



# Computer Basics I: 04/15/2024 - 05/15/2024

5:30 PM - 7:30 PM  
Cost: \$99.00

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

**VOLUNTEERS NEEDED!**

# GIVE BACK DAY APRIL 27, 2024

Help make a difference! Join us and be part of improving your community. We are looking for hundreds of volunteers to serve together in projects across Klamath County

- KTA Trail Maintenance
- Wingwatchers Trail Clean-up
- Caring Cards Project
- Chiloquin Bike Park Clean-up
- Senior Center Project
- Mills Adopt-a-Corner Project
- Tidy Towns Downtown Clean-up

541-591-4932 | [www.healthyklamath.com/givebackday](http://www.healthyklamath.com/givebackday)

## LOCALLY OWNED LOCALLY OPERATED

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

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



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



## SHIP TALK

(Senior Health Insurance Program)

### Preventive and Screening Services

Long time readers will recognize this column we featured last year. However, it's a good reminder for everyone and may be new information for new readers. That said, it's important information.

Medicare covers many preventive and screening services. These services are valuable since they can keep you from getting sick and also can help find health problems early when treatment is most likely to work best. Talk to your doctor about which one might be right for you. Most are fully covered and some of the more complex are offered at a reduced price.

Let's look at what's covered. The list is long but it's worth wading through.

- Abdominal and aortic screening
- Alcohol misuse screenings and counseling
- Bone mass measurements (bone density)
- Cardiovascular disease (behavioral therapy)
- Cervical and vaginal cancer screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings – and self-management training if necessary
- Glaucoma tests
- Hepatitis B infection screening and Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram screening
- Nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- SHOTS: (1) Flu shots (2) Hepatitis B shots (3) Pneumococcal shots and (4) SHINGLES shots – all free.
- Tobacco use cessation
- Yearly wellness visit

If you're needing any information about health insurance and Medicare, we're here at the Senior Center, volunteer certified and trained SHIBA counselors, ready to tackle your questions. Call 541-883-7171 to make an appointment.

Anne Hartnett,  
SHIBA Coordinator

## DONOR REPORT

### Seniors Deserve More

**S.T.A.R.S. - Seniors Thriving Amidst Renew Spaces** is our multi-year capital improvement initiative, aiming to cultivate a unified indoor and outdoor environment. Recent endeavors include roof replacement, HVAC upgrades, and flooring enhancements. We have prioritized accessibility, adding a second-floor lift and revamping two restrooms. Now, with county, foundation, and KBSCC support, we are embarking on a phase that amplifies accessibility at entrances and exits. This campaign involves overdue refinements e.g. dance floor restoration, interior /exterior painting, entrance/reception upgrades, an assistive device lending program organization, landscaping, and kitchen modernization. Our goal is for our facilities to parallel the exceptional programming delivered by our dedicated team and volunteers. KBSCC serves as a community cornerstone. Our aspiration is for KBSCC to be a place of pride for all, akin to a "second home" for seniors, as shared by one of our patrons.

#### Ask Matthew how you can help!

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

March contributions of \$2,888 were received from the following organizations and individuals:

Donna Maloney	Patricia Henderson
First Church of Christ Scientist	Burl Parrish
Refuge City Church	Ernie Palmer
Marta Stephens	Robert Petrik
Jon Schnebly	

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$3951

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](http://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!**





Register today for our

## April 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

**April Workshop**  
**April 10 / 10 AM**



4509 So. 6th Street, Suite 109

**541-882-6476**

One-on-One appointments also available



ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. We do not offer every plan available in your area. Currently we represent 10 organizations which offer 59 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodation of persons with special needs at meetings call 1-877-672-8620 (TTY 711). To file a grievance or complaint about marketing efforts with Medicare, contact 1-800-MEDICARE, 24 hours a day/7 days a week. Please provide your agent/broker name and plan name if possible.

Y0084\_MKG\_T65\_AD\_2024\_C

## OLDER ADULT PROGRAM

Are you struggling to connect with others?  
Are you feeling lonely, sad, or worried?  
Are you feeling hopeless about your life?



