

JULY 2025

Active Seniors



Cover Photo by Jerry Mathis

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

Originally called Quintilis (Latin for "fifth month"), it was renamed July in honor of Julius Caesar in 44 BCE.

ALL ARE WELCOME.

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.



Klamath Basin Senior Citizens' Center










For more information:
541-883-7171
klamathseniorcenter.com



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

OUR SERVICES

 <h3>FOOD</h3> <p>Congregate Meals</p> <p>Meals on Wheels</p>	 <h3>HEALTH</h3> <p>Workshops*</p> <p>Assistive Equipment Loans</p> <p>Exercise Classes*</p>	 <h3>TRANSPORTATION</h3> <p>To the Center</p> <p>To Medical Appointments</p> <p>To Employment</p> <p>To Grocery Store</p>	 <h3>ACTIVITIES</h3> <p>BINGO*</p> <p>Library Branch</p> <p>Special Classes*</p>	 <h3>FINANCIAL</h3> <p>Senior Health Insurance Benefits Assistance</p>
<p><i>*Please see Calendar of Events Page for current offerings</i></p>				
<h2>and more!</h2>				

CONTACT INFORMATION

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Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

Produced in conjunction with the Herald and News.

Hello Klamath Basin Friends and Neighbors,

Summer is here, and with it comes a season full of energy, connection, and celebration! July is one of our favorite months—not just because of the sunshine, but because it brings people together. Whether you’re a senior, a caregiver, a grandchild, or a community partner, we’re glad you’re here with us.

This month, we invite you to slow down and enjoy the little things that matter most: **a picnic with friends, a chat over coffee, music that gets your toes tapping, or a kind smile from across the room.** These are the moments that build strong communities—and that’s what we’re all about.

We’re also taking time in July to recognize some important themes:

- **Healthy Vision Month** – A reminder to take care of our eyes and keep seeing the beauty in the world around us.
- **National Disability Independence Month** – Honoring the strength and dignity of our neighbors living with disabilities. Together, we create a community where everyone is valued and included.
- And of course, we’re celebrating **Independence Day**—a time to reflect on the freedoms we cherish and the values that unite us as Americans: **courage, compassion, and kindness.**

At the Senior Center, we believe that **everyone has something to contribute—every age, every stage, and every ability.** You, our community, bring this place to life. We’re proud to be a space where generations come together, where wisdom is shared, and where no one is ever alone. So let’s make this July unforgettable. Wave the flag. Hug your family. Dance under the summer sky. And never miss a chance to **be kind**—it’s

what makes this community so special. Happy Independence Day, and happy summer from all of us at the Klamath Basin Senior Center!

With appreciation,
Theresa Edwards
Executive Director
Klamath Basin Senior Citizen’s Center



Theresa Edwards with Pacific Crest Federal Credit Union staffers the day they came to clean the walking path at the center.

SAVE THE DATE

4th ANNUAL AGE WELL EXPO

Tues, Sept 23, 2025

Exhibitors email
anne.davenport@kbscc.org
for more information

To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR

Online at klamathseniorcenter.com

Or mail this form to:

Klamath Basin Senior Citizens' Center

P.O. Box JE

Klamath Falls, OR 97602

Name: _____

Email: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Amount of Contribution: _____

Does your employer have a matching gifts plan? ☐ Yes ☐ No

☐ My check is enclosed payable to KBSCC

Or charge my contribution to my:

☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Card # _____

Expiration Date _____ CSC _____

Recurring monthly contribution? ☐ Yes ☐ No

Signature: _____

Volunteer Highlight

We're excited to welcome our new volunteer, Patrick Maron, who began offering free barber haircuts at the Senior Center in May. Patrick provides this service every Tuesday starting at 8:00 a.m. for community members who may not be able to afford a haircut. To schedule an appointment, please call the Senior Center front desk.

Patrick has lived in Klamath Falls for 55 years, moving here with his wife in 1967 to be closer to his parents. He worked at Modoc Lumber in Chiloquin for 27 years before retiring in 1994. In 2002, he opened his own barber shop on Shasta Way, which he operated until 2023. After selling the shop, Patrick realized how much he missed it—and began looking for ways to give back.

If you love to work with people in a happy environment, this is the job for you.

If you enjoy lawn care, it can be a fulfilling hobby and a great way to contribute to the beauty and health of your surroundings and give back to our older citizens who can no longer do their own.

Now, he brings his skills and heart to the community through volunteering. Patrick said he wants to give back to the people who supported his business for 22 years. He loves seeing the joy a simple haircut can bring.

In his free time, Patrick enjoys fishing, hunting, and participating in local car shows in the Merrill and Malin area. He proudly owns a 1947 original Chevy Coupe, which won 1st place for Best of Show in Bonanza in 2023.

We're grateful to have Patrick as part of our team. If you or someone you know could use a fresh haircut, call the center and book a spot with him!



We Celebrate Life!
Everyone is Welcome!

No Bingo Kitchen on Saturdays – Outside food is allowed.

Aging Journey Thursdays 9 - 10 AM guest speakers Kelli Bowers and Patti Card, Theresa Edwards, Ellen Radcliffe, Joseph Ransom, at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603, See page 7 for more details and page 18 for list of speakers and topics!

The Klamath Basin Senior Citizens' Center
will be closed July 4th.

Oregon Tech Doctor of Physical Therapy Program is recruiting
volunteers to support student learning!
See page 5 for more details!

Paper only bingo doors open at 4pm and starts at 6pm 50 people minimum July 10th, at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603,

Save the date for the Age Well Expo September 23rd, 2025

COME VISIT WITH US OUT IN THE COMMUNITY:
July 31st - Aug 3rd at the Klamath County Fair, at 3531 S 6th St

Check out our Calendar of Events for changes and special events coming up!

A large, colorful graphic of a bingo card. The word "BINGO" is written across the top in large, stylized letters: B is red, I is yellow, N is green, G is blue, and O is purple. Below the letters are several numbers from a bingo ball set, including 2, 20, 36, 53, and 84. The background of the card shows other numbers like 12, 3, 66, and 75.

