September 2025









4th Annual Age Well Expo on September 23rd

Active Seniors

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

Learn More about the Age Well Expo Inside on Page 12.

ALL ARE WELCOME.

Klamath Basin Senior Citizens' Center



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.





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

541-850-7315



HEALTH

Workshops*

Assistive **Equipment Loans**

Exercise Classes*



TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store

*Please see Calendar of Events Page for airrent offerings



BINGO*

Library Branch

Special Classes*



FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

CONTACT INFORMATION

General Information - Front Desk 541-883-7171

Donations - Shawn Pierce 541-883-7171 ext 136 Transportation - Cindy Dupart 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.

Director's Letter to the Community September 2025

Dear Friends.

As we move through the final stretch of summer, there's no denying that familiar feeling of fall slowly creeping in—cooler mornings, golden sunsets, and a gentle shift in pace. It's a time of reflection, renewal, and preparation, and here at the Senior Center, we're embracing the season with energy and purpose.

September is Healthy Aging Month, and we're proud to shine a light on what it truly means to age well—mind, body, and spirit. Our programs continue to focus on promoting vitality, independence, and community connections. Whether you join us for a fitness class, a health screening, or a lively discussion over coffee, you're taking steps toward a healthier, more connected future.

Falls Prevention Awareness Week is also around the corner. Falls are not an inevitable part of aging, and we're committed to helping our community stay safe, strong, and steady. Keep an eye out for special workshops, balance and mobility classes, and safety checks throughout the month.

We're also thrilled to announce the upcoming Age Well Expo—a day dedicated to celebrating

aging, connecting with resources, and having a little fun along the way. There will be vendors, presentations, raffles, and a chance to meet others who are on the journey of aging with purpose and positivity.

This month, we also extend a warm welcome to Melodi McGee, the new Executive Director of the Area Agency on Aging. We look forward to working alongside her in strengthening services, expanding opportunities, and continuing the mission of supporting older adults across our region. Her leadership brings fresh vision and energy, and we are excited for the collaboration ahead.

Of course, none of this would be possible without the support of our volunteers. Your time, compassion, and commitment keep our programs thriving. If you've been considering getting involved, now is a perfect time. Whether it's helping with meals, driving for transportation, or sharing a skill or story, your contribution makes a real difference.

As autumn approaches, let's all take a moment to reset and recommit—to our health, to each other, and to the community we're building together.

We hope to see you at the center soon!



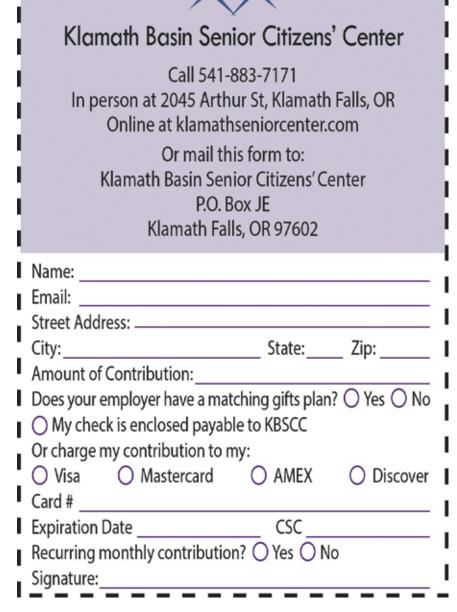
Theresa Edwards with Melodi McGee from Klamath & Lake Counties Council on Aging.

Theresa Edwards

To make a fully tax-deductible donation to the

Executive Director Klamath Basin Senior Citizen's Center





Reliable volunteers are urgently needed



The Village Housekeeping

Do you like to do house chores? If you do stop by the center and pick up an application help our older clients that really need a few hours a week to have some lite housekeeping. done

Lawn Care

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.

For more information on being a volunteer, call Machel Ramirez, Volunteer Coordinator, at the Klamath Basin Senior Center, 541-883-7171 ext. 128

You are welcome to stop in and pick up an application at 2045 Arthur Street Klamath Falls, OR 97603

You can find your purpose here at the Klamath Basin Senior Center

We Celebrate Life! Everyone is Welcome!

WHAJ'S NEW!

No **Bingo Kitchen** on Saturdays – Outside food is allowed.

Aging Journey Thursday's 9 - 10 AM guest speakers Katherine Silver,
APD Staff, Ellen Radcliffe, Cassie Rose, at the Klamath Basin Senior
Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603,
See page 7 for more details!

Paper only bingo, 2nd & 3rd Thursday on September 11th, and 25th, 50 people minimum doors open at 4 starts at 6 at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603. See page 9 for more details!

Age Well Expo, September 23, 2025, from 9am - 12:30pm. Come see all the vendors, and join us on our morning walk at 9am at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603. See page12 for more details!

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

Chair Pilates starts October 7th!

