

JUNE 2024

FREE  
Take  
one!

# Active Seniors



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



**Assistive Equipment Loan Closet Organization was a HUGE SUCCESS!**

Thank you Healthy Klamath, Oregon Tech Doctor of Physical Therapy Program, and 2024 Give Back Day Volunteers for your help in making this a reality.

# ALL ARE WELCOME.



## Klamath Basin Senior Citizens' Center

### ABOUT US

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

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

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

### OUR MISSION

To build and maintain a supportive community for seniors.



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

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

### OUR SERVICES



#### FOOD

Congregate Meals

Meals on Wheels



#### HEALTH

Counseling

Durable Medical Equipment Loans

Exercise Classes



#### TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



#### ACTIVITIES

BINGO

Creative Writing & Art Classes

Movies



#### FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

## CONTACT INFORMATION

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

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

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

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

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

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

#### Front Desk Staff



Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

Produced in conjunction with the Herald and News.

## Dear Klamath Basin Community

As we step into June, I am excited to share the vibrant daily activities we have available at the Klamath Basin Senior Citizens' Center. We are embracing the warmth of the sun as we approach the longest day of the year. The lupines are blooming, the morels are drying up, and the crickets are chirping. I am looking forward to this year's wildflowers with all the moisture we have received. Do you have a favorite wildflower?

Come join us as we engage, entertain, and enrich our community! After a long winter, and perhaps an even longer spring, it's time to enjoy the warmth and the company of friends – old and new. What is your favorite summertime memory? Are you available to make some new favorite memories?

Did you know we have activities every day to suit a variety of interests and levels of social interaction? For example, if you want to saunter around our newly minted walking path, dance, play bingo, join an exercise class, sell your wares in our gift shop, volunteer, book a ride with our transportation division, visit our on-site library, play cards, join friends for crafting, meet with a group of veterans, learn how to paint with watercolors, learn chi gong, attend a yoga class, or navigate healthcare, you are guaranteed to find something that grabs your interest!

I promise you will find new friends among our community, and you will also be able to enjoy these activities without having to pay for a membership! Also, the great majority of our activities require no payment for participation. Although we always appreciate your financial, temporal, and professional support.



Matthew Pich-Maxon

June is Brain Awareness Month, a time to focus on the importance of cognitive health. We are committed to providing resources and activities that support brain health and enhance cognitive function. I find that engaging in novel activities that are challenging helps me to keep my mind active and limber. Volunteering is a great way to stay engaged and active. Have you had a chance to meet with our new volunteer coordinator Machel? Not yet, I highly encourage you to schedule a meeting with her to learn how you can contribute!

Be sure to reach out and see how you can assist this community as we continue to provide services for our community, many of which are only available at KBSCC. All you have to do is ask the fine folks at our Information Desk – Judy, Rowland, and Maurine -- for assistance. They will be sure to guide you to the right place.

Additionally, June is Elder Abuse Awareness Month. It is crucial to recognize and prevent elder abuse in all its forms. We will be hosting the Elder Abuse Awareness Fair at KBSCC. Be sure to attend and learn about all the valuable resources and information available in Klamath Falls. Your participation and vigilance can make a significant difference in creating a safe and supportive environment for everyone. As we celebrate the joys of summer, let us also take the time to care for our minds and protect the vulnerable among us. Together, we can make this June a month of joy, health, and community. I look forward to seeing you at our events and sharing in the wonderful experiences that make the Klamath Basin Senior Citizens' Center such a special place.

Warmest regards,

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

### KBSCC Impact

The Klamath Basin Senior Citizens' Center profoundly impacts the local community by providing essential services and fostering a supportive environment for seniors. Through its comprehensive programs, including nutritious meal offerings, health and wellness activities, social gatherings, and educational workshops, the center enhances the quality of life for older adults. By promoting social engagement and mental and physical well-being, we help seniors maintain independence and dignity. Additionally, the center serves as a crucial resource for families and caregivers as well. KBSCC's role in the community not only enriches the lives of its senior members but also strengthens the fabric of the Klamath Basin community as a whole, highlighting the value of inclusivity and care for all ages.

Over the last decade, KBSCC has provided our community with:

- 705,321 Meals prepared on-site
- 121,752 Rides throughout Klamath Falls and beyond
- 29,013 Health and Wellness Class Participations

To make a fully tax-deductible donation to the



**Klamath Basin Senior Citizens' Center**

Call 541-883-7171

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

Or mail this form to:

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

Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Amount of Contribution: \_\_\_\_\_  
 Does your employer have a matching gifts plan?  Yes  No  
 My check is enclosed payable to KBSCC  
 Or charge my contribution to my:  
 Visa  Mastercard  AMEX  Discover  
 Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ CSC \_\_\_\_\_  
 Recurring monthly contribution?  Yes  No  
 Signature: \_\_\_\_\_

# What does outdoor recreation have to do with Volunteering?



Outdoor recreation and volunteering intersect in several meaningful ways, combining the benefits of physical activity in nature with the sense of purpose and community that volunteering provides. Here's how they are related:

### Environmental Conservation:

Many volunteer opportunities in outdoor recreation focus on environmental conservation, such as trail maintenance, tree planting, and wildlife protection. These activities help preserve natural spaces and contribute to the sustainability of the environment.

### Community Building:

Volunteering in outdoor recreation often involves group activities, fostering a sense of community and teamwork. Participants can build strong social connections while working together on projects like cleaning up parks or building community gardens.

### Physical Health Benefits:

Outdoor volunteer activities often involve physical exertion, which promotes physical health. Engaging in activities like hiking, planting, or cleaning up natural spaces provides exercise, which is beneficial for cardiovascular health, muscle strength, and overall physical well-being.

### Mental Health Improvement:

Being outdoors has been shown to reduce stress, anxiety, and depression. The combination of physical activity, fresh air, and natural surroundings enhances mental health. Volunteering in outdoor settings amplifies these benefits by adding a sense of accomplishment and purpose.

### Educational Opportunities:

Outdoor recreation volunteering provides learning opportunities about nature, wildlife, and environmental stewardship. This education can foster a deeper appreciation for the environment and promote sustainable practices.

### Accessible Volunteer Options:

Many outdoor recreation volunteer opportunities are accessible to a wide range of people, regardless of age or physical ability. Activities can be adapted to fit different levels of fitness and mobility, making it inclusive.

### Promoting Environmental Awareness:

By volunteering in outdoor recreation, individuals become more



June is Alzheimer's and Brain Awareness Month, a time to raise awareness about Alzheimer's disease and other dementias, and to promote brain health. The month is an opportunity to educate ourselves, support those affected by the disease, and take steps to maintain optimal brain health.

Ukulele June 11, see page 14

Valeree Lane from Klamath County Public Health  
Community Health Assessment Survey  
Thursday, June 13 at 11:30am, see page 14

Elder Abuse Awareness Fair  
Tuesday, June 11th from 10 am – 12:30 pm, see page 18

Mid-Year Bingo June 22, see page 5

Did you see? Thursday Night Bingo is Back!

Check out our Calendar of Events for changes!

**BINGO**  
 2 20 36 33 89  
**SATURDAYS**  
 12 3 66  
**AT THE SENIOR CENTER**  
**2045 Arthur St.**  
**SATURDAY BINGO Nickel Bingo**  
 open at 10 am call at 11:30 am  
**SATURDAY BINGO Fundraiser**  
 open at 4:30 pm call at 6 pm  
 ★★★★★★★★★★★★★★★★★★  
**PROCEEDS FROM BINGO FUND**  
**PROGRAMS AT THE SENIOR CENTER**

aware of environmental issues and the importance of preserving natural spaces. This heightened awareness often translates into more environmentally conscious behaviors in daily life.