BINGO

**SATURDAYS
AT THE
SENIOR CENTER
2045 Arthur St.**

**SATURDAY BINGO Nickel Bingo
open at 10 am call at 11:30 am**

**SATURDAY BINGO Fundraiser
open at 4:30 pm call at 6 pm**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PROCEEDS FROM BINGO FUND
PROGRAMS AT THE SENIOR CENTER**

Seeking Volunteers for Oregon Tech Doctor of Physical Therapy Class

Oregon Tech’s physical therapy students need your help! We’re looking for community volunteers to participate in a course entitled Physical Therapy in Rural Communities.

By volunteering, you’ll play a crucial role in helping students gain valuable experience in remote physical therapy assessments and help them better understand the unique challenges faced by older adults in rural communities.

Patient Interview

Date: Thursday, July 10, 2025
Time: 10:30 am – 11:50 am
Location: Oregon Tech Campus, DOW Building, Doctor of Physical Therapy Department

What to Expect:

A one-on-one interview with a Doctor of Physical Therapy student Questions related to your health history, daily living activities, social support, barriers to healthcare, and general rural health questions. The opportunity to share your experiences and help future healthcare providers learn

Why Volunteer?

Your participation will help students develop important interviewing skills while offering valuable insights into the real-world experiences older adults have in rural communities. You will offer a unique perspective about not only the challenges but also the positive aspects, resources, and community support in the Klamath Basin. You’ll play an important role in preparing students to provide better care for rural and underserved populations.

How to Sign Up

We are seeking at least 6, up to 13 individuals for this session. Contact Anne at anne.davenport@oit.edu or 541-883-7171 (office), 336-689-3545 (cell) to sign up or if you have any questions.

Seeking patient volunteers for Oregon Tech Doctor of Physical Therapy Neuro Class

We’re looking for patients with traumatic brain injury and multiple sclerosis to participate in the neurological physical therapy course. Your participation is crucial for the students for learning how to assess and treat patients with neurological disorders. Your participation will help students develop clinical skills by interacting with actual patients.

Patient physical therapy assessment and intervention

Date: Wednesday, July 23, 2025
Time: 2–4 PM
Location: Oregon Tech Campus, DOW Building, Doctor of Physical Therapy Department

What to Expect:

The DPT students will perform subjective interviews asking questions about your medical history, functional limitations, etc. The DPT students will perform several assessments on you. The DPT students will perform a few interventions, including a 1-2 home exercise program that you can practice at home to improve your function.

How to Sign Up

We are seeking at least 3 up to 5 individuals for this session. Contact Hannah at hannah.ko@oit.edu or 541-851-5950 with any questions.



Lake County Senior Center

July 2025 Current Events - Closed Friday July 4th

Free Fly Tying Class Friday, July 11th @12:30 & Friday July 25th, @ 12:30. Come & join us.

Outback Thrift Store hours: Mon: 10 – 2:00, Wed.10 – 2 & 1st Sat. of month 10:00 – 3:00.

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 play Bingo every Monday after lunch 12:45 till 1:30.Everyone is welcome.

Board Meetings are held on the second Tuesday of the month at noon.

Birthday Lunch is held on the second Friday, with Birthday Cake and celebrating anyone with a birthday that month.

Grief Relief class is held on the third Thursday from 2:00 till 3:00. Newcomers are welcome.

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

Lions Club meets here.

What the Heart gives away is never gone...it is kept in the hearts of others.

Volunteer opportunities for everyone

Have you considered giving back to your community?

Volunteer opportunities at the Klamath Senior Center include:

- Meals-On-Wheels drivers and kitchen helpers
- Village helpers light housekeeping
- Lawn care
- Computer and tech skills instructors
- Gift Shop clerks and helpers
- Bingo callers and floor helpers (Saturday evenings)

Visit our WEB site at www.klamathseniorcenter.com. Contact Machel Ramirez at 541-883-7171 Ext 128.



Expressions of Heart and Mind

Twilight

By Sybil Fulk

Twilight brings back memories
Of the warm, sweet, country air
As music is playing in the street
The soft breeze is touching my hair
The sun is setting in the distance
With shades of orange and blue
Couples are slowly dancing
And sharing their memories too
The barbecues and parties
The gathering of friends
Memories of those gorgeous nights
Become dreams that never end
Twilight on a summer night
Brings with it a beautiful peace
Though it may not be long lasting
Each twilight is a masterpiece
The beauty of its healing
Surrounds the heart of stone
And somehow offers the feeling
That we are never alone

The Picnic Tree

By Sharon Hudson

The new leaves are dancing
In the wind, saying “look at me.”
A month ago there was a bare branch,
Budlets were what you could see.

Today it’s giving shade for
When the weather gets hot.
It’s a beautiful tree, and seems
To be happy with what it’s got.

There is a picnic table under
The branches of shade.
Many have come, and enjoyed the
Day. They eat, and drink lemonade.

They bring children who run to
The swings, and reach for the sky.
They will have fun today, and
Return to have a piece of pie.

They bring pets to their
Picnics too.
They run and play like
Children do.

Some barbeque hamburgers,
Chicken and other treats.

With a good cook caring for them,
You can enjoy good eats.

There have been birthday parties,
Where everyone sings,
They all seem happy, and bring
Wrapped up things.

The ones who come here
Wear a lot of smiles.
Some live close, and some
Come from miles.

With love in their hearts
They sit down to eat.
They think of today
As a healthy treat.

Fried chicken, and potato salad
Are old favorites from way back.
You can put them in the ice chest
With other goodies you pack.

Just a little sunshine can
Brighten your day.
It can warm your heart
All the way.

I picnic often, and get out
Into the fresh air.
Picnics are fun, especially when
You are with those who care.

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.



KLAMATH BASIN
BEHAVIORAL HEALTH
LOCATIONS • WELLNESS • COMMUNITY **KBBH**



More Hot Rod Hop fun photos on page 9. Photo by Emily Edwards.

Do you have a short
creative writing piece
or artwork
you would like to
submit and share?
Please submit to
emily.edwards@kbscc.org

How eye vision can significantly impact your ability to volunteer in your community

Klamath Basin Senior Citizens’ Center
Staff

It depends on the type of volunteer work you do. Here’s how it might affect various aspects and how you can still volunteer:

1. Task Performance

Reading & Writing: Poor vision can make it difficult to read documents, fill out forms, or help others with paperwork (e.g., at a food bank or community center).

Driving: If you need to drive (e.g., delivering meals, transporting people), good vision is critical for safety.