Chair Pilates is an adaptable form of exercise that incorporates the principles of traditional Pilates but is performed using a chair as a support. This makes it accessible for individuals of all fitness levels and is particularly beneficial for those who may have mobility challenges or are new to exercise. Chair Pilates is a low impact exercise and therefore is easy on the joints, making it suitable for people with arthritis or other joint issues

This class will encourage:

1.Improved Core Strength: Chair Pilates focuses on exercises that engage your core muscles, helping to develop strength and stability.

2.Enhanced Flexibility: By incorporating stretching movements, chair Pilates can improve flexibility and range of motion.

3.Increased Balance and Coordination: The exercises often involve maintaining balance while performing movements, which can enhance overall coordination.

4.Restore Posture: By targeting specific muscle groups to strengthen and stretch muscles that support the spine

This class offers standing and seated options. We will incorporate the use of props such as fitness circles and small weights to encourage muscle and bone building.

Join Karen Doyle Watkins for this class on Tuesdays at 2:30 pm from October 7th to December 16th!



What are you doing this Summer?

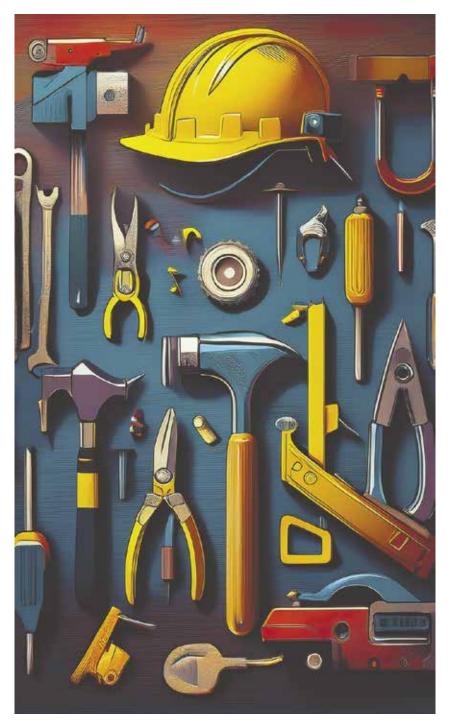
Why not VOLUNTEER? The Senior Center's VILLAGE Program is looking for volunteers to step up and help out with

- Light housekeeping for seniors who are shut-in
- Yard work such as mowing lawns and weed control,
- Grocery shopping and the occasional errand.

If you have never heard about the VILLAGE, call or come by the senior center to pick up a volunteer application and talk with Machel Ramirez, volunteer program director. Her phone number is 541-883-7171 ext 128

WE ALWAYS NEED VOLUNTEERS IN THE KITCHEN Openings for Volunteers at the Senior Center:

- Kitchen Help
- Lunch Desk Assistants
- Grounds Keeper
- Gift Shoppe Helper
- Teach a Craft or Teach a Class (Tell us what you'd like to do)



HANDY PROJECT PERSON NEEDED!

Do you like to fix things, build things, have tools that are lonely and need to find work? The VILLAGE has just the thing for you! Call Machel Ramirez or drop by the Senior Center at 2045 Arthur Street to see what is available for you!



Lake County Senior Center

September 2025 Current Events

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 a<u>t www.</u> klamathseniorcenter.com. Contact Machel Ramirez at 541-883-7171 Ext 128.



Expressions of Heart and Mind

VOLUNTEER RHYME

By Sharon Hudson

When you think about volunteering, You wonder what you will find. Will the road be smooth?, and Will my path be kind?.

Volunteering can give you A good feeling inside. It's like an act of kindness That can't be denied.

Doing volunteer work at Your child's school benefits all. Your child feels good, and It makes you feel tall.

When volunteering in the Classroom, you need quick wit. Some students challenge you, and Will test you a little bit.

One student said, that "you Are full of snot." A quick reply would be "no I just blew my nose, so I am not."

Field trips are exciting, and Excitement fills the air. Just stick together, and enjoy The experience that you share.

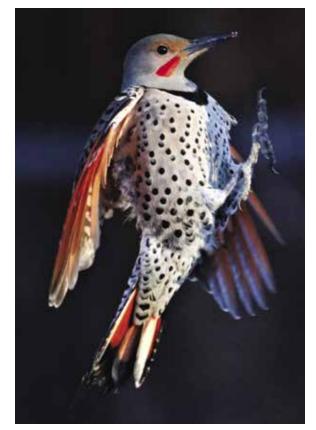
It's a day that we are all Having fun as we go. Learning new things and having A good day as we make it so.

Field trips need helpers, and Responsible people who care. So get a good night's sleep, And make sure you prepare.

There are many areas that need Volunteers, and one is there for you. Think about it, and pick something That you really like to do.

The light shines brightly
On those who give.
Wise waves blow softly, and
That's the way to live!

Be kind to yourself, and Have a good day. Let goodness come to you, And have it your way.



