

JULY 2024

# Active Seniors

FREE  
Take one!



**Saturday Market**  
**Oil Painting by Tom Cogley**  
[www.thomascogleyart.com](http://www.thomascogleyart.com)

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

# 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

Workshops\*

Assistive Equipment Loans

Exercise Classes\*



#### TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



#### ACTIVITIES

BINGO\*

Library Branch

Special Classes\*



#### FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

\*Please see Calendar of Events Page for current offerings

## CONTACT INFORMATION

General Information - Front Desk  
541-883-7171

Donations - Shawn McGahan  
541-883-7171 ext 136

Transportation - Cindy Dupart  
541-850-7315

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

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

Executive Director - 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 Friends,

As we embark on the month of July at the Klamath Basin Senior Citizens' Center, we celebrate the themes of Independence and Longer Days of Sunshine. These themes resonate deeply with our mission to support and empower our senior community in living fulfilling and vibrant lives.

July marks a time of reflection and celebration of our independence as a nation, and for many of us, independence takes on a personal meaning as well. It's a reminder of the freedoms we cherish and the importance of ensuring that every individual, regardless of age, ability, race, religion, sexual orientation, heritage, and language, has the opportunity to live independently and with dignity. This sentiment aligns perfectly with the principles of the Americans with Disabilities Act (ADA), which commemorates its 34th anniversary this year on July 26th. The ADA has been instrumental in breaking down barriers and promoting equal opportunities for people with disabilities, empowering them to lead full, independent lives. At our center, we remain committed to upholding these values by fostering an inclusive environment where everyone feels valued and supported. Most likely, our versions of freedom differ and that's ok in my book as long as our versions of freedom aim to lift one another up rather than tear one another down. For me it's the old adage "If we don't have anything nice to say..." I don't think this advocates for complacency in the face of difficult conversations, rather, to do our best to speak well and uplift each other. In this way, we can help one another water our gardens as it were.

As we enjoy the longer days of sunshine, it's also crucial to focus on our health, particularly our vision. Healthy vision is essential

for maintaining independence and quality of life as we age. This month, we encourage all our members to prioritize their eye health. Regular eye exams, proper nutrition, and wearing sunglasses to protect against UV rays are simple yet effective ways to maintain healthy vision.

Looking ahead, we have a variety of engaging activities and programs planned to promote both physical and mental wellness.

From fitness classes designed to improve strength and flexibility to watercolor classes to improve artistic vision, there's something for everyone to participate in and enjoy. We invite you to join us in these enriching experiences and connect with fellow members of our vibrant community.

I am continually inspired by the resilience and spirit of our senior community here at the Klamath Basin Senior Citizens' Center. Your enthusiasm and participation make our center a warm and welcoming place for all. As we celebrate Independence and longer days of sunshine this July, let us also celebrate the strength of our community and our commitment to supporting each other on our journey towards healthy, fulfilling lives.

Thank you for being a valued member of our center. Together, we are creating a brighter future for all.

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



Matthew Pich-Maxon

# Family Day Bingo

at the Klamath Basin Senior Citizens' Center

# July 14

## OPEN AT 12:00 PM FIRST CALL AT 1:30 PM

Kids 7+ welcome

must be accompanied by a parent or legal guardian, or have a note from a parent or legal guardian.

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

Pay out: \$50 pack games, special games \$80, double action \$99, blackout \$300.

Goody bags and raffle for children.

THIS EVENT FUNDS PROGRAMS AT THE SENIOR CENTER

To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR  
Online at [klamathseniorcenter.com](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 are you doing this summer? Volunteer!



Being a volunteer often involves activities and events that are more common and feasible during periods of longer days and more sunshine, particularly in the spring and summer. Here’s how they are connected:

- 1. Outdoor Activities:** Many volunteer opportunities, such as community cleanups, gardening, environmental conservation, and event support, take place outdoors. Longer days and better weather provide more daylight hours and pleasant conditions for these activities.
- 2. Community Events:** Festivals, charity runs, fairs, and other community events that rely on volunteers are often scheduled during times with longer daylight hours to maximize attendance and enjoyment.
- 3. Increased Participation:** People are generally more willing to participate in volunteer activities when the weather is nice and the days are longer. This can lead to a higher number of volunteers and

more successful volunteer-driven projects.

- 4. School Breaks and Vacations:** During the summer months, students and families often have more free time due to school vacations, making it an ideal period for volunteering.
- 5. Seasonal Needs:** Certain volunteer needs are seasonal. For example, conservation projects may be more urgent during specific times of the year, such as planting trees in the spring or maintaining trails in the summer.

In summary, longer days and more sunshine create an ideal environment for volunteering by providing better conditions for outdoor activities, aligning with community event schedules, encouraging greater participation, leveraging school breaks, and addressing seasonal volunteer needs.

## 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. We also need help with 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.

### HANDY PROJECT PERSON NEEDED, LAWN CARE AND HOUSE KEEPING!

Do you like to fix things, build things, have tools? If you would like to become a volunteer please reach out to Machel Ramirez Volunteer Coordinator at the Klamath Basin Senior Citizen Center @ 541-883-7171 Ext 128



July is Healthy Vision Month, The National Eye Institute is sharing steps people with a visual impairment can take to reframe their future — and keep doing the activities they love. Learn how to get involved: [www.nei.nih.gov/HVM](http://www.nei.nih.gov/HVM)

Center Closed July 4 and July 5.

No Bingo on Saturday July 6.

Ukulele July 16, see page 14

No July Learn’n’Lunch!

Family Bingo July 14, see page 3!

Did you see? 1st Thursday Night Bingo! Due to the Holiday, it will be held on July 11, then resume 1st Thursdays in August.