Manual Tasks: Tasks like sorting items, preparing food, or cleaning often require clear sight for accuracy and safety.

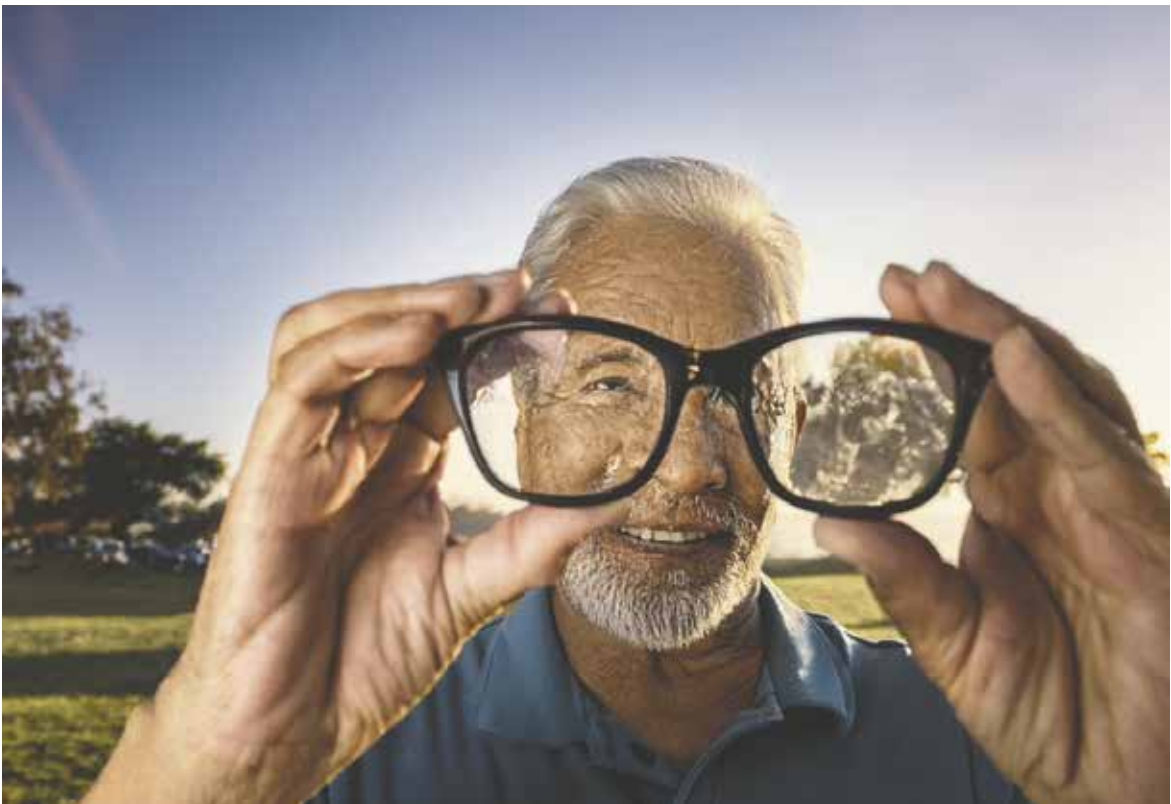
Volunteering: the senior center can help with transportation to get you here to volunteer.

2. Interacting with Others

Difficulty seeing facial expressions or recognizing people can impact communication and relationship-building—important in roles like mentoring, tutoring, or community outreach.

3. Safety

Impaired vision may increase the risk of accidents—for you and others—especially in fast-paced or physically active environments



(e.g., construction projects, outdoor events, or emergency response).

4. Adaptability

People with vision impairments can still volunteer meaningfully. Many organizations can accommodate different needs:

Assigning non-visual tasks (e.g., phone calls, administrative support)

Providing assistive technologies (screen readers,

magnifiers)
Offering roles based on verbal communication

In Summary:

Vision plays a role in how effectively and safely you can perform certain volunteer tasks, but it doesn’t have to limit your ability to contribute. If vision is a concern, choosing the right role and asking for reasonable accommodations can make a big difference.



What do you mean I have changes ahead? What are they? How will they impact me? Am I the only one? How will they impact my family? What now?


This drop-in class will offer a variety of topics to help you understand changes as you age. Topics include Medical/Physical Changes, Medications, Nutritional Needs, Mental Health Changes, Physical Needs, Safety, Walking with Ease, Advanced Directives, how to talk to your doctor, Technology, Alcohol Use and Adults, Understanding Memory Loss, Caregiving, End of Life Stages, Confidentiality, Insurance, Loneliness/Isolation, Leisure, The 5 Senses, and more! Please see the Calendar of Events for upcoming speakers.

The Aging Journey

Drop-In Classes FREE TO THE COMMUNITY


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

Every Thursday
9:00 - 10:00 am.
No Virtual Option Available.
Klamath Basin Senior Center Dining Room
Facilitators: Kelli Bowers, LCSW/ OABHS,
Patricia Card, PSS/OABHS
No registration required. Any questions,
call 541-883-1030, ext. 2105




how long does it take for a car to get **hot?**

outside F°	vehicle temperature	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°



Even in the shade, the temperature in the car can still soar quickly to **dangerous levels**.



Leaving the windows open has **little effect** on how hot it is inside the car.

source: petplan.com/resources/your-dog-in-a-car/
Petplan
GoPetplan.com



Even Sparklers Can Cause Severe Eye Injuries and Death

The ophthalmologists at Klamath Eye Center would like to take this opportunity to remind you of some of the dangers with fireworks.

Children and young adults are frequent victims of serious fireworks injuries. Children age 15 and under accounted for about one-third of the total injuries, according to the commission's report. Teenagers 15 to 19 years old were most likely to require emergency treatment for fireworks injuries. Firecrackers were the top cause of injury, sending more than 800 people to the emergency room.

Do not allow young children to play with fireworks. Sparklers, a firework often considered "safe" for children, burn at extremely high temperatures (2,000 degrees Fahrenheit) and should be NOT be handled by young children. Children may not understand the danger involved with fireworks and may not act appropriately while using the devices or in case of emergency.



**Wear eye protection
and stay safe!**

KLAMATH EYE CENTER

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

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
during lunch!



