

MAY 2024

# Active Seniors

FREE  
Take  
one!



'Mariposa Lilies'  
*Sally Wells and Inger Burns*  
Watercolor by Mary Kelley

# 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 Members of the Klamath Basin Senior Citizens' Center Community

As we step into the vibrant embrace of spring, I am filled with a sense of renewal and anticipation. Spring is not merely a change in the weather; it's a metaphor for new beginnings, reawakening, and the endless possibilities that lie ahead. As we celebrate Older Americans Month, I am reminded of the incredible resilience and wisdom that each of you brings to our community. Your experiences, stories, and laughter enrich our lives immeasurably, and I am grateful for the privilege of walking alongside you on this journey.

This May, we shine a spotlight on mental health awareness and national physical fitness. These two pillars of well-being are interconnected, each playing a vital role in nurturing our overall health and happiness. Mental health is just as important as physical health, yet it is often overlooked or stigmatized. This month, let us come together to destigmatize mental health issues, foster open conversations, and support one another on our paths to emotional wellness.



Matthew Pich-Maxon

It's essential to recognize that mental health encompasses a broad spectrum of experiences, from moments of stress and anxiety to more serious conditions such as depression and anxiety. Just as we prioritize our physical health through regular exercise and nutritious eating, we must also prioritize our mental well-being through self-care practices, seeking professional support when needed, and cultivating strong social connections.

At our Center, we are committed to providing resources and programming that promote mental and emotional wellness. Whether it's through engaging workshops, support groups, or simply offering a listening ear, we are here to support you every step

of the way. Together, we can create a community where everyone feels valued, heard, and supported in their journey towards mental wellness. The age old and sage advice of following the "Golden Rule" and only speaking well of others will help us feel better and support members of our community; this is to say it is for all our benefit to not send mail from "The Bad News Post Office" as it were. In addition to mental health awareness, we also celebrate national physical fitness this month. Staying active is not only beneficial for our physical health but also for our mental well-being.

Exercise releases endorphins, boosts mood, and reduces stress, making it a powerful tool for maintaining a positive outlook on life. Whether it's a leisurely walk in the park, a gentle yoga session at KBSCC, Qi Gong at KBSCC or a lively dance (also offered at KBSCC), there are countless ways to stay active and healthy, regardless of age or ability. As we embrace the spirit of spring and the themes of mental health awareness and physical fitness, let us approach each day with a sense of gratitude and optimism. May this month be a time of growth, renewal, and connection as we continue to support one another on our journey towards well-being.

### Thank you for being a cherished part of our community. Together, we thrive.

Warmest regards,


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

**SAVE THE DATE**  
**TUESDAY**  
**JUNE 11**  
**Elder Abuse Awareness**  
**Resource Fair**  
 at the Klamath Basin Senior Citizens' Center  
 Details in June Newsletter!



**WORLD ELDER ABUSE AWARENESS DAY**  
 Building Strong Support for Elders

**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: \_\_\_\_\_



## Veteran's Socialization and Suicide Awareness Grant

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

### KBSCC is thrilled to announce its partnership with the Association of Oregon Community Mental Health Programs for the Rural Older Adult Mini Grant (ROAM).

This grant, which is highly competitive, sees only 1 in 4 organizations throughout Oregon receiving support. Through this collaboration, KBSCC will offer free congregate meals and transportation services to Veterans from March until September 2024, or until the funds are depleted. Veterans simply need to inform our transportation department or the congregate meal check-in desk of their status to access these benefits.

The primary goal is to enhance socialization opportunities for Senior Veterans and initiate conversations about suicide awareness, given its profound impact on Seniors. We extend our gratitude to Patty Card of Klamath Basin Behavioral Health for training our staff in QPR (Question, Persuade, Refer), a framework for assisting those contemplating suicide. Additionally, Jennifer Smith, Community Liaison for Klamath Hospice and Palliative Care, deserves recognition for her continuous support of our Senior Veterans. Her weekly "Muffin Mondays" gatherings foster community and features guest speakers who provide invaluable insights.

Another key partnership in executing this grant involves coordination with Brion Pinkerton of the US Department of Veterans Affairs. Brion serves as the Community Engagement and Partnership Coordinator for the VA. Brion recently led a conversation on suicide awareness during a "Muffin Mondays" session on April 29, 2024.

We are proud to honor our Veterans' service and strive to create a community where open discussions about life's challenges are encouraged, and provide a place where support is readily available. We are actively seeking partnerships to sustain the provision of free rides and meals for Senior Veterans beyond the scope of this grant, and we are heartened by the encouragement received thus far from our partners. If you are interested in supporting our Senior Veterans at KBSCC, we welcome the opportunity to connect and discuss possibilities.

## Volunteer Spotlight

**Name:** Kat Snow

**Position / Duties at the Center:** You may recognize Kat as one of our wonderful volunteers checking you in at the Lunch desk. Kat volunteers Monday, Wednesday and Friday from 10:00 am till 12:30.

**How long have you been a volunteer at the Senior Center?** Kat has been a volunteer at the Senior Center for a year. Kat started volunteering back in March 2023.



**Why do you volunteer?** Volunteering gets me out of the house and into the community. I love the people and the atmosphere. It gives me an opportunity to meet new people and support our elderly in the community. The smiles on their faces are what really makes me happy to volunteer.

**What's your favorite thing about volunteering?**

I get to meet new people and those people become friends and family. It gives me a piece of Joy knowing I can give back to our seniors

**The Senior Center will be closed on Monday, May 27 for Memorial Day.**

## SENIOR AWARENESS FAIR 2024

Celebrating seniors during Senior Awareness Month, bringing awareness and planning for the future.

### FREE Event Entry

Community booths with helpful information

Giveaways

Entertainment & Food

Rides available for seniors thru Basin Transit Services  
541-883-2877  
(24-hr notice required)

WEDNESDAY  
**MAY 22**  
10 a.m. - 2 p.m.

2751 Washburn Way  
Klamath Falls, Oregon



**KLAMATH HOSPICE AND PALLIATIVE CARE**  
Founding Member of Oregon Nonprofit Hospice Alliance

**541-882-2902**  
www.klamathhospice.org



### Parkinson's Disease Support Group

Are you, a loved one, or friend living with Parkinson's Disease?