Photos of Northern Flicker and Fox by Jerry Mathis

MOM

By Vaudine Cullins

I want my Mom the way she was When I was but a child When gentle eyes in gentle ways Looked at me and smiled When soft and fragrant flowing hair Framed a face so young When strength and independence Brought a song that must be sung But empty eyes and lips that pout Are all that greet me now Weakened arms, unsteady legs A head that tends to bow Disconnected memories Allusions of the past Hands that fidget, silent gestures Thoughts that seldom last I want my mom the way she was When I was still a child When she was young and happy And she looked at me and smiled



Do you have a short creative writing piece or artwork you would like to submit and share?

Please submit to

emily.edwards@kbscc.org

THIS CAREER RUNS HOT & COLD

FOR GOOD REASON.

HVAC Heating & Cooling installation & maintenance is a career in high demand across all of Oregon.

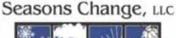
At Klamath Community College Apprenticeship Center you'll:

- Receive a one-stop-shop journeyman certification
- Work alongside professionals
- Learn troubleshooting skills
- Earn pay as an apprentice
- Work on the latest high-tech equipment

Registration is open now! Classes start Sept. 29 Call 541-880-2261 to get started













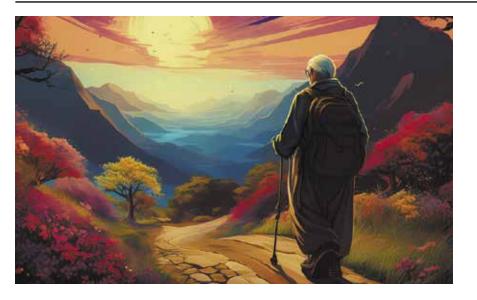






to learn more!

♦KCC | Apprenticeship



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





Oregon Behavioral Health Initiative

How Healthy aging and volunteering in your community are closely connected, and the relationship between the two can significantly benefit both individuals and society. Here's how:

1. Mental Health & Cognitive Function

Volunteering provides mental stimulation, which can help keep the brain active and engaged. Older adults who volunteer often report:

- Reduced risk of depression and anxiety
- Better cognitive function
- Increased sense of purpose, which is linked to longevity and improved mental health

2. Physical Health

Many volunteering roles involve physical activity, whether it's gardening, delivering meals, or organizing events. These activities can:

- Improve mobility
- Promote heart health
- Help maintain overall physical and cognitive functions

3. Social Connection

Social isolation is a major risk factor for poor health in older adults. Volunteering helps by:

- Building social networks
- Reducing feelings of loneliness

- Increasing community belonging, which supports emotional well-being
- 4. Sense of Purpose and Identity
 As people age and retire, they may feel a loss of routine or identity. Volunteering can:
- Provide a new sense of purpose
- Offer structured activities
- Help individuals feel valued and needed

5. Lifelong Learning and Skill Retention

Volunteering often involves learning new things or using long-held skills, which supports:

- Cognitive flexibility
- Skill maintenance
- Personal growth

Volunteering promotes healthy aging by supporting the mind, body, and spirit. It helps older adults stay connected, active, and engaged — all of which are key ingredients for a longer, healthier, and more fulfilling life For more information on volunteering at the Klamath Basin Senior Citizens Center call Machel Ramirez, volunteer coordinator at 541-883-7171 Ext 128 or email at volunteer. coordinator@kbscc.org



Healthy aging is about more than simply growing older—it's about staying active, connected, and engaged in ways that bring joy and purpose. At the Klamath Basin Senior Citizens' Center, there are so many opportunities to support healthy aging. Whether it's joining an exercise class, enjoying a nutritious meal, or connecting with friends through social activities, the Center provides a welcoming place to care for both body and mind. Trying something new, sharing time with others, and keeping a positive outlook are all part of living well at every stage of life. With resources and activities designed to promote wellness, the Senior Center is here to help you make the most of every day.

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



2nd & 3rd Thursday September 11th & 25th

50 people minimum
doors open at 4pm, starts at 6pm
Pay outs are based on attendance
Klamath Basin Senior Citizens' Center,
2045 Arthur St, Klamath Falls, OR 97603



Good eye health is for ALL ages!