**LOCAL SUPPORT IS AVAILABLE**

**OLDER ADULT PROGRAM**  
**541.883.1030**

*You are not alone.*



# Need An Extra Lift?

**RECLINING LIFT CHAIRS and ADJUSTABLE MATTRESS SETS**  
**IN STOCK!**

Get It **DELIVERED RIGHT AWAY!**



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 f@i@v

**541-884-2773**

1204 Main St.  
Klamath Falls, OR 97601

John 3:16

451522-1





**Congratulations to Anne Davenport,** our Program Manager for Health Promotion Services, pictured here at the American Physical Therapy Association Specialist Ceremony on February 14, 2024 in Boston, MA. With the support of the KBSCC, Anne acquired her Board-Certification in Geriatric Physical Therapy in June of 2023.



It was a small but mighty ukulele group that gathered this Spring Break at the Senior Center. We met at the newly established time at 6:00 pm which everyone agreed was a better time. You may arrive early at 5:30 if you wish to gather and practice before class.

**Our next meeting is scheduled for the last Tuesday in April on the 30th of the month, 6 pm.**

This month Jon McKellar introduced some warm up exercises which were well received. We learned some finger and wrist stretches that are aimed at improving our comfort and skill in managing those difficult cords that challenge our hands. We will continue with short warm ups at the April meeting.

We managed to practice and play together four or five songs in March which included the song produced by Debbie Plummer, Deep In The Heart of Klamath. Another new song was Sweet Pea by Amos Lee. Please let us know if you have any song suggestions for the group that may be your favorite.

Next meetings are April 30th and June 11th. We are taking the month of May off but meeting earlier in June. All are welcome including beginners. We also acquired another ukulele to loan out if you want to try out a new instrument and a new group. See you at Ukulele.

Maryann, Marc & Jon  
 Questions? Please reach out at [1maryantra@gmail.com](mailto:1maryantra@gmail.com) or call/text 541-891-3288.

## 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

47583-1



# STRESS AWARENESS

We can benefit greatly from practicing stress-reducing techniques such as meditation, gentle exercise like yoga, spending time in nature, or engaging in hobbies we enjoy.

Prioritizing self-care and seeking support from loved ones or professionals can also make a significant difference in promoting overall health and wellness in our golden years. Remember, taking care of our mental health is just as important as taking care of our physical health.





## Are you Fit, Functional, or Frail? Grip Strength Assessed at the Living Well Health Fair 2024

By Anne Davenport, Program Manager of Health Promotion Services, Klamath Basin Senior Citizens' Center

Grip strength measures muscular strength or the maximum force generated by a person's forearm muscles. It's generally understood that a higher grip strength is associated with better health, and a lower grip strength is associated with poorer health. If you are losing strength, muscle will be replaced by fat tissue. The loss of muscle mass and strength is called "sarcopenia," which is NOT a normal part of aging. If you are losing strength in your hands, it's a potential sign that it is happening all over your body.

Our hands are critical for daily tasks. If you want to button a shirt, eat with a utensil, write with a pen – it requires strength and control in your hands and fingers.

Grip strength is important for more than daily activities. Grip strength is an easy-to-measure sign of how strong the rest of your body is. Keeping muscle strength throughout your body is



## Enjoy a Summer Weekend at Klamath Outdoor Science School with Your Grandkids!

Are you looking for something fun to do with your grandchildren this summer? Klamath Outdoor Science School (KOSS) is offering two "Junior" Family Camps for children ages 3-6 and up to three accompanying adults. The camps, scheduled for holiday weekends, are the perfect opportunity to introduce young children to the joys of outdoor recreation in a safe, fun setting with trusted adults.

The KOSS camp is nestled in the beautiful Sun Pass State Forest, adjacent to Kimball State Park and the Wood River. Camp activities, led by trained staff, are designed to inspire a love for the outdoors and will include hikes and nature walks, arts and crafts, games, and science lessons designed for young learners. And of course, there will also be a campfire with songs and s'mores!