**Enhancing Local Communities:**

Local parks, trails, and natural reserves often rely on volunteers to maintain and improve these areas. Volunteers play a crucial role in ensuring that these spaces remain safe, clean, and enjoyable for the community.

**Boosting Mood and Cognitive Function:**

Spending time in nature has been linked to improved mood and cognitive function. Combining this with the rewarding experience of volunteering creates a powerful boost to overall mental well-being.

**Providing a Break from Routine:**

Outdoor recreation volunteering offers a break from daily routines and the opportunity to engage in something different and rewarding. This change of pace can be refreshing and rejuvenating. In summary, outdoor recreation and volunteering are closely linked through activities that promote environmental conservation, physical and mental health, community building, and educational opportunities. By participating in outdoor volunteer work, individuals can enjoy the benefits of nature while contributing to the well-being of their communities and the environment.

**NOW IS THE TIME TO VOLUNTEER.**

IN NEED OF VOLUNTEERS for yard work

Sign up today be a volunteer. 541-883-7171 ext 128 and ask for Machel Ramirez, our new Volunteer Coordinator!

**HAVE YOU BEEN WAITING FOR MID YEAR BINGO?**

**MID YEAR BINGO IS ON SAT. JUNE 22nd  
FEATURING - 2 \$1,000.00 BLACKOUTS  
1 - WINNER TAKE ALL GAME  
DOOR PRIZES AND MANY OTHER  
GIVEAWAYS**

**PRE - PAYS ARE NOW OPEN ( SAVE TIME BY  
PREPAYING)**

**OPEN AT 4:00 PM, CALLING AT 6:30 PM  
WE PLAY UNTIL AROUND MIDNIGHT  
COME PARTY WITH US  
ADVANCE TABLE RESERVATIONS  
AVAILABLE**

**FOR 6 OR MORE IN YOUR PARTY  
Payouts will be based on # of players and  
amounts sold**

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

**DONOR REPORT**

**KMSB Foundation**

The Klamath Medical Service Bureau (KMSB) has a rich history rooted in the medical needs of Klamath Falls, Oregon. Established in 1939 by a group of local doctors, KMSB was formed as a physician insurance program to break away from the exclusive contracts held with timber companies, which were common at that time. This initiative allowed doctors more independence and better control over their practice and patient care.

In 1946, KMSB expanded its influence in the local medical community by purchasing both of Klamath Falls' existing hospitals. This acquisition was a significant step in centralizing healthcare services in the region and improving medical care for the local population.

Over the years, KMSB has continued to impact our community positively through its foundation. The KMSB Foundation remains active in philanthropy, funding various initiatives that benefit the community, such as volunteer awards, nurse training programs, and construction of new medical facilities.

As a generous supporter, KMSB has made a significant impact! KMSB Foundation's contribution this year will allow us to provide 2024 congregate meals.

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

April Contributions of \$22,573 were received from the following organizations and individuals:

- |                        |                    |
|------------------------|--------------------|
| KMSB                   | Rose Chapman       |
| Klamath County, Oregon | Patricia Henderson |
| Linda Bourcy           | Cheryl Gibbs       |
| Marta Stephens         | Charlotte Moseley  |
| Refuge City Church     | Wilma Petrik       |
| Debora Johnson         | Robert White       |
| Jon Schnebly           | Ernie Palmer       |
| Burl Parrish           | Sue Bowman         |

KBSCC continues to encourage you to be a recurring giver. These types of gifts are so important to the KBSCC because they add stability to our funding. They also send a clear message to everyone that you have trust in the KBSCC, its future, and its importance to our senior neighbors.

You can choose a recurring gift by authorizing the KBSCC to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the KBSCC. There is a form on page 3 of this publication or online at [klamathseniorcenter.com](http://klamathseniorcenter.com).

**Gifts we are able to receive include: time, stocks, taxable IRA distributions, vehicles, real property and monetary contributions.**

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

**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.



## Expressions of Heart and Mind

### SUMMERTIME FUN

*By Sharon Hudson*

Picnics and barbeques are

On their way soon

Summer is the perfect time,

Starting in the month of June.

Warm weather and longer days

Create more time to enjoy the fun.

Cooking outdoors keeps the mess down,

And the heat stays out with the hot sun.

Camping trips and family reunions,

Give something to look forward to.

You will see those you love, catch

Up on old times, and do what you do!

You plan, you make reservations,

You buy supplies, and you pack

Now for the fun times. You

Go, you relax, and you sit back.

Time to enjoy yourself, and visit with

Those that you hold dear.

Be happy to see them, and

Keep up the cheer.

Spread the love, and leave

No room for hate

Find the good side, and

Things that you appreciate.

When you sing around the campfire

Old songs are like new.

Someone brought a guitar, and some

Drumsticks too.

It was all in fun, and everyone

Had a good time, and joined in.

The love was there, and many

Of them were kin.

A boat ride on the lake is

A cool place, you know,

Just wear sunscreen for protection,

And go with the flow.

Bring lunch in a cooler,

Put some drinks on ice.

You will like it better that way

And it will make things nice.

Old friendships were renewed,

And good feelings came about

Re-living the fishing trip when

You caught the biggest trout.

New memories were made, and

Thoughts of them were fun.

Most went home happy when the

Gathering was done.

"See you next year." someone said

As they got on their way.

Happiness prevailed, and things

Turned out more than O.K.



Cherry Blossoms by Sheila



Red Truck, painting by Sybil Fulk



Sunset on the Serengeti by Marc Kane

Do you have a short creative writing piece or artwork you would like to submit and share?  
Please contact [anne.davenport@kbscc.org](mailto:anne.davenport@kbscc.org) or 541-883-7171 ext 122.

# Volunteer Spotlight

**Name:** Carol Warner

**Position / Duties at the Center:** You may recognize Carol as one of our wonderful volunteers that hands you out your Bingo cards and at special Bingo selling raffle tickets. Carol volunteers on Thursdays and Saturdays for Bingo. Nickel Bingo Saturdays from 10:00 to 3:00pm.



Carol Warner

**How long have you been a volunteer at the Senior Center?** Carol has been a volunteer at the Senior Center since 2018 for the Bingo games.

**Why do you volunteer?** Volunteering gets me out of the house for one thing, which helps my health and Mental Health. I love knowing that I'm helping the center to earn money for the gift baskets that are given out the older Citizens for Thanksgiving and Christmas. Volunteering is good for our community.

**What's your favorite thing about volunteering?** I get to meet new people. Knowing that I'm doing a good deed, which helps both myself and people who come to support the center.

## Introducing a New Staff Member at the Center!

Hi! My name is Machel Ramirez and I'm the new volunteer coordinator at the Klamath Basin Senior Citizens Center.

I was born and raised in Klamath Falls, I raised 3 beautiful daughters, which then gave me 7 beautiful grandchildren.

I have a deep appreciation for the outdoors. I love fishing and hunting that helps me to connect with Mother Nature. I also have a passion for gardening, which is another cherished hobby I love to do, reflecting a nurturing side and a green thumb. These interests keep me balanced in my lifestyle that embraces both adventure and tranquility, likely contributing to a well-rounded and fulfilling personal life for myself and my family

I'm also addicted to bingo, which isn't a bad thing since it help support the Klamath Basin Senior Center.