Call for more information:
541-205-5400
www.klamathlakeareaonaging.org

The Hot Rod Hop was a blast from the past

Story and photos by Emily Edwards

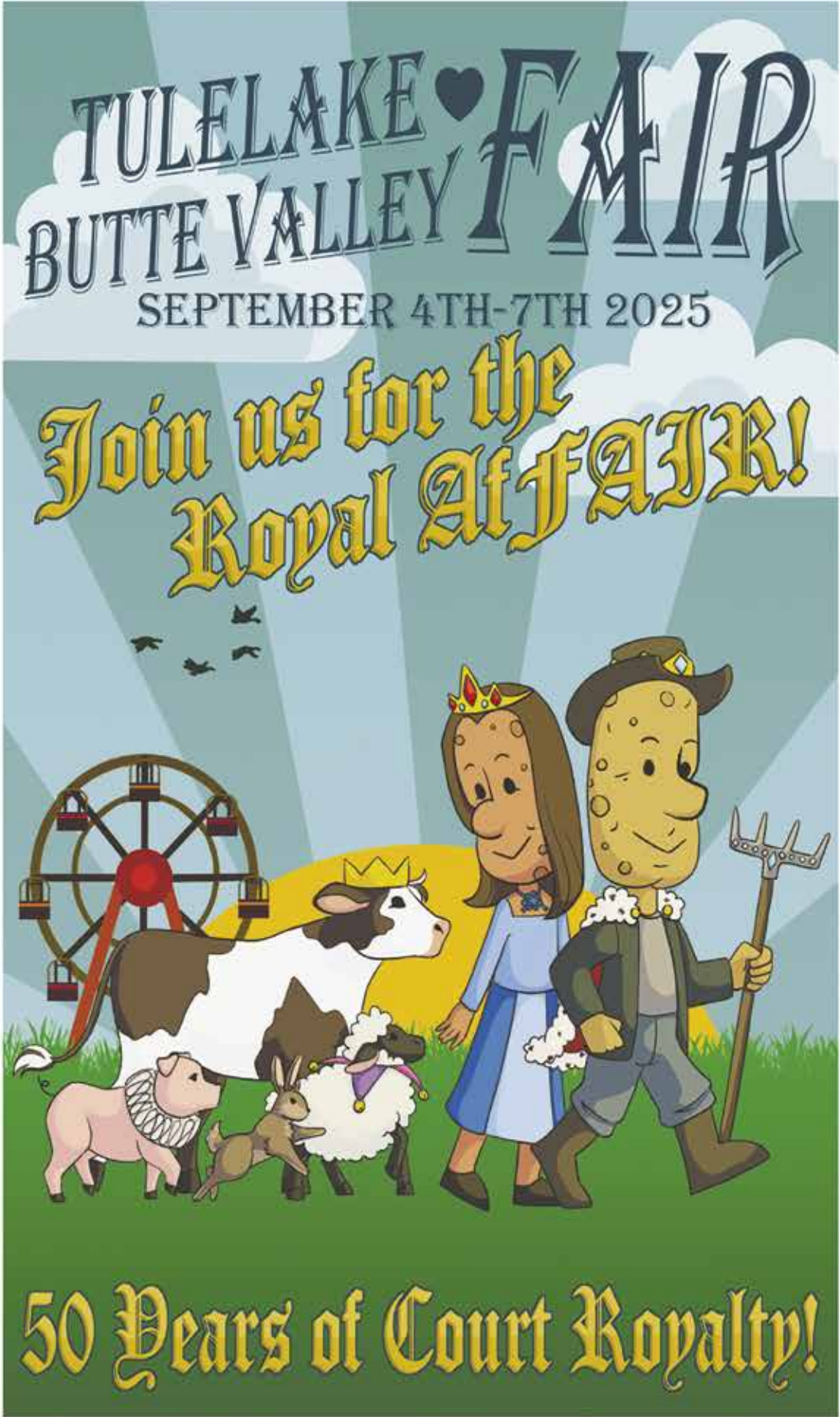
It brought the sights, sounds, and flavors of the 1950s through the 1970s to life in a fun-filled evening for all ages. Classic cars filled our parking lot, drawing crowds with their bold colors, polished chrome, and vintage charm. From hot rods to muscle cars, the variety of vehicles set the perfect tone for a retro-themed night. Inspired by the vibrant decades of the ‘50s, ‘60s, and ‘70s, the event featured retro décor, music, and fashion. Guests came dressed to impress in vintage attire—poodle skirts, leather jackets, bell bottoms, and tie-dye shirts—adding even more flair to the lively scene. The air was filled with the mouthwatering scent of grilled burgers, crispy fries, and sweet milkshakes, offering a true taste of old-school diner favorites. Laughter and music echoed throughout the space, creating an unforgettable experience for all who attended. The Hot Rod Hop was more than just an event—it was a celebration of community, music, style, and a timeless sense of fun.



74TH ANNUAL TULELAKE BUTTE VALLEY FAIR

We look forward to seeing you all September 4-7, 2025!

Gates open at 10:00 am daily. Thursday, September 4th 10:00 am-10:00 pm, Friday 10:00 am -11:00 pm, Saturday 10:00 am -11:00 pm, & Sunday 10:00 am -8:00 pm



"A Royal AfFAIR, Celebrating 50 Years of Fair Court Royalty"

Go to www.tbvfair.com for all the latest updates.

****Vendor and Building times are subject to change****

Celebrating National Disability Independence Day on July 26

Honoring the ADA and Supporting Independence in the Klamath Basin

By Klamath Basin Senior Citizens' Center Staff

Each year on July 26, we observe National Disability Independence Day, marking the anniversary of the Americans with Disabilities Act (ADA), passed in 1990. This landmark civil rights law prohibits discrimination against people with disabilities in all areas of public life—including jobs, schools, transportation, and access to public and private places open to the general public.

At the Klamath Basin Senior Citizens' Center, we highlight this day not only to honor the progress made through the ADA, but also to reaffirm our commitment to ensuring that all older adults—including those living with disabilities—can age with dignity, purpose, and independence.