**You are not alone!**

Join us for a support group to share, learn, and connect. This group is free and confidential.

If you are looking for more resources, contact Parkinson's Resources at 800-426-6806

### Klamath Falls Parkinson's Support Group

4th Tuesday of the month  
1:00 -2:00 pm meeting  
12:00 pm no host lunch  
Red Rooster Grill & Pub  
3608 S 6th St, Klamath Falls

Contact  
Ron at 541-591-0686  
or Kate at 541-810-2134  
before your first meeting.



**Parkinson's Resources**

## Expressions of Heart and Mind

## THE FIRST MOW OF SPRING

By Jean Knight

I really should mow my lawn.  
My neighbors have already done this task,  
trimming theirs into compulsive diagonals,  
uniform blades masquerading as artificial grass.

I really should mow my lawn,  
my unruly cohort of crabgrass, Kentucky Blue and rye,  
but first my bare toes must explore  
the cool, welcoming greens stretching upwards to the sky.

I really should mow my lawn,  
chop up weed heads, dandelions and last Fall's leaves,  
but I like my smorgasbord of meadow wildflowers  
that provide a feast for butterflies and hungry bees.

I really should mow my lawn,  
but maybe I will make an "insect at work" sign,  
plop a wooden chair in the middle of my weeds and  
watch a crowd of Robins dance and dine.

So...I will not mow my lawn,  
but I will enjoy the music of Spring's newborn song,  
joining in with beetles, frogs and crickets as they merrily hum  
along.



Painting on found rock by Sheila Amberson

## FIND AWESOME IN SPRING

By Sharon Hudson



Spring is here, bringing a  
Time of rebirth.  
New flowers will grow, and baby  
Birds will hatch here on earth.

The weather is unpredictable,  
But it's warmer now.  
Winter was long and hard this year.  
It's time for spring to take a bow.

The trees are growing, and green  
Little budlets give it away.  
The rock chucks are enjoying the  
sun  
Lying on the rocks, this day.

Gentle rain, and rain with high  
winds  
Are a common part of early spring.  
It gets better later when spring  
Revs up, and gets into full swing.

The frogs will be heard singing  
their favorite song,  
Letting us know they are here.  
Love them, and you can't go wrong.

Rainbows will appear, and  
Will decorate the sky  
Bringing extra color. It's amazingly  
Beautiful, and that's no lie.

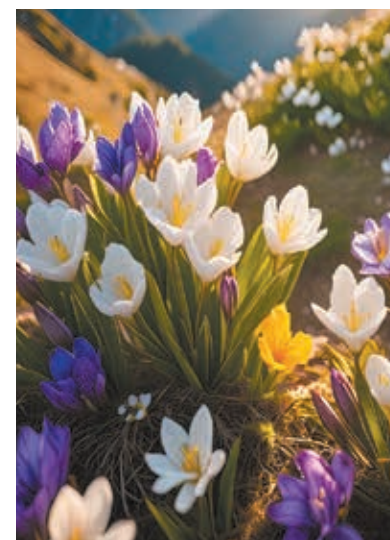
The flower seeds that were planted  
Just a little while back .  
Are showing life. The carrots  
planted in the corner will become a  
healthy snack.

The sunshine and the rain that  
happen in the  
In the spring are good for the  
land.  
They create beautiful scenery  
That's anything but bland.

The doves in the tree  
Are sitting side by side.  
They look happy, and  
Seem to take things in stride.

Little lambs are playful, and  
stay close  
To mom getting nourishment,  
and love.  
They are playful, and cute.  
Contented by the song of the  
dove.

Most people enjoy this  
wonderful, and  
Special time of year.  
There is much to do, and much  
to see,  
And new life will appear.  
Corner will become a healthy  
snack.



# EVENING TRAIN

by Sybil Fulk

Find this poem and more in  
*The Open Window of My Heart:*  
 Poems by Sybil Fulk,  
 Available on Amazon.com,  
 ISBN-13: 979-8321237311



Take the evening train to anywhere  
 And in spirit, I will meet you there  
 I'll see the sunset through your blue eyes  
 And hear the whispers of your faint sighs  
 Take your hand and touch your favorite flower  
 I will see, and I will mark the hour  
 So when, once again, that time we share  
 I will place that flower in your hair  
 Take the evening train to anywhere  
 And just know that I am there  
 Within anything you love to see  
 There's a deep and secret part of me  
 In the ocean or the desert sand  
 Or the beauty of a foreign land  
 Call my name, and I will meet you there  
 Take the evening train to anywhere

## 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

**Bristol Hospice**  
 embracing a reverence for life

## KBSCC would like to thank Patty Card.

Patty is a great supporter and partner of KBSCC. Rarely will you meet someone with such infectious enthusiasm, honesty and dedication. We were graced with the opportunity to have Patty train our staff on suicide awareness. To have the opportunity to learn from someone with four decades of experience in mental health was truly a gift for our organization. Our staff noted that the training was excellent and helpful.



Patty Card

Patty was born and raised in Klamath County and raised her family there. She has worked at Klamath Basin Behavioral Health for the past 38 years starting as a part-time receptionist/biller when they had 8 staff and 4 clients, and then as the Director of Administration for the past 36 years, helping with the expansion of the agency to now having 270+ staff and 9000+ clients.

After the CEO retired, she moved into a Peer Support Coordinator role and now am thrilled to be an Older Adult Behavioral Health Specialist. Patty, we offer our heartfelt appreciation for your contributions to this community and our organization.