Check out our Calendar of Events for changes!



Renovations are ongoing at the Klamath Basin Senior Citizens' Center! We remain open with normal programs and services throughout. Please pardon our dust as we improve our space.



# Mutts & Butts

Come join us for a family and dog friendly tobacco free event and learn how you can help your pet by quitting smoking today!

**9 a.m to noon July 13, 2024**  
**Eulalona Park**

**All dogs must be on a leash!**

Smoking cessation, community resources, free food and fur

If you have questions about the event, please contact:  
 Miranda Hill - mhill@klamathcounty.org  
 541-882-8846

Co-sponsored by Klamath County Public Health and 

## DONOR REPORT

### Reser Family Foundation

The Reser Family Foundation was formed to honor the legacy of family values and community involvement cherished by the Reser Family. Founded by Al and Pat Reser, the Foundation was granted charitable status in 2010 and awarded our first grants in 2011.

Today, Pat Reser, along with her children and grandchildren, guide the work of the Foundation, partnering with diverse organizations across Oregon to strengthen the people and places that make our state so unique and inspiring." (thereserfamilyfoundation.org)

We are honored to be a recipient of funding from the Reser Family Foundation. Thank-you for your annual support. We are able to offer our programs because of your generosity.

May Contributions of \$14,819 were received from the following organizations and individuals.

- |                           |                    |
|---------------------------|--------------------|
| Reser Family Foundation   | Burl Parrish       |
| First Presbyterian Church | Charlotte Moseley  |
| Eileen Andrewson Thorpe   | Cheryl Gibbs       |
| Emma Wyatt                | Patricia Henderson |
| Marta Stephens            |                    |
| Refuge City Church        |                    |
| Ernie Palmer              |                    |
| Jon Schnebly              |                    |

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

### PROUD HERITAGE

By Sharon Hudson

Bring out your flag and display it  
For the 4th of July.  
Show your heritage for the “Home  
Of the Brave,” and apple pie.

Freedom is precious, just  
Don't use it wrong.  
Keep the knowledge in your daily  
Life. Stay healthy, and keep strong.

You are an American who's  
Spirit is alive.  
You live in the United States  
Where freedom can thrive.

Celebrate your independence  
This 4th of July.  
Be happy to be born free,  
Use it wisely, and don't be shy.

Have a picnic in the daytime, and  
Watch the fireworks show at night.  
They are always pretty, and the  
Colors are vivid, and bright.

Go swimming if you want, or  
Camp out for days.  
Get back to Mother Nature, and  
Get out of the haze.

You are your own boss, so  
Be kind to yourself.  
Take the time to get a good book  
To read off of the shelf

Enjoy the adventure as you  
Relax in your favorite chair.  
Tomorrow at work you'll  
Have plenty to share.

Be happy you are free, and  
Not in a sad place,  
Where everyone is controlled, and  
Wears an unhappy face.

Be honest with yourself, and  
Keep love in mind.  
We are the “Home of the Brave,”  
And some of the best you can find!

### Saturday Morning in July

by Jean Knight

Meandering into wakefulness I  
feel my husband pull our quilted bedspread  
up to cover my shoulders then turn over to  
snuggle against my cool back.

Bootsy leaps onto my pillow and  
nestles against the oak headboard her  
purring joining in time with my husband's  
soft snores.

A high mountain breeze reminiscent of  
ponderosa and sage blows white long  
curtains that greet the philodendron  
reaching across my bookcase.



Painting on Found Rock by Sheila Amberson

I stretch my toes, leg and back muscles and  
relinquish my aging body to a harmonious  
legato of Love on this early Saturday mid-  
summer morning.

### Spirit Sister

by Sybil Fulk

We've been through so much together  
Often carrying each other's pain  
We've laughed and cried, true tears of blood  
While dancing around the flame

You are my spirit sister  
A sister I chose long ago  
One that God carefully planted  
In my life, to help me to grow

I pray that it's been the same for you  
That somehow I've lightened your load  
Through the steep mountains and uphill  
climb  
And along that slippery road

You are my spirit sister  
Not really by blood, but by love  
You entered my life, on an angel's wing  
Sent by our father above

Check out *The Open Window of My Heart: Poems by Sybil Fulk*, Available on Amazon.com, ISBN-13: 979-8321237311



“Summertime Safari” Photo by Maryann 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 Darling

**Position / Duties at**

**the Center:** Carol is volunteer for the office staff upstairs. Carol volunteers Monday, Wednesday and Friday for 3 ½ hours a day.

**How long have you been a volunteer at the Senior Center?**

Carol started volunteering on August 8, 2008 for the front lunch desk and was the boss. Carol then went on to help with office help and dropped off and picked up mail at the Klamath Falls post office. Came back and distributed the mail to the appropriate staff. Carol has been a volunteer at the Senior Center for the last 16 years.



Carol Darling

**Why do you volunteer?** Volunteering got me out of the house and helping with the mourning of my husband. I really like the staff and the people who come to enjoy lunch. It's a great atmosphere.

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

I get to meet new people and spend time with all the lovely staff that work at the center. It helps me getting out of the house those 3 days a week. Its nice just getting to know new people.

**We're Hiring!**

**Hospice Aide (CNA)**

Apply online today!  
[www.klamathhospice.org](http://www.klamathhospice.org)

Oregon Business **100 Best NONPROFITS** to work for in Oregon 2023

"I have worked here for 13 years and could not imagine a better place to work."  
 -Tara, Referral Coordinator

**SAVE THE DATE**

**3RD ANNUAL AGE WELL EXPO**

**Tues, Sept 24, 2024**

Exhibitors email  
[anne.davenport@kbscc.org](mailto:anne.davenport@kbscc.org)  
 for more information

**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

## Light Everyday Summer Recipe Delights

**Salads:** As side dishes or lighter meals, salads are a welcome addition to any outdoor cookout or potluck. Fruit salads are refreshing while providing natural sugars and a good dose of Vitamin C. Cold pasta salads make great side dishes as well. Potato salad, in all its varieties, is a classic dish at any barbecue or potluck. Veggie platters, though not technically salads, provide easy-to-prepare finger food for summer partygoers too.