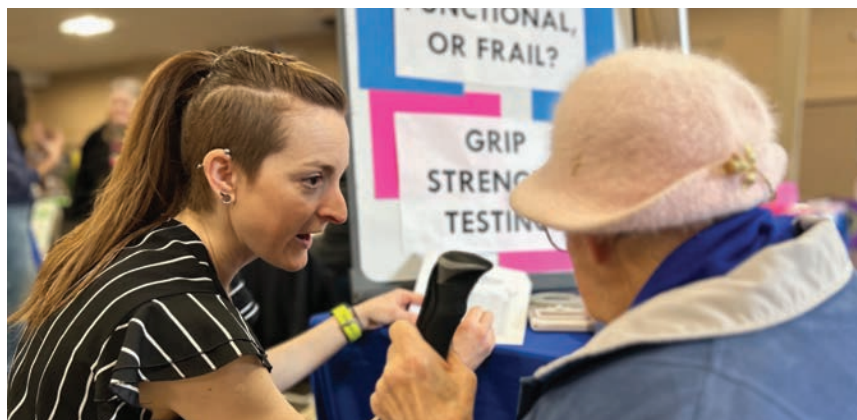
Participants have the option to share lodging in one of KOSS's 30' foot yurts, furnished with bunk beds, or to bring their own tent. Meals will be provided. The camp has a bathhouse with running water and flush toilets.

KOSS will also host "Artists and Scientists" and "Intro to Camp!" programs for older children to attend independently.

**Don't wait—register today!**

**Family Camp dates are May 25-27 and July 5-7.**

For more information on pricing and registration, visit <https://www.klamathoutdoorschool.org/summer-camp-info>.



important for mobility, balance, endurance and more. A strong body means you can live the life you desire.

In one study, researchers found a relationship between grip strength and climbing stairs or walking in the community. Lower mobility and activity makes you less likely to move in ways that will build your strength, so your muscles will continue to weaken.

### "Weak" grip strength is a potential sign of;

"Weak" grip strength is a potential sign of being at higher risk for:

- falls and fractures and hospitalization
- infectious diseases like COVID 19, RSV, the flu
- chronic diseases, such as COPD, diabetes, heart disease, obesity
- social isolation and loneliness (due to a reduction
- cognitive impairment, difficulty sleeping, depression
- frailty, a decline in health that is not a normal part of aging

On March 2, 2024, we provided a Grip Strength Assessment at the annual Living Well Health Fair. Not able to attend the Fair? Call or email me to set up a time to assess your Grip Strength, chat about your wellness goals, and get you plugged in to our programming! [anne.davenport@kbscc.org](mailto:anne.davenport@kbscc.org) 541-883-7171 ext 122

We're Hiring!

Oregon Business

100 Best

NONPROFITS

to work for in Oregon

2023

"I have 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](http://www.klamathhospice.org)



## April is Sports Eye Safety month

Each year, an estimated 100,000 people are hurt by sports-related eye injuries. About 13,500 of these injuries result in permanent vision loss. In support of Sports Eye Safety Month this April, the American Academy of Ophthalmology reminds athletes everywhere that the great majority of sports-related eye injuries can be avoided by simply wearing the proper protection.



KLAMATH EYE CENTER

2640 Biehn Street / [KlamathEyeCenter.com](http://KlamathEyeCenter.com) / 541 884-3148



# Earth Month

**We help to support a Healthy Earth and Healthy Living**  
**Check out our programs at**  
**[www.klamathareonaging.org](http://www.klamathareonaging.org)**

**Don't forget to help keep our earth green**  
**RECYCLE**



advocacy | action | answers on aging

**KLCCOA Office**  
**541-205-5400**



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





## April 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 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. From Lakeview. Must have a minimum of 3 riders. Riders meet at the Center Parking Lot.

Grief Relief class will be on the third Thursday, April 18th. 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 this month.

Care Giver Support on the third Tuesday of the month, 2:00 to 3:00.

Stop by to pick up a program guide.