## 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

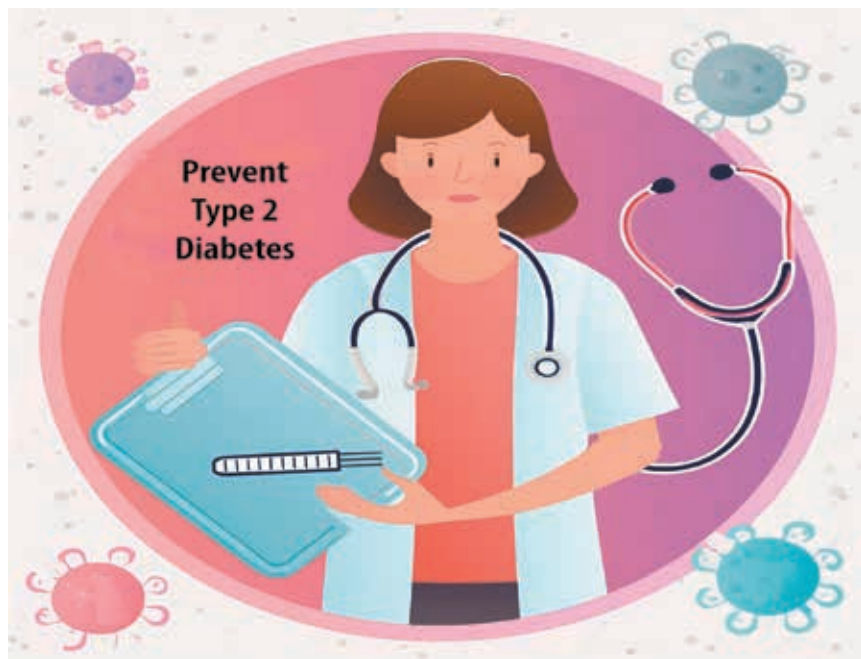
**"EVERY CHILD IS ONE CARING ADULT AWAY FROM A SUCCESS STORY."**

**GET INVOLVED**

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

# Prevent Type 2 Diabetes

By Jennifer Newton, RD, CDCES, MPH; Sky Lakes Wellness Center



It is a common belief that if a family member has type 2 diabetes, you are more likely to develop the same condition. While having a family history of type 2 diabetes is a risk factor for developing the condition, it doesn't necessarily mean it will happen to you. You can reduce your risk by adopting some healthy habits.

How, you ask? We can help you through the National Diabetes Prevention Program (NDPP), an evidenced-based program offered around the country. This program is an opportunity to work with a trained and certified lifestyle coach for a year to change food, activity, sleep and stress habits. By joining the program, you will be part of a group of individuals working towards the same goal

of preventing type 2 diabetes. You will share your successes and support each other through the challenges.

Are you at risk for prediabetes and type 2 diabetes? Risk factors include:

- Carrying extra weight
- Being 45 years or older
- Having a parent, brother or sister with type 2 diabetes
- Having ever been diagnosed with high blood pressure, even if it is controlled
- Being physically active less than three times per week
- For women, having ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds.

If any of these risk factors are true for you, you may be at risk for prediabetes and type 2 diabetes. Join us for a FREE Wellness Event at the Sky Lakes Wellness Center to learn how you can cut your risk of type 2 diabetes in half! Not only will you learn about NDPP, you will also watch a live cooking demonstration, enjoy food samples, learn three additional wellness tips, hear about other programs available, and be able to sign up for the NDPP. NDPP is covered by Medicare Part B and many Medicare Advantage Plans with no out of pocket expense for eligible beneficiaries.

The FREE Wellness Event will be offered on two separate days, but you only need to attend one.

Join us on one of the following dates:  
 Tuesday, May 21, 2024, from 1:30 to 2:30 pm  
 Tuesday, June 4, 2024, from 1:30 to 2:30 pm  
 The Sky Lakes Wellness Center is located at 128 South 11th Street. Call 541-274-2770 with any questions and to reserve your spot!

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

<p><b>A-MAY-zing</b> FRIDAY DRAWINGS MAY 3-31 • 6PM-9PM <b>WIN UP TO \$1,000 CASH!</b> <small>May only win once per day.</small></p>	<p><b>MAY DAYS</b> WEDNESDAY SLOT TOURNAMENTS MAY 1-29 • 10AM-8PM <b>Win up to \$100 CASH!</b> <small>May only play one session per day.</small></p>	<p><b>KICKING BACK</b> THURSDAY KIOSK MAY 2-30 • 11AM-8PM <b>Win up to \$100 CASH!</b> <small>May only redeem once per day.</small></p>	<p><b>DERBY-DAYS</b> SATURDAY HOT SEATS MAY 4-25 • 3PM-8PM <b>ALL winners will receive \$100 Free Play!</b> <small>May only win once per day.</small></p>	
<p><b>Mom's Day</b> SUNDAY KIOSK MAY 5-26 • 10AM-6PM <b>Earn prizes!</b> <small>May only redeem once per day. While supplies last.</small></p>	<p><b>CINCO DE MAYO</b> HOT SEATS SUNDAY, MAY 5 • 1PM-4PM <b>Win up to \$500 CASH!</b> <small>May only win once per day.</small></p>	<p><b>SENIOR DAY MONDAYS</b> 8AM - MIDNIGHT HOT SEATS NOON - 3PM <b>WIN UP TO \$100 CASH!</b> DRAWINGS EVERY HALF HOUR. <small>NO SENIOR DAY HOT SEATS ON MONDAY, MAY 27. Must be 55+. May only redeem/win once per day.</small></p>	<p><b>Sunday, May 12</b> Noon-4pm <b>MOTHER'S DAY BONUS KIOSK</b> <b>EARN PRIZES!</b> Earn 20 points, go to the kiosk and swipe your card to receive a prize voucher. <small>While supplies last. May only redeem once per day.</small></p>	
<p><b>MEMORIAL DAY PRIZE WHEEL</b> MONDAY, MAY 27 • NOON-6PM <b>Win up to \$100 CASH!</b> Winners will play the Prize Wheel to determine prize. Drawings every half hour. <small>May only win once per day.</small></p>	<p><b>NEW MEMBERS</b> <b>WIN UP TO \$250 FREE PLAY</b> Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*</p>			<p><b>See Bonus Club for Complete Details</b></p> <p style="background-color: black; color: white; padding: 5px; text-align: center;"><b>SMOKE FREE CASINO</b></p> <p>Gambling Problem? Call 1-800-GAMBLER</p>

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!