- One in six Americans age 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses. The risk of eye disease increases with age, yet many older adults neglect to see an ophthalmologist for care. To bring attention to taking care of our eyes as we age, the American Academy of Ophthalmology celebrates Healthy Aging Month to raise awareness of the signs and symptoms of vision loss and steps to help seniors take care of their sight.
- asymptomatic adults is critical for identifying ocular conditions that can lead to worsening eyesight if left unaddressed. For screenings that indicate early-stage eye disease, it's equally important for patients to follow up with an ophthalmologist to discuss treatment that can preserve one's vision. As the leading cause of blindness for people over 60, early-onset glaucoma can take the same toll on a healthy, mid-life adult who is otherwise thriving.
- Good nutrition and regular exercise are key to optimizing our health over a lifetime, right? Beginning in our 40s, comprehensive eye exams should join mammography (for women) and colonoscopy as part of mid-life health regimens that screen for signs of aging on whole-body deterioration and development of chronic disease.
- Prepare for compromising eyesight "annoyances" that begin in mid-life. Presbyopia the eye's gradual loss of ability to focus on objects in close range as aging stiffens the lens is more a mark of getting older than a treatable disease. Fortunately, the optical solution for this mid-life milestone is selecting that first pair of reading glasses.
- In advancing age, keep watch for signs of degenerative eye diseases that can lead to total blindness if left untreated. When blurry vision, blind spots, eye pain, rapid loss of vision and other telltale markers of glaucoma occur, make an appointment ASAP to see an ophthalmologist. Assessing the full extent of vision loss and areas of rapid deterioration allows an ophthalmologist to diagnose and treat glaucoma patients to slow the rate of vision loss before this disease progresses to a more damaging stage.
- Good eye health is for ALL ages! Individuals who are younger than 40 and have symptoms or risk factors for developing eye disease should not wait until the recommended age to have a comprehensive eye exam. Diabetes, high blood pressure and family history are several major risk factors for developing damaging eye disease. An ophthalmologist or a low vision specialist can address predisposition to ocular disease and outline types of early treatment that can significantly preserve a younger patient's vision.



2640 Biehn Street KlamathEyeCenter.com 541 884-3148

NEWS FROM THE GIFT SHOP

CONGRATULATIONS TO MARIA MEESE & IRENE CHAMBERS. Both of these ladies won prizes at the Klamath County Fair! Irene won 2nd place for her beautiful quilt. (I think she should have won 1st, but I was not a judge.) Maria won multiple 1st place ribbons for needle work items and a BIG PRIZE for her amazing beaded jewelry set. She won a Best in Department for her hard work. If you didn't see it at the fair, you missed a treat for your eyes. These two ladies have been selling their beautiful & creative items in the gift shop for several years. Come in and check out the selection of consignment items in our shop.

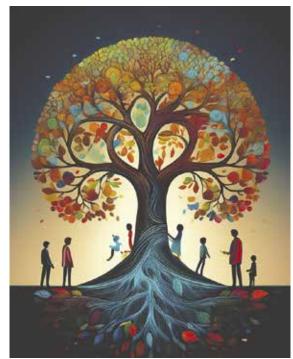
I would like to thank all those who have donated items to our Gift Shop over the past few weeks. We are enjoying going through all of the items donated and even buying some for ourselves. We a lot of new fabric, yarn and craft items to keep you busy making gifts for loved ones or something special for yourself.

Applications are now being taken for our Annual Christmas Bazaar. We only have a limited number of tables so, grab yours soon. The tables this year will be \$30.00 for a 6 ft long table. If you wish to bring a card table to assist in displaying your beautiful items there is an extra charge of \$5.00. The card table can only be 4x4 since we have limited spaces available.



Maria Meese and her ribbons from the Klamath Fair.

Thanks to all who continue to support the Senior Center & The Gift Shop.



Klamath Basin Genealogy Society is having its all-day Seminar Sat. September 27th, 2025.

Our speaker will be Professional Genealogist Christine Cohen. Klamath County Library 9:00- 3:30. Members \$30.00, non-members \$40.00. More info at library help desk or send an e-mail request to kbgskf@gmail.com.



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





Win up to \$750 CASH on September 5, 12, & 19! Win up to \$1,000 CASH on September 26 in observance of National Indian Day!

Beginning Monday, September 1 at 8am, every 10 points earns one Friday night drawing entry. Drawings every half hour.





Battle Groun SLOT TOURNAMENTS Saturdays, September 6-27 • 6pm-8pm

Win up to \$500 CASH! \$10 Buy-in Tournament.

> \$5 Rebuys (up to two times). Top 14 scores win a prize.

HOT SEATS Sundays, September 7-28 • 1pm-5pm Win up to \$250 CASH! Drawings every half hour.

See Bonus Club for Complete Details SMOKE FREE CASINO Gambling Problem? Call 1-800-GAMBLER

\$250 FREE PLAY

Plus, earn up to an additional \$50

Free Play and a \$5 off coupon for

the Peak to Peak Restaurant.*

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

OLDER ADULT PROGRAM 541.883.1030

You are not alone. KLAMATH





Cascade Health Alliance

Volunteer!

Volunteer to Nourish your Soul and Benefit Others This September we want to focus on opportunities to volunteer in our community. Volunteering can benefit you and the community. Getting out to volunteer helps you stay active and of sharp mind. Volunteering also benefits the organizations you help – and their mission to improve people's lives.



Justin Straus

Some great opportunities to volunteer in Klamath county are:

- Local youth through after school programs, groups, or clubs.
- Delivering meals or friendly visits to homebound seniors. This kind of volunteering is flexible, social, and deeply appreciated by those you connect with.
- Helping out at our local library or museums. Connect with people's love to learn and share knowledge.