\*\*\*\*\*Serving Lake County\*\*\*\*\*

## Nurturing Wellness: The Foster Grandparent Program of Southern Oregon”

*Submitted by Cassie Rose, Community Volunteer Network Executive Director*



The Foster Grandparent Program in Southern Oregon is more than just a volunteer opportunity—it’s a lifeline for both children and seniors alike. This program highlights the incredible health benefits that come with volunteering, especially for active seniors, aligning perfectly with April’s theme of health and stress.

For seniors in Klamath County, participating in the Foster Grandparent Program offers a meaningful way to stay engaged and connected. By lending their time and wisdom to support children in educational settings, they find fulfillment in making a tangible difference.

Volunteering brings numerous health advantages. Physically, staying active through volunteering helps seniors maintain mobility, flexibility, and vitality. Whether it’s engaging in interactive learning activities or providing emotional support, these actions contribute to better cardiovascular health and overall fitness.

Moreover, volunteering acts as a powerful stress-reliever. The sense of purpose and joy derived from helping others triggers the release of feel-good hormones, such as oxytocin and serotonin, which mitigate stress and bolster emotional well-being.

Beyond its immediate health benefits, the Foster Grandparent Program fosters a profound sense of community and belonging. Seniors forge meaningful connections with the children they mentor, as well as with fellow volunteers and program facilitators. These social bonds are essential for combating loneliness and isolation, promoting mental and emotional resilience.

As we celebrate the impact of volunteering on health this April, let’s acknowledge the invaluable contributions of the Foster Grandparent Program of Southern Oregon. Through their selfless dedication and generosity, these seniors exemplify the transformative power of giving back to our community while reaping the countless rewards of improved health and well-being.

If you’d like to get involved as a volunteer or a community advisory council member please call (541) 857-7786 for more information or email [fgp@retirement.org](mailto:fgp@retirement.org). [www.cvnvolunteer.org](http://www.cvnvolunteer.org)

## INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

### Are you interested in or need...

- Meals on Wheels
- To Find Local Lunch Sites for Seniors Outside of Klamath Falls
- Information on Getting Support for Family Caregivers
- In-home Care Support
- Volunteer Opportunities

Come and meet our staff at the Klamath Basin Senior Center Every 2nd Tuesday of the Month from 11:00 am to 1:00 pm



Call for more information:  
**541-205-5400**  
[www.klamathlakeareaonaging.org](http://www.klamathlakeareaonaging.org)



# KLAMATH SENIOR CENTER APRIL 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 - 12:30 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 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, 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."

## APRIL SPECIAL EVENTS

### Learn'n'Lunch - Celebrate Earth Month & Learn About Blue Zones!

You may have heard about Klamath Falls being designated as the first Blue Zones demonstration community in Oregon, but what does that really mean? Join Cassidy Quistorff, Sky Lakes Wellness Center Health Education and learn how our environment impacts our health and how Blue Zones aim to increase the "healthspan" of a community. We'll talk about where Klamath Falls currently stands, the beneficial health impacts of a plant-based diet, and how sustainable infrastructure is good for all different age demographics of our community.

### Learn more on Tuesday, April 9th, at 10:30 am

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

### Lunch with the Board on April 15th, 11:30 am - 12:30 pm

### Improve Your Photography Workshop - Lighting and Color on Tuesday, April 23, 10:30 - 11:30 am

Gregg Waterman will be offering another photography workshop! This month we'll look into the kinds of light we encounter when photographing, and the consideration of color in photographs. Participants need not have attended any previous classes. We will NOT cover how to take photographs, with either a phone or a 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.