## Finding companionship in places you might not look

*Brette Bliss, Sky Lakes Medical Center*

As a single adult with no plans to marry, you might think I'm a little lonely. I've been asked what I'm going to do when I'm older and how being alone for so long could have a negative impact on my health. And they have a point. Companionship is incredibly important to health and wellness, especially as we age. Having someone to share your life with makes living a lot less lonely and a lot more fun. But I'm not alone or lonely.



My maternal first cousin and best friend, Beth, is my person. When we were children, we decided that one day we would live together. We've made that happen and now share two cats, furniture, a bank account, and a Costco membership. We plan our outings and activities together. We include each other when we talk about our futures and plan to grow old together. We have decided to be life-long companions.

We don't think that either of us finding a spouse would change anything other than the amount of space we would need to live in. We've talked about what happens if one or both of us decide to have children and the answer is obvious: we will simply be another adult in the home who can provide additional care and support. Live-in aunty is a bonus in my mind.

For us and our family, this isn't a strange arrangement; It's convenient, financially smart, fun, and we are incredibly happy. I know it seems strange to some people because we don't fit the expectation of what a family or companionship should look like. I think something challenging for single adults, especially aging single adults, is lack of companionship. But that's not about being single. There are plenty of people who are lonely in their marriages and romantic relationships. We are too focused on finding a companion that fits a specific role in our life.

More people would be happier if they were open to the idea of sharing their life with someone who isn't a romantic partner. Companionship doesn't need to be romantic at all. Love is an element of companionship, but love comes in many different forms.

You can find companionship in a group of life-long friends, with a beloved pet, your caregiver or person you care for, a sibling, or your best friend, to name a few possibilities.

I think it's important to note that companionship doesn't eliminate or take the place of other important relationships in your life. You might have multiple companions. Your companions might change throughout your life. Your companionships don't have to look exactly like everyone else's. There's flexibility and freedom in choosing companionship based on what meets your needs and lifestyle.

You might want romance. You might want a best friend. You might want someone to assemble puzzles with you on the weekends.

## What's important is finding the people you want to share your life with.

## Chicken Taco Salad

### PREP TIME:

15minutes;

### COOK TIME:

15minutes; Serves 6

Hearty and delicious

chicken taco salad

loaded with taco

seasoned ground

chicken, juicy tomatoes, fresh corn, savory cheese and a wonderful

cilantro vinaigrette. This protein-packed chicken taco salad recipe

makes the perfect healthy lunch or side dish for your next BBQ!



### Ingredients

For the chicken:

2 teaspoons olive oil

1 small onion, diced

2 cloves garlic, chopped

1 pound ground chicken

2 tablespoons preferred taco seasoning

For the salad:

3 heads baby romaine lettuce, thinly shredded

1 cup cherry tomatoes, halved or quartered

½ cup grated cheddar cheese (or sub cojita)

2 ears of corn, shucked and corn kernels sliced off the cob

2 ripe avocados, pitted, peeled and diced

3 scallions, sliced

Fresh cilantro leaves

A few tablespoons chopped or sliced red onion

1 cup canned black beans, rinsed and drained

For the cilantro vinaigrette\*:

1 shallot, roughly chopped

1 cup tightly packed fresh cilantro leaves (stems removed)

1 clove garlic

½ teaspoon red pepper flakes

¼ cup olive oil

1 tablespoon red wine vinegar

½ teaspoon kosher salt, plus more as needed

Freshly cracked black pepper

### Instructions

To make the vinaigrette: add all ingredients for vinaigrette to a food processor and process until well combined.

To make the chicken: heat the olive oil in a medium skillet over medium-high heat. Add the onions and sauté for 5 minutes, or until they are soft. Add the garlic and sauté for 30 seconds more. Add the ground chicken and cook for 6 to 7 minutes, until fully cooked. Finally, add the taco seasoning and ¼ cup water, or as needed, and reduce the heat to low. Simmer the mixture for 5 minutes while you assemble the salad.

To make the salad: to assemble this salad in one large serving bowl, layer half of the lettuce on the bottom of the bowl followed by half of all of the other toppings. Add the second layer of lettuce on top and finish with the remaining toppings. Top with the cooked ground chicken and toss the salad together or drizzle salad with a few tablespoons of the vinaigrette. Add more vinaigrette as needed and serve immediately.

### Recipe Notes

To make vegetarian: cook a package of firm tofu just as you would with the ground chicken. Or add quinoa, a can of chickpeas or another can of black beans.

To store: store the salad in airtight containers in the fridge for about 2-3 days. I recommend enjoying it as soon as you can so that the romaine stays nice and crisp.

# Pelican Pointe's

## NEW

## Apartment Pricing

**STUDIO: \$2,499**

**STUDIO W/ COURTYARD**

**VIEW: \$2,600**

**1 BEDROOM: \$3,300**

**1 BEDROOM W/**

**COURTYARD VIEW:**

**\$3,400**

**1 BEDROOM DELUXE:**

**\$3,840**

**CALL AMBER @**

**541-882-8900!**

**\*CARE COST SEPARATE\***



**Cascade Health Alliance**

## As Summer Blooms, Prioritize Mental Health this Spring

*Submitted by Justin Straus, Marketing and Communications Manager, Cascade Comprehensive Care, Inc.*

As springtime brings forth its renewal and warmer weather, it's crucial to remember that mental health matters as the temperature rises. As we bask in the warmth of the sun and the awakening of nature, take a moment to prioritize your well-being.

Spring carries a sense of hope and vitality, and it's essential to feel rejuvenated within yourself. Take a leisurely stroll through the park, perhaps with a friend or neighbor, and take time for meaningful conversations. Your stories, worries, and joys are valuable, and others will listen with genuine care and understanding.

As the days grow brighter, let's shed light on the importance of mental well-being among seniors. Whether it's participating in outdoor activities like gardening or gentle walks, or simply enjoying a cup of tea together, every gesture counts. Create a supportive environment where others feel valued, cherished, and supported.