These are just a few ideas to inspire you to get out and share your knowledge and lend a helping hand this September, or whenever the mood strikes! Team up with friends or volunteer solo, knowing that your efforts will bring pride and joy as you help enrich the lives of others this fall.

Contributed by Cascade Health Alliance



cascade comprehensive care



Cascade Health Alliance

Health Literacy Can Help You Age Well

With increasing age, attention to our health becomes more and more critical. That is why health literacy should be taken seriously.



Being health literate means you can find, understand, and use information and services to inform healthrelated decisions and actions for yourself and others.



To experience healthy aging, become educated and proactive regarding your healthcare and lifestyle. This means being willing to ask doctors questions and taking the time to understand treatments or new medications. Healthy habits such as eating nutritious foods and regular exercise can also help facilitate healthy aging.

4TH ANNUAL AGEWE



Walk with Ease with Ellen Radcliffe from the YMCA



Find the full schedule & list of exhibitors & sponsors on our Facebook!

Activities, Raffles, Demonstrations

10:30 AM

A FREE & FUN COMMUNITY EVENT

This event is for everyone - older adults, families, and anyone curious about building lifelong habits for health and wellness

CONNECT TO WELLNESS

Explore resources at the Center & in the community. Learn tips to stay active and independent at all ages. Connect with health and wellness experts and organizations who support your well-being

> Tues, Sept 23, 2025 9:00 am - 12:30 pm

Live Well *Age Well *Thrive Together at the Klamath Basin Senior Citizens' Center 2045 Arthur Street, Klamath Falls

Thank you to our Sponsors!

Cal-Ore Communications * Klamath Basin Behavioral Health * Crystal Terrace of Klamath Falls

Questions please email anne.davenport@kbscc.org



Pictures from past years at the Age Well Expo — moments of learning, connection, and celebration. Make new memories with us at this year's event!



FLU SEASON IS COMING...

Get a Flu Shot at the Age Well Expo!

PLUS! CHECK OUT
SKY LAKES' NEW MOBILE CLINIC!

Sept 23, 9:00am-12:30pm



"Discover a New Chapter at Crystal Terrace"



Tour Today! 1000 Town Center Dr • (541)885 7250 • www.crystalterracembk.com

Nestled on 22 acres overlooking Upper Klamath Lake, Crystal Terrace offers resort style senior living with a vibrant, maintenance free lifestyle.



Our community includes:

- Chef prepared dining
- Heated indoor pool
- · Movie theater
- Salon & barbershop
- Fitness & activity rooms
 24/7 personalized care
- Independent, Assisted & Memory Care

Come check out our NEW on site Geo Trail — in partnership with Healthy Klamath & Klamath Trails Alliance

AmeriCorps Seniors is celebrating its 60th anniversary in 2025, marking six decades of the Foster Grandparent Program.

This program, which began in 1965, connects adults aged 55 and older with children in need, providing mentorship and support. In Klamath County we have Foster Grandparents volunteering in City and county elementary schools, as well as in Christian school and early childhood program. There are many positives that come with volunteering as we age:

Improved health and mental health outcomes Increased social connection

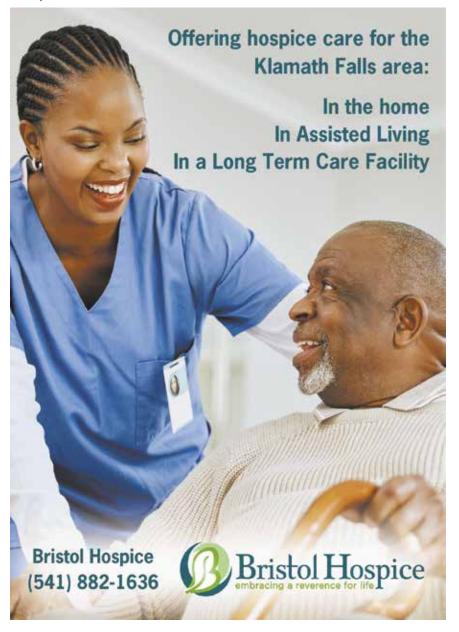
Renewed sense of purpose.

There are also great benefits for those we serve. Children in Klamath County need caring volunteers in their lives. They are at higher risk of poverty, exposure to domestic violence, exposure to drug and alcohol addiction, child abuse and food insecurity. These risk factors affect the mental and physical health of our children, which impacts their ability to focus and learn when they are at school. Foster Grandparents bring unconditional caring and mentoring to children in their classroom placements. It's like Foster Grandparents are classroom super heroes! Having a 'super hero' at school makes a positive difference in children's ability to learn.

Here are some of our local volunteers' super powers:

- patience
- gaining trust of children
- supporting developing math and reading skills
- playing on the playground
- unconditional caring

AmeriCorps Seniors is using the anniversary to highlight the impact of Foster Grandparents on communities and to encourage new volunteers. Call 514-539-5208 for more information!!! You can become a Super Hero, too!