Check out his web page at [www.greggwaterman.com](http://www.greggwaterman.com)



**APRIL 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	
				3		4		5	
				<b>QUICHE</b> Veggie Salad Dessert		<b>BEANS &amp; HAM w/CORNBREAD</b> Veggie Salad Dessert		<b>SWISS STEAK</b> Veggie Salad Dessert	
8		9		10		11		12	
<b>BREAKFAST FOR LUNCH</b> Hashbrowns, Biscuits & Gravy, Scrambled Eggs Dessert		<b>TACO TUESDAY</b> Beef Tacos Refried Beans Spanish Rice		<b>CHICKEN STRIPS &amp; FRIED POTATOES</b> Veggie Salad Dessert		<b>SAUSAGE CASSEROLE</b> Veggie Salad Dessert		<b>BROCCOLI CHEDDAR SOUP</b> Veggie Salad Dessert	
16		16		17		18		19	
<b>CHICKEN CHILI &amp; CORNBREAD</b> Veggie Salad Dessert		<b>SPAGHETTI &amp; MEATBALLS W/GARLIC BREADSTICKS</b> Veggie Salad Dessert		<b>AU GRATIN POTATOES w/HAM</b> Veggie Salad Dessert		<b>ROAST CHICKEN &amp; ROAST VEGGIES</b> Salad <b>BRISTOL HOSPICE BIRTHDAY CELEBRATION</b>		<b>CHILI DOGS &amp; FRIES</b> Veggie Salad Dessert	
22		23		24		25		26	
<b>BEEFY BEAN SOUP w/CORNBREAD</b> Veggie Salad Dessert		<b>PIZZA</b> Veggie Salad Dessert		<b>ROAST PORK</b> Veggie Salad Dessert		<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Veggie Salad Dessert		<b>SWEDISH MEATBALLS</b> Veggie Salad Dessert	
29		30		1		2		3	
<b>CHEESEBURGERS &amp; FRIES</b> Veggie Salad Dessert		<b>SHRIMP &amp; CORN CHOWDER</b> Veggie Salad Dessert		<b>BELL PEPPER CASSEROLE</b> Veggie Salad Dessert		<b>CHICKEN FRIED STEAK &amp; MASHED POTATOES</b> Veggie Salad Dessert		<b>SLOPPY JOES</b> Veggie Salad Dessert	



# Muffin Monday

## Veteran's Group

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



**Every Monday**  
**Coffee • Muffins • Conversation**

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

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



WE HONOR VETERANS

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

- 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
- 4/15/24: Brandon Wright – Easterseals Oregon
- 4/22/24: Teresa B. - Klamath Housing Authority's Rental Assistance Program.
- 4/29/24: Brion Pinkerton - VA S.A.V.E. Training
- 5/6/24: Charlie Wyckoff - Farmer's Market



We are thrilled that



Crystal Terrace has been voted **1st place WINNER**

of Best of the Basin category

**Best Assisted Living Community**

Thank you!!!



*Crystal Terrace offers a beautiful campus setting with a service-enriched lifestyle and thoughtful continuum of care for your needs today and tomorrow.*

Independent Living  
Assisted Living  
Klamath's only Memory Care  
Exceeding your expectations and enriching your life is what's most important to us a MBK Senior Living. We want to get to know you and your family...your favorite stories, your daily joys and your hopes and dreams...so that we can deliver on our promise every day...to treat you the way you want to be treated. Let us make you feel at home here.

Feel At Home Here



WELCOME

Executive Director  
**GREG HANSEN**

My passion for excellent care for seniors started with my parents being badly treated in an assisted living facility in Florida years ago. My wife, a nurse practitioner, and I started our own assisted living/memory care facility 2010-2016. That experience shaped the rest of my working life and now I am pleased to be here at Crystal Terrace.

Compassion and care, dignity and respect are the virtues I live by. I commit to making sure we do everything we can to enhance the quality of life for our residents...and our staff! CALL for a tour today of this beautiful 22 acre campus.

 **Crystal Terrace of Klamath Falls**  
MBK SENIOR LIVING  
1000 Town Center Dr  
Klamath Falls, OR 97601  
541-238-2456

We are thrilled that



Crystal Terrace has been voted **1st place WINNER**

of Best of the Basin category

**Best Senior Living Community**

Thank you!!!

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!  
541-492-5129



For 20 years we've been Oregon's local, dependable Medicare Advantage plan.

ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. To file a grievance or complaint about marketing efforts with Medicare, contact 1-800-MEDICARE, 24 hours a day/7 days a week. Please provide your agent/broker name and plan name if possible.

Y0084\_MKG\_AG\_FL4\_2024\_M