I earned my degrees at Pacific Oaks in Pasadena Ca. I have background in Mental Health and Disabilities and early Childhood education. I have been in the education area for over 28 years. I look forward to spending the rest of my years working at the Senior Center and helping out in our beautiful community.



Machel Ramirez

**SUMMER YOUTH GRIEF CAMPS**

**FREE**

- Grief Activities
- Outdoor Games
- Peer Support

541-882-2902  
www.klamathhospice.org  
KLAMATH HOSPICE AND PALLIATIVE CARE  
Founding Member of Oregon Nonprofit Hospice Alliance

**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

# Meet Pickleball – The PNW based Sport that is taking off with a swing!

By Bronwyn Hoffman, Public Relations Intern for Sky Lakes

With the seasons changing, it is a perfect time to pick up a new outdoor activity. If you, like me, like the idea of playing sports more than you usually enjoy playing them, why don't you try Pickleball? Played on the same size court as doubles badminton, the sport feels like a combination of tennis, table tennis, and badminton, but it is significantly easier to play than tennis or badminton due to its relatively low-impact nature and having a larger and slower moving target.

Pickleball is a paddle sport, played using a specialized paddle and an adapted wiffleball specially made for the sport. The pickleball is made of a hard plastic that produces less bounce than your standard tennis ball, and the paddle is larger than the one used in table tennis! Because the pickleball is less bouncy than a tennis ball, and because of the holes in the pickleball that increase air resistance and slow the ball down, players find the ball easy to track and control. While tennis and related sports can be hard to get a hold of, anyone and everyone can play pickleball and pick the game up very quickly. When we think of the origin of our favorite sports, we don't usually look to politicians, yet Pickleball was created by a man who would later become a congressman and go on to serve as Washington's Lieutenant governor — Joel Pritchard.

In the summer of 1965, Pritchard and two of his friends, Barney McCallum and Ben Bell, invented the game for their families. It all began when Pritchard and Bell attempted to set up a rousing game of Badminton but were unable to find the shuttlecock. The two and their families ended up at the court anyway and after playing around



with different balls and rackets, the first version of the game we now call Pickleball was formed.

Despite its creation in 1965, the sport didn't see its first tournament until 1976 at the Southcenter Athletic club in Tukwila, Washington — less than 450 miles away from us here in Klamath Falls!


While the sport was created and popularized in the Pacific Northwest, it has spread all over the country. The Klamath Pickleball Association has a large membership base with dozens of court options.

Players, or people who want to try out pickleball, can visit the website [Playtimescheduler.com](http://Playtimescheduler.com) that helps local pickleballers find play times to meet up for drop-in play or schedule group play. Whether you're learning or an experienced pickleballer, you can find someone to play with at a local court. Make sure you warm up before playing to prevent injury!

If you're interested in the Klamath Pickleball Association, you can reach out via message at [kbpickleball.com/message](http://kbpickleball.com/message) to learn more about the group.



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



**TGIFRIDAY**  
**27TH ANNIVERSARY**  
**DRAWINGS**  
 JUNE 7-28 • 6PM-10PM  
**Win up to \$1,000 Free Play!**  
May only win once per day.

**SENIOR DAY MONDAYS**  
**8AM - MIDNIGHT**  
**HOT SEATS** NOON - 3PM **WIN UP TO \$100 CASH!**  
Must be 55+. May only redeem/win once per day.

**Refresh The Fun**  
 MINI PEPSI WEDNESDAY + THURSDAY KIOSK  
 JUNE 5-27 • 1PM-8PM  
  
**Win a 10-pack of Pepsi mini cans!**  
May redeem up to two times per day. While supplies last.

**Million Reasons**  
 TO PLAY 27TH ANNIVERSARY SATURDAY  
 SLOT TOURNAMENTS  
**JUNE 8-22 • 6PM-9PM**  
**Win up to 500,000 points and \$300 CASH!**  
 Top seven scores qualifies for final round at 8:45pm.  
 Payouts to the seven finalists.  
Guests may only qualify to play one spot in the final round.

**Tool-ing Around**  
**JUNE 9-30**  
**11AM-7PM**  
**SUNDAY KIOSK**  
**Earn prizes!**

<b>June 9:</b> Journeyman Tool Bag	<b>June 16:</b> 21 Volt Cordless Hand Drill	<b>June 23:</b> Journeyman 7pc Plier Set	<b>June 30:</b> 10pc Wrench Set
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May only redeem once per day. While supplies last.

**Born To Be Wild**  
**HARLEY-DAVIDSON**  
 27TH ANNIVERSARY GRAND PRIZE SATURDAY DRAWINGS  
**JUNE 29 • 6PM-10PM**  
**Win a 2024 Harley Davidson Low Rider FXLR5 Motorcycle!**  
  
May only win once per drawing night except for the Grand Prize Drawing at 10pm.

**27th ANNIVERSARY**  
**LIVE ENTERTAINMENT**  
 FEATURING CHIHUAHUA DESERT  
**SATURDAY, JUNE 29 • 2PM-6PM**  
**FREE EVENT!**  
 The refreshing and pristine sounds of Traditional Country & Western Fiesta  
Chihuahua Desert will perform live entertainment outside in the gravel parking lot between the Casino and Hotel.

**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



# 8 brain health tips for a healthier you

Adapted from the Mayo Clinic



At 3 pounds, the brain isn't very large, but it is a powerhouse. The brain holds your personality and all your memories; coordinates your thoughts, emotions and movements.

Billions of nerve cells in your brain make it all possible. Called neurons, these brain cells send information to the rest of your body. If they aren't working properly, your muscles may not move smoothly. You might lose feeling in parts of your body. Your thinking could slow.

The brain doesn't replace neurons that are damaged or destroyed. So it's important to take care of them. Head injuries, drug use, and health conditions like Alzheimer's and Parkinson's disease can cause brain cell damage or loss.

Developing brain health habits is a key way to keep your brain healthy. That includes following safety measures and keeping your brain active and engaged. Try these brain health tips:

## 1. Work up a sweat

People who are physically active are more likely to keep their minds sharp. Regular physical activity also can help improve balance, flexibility, strength, energy and mood. Research suggests that exercise may lower the risk of developing Alzheimer's disease. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking. Or it recommends 75 minutes a week of vigorous aerobic activity, such as jogging. It's best to spread this activity throughout the week. If you don't have time for a full workout, try a few 10-minute walks during the day.

## 2. Protect your head

A brain injury can have a significant long-term impact on a person's life. Brain injuries can affect thinking, memory, coordination, speech and emotions. To protect your brain, always wear a helmet when doing an activity where there's a risk of head injuries. Examples include biking, skiing, riding a horse or when using a motorcycle, snowmobile or all-terrain vehicle.

Other common causes of head injuries include car accidents and falls. Help avoid hits to the head by wearing a seatbelt in the car. To keep from falling, be careful with your footing on ladders, on uneven ground or when you're in an unfamiliar area. Help prevent falls at home by removing clutter from stairs and hallways. Keep

stairways well lit. Make sure all carpets and rugs are firmly attached to the floor so that they don't slip.

## 3. Take care of your health

Some medical conditions can raise the risk of developing problems with thinking and memory. They also may raise the risk of having a stroke, which can damage blood vessels in the brain. Among the most common of these conditions are diabetes, heart disease and high blood pressure. If you have ongoing medical concerns, follow your healthcare professional's directions on how best to treat and control them. If you don't have these conditions, ask your healthcare team what you can do to prevent them.