Spring offers seniors a chance to embrace new beginnings and break free from the confines of winter. Seize this opportunity to prioritize mental health and well-being. Together, let's foster a community where mental health awareness thrives, not just in spring, but throughout the year. Remember, seniors are not alone, and every season is an opportunity for growth and connection. [www.CascadeHealthAlliance.com](http://www.CascadeHealthAlliance.com) [www.facebook.com/CascadeHealthAlliance/](https://www.facebook.com/CascadeHealthAlliance/)

### Step into **NEW** Beginnings



Wishing you a  
Happy Spring from  
our Crew to You!!

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

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

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





Thank you to Kingsley Field, MSgt Joseph McKenzie and SM Sgt Richard Lundberg, for joining us at Muffin Mondays hosted by Klamath Hospice and Palliative Care.



Thank you to Nile Brown, Elvis Tribute Artist for joining us at Muffin Mondays hosted by Klamath Hospice and Palliative Care.

## Free Dental Clinic Days Coming to Merrill and Malin May 3 - 4

By Katherine Duarte

Program Coordinator, Klamath County Public Health

The Klamath Basin Oral Health Coalition (KBOHC) will be holding their annual Free Dental Clinic Days on May 3 at the Merrill Civic Center (365 Front St.) and on May 4 at Malin Community Hall (2307 Front St). Hours of service will be 9:00 a.m. to 4:00 p.m. both days.

The coalition will again partner with Medical Teams International (MTI), Oregon Tech's Dental Hygiene Program, Klamath Health Partnership, Konnect Dental Kare, and the Merrill Lions Club to bring these communities free dental services, including dental cleanings and children's dental sealants. MTI will bring their mobile dental unit to provide emergency dental services such as fillings and extractions. Volunteers from across the county will come together to make this event possible.

No ID or insurance is required, and everyone is welcome. Spanish-language interpretation will be available. Services are provided on a first come, first served basis.

KBOHC is a community partnership focused on improving oral health and dental services in the Klamath Basin through work in advocacy, access, and awareness. Contact KBOHC Chair Cord Van Riper at [cvanriper@kodfp.org](mailto:cvanriper@kodfp.org) or (541) 887-8048 with questions.

**BIKE TO WORK DAY KLAMATH FALLS, OR**

# BIKE

to work & move naturally

WALK BIKE  
BIKE RUN

**Celebrate Bike to Work Day Friday, May 17th!**

**BIKERS, WALKERS, RUNNERS & ROLLERS**

Visit one of our locations from 6:30-9:00am to be entered to win prizes:

- Sky Lakes/OIT
- OC&E at Wiard Park
- KCC
- Zach's Bikes
- Mexico Video Market/ Así es mi tierra

FREE COFFEE at The Dutch Brothers downtown!  
FREE SMOOTHIES and FREE WORKOUT at Harbor Isles Fitness Club all day!

Learn more at [healthyklamath.com/bike-to-work-2024](http://healthyklamath.com/bike-to-work-2024)

## 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](http://cascadecremations.com)

## SHIP TALK

(Senior Health Insurance Program)

## ABC's (and D's) of Medicare

For long time readers this is probably old news. However, the great majority of newcomers to Medicare who come in to SHIBA for counseling do not comprehend the basics at all. This is understandable. Once you're eligible for Medicare there are many different paths you can take. So let's dig into a brief Medicare 101 – very brief.

Medicare Part A is mostly hospital coverage. I say mostly because it covers other things too, such as home health, skilled nursing care and hospice. It's free and you're eligible if you have the required forty quarters of Social Security participation. You get it automatically when you become eligible for Medicare.

Part B is mostly medical care and again I say mostly because it covers other things besides doctor visits, such as lab tests, emergency room, diabetes supplies, medical equipment, therapies - and more. Sometimes it pays 100%; other times less. This is why people purchase a private Medicare supplement plan (or Medigap) to supplement what Medicare Part A and B does not pay for. Part B is required, unless you have other creditable health insurance, and has a premium.

Medicare Part D is drug insurance, also required. It too is sold by private insurance companies and can vary widely in price and coverage, depending on your needs.

Summing up: Part A is free. Part B and Part D each have a premium and are required (or face a penalty.)

Last, but certainly not least, is Part C, the advantage plan. In this scenario, private insurance companies contract with Medicare to manage your health care. They cover everything that Medicare covers. They have preferred providers but also cover providers outside of their network at a greater cost. They may or may not have a premium. They may or may not include a drug plan, depending on your needs. They will always have co-pays. These co-pays will vary depending on which plan you choose. I like to think of an advantage plan as a package, and like all packages they come with different wrappings and contents.

That's it! Yet I certainly acknowledge it's not as simple as A B C (and D) above. The devil is in the details, and there are many many choices and details among these different parts and plans. Yet a basic understanding is absolutely necessary as a starter if you are to make an informed decision about your coverage.

Please make an appointment at the senior center (phone 541-883-7171) with a trained and certified SHIBA counselor and we can dig deeper and, hopefully, answer the many questions I know you'll have.

Anne Hartnett, SHIBA Coordinator

Anne Hartnett,  
SHIBA Coordinator

## DONOR REPORT

## Supporting Our Veterans

KBSCC would like to thank Association of Oregon Community Mental Health Programs (AOCMHP) for their generous support of Senior Veterans. Since 1966, AOCMHP has been fostering increased mental health outcomes for Oregonians. AOCMHP now represents all 36 Oregon counties as well as Tribal entities. AOCMHP advocates for community-based behavioral health and developmental disability systems. Since 2015, it has expanded to include mental health promotion, suicide prevention, and advanced skills training, fostering collaboration to improve services statewide. KBSCC is incredibly grateful for their partnership and the impact that it is creating.

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

March contributions of \$19,685.09 were received from the following organizations and individuals:

Association of Oregon Community Mental Health Programs	Jon Schnebly	Mary Prange
Pacific Power Foundation	Percy Evans	Marjorie Glass
Valerie Howard	Burl Parrish	Paul Hanson
Fabian Baker	Rose Chapman	Donna Kyle
Linda Bourcy	Patricia Henderson	
Refuge City Church	Ernie Palmer	
Marta Stephens	Barbara Massey	
Charlotte Moseley	Cheryl Gibbs	
	Wilma Petrik	

Unidentified contributions in March for Meals, Transportation and Other Services amounted to \$4,237

The KBSCC would like to especially recognize the following individuals for their regular and/or recurring gifts during 2023 - 2024 FYE 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.