DONOR REPORT

As September arrives and the crispness of fall begins to settle in, we are reminded of the beauty of change and the importance of preparation for the season ahead. Just as autumn calls us to reflect, gather, and ready ourselves for the winter months, your support helps the Klamath Basin Senior Citizens' Center continue to provide strength, care, and connection for our community's older adults.

Because of your generosity, seniors across the Klamath Basin are nourished by warm, nutritious Meals on Wheels deliveries, welcomed to daily congregate meals that spark friendships, encouraged through physical activity programs that foster health and vitality, and supported with transportation that ensures independence and access to essential services.

This fall, as the leaves turn and the days shorten, we celebrate you—our donors—whose kindness ensures that no senior faces the season alone. Your contributions embody the spirit of community: neighbors helping neighbors, honoring the wisdom of those who came before, and creating a foundation of care that carries us all forward. From all of us at the Senior Center: thank you for standing with us. Together, we are building a season of dignity, connection, and hope for every senior we serve.

Avangrid Emma Wyatt
First Presbyterian Church Marta Stephens
Lola Delonge Refuge City Church
Charlotte Moseley Paul Stuart
Burl Parrish Cheryl Gibbs
Connie Lemieux Ernie Palmer

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.

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



SHIP TALK

(Senior Health Insurance Program)

Health Care Fraud Takedown

Today's column is taken from a recent press release by the Office of Public Affairs of the Justice Department. They announced that the Health Care Fraud Agency has charged 324 defendants in connection with over \$14.6 billion in alleged fraud. This is the largest take down so far, more than double the prior record of \$6 billion.

Demonstrating the significant return on investment that results from fraud enforcement efforts, the government seized over \$245 billion in cash, luxury vehicles, crypto currency and much more. As part of the Health Care Fraud takedown, the Centers for Medicare and Medicaid (CMS) also announced that it prevented \$4 billion from being paid for false and fraudulent claims and that it suspended or revoked 205 providers' billing privileges in the months leading up to this large takedown. Civil charges against 20 defendants totaling \$240 million for fraud, as well as civil settlements with 106 defendants in the amount of \$34.3 million.

This latter CMS contribution is supported by the SMP (Senior Medical Patrol) program, which is part of our SHIP grant here In Oregon and all other states. And this is where you and I, the consumers, can play a role in fraud detection. So, once again, we remind you to always check your Summary Notice from Medicare to check that it is correct. If you do not recognize the name of the provider AND you did not receive the service, someone has your Medicare number and is using it to bill Medicare fraudulently. This should be reported to us here at SHIBA so the SMP staff can examine it and take action if necessary.

"Make no mistake - this administration will not tolerate criminals who line their pockets with taxpayer dollars while endangering the health and safety of our citizens." These are the words of US Attorney General, Pamela Bond. Fortunately we have this program to help us be vigilant and it therefore is our duty to be aware and alert to questionable billings.

SHIBA and SMP are here to help you navigate the Medicare maize of plans, options, rules and entitlements of the Medicare program. Our SHIBA staff and volunteers are well trained and certified to do so. We invite you to give us a call to make an appointment for Medicare counseling at the Senior Center, Phone: 541-883-7171.

Submitted by Anne Hartnett SHIBA Counselor



Volunteer of the Month

Name: Michael Preston

Position/Duties: I am one of the kitchen helpers and a dining room helper. I mop and sweep and I also help out at the salad bar. I enjoy helping clients on the floor and helping out with whatever chore I am asked to help with.

How long have you been volunteering at the Center? I started volunteering at the senior center in February 2025 with the help of D.P.Redding Inc. They helped me get my background check completed and I'm learning new job skills at the center to help further my horizon in the job world .

Why do you volunteer? I like volunteering to meet people, helping out clients at the senior center, and learning new skills.

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 southern California in Semi Valley. We moved to Klamath Falls in 2021 when my parents found property and a house that they really liked. We like it here.

What do you enjoy doing outside of volunteering? I really like to play video games. I have recently have started to learn how to play the guitar, which I'm really enjoying. I really like to going canoeing, which I don't get to do very often, but when I do it's so fun and relaxing.

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

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.



KLAMATH TOOL LIBRARY NEEDS A NEW HOME

KLAMATH TOOL LIBRARY, established July 1, 2017, is a project of Sustainable Klamath, a 501 C3 organization that has been working in the Klamath Basin since its inception as a League of Women Voters project in 1995. The Tool Library (TL) operates the same way any library does. It allows members to borrow tools for a small annual membership fee (\$20).

Stocked with donated tools, our tool library uses volunteers to stay open Thursdays from 5-7 pm and Saturdays from 9 am- 1 pm, providing all Klamath Basin members access to tools to improve homes, gardens, and neighborhoods. It promotes resilience, creativity, self-sufficiency, and sustainability. It makes more economic sense to repair and reuse rather than buy new. By putting a wide variety of tools into the hands of everyone who may need them, when they need them, regardless of their ability or desire to own them, we hope to improve the places we live, work, and play in.