## 4. Meet up with friends

If you're on the fence about whether to go out with friends or invite loved ones over, do it. Being social helps ward off depression and stress. Both can make memory loss worse. Social isolation and loneliness also have been linked to a higher risk of a decline in thinking skills and Alzheimer's disease.

## 5. Get a good night's rest

Sleep is the human equivalent of plugging in your phone to charge. A good night's sleep helps improve brain function and memory, keeps you alert and makes it easier to do daily tasks. Rest also eases stress and depression.

Make getting enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night. If snoring disrupts sleep, make an appointment with your healthcare professional. Snoring could be a sign of a sleep disorder, such as sleep apnea. Conditions that disturb sleep may raise the risk for a decline in thinking skills and dementia.

## 6. Make a salad

Research has found that eating a healthy diet may play a role in preventing or delaying symptoms of dementia. In particular, the MIND diet can be a valuable tool for brain health.

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. This diet of brain healthy foods gives your brain fuel to help improve mental focus and slow decline in thinking skills. The MIND diet focuses on plant-based foods. It includes plenty of leafy greens and other vegetables, berries, nuts, whole grains, poultry and fish. It limits foods like butter, cheese, red meat and sweets.

## 7. Challenge your brain

Just as physical activity keeps your body in shape, activities that engage your mind can keep your brain in shape. And those activities may help improve brain function and memory. Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.

## 8. Be careful with medicines and limit alcohol

Drugs and alcohol can affect how brain cells communicate with one another. They also can have an effect on your brain's ability to react, plan, solve problems and control impulses. Follow the directions on medicines carefully. That includes medicines that you get without a prescription.

If you choose to drink alcohol, do so in moderation. For healthy adults that means up to one drink a day for women and up to two drinks a day for men. Drinking too much raises your risk of a fall and can cause memory problems. It also can make worse some medical conditions that affect the brain, such as high blood pressure and diabetes.

## June is Elder Abuse Awareness Month

Our elders are one of our most precious resources. Older Adults are the connection to our past and hold stories and facts of our history and should always be treated with kindness and the utmost respect. Sadly, this is not the case for many of our loved ones. An Older Adult is legally defined as a person 65 and older. An “elder” is defined as an individual of a greater age and this term may be used in certain cultures to denote an individual in a standing of wisdom, respect, and/or leadership.

The World Health Organization (WHO) defines elder abuse as “a single or repeated act, or lack of appropriate action, occurring within any relationship with an expectation of trust, which causes harm or distress to an older person. This type of violence constitutes a violation of human rights and includes physical, sexual, psychological, and emotional abuse; financial and material abuse; abandonment; neglect; and serious loss of dignity and respect”.

Older adults are at a greater risk for abuse due to the potential for cognitive, physical, or physiologic impairments as well as limited caregiving services and support. This population is growing. According to the WHO, the global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050. Elder abuse is one of the least investigated forms of abuse and does not get addressed as frequently as other social issues. Research suggests that 4 to 6 percent of older people suffer from abuse, most of which go unreported. It is reported that elder abuse instances happen primarily in the home, and a family member commits ninety percent of abuse and neglect incidents.

## There are many forms of abuse against older people.

**Physical:** Hitting, shoving, restraining, or confining; anything causing physical pain or impairment

**Emotional:** Intimidation, humiliation, routine blaming, ignoring, isolating, causing anguish or distress, degrading, ridiculing, insults, using silence or profanity

**Sexual Abuse:** Sexual harassment, sexual activity without consent (rape), forcing elders to watch sexual acts or to undress

**Financial Abuse:** Stealing money, property titles, or possessions; taking over accounts or bills; spending without permission; abusing the power of attorney privilege; scamming/lying

**Financial Neglect:** Allowing essential bills such as mortgages, utilities, insurance, medical bills, or property taxes to go unpaid, resulting in shut-off notices, eviction, foreclosure, or not having insurance coverage

**Financial Exploitation:** Misusing or exploiting property, belongings, or assets. For example: using an Elder’s money, credit cards, or property without consent, under false pretenses, or through intimidation and manipulation

**Health Care Fraud:** Healthcare professionals overcharging or billing twice for services, falsifying claims, or charging for services not rendered Elder Internet, Mail, and Phone Scams- Elders are often victims of significant financial loss due to scams disguised as charity donations, investment opportunities, lottery winnings, sweepstakes, or making wire transfers to thieves imitating a family member

**Spiritual/Moral Abuse:** Denies access to religious services or leaders, makes fun of victim’s values or religion, ignores or ridicules cultural or religious traditions, intimidates and threatens for practicing beliefs

**Neglect:** Failure to fulfill duties or obligations for elders, not caring for hygiene or condition of the home, poor nutrition, bed sores, soiled undergarments, medical neglect-missed appointments, not reporting medical issues

**Self-Neglect:** Refusal by elder to care for themselves; inadequate nutrition, improper clothing, lack of or unkempt shelter, poor hygiene, not taking medication, and not following safety precautions

## Warning signs for caregivers and family members of Elders to watch for are:

- Pain that is “new” or different
- Fear or anxiety, depression or becoming aggressive, isolated or not responsive
- Difficulty sleeping cuts, sores, or burns, broken bones, bruises, or welts
- Untreated bed sores, torn, stained clothing or blood on undergarments
- Dirty, unkempt hygiene, hazardous or poor living conditions
- Lack of or broken medical aids; glasses, walker, dentures, hearing aids, medication
- Sudden change in function or mobility
- Unusual weight loss, poor nutrition, dehydration
- Change in overall mood or demeanor
- Bills not paid or utilities turned off
- Significant changes in finances

Older adults may not always feel comfortable reporting such abuse. Therefore, we must advocate and give them a voice. Often, seniors fear repercussions for reporting the abuse or are too frail to do so. It is crucial for us to be aware of signs of abuse and to report the abuse to the proper authorities. Call 855-503-SAFE (7233) if you think an older person or vulnerable adult is being abused, neglected or being taken advantage of financially.

Learn more about the resources available to you and your loved ones on June 11th (see page 18 for more details).





**New community radio station, Gold Country Radio KKFO, goes on air and partners with Klamath Basin Senior Center.**

*Submitted by Mike Wood*

A recent addition to your FM dial in Klamath Falls, Gold Country Radio on 103.3FM, is a new community radio station playing local news and classic country music. The vision for Gold Country Radio is to partner with local community organizations in an effort to bring people together and enrich their lives by airing entertaining and educational programming. The Klamath Basin Senior Center and Gold Country Radio have partnered to serve the senior population of Klamath Falls. Gold Country Radio announces exciting events happening weekly at the Senior Center and The Senior Center promotes Gold Country Radio as Klamath Falls' Classic Country Connection, where seniors can tune in and hear legendary country songs from the good old days as well as news about upcoming classes and activities at the senior center.

Our organizations could not be more aligned in our commitment to serve senior citizens of Klamath Falls. KKFO Station Manager Michael Wood and Klamath Basin Senior



Pictured are (left to right) Matthew Pich-Maxon, KBSCC Executive Director with Gold Country Radio Station Managers and husband-and-wife team Mike and Angie Wood

Citizens' Center Executive Director Matthew Pich-Maxon recently collaborated on a public service announcement and look forward to working closely in the future. Turn your radio to 103.3FM to hear the PSA and to stay up to date on everything happening at the Senior Center. Gold Country Radio is proud to partner with the Klamath Basin Senior Citizens' Center in providing outstanding service to our community's senior citizens.

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**Are you caring for a loved one?  
Do you sometimes need a break ?**



**Have you heard about our Respite for Caregivers Program?**

**Call us today for more information**

*Elder Abuse Awareness is important to be informed*



**KLCCOA Office  
541-205-5400**



## SHIP TALK

(Senior Health Insurance Program)

June 3 – 9:

## National Fraud Prevention Week

We've talked about this quite often in this column, but scamming is so bad, it bears repetition. Since this column is published during National Fraud Prevention Week, it seems appropriate.

**Prevention:** First and foremost – Never answer the phone if you don't recognize the number, even a local number. If it's legitimate, your caller will leave a message and you can call him/her. If you do answer, best advice is to just hang up. Regarding e-mail: best advice is not to open anything you don't recognize. However if you do, it should be okay as long as you do not click into a link. If you get an e-mail from someone you know and they have a sad tale and are asking for any kind of help, be sure and call them and make sure the e-mail was from them. Actually, any e-mail from a supposed friend could be suspect if you click into a link. Use judgment and caution here. Remember, Medicare, Social Security and IRS will never call you, unless you've pre-arranged it for specific date and time.

**What about Medicare scams?** Probably the most common here is identity theft. Have you ever received some durable equipment, such as back braces, knee braces, ad infinitum, that you did not order? If so, someone has your Medicare number and an imposter doctor has prescribed this for you. You need to note where it came from and report the sender. More on this below.

**Another popular Medicare scam is the sales call from a supposed health insurance company.** It can be anything, but the most common is the Medicare advantage plan. We have only two advantage plans that are licensed to sell in Klamath County. They are MODA and ATRIO. If you get a call from Humana, for example, it isn't Humana – it's a scam. This has happened here in Klamath County.

**The Senior Medical Patrol (SMP)** is a part of the national SHIP program. It asks you to:

**PROTECT** - Never give or "verify" your Medicare number to anyone except your doctor.

**DETECT** – (1) Check your Medicare statements ordered by your doctor.

**REPORT** - Call your local SMP if you have suspicions. Call your provider for clarification.

SMP is part of the national SHIP program. Its purpose is to empower YOU, the senior, to prevent Health Care Fraud. Call us here at SHIBA for SMP connection (541-883-7171). Or you may want to call directly to OREGON SMP at the ADRC (Aging and Disability Resource Center) (1-855-673-2372. Protect yourself and Medicare. Fraud costs Medicare over 60 billion dollars of losses every year! Be alert!

Anne Hartnett,  
SHIBA Coordinator

## Five Myths About Social Security

By Stacy Larsen, Communications Director, AARP Oregon

**Myth #1:** Social Security is going broke. The facts: Social Security will not run out of money if workers and employers continue to pay payroll taxes. Revenue from payroll taxes largely covers the payments, but Social Security does face longer-term challenges. For decades it collected more than it paid out. But the system is starting to pay out more than it takes in, largely because the retiree population is growing faster and is living longer. Without changes, the surplus is projected to run out in 2034. Even then, Social Security will still be able to pay benefits from incoming payroll tax revenue. But it will only be enough to pay about 80% percent of scheduled benefits. If Congress doesn't act in the next 10 years to protect and save Social Security, your Social Security could be cut by 20%—an average of \$4,000 a year. The last time Congress took major action to shore up Social Security's reserves was 1983.

**Myth #2:** The government raids Social Security to pay for other programs. The facts: Social Security is primarily funded with workers' and employers' payroll taxes and has never been part of the federal government's general fund. The federal government does borrow from Social Security and in return issues Treasury bonds. The government has always paid it back in full, and annual interest payments increase Social Security's assets, to the tune of \$66.3 billion in 2022.

**Myth #3:** Members of Congress don't pay into Social Security. The facts: They do. A common complaint about Social Security is that members of Congress don't bother fixing it because it doesn't cover them. Members of Congress came under the Social Security umbrella in 1984, along with the rest of the federal workforce, as part of sweeping changes to the program.

**Myth #4:** You get more Social Security benefits if you collect early. The facts: Your annual payments will be larger the longer you wait to start collecting your benefits. You can begin receiving retirement benefits at age 62, but it will cost you. If you claim Social Security at age 62, you'll get 70% of the benefit amount calculated from your lifetime earnings. If you wait until full retirement age—in this case, 67—you'll get 100%. If you delay taking your benefit past the full retirement age of 67, Social Security increases your benefit 8% a year until you hit 70.

**Myth #5:** You lose a portion of your benefits permanently if you take benefits and keep working. The facts: Not true. Social Security does have a rule, called the "earnings limit" or "earnings test," that can temporarily reduce your payments if you are still working. But it doesn't apply to all working beneficiaries, and it is not permanent. The rule only covers people who claim benefits before full retirement age and continue working. Find out more at AARP's Social Security Resource Center ([aarp.org/retirement/social-security](http://aarp.org/retirement/social-security)).

## Klamath Basin Genealogy Society

June 13th 2024, 6-8 p.m. at the Klamath County Library media room. Topic will be how DNA can help you in your Genealogy search. Richard Oelkers will be our host.

DNA round tables are held the 1st. Wednesday of every month 1-3 p.m. in the Klamath County Library Media Room.

### Quinoa, Orange and Almond Salad

Quinoa is ideal for vegetarians, vegans or anyone who simply wants to eat less meat and meat products. Adding chickpeas, almonds, greens and oranges, provide not only color, flavor and texture, these “super foods” supply nutrients to support a “Healthy Brain.” Recipe adapted from Cleveland Clinic Health

**Ingredients:**

- 2 15 oz cans mandarin oranges, in its own juice, all but ¼ cup juice drained and discarded
- 1 cup quinoa
- ¼ cup fresh mint, loosely chopped
- 2 Tbsp extra virgin olive oil
- 15 oz canned chickpeas, rinsed and drained thoroughly
- 1/3 cup chopped almonds
- ¼ cup dried cranberries
- 1 tsp minced garlic (about 1 clove)
- 4 cups kale or greens, chopped
- 2 Tbsp apple cider vinegar
- ¼ tsp black pepper



**Directions:**

Bring 2 cups of water to a boil. Add 1 cup quinoa, cover, and let simmer over low heat for about 15-20 minutes. Let cool. Add the mandarin oranges, mint, chickpeas, nuts, dried cranberries, and greens. In a separate dish, combine the vinegar, garlic, pepper, olive oil and the reserved ¼ cup juice from the mandarin oranges. Pour dressing over the quinoa mixture. Toss lightly. Serve chilled.

### Tasty Seared Tuna with Avocado, Cucumber and Ginger salsa

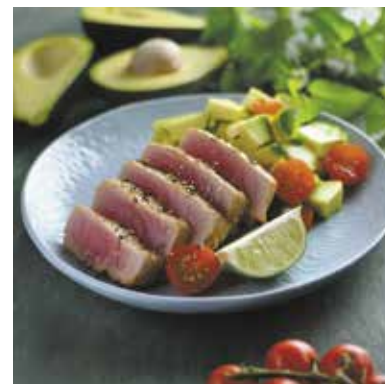
One of the key components of a healthy brain is a healthy diet. Brain health scientists continue to confirm the evidence that

eating primarily a diet of leafy greens, fruits, legumes, whole grains and fish is best for your brain and preventing memory decline. This tasty tuna dish can be prepared in 15 minutes giving you more time to enjoy socializing with friends and family or learning something new. Pair this fish dish with lentils and fruit for dessert and your brain will thank you!