## The Klamath Basin Genealogy Society meets

2nd Thursday of every month from 6-8 pm. May

Topic: Using Ancestry and Family Search Library

Editions. There will be 8 computers for use or

bring your own laptop or tablet. DNA meetings

1st Wednesday of every month 1-3 pm, hosted

by Richard Oelkers. Meetings held in the Klamath

County Library media room. We are updating our

Genealogy section at the Library.

## Learn'n'Lunch - Suicide Prevention Awareness

On May 14th, Klamath Basin Behavioral Health will visit the Klamath Basin Senior Center from 10:30 to 11 a.m. During this time, we will lead a discussion on suicide prevention and offer a table supplied with suicide prevention resources and other behavioral health materials.

Individuals may encounter many challenges that can significantly impact their mental well-being as they age. Seniors remain the population with the highest rates of suicide, which requires ensuring that this population is well-supported and equipped to prevent these events. To effectively prevent suicide among seniors, it's crucial to empower yourself with knowledge, support, and resources tailored to your circumstances.

Seniors can play a pivotal role in suicide prevention efforts by fostering a culture of empathy, understanding, and support within your communities. Our conversation at the May 14th Lunch'n'learn will focus on encouraging open discussions about mental health and destigmatizing seeking help for emotional struggles that may lead to thoughts of suicide.

Please join us on May 14th to learn more about how you can help foster a suicide-safer community here at the senior center. Learn more on Tuesday, May 14th, 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.

# 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**



# Need An Extra Lift?



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



Visit one of our two locations today!

*Legacy*  
FURNITURE INC.

**541-882-3217**

3250 Washburn Way  
Klamath Falls, OR 97603

**Bedroom Gallery**  
*Comfort, Quality and all the Rest....*  
www.bedroomgallery.com   

**541-884-2773**

1204 Main St.  
Klamath Falls, OR 97601

## “Older Americans Month: The Foster Grandparent Program of Southern Oregon”

The Foster Grandparent Program is one of the volunteer organizations of Community Volunteer Network. The program began in Southern Oregon in 1975 and has grown to cover Jackson, Josephine and Klamath counties. This program provides many and varied mental and physical health benefits that come with volunteering, especially for active seniors. In this May issue, the theme of Spring and new beginnings aligns with the Community Volunteer Network's desire to increase our presence in Klamath County.

Do you enjoy working with children? Seeing the world through their curious eyes and experiencing the joy they bring to your life? As a Foster Grandparent you support and guidance for pre-kindergarten through high school age children by lending your time and wisdom in educational settings. You would not only support the students, but the educators as well. Many teachers tell us they could not do it without their classroom grandparent!

Do you want to move forward in your life with a stronger sense of purpose? Our Foster Grandparents tell us volunteering in this setting was life-changing for them. Volunteering is a meaningful opportunity to increase your confidence and well-being while providing a valuable service.

Do you know volunteerism among older adults can help prevent social isolation—a major risk factor for mortality among the aging population? Volunteering has been linked to a variety of physical and mental health benefits including blood pressure regulation, a reduction in depression, and an increase in brain chemicals that reduce stress.

Please consider becoming and belonging to the Foster Grandparent Program in Klamath County. If you'd like to serve as a volunteer or a community advisory council member, please contact: Cynthia Meilicke, CVN Program Coordinator, (541) 857-7786, [cmeilicke@retirement.org](mailto:cmeilicke@retirement.org), [www.cvnvolunteer.org](http://www.cvnvolunteer.org). Or call (541) 857-7786 for more information. [www.cvnvolunteer.org](http://www.cvnvolunteer.org)



**cascade comprehensive care**

## UKULELE NEWS



### Ukulele Class to Meet May 7th

Due to a scheduling conflict at the Senior Center the Ukulele Class scheduled for Tuesday, April 30th had to be rescheduled for Tuesday, May 7th.

Please also notice that the class has started meeting a half an hour later than in previous months. Class will be at 6:00 pm, and for those who wish to gather early the doors will be opened at 5:30 pm.

At the last class 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 May 7th 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 May 7th and June 11th. 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 and Jon  
Questions? Please reach out at [1maryanntra@gmail.com](mailto:1maryanntra@gmail.com) or call/text 541-891-3288.



**Cascade Health Alliance**

## SUMMER'S COMING

As the weather warms, embracing the outdoors offers lots of benefits. Engaging in outdoor activities boosts physical health, fitness, and vitality.

Sunlight exposure enhances mood and vitamin D production and reduces stress. Exploring nature builds a deeper connection with the environment and provides opportunities for relaxation, creativity, and rejuvenation.

### ENJOY THE WEATHER!

[www.CascadeHealthAlliance.com](http://www.CascadeHealthAlliance.com) May 2024

# How does Spring affect mental health?

By Jeanette Rutherford, MA, LPC; Behavioral Health Therapist; Sky Lakes Wellness Center

According to the Institute on Aging, people often feel more anxious or depressed in the Spring. This might seem surprising, since we associate Spring with new beginnings and hopefulness. Researchers theorize the increased anxiety may occur because some people do not cope well with change, including the time changes. In addition, 10% of Americans who experience Seasonal Affective Disorder in the winter also experience this depression in the Spring and Summer.

## Symptoms of Spring/Summer depression include:

Trouble sleeping (insomnia), weight loss, poor appetite, agitation or anxiety. Warm weather seasonal depression could be caused by various factors including seasonal changes in weather and associated airborne allergens. Our diet, hormones, activity levels, and sleep patterns are impacted by and shift with the changes in light. In addition, as we age, a reduction in mobility can lead to making us feel isolated and “out of the loop.” Spring can be a reminder that the body has limitations and can bring more attention to aging than any other time of year.

## Ideas to best enjoy Spring!

If you have allergies be sure to ask your medical provider how to best address. Maybe get an air purifier for your home. Doing some spring cleaning can literally clear the air a bit, too!