What We Offer to Support Independence

Aging and disability often intersect, and we believe that no one should have to navigate those experiences alone. That's why we offer a variety of programs and services to meet the diverse needs of older adults in our community. Exercise Programs: We host inclusive, evidence-based fitness classes of all levels. These classes are designed for a range of ability

levels and help participants build strength, confidence, and fall-prevention skills. Please see our Calendar of Events to learn more and find a class that is right for you. Assistive Equipment Closet: Our loan closet offers mobility aids such as walkers, canes, and shower chairs. These tools support safe movement and daily functioning, especially during recovery or transitions in care. Congregate Meals: We serve nutritious meals Monday through Friday at 11:30 a.m. These meals promote not only physical health but also connection and belonging—a critical piece of independent living.

Partnering for Greater Impact

We work closely with the Klamath & Lake Counties Council on Aging (KLCCOA), which coordinates services like Meals on Wheels, Klamath Village (a program for in-home support and transportation), and Oregon Project Independence—a state initiative that helps older adults and people with disabilities remain safely in their homes through case management, personal care, and home modifications. We also refer community members to the Aging and Disability Resource Connection (ADRC) of Oregon, a vital resource for navigating long-term care services, disability supports, and

local benefits. Through collaboration with Klamath County Public Health, Developmental Disabilities Services, and transportation providers, we aim to create a community where all seniors, regardless of ability, can thrive.

Why It Matters

Disability independence is about more than accessibility—it's about equity, empowerment, and the right to live fully. The ADA laid the groundwork, but it's up to all of us to build communities where those values are carried forward every day.

This July 26, we encourage you to join us in celebrating National Disability Independence Day. Attend a class, join us for lunch, borrow equipment, or connect with our partners. Whether you need support or want to offer it, we welcome you.

Together, let's continue working toward a Klamath Basin where everyone has the opportunity to age with strength, safety, and self-determination.



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



FIREWORKS FRENZY DRAWINGS
FRIDAYS, JULY 11-25 • 6PM-10PM
Win up to \$1,000 CASH!
May only win once per day

LIBERTY LOOT HOT SEATS
THURSDAYS, JULY 3-31 • 5PM-9PM
Win up to \$250 FREE PLAY!
May only win once per day

Sizzling 4th HOT SEATS
Friday, July 4 • 6pm-11pm
Win up to \$1,500 CASH!
May only win once per day

RED HOT PLINKO
Saturdays, July 5-26 • 4pm-8pm
Win up to \$200 FREE PLAY!
May only win once per day

HEATWAVE KIOSK
Sundays, July 6-27 • 11am-7pm
Win up to \$250 CASH!
May only win once per day

SENIOR DAY MONDAYS
8AM - MIDNIGHT
Must be 55+. May only redeem/win once per day.
EARN 2 POINTS, RECEIVE \$5 FREE PLAY.
10% DISCOUNT AT PEAK TO PEAK RESTAURANT.
HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR

NEW MEMBERS
WIN UP TO \$250 FREE PLAY
Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details

SMOKE FREE CASINO

Gambling Problem? Call 1-800-GAMBLER

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!



Soak Up Summer: Vacation Ideas for Every Pace

Picnic Season and Celebrating Independence
July is the heart of summer, and there’s no better time to enjoy the simple pleasures of fresh air, good food, and great company. It’s also National Disability Independence Month, a time to honor the strength and contributions of people of all abilities.



Justin Straus

This month, we invite you to slow down, savor the season, and connect with your community. Here are some ideas to make the most of your July:

1. Host a Backyard Picnic

You don’t need to travel far to have a great time. A shady backyard or apartment courtyard can be the perfect spot for sandwiches, lemonade, and laughter with friends or neighbors. Add a card game or your favorite radio station, and you’re set for a great day.

2. Visit a Local Park

Klamath County is full of beautiful outdoor spaces, many with accessible picnic tables, paved trails, and restrooms. Moore Park offers lake views and shaded areas. Wiard and Kiwanis Parks are perfect for group gatherings, while Eulalona Park is a peaceful spot to unwind. Whether it’s a solo outing or a group get-together, a little fresh air can lift your spirits.

3. Celebrate Disability Independence

This month marks the anniversary of the Americans with Disabilities Act (ADA), a key step toward a more inclusive society. It’s a great time to support accessibility efforts, advocate for your needs, or simply learn from others’ experiences. At Cascade Health Alliance, we are committed to advancing health access for all people, regardless of ability, background, or circumstance.

Small Reminder: Don’t forget sunscreen, bug spray, and plenty of water, comfort keeps the fun going!

Whether you’re picnicking under the pines or snacking on your patio, take a moment to celebrate the joy of independence, freedom, flexibility, and the power to choose how you enjoy the day.

Contributed by Cascade Health Alliance

Contributed by Cascade Health Alliance

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



SUMMER IS HERE!

And so is the chance to celebrate inclusion and independence!

July is National Disability Independence Month, honoring the progress made toward a more accessible world. At Cascade Health Alliance, we believe everyone deserves access to quality care, connection, and community. This summer, let’s keep moving forward—together.

ENJOY THE WEATHER!

www.CascadeHealthAlliance.com July 2025

Oregon State University Extension Service & Chiloquin Visions in Progress

WALK WITH EASE

Walk or Roll Your Way to Improved Health!

Class Dates & Time:

July 7– Aug. 15, 2025

Mon. Wed. & Friday at 10:30 AM

FREE to Participate!

Location:

Chiloquin Community Center

140 S. First Ave.

Chiloquin, Oregon 97624



Photo from: iStock

Funded by OSU Extension and Oregon SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider and Employer. Questions or accommodations for disabilities can be made by contacting: ellen.radcliffe@oregonstate.edu

This program developed by the **Arthritis Foundation** is **proven to:**

- Reduce pain
- Build confidence in being physically active
- Improve overall health

Participants will receive:

- a FREE Walk With Ease guidebook and water bottle
- Receive guidance from a trained leader
- Tips, goal setting, encouragement to be more physically active, and more!

Pre-register by July 6, 2024

To register contact: OSU Extension Service or Ellen Radcliffe

ellen.radcliffe@oregonstate.edu

541-883-7131

Persons of all ages and ability level are welcome!



Oregon State
University



CHILOQUIN
VISIONS IN PROGRESS

At Crystal Terrace medical management is available when you need it.

While you continue to live as busy a life as you choose at Crystal Terrace’s assisted living-facility, unlike if you still live at home, we are there immediately if you have any health incident or accident with competent care staff and med techs. It is our job to monitor health changes and help you if you need it! We also are happy to make sure you don't forget to take your meds or miss doctors appointments. We will make sure your family and health care providers are kept in the loop if you like, too. “We want people to come and age in place safely,” says Katherine Silver, our new Director of Health Services.

Katherine Silver, RN-BSN, MASM
Director of Health Services Crystal Terrace

We welcome our new Director of Health Services Katherine Silver

Friendly, warm and wise, Katherine Silver brings 20 years of nursing experience to leading our health services program at Crystal Terrace. She has recently published “Preparing for the Final Quest”, about the phases of life...adulting, aging, fragile aging, end of life transitioning, and after care. It is a must read for seniors and their families who want to age with dignity and self determination. “There is no word in the English language to describe adult children caring for aging parents, so I coined the term “Parentcare,” says Katherine. The book is available to buy thru Amazon.com

Katherine and her husband, Pastor Bruce Silver, raise dairy goats, sheep, llamas, horses, chickens, dogs, cats and bees!





Fourth Saturday of the Month

May – September 2025

9:30 a.m. – 10:30 a.m.

KLAMATH HOSPICE
AND PALLIATIVE CARE

Founding Member of Oregon Nonprofit Hospice Alliance

Meeting in the parking lot of:

Harbor Isles Tennis and Fitness Club

2805 Front Street

Klamath Falls, Oregon

*Pre-registration appreciated. Adults only walking support group. No dogs.

Register at: www.klamathhospice.org/grief or call 541-882-2902

DONOR REPORT

As July unfolds with celebrations of independence and pride, we are reminded of the enduring strength and unity that define our American spirit—and the heart of our community here in the Klamath Basin.

Thanks to your generous contributions, the Klamath Basin Senior Citizens’ Center continues to stand as a beacon of support and service for older adults in our region. Your dedication fuels programs that reflect the values we hold dear: caring for one another, lifting up our neighbors, and honoring the generations who came before us.

Because of you, we’re able to serve warm, nutritious meals through Meals on Wheels, offer daily congregate meals that bring people together, support physical activity programs that encourage wellness, and provide transportation services that ensure mobility and independence for our seniors. This month, as we proudly fly our flags and celebrate our freedoms, we also celebrate you—our donors—whose generosity and patriotism help ensure that every senior in our community can live with dignity, connection, and care.

From all of us at the Senior Center: thank you for standing with us, and for making a lasting impact in the lives of those we serve. Together, we honor the past, support the present, and build a stronger future.

Sky Lakes Medical

Marta Stephens

Burl Parrish

Charlotte Moseley

Ernie Palmer

Klamath County Cultural

Ruth Young

Robert Honish

Cheryl Gibbs

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. Thank you for your support. We are able to offer our programs because of your generosity.

You can donate by mail, personal visit or with a single telephone call to the KBSCC. There is a form on page 3 of this publication or online at klamathseniorcenter.com. Gifts we are able to receive include: time, donor directed investments, retirement account 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.

Offering hospice care for the Klamath Falls area:

In the home

In Assisted Living

In a Long Term Care Facility

Bristol Hospice

(541) 882-1636

Bristol Hospice

embracing a reverence for life

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

SHIP TALK

(Senior Health Insurance Program)

Medicare Basic Structure

Part A - after deductible, pays 100% for 60 days

Hospital
Free - No premium
Mandatory

Part B – pays 80%

Medical
Premium – \$185 (2025)
Mandatory

Part D

Drugs – sold by private companies
Mandatory - prices & coverage varies

Medigap (Supplemental)

Sold by private companies
Optional – pays up to full 20’%

Part C – Advantage Plans

Complete Package – includes drugs
Premium (2025) Atrio \$35.00 and varies for additional coverage
Co-Pays: varies depending on procedure
Extra Benefits eg. flex card for dental, vision, hearing, non-prescription drugs, fitness and more. Atrio is the only advantage plan sold in Klamath County.

Low Income Subsidies

- 1. Medicare Savings Program (MSP) Medicaid pays Part B premium. Also additional levels of assistance depending on income.
- 2. Extra Help (LIS-Low Income Subsidy) Social Security subsidizes drug costs.

For further information on the various caveats and detailed information, contact SHIBA (Senior Health Insurance and Benefits Assistance) at the Klamath Basin Senior Citizen Center for an appointment to learn more. Phone: 541-883-7171.

Submitted by Anne Hartnett
SHIBA Counselor

Highest-rated, most trusted cremation and burial provider in the Basin

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

Prepaid cremation and funeral plans to suit every budget.



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



CANCER SURVIVOR

TAP TAKE-OVER

Sunriver Brewing Co is taking over the tap at The Falls. Come to celebrate cancer survivors!

\$1 of every beer sold between 5 and 8 on August 14th will go to the Cancer Treatment Center

Can't make it? Donate here:



When: August 14th 5-8pm
Where: The Falls Tap house







Register today for our

July Medicare Basics Workshops

with **Brannon Kaefering**

- ✓ 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 2025 Medicare Advantage Plans

July Workshop
July 16 / 2 PM
August 13 / 2 PM



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.

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TWO NEAR DEATH HEALTH CRISES MADE ME A BETTER PERSON



Roberta (Bobbi) Smith
Resident

Bobbi Smith nearly died from two back to back health emergencies last year. With a strong will to live, it took months of fierce advocacy for herself to finally have doctors correctly diagnose her and treat her, most importantly for a blocked artery with a stint. After months of rehab she is back to her room at Pelican Pointe and feels better than she has felt in years. "I am softer, kinder, gentleryou can't come that close to death and not be changed in some way. I changed for the better."

She left in a wheelchair and walked back through the doors in a moment of triumph to the relief of her many friends and Pelican Pointe staff. Bobbi says of the staff here, "The care I get here is the best in town! I will go to bat for them in a heartbeat." She now dedicates herself to being a spiritual and emotional support for residents and even staff, freely sharing her hard won wisdom and strength.

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



The residents of Pelican Pointe, like Bobbi, have created a friendly, supportive community for all to enjoy. If assisted living would make your life easier, call Amber Anderson and schedule a tour today!

Amber Andersonyour tour guide...call today!



Pelican Pointe
ASSISTED LIVING

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

The Ross Ragland Theater is
proud to provide multiple
options for safe experiences.
There's a show for everyone from
the young to the young at heart.



The Ross Ragland Theater is committed to accessibility for all our patrons. Thanks to Klamath County Disability Services' generous award in May 2024, this year, we will install new assistive listening technologies in the theater and develop new programming and classes for sensory-sensitive training and performances.

The staff is working on redesigning some space to accommodate more ADA seating in the future. This year's programs will be available digitally on our website and will incorporate text-to-speech.

The Ross Ragland Theater has several features that provide accessibility to everyone, including wheelchair-accessible seating, ramps, and handrails.

The Ross Ragland Theater provides options to the hearing impaired.



Discounts are available for Seniors,
Military, and Students.

Tickets are available for all our performances
at ragland.org or our box office.
Ragland: A Community Experience.
TEL: 541-887-8630
EMAIL: office@ragland.org



GIZMOS & GADGETS

MONDAY, AUGUST 11, 1 PM
SKY LAKES WELLNESS CENTER
128 S 11TH ST
KLAMATH FALLS, OR 97601

Join this interactive and engaging discussion about what occupational therapists do and explore the many adaptive "gizmos and gadgets" they use to help people achieve their goals.

Led by Mallory Apel, OTD
Sky Lakes Rehabilitation

Registration Required:
pro.eventbrite.com
Limited to 30 participants.

800.426.6806 local. direct. personal.

Peach Salad

Ingredients

- 2 ripe peaches, sliced
- 2 cups fresh blueberries
- 1 cup crumbled feta cheese
- 4 cups mixed greens
- 1/4 cup chopped red onion
- 1/4 cup chopped walnuts
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Instructions

Start by rinsing the fresh blueberries under cold water, ensuring they are clean and free from any debris.

Place the rinsed blueberries in a large mixing bowl, gently patting them dry with a clean kitchen towel if needed.

Wash the two ripe peaches thoroughly, then slice them into wedges or thin slices, depending on your preference.

Add the sliced peaches to the mixing bowl with the blueberries.

Crumble the feta cheese into small, bite-sized pieces, and sprinkle it over the fruit in the bowl.

Next, wash and dry the mixed greens thoroughly, then add them to the bowl with the blueberries, peaches, and feta.

Chop the red onion into small, thin pieces, then sprinkle it over the salad mixture in the bowl.

Roughly chop the walnuts into smaller pieces and scatter them over the top of the salad.

In a separate small bowl, whisk together the honey, balsamic vinegar, olive oil, black pepper, and salt until well combined.

Drizzle the dressing evenly over the salad, ensuring the mixture is coated with the dressing.

Gently toss the salad ingredients together using salad tongs or two large spoons, making sure the fruit, feta, and dressing are evenly distributed. Taste the salad, and adjust the seasoning with a little more salt or pepper, if desired. Serve immediately, or refrigerate for up to an hour.



BEAT THE SUMMER BLAHS WITH fresh skills at KCC



Forklift Safety

Saturday, Aug. 16

You will learn about the OSHA rules for Powered Industrial Trucks and develop a forklift training program. This class does offers a forklift operator certification (card).

Cost: \$125



Cupake Decorating 101 —

Easy steps to a perfect cupcake

Tuesday, July 22

Join this hands-on class to master recipe tweaks for perfect texture, learn tips for moist cupcakes, and explore decorating with various piping tips. Perfect for beginners and connoisseurs alike, you'll mix, frost, and sprinkle your way to stunning cupcakes, transforming simple treats into edible works of art!

Cost: \$40



Beginning Industrial Welding: Training, Safety, & Cutting

Wednesday-Thursday, July 16-Sept. 18

Utilize welding and cutting processes used in construction and manufacturing. Classroom and hands-on training includes: Oxy-acetylene, electric arc welding (SMAW), gas metal arc welding (GMAW), gas tungsten arc welding (GTAW), plasma arc cutting, and the welding ability of metals and metallurgy.

Cost: \$350



How to Write Your Life Story for fun or profit

Thursday, July 17

Create an inspiring autobiography for family, friends, and others by recalling vivid memories and analyzing the events and people that shaped you, using the provided outline to organize your story step-by-step. Led by instructor LeeAnne Krusemark, a former journalist and professor of publishing, the webinar login details will be emailed the day before class.

Cost: \$55



KCC | Workforce/Community Education

Contact: Denise Martinez,
CE Coordinator, 541-880-2243
ce@klamathcc.edu

KLAMATH SENIOR CENTER JULY 2025 CALENDAR OF DAILY EVENTS

*Calendar changes in RED

MONDAYS

- SAIL with Debbie Manzinali 9-10am
- (+) 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 Patty Card & Kelli Bowers. 9- 10 am. No registration required. Call 541-883-1030, ask for Patty or Kelli.
- (+) Golden Age BINGO & Cards Club 12:30 pm

TUESDAYS

- Mobility from Head to Toe with Anne Davenport 9 am ****Debbie covering on July 22nd
- *2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- Better Bones & Balance July 1 - Aug 21, 10:30 am. Current class full. ****Anne covering on July 29th
- *2nd Tues Klamath & Lake Counties Council on Aging 11am–12pm
- 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 ****Debbie Covering July 2nd
- (+) Body Recall with Jack & Mary Noller by video 10:30 –11:30 am
- Senior Dancing, all are welcome! 1 pm – 3 pm
- (+) Stroke Support Group with Vicky Banta 3 - 4 pm

THURSDAYS

- Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am
- (+) Craft Connection Corner 9 am to 11 am
- ****The Aging Journey FREE Workshop; 9 – 10 am. Call 541-883-1030 ext 2105
- Better Bones & Balance July 1 - Aug 21, 10:30 am. Current class full. ****Debbie offering SAIL on July 31st
- *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 ***Closed July 4th***

- SAIL 9 - 10 am *Debbie on July 11th & 18th; Sherry on July 25th
- (+) 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
- Qi Gong with Colleen Lennard 12:30 pm
- (+) Line Dancing 7 pm, 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

THE AGING JOURNEY: Drop in class offering a variety of topics to help you understand changes as you age. Free to the Community, sponsored by Klamath Basin Behavioral Health and the Older Adult Behavioral Health Initiative. **Call 541-883-1030 ext 2105**

ART & CRAFT WORKSHOP WITH D.P. REDDING^: Explore your creative side with DPRedding, Inc. Materials & guidance provided!

BETTER BONES & BALANCE BOOT CAMP: Comprehensive program with lower body resistance training & guided balance exercises to improve independence, mobility & reduce fall & fracture risk. Can be done with/without equipment at your level. Instruction by Ellen Radcliffe, MPH, CHES. Registration required. Current class full, next class January. Join the waitlist at the front desk. Note, joining the waitlist does NOT mean that you are registered. You will be contacted in December to finalize!

BODY RECALL: A lower intensity program of physical fitness, designed to reclaim the natural motion of the body & strength. Class offered at the Center via video facilitated by community members.

CRAFT CONNECTION CORNER: Engage in conversation, brainstorming, show & tell of projects, & more. 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. 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!

QI GONG: Pronounced “chee gong,” Qigong combines slow, gentle movements with deep breathing for a relaxing workout that benefits the entire body. 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.

STOTT PILATES: A contemporary approach to the original Pilates method, focusing on improving core strength, flexibility, balance, and body alignment through mindful movement and breathwork, with reduced stress on joints.

STROKE SUPPORT GROUP: A supportive atmosphere for stroke survivors & their caregivers. Connect with others for healing & recovery in the downstairs conference room! Call Vicky for more information at 541-880-3699

WALK YOUR WAY TO WELLNESS: A program that includes walking, stretching, strengthening, & wellness education, based on Walk with Ease. Walks take place in or outside, depending on weather. Participants can choose their own intensity level.

^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.”

Aging Journey Thursdays 9-10 AM. Join KBBH at the Center for this FREE informative weekly workshop!

Upcoming Guest Speakers:

July 3rd - Kelli Bowers and Patti Card, KBBH

July 10th - Theresa Edwards, Senior Center

July 17th - Ellen Radcliffe, OSU

July 24th - Joseph Ransom, LMFT

July’s topics: Health Passport, Leisure Activities, how to cook for one not two, and Finding Laughter in life.

Klamath Basin Senior Center is Closed July 4th


Paper Bingo 2nd Thursday: Next July 10th

SAVE THE DATE: 4th Annual Age Well Expo on Tuesday, September 23rd at the Klamath Basin Senior Center!

JULY 2025

NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.
All meals are served with a Veggie and Salad. Dessert is served with each meal *depending on availability*.
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
June 30	1	2	3	4
SALSBURY STEAK MASHED POTATO	TACO CASSEROLE	CHICKEN POT PIE	4TH OF JULY BBQ !! CHEESEBURGER BAKED BEANS	CLOSED FOR 4TH OF JULY
7	8	9	10	11
LIVER AND ONION	CHICKEN ENCHILADAS	SPAGHETTI MEATBALLS	BAKED POTATO BAR	BAKED FISH RICE PILAF
14	15	16	17	18
PIZZA	TURKEY AND CHEESE MONTE CRISTO	CHICKEN FRIED STEAK MASHED POTATO	EGG ROLL IN A BOWL BRISTOL HOSPICE BIRTHDAY CELEBRATION	SHRIMP ALFREDO
21	22	23	24	25
CHILI DOG FRIES	SHEPARDS PIE	LASAGNA	CHICKEN CASSEROLE	FISH AND CHIPS
28	29	30	31	Aug 1
BRUNCH 4 LUNCH	TACO TUESDAY	CHICKEN STIR FRY	POLISH DOG SAURKRAUT	QUICHE
Aug 2	Aug 3	Aug 4		
CHICKEN STRIP SWEET POTATO FRIES	SLOPPY JOE	CHEESEBURGER MAC AND CHEESE		



Muffin Monday Veteran's Group

Coffee - Muffins - Conversation
Mondays 10:30 a.m. - 11:30 a.m.
Klamath Basin Senior Center - 2045 Arthur Street



541-882-2902 • www.klamathhospice.org

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

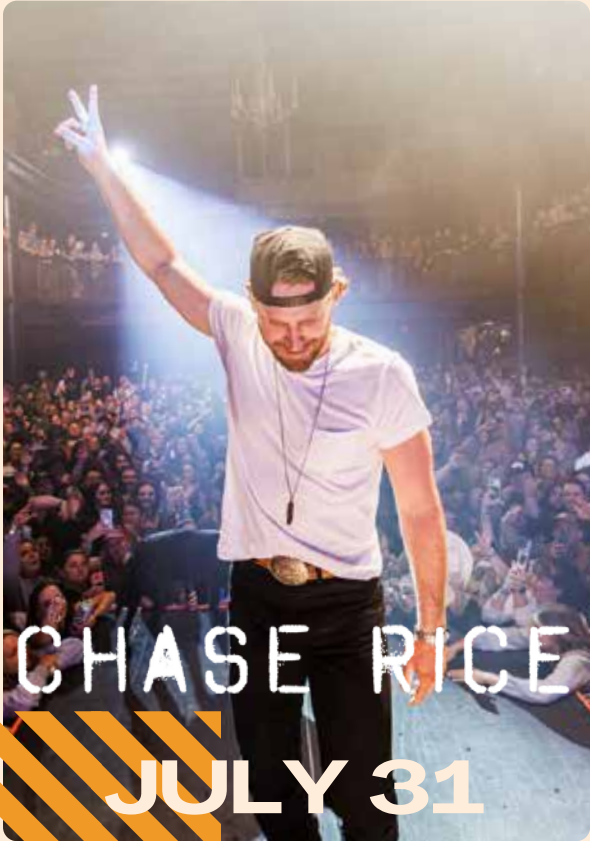
Their team will be at the Senior Center to provide birthday dessert during the lunch hour, as well as to answer questions about services, support groups, and upcoming events.



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

Klamath Hospice & Palliative Care
Upcoming Speakers for Muffin Mondays
10:30 AM to 11:30 AM

For Muffin Monday please reach out to Klamath Hospice and Palliative Care at 541-882-2902 for upcoming speakers.



CHASE RICE
JULY 31



SHANE SMITH
& THE SAINTS
AUG 1



Buckcherry
AUG 2

STARTING
JULY 31

CATCH THE BIGGEST
CONCERTS
OF THE SUMMER

LIVE MUSIC
EVERY NIGHT

FOOD, RIDES, &
ENTERTAINMENT

FUN FOR EVERYONE

GET TICKETS AT!

klamathcofair.com