This recipe was developed by Cleveland Clinic Wellness

**Ingredients**

- ¼ English cucumber, cut into small pieces
- 1 cup grape or cherry tomatoes, quartered
- 1 tablespoon grated fresh ginger
- 2 scallions, chopped
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- ¼ teaspoon kosher salt
- 1 avocado, diced
- 2 8-ounce fresh wild tuna steaks, 1-inch thick (like yellowfin or albacore)
- ½ teaspoon freshly ground black pepper
- 1 tablespoon sesame seeds, toasted

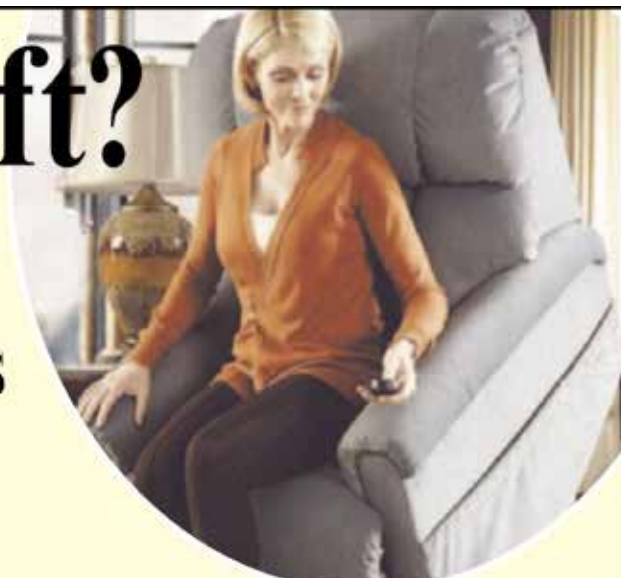


**Directions**

In a medium bowl, combine the cucumber, tomatoes, ginger, scallions, cilantro, lime juice, 1 tablespoon olive oil and salt. Gently fold in the avocado. Heat grill or grill pan to medium-high. Rub both sides of the tuna with remaining oil and sprinkle with black pepper. Grill 3 to 4 minutes per side for medium-rare steaks. Slice the tuna and divide among four plates. Sprinkle with sesame seeds, and serve

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# UKULELE NEWS



## Greetings

In May we met at the newly established time at 6:00 pm which everyone agreed was a better time. You may arrive early at 5:30 if you wish to gather and practice before class. Our next meeting is scheduled for Tuesday, June 11th.

We will continue to start with Jon McKellar's warm up exercises. We are learning some finger and wrist stretches that are aimed at improving our comfort and skill in managing those difficult cords that challenge our hands.

Please let us know if you have any questions or concerns and we look forward to seeing you soon. We especially wish to know if you have a favorite song to play. If so, send an email a few days in advance so we may acquire the music for all to have. Our email address is 1maryanntra@gmail.com.

All are welcome including beginners. We acquired another ukulele to loan out if you want to try out a new instrument and a new group.

**See you at Ukulele on Tuesday, June 11th in the Senior Center ballroom.**

Marc, Maryann and Jon



**On June 13<sup>th</sup> at 11:30am in the Lunchroom, Valeree Lane, Public Information Officer for Klamath County Public Health will present information about the Community Health Assessment and survey.**

A **community health assessment**, also known as a **community health needs assessment**, identifies key health needs and issues through wide-ranging data collection and analysis. This assessment is updated every three years and helps guide a community health improvement plan, a systematic effort to address public health problems.

In order to complete this assessment, your input is needed! Valeree will be encouraging people to complete the Community Health Assessment Survey in order to provide a snapshot of the health and circumstances being experienced by community members. Surveys are confidential. Hearing from our senior community members is a very important part of the assessment process so that we can work together as a community to find solutions to address the health issues where we live, learn, work, and play.

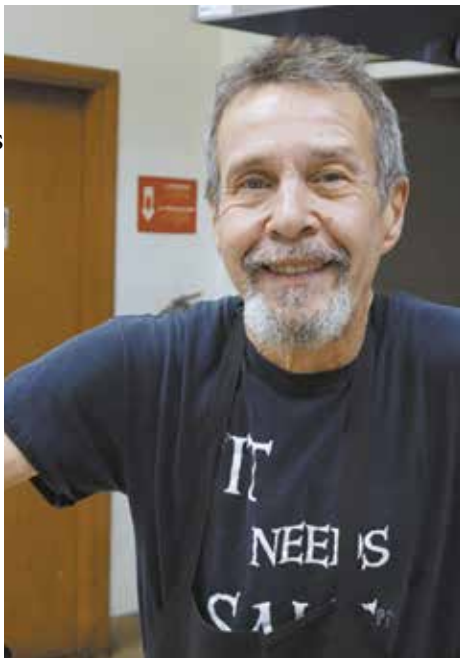
## *Embrace the Joys of Summer Gardening*

Engage in gardening this summer! It's a rewarding way to stay active and spend time outdoors. It provides moderate exercise and the joy of cultivating your own plants. Plus, gardening helps improve flexibility and strength while offering the satisfaction of harvesting fresh, home-grown produce.

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

## We would like to share that John Beard Kitchen manager at the Klamath Basin Senior Citizen Center will be retiring in June...

John Beard grew up in Texas. John moved to Klamath Falls from Seattle Washington in 2013 to be with the love of his life. After working in the field of dentistry John decided to start a different career. John became the kitchen manager in 2014 for the Klamath Falls Basin Citizens Senior Center and has been with us for 10 years.



John Beard

When we asked John what the future held for him? He “replied lots of travel is on our bucket list” Our trip will start on May 22, 2024 when we will be going to Germany, then off to Barcelona. We have always want to travel the world and retirement is the right time to start.

What is a favorite dish you like to cook? John said the Roast Beef is his favorite and the people who eat at the center love it. John also likes to cook up meals for fund raisers and he said a big hit is always spaghetti dinners.

What is your favorite part about working for the Klamath Basin Senior Citizen center? I love the people and the smile on their faces as we greet them and hand them a tray of food. It’s a warm friendly environment and a great place to come to work each day.

As John embark on his new chapter of his life, we want to take a moment to express our deepest gratitude and appreciation for all the wonderful contributions John has made during his time her at the center.

John’s dedication, hard work, and positive spirit will leave an indelible mark on our team, and we are incredibly grateful for the time we’ve spent together. You’ve been not just a colleague but a true friend, and his presence has made a significant difference to all of us.

While we will certainly will miss John, we are excited for the opportunities and adventures that lie ahead for him. We have no doubt that he will excel in everything you set your mind to, and we wish you nothing but the best in all your future endeavors.

Thank you for the memories, the laughter, and the invaluable impact you’ve had on us all. Please keep in touch and let us know how you’re doing – we’ll always be cheering you on!

Warmest wishes and heartfelt farewells!

**Over the last decade, KBSCC has provided our community with:**

- 705,321 Meals prepared on-site
- 121,752 Rides throughout Klamath Falls and beyond
- 29,013 Health and Wellness Class Participations

**Help us in our mission, volunteer today!**  
See page 4 for more details.

## TAKE THE COMMUNITY HEALTH ASSESMENT SURVEY NOW! FOLLOW LINKS BELOW!



### 2024 Klamath County Community Health Assessment

Help us understand the health and needs of Klamath County.

Take the survey now.



<https://www.surveymonkey.com/r/KCCHA2024>



### 2024 Condado de Klamath Evaluación de salud comunitaria

Ayúdenos a comprender la salud y las necesidades del condado de Klamath.

Tome la encuesta ahora.



<https://www.surveymonkey.com/r/KCCHA2024S>

# INTRODUCING OUR NEW EXECUTIVE ...DIRECTOR MELISSA DEL DOSSO



**Melissa Del Dosso**  
Executive Director

We are excited to have Melissa Del Dosso come aboard as our new executive director to replace Tammy, our last director, who took a regional position. (Best wishes from all of us)!

Melissa's background includes being a teacher for 12 years and she has about 12 years in senior living. She says of her other interests, "I was born and raised in a bowling alley, I love camping, and especially love spending time with Rex my dog, and Ray Ray and DRC, my cats. She has two grown children, 30 and 32.

Her love of working with seniors was inspired by how much her dad, when in hospice care, adored those who attended him. Knowing she can make a similar positive impact on the lives of seniors is a passion for her.

Ask about our new medicaid residential housing unit that opened this spring.

We are excited to finally be able to offer more housing for Medicaid residents... meeting the demand has been something we have been wanting to do for a long time!

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



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Amber's cell: 541-205-2018



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## June is Cataract Awareness Month

Cataract is one of the leading causes of blindness in the United States. If not treated, cataracts can lead to blindness. In addition, the longer cataracts are left untreated, the more difficult it can be to successfully remove the cataract and restore vision. During Cataract Awareness Month in June, the American Academy of Ophthalmology reminds the public that early detection and treatment of cataracts is critical to preserving sight.

Cataract extraction is the most prevalent surgical procedure of all medical specialties with an estimated 3.7 million cases per year in the USA, 7 million in Europe and 20 million worldwide.

### What is cataract surgery?

A cataract prevents light from properly passing through your lens. As a result, you develop symptoms like blurry vision, halos around bright lights or double vision. Cataract surgery removes the cloudy lens and replaces it with a clear, artificial lens. An ophthalmologist performs the surgery and helps you select the type of intraocular lens (IOL) that's best for you.

Cataract surgery is currently the only proven way to treat cataracts in adults. For most people, surgery restores vision and has no complications. It's a quick, outpatient procedure with a fast recovery. You may only need surgery in one eye. If cataracts in both eyes require surgery, your ophthalmologist will schedule two surgeries a week or two apart.



**KLAMATH EYE CENTER**

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





## June 2024 Current Events @ The Lake County Center A Community & Senior Center

*We are located at 11 N. G Street, Lakeview Oregon, 97630 Phone (541)947-4966. Our Fax number is (541)947-6085. Everyone is Welcome.*

- ◆ June 7th, Graduation Lunch.
- ◆ June 12th, BBQ & presentation in Honor of Elder Abuse Awareness Day .All are Welcome!!
- ◆ We are playing Bingo every Monday after lunch.
- ◆ ALL rides require reservations. We provide transportation to most events.
- ◆ Lunch bus available for meals on Monday, Wednesday, & Fridays @ 12:00. Please call 541-947-4966 to request a ride to The Center.
- ◆ Home delivered meals are provided weekly. To apply, call (541) 205-5400
- ◆ Lakeview Local operates 8:00-5:00 each Thursday of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.
- ◆ First & Third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00 & 1:00.
- ◆ FREE Second Tuesday Klamath Falls Shopping Trip. Must have a minimum of 3 riders. Riders please meet at the Center Parking Lot.
- ◆ Grief Relief class will be on the third Thursday, June 20 @ 2:00. Newcomers are welcome.
- ◆ Coffee Group for all Veterans every Thursday 9:00 -10:00 in the Sunroom.
- ◆ Weekly shopping trips from Christmas Valley to La Pine go on Wednesdays. We meet at the Community Center.
- ◆ We are embracing many new classes. Stop by to pick up a program guide.
- ◆ Care Giver group support meets once a month on the third Tuesday of the month. In June it will be on the 18th @ 2:00.
- ◆ Lions Club meets here on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays @ noon.

**If we had all the riches that we could ever spend, It could never buy the treasures the Heart finds in a friend.**

We have begun our renovations and accessibility updates to the Center with funding provided through KBSCC Capital Reserves and due to the generosity of Klamath County and the JTMF Foundation.



Pictured on Groundbreaking Day are (left to right) Shawn McGahan, KBSCC Fiscal Manager; Matthew Pich-Maxon, KBSCC Executive Director; Mike Atone, Atone General Contracting, LLC; Ardie McDermott, KBSCC Board Member



## COMMUNITY ENRICHMENT CLASSES AT KLAMATH COMMUNITY COLLEGE

**How to Write  
Your Life Story**  
**8:00 - 11:00 AM**  
**07/13/2024**  
**Cost: \$55**

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

## INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

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

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

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



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

# KLAMATH SENIOR CENTER JUNE 2024 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 Jim Rains & Patty Card, 9 – 10am – Register pcard@kbbh.org or 458-200-4257

### • \*\*PEARLS with Patty Card & Kelli Bowers 12 – 1 pm

- (+) Golden Age BINGO & Cards Club 12:30 pm
- Yoga Pilates Fusion with Kim Carson 4:00 pm to 5:00 pm

## TUESDAYS

- Mobility from Head to Toe with Anne Davenport 9 am

**JUNE 11 CANCELLED DUE TO ELDER ABUSE AWARENESS FAIR**

**JUNE 25 will be a 45 min class**

- 2nd Tues Learn'n'Lunch, see below for topic!
- \*2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- \*2nd Tues Klamath & Lake Counties Council on Aging 11am12:30pm
- Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
- Qi Gong with Rachel Stephens 2:30 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

## WEDNESDAYS

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

## THURSDAYS

### • Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am

- (+) Craft Connection Corner 9am to 11am
- Qi Gong with Rachel Stephens 10:30am
- \*3rd Thurs Bristol Hospice Birthday Celebration
- (+) Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- **BINGO Fundraiser open at 4:30 pm, call at 6 pm**
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

## FRIDAYS

### • SAIL with Karen Doyle Watkins 9 - 10 am

- (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- County Branch Library 9:30 am – 1 pm
- Game Day with D.P. Redding 12 – 2 pm
- (+) Line Dancing 7 pm, Subject to availability & attendance, Call 541-882-4715 to confirm

## SATURDAYS

- BINGO Nickel Bingo open at 10 am, call at 11:30 am
- BINGO Fundraiser open at 4:30 pm, call at 6 pm

\* Meet & Greet with Community Resource Providers

\*\* Support groups offered at the Senior Center provided by KBBH.

(+)Activities offered at the Senior Center provided by Community Members.

## DESCRIPTION OF DAILY EVENTS

**ART & CRAFT WORKSHOP WITH D.P. REDDING^:** Weekly opportunity to explore your creative side with DPRedding, Inc. Materials & guidance provided, no experience needed!

**BODY RECALL:** A lower intensity program of physical fitness, designed to reclaim the natural motion of the body & the strength to make life pleasurable. Class emphasizes the essential development of full range of movement in all joints and muscles and is offered at the Senior Center via video facilitated by community members.