## Activity is key

It is important to be aware of your physical limits and abilities, as

well as likes and dislikes. Spend time in the garden, open those blinds and let the sunshine in! Go to a ball game or an outdoor concert, make a birdfeeder and watch the birds, plant some flowers, eat outside, plan an outing with a friend or family member, check out a new exercise class online at home or at the Senior Center or Wellness Center.

## Spend time outdoors.

Just getting out and breathing in the fresh air and soaking in some natural sunlight can do wonders for your mood. Go for a walk or sit outside with a good book. Watch as the trees bud, flowers bloom, and birds build nests. Take your shoes off and let your bare feet enjoy the tickle of grass!

## Get restful sleep.

It can be more difficult to sleep well when there is more natural light. Make sure you create a darker sleeping environment with blinds, curtains, or a sleep mask.

## Eat seasonally.

This includes more fruits and vegetables – check out the local Farmer’s Markets in our area and Klamath Grown at [klamathgrown.org](http://klamathgrown.org) for locally grown foods, as well as your favorite seasonal fruits and vegetables at your local grocery store.

## Interact with other people.

Being isolated can add to feelings of depression and anxiety. Whether you connect with people virtually or in person, connection is key. Getting and giving support, laughing, learning, and feeling seen are key to good mental health any time of the year!

**MOVE YOUR WAY**

“Bringing my blood pressure down — one step at a time.”

**Physical activity is just what the doctor ordered. Being active can help you manage conditions like:**

- ✓ Diabetes
- ✓ Arthritis
- ✓ Heart disease

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity**  
Anything that gets your heart beating faster counts.

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least **150** minutes a week

**AND**

at least **2** days a week

Walk. Run. Dance. Play. **What's your move?**  
[health.gov/MoveYourWay](http://health.gov/MoveYourWay)

**FREE DENTAL CLINIC DAYS**

**DÍAS GRATUITOS EN CLÍNICA DENTAL**

DAY/DÍA	TIME/HORA	LOCATION/UBICACIÓN
Friday, May 3, 2024 Viernes 3 de mayo de 2024	9:00 a.m. - 4:00 p.m.	Merrill Civic Center 365 Front St. Merrill, OR 97633
Saturday, May 4, 2024 Sábado 4 de mayo de 2024	9:00 a.m. - 4:00 p.m.	Malin Community Hall 2307 Front St Malin, OR 97632

- Cleanings / Limpiezas
- Fillings / Amalgamas
- Extractions / Extracciones
- Children's Dental Sealants / Selladores dentales para niños

Everyone is welcome!  
¡Todos son bienvenidos!

IDs not required  
No se requiere identificación

First come, first served  
Por orden de llegada

For more information:  
Call Klamath Health Partnership at (541) 887 - 8048.  
Para más información:  
Llame a Klamath Health Partnership al (541) 887 - 8048.

Sponsored by: Patrocinado por:

# Celebrating Older Americans Month: Powered by Connection

*Adapted from the Administration for Community Living*

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community ([hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf](https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf))

It's not just about having someone to chat with, it is about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

## How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems. Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

## What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Check out our Calendar of Events page and articles throughout this Newsletters for ways to leverage the Power of Connection at the Klamath Basin Senior Citizens' Center.

**For more information, visit the official [OAM website](#) and follow ACL on [X](#), [Facebook](#), and [LinkedIn](#). Join the conversation on social media using the hashtag #OlderAmericansMonth.**

## Women's Eye Health and Safety

### Women have a higher prevalence of many of the major vision problems

*including:*

**Age-related Macular Degeneration    Cataract**

**Dry Eye    Glaucoma    Refractive Error**

**Thyroid Eye Disease**

The AAO also states that women are more susceptible to autoimmune diseases than men, many of which affect vision, such as lupus and Sjögren's syndrome.

In regards to eye safety, according to the Centers for Disease Control and Prevention (CDC), two-thirds of the 45 million people in the United States who wear contact lenses are women. Prevent Blindness reminds everyone that a prescription from a qualified eyecare professional is required to legally purchase contact lenses in this country, and to always wear contact lenses under the supervision of an eye doctor.



"Women lead incredibly busy and diverse lives- from running companies to running households. It is critical for women to take care of their own health needs, including eye health, to ensure they can be there for others," said Kira Baldonado, Vice President of Public Health and Policy at Prevent Blindness. "We encourage women to be a model for good health by making their eyecare a priority today to ensure healthy vision for years to come."

For more information on women's eye health topics, including fact sheets on eye diseases and eye safety, please visit [PreventBlindness.org](https://www.PreventBlindness.org). Prevent Blindness also offers a free listing of financial assistance services in English and Spanish.

**KLAMATH EYE CENTER**

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





## May 2024 Current Events @ The Lake County Center A 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 Center. Home delivered meals are provided weekly. To apply, call (541) 205-5400

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

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

FREE Second Tuesday Klamath Falls Shopping Trip. Must have a minimum of 3 riders. Riders please meet at the Center Parking Lot. Grief Relief class will be on the third Thursday, May 16th @ 2:00. 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 go on Wednesdays. We meet at the Community Center.

We are embracing many new classes. Stop by to pick up a program guide.

Care Giver group support meets once a month on the third Tuesday of the month. In May it will be on the 21st @ 2:00.

Swedish Decluttering is held the 2nd Thursday, the 9th @ noon.

Lions Club meets here on the 1st & 3rd Wednesdays @ noon.

## Walter Kelly Obituary

Adapted from O’Hair-Wards Funeral Chapel website



Walter Miles Kelly passed away peacefully with family around him on April 14, 2024 after his battle with AL Amyloidosis. He was born in Dorris, California, on February 8,1950 to Byard and Betty (Hogan) Kelly.

After high school, Walt was drafted into the Army in 1969 and served two tours in Vietnam. During that time, he drove heavy machinery which led to his life-long career as a semi-truck driver. He drove long-haul routes for most of his career. This took him through 49 of the 50 states over the years.

Walt loved hunting, fishing, camping, and anything that involved being out in the woods. Riding Harley motorcycles was his passion. He put a lot of miles on his bikes over the years; his latest Harley Electra Glide Ultra Classic has over 76,000 miles. Walt would take a ride to the coast and back just to have lunch. One weekend he rode 1200 miles to Reno for a BBQ cookoff and all-over northern California. He was a member of the Christian Motorcyclists Association (CMA) and served as the Road Captain. He did a lot of volunteer work for the Senior Center delivering Meals on Wheels.