BORROW IT! DON'T BUY IT!

The Klamath Tool Library exists by virtue of donations of tools, money, and labor. There are no paid staff! Want to volunteer? Come



to our store at 1221 Main Street between Rodeo's Pizza and the bookstore in downtown Klamath Falls.

Now we need a new home, as the current owner will soon want to remodel the space in which we are located. We have saved \$20,000 toward the purchase of a new building, but we need to raise

\$80,000 more to buy and remodel.

CAN YOU HELP US?

All donations are tax deductible. We will need a combination of donated dollars and grants to be able to retain this service to all of Klamath County residents. Help us keep this service.

WE'RE HERE TO ASSIST...AFTER ALL THIS IS AN ASSISTED LIVING FACILITY!



Gabriel Bennett Housekeeper / Maintenance

Gabriel Bennett started two years ago as a housekeeper at Pelican Pointe, but quickly was needed more for maintenance. He flashes his long list of chores for the day as he is being interviewedhanging pictures, painting walls, making sure tv's are working, tightening loose wheels on wheelchairswhatever needs to be done in the building, he does. "I know everyone by name," he says. "Another duty, when someone moves in, I make sure that have a fire / safety tour," he added. I enjoy helping the residents when they need help or something goes wrong."

Gabriel also graduated from OIT with a degree in electrical engineering and a math minor. At some point in time he will move into that field, but for the time being, he is quite happy working here. And we are so happy to have him!

Tours daily

even walk-ins welcome!



The staff of Pelican Pointe, like Gabriel, 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!



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

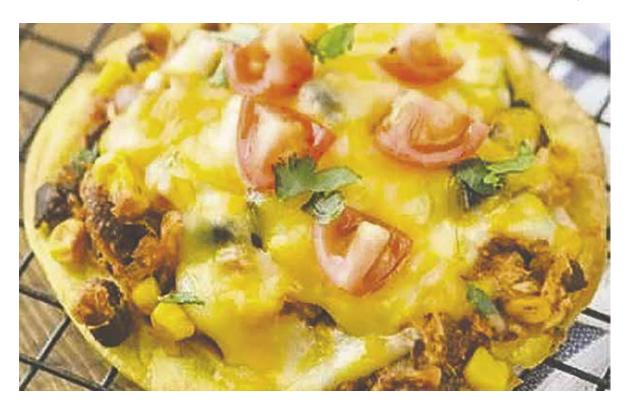
Chicken Tostada

One of the best parts about this recipe is the simple ingredients that are easy to keep on hand. Be sure to scroll to the bottom of this post to see the recipe card and how to put this easy dinner together.

- Corn Tortillas
- Canned Corn
- Shredded Chicken
- Salsa
- Taco Seasoning
- Black Beans
- Cheese

Ingredients

- 8 corn tortillas (6 inch)
- 1 tablespoon vegetable oil
- 8.5 ounces corn drained
- 1 1/2 cups shredded cooked chicken (see more about using cooked chicken)
- 8 ounces salsa (see my salsa recommendation)
- 2 tablespoons taco seasoning store bought or homemade
- 15 ounces black beans drained and rinsed
- 2 cups Colby jack cheese shredded
- fresh cilantro
- tomatoes



Instructions

How to Make Tostada Shells

Brush corn tortillas with vegetable oil. Do not use flour tortillas. There should be enough oil that each side has a nice shine to it, Bake the tray of corn tortillas for 5 minutes. Take them out, flip them over, and then put them back in the oven with the pan rotated from its original position. Bake for an additional 5 minutes or until the edges turn golden brown.

• Preheat your oven to 450 degrees. Lay the tortillas on a rimmed baking sheet. Brush the tortillas with the canola oil. Thick enough so that the whole side is shiny, but not so thick that you can see pools of oil. Flip them and brush the other sides. Bake for 10 minutes, flipping the tortillas half way through and rotating the pan. (Because ovens and baking pans vary, check on the tortillas every 2 to 3 minutes to ensure they do not burn. Keep in mind that while I would not use flour tortillas here, if you do, they will need less time.)

FREE - FREE - FREE - FREE TULELAKE-BUTTE VALLEY FAIR SHUTTLE SCHEDULE

FRIDAY, SATURDAY & SUNDAY (SEPTEMBER 5-7 2025)

10:00AM – DEPART KFLS SENIOR CENTER (Arthur Street) Drive to
Merrill for Pick up (Behind Polar Bear Restaurant)

11:00AM – DEPART MERRILL FOR FAIRGROUNDS

11:30AM – ARRIVE AT TULELAKE FAIRGROUNDS
Drop off and Drive back to Klamath Falls Senior Center

1:00PM – DEPART KFLS SENIOR CENTER (Arthur Street) Drive to
Merrill for Pick up (Behind Polar Bear Restaurant)