**CRAFT CONNECTION CORNER:** Free weekly opportunity to engage in conversation, brainstorming, show & tell of projects, and more. Previous craft topics have been potholders & other kitchen wares, crocheting, macramé, knitting, paper beads, & dolls. No experience with crafts needed, only a desire to connect!

**GAME DAY WITH D.P. REDDING^:** Grab a friend and join DPRedding, Inc. for a fun afternoon of games, puzzles, and social connection!

**MOBILITY FROM HEAD TO TOE:** Full-body low intensity mobility, based on the Arthritis Foundation Exercise Program, taught by a licensed physical therapist. Completed in sitting, in standing, & optional floor mat work at the end. Learn breathing techniques, postural control, guided joint range of motion from your head to your big toe!

**PEARLS:** Program to Encourage Active Rewarding Lives. Educates older adults about what depression is (& is not) & helps develop the skills they need for self-sufficiency & more active lives. For more info, call KBBH at 541-883-1030, ask for Patty Card or Kelli Bowers.

**QI GONG:** Pronounced "chee gong," involves exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. This class can be done in seated or standing.

**SAIL:** Stay Active & Independent for Life (SAIL) is an evidence-based class that includes aerobics, strength, balance and education. Class can be done in seated or standing, with or without equipment and is delivered at a moderate to high intensity.

**UKULELE GROUP:** A gathering of wonderful players to make music together, beginners and beyond are welcome! Questions? Please reach out at 1maryantra@gmail.com or call/text 541-891-3288.

**WALK YOUR WAY TO WELLNESS:** A program that includes walking, stretching, strengthening, & education about health & wellness, based on Walk with Ease. Walks will take place inside the Center, with music & laughter! Participants can choose their own intensity level.

**YOGA PILATES FUSION:** Class combines the gentle stretching of simple Yoga postures to improve flexibility with the core strengthening power of Pilates movements. Suitable for most fitness levels, taught by Certified Personal Trainer, Kim Carson.

^Note: DPRedding Inc is a local agency that supports people to live and work in the community. Their Mission is to change people's lives and help them overcome barriers. At DPRedding Inc., "we believe that everyone has a right to be treated with respect, dignity, and have access to everything in the community."

## JUNE SPECIAL EVENTS

### Elder Abuse Awareness

### Informational Event & Resource Fair

The Oregon Department of Human Services (ODHS) joined with community centers and partners in Klamath and Lake Counties to co-host two fun, informational resource fairs that are tailored for older adults. The two free events are open to everyone. They will feature speakers, activities, giveaways, information and resource booths as well as lunch.

Along with the ODHS Office of Aging and People with Disabilities (APD), including the APD Adult Protective Services Unit, the events

are being hosted by the Klamath & Lake Counties Council on Aging, the Klamath Basin Senior Citizens' Center, Lake County Senior Center and other community partner agencies. Information provided will include tips on how to avoid the latest scams in recognition of World Elder Abuse Awareness Day in June.

Here is more information on how to attend:

### Klamath Falls Informational Event & Resource Fair

**When: 10 am - 12:30 pm, Tuesday, June 11, 2024**

**Where: Klamath Basin Senior Citizens' Center, 2045 Arthur St., Klamath Falls, Oregon, 97603**

## JUNE 2024



NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.

Sugar free desserts and salad are available for individuals with diabetes.

Congregate Lunch served Mon - Fri, 11:30 am - 12:30 pm

Cost: Age 60+ - Seated \$5 suggested donation. Under 60 - Seated \$7.50. Take Out \$8 for all

To apply for Meals on Wheels, please call 541-205-5400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5	6	7
		<b>SAUSAGE CASSEROLE</b> Veggie Salad Dessert	<b>CHICKEN ENCHILADAS</b> Veggie Salad Dessert	<b>BLACK BEANS &amp; RICE</b> Veggie Salad Dessert
10	11	12	13	14
<b>BROCCOLI BEEF/ RICE</b> Veggie Salad Dessert	<b>ELDER ABUSE AWARENESS FAIR</b> <b>CHICKEN STRIPS</b> Veggie Salad Dessert	<b>CHICKEN FRIED STEAK</b> Veggie Salad Dessert	<b>SPAGHETTI &amp; MEATBALLS</b> Veggie Salad Dessert	<b>POT ROAST</b> Veggie Salad Dessert
17	18	19	20	21
<b>CHICKEN ALFREDO</b> Veggie Salad Dessert	<b>MEATBALL SUBS</b> Veggie Salad Dessert	<b>CHICKEN &amp; RICE</b> Veggie Salad Dessert	<b>MAC'N CHEESE / DOG</b> Veggie Salad <b>BRISTOL HOSPICE BIRTHDAY CELEBRATION</b>	<b>BURGERS &amp; FRIES</b> Veggie Salad Dessert
24	25	26	27	28
<b>TUNA SALAD WRAP</b> Veggie Salad Dessert	<b>MEATLOAF</b> Veggie Salad Dessert	<b>FISH STICKS &amp; FRIES</b> Veggie Salad Dessert	<b>ROAST CHICKEN</b> Veggie Salad Dessert	<b>HOT DOG &amp; FRIES</b> Veggie Salad Dessert
1	2	3		
<b>POTATO &amp; HAM SOUP</b> Veggie Salad Dessert	<b>TACO TUESDAY</b> Veggie Salad Dessert	<b>CHICKEN CASSEROLE</b> Veggie Salad Dessert		



# Muffin Monday

## Veteran's Group

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



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

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

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



WE HONOR VETERANS

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

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



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

- Klamath Hospice**
- Upcoming Speakers for Muffin Mondays**  
10:30 AM to 11:30 AM
- 6/10/24: Crystal Besaw- 3rd Thursday.
  - 6/17/24: Lauren Hobbs – Treasures and Treasures Too Sales Event
  - 6/24/24: Possibly Dr. Gailis – Personal grooming and health
  - 7/1/24: Chief Howard Owens and Chief Greg Davis – Kingsley Field Fire Department and Klamath County Fire Department



Register today for our

## June Medicare Basics Workshops

with *Brannon Kaefering*

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

**June Workshop**  
June 12 / 10 AM

Insurance Agency  
**MICK**  
Your Local Health & Medicare Agents  
Since 1980

4509 So. 6th Street, Suite 109

**541-882-6476**

One-on-One appointments  
also available



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

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Offering hospice care for the  
Klamath Falls area:

In the home  
In Assisted Living  
In a Long Term Care Facility

**Bristol Hospice**  
(541) 882-1636

**Bristol Hospice**  
embracing a reverence for life



## We care for the mind, body and spirit at Crystal Terrace

– Terra Russo, Director of Wellness Programming

My title of Wellness Director is an umbrella for helping our residents be centered on optimum mind, body and spiritual activities. I work with our staff to plan activities that increase social interaction with friends, family and other residents, especially over a delicious meal. We encourage everyone to access our physical fitness and movement activities like aquacise and our Fit and Fun exercise classes. We also help our residents stay connected to spirituality and a sense purpose which is such an important aspect of aging well. Our scrabble clubs, bingo, arts and crafts activities, and a monthly book club help with mental acuity. And we have special support for those residents who want to keep up with the latest technology to keep track of scheduling or to stay in touch with family members.

Coordinating these activities at Crystal Terrace really brings me joy! I can't imagine a better job and look forward to coming to work every day! – Terra Russo



**Crystal Terrace**  
of Klamath Falls  
MBK SENIOR LIVING

Call for a tour today!  
Ask for Candace.  
1000 Town Center Dr  
Klamath Falls, OR 97601