He was also a deacon at the Baptist Church on Homedale. Walt was a natural-born jokester, had a gift of storytelling, putting a smile on peoples’ faces, and never met a stranger.

Walt is survived by his loving wife, Margaret “Maggie” (Wesemann), his brother Pat (Joani) Kelly, their sons Sean and David Kelly, daughter Julie (Mario) Cobian from Irrigon, OR, his son Jason (Kelli) Kelly and daughter Jennifer Kelly of Middletown, OH, and his stepdaughter Sherry (Ron) Milligan. His grandchildren Max, Owian, and Addison Kelly of Middletown, OH, Logan and Levi Cobian of Irrigon, OR., Tanner (Tamar) Taylor of Boring, OR, Josh (Samantha) Milligan, Chester, VA. His great grandchildren Ethan, Karson, Hayden Milligan, Amaya, Bentley, Macklin, Maverick, and Huxley Taylor. He was preceded in death by his dad and mom, his nephew Bryan Kelly, and many motorcycle brethren.

He has many friends; his BFF was Jack Hoggarth, motorcycle riding buddies, Bob and Terri Wheeler, Marion Hastings, Vic Downer, Randy Travis, Larry Hayes, and the members of the CMA family.

A celebration of life was held on Sunday, April 28, 2024. Memorial donations may be made to Heart of Hospice Foundation.

### 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 MAY 2024 CALENDAR OF DAILY EVENTS

\*Calendar changes in RED

## 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
- (+) 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, **May 14th will be QiGong with Rachel Stephens (Anne out of town)**
- 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 11am–12:30pm
- 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, **May 8th will be SAIL Video facilitated by Debbie Manzinali (Sherry out of town). May 29th will be SAIL with Karen Doyle Watkins.**
- (+) 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 & **Debbie Manzinali** 9am
- (+) Craft Connection Corner 9am to 11am
- **Qi Gong with Rachel Stephens 10:30am**
- \*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, **Starting on May 24, SAIL with Karen Doyle Watkins!**
- (+) 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.

**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."

## MAY SPECIAL EVENTS

### Learn'n'Lunch - Suicide Prevention Awareness

On May 14th, Klamath Basin Behavioral Health will visit the Klamath Basin Senior Center from 10:30 to 11 a.m. During this time, we will lead a discussion on suicide prevention and offer a table supplied with suicide prevention resources and other behavioral health materials.

### Learn more about the presentation on page 13

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

### In need of Energy Assistance, Family Support, Housing Assistance, Managing SSI & SSDI Payments, or Veterans Assistance?

Klamath and Lake Community Action Services (KLCAS) will be at the Center on **the 2nd Tuesday of the month, May 14 from 10:30 am to 1 pm.** KLCAS is a private non-profit organization which provides supportive services to eligible households in Klamath and Lakes Counties.

Meet with the KLCAS team to learn about services and programs including eligibility, application process and upcoming timelines, and about the Community Energy Resource Guides available to you. Learn more by calling 541-882-3500, visiting in person at 2316 S 6th Street Suite C, Klamath Falls, OR 97601, via email at energy@kcas.org, or online at kcas.org.


**MAY 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
		1	2	3
		BELL PEPPER CASSEROLE Salad Dessert	CHICKEN FRIED STEAK & MASHED POTATOES Salad Dessert	SLOPPY JOES Salad Dessert
6	7	8	9	10
CHILI DOGS & FRIES Veggie Salad Dessert	TACO TUESDAY Beef Tacos Refried Beans Spanish Rice	BROCCOLI SOUP Veggie Salad Dessert	POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	HAPPY MOTHER'S DAY MOM'S MEATLOAF Veggie Salad Dessert
13	14	15	16	17
POTATOES AU GRATIN W/HAM Veggie Salad Dessert	MEATBALL SUBS Veggie Salad Dessert	QUICHE Salad Dessert	BBQ CHICKEN Veggie Salad <b>BRISTOL HOSPICE BIRTHDAY CELEBRATION</b>	SWISS STEAK Veggie Salad Dessert
20	21	22	23	24
CHILI BAKERS Veggie Salad Dessert	LIVER & ONIONS or CHEF'S CHOICE Veggie Salad Dessert	BEANS & HAM w/CORNBREAD Salad Dessert	ROAST PORK & GRAVY Veggie Salad Dessert	CHEESEBURGERS & FRIES Veggie Salad Dessert
27	28	29	30	31
SPAGHETTI & MEATBALLS W/GARLIC BREADSTICKS Veggie Salad Dessert	PIZZA Veggie Salad Dessert	BEEFY BEAN SOUP w/CORNBREAD Veggie Salad Dessert	SALISBURY STEAK Veggie Salad Dessert	CHICKEN STRIPS & FRIED POTATOES Veggie Salad Dessert
3	4	5		
CHICKEN CHILI & CORNBREAD Veggie Salad Dessert	LASAGNA ROLLS & GARLIC BREADSTICKS Veggie Salad Dessert	SAUSAGE CASSEROLE 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
- 5/6/24: Charlie Wyckoff - Farmer's Market
  - 5/13/24: Billy Redd - Pacific Crest Federal Credit Union
  - 5/20/24: Jennifer Smith at Klamath Hospice & Palliative Care – 2nd Annual Senior Awareness Fair. Also, Kathy Neese will promote Benefit for the Basin
  - 6/3/24: Joshua Woodson – APD Elder Abuse Awareness Fair



Register today for our

## May Medicare Basics Workshops

with *Brannon Kaefring*

- ✓ What is Medicare?
- ✓ When can I enroll?
- ✓ What are my coverage options?
- ✓ 4 Stages of Rx Coverage
- ✓ Medicare's "Extra Help" Program
- ✓ Where to get more help
- ✓ Learn about ATRIO's 2024 Medicare Advantage Plans

**May Workshop**  
May 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



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**



## 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.  
1000 Town Center Dr  
Klamath Falls, OR 97601