



FREE!
Take One

LIVING Well

ADDING LIFE TO YOUR YEARS

Summer 2020

HOW TO
MAINTAIN OUR
MENTAL WELL-BEING
IN THE MIDST
OF CRISIS.

BLUE ZONES PROJECT® IS PART OF THE HEALTHY KLAMATH COALITION ALONGSIDE ITS CORE FOUR SPONSORS:



MARK YOUR CALENDAR!

Join in, walk, learn & live better

TUESDAYS:

Family Support Group, Noon - 1:30 p.m., first Tuesday of each month, 2421 Washburn Way, Ste. E. For those with an ill family member. Call National Alliance on Mental Illness (NAMI) at 541-885-4909 for more information.

Connections Peer Support Group,

Noon - 1:30 p.m., Second and Fourth Tuesday of each month, 2421 Washburn Way, Ste. E. Call National Alliance on Mental Illness (NAMI) at 541-885-4909 for more information.

THURSDAYS:

Beginning a Mindfulness Practice, 4-class series, Noon - 1:30 p.m., Sept. 10, Sept. 17, Sept. 24, and Oct. 1. Virtual or in person is to be determined based on client preference. \$75 for the entire series. 4-person minimum. Call Sky Lakes Wellness Center for information and to sign up at 541-880-2770

WEDNESDAY, AUGUST 5

Budget Busting, 1:00 p.m. - 2:30 p.m., Klamath Housing Authority, Sky

Meadows Community Room, 5145 Homedale Rd. Free! Budgeting tools that FIT your FAMILY, steps to reduce debt, finding money in your budget, cost cutting, thrifty tools, prioritizing spending, setting goals for good habits. RSVP with Michelle Scott at Klamath Housing Authority at 541-884-0649 ext. 120.

MONDAY, AUGUST 17

Conflict Resolution, 1:00 p.m. - 2:30 p.m., Klamath Housing Authority, Sky Meadows Community Room, 5145 Homedale Rd. Free! Recognizing conflict, emotional awareness, quick stress reduction techniques, seeking first to understand, focusing on solving the problem, picking battles wisely, being willing to forgive and let go, honest communication. RSVP with Michelle Scott at Klamath Housing Authority at 541-884-0649 ext. 120.

WEDNESDAY, SEPTEMBER 2

Sleep - It's More Important Than You Think, 11:30 a.m. - 1:00 p.m. Virtual or in person is to be determined based on client preference. Free! 4-person minimum. Call Sky Lakes Wellness

Center for information and to sign up at 541-880-2770

Healthy Cooking Nutrition Class,

1:00 p.m. - 2:30 p.m., Country Village Community Room at 5500 Norgold Rd. Free! Smart Cooking – a hands-on cooking class to include healthy eating tips for every budget – Smart shopping ideas – Low cost recipes - Smart tips when eating out. Delicious meal included with class. RSVP to Michelle Scott with Klamath Housing Authority at 541-884-0649 ext. 120.

MONDAY, SEPTEMBER 21

Effective Communication, 1:00 p.m. - 2:30 p.m., Country Village Community Room at 5500 Norgold Rd. Free! What is communication? How & why we communicate, barriers to communication, effective communication at work & home, different communication styles. RSVP with Michelle Scott at Klamath Housing Authority at 541-884-0649 ext. 120.

Keep up with the latest events through the Healthy Klamath community calendar at healthyklamath.org/events



INTRODUCTION

BY **Kendra Santiago,**
PR & Marketing Manager for
Blue Zones Project – Klamath Falls

Maintaining Well-Being In Times of Crisis

If you have been keeping an eye on the news surrounding COVID-19, you may be hearing a lot about the mental health crisis that the United States is anticipating as a result. Transitions and changes are a challenge in general, but a global pandemic? That's a whole other issue itself. I'd like to encourage the community to help us improve our mental health, by simply talking about it. Speaking from personal experience, just about anybody can benefit from talking to a mental health professional, so if you're feeling even a little bit "off" these days, I encourage you to reach out to someone.

Additionally, Blue Zones Project and Sky Lakes Wellness Center are teaming up in August to provide an opportunity for you to watch a documentary (for free!) about meditation and mindfulness: My Year of Living Mindfully. If you've ever wondered what mindfulness is, if the hype is real, or what impact it might have, I encourage you to register on www.healthyklamath.org.

www.healthyklamath.org/livingmindfully. We'll send you a link to watch the documentary from the comfort of your own home. Whether it be a goal of being more active, or connecting with loved ones, or even practicing faith, meditation is a great tool to complement your well-being goals, and the beauty is, all you need is breath!

Thank you to the many organizations who have provided content and support to help make this special issue possible. Whether you're a parent, spouse, someone's child, an employer, or coworker, please take a moment to ask someone how they're doing today. If you are struggling personally, reach out. Klamath Basin Behavioral Health's hotline is open 24/7/365 at 541-883-1030. We have also posted some great tips on stress and well-being as well as links to mental health resources on www.healthyklamath.org/COVID-19. As always, if you have anything you'd like to share, please reach out via email at bluezonesproject@healthyklamath.org.

Looking for some guidance on how to be more mindful?

Sky Lakes Wellness Center is hosting a 4-week series – "Beginning a Mindfulness Practice" beginning on Sept. 10. Call 541-880-2770 for more information.

Also, check out these apps for your iPhone or Android device:

Insight Timer
Headspace
Calm
10% Happier

AVAILABLE AUG. 15 – SEPT. 15

Free Virtual Screening: My Year of Living Mindfully

Sponsored by Blue Zones Project® and Sky Lakes Wellness Center, join us to explore what mindfulness is all about, address the "hype", and gain a deeper understanding on the science of this popular topic.



The first 100 to register for this event will be entered to win a gift set from Blue Zones Project and Sky Lakes Wellness Center.

Register at www.healthyklamath.org/livingmindfully to receive your link to watch the video. Email bluezonesproject@healthyklamath.org for more information.

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Take a deeper dive into what the Klamath Tribes are doing to support the health of their people on **pages 10 - 14**



For some quick tips on improving your stress levels and bolstering your immune system, check out Dr. McKay's tips on **page 25**



Looking for some resources to start a mindfulness practice?

Check out our Summer Reading List on **page 32**

WAYS TO LEARN MORE:

BLUE ZONES PROJECT®



Facebook
www.facebook.com/
bluezonesprojectklamathfalls

oregon.bluezonesproject.com
healthyklamath.org/bluezonesproject

HEALTHY KLAMATH



For a community calendar of events and details on ongoing health and wellness initiatives visit:
www.healthyklamath.org

CONNECT WITH THE HERALD AND NEWS



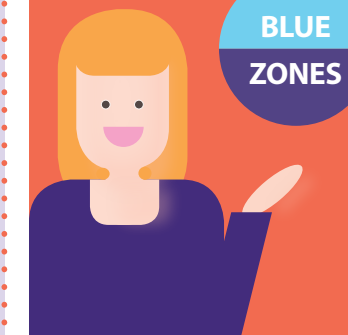
Facebook
www.facebook.com/HandN



Instagram
heraldandnews

www.heraldandnews.com

COME ON BY AND SAY HI!



BLUE ZONES

The Klamath Falls Blue Zones Project office is open 9 a.m. to 5 p.m. Monday through Friday at 2701 Foothills Blvd., inside the Herald & News building.

BLUE ZONES PERSONAL PLEDGE

Our community has a great opportunity to become healthier. The Blue Zones Project strives to increase the well-being of our community; the personal pledge is a great step in that direction.

Unhealthy messaging regularly influences us through our smartphones, TVs, and even while we are driving. However, we can be more thoughtful about making choices that lead to better well-being.

The Blue Zones Personal Pledge includes tips from the original Blue Zones areas and evidence-based best practices people can take to improve how we take care of our minds and bodies. These changes can help individuals become healthier, make lasting friendships and find meaning and purpose in life.

At the end of the day, the responsibility falls on each of us to take ownership of our own lives. By completing the personal pledge, each individual takes steps toward a better self and strengthening Klamath Falls.

Make the pledge today by sending in the form below.

Questions? Visit healthyklamath.org to learn more

Your Pledge

Taking the personal pledge means committing to learn, measure, participate, and complete five or more actions from the personal checklist in the next six months. Tell us how you want to participate by checking the boxes below. Then sign the pledge! We will be in touch to let you know how you can get involved.

- Join a Blue Zones Project® Walking or Potluck Moai.
- Volunteer with Blue Zones Project or another community organization.
- Attend a Purpose Workshop.
- Join the Blue Zones Project Action Force.

By providing my contact information below, I acknowledge that I am at least 15. I accept that I am responsible for deciding, in consultation with my physician, how much I can safely do and how far I can go.

First Name: _____ Last Name: _____ Date: _____

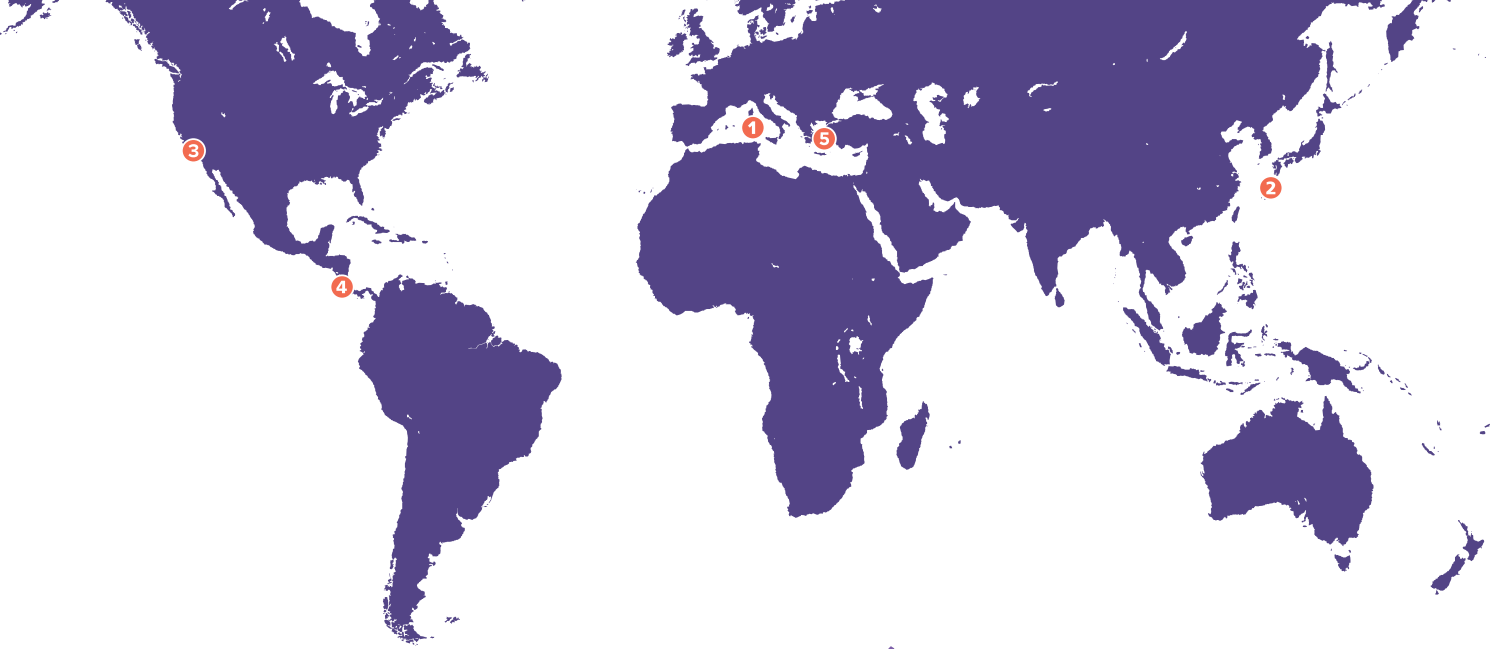
Email Address: _____ Zip Code: _____

If Applicable: Employer: _____ Faith-Based Organization: _____ School: _____

Cut out and mail to: Blue Zones Project – Klamath Falls, 2701 Foothills Blvd., Klamath Falls, OR 97603

CONTENT FOR LIVING WELL MAGAZINE CONTRIBUTED BY:

Klamath Tribal Youth and Family Guidance Center, Just Talk Suicide Prevention, Cascade Health Alliance, Klamath Basin Behavioral Health, Veterans Affairs, Sky Lakes Wellness Center, and Klamath Health Partnership



WHAT ARE THE BLUE ZONES?

In 2004 National Geographic and Blue Zones founder Dan Buettner teamed up with longevity experts to study the geographic areas where people live the longest, and tried to establish common patterns of behavior among those cultures.

These hotspots of longevity were the Italian island of Sardinia, the Japanese island of Okinawa, the Californian town of Loma Linda, Costa Rica's Nicoya Peninsula, and the Greek island of Ikaria.

THE BLUE ZONES

- 1 Sardinia, Italy
- 2 Okinawa, Japan
- 3 Loma Linda, California
- 4 Nicoya Peninsula, Costa Rica
- 5 Ikaria, Greece

WHAT IS THE BLUE ZONES PROJECT®?

What began as a *New York Times* bestseller by National Geographic Fellow Dan Buettner, has evolved into a global movement that's inspiring people to live longer, more active lives.

Blue Zones Project® offers a unique opportunity for individuals, organizations, and communities to make permanent changes to the environments where they live, work and play, to make healthy choices easier.

The Blue Zones Project® encourages communities to make environmental, mental and social changes to improve well-being, health and longevity.

WHAT ARE THE POWER 9 PRINCIPLES?

After Dan Buettner and National Geographic teams studied the Blue Zones community's lifestyles, they found nine common characteristics that lead to a healthier and longer life, called the **Power 9 Principles**.

The Power 9 Principles focus on improving the wellbeing of communities around the nation through changing their environments rather than lifestyles.



MOVE NATURALLY

Find ways to move more!
You'll burn calories without thinking about it.



PURPOSE

Wake up with purpose each day and add up to seven years to your life.



DOWN SHIFT

Reverse disease by finding a stress-relieving strategy that works for you.



80% RULE

Eat mindfully and stop when 80% full.



PLANT SLANT

Put more fruits and vegetables on your plate.



FRIENDS @ 5

Schedule social time with friends while enjoying healthy drinks and snacks.



BELONG

Belong to a faith-based community and attend services regularly to add up to 14 years to your life.



LOVED ONES FIRST

Invest time with family – and add up to six years to your life.



RIGHT TRIBE

Surround yourself with people who support positive behaviors – and who support you.



It's more a philosophy to change your lifestyle: To eat better, stress less, move more and to do it with love.



- Tom Hottman,
Sky Lakes Medical Center

A Community-Wide Approach

When communities participate in the Blue Zones Project®, everyone benefits.

Worksites: Workers feel better and more connected to their colleagues, so they're more productive, miss less work, and have lower health care costs.

Schools: Encouraging better eating habits, implementing tobacco-free policies, and increasing physical activity from a young age creates life-long healthy habits.

Restaurants: Healthier local food options make healthy choices a breeze when eating out.

Grocery Stores: Easier access to healthful and tasty foods allows families to improve their nutrition choices.

Community Policy: Sidewalks, community gardens, farmers' markets, and other community infrastructures affect a communities ability to move naturally, connect socially, and access healthy food.

Individuals: From moving naturally more often to finding individual purpose in our lives, making small changes in daily routines can lead to living happier and healthier lives.

“First, we value our employees. While that's easy to say from a management perspective, it's important to be able to identify all the tangible ways which we are committed to the health and wellness of our organization.”

— Dennis Lee, district forester
Klamath-Lake District,
Oregon Department of Forestry

The JOURNEY

By BLUE ZONES STAFF

BLUE ZONES PROJECT — KLAMATH FALLS

Foundational to Blue Zones Project is the idea that we need to focus not just on one piece of health, but on several fronts to ensure well-being improvement is sustained and Klamath Falls sees long-term improvement to our health. We work to optimize the physical,

social and emotional factors that comprise well-being and apply it to the places where we spend our time. One way we do this is through Blue Zones Project approved grocery stores, restaurants, worksites, schools, faith-based and supporting organizations.

In the past three years, Blue Zones

Project – Klamath Falls has worked with 67 organizations to implement best practices and make the healthy choice the easy choice. Of those organizations, we have 21 approved worksites that employ nearly 5,000 people in our community. A few highlights from our organizations include the meditation/quiet room in the

Klamath Falls City Police Department for employees to downshift, a Walking School Bus at Roosevelt Elementary to encourage active movement for students, and the Blue Zones checkout lanes at Sherm's Thunderbird Market to help make the healthy choice the easy choice.

INDIVIDUALS



7,806

individuals in Klamath Falls are engaged with Blue Zones Project.

1,113 residents joined a **moai** to socialize and support healthy behaviors.

972 residents have found their life's purpose through attending a **purpose workshop**.

709 residents have given their time to **volunteering** in their community with Blue Zones Project.

4,292 residents have signed the **personal pledge** to live longer, better.

GROCERY



21

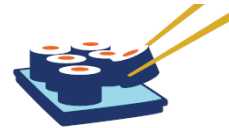
grocery stores have become Blue Zones Project Approved.

1 corner store is Blue Zones Project Approved.

RESTAURANTS

12

restaurants have become Blue Zones Project Approved.



WORKSITES



21

worksites have become Blue Zones Project approved.

SCHOOLS

8

schools are Blue Zones Project Approved.



FAITH-BASED ORGANIZATIONS

7 **faith-based organizations** have become Blue Zones Project Approved.



POLICY

10 **built environment policies** passed and best practices implemented.

5 **food systems policies** passed and online farmer's market launched.

4 **tobacco and smoking policies** passed.



For a full list of the Blue Zones Project Approved Organizations, visit www.healthyklamath.org/bluezones

STEP-BY-STEP THROUGH THE JOURNEY TO BECOMING BLUE ZONES PROJECT APPROVED



STEP 1



The best first step for any organization is to identify a point person to coordinate on behalf of their team with Blue Zones Project.

STEP 2



Schedule a meeting with us to review the Blue Zones Project Pledge together, identify the great things you're already doing, as well as new practices you can implement to create a culture of well-being within your organization.

STEP 3



Invite a Blue Zones Project team member to speak with your organization about Blue Zones Project. It helps to ensure everyone is aware of Blue Zones Project and what we're all about.

STEP 4



Earn points toward becoming approved by implementing best practices. The best practices are outlined in the Pledge Booklets our team will provide.

Suggestions are dependent on the type of organization you are representing (grocery store, restaurant, worksite, school, faith-based or supporting organization), but some examples are:

- Host a healthy potluck
- Provide walking maps to members and employees
- Encourage healthier fundraisers
- Create signage which promotes healthier food options, or
- List healthier side dishes first on restaurant menus

STEP 5



Create a sustainability plan. Just like your New Year's resolutions, it's important to plan ahead to sustain the successes of the practices that your team implemented.

STEP 6



Make a big deal about it! When you're approved, be sure to celebrate the fact that your organization is part of making the healthy choice, the easy choice in our community.



INDIGENIZING MINDFULNESS

Monica Yellowowl, CADCI, CPS

In 2017, Klamath Tribal Health & Family Services (KTHFS) was approached by an indigenous scholar, Dr. Jeff Proulx, Mohawk. Dr. Proulx is a health psychologist and Senior Research Associate at Brown University.

His primary research expertise is in developmental health psychology/integrative health. He received funding through the National Institute of Health (NIH) to conduct a five-year study titled “Exploring the Adaptation of Mindfulness in Native American communities to Address Diabetes.” The concept of this study is to demonstrate how a Mindfulness Based Stress Reduction (MBSR) program can be adapted to include Native American traditions in order to reduce stress and ultimately influence diabetes rates.

KTHFS leaders along with their Health Advisory Committee and Klamath Tribal Council were presented with the opportunity to join Dr. Proulx in this important study to which they agreed and work

quickly began. KTHFS staff were gathered representing the service elements of Behavioral Health, Health Education, and Prevention, all of whom hold a professional regard for the implementation of tribal based practices into their work.

Nurturing the belief that MBSR can be indigenized was the basis of the study, year one. The team worked with the University of Massachusetts to become MBSR facilitators. Furthermore, collaborating to identify how Native contemplative traditions can lead to the expression of Native traditions in the daily lives of tribal members. It was evident that this work would have a great impact not only on diabetes, but also held high potential to influence the way in which cultural



practices are revived on an individual level.

Year two of the study brought together individuals from the Klamath Tribes community to introduce the concept of the study and the belief that MBSR techniques are ancient, and effective. They moved through an 8-Week MBSR course providing their cultural knowledge to further influence the work.

Reflecting on the ancient mythological stories of the Klamath and Modoc people, MBSR techniques were evident. Looking through the behavioral health lens of Klamath Tribes ancestors, MBSR techniques were part of their daily routine in the most natural way. Vision questing, seeking power, ceremony, doctoring practices, gathering traditional foods, grief and loss customs, and many more, all held significant amounts of mindfulness.

Currently, we are in year three of the study. In January 2020, we traveled to Brown University in Providence Rhode Island to collaborate with scholars who are equally invested in these practices. Introductions to indigenous knowledge and research such as “neuro-decolonization” by Dr. Michael Yellowbird were provided to further drive the importance of this work.

At the present time, a group of approximately 13 individuals are moving through a fully indigenized MBSR cohort. Each week includes the MBSR practices framed in cultural teachings specific to the Klamath, Modoc, and Yahooskin people. Traditional songs, sounds, foods are embedded, mythological stories are weaved in, indigenous language is spoken, and spirit is present.

Years 4 and 5 will go on to focus on diabetes patients specifically with the overall goal to impact diabetes rates by reducing stress. We expect that creating a Native MBSR program will be beneficial to the Klamath Tribes community as well as a major contribution to medical research. ■

Vision questing, seeking power, ceremony, doctoring practices, gathering traditional foods, grief and loss customs, and many more, all held significant amounts of mindfulness.



Klamath Tribal Health
YOUTH & FAMILY

◀◀ GUIDANCE CENTER ▶▶

**Substance Abuse Treatment • Mental Health
Case Management • Prevention Program
Recovery Support • Tribal Based Practices**

*Give us a call today and we
can assist you with eligibility
and help you get started.*

541-884-1841

*Culture is
Prevention*



Klamath Tribal Health & Family Services operates "YFGC" an outpatient behavioral health program that provides an array of counseling, recovery support, and prevention services to American Indian and Alaskan Natives living within Klamath County.

**Hours: 8:30AM - 5:00PM Monday-Friday
635 Main Street • Klamath Falls, OR 97601**

SUBSTANCE ABUSE TREATMENT THROUGH A TRIBAL LENS

Chris Turner, CADCI

Klamath Tribal Health & Family Services (KTHFS) Youth & Family Guidance Center (YFGC) is fully integrating tribal based practices and spirituality into substance abuse treatment approaches.

Cultural practices and spirit have been the foundation of behavioral health for indigenous peoples for time immemorial and hold strong validation. With the backdrop of historical trauma impacting our tribal individuals in various ways, integrating pre-colonial, indigenous approaches is significant.

In many Behavioral Health programs there is a separation of spirituality and treatment, or at best it gets cursory attention. Evidenced based practices are highly favored, however the research lacks indigenous voice. Spirituality is a topic that many are reluctant to discuss for a variety of reasons including discomfort, organization policy, or even the clinician not having spiritual beliefs. This is an issue that deserves discussion however, given that so many individuals in recovery list spirituality as one of, if not the biggest aid to recovery.

In secular treatment models, individuals are given instruction on the types of people, places and things to avoid and are encouraged to build a support network. They receive instruction on how to cope with uncomfortable feelings and situations. For indigenous people some unique risk factors for chronic substance abuse include, but are certainly not limited to the internalization of racism, loss of territories, culture and pride; high levels of mortality, poverty, and poor health; and disregard of Indigenous Peoples' sovereignty and rights. Cultural practices and opportunities to foster spirituality honors and supports an individual's identity.

Spirituality works in conjunction with these components of treatment. In fact, it gives a venue to apply these lessons in real time, thus cementing the habits and improving recovery outcomes.





Spiritual practices such as prayer and meditation can help individuals cope with difficult emotions and situations, and give them space to make decisions that are in line with their values- which in turns helps them to build new brain pathways as they experience success in handling tough situations in a measured, spiritually grounded way.



Furthermore, spirituality can support on deeper levels as well. Recovery that is based solely on building recovery skills can be tenuous at best. Spirituality can help influence the seed of motivation. It can help mold a recovering person's identity to be in line with a person's values.

In recovery models, improving neuroplasticity (the brain's ability to form new connections and pathways) is crucial to helping individuals overcome behaviors and thinking patterns that are harming their lives. Interestingly, spirituality and the practices that go along with it have been shown to improve neuroplasticity. A primary way that neuroplasticity is improved is through being part of a social network. Cultural practices can help provide you a support network in a literal sense (ie ceremony, sweatlodge, gathering), but it can also improve the sense of being part of something bigger (tribalism). Spiritual practices such as prayer and meditation can help individuals cope with difficult emotions and situations, and give them space to make decisions that are in line with their values- which in turns helps them to build new brain pathways as they experience success in handling tough situations in a measured, spiritually grounded way.

For Tribal individuals in recovery, spirituality cannot be separated from the rest of the individual. Spirituality is most often given the most credit in their recovery, and for good reason. They are using spirituality to identify their own personal values. Ceremony, connecting to the land, or visiting with an elder reinforces delayed gratification. They are framing their identity as positive members of their community that take care of their spirit to in turn take care of their family. Canoe making, creating a traditional instrument, beading are developing indigenous identity through the creation of new brain connections.

It is understandable that counselors wouldn't force clients in any way to conform to the counselor's spiritual beliefs, or even pressure spirituality to be part of recovery. Nevertheless recovery is not separate from spirituality for those with spiritual inclination. They are intrinsically linked. We would do well to use treatment and spirituality as a symbiotic relationship, because they work hand in hand for many people in recovery. ■

Happiness STARTS HERE!!!

Want to feel better during a stressful day? These tips have been shown to ease stress and increase happiness

- Write a Thank You Note.** Reflecting on a friend's or co-worker's impact on your day will quickly bring a smile to your face.
- Random acts of kindness.** Bringing joy to others can also be a huge mood boost for yourself. Spread kindness.
- Go for a walk.** This can give you as much energy as a cup of coffee.
- Get some sun!** Being in the sun will boost serotonin, a brain chemical linked to calmness.
- Plan for snack attacks!** Having healthy snacks available helps avoid 'hangry' moments throughout the day, creating a calmer environment.
- Do a mini meditation.** Creating mindfulness habits to use throughout your day can help you better react to stress.
- Write down what you are grateful for.** Studies have shown that jotting down three things you are grateful for at the end of each day create greater feelings of happiness.

 **BLUE ZONES PROJECT®**

It's The Thought That Counts

By Agnes McKeen, Founder of Just Talk Suicide Prevention and Awareness

I love sourdough bread. Though I am a baker, it's mostly consisted of sweet treats my whole life. Not a whole lot of bread. A couple months ago there was no sourdough bread on the shelf at the store. I go home and cry.

Currently, I am at home dealing with all of these new and ever changing emotions brought on by the state of the world around me. For a person like myself who is just so mentally unstable, I am stable.

Today.

My racing thoughts started again in January.

Putting up a stop sign in my head, even saying "stop" out loud wasn't working all of a sudden- one tool temporarily out of service.

Next step: intentionally replace thought processes with positive thoughts: lasts about 2 point 5 seconds.

Next step: replace any train of conscious thought with positive mantra. I walk around humming things like, "Que Sera, Sera. Whatever will be, will be", and "I love you so much. I love you so much. I can't even tell you how much I love you.", for weeks.

I'm okay. I am not stable.

It's May's end. By now I have slipped in and out



of what would be diagnosed as psychosis at least 4 times. I'm sure this happened to many others, maybe it is just me. But with confusing world events day after day, opinions and conspiracy theories, worries and hopes, sickness, death and recovery, racial injustice, law enforcement reform, right and wrong,

personal accountability, truth and lies, love and hate, order and chaos, my ONLY choice was to isolate.

I'm talking about the kind of isolation that mental health professionals warn us about. Definite red flag, Agnes is isolating, right? Funny because I had been pondering this exact conundrum since October; me, feeling a deep longing to disconnect, isolate and wondering how what I was yearning for was a red flag for "mentally unhealthy".

I isolated.

I sat with my thoughts. All of them. I let them race and rage and then be still. I looked deep inside and decided to make my own sourdough bread.

It takes 7 days to feed and care for the starter for sourdough bread before yielding any nourishment. Wait, what?? 7 days before I get to even eat any? I live in 2020: immediate gratification guaranteed through progress. Is it even worth it now? Sourdough is back on the shelf.

Patience and Process.

Much like the process of making sourdough bread, Isolation is healthy. What comes out in the finished product depends greatly on what you choose to feed it.

Will you feed it with untouched grains grown in untouched dirt? Will you mill the grain between rocks using your own energy or plug in the food processor? (Not judging: I used a food processor to mill oats.) Will you turn and stir the starter with thoughts of love daily?

Take this time to connect with yourself. Your true self. Take in only information and energy that provides nourishment for your soul, and your body. Take the time to walk barefoot on the earth's surface while taking in the sun.

There is much to be learned from isolation and we need not fear it. Therefore we need not create more confusion and fear by telling people that isolation isn't healthy. Isolation BECOMES unhealthy when we feed negative thoughts.

If you can not stop your negative thought process on your own reach out to your circle of support. The absolute second you start running thoughts of taking your own life through your mind talk about it to someone who will listen without judgement. It is a normal, healthy emotion to have in this life. You are not alone in feeling this way. There is nothing wrong with you. You can make it through but it's really hard to do it alone.

Please reach out. Help is out there.

Now, let's help each other bake some of the most amazing array of sourdough loaves so that in the end we can come together again to share in the fruits of our internal, personal labor. ❤️



Just Talk Suicide Prevention and Awareness was formed in 2016, a year after my 16 year old son, Harrison, took his own life. We are dedicated to opening the lines of communication surrounding Suicide and Mental Health, offering Hope and pathways to healing through open and honest conversations. Just Talk About Suicide Today; Together We Can Save Lives.

Mental Health Matters

An informational article from the Director of Behavioral Health and Case Management at Cascade Health Alliance, Patrick “Paki” Story, LMFT, MAC.

Mental health matters. Often, we focus more on physical illness than we do mental, but the truth is they are equally important.

When someone feels anxious, chronically depressed, or obsessive, there might be a chance that they need assistance. At Cascade Health Alliance, we want to make sure our local community knows that we are here to help.

So, what does this mean? It means that we are working to remove the stigma from those affected by mental health issues. According to the National Alliance on Mental Health, one in five Americans experiences mental health disorders. Millions of Americans experience mental illness, so you are not alone. If you or someone you know struggles with grief, deep feelings of loneliness, or unworthiness, it is important to seek help. The good news is that there is help, and you don't have to go through it by yourself.

**“Your mental health is just as important as your physical health.”
Speak up. Stay active. Reach out.**

Understandably, some people may feel embarrassed or ashamed to admit they need assistance,



but having a mental illness is not a sign of weakness. Just like one would go to the doctor for help with a sprained ankle or broken bone, we should all feel safe to seek counseling when we don't feel healthy emotionally. We are currently in a turbulent time with a lot of questions about what the future looks like. One thing is for sure,

According to the National Alliance on Mental Health, one in five Americans experiences mental health disorders.

however, and that is help is available. If the stress of COVID-19 has caused you anxiety, feelings of hopelessness, or any other kind of trauma, you should ask for help. Getting early care can make the difference between short and long-term suffering.

Mental illness can turn into physical illness if it is not treated early. For example, feeling sweats and chills, or having trouble sleeping could be symptoms of untreated mental illness. Even muscle tension and skin issues can signal that you've had mental illness for a while. To reduce or get rid of mental distress symptoms, you should seek help from a medical professional. You can also call the National Disaster Distress Helpline (1-800-985-5990). Things that you can do at home include:

- Creating a routine that makes you feel good and celebrates small wins
- Reach out to family and friends using virtual hangouts
- Meet new people online who can support you living a healthy life

COVID-19 has inundated emergency rooms, but if you or someone you know is in a crisis, call 911 for help. There may be options that don't physically involve going to an emergency department. What's most important is that you know that support is available. You don't have to navigate mental illness alone. Seek help. ■

Benefits Available to You Under Oregon Health Plan

BEHAVIORAL HEALTH COVERAGE

If you have a mental health, drug, or alcohol problem, we can help you. We can connect you to therapy, counseling sessions, detox treatments and more.

To make your treatment easier, we assign you a behavioral health case manager. They will call you to make sure you have what you need. Whether it is your next counseling appointment, medications, a ride to meetings or help understanding your benefits, your case manager can assist you.



Scan this QR Code to download a Member Handbook to see all the benefits available to you.

FIND A BEHAVIORAL HEALTH PROVIDER

If you would like therapy or counseling, you do not need an authorization request. You can call any of our behavioral health network providers accepting new patients to schedule an appointment. It may take some time to get in, so call today to become established! Your mental health is just as important as your physical health. If you need help finding a behavioral health provider, call us at 541-883-2947 and we can help you find one!

If you need assistance recovering from drugs or alcohol, speak with your primary care provider (your primary health care doctor) to help you select a treatment facility. Most treatments are covered entirely by the Oregon Health Plan!

Learn more about our behavioral providers by searching our provider directory at www.cascadehealthalliance.com/find-a-provider/.

NEED HELP NOW?

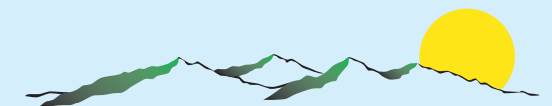
Our local mental health authority, Klamath Basin Behavioral Health, provides 24 hour, 7 days a week, 365 days a year mental health crisis services for children, adolescents, adults, and families. If you or someone you know is experiencing a mental health emergency, call 541-883-1030 to speak with a crisis counselor.

You can also Text HELLO to the Crisis Text Line at 741741 and someone will be there for you.

If you are not currently safe or need immediate medical assistance, please call 9-1-1.

NEED A RIDE TO YOUR APPOINTMENT?

Do you need transportation to your behavioral health appointment? Translink can take you to any appointment or medical service. Call us for additional details: 541-883-2947.



Cascade Health Alliance, LLC

WORK-FROM-HOME CHECKLIST



Follow these simple steps to optimize your home workspace.



RIGHT OUTLOOK

Maintain the Right Outlook by setting boundaries and creating an inspirational space.

- Make sure your work space is quiet and distinct from living spaces to limit distractions.
- Include personal and professional décor, such as photos of loved ones, degrees and certifications, awards, and plants.
- Follow a schedule to ensure work-life balance.



EAT WISELY

Make sure you have easy access to healthy foods.

- Wash and cut fruits and vegetables in advance to make them the easiest choice during the day.
- Portion servings of healthy foods, including whole grains and nuts, for snacks and lunch.
- Keep healthy snacks visible and within easy reach.



MOVE NATURALLY

Make sure movement breaks are built into your day.

- Set calendar alerts to remember to get up and stretch or move.
- Use a movement-break app or plug-in like Move It.
- Set out your sneakers or other fitness gear. Visual cues are hard to ignore.



CONNECT

Small, regular doses of collaboration and positivity can re-energize you for the day.

- Connect with friends and colleagues through messaging apps or video chats.
- Pick up the phone in favor of sending an email to stay more personally connected to co-workers.



Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there – wander around the office or take a stroll outside from time to time, too. These simple steps are sure to help you move naturally to well-being.

- 1 Like A Prayer**
Palms together, fingers pointing up, push hands down.
10 seconds
- 2 Livin' On A Prayer**
Palms together, fingers pointing down, pull hands up.
10 seconds
- 3 Can't Touch This**
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds
- 4 Thriller**
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side
- 5 Pump It Up**
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side
- 6 Straight Up**
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds
- 7 I'm Your Boogie Man**
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times
- 8 Get Back**
Sit down, place hands on lower back for support, lean back.
10-15 seconds
- 9 The Twist**
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side
- 10 Shake, Rattle & Roll**
Arms at sides, shake hands out.
8-10 seconds

5 Tips to Protect Children's Mental Health During a Pandemic

by Joseph Ransom, LMFT, MS, QMHP, with Klamath Basin Behavioral Health

June 19 marked 100 days from Governor Brown's announcement of guidelines to flatten the curve of COVID-19 in Oregon.

Soon after came school closures. Then stay-at-home orders. Life has changed and may never return to our old normal.

As a professional in the mental health field, I am aware that something feels off for me. There are days when I feel overwhelmed. Days where I feel anxiety. Days where I feel like crying. You may have noticed that for yourself. I still find myself struggling to stay afloat even with training to help other people overcome these same issues. And I am an adult! This time we are living in can be even more difficult for children. According to the National Institute for Children's Health Quality, children are more at risk to stressful events that disturb their daily lives.

If you find yourself dealing with similar feelings of confusion and chaos, these tips can help you and your family overcome and enjoy the summer—despite the pandemic and the uncertainty.

1 Provide Reassurance

Confusion and misinformation floating around can cause children to feel unsettled and even act out. Provide reassurance when your child has questions. Do not make promises that you cannot keep (e.g., You will not get the coronavirus), but let them know that you are there for them and will help.

2 Keep a Routine

Children thrive on consistency. Many routines that children have had for months or years have been tossed out the window. School, sports, and other social activities have all but disappeared. This can be frustrating for kids (and parents!). Make things easier by keeping a regular schedule for meals, physical activity, and bedtime.

3 Regulation

Sometimes children (and adults) reach their boiling point. Regular self-regulation techniques, such as deep breathing, can reduce the frequency and intensity of meltdowns. There are many online resources that kids can use to help regulate themselves. Google "relaxation techniques for kids" to find good content.



Familiar school programs, such as GoNoodle, also have many YouTube videos with calming activities and even yoga for kids.

4 Be Active

Research shows that exercise has a positive effect on mental health. While parks and playgrounds may be limited during the pandemic, there are still plenty of places to be active. Try walking or cycling on the OC&E trail or hiking in Moore Park or Hogsback Mountain. I have seen more people going for walks around their neighborhood. Find something that works for you and your family to get active. You will quickly notice a difference in mood.

5 Provide Age-Appropriate Information

Too much information can be overwhelming and too little information can be confusing. Young people (even toddlers) are keen observers of people and environments and will notice and react to stress in their parents and others. It is important to let children know what is going on but make it appropriate to their age. The CDC has a guide to help you talk to your children: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>. Another idea is to limit watching the news in front of children, as news tends to hype up stories. I hope these tips help you and your family. Everyone is different and if you notice that you or your child are struggling, please reach out to the community resources that are standing by to help. Take a few deep breaths and carry on. We will get through this crisis as a community.

Joseph Ransom is a Licensed Marriage and Family Therapist working as the clinical supervisor of the Child Outpatient department at Klamath Basin Behavioral Health. He is an Oregon native and has resided in Klamath Falls since 2011. ■



As a professional in the mental health field, I am aware that something feels off for me. There are days when I feel overwhelmed. Days where I feel anxiety. Days where I feel like crying. You may have noticed that for yourself.



Older Adult Mental Health During the Coronavirus Pandemic

By Kathleen Rutherford, LCSW, with Klamath Basin Behavioral Health

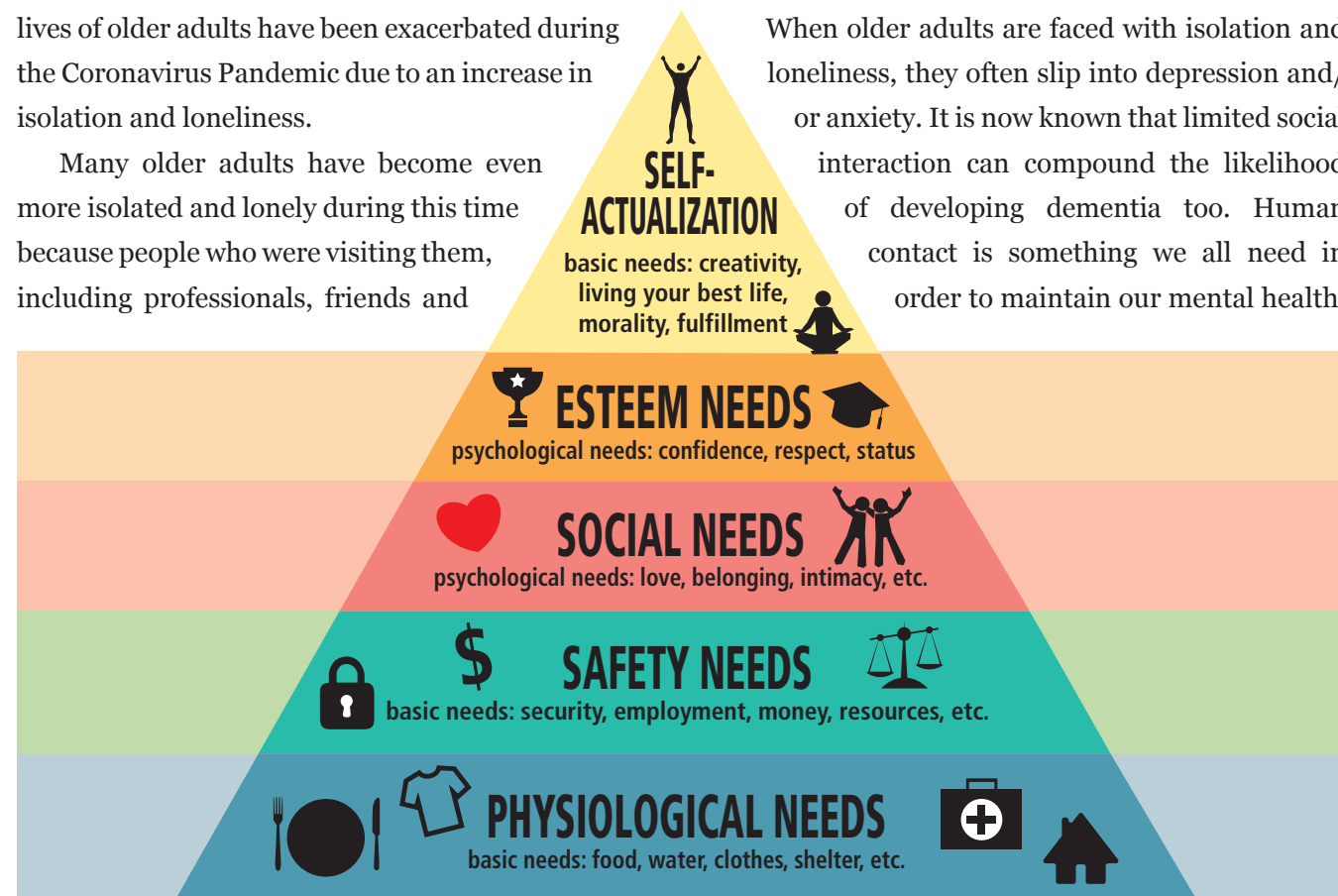
People face increased risk of depression and anxiety as they age due to losses in life that bring about isolation and loneliness.

These losses include having to move out of their homes and into facilities; the death of family members, friends, and pets; a decrease in cognitive ability; and a reduction in physical abilities such as walking, hearing and seeing. All these changes in the lives of older adults have been exacerbated during the Coronavirus Pandemic due to an increase in isolation and loneliness.

Many older adults have become even more isolated and lonely during this time because people who were visiting them, including professionals, friends and

family members, are not allowed or encouraged to do so anymore. These restrictions were put into place to reduce the spread of the virus, but they have also had the effect of causing more loneliness and isolation for older adults.

When older adults are faced with isolation and loneliness, they often slip into depression and/or anxiety. It is now known that limited social interaction can compound the likelihood of developing dementia too. Human contact is something we all need in order to maintain our mental health.



MASLOW'S HIERARCHY OF NEEDS

According to Maslow's Hierarchy of Needs, Love and Belonging is the third level of the pyramid of five needs that must be met for people to maintain mental, emotional, spiritual and physical health. With increased isolation and loneliness during this time, older adults are experiencing even less intimacy and connection with their family and friends.

When older adults experience symptoms of depression or anxiety, they are less likely to get the mental health care they need than younger people who have the same symptoms. Older adults do not tend to reach out for help with mental health issues due to stigma, or feelings of disgrace. Additionally, they often do not have access to information about mental health services, nor anybody to help them access existing services. Therefore, many older adults who have mental health issues often go untreated.

It is important that older adults be provided with information about mental health services because they deserve to live happy and fulfilling lives, and this is obtainable even during this time of increased loneliness and isolation. Depression and anxiety are not normal symptoms of getting older; they are mental health issues that can be treated. Older adults experiencing mental health symptoms can contact Kathleen Rutherford, Older Adult Behavioral Health Specialist, at 541-622-9562.

Kathleen Rutherford, LCSW, holds a master's degree in Social Work and is a Licensed Clinical Social Worker. She works at Klamath Basin Behavioral Health through the Oregon Health Authority as an Older Adult Behavioral Health Specialist. Kathleen was born and raised in Indiana and has lived in Oregon for the past four years. Her passions include her daughter, husband, the outdoors, and working with elders. ■



When older adults experience symptoms of depression or anxiety, they are less likely to get the mental health care they need than younger people who have the same symptoms.



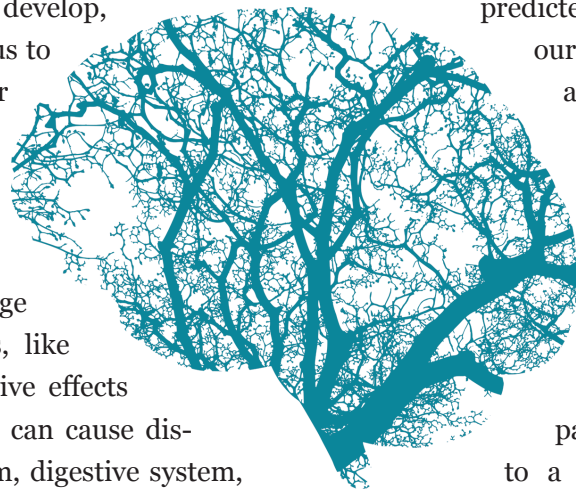
Manage Stress and Trauma with Good Mental Hygiene

by Anna McKay, PhD, LPC, QMHP, with Klamath Basin Behavioral Health

Did you know that your brain health is directly connected to your physical health and well-being?

Many life experiences impact brain health and I have learned over 17 years of providing mental health services in Klamath County that identifying and treating underlying brain trauma is the most important step toward resilience and recovery. As the Clinical Manager of Outpatient Services at Klamath Basin Behavioral Health (KBBH), I specialize in treatment strategies that address the whole person and leverage the understanding that the brain and body are interconnected. Most mental health diagnoses can be traced back to a traumatic event, health condition, head injury, or traumatic brain injury. Learning about the way our brains grow, develop, and respond to stress allows us to be trauma-informed in our approach to behavioral health treatment.

We are most vulnerable to trauma as children with developing brains, but large amounts of stress hormones, like cortisol, induce lasting negative effects for all ages. Stress hormones can cause disruption of the immune system, digestive system, metabolism, sleep patterns, and depletion of the hormones that help you feel better. When feelings of anger, fear, resentment, and sadness are felt in the



body due to trauma or stress, a signal is sent to the heart that causes the heart rate variability to become chaotic.

In contrast, practicing gratitude, hope, and appreciation paired with deep breathing techniques, can change our heart rhythms and activate the hormones that keep us young and resilient. This has a positive impact on our immune system, digestive system, sleep, and the logical parts of our brains. When we become more resilient to stress our overall brain and physical health improves.

The added stress of the COVID-19 pandemic is predicted to have a negative impact on our community's mental health and dramatically increase the number of individuals seeking mental health services over the next year. The spread of the coronavirus, losses related to the virus, and economic issues can lead to grief, fear, and anxiety. A global pandemic predisposes our brains to a fear response that negatively impacts our health. As a result, caring for our mental hygiene becomes as important as washing our hands.

Fortunately, there are simple strategies to manage the COVID-19 pandemic stress that can improve overall brain health and strengthen your immune system and resilience to stress.

- Ask yourself what things are in my control? What lessons am I learning from this? How am I using this time wisely? What better version of myself do I see emerging from this challenging time?
- Write down five things you are grateful for every day. When you focus on what you appreciate, your brain works better, and you feel better. Peace and inner security come from acknowledging all the good in your life. If you are longing for more without first appreciating things the way they are, you will remain in unrest.
- Focus on things you can control such as finding fun things to do, limiting social media and the news, acts of kindness, and a positive attitude.
- Seek pleasure in the little things and be mindful or fully present while taking a walk, holding hands with someone you care about, enjoying a great meal, or sharing meaningful times with the people you love.
- Trust that this time will pass. I love the Timber Hawkeye quote "You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass."
- Eat eight fruits and vegetables a day. Use food as medicine to improve your brain health.
- Take supplements such as multivitamins, Omega-3 Fatty Acids, probiotics, and prebiotics to help digestive function. Zinc and vitamin D can improve brain health, overall health, and the immune system. Most of our immune system and feel good hormones are in our digestive track.
- Practice incorporating the feeling of hope, appreciation, and love in your daily life while practicing deep breathing through the heart. These feelings are the higher qualities of the heart and as you begin to re-connect with your heart, you will see new possibilities.

- Incorporate service to others in your daily routine. Helping others is the antidote to anxiety and depression. Feeling depressed or anxious is self-focused and helping others gives a sense of purpose.
- Improve sleep by making it a priority. Develop a healthy sleep routine by waking and going to the bed at the same time every day and limiting screen time an hour or two before you fall asleep.
- Avoid anything that hurts your brain or may cause brain injuries such as high sugar diets, processed foods, substance abuse, and high-risk activities.
- Engage in regular physical exercise as an alternative treatment for depression and anxiety. Exercise enhances self-worth, improves sleep, releases chemicals called endorphins that trigger positive feelings in the body, provides a distraction from your worries, and gets rid of built up stress.
- Make time to laugh. Humor enhances the pleasure centers of the brain without wearing them out.
- Develop the ability to accept uncertainty. Understand that the pandemic has caused individuals to feel a lot of loss. The last stage of grief is acceptance. Grieving is necessary and includes feelings of shock, denial, guilt, anger, sadness and finally acceptance. It is easy to get stuck in a stage of grief but healthy to move through the stages while using coping tools to deal with the stress of the unknown.

Anna McKay, PhD, LPC, is the Clinical Manager of Klamath Basin Behavioral Health's Outpatient Program. Anna has been in the field of psychology for 17 years and experienced working as a child and family therapist, clinical supervisor, program manager, and registered LPC. Anna has also worked in private practice providing psychological testing and evaluation and psychotherapy. Anna earned her Doctor of Philosophy in Clinical Psychology in 2014, Master of Science in Psychology in 2006, and Bachelor of Science in Psychology in 2003. She is a certified HeartMath neurofeedback trainer, Oregon LPC Board approved clinical supervisor, and trauma informed yoga teacher (RYS 200). ■



AUGUST 12TH & 13TH, 2020 KLAMATH COUNTY SYMPOSIUM: OUR COMMUNITY'S RESPONSE TO COVID-19

In this time of uncertainty, our community wants to support our residents by offering a free symposium to help you build skills and awareness on these timely topics.

- Building resiliency in the midst of a global pandemic
- Supporting children and families in navigating transitions and an ever-changing education landscape
- Understanding what community partners are doing to maintain our safety
- How to stay socially connected while physically apart

Scan here to register!



Mark Your Calendar!!

Multidisciplinary professional and community training

2 half-day trainings offered to accommodate participants' schedules

Offered thru ZOOM!

Free to you and your agency!

Thank you to the many local agencies that have come together to make this opportunity possible:

Best Care

CARES

Department of Human Services

Healthy Klamath

Klamath Basin Behavioral Health

Klamath City and County School Districts

Klamath County Commissioners

Klamath County Community Corrections

Klamath County Developmental Disability Services

Klamath County Public Health

Klamath County Sherriff's Office and Emergency Services

Lutheran Community Services

Oregon Tech

Sky Lakes Medical Center

Transformations Wellness Center

KEY TO OREGON: HOW TO PARTICIPATE

Spend less than 10 minutes a day to help 4 million fellow Oregonians.



1 →



Receive invitation by mail

2 →



Go to ohsu.edu/KeyInvite

3 →



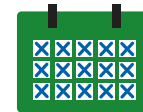
Consent and register

4 →



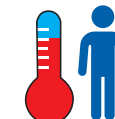
Request a digital thermometