

October 2025



**Happy
Halloween**

FREE
Take
one!



Active

Seniors



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

**Thank you to everyone that attended the
4th annual Age Well Expo!**

ALL ARE WELCOME.



Klamath Basin Senior Citizens' Center

ABOUT US

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

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

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

OUR MISSION

To build and maintain a supportive community for seniors.



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



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

OUR SERVICES



FOOD

Congregate Meals

Meals on Wheels



HEALTH

Workshops*

Assistive Equipment Loans

Exercise Classes*



TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



ACTIVITIES

BINGO*

Library Branch

Special Classes*



FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

**Please see Calendar of Events Page for current offerings*

CONTACT INFORMATION

General Information - Front Desk
541-883-7171

Donations - Shawn Pierce
541-883-7171 ext 136

Transportation - Cindy Dupart
541-850-7315

Volunteer Coordinator - Machel Ramirez
541-883-7171 ext 128

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

Executive Director - Theresa Edwards
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 Friends,

but also for those we love who cannot always advocate for themselves. Understanding our health, asking questions, and making informed decisions are some of the most powerful tools we have.

Here at the Center, my hope is that we continue to be a place of comfort, connection, and resources—where we can share not only meals and programs, but also knowledge, encouragement, and care for one another.

So as the leaves fall gently outside, may we each take a moment to nurture our bodies, our minds, and our community. Let's support one another in health, in wellness, and in the simple joys of the season.

With gratitude and warmth,

Theresa Edwards
Executive Director
Klamath Basin Senior
Citizen's Center



Theresa Edwards and the Klamath county commissioners Andy Nichols, Kelly Minty, and Derrick DeGroot.



FAMILY DAY

BINGO

October 12th

Doors open at 12pm first call at 1:30pm

Kids 7+ welcome

Kids get to dress up

Must be accompanied by a parent or legal guardian, or have a note from such

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


Pay out \$50 pack games, special games \$80

Double action \$99 and BLACK OUT \$30

Goody bags and raffle prizes for the kids.

THIS EVENT FUND PROGRAMS AT THE SENIOR CENTER

To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR
Online at klamathseniorcenter.com

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: _____

Spring – Renewal and Rebuilding

Summer – Activity and Engagement

Fall – Preparation and Gratitude



Winter – Compassion and Care

Changing seasons offer season-specific needs and fresh opportunities to get involved. They remind us that our communities evolve throughout the year—and so can the ways we serve them or clients throughout the community.

Think about volunteering. Reach out to volunteer coordinator at the Klamath Basin Senior Citizens Center. Machel Ramirez 541-883-7171 Ext 128

No Bingo Kitchen on Saturdays – Outside food is allowed.

**Paper only bingo, 2nd and 4th Thursday on October 9th and
23rd, 50 people minimum doors open at 4 starts at 6
at the Klamath Basin Senior Citizens' Center,
2045 Arthur St, Klamath Falls, OR 97603.**

Save the date for Halloween at the center, October 31st
Check out our Calendar of Events for changes
and special events coming up!





VOLUNTEERS NEEDED

PLEASE CONSIDER BEING A VOLUNTEER at the Senior Center.
HELP NEEDED FOR:

- Kitchen Help
- Yard Work
- Light Housekeeping
- Teaching Computer Classes
- Making Friendly Visits to Older Adults
- Shopping and Errands
- Meals on Wheels Drivers/Runner

To get a volunteer application reach out to Volunteer coordinator
Machel Ramirez@ 541-883-7171 ext 128 or email to volunteer.
coordinator@kbscc.org

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 along side 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



Lake County Senior Center October 2025 Current Events

OHP/GOBHI Transportation, Non-Emergency Medical, for appointments, call #877-875-4657. Our trained, friendly and reliable drivers are the same ones you have come to know and trust. For questions, call our transportation office at #541-947-4966 Ext 106.

Outback Thrift Store hours are Monday & Wednesday 10am-2pm and the first Saturday of the month from 10am-3pm.

NEW - The Outback Too (furniture thrift experience) Open Monday-Friday from 9am-2pm. Also taking donations of gently used furniture at this time. Just call to arrange a time for donations.

We play *BINGO* every Monday after lunch! Join us! The more the merrier!

Come and celebrate your birthday with us! Our *BIRTHDAY LUNCH* is the 2nd Friday of the month. Join us for lunch, CAKE and the birthday song!

Grief Relief Class is held on the 3rd Thursday of the month from 2pm-3pm. Newcomers are welcome.

FREE Coffee and Sweets for Veterans on Thursdays from 9am-10am. All ages are welcome.

Move & Groove Classes have started Monday & Wednesday @ 1pm and Tuesday & Thursday @ 12pm. Class is suitable for most adults.

Fly Tying Class continues 1st and 3rd Fridays at noon.

Vision Board Class Fridays from 10am-12pm.

October is Breast Cancer Awareness Month. Join us for a Pink Out at lunch! Wear pink and be included in a drawing!

LCSCA Board Meetings are held on the 2nd Tuesday of the month at 11am.

We are located at 11 N G Street, Lakeview, Oregon. Our phone number is: (541)947-4966.

Come on down to the Senior Center and enjoy Halloween at the Center on October 31st! Join us for festive fun, costumes, treats, and good company as we celebrate the spooky season together.

Expressions of Heart and Mind

A CHANGE OF SEASONS

By Sharon Hudson

As seasons change, they do
It in a natural way.
It is cool one day, and will
Be warmer the next day..

The season is changing now,
As it does this time of year.
One day it is cloudy,
And the next day it is clear.

The winds are picking up, and
The leaves are starting to change.
The colors will vary as each has
It's own signal to rearrange.

The clouds are scattered, and
Some will bring rain.
Lightening brightens the sky, then
Thunder gets loud as energies gain.

Autumn colors start, and are
There to be seen.
Purples, reds, and yellows, while
Some trees stay green.

Harvest begins, and we store what
We can for the time ahead.
Where a little cooking can make
A meal, and maybe a loaf of bread.

The bears will eat, and store food
For their long winter's rest,
They go to their cave and settle
In their own little nest.

Animals of all sizes put on
A thick winter coat.
It will help keep them warm,
And that's a good note.

The wind blew through the canyon,
And up the mountain side,
Piling leaves and other debris
Giving winter a guide.

As seasons change, we
All change too.
The season's adventure is
About to come true.

A Ribbon of Hope

By Emily Edwards

A ribbon of pink, so gentle, so bright,
It carries our voices, it carries our fight.
For mothers and daughters, for sisters, for friends,
A symbol of strength that never will bend.

It whispers of courage when days feel long,
Of hearts that are broken, yet still remain strong.
Of journeys uncertain, of battles we face,
And moments of triumph, of love and of grace.

Awareness reminds us to stand side by side,
To share in the laughter, the tears we can't hide.
It teaches us kindness, compassion, and care,
A promise to show up, to always be there.

Each story is different, each journey unique,
Yet hope gives us courage, the strength that we seek.
In doctors and nurses, in family and friends,
The circle of love never truly ends.

Together we rise, together we pray,
For brighter tomorrows, for cures on the way.
With candles and ribbons, with hearts open wide,
We honor survivors and stand by their side.
For every lost loved one, for battles still near,
We carry their spirit in pink every year.

And even in silence, our message is clear:
Hope lives among us, year after year.

So wear it with pride, let the message be known—
No one fights cancer by walking alone.



Fall Crocus Photo by Ron Loveness




Night Sky 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



Klamath Community College is seeking talented, hard-working individuals to join our growing team. Whether you teach classes, advise students, maintain grounds, coach, manage college finances, or complete state-required reports, your work is essential to creating the learning and working environment that supports student success. We invite you to explore opportunities to join a college that offers a warm and inviting culture and whose mission is to help students achieve their educational and personal development goals.



Klamath Community College is an Affirmative Action / Equal Opportunity / Veteran / ADA Institution.

SCAN QR CODE BELOW FOR FULL JOB DETAILS AND APPLICATION LINK.



For application help, general or onboarding questions, please email hr@klamathcc.edu



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

October is National Physical Therapy Month

Submitted by Anne Davenport, PT, DPT, Board-Certified Geriatric Clinical Specialist

October is National Physical Therapy Month—a time to highlight the vital role physical therapists (PTs) play in helping people of all ages, especially older adults, live healthier, safer, and more active lives. Whether you are managing a chronic condition, recovering from surgery, or simply hoping to move with more confidence, a PT can make a meaningful difference. Why Physical Therapy Matters for Older Adults

As we age, we may face challenges such as decreased strength, changes in balance, and chronic health conditions like arthritis or heart disease. These factors can increase the risk of falls—the leading cause of injury among older adults in the United States. In fact, one in four older adults experience a fall each year. Physical therapy can reduce that risk by focusing on balance, mobility, and strength training.

PTs don’t just address illness or injury after the fact; they also help prevent problems before they start. By identifying early warning signs—such as difficulty rising from a chair or walking shorter distances—a PT can design a plan to maintain independence and reduce the likelihood of hospitalization.

What to Expect from a Physical Therapist

A PT begins by getting to know you—your health history, lifestyle, and personal goals. Then, they create a tailored program that may include:

- Balance and fall-prevention training: Simple exercises can improve stability and reduce fear of falling.
- Strength and mobility programs: Building muscle and joint flexibility helps with everyday activities like carrying groceries, climbing stairs, or gardening.
- Pain management: PTs use movement, education, and sometimes modalities like heat, ice, or electrical stimulation to ease discomfort.
- Chronic condition management: From diabetes to heart disease, PTs teach safe ways to stay active and manage symptoms.
- Education and empowerment: PTs guide you in making safe choices about exercise, home modifications, and lifestyle habits that promote long-term wellness.

Beyond the Clinic

Many people think of PT only after surgery or injury, but it can be much more. PTs work in hospitals, outpatient clinics, senior centers, and even in people’s homes. For older adults in rural or underserved areas, telehealth options are increasingly available, offering professional guidance without leaving home.

Taking the First Step

If you are curious about what a PT can do for you, consider asking your primary care provider for a referral—or reach out directly, as in many states, you can see a PT without a physician’s prescription. Whether your goal is to recover from a recent illness, manage long-term health conditions, or simply enjoy walking with friends at the park, physical therapy can help you get there safely and confidently.

This October, let’s celebrate physical therapists by taking a step toward better health, greater independence, and more active years ahead.

Thank You Care Givers!

At the Klamath Basin Senior Citizens’ Center, we know that caregivers play one of the most important roles in the lives of our seniors. Whether they are family members, friends, or professional caregivers, their dedication ensures that older adults receive the care, attention, and dignity they deserve each day. Caregiving often requires endless patience, compassion, and strength, and we want to take a moment to express our heartfelt gratitude for all they do.

Caregivers provide so much more than daily assistance. They offer companionship to ease loneliness, encouragement that helps seniors stay engaged, and support that allows older adults to maintain independence for as long as possible. Their presence often improves the quality of life for seniors, reducing stress, increasing safety, and creating an environment where meaningful connections can continue to thrive. For families, caregivers also provide peace of mind, knowing their loved ones are receiving attentive and compassionate care.

The benefits of caregivers extend far beyond physical help — they bring emotional support, kindness, and advocacy. They are the ones who listen, comfort, and celebrate small victories alongside the seniors they serve. To every caregiver in our community: thank you. Your efforts are noticed, your compassion is valued, and your commitment makes a lasting difference. Our seniors are stronger, healthier, and happier because of you. The Klamath Basin Senior Citizens’ Center deeply appreciates your contributions and honors the vital role you play in enriching the lives of those we serve.

Klamath Basin Genealogy Society will meet
October 9th, 2025, from 6p.m.-8p.m.
at the Klamath County Library

INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

Are you interested in or need...

- Meals on Wheels
- Rural Lunch Sites for Seniors
- Support for Caregivers
- Nutritional Information
- Volunteer Opportunities

Come and meet our staff at the Klamath Basin Senior Center
Every 2nd Tuesday of the Month
from 11:00 am to 12:00 pm!



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





Klamath Basin Senior Citizens' Center
541.883.7171



HALLOWEEN at the Center

FREE TRUNK OR TREAT,
NOT SO SCARY & HAUNTED HOUSE,
FUN FOR THE WHOLE FAMILY.

OCT 31

STARTS AT 4:00PM - 7PM
KLAMATH BASIN SENIOR CENTER
2045 ARTHUR ST
KLAMATH FALLS, OR 97602

FUNDRAISER
SPAGHETTI DINNER \$10
FOR ADULT
\$5 FOR KIDS

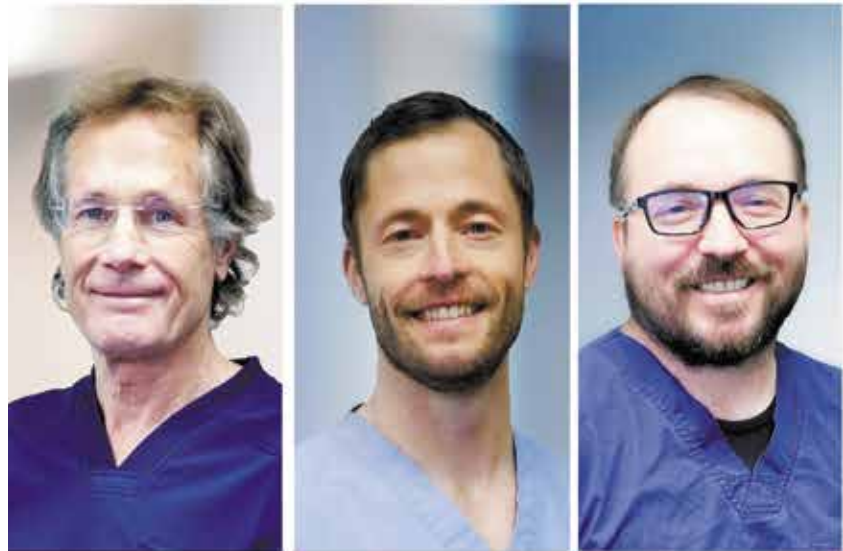
ALL MONEY RAISED WILL BE USED FOR PROGRAMS
AND OUR SENIOR LUNCH PROGRAM,



Klamath & Lake Counties
Council on Aging
advocacy | action | answers on aging



October is National Eye Health Month



Dr. Mark Fay, M.D.
Ophthalmologist

Dr. Jonathan Fay, M.D.
Ophthalmologist

Dr. Scott Stevens, M.D.
Ophthalmologist

We have three M.D.s who are
eye disease treatment specialists!

Key Events To Look For:

- World Sight Day:** Celebrated on the second Thursday of October, focusing on global blindness prevention.
- Halloween Eye Safety Month:** Emphasizes the importance of safe costume contacts and other eye safety measures.
- Diabetic Eye Disease Awareness Month:** Raises awareness about the link between diabetes and eye health.

Schedule an eye exam.
Learn about eye diseases and their symptoms.
Protect your eyes from injuries and UV rays.
Promote eye health to family and friends.



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

Ragland

A Community Experience



The Ross Ragland Theater is ready for October with three amazing events that are sure to become instant classics!

On October 4, we have our season opener “**NOIR: A Concert in Shadow & Seduction**”- Featuring Suzanne Jensen Stewart & Katie Harman Ebner”. NOIR is an original concert experience that blurs the line between stage and screen, weaving together pulse-raising narra-tion, thrilling live piano, a siren’s unforgettable voice, and starring beloved musicians Suzanne Jensen Stewart and Katie Harman Ebner, and featuring iconic selections by Chopin, Debussy, Streisand, Puccini, Pink Martini & more.

Then, on October 18, **Lorrie Morgan** will be performing. Lorrie Morgan is undeniably one of the most eloquently emotive vocalists of modern times. Lorrie Morgan, the first woman in her genre to begin her career with three consecutive Platinum albums, recently com-pleted a new album with award-winning producer Richard Landis.

And finally, October 25, **Paul Reiser** takes the stage. Comedian, actor, television writer, author and musician Paul Reiser is one of Hollywood’s most prolific creatives.

Tickets for all of these shows and many more are available on The Ross Ragland Theater’s website or at the box office.
Ragland: A Community Experience.
<https://ragland.org>

TEL: 541-887-8630 EMAIL: office@ragland.org



KLA-MO-YA CASINO & HOTEL

888.552.6692 • klamoyacasino.com

SLOTS • FOOD • HOTEL • FUN



FRIGHT NIGHT DRAWINGS

FRIDAYS, OCTOBER 3-31
6PM-9PM

WIN UP TO \$750 FREE PLAY
ON OCTOBER 3, 10, 17, 24!

WIN UP TO \$500 CASH + \$500 FREE PLAY
ON OCTOBER 31!

May only win once per day.

PHANTOM FORTUNE KIOSK

THURSDAYS, OCTOBER 2-30
11AM-8PM

WIN UP TO \$250 CASH!

May only redeem once per day.

MONSTER MANIA HOT SEATS

SATURDAYS, OCTOBER 4-25
4PM-8PM

WIN UP TO \$500 FREE PLAY!

May only win once per day.

GOBLIN GOODIES KIOSK

SUNDAYS, OCTOBER 5-26
10AM-5PM

May only redeem once per day. While supplies last.

SENIOR DAY MONDAYS

8AM - MIDNIGHT
HOT SEATS
NOON - 3PM

WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR.

NO SENIOR DAY HOT SEATS
ON MONDAY, OCTOBER 13.

Must be 55+. May only redeem/win once per day.

INDIGENOUS PEOPLE'S DAY KIOSK

MONDAY, OCTOBER 13
NOON-5PM

Earn 75 points and go to the kiosk to swipe your card to receive your prize. Choose prize at promo area.

May only redeem once per day. While supplies last.

SKELTONS IN YOUR CLOSET HALLOWEEN COSTUME CONTEST

FRIDAY, OCTOBER 31
7PM-9PM

See Bonus Club for Complete Details.

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!



Cooling Down with Fall Coming

Now that it's October and the hot and sometimes smoky days of summer are cooling off, let's look forward to the transition to fall, and all it offers. As we watch the colors change in the trees and fields, here are some things to make the most of the fall season before winter is here.



Justin Straus

- Moore Park has great fall foliage and walking trails for all abilities.
- Birdwatching in October is perfect to see migratory birds chasing better weather.
- Prepare your garden for winter to ensure a productive season next year. And speaking of fall, be extra careful to avoid slips and trips on surfaces slick with rain and leaves!

Whether you're out enjoying the crisp air or cozying up indoors, take time to savor the season, fall in Klamath is something special.

Contributed by Cascade Health Alliance

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.





cascade comprehensive care



Cascade Health Alliance

**Don't Let the Cold or Flu Catch You This Season
Get Vaccinated!**

Flu season is almost here! The simplest way for us to stay healthy is to get a flu shot every year.

- **Because we are more likely to have serious health issues from the flu as we age, getting vaccinated is vital.**
- **Vaccines work best when combined with healthy eating and good handwashing.**

Let's make sure we get our shot!

If you have questions or need to know where you can get your vaccines, visit: www.vaccines.gov

www.CascadeHealthAlliance.com November 2024

The Klamath Basin Senior Citizens’ Center proudly hosted the **4th Annual Age Well Expo** on September 23rd from 9 AM to 12 PM — and it was a tremendous success! The event welcomed over 100 community members who came to explore resources, enjoy wellness activities, and connect with local organizations dedicated to supporting healthy aging.

The expo featured 37 vendors offering valuable information and services on everything from healthcare, nutrition, and senior living, to fitness, safety, and social support. Attendees enjoyed free health screenings, giveaways, and plenty of opportunities to learn and engage.





Age Well Expo photos by Emily Edwards and Anne Davenport

DONOR REPORT

As October arrives and the colors of fall deepen, we are reminded of the joy this season brings—gatherings with friends, the warmth of community, and traditions that brighten even the shorter days. From pumpkins to costumes, October invites us to celebrate both the lighthearted fun of Halloween and the deeper meaning of caring for one another.

Because of your generosity, the Klamath Basin Senior Citizens' Center continues to be a place of comfort and connection. Seniors across the Klamath Basin are nourished by warm, nutritious Meals on Wheels deliveries, welcomed at daily congregate meals that spark friendships, encouraged through physical activity programs that support wellness, and sustained by transportation that ensures independence and mobility.

- Oregon Office of Rural Health

Jim Calvert

Marta Stephens

Burl Parrish

Ernie Palmer

Wilma Petrik
- Roundhouse Foundation

Marilyn Howell

Refuge City Church

Elizabeth Western

Janet Hall

This October, as children prepare for trick-or-treating and neighborhoods come alive with fall festivities, we celebrate you—our donors—who bring treats of kindness and care to the lives of seniors. Your contributions ensure that no one is left in the shadows of isolation, but instead welcomed into the warmth of dignity, connection, and support.

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.

Changing Seasons, Changing Health

Melodi McGee, Executive Director
Klamath & Lake Counties Council on Aging

As the leaves turn and the seasons change, October reminds us of the importance of adapting to new rhythms - not just in nature, but in our health. At the Klamath & Lake Counties Council on Aging (KLCCOA), we're here to support our local seniors in navigating those changes with knowledge and resources that strengthen both body and mind. Health Literacy Month is a great time to pause and reflect on how we understand and use health information. Whether it's reviewing a prescription, learning about a new diagnosis, or asking questions at the doctor's office, building confidence in your health literacy helps you make informed decisions and live more independently. KLCCOA offers resources and guidance to help seniors and caregivers feel empowered to take charge of their health.

October is also Breast Cancer Awareness Month. Early detection saves lives. We encourage all women to speak with their healthcare provider about screening options. Sharing your story or supporting a friend going through treatment can make a world of difference.

Finally, October is Physical Therapy Month; a reminder that movement matters at every age. Physical therapy isn't just for recovery after surgery: it can help improve balance, reduce pain, and keep you active and independent longer. Ask your doctor if a referral might benefit you. Just as the seasons change, so do our needs and goals. KLCCOA is proud to stand alongside older adults in our community, helping each person embrace new seasons of life with strength, support, and dignity. As I begin my tenure as Executive Director, I look forward to meeting many of you and continuing to serve the aging populations of Klamath and Lake Counties with compassion, dedication, and respect. Z
g



TALK WITH THE DOC:

HOSPICE & PALLIATIVE CARE



Join Dr. Holly Montjoy and Tricia Shugart, APRN, FNP-C for a discussion on the difference between hospice and palliative care services.



KLAMATH HOSPICE AND PALLIATIVE CARE

Founding Member of Oregon Nonprofit Hospice Alliance

541-882-2902 www.klamathhospice.org



NOVEMBER 6, 2025



10:00 a.m. – 11:00 a.m.



Klamath Basin Senior Center
2045 Arthur Street
Klamath Falls, Oregon



NOVEMBER 18, 2025



6:00 p.m. – 7:00 p.m.



Klamath Hospice & Palliative Care
2751 Washburn Way
Klamath Falls, Oregon

Linkville

Roofing & Siding

- Inspect the Roof Surface. Check for missing, cracked, or curling shingles.
- Clean Gutters and Downspouts. Remove leaves, pine needles, and debris.
- Check Attic Ventilation & Insulation. Proper airflow reduces the chance of ice dams.
- Trim Overhanging Tree Branches. Prevents damage from falling branches in snow or ice storms.
- Examine Flashing & Seals. Inspect around chimneys, skylights, and roof joints for cracks or gaps.

SHIP TALK

(Senior Health Insurance Program)



ANNUAL

ENROLLMENT aka

OPEN ENROLLMENT

It's that time of year again.
Coming up – October 15
through December 7, 2025.

Most of you are familiar with this time period and what it means, but as always, I will be repeating myself for those who need the information. First and foremost, Open enrollment has only two purposes:

- 1 Changing your drug plan if you can find a better one
 - 2 Switching from original Medicare into an advantage plan or vice-versa
- As many have discovered, Part D has changed so that the insurance company can no longer charge out more than \$2,000. After that everything on its formulary is 100% covered. This may sound like wonderful news to you, but for those with very expensive drugs, it can be bad news. You will probably find that this drug is no longer covered on the plan. This is definitely a year in which you will want to check your insurance plan formulary and see if it is still covered. The new prices and formularies are supposed to be mailed to everyone by October 1. We will discuss in a future column various ways of making sure you're aware of ways to reduce your Rx costs.

As for making the switch between an advantage plan and original Medicare with a supplement, there are a couple things that you must consider. First of all, we have only one advantage plan in Klamath Falls and that is Atrio. Before you choose to switch into Atrio, be sure your doctor accepts it. Secondly, be aware that a supplemental plan does not have to accept you if you have pre-existing conditions. If you lose your advantage plan through no fault of your own, you will be eligible for Guaranteed Issue (GI). However, if you choose to leave Atrio, you will not have GI for a supplement as the current time. Since there is only one advantage plan available here in Klamath County, we will be exploring the possibility that this rule might be modified to allow a special supplemental GI enrollment.

It does seem to get more complicated every year, doesn't it? So you need to keep on top of the latest changes and developments. And if you have any questions, or uncertainty, please make an appointment to come in and see a certified and trained counselor to examine your situation. We're at the Klamath Basin Senior Citizens Center – phone 541-883-7171.

Submitted by Anne Hartnett, SHIBA Counselor



Volunteer of the Month

Name: Debbie Baley

Position/Duties: Debbie is one of our awesome Bingo volunteers, Village helper, and she also volunteers for the health fair held in September. She helps with payouts when people win on a bingo, she also sells cards on the floor when people want to buy extra cards.

How long have you been volunteering at the Center? I have been volunteering at the center since September of 2024. That's when I decided I needed to get out and support my community.

Why do you volunteer? I love to volunteer because I love to put a smile on people's faces and hear a little bit about their stories, no matter a great story or a sad one. Hearing a sad one just helps me more to put that smile on their faces. It also gets me out of the house so I'm not sitting there all day watching TV.

What's your favorite thing about volunteering? Meeting new people and getting to know them. Seeing the smile on their faces when we serve them their meals.

Where are you originally from? If not from Klamath Falls, what brought you here? I'm originally from Nebraska. We moved to Petaluma, California when I was 5 years old. We then moved to Paisley, Oregon and from there we moved here to Klamath Falls. I graduated from Klamath Union High School when it was still a two year high school.