**Light Lunches:** Consider veggie or chicken wraps, chilled soups like gazpacho or cucumber-yogurt, and open-faced sandwiches.

**Simple Dinners:** If burgers, brats and hot dogs sound heavy, switch it up by trying grilled chicken or fish along with summer vegetables. Veggie skewers or marinated veggie kabobs are a great way to utilize the grill and bring out the flavor of your favorite veggies. Light summer recipes for grilled tomatoes or eggplant parmesan help cut out the greasiness of burgers and other meats while offering a healthier option. Grilled shrimp, one-pan bakes, and charcuterie boards are other delicious options.

### Stuffed Peppers

Serves 4. These great-tasting turkey-stuffed peppers make a great meal! And get a heart-healthy serving of brown rice in each one.


### Ingredients

- 4 bell peppers (any color)
- 3/4 lb. lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 tsp. crushed red pepper flakes (for spiciness), (optional)
- 8 oz. canned, no-salt-added tomato sauce


### Directions

1. Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).
2. Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
3. In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.





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**Fireworks Fortune**  
 FRIDAY DRAWINGS  
**JULY 5-26 • 6PM-10PM**  
**WIN UP TO \$1,000!**  
 (\$500 FREE PLAY + \$500 CASH)  
May only win once per day.

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

**Hot Nights & Cool Refreshments**  
 PEPSI WEDNESDAY KIOSK  
**JULY 3-31 • NOON-8PM**  
**Win a 12 pack of Pepsi product!**  
Earn 50 points, go to the kiosk and swipe your card to receive a prize voucher (up to two times). May redeem up to two times per day. While supplies last.

**Blast Your 4th Away**  
**HOT SEATS**  
**THURSDAY, JULY 4 • NOON-5PM**  
**Win up to \$500!** (\$250 Free Play + \$250 Cash)  
Drawings every half hour. May only win once per day.

**Cool Down with YETI**  
**SATURDAY HOT SEATS**  
**JULY 6-27 6PM-9PM**  
**Win YETI prizes!** Winners will pick a Yeti to determine prize. Drawings every half hour.  
May only win once per day.

**HEATWAVE**  
**SUNDAY KIOSK**  
**JULY 7-28 • 11AM-7PM**  
**Win up to \$250 Free Play!**  
Earn 50 points, go to the kiosk and swipe your card to receive a prize voucher. May only redeem once per day.

**SUMMER SLOT SLAM**  
 THURSDAY SLOT TOURNAMENT  
**JULY 11-25 • 10AM-8PM**  
**Win up to \$100 CASH!**  
 FREE TOURNAMENT.  
May only play one session per day.

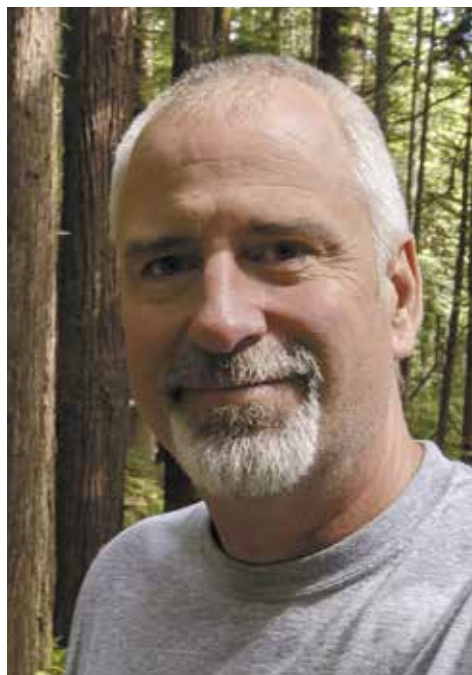
**PICNIC PLEASURES**  
**SATURDAY KIOSK**  
**JULY 27 • 10AM-6PM**  
**RECEIVE A 20PC PICNIC SET!**  
Earn 100 points, go to the kiosk and swipe your card to receive a prize voucher. May only redeem once per day. While supplies last.

**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



## Celebrating Independence Day with Cascade Health Alliance and the ADA



**Justin Straus**

As we gather to celebrate Independence Day, let's take a moment to honor not only the birth of our nation but also the values of freedom and independence that resonate deeply with all of us. This year, we celebrate the 34th anniversary of the Americans with Disabilities Act (ADA), a landmark law that echoes the very spirit of independence we commemorate on July 4th.

The ADA has been instrumental in ensuring that individuals with disabilities have the same rights and

opportunities as everyone else. It embodies the principles of equality, accessibility, and independence by breaking down barriers in employment, transportation, public accommodations, and beyond.

At CHA, we are committed to supporting these values. Alongside our community partners, we work to make health and wellness accessible to as many people as possible through our community benefit initiatives aimed at providing everyone in our county the opportunity to exercise, connect, and play together. We strive to ensure that everyone, regardless of ability, can lead a healthy, independent life.

As we enjoy the festivities and fireworks, let's reflect on the progress made since the ADA's enactment and renew our commitment to building an inclusive society. This Independence Day, CHA celebrates not only our nation's freedom but also the independence and dignity that the ADA guarantees for all Americans.

*Contributed by: Justin Straus, Marketing and Communications Manager, Cascade Health Alliance.*

## Klamath County Listening Sessions Upcoming: Stay Tuned!

*Submitted by Miranda Hill, Program Coordinator, Klamath County Public Health*

The Healthy Klamath Network is conducting listening sessions across Klamath County this summer.

The sessions are set to help identify areas within the Klamath County experience that can be addressed to help improve people's quality and even quantity of life. Our senior citizen population is an important part of the community, which is why we are coming to The Klamath Basin Senior Center.

In previous sessions, Network members have learned about concerns around drug and alcohol use, wildfire smoke and transportation needs.

Dates will be announced soon. Look for more information on a flyer when details are available.

ROGUE RIVER PLACE


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- \* Individualized care plans
- \* Medication management
- \* Chef prepared meals
- \* Social & recreational programs
- \* Housekeeping and laundry

### NEWS FROM THE GIFT SHOP

Submitted by Kathy Morris, KBSCC Board Member & Gift Shop Manager

Hope everyone is having a great summer! The Gift Shop at the Senior Center is open daily from 10:00 am until 2:00 pm. We have been busy doing our summer cleaning and re-arranging. I would also like for you to know that we have yarn, fabric, crafts, needlepoint & embroidery kits. It's time to get started on your Christmas gifts! Speaking of Christmas, we will be ready to take applications for our annual Christmas Bazaar in September. I will let you know an exact date when the applications will be available. In the past, we have had to turn crafters away because of limited space so get in early to reserve your table.

A big THANK YOU to all of those who visit our little shop. I would also like to encourage those in the crafting world that we do take donations. We are in need of yarn, fabric & sewing items. Thanks to all of you for your continued support.



## OLDER ADULT PROGRAM

Are you struggling to connect with others?  
Are you feeling lonely, sad, or worried?  
Are you feeling hopeless about your life?



**LOCAL  
SUPPORT  
IS  
AVAILABLE**

**OLDER ADULT  
PROGRAM  
541.883.1030**

*You are not alone.* 

## The Benefits of Planning Ahead

By Kate Murphey, Community Member

My 82 year-old brother Joe and his wife Barb live in a small town in rural Oklahoma. Barb has disabilities. Joe has many health problems, but what worries me the most is his lack of an identified social support system. Joe and Barb have become increasingly isolated due to health problems and age. They have a working daughter about 80 miles away and myself, here in rural Oregon.

Joe was recently hospitalized for blood clots in his leg and trunk, and a diabetic foot ulcer. He will likely be discharged home soon. Joe and Barb have depended on Stan, a man from their local church for over the past two years. Stan picks up their groceries, mows their yard, drives them to appointments, visits Joe in the hospital and much more. In my recent phone conversations with Joe, he has been unable to identify one local friend, neighbor or agency, etc. who he can reach out to, besides Stan.

As a co-facilitator of our local Parkinson's Support Group, I participated in a training titled "Care and Support Back-Up Plan" several years ago. I recently dug up the handouts from this training and felt the information might be useful for Joe and perhaps to other older adults living here. This handout includes a step by step process to identify your healthcare team, your support network, other community based organizations and more to help you plan for the unexpected. It might help to have it filled out before an event occurs so that you are prepared.

**The Care and Support Back Up Plan document from the Training can be found at:**

**[klamathseniorcenter.com/resources](http://klamathseniorcenter.com/resources)**



Volunteer Coordinator (left) Machel Ramirez and Health Promotion Services Program Manager (right) Anne Davenport representing KBSCC at the Elder Abuse Awareness Fair on June 11. Thank you to Oregon Department of Human Services and exhibitors for an informative event!

### LOCALLY OWNED LOCALLY OPERATED

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1229 E. Main Street  
Klamath Falls, OR 97601  
(541) 887-2919  
[cascadecremations.com](http://cascadecremations.com)

**We wish everyone a  
Safe and Happy  
Independence Day**

**Are you a Veteran that needs some help at home?  
Call us for more information**

advocacy | action | answers on aging

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

## SHIP TALK

(Senior Health Insurance Program)

## LONG-TERM CARE

Although we've addressed this topic before in this column, questions and confusion keep coming up for people. Long-term care is help for people who are ill or have difficulties and problems taking care of themselves, usually when they are elderly. Most people need some kind of long-term care sometime in their lives – even if it's for only a "short-term".

Why am I writing about long-term care when this is a column about Medicare and medical health insurance? The answer: because many people think long-term care is covered by Medicare, and it is not. Medicare covers only skilled medical treatment.

### What is covered Medicare – terms you might frequently hear and should know:

**Activities of Daily Living** – includes eating, dressing, mobility, personal hygiene, taking medicines, and toileting, whether caused by physical impairment or cognitive impairment. These services may be provided at home, in a foster care home, in an assisted living facility, or in a nursing home setting but does not include skilled medical care.

### Long-term care insurance – what does it cover?

Short answer: all of the above. If you buy long-term care insurance, the producer must give you an outline of coverage when you complete your application. The outline should include (1) a description of the benefits, (2) a list of the main exclusions and restrictions, and (3) a statement of renewability.

### Should I buy?

If you have problems meeting your daily needs, my personal opinion is NO. You may never use it. Why not put a certain amount in savings where it can always be spent for long term care or anything else? You might consider buying it if you (1) have significant assets and income, (2) want to protect some of your assets and income, (3) can pay premiums, including anticipated increases, (4) want to stay independent of the support of others, (5) want to have the flexibility to choose care in a setting you prefer. Bottom line: be knowledgeable, choose wisely, use an agent you rightly trust, and be careful.

This column is much too short to cover all the aspects of long-term care insurance and you will need to do your homework and study the issue and the company thoroughly before making this decision. The Oregon Insurance Division is here to help you and provide valuable information. Just Google it or have someone do that for you if you don't use the computer.

In the meantime, don't forget SHIBA is here for help with your MEDICARE decisions. Just call the Senior Center at 541-883-7171 and make an appointment.

Anne Hartnett,  
SHIBA Coordinator

## Summertime SADness: Reverse Seasonal Affective Disorder

Brette Bliss, Sky Lakes

Most of us are aware of Seasonal Affective Disorder (SAD); a common form of depression that happens during certain seasons of the year that lasts for 4-5 months. SAD affects about 5% of the U.S. population and 90% of people who experience SAD, see their depression symptoms in the winter when the days are shorter and colder. The remaining 10% experience SAD symptoms in the summer. I'm someone who experiences summer SAD. I had no idea that you could have "reverse SAD." I thought SAD was exclusive to winter, but I was wrong.

Every spring since I became an adult, I knew that my existing depression was going to get worse between April and August. I called it my "regularly scheduled and extra-long depressive episode." I knew I would not get a good night's sleep for months and have bouts of mania that would make living with me weird in the best cases and hard in the worst cases for my family. I also spend a lot of my time in the summer anticipating and managing ongoing vestibular migraines.

I used to accept that summers are hard for me and didn't think there was anything I could attribute to this. I didn't see my symptoms as directly connected, only as happening simultaneously.

Now that I know I'm experiencing SAD, I'm better at anticipating my symptoms and planning to manage them. This year hasn't been as bad as my last few years, and I think knowing what's happening to me in the summer has helped a lot. I don't know why it happens, but I'm okay with that.

There's not a lot of information on what contributes to summer SAD but studies have shown that people who live closer to the equator are more likely to experience summer SAD. Some experts suggest that longer days, heat, and humidity play a role in summer SAD since temperature and light can affect our melatonin and serotonin levels. Nothing is conclusive though.

Symptoms of SAD (winter and summer) include (but are not limited to):

- Irritability, frustration, restlessness, and agitation.
- Feelings of pessimism, guilt, worthlessness, helplessness, or despair.
- Physical aches or pain, headaches, cramps, or digestive problems without a clear physical cause or don't go away with treatment.
- Decreased energy, fatigue, or feeling slowed down.
- Loss of interest or pleasure in hobbies or activities.
- Changes in sleep or appetite or unplanned weight changes.
- Thoughts of death or suicide.

People with summer SAD may experience these additional symptoms

- Insomnia or trouble sleeping
- Anxiety
- Violent or aggressive behavior

**It's normal to feel down every now and then, but if you are experiencing symptoms of depression like the ones listed above for periods of two weeks or longer, you should contact a medical provider to discuss your symptoms and possible treatment plans.**

# The Klamath Basin Senior Center and Oregon Health and Science University (OHSU) are working together to administer a survey to better understand our impact. Participants needed .

The purpose of this survey is to understand how patrons of the Klamath Basin Senior Center utilize the services offered at the center. This information will be used by the center in order to improve, modify, and expand its services to better serve the community.

Your participation in this survey is voluntary and anonymous. If you wish not to answer any of the questions, you are free to skip them. This survey should take about 10 minutes to complete and can be accessed through the following links.

Senior Center Patrons: [https://ohsu.ca1.qualtrics.com/jfe/form/SV\\_bpFDo4De033Z65M](https://ohsu.ca1.qualtrics.com/jfe/form/SV_bpFDo4De033Z65M) Senior Center Volunteers: [https://ohsu.ca1.qualtrics.com/jfe/form/SV\\_dm4mfqHF1JBU1fg](https://ohsu.ca1.qualtrics.com/jfe/form/SV_dm4mfqHF1JBU1fg)

If you prefer to conduct this survey via phone and/or video call, please contact [lauca@ohsu.edu](mailto:lauca@ohsu.edu) to schedule. Paper copies of this survey will be available at the Center, a link will also be provided in our digital newsletter, on our website, and on our Social Media pages.

Questions or concerns about the survey may be directed to [lauca@ohsu.edu](mailto:lauca@ohsu.edu).

KLAMATH COMMUNITY COLLEGE

# BUDGETING CLASS

**No Cost**

ONLY 10 SPOTS!





## BUDGETING: CREATING A BUDGET THAT WORKS FOR YOU

BUSX 719 01/02

**WHAT YOU WILL LEARN:**

- WHAT A BUDGET IS
- BUDGET SOLUTIONS
- TYPICAL BUDGET PROBLEMS
- CREATING A BUDGET
- HOW TO KEEP ON TRACK

**JULY 8TH OR AUGUST 5TH**  
MONDAY  
5:30 - 6:30 PM

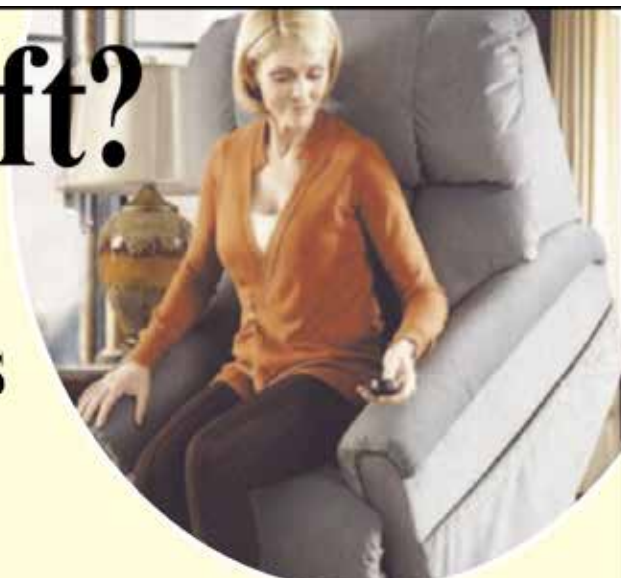
**REGISTER:**

ONLINE AT  
[MYKCC.KLAMATHCC.EDU](http://MYKCC.KLAMATHCC.EDU)  
EMAIL [CE@KLAMATHCC.EDU](mailto:CE@KLAMATHCC.EDU)  
IN-PERSON BY APPOINTMENT -  
TEXT DENISE AT 541-880-2243

# Need An Extra Lift?

**RECLINING LIFT CHAIRS and  
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Get It  
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Comfort, Quality and all the Rest....  
[www.bedroomgallery.com](http://www.bedroomgallery.com)

541-884-2773

1204 Main St.  
Klamath Falls, OR 97601

# UKULELE NEWS



## Meet our new Volunteer Coordinator for Foster Grandparents in Klamath County



Greetings! My name is Leslie Maxfield and I am the new Volunteer Coordinator for Foster Grandparents in Klamath County. I am excited about my new position because it is an opportunity for me to engage with caring seniors (of which I am one) who love children and want to support school readiness in our community.

I have lived in Klamath for over 25 years. I worked at Klamath Family Head Start, Oregon Child Development Coalition, and Klamath Community College. My most recent job was serving as a national trainer for Head Start. I was able to travel and meet people across the country. I even traveled to Alaska, Hawaii and Puerto Rico! But there is no place like home, and I was always happy to return to Klamath.

My husband and I raised three daughters, and are fortunate that they all stayed in Klamath. We have five grandchildren from 2 years to 17. Except for Daniel, the youngest, they all attend Klamath County schools. I was a 4-H leader and I volunteer with Miss Klamath County scholarship program. I love gardening, reading all kinds of books, learning to bake sourdough bread and spending time with family. I look forward to doing some boating this summer.

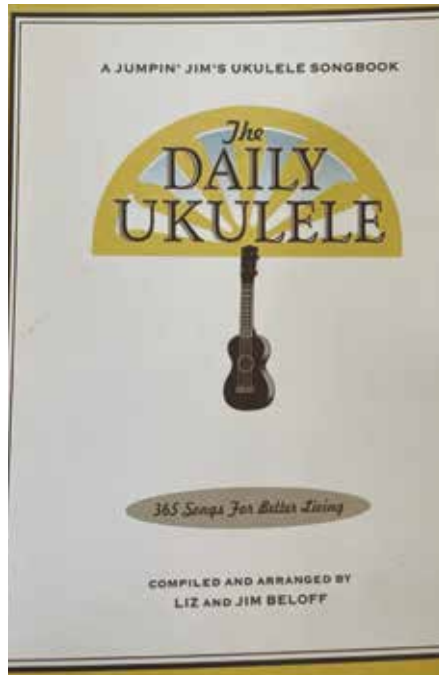
I hope that you will consider learning more about Foster Grandparents and becoming a volunteer. You may reach me at 541-539-1208 or [lmaxfield@retirement.org](mailto:lmaxfield@retirement.org). I look forward to seeing you!

### Greetings

Our next two ukulele gatherings will be TUESDAY, JULY 16, 6-7pm (warm-up 5:30-6) and then again on August 20th.

Our music will primarily be taken from Jumpin' Jim's Ukulele songbook, THE DAILY UKULELE. A few songs for homework include;

- P 35 Bill Bailey
- P36 Blowin' in the Wind
- P279 You Are My Sunshine
- P41 Bye Bye Love
- P51 Can't Help Falling in Love
- P143 King of the Road Jon's
- Finger Exercises - spider walking each string.



I bought this songbook at the Main St. Music Store. You can pick up one there or online.

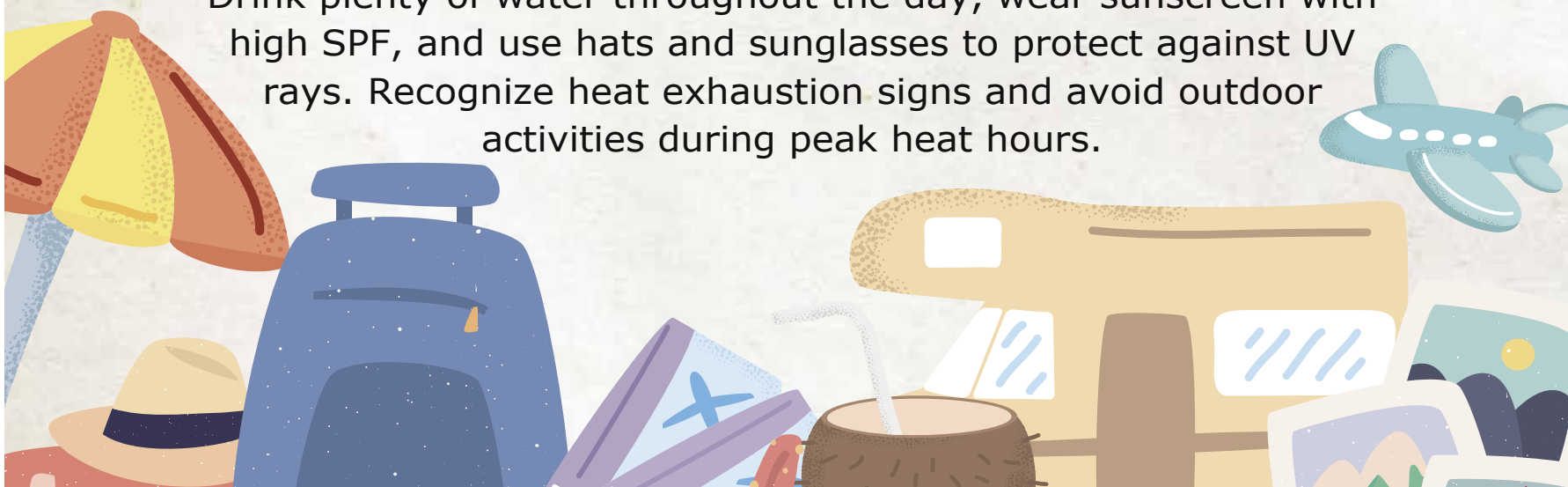
### See you at Ukulele on July 16th in the Senior Center ballroom.

Marc, Maryann and Jon



# Sun-Safe and Hydrated

Staying hydrated and sun-safe is crucial during the summer. Drink plenty of water throughout the day, wear sunscreen with high SPF, and use hats and sunglasses to protect against UV rays. Recognize heat exhaustion signs and avoid outdoor activities during peak heat hours.



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



We are truly a family here at the KBSCC and we support one another in our goals! Exercise participants came together to create motivational flags for KBSCC Health Promotion Services Program Manager Anne Davenport for her to hang on her tent as she participated in the Elijah Bristow 24-Hour Endurance Run Challenge on June 15th.



This is baby bird season at Lower Klamath and Tulelake National Wildlife Refuges. Take a trip to see the cute little ones! Photo by Mary Williams Hyde.

## Klamath Basin Genealogy Society

Klamath Basin Genealogical Society (KBGS) meets the 2nd Thursday of every month at the Klamath County Library media room. 6-8 p.m.

DNA Interest Group (DIG) meets the first Wednesday of every month at the Klamath County Library Media Room from 1-3p.m.

# JOIN US FOR THE MOORE PARK PLAYGROUND GRAND OPENING!

**JULY 9TH, 2024  
4:30 PM**

**740 LAKESHORE DRIVE, KLAMATH FALLS OR 97601**



## July is Healthy Vision Month

### What are five steps people can take to protect their vision?



**Get a Comprehensive Dilated Eye Exam:** It's the best way to know if your eyes are healthy and you're seeing your best. Talk to your eye care professional about how often you should have one.



**Live a Healthy Lifestyle:** Maintain a healthy weight and eat foods like fish and dark leafy green vegetables to lower your risk of eye disease. And don't smoke—it's as bad for your eyes as it is for the rest of your body.



**Know Your Family History:** Genes are a factor in eye disease, including diseases that are the leading causes of blindness. Talk to your family members about their eye health history.



**Use Protective Eyewear:** Safety glasses or goggles can protect your eyes at work and at play. Talk to your eye care provider about the right protective eyewear for your sport or job.



**Wear Sunglasses:** Protect your eyes by choosing sunglasses that block out 99 to 100% of both UVA and UVB radiation.

source: [https://www.nei.nih.gov/sites/default/files/health-pdfs/HVM\\_Fact\\_Sheet\\_2016.pdf](https://www.nei.nih.gov/sites/default/files/health-pdfs/HVM_Fact_Sheet_2016.pdf)

# KLAMATH EYE CENTER

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

## OUR RESIDENTS CAN COUNT ON THE HEALTH SERVICES THEY NEED!



**Angela Carter,**  
BSN, RN  
Health Services  
Director

Angela Carter heads up our Health Services staff, managing our talented crew of dedicated med techs and care-givers who are available 24/7. Residents may need help managing diabetes, COPD, dementia, physical limitations due to aging and other health concerns like taking pills on time. She makes sure the health services workers are well-trained and excellent care givers.

Angela had been an RN for 20 years, and our Health Services Director for 5 weeks. A Klamath Falls native, she is married with four children, and six grandchildren. She says, "I love the community and I am excited to serve. I just want to make a positive impact on the lives of others!"

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!



*Amber Anderson ....your tour guide...call today!*



**Pelican Pointe**  
ASSISTED LIVING

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



## Healthy Aging Tips for Older Adults

Submitted by *Patricia Card, KBBH*  
*Older Adult Behavioral Health Specialist*



As you age, you may worry more about your health. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, cognitive decline (which is a decrease in the ability to think, learn, and remember) and dementia. The good news is that adopting and maintaining a few key behaviors can help you live a longer, healthier life. It's never too late to start!

### **Social isolation and loneliness**

As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations can all lead to being socially isolated or feeling lonely. Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly.

### **Ways to stay connected:**

- Schedule daily, weekly, or biweekly phone calls or chats.
- Seek out others with shared interests, such as through a garden club, volunteering, book club, art group, or walking group.

### **Physical Activity**

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings

of depression. Most importantly, people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life with less pain or disability.

Some suggestions:

- Go for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, water aerobics, gardening, or stretching.
- Discuss how much activity is recommended and brainstorm ways to work it into your daily life. Experts recommend at least 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.

### **Healthy eating**

Healthy eating is an important part of healthy aging. Eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A diet involving fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems.

Changing long-held habits can be tough, but before you know it, there may be some new favorite foods on the table! Consider these tips in your routine:

- When grocery shopping, pick out healthy options.
- Look at your favorite traditional recipes and see if you can make them healthier; for example, by substituting olive oil for butter, or yogurt for sour cream.
- Talk with your doctor or pharmacist about your diet and any vitamin and mineral supplements you may need.

### **Schedule regular check-ups**

It's important to have regular health exams and medical screenings. Checking in with your doctor annually, and possibly more often, depending on overall health, may help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment. Reach out to your doctor immediately if you are experiencing pain or any new symptoms. Some ideas include:

- Mark your appointments on a calendar so you don't forget
  - If needed, have someone go with you and take notes.
  - Have someone help manage your medications if needed.
  - Maintain a current list of your medications, including both prescription and over-the-counter medications and any supplements. Share this list with your health care providers.
- Great next step

**Subscribe to the Senior Center newsletter and attend the Senior Center activities. There are so many to get involved with!!!**

## 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 JULY 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
- (+) Golden Age BINGO & Cards Club 12:30 pm

## TUESDAYS

- Mobility from Head to Toe with Anne Davenport 9 am
- 2nd Tues Learn'n'Lunch, see below for topic!
- \*2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- \*2nd Tues Klamath & Lake Counties Council on Aging 11am–12:30pm
- Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
- Qi Gong with Rachel Stephens 2:30 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

## WEDNESDAYS

- SAIL with Sherry Hooke 9:00 am
- (+) 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
- **1st Thursdays BINGO Fundraiser open at 4:30 pm, call at 6 pm July will be held on July 11 due to Holiday!**
- 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
- **No Bingo on July 6 due to the Holiday!**

\* 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<sup>^</sup>:** 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<sup>^</sup>:** 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!

**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.

<sup>^</sup>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.”

## JULY SPECIAL EVENTS

The Center will be closed on Thursday, July 4 and Friday, July 5 in observance of the Holiday.

There will be no Bingo on Saturday July 6!

Learn'n'Lunch in July cancelled.  
 We apologize for the inconvenience! We will resume in August!

The Healthy Klamath Network is conducting listening sessions across Klamath County this summer. Dates will be announced soon. Look for more information on a flyer when details are available.

**Thursday Bingo on July 11!**

## Family Day Bingo on July 14th!

at the Klamath Basin Senior Citizens' Center

OPEN AT 12:00 PM

FIRST CALL AT 1:30 PM

Kids 7+ welcome

must be accompanied by a parent or legal guardian,  
 or have a note from a parent or legal guardian.

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

Pay out: \$50 pack games, special games \$80,  
 double action \$99, blackout \$300.

Goody bags and raffle for children.

THIS EVENT FUNDS PROGRAMS AT THE SENIOR CENTER

**JULY 2024**


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

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>POTATO W/ HAM SOUP</b> Veggie Salad Dessert	<b>TACO TUESDAY</b> Veggie Salad Dessert	<b>CHICKEN CASSEROLE</b> Veggie Salad Dessert	<b>SENIOR CENTER CLOSED FOR INDEPENDENCE DAY</b>	
8	9	10	11	12
<b>SLOPPY JOES</b> Veggie Salad Dessert	<b>POLISH DOGS W/ KRAUT</b> Veggie Salad Dessert	<b>LIVER'N'ONIONS/CHEF'S CHOICE</b> Veggie Salad Dessert	<b>ROAST PORK</b> Veggie Salad Dessert	<b>BBQ CHICKEN</b> Veggie Salad Dessert
15	16	17	18	19
<b>POTATOES AU GRATIN W/HAM</b> Veggie Salad Dessert	<b>BRUNCH FOR LUNCH</b> Veggie Salad Dessert	<b>HAMBURGER SOUP</b> Veggie Salad Dessert	<b>CHICKEN STRIPS</b> Veggie Salad  <b>BRISTOL HOSPICE BIRTHDAY CELEBRATION</b>	<b>SPAGHETTI W/ MEAT SAUCE</b> Veggie Salad Dessert
22	23	24	25	26
<b>LASAGNA ROLLS</b> Veggie Salad Dessert	<b>SALISBURY STEAK</b> Veggie Salad Dessert	<b>WHITE CHILI CHICKEN</b> Veggie Salad Dessert	<b>GRILLED CHEESE, TOMATO SOUP</b> Veggie Salad Dessert	<b>FISH 'N' CHIPS</b> Veggie Salad Dessert
29	30	31	1	2
<b>BBQ PORK SLIDERS</b> Veggie Salad Dessert	<b>PIZZA</b> Veggie Salad Dessert	<b>GROUND BEEF, RICE'N'GRAVY</b> Veggie Salad Dessert	<b>QUICHE</b> Veggie Salad Dessert	<b>COUNTRY FRIED STEAK</b> Veggie Salad Dessert
5	6	7		
<b>MEATBALL SUB</b> Veggie Salad Dessert	<b>TACO TUESDAY</b> Veggie Salad Dessert	<b>BLACK BEAN, HAM, &amp; RICE</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

- 7/8/24: Stephen Rooker (Pending)
- 7/15/24: Carolyn Acevedo – Basin Transit
- 7/22/24: Cheri Stewart – City of Bonanza – Chili Cookoff & Antique Car Show/Craft Fair
- 7/29/24: Speaker – Brews, Brats, and Blues Festival
- 8/5/24: Craig Willers – Testimonial on Schizophrenia
- 8/12/24: Joy Hobbs – Changing Leads Counseling



Register today for our

# July Medicare Basics Workshops

with **Brannon Kaefering**

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

**July Workshop**  
**July 10 / 10 AM**

Insurance Agency  
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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.

Y0084\_MKG\_T65\_AD\_2024\_C

Offering hospice care for the  
**Klamath Falls area:**

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

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



# Feel supported with a full continuum of care

Crystal Terrace is the only senior living community in the Klamath Falls area where residents don't need to worry about moving if their needs change. A variety of options include one- and two-bedroom apartments and two-bedroom cottages with garages for independent living, private suites for assisted living, and our best-in-class memory care neighborhood, which offers personalized care plans and science-based activity programming.

**Candace  
Victor  
Director  
of Sales**



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

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

Call us at **(541) 885-7250** to schedule your tour of our community, and receive a complimentary lunch for two!

1000 Town Center Dr., Klamath Falls, OR 97601 • [CrystalTerraceMBK.com](http://CrystalTerraceMBK.com)