2:00PM – DEPART MERRILL FOR FAIRGROUNDS

2:30PM – ARRIVE AT TULELAKE FAIRGROUNDS
Drop off and Pick up anyone returning to Merrill or Klamath Falls

4:00PM – DEPART KFLS SENIOR CENTER (Arthur Street) Drive to Merrill for Pick up (Behind Polar Bear Restaurant)

> 5:00PM- DEPART MERRILL FOR FAIRGROUNDS 5:30PM – ARRIVE AT TULELAKE FAIRGROUNDS

Drop off and pick up anyone returning to Merrill or Klamath Falls 6:30PM – DEPART BACK TO KFLS – LAST BUS

> FAIR ENTRANCE PRICE: \$5.00 *CHILDREN UNDER 5 FREE EVERYDAY* SEPTEMBER 7, 2025 (SUNDAY) ALL FREE



KLAMATH SENIOR CENTER SEPTEMBER 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 **Sept 23: Join us for the Age Well Expo! 9am Walk with Ease with Ellen Radcliffe; 9:30am Yoga with Kathy Crist; 10:00am SAIL/Pilates with Karen Doyle Watkins; 10:30am Mobility with Anne Davenport!

- Mobility from Head to Toe with Anne Davenport 9 am **Debbie covering Sept 2 and Sept 9. Will be at 10:30am during Age Well Expo on Sept 23.
- *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
- 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 Sept 3
- (+) 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 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
- (+) 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.
- $(+) Activities \ of fered \ at the \ Senior \ Center \ provided \ by \ Community \ Members.$

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. 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."

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

Upcoming Guest Speakers: Sep 4th - Katherine Silver

Sep 11th - APD Staff

Sep 18th - Ellen Radcliffe, OSU

Sep 25th - Cassie Rose, FGP

August's topics: Co-generational, Long Term Care, Falls Pervention, Health Benefits of Volunteering.

Paper Bingo 2nd & 3rd Thursday: Next Sept 11th, Sept 25th!

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

September 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

To apply for Meals on Wheels, please call 541-205-5400				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HAPPY LABOR DAY CLOSED	CHICKEN BROCCOLI CASSEROLE	BEEF STEW	SHEPARDS PIE	FISH AND CHIPS
8	9	10	11	12
CHEESEBURGER BAKED BEANS	TACO TUESDAY	BEEF STROGENOFF	BAKED ZITI BREADSTICK	CHICKEN STRIPS SWEET POTATO FRIES
15	16	17	18	19
CHILI DOGS	LIVER AND ONION W/	OPEN FACED TURKEY	CHICKEN POT PIE	FISH AND CHIPS
FRIES	ALTERNATE CHEF CHOICE	MASHED GRAVY	BRISTOL HOSPICE BIRTHDAY CELEBRATION	FISH AND CHIFS
22	23	24	25	26
EGG ROLL IN A BOWL	BAKED CHICKEN ROASTED VEGETABLE Age Well Expo 9-12:30	CHICKEN FRIED STEAK MASHED POTATO GRAVY	CHICKEN STIR FRY	LASAGNA
29 30		Oct 1		
CHICKEN STRIP FRIES	TACO SOUP	HOT ROAST BEEF MASHED POTATO GRAVY	MEALS ON WHEELS AMERICA 2023 MEMBER	



Coffee - Muffins - Conversation

Mondays 10:30 a.m. - 11:30 a.m.

Klamath Basin Senior Center - 2045 Arthur Street

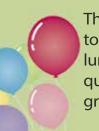




WE HONOR VETERANS

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

9/1/25: Closed for Labor Day

9/8/25: Bethany Holmes - Hearts with Admission

9/15/25: Jesse Snoozy – BestMed Urgent Care

9/22/25: Ashley Johnson - Klamath County Museum - Night at the Cemetery

9/29/25: Bobby Douglas - Potato Festival

10/6/25: Speaker Pending – 10/13/25: Speaker Pending

10/20/25: Charlie – Last Farmer's Market



FAIR ADMISSION:

KIDS UNDER 6 GET IN FREE // \$5 PER DAY FOR AGES 6 AND UP // \$10 FOR SEASON FAIR ADMISSION PASS

OF COURT ROYALTY!

MEMENTS



tiny mighty strong。



PER DAY

\$85 for a 4 DAY UNLIMITED WIRISTBAND

BUY TICKETS HERE

Tulelake-Butte Valley Fair Office - Tulelake

Vallarta Grocery - Tulelake

Martin's Food Center - Merrill

Stateline Auto Parts - Stateline Rd.

Coastal Farm and Ranch - Klamath Falls

Grange Co-Op - Klamath Falls

Kalina Hardware - Malin

First and Last Coffee Lounge Dorris



IR PARADE SATURDAY SEPT 6 AT NOON

TULELAKE ROTARY LIVESTOCK **AUCTION SUNDAY** SEPT 7 AT 2PM



MORE INFO HERE!