What do you enjoy doing outside of volunteering? I like to do gardening and this year my garden was overflowing with lots of goodies. I also do diamond dot art. I love Flamingos and made some beautiful coasters. I just started up quilting again. I also love to bake and everything I bake I give out to neighbors and friends; but the thing I love the most is spending time with my grandchildren. They make my world so much happier just spending all the time I can with my grandbabies.

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News from the Gift Shop

The Klamath Basin Senior Citizens’ Center offers more than meals, activities, and social programs — it’s also home to a wonderful Gift Shop. This hidden gem is filled with unique items you won’t find anywhere else. From handmade crafts and locally made goods to gently used treasures and thoughtful gift ideas, the shop always has something new to discover. Shopping here isn’t just convenient — it directly supports the Center and the many programs we provide to seniors in our community.

The Gift Shop is a great place to browse when you’re looking for a special present or simply want to treat yourself. Seasonal décor, accessories, and budget-friendly finds make it easy to pick up something unique without leaving town. Every purchase makes a difference, helping us continue to grow and serve.

Along with the Gift Shop, the Senior Center is preparing for one of its biggest events of the year — the annual Bazaar. This popular gathering brings together vendors, crafters, and shoppers for a fun day of community connection and one-of-a-kind shopping. Vendor spaces are filling up quickly, and there are only 10 tables left. If you’re interested in being part of the event, be sure to reserve your spot soon before they’re gone.

Whether you stop by the Gift Shop during the week or plan to join us at the Bazaar, you’ll find a warm welcome, a variety of treasures, and the satisfaction of knowing your support helps the Senior Center thrive.

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


IT’S A GOOD DAY WHEN CHRISTOPHER SINGS AND DANCES WHILE HE COOKS!



Christopher Mizzell
Dietary Aide/Cook

Christopher Mizzell has worked as a dietary aide/cook for ten months for us. He is especially proud of his “Employee of the Month” honors this June because he has been such a fast learner.

Not only is Christopher part of the team that prepares tasty meals for the residents, he loves to sing and dance to country music while he cooks. He is also quick to “shake a leg” at Pelican Pointe community socials. “I love the residents...I can be in not a good mood and they make me smile,” he says with a twinkle in his eye. A house painter for 25 years, he enjoys the less exhausting nature of working in the kitchen, too.




The staff of Pelican Pointe, Christopher 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 Anderson
your tour guide...call today!*

Tours daily

even walk-ins welcome!



Pelican Pointe
ASSISTED LIVING

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

Stuffed butternut squash

Ingredients

- 2 Tbsp olive oil
- 2 medium butternut squash, halved and seeded
- Kosher salt and black pepper
- 1 lb spicy breakfast sausage
- 4 garlic cloves, minced
- 1 small red onion, diced fine
- 6 oz. cremini mushrooms, trimmed and chopped
- 2 Tbsp.chopped fresh sage
- 1 cup chiffonade kale (from 3 to 4 large leaves)
- 1 (8.5-oz.) bag microwaveable brown rice
- 1 cup grated gruyere (about 4 oz.)
- 1/4 cup chopped fresh parsley
- 1/4 cup freshly grated parmesan cheese



Directions

1. Preheat the oven to 400°F. Line a rimmed sheet pan with parchment paper.
2. Oil and season the squash with a generous pinch of salt and pepper. Place the squash cut side-down on the prepared sheet pan. Pierce the outside of the skin with a sharp paring knife several times. Roast until the squash is tender, 40 to 45 minutes.
3. Meanwhile, brown the sausage in a large skillet over medium high heat, crumbling it

- as it cooks, 5 to 6 minutes. Remove to a bowl. Add the garlic, onion, mushrooms, and sage to the skillet. Cook, stirring, until the mushrooms have released their moisture and the onions have softened, 5 to 6 minutes. Add the kale and brown rice, season with a generous pinch of salt and pepper, and stir well to heat through. Transfer the mixture to the bowl with the sausage. Add the gruyere and 2 tablespoons of the parsley. Stir to combine.
4. Remove the squash from the oven. Using a

- spoon, scrape some of the flesh from the neck of the squash, creating a small trench, adding the removed flesh to the bottom of the well where the seeds had been. Divide the filling mixture between the squash, filling up the seed well and the neck. Return the squash to the oven and bake until the cheese is fully melted and the filling is hot throughout, 10 to 12 minutes.
5. Serve hot, topped with the parmesan and remaining parsley.

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It's Medicare Annual Enrollment season!

Are you unsure of what to do? Let us help you pick the right plan!!!

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

KLAMATH SENIOR CENTER OCTOBER 2025 CALENDAR OF DAILY EVENTS

*Calendar changes in RED

MONDAYS **Center closed on Monday, October 13th

- 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 Oct 7**
- *2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- Stott Pilates is back starting Sept 9! With Karen Doyle Watkins 10:30 am. Will be at 10:00am during Age Well Expo on Sept 23.
- *2nd Tues Klamath & Lake Counties Council on Aging 11am–12pm
- Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
- **Chair Pilates Starts on October 7th until December 16th with Karen Doyle Watkins 2:30 pm**
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

WEDNESDAYS

- SAIL with Sherry Hooke 9:00 am
- (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Senior Dancing, all are welcome! 1 pm – 3 pm

THURSDAYS

- Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am
- (+) Craft Connection Corner 9 am to 11 am
- The Aging Journey Workshop; 9 – 10 am. Call 541-883-1030 ext 2105
- Stott Pilates is back starting Sept 9! With Karen Doyle Watkins 10:30 am
- *3rd Thurs Bristol Hospice Birthday Celebration
- (+) Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

FRIDAYS

- SAIL 9 - 10 am
- (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- County Branch Library 9:30 am – 1 pm
- Game Day with D.P. Redding 12 – 2 pm
- Qi Gong with Colleen Lennard 12:30 pm **on Oct 3, Oct 17, Oct 24**
- (+) 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

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. **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. **Classes held Sept to Dec 2025.**
- 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.”

* 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.

Aging Journey Thursdays 9-10 AM. Join KBBH at the Center for this FREE informative weekly workshop!
Upcoming Guest Speakers:
Oct 2- Paula Shelly
Oct 16- Lori Staunton
Oct30- Joseph Ransom

October’s topics: Safety, home safety assessments, understanding memory loss, Finding Laughter in life

**Paper Bingo 2nd & 3rd Thursday:
Next October 9th & 23rd!**

**SAVE THE DATE:
Halloween October 31st.
At the Klamath Basin
Senior Center**

October 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 |
|-----------------------------|--------------------------------|---------------------------------------|---|---|
| Sep 29 | Sep 30 | 1 | 2 | 3 |
| Chicken Strips Fries | Taco Soup | Hot Roast Beef Mashed Potato Gravy | Quiche | Tuna Melt Sandwich |
| 6 | 7 | 8 | 9 | 10 |
| Broccoli Cheddar Soup | Shepards Pie | Chicken Alfredo | Augratin Potato w/ Ham | Cheeseburger Baked Beans |
| 13 | 14 | 15 | 16 | 17 |
| CLOSED Holiday | Taco Tuesday | Beef Stroganoff | Pork Chops Crazy Potatoes BRISTOL HOSPICE BIRTHDAY CELEBRATION | Fish and Chips |
| 20 | 21 | 22 | 23 | 24 |
| Brunch for Lunch | Ham and Cheese Monte Cristo | Spaghetti with Meat Sauce | Chicken Broccoli Casserole | Clam Chowder |
| 27 | 28 | 29 | 30 | 31 |
| Squash Soup and Sandwich | Mexican Casserole | MeatLoaf Mashed Potato Gravy | Chicken Stew | Chile Verde Cornbread Halloween at the center |



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 10:30 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 & Palliative Care

Upcoming Speakers for Muffin Mondays

10:30 AM to 11:30 AM

10/6/25: Catie Peterson – Sky Lakes Outpatient Care Management
10/13/25: Sheriff Shane Mitchell – Preventing Fraud
10/20/25: Charlie Wyckoff – Last Farmer’s Market
10/27/25: Dale Geigle – Klamath County Stroke Survivors Support Group
11/3/25: Kathy Neese – Heroes Breakfast
11/10/25: Dutch Brothers Celebrating Veterans’ Week
11/17/25: Brannon Kaefring – Medicare Open Enrollment
11/24/25: Misty Sullivan – Klamath & Lake Counties Council on Aging



Trick-or-Treat

at Crystal Terrace

Wednesday, October 29th
6 p.m. - 8 p.m.



Trick-or-Treat Trail at Crystal Terrace

Safe, sweet, and spooky fun for all ages!

Bring your little ghouls, superheroes, and princesses for an evening of door-to-door trick-or-treating with our wonderful residents. Enjoy free candy at nearly every door, festive photo ops, and a family-friendly atmosphere.

Costumes are encouraged!

This free event is open to the community—come be part of a heartwarming Halloween tradition.

541-885-7250 | CrystalTerrace@mbk.com
1000 Town Center Drive, Klamath Falls, OR 97601
CrystalTerraceMBK.com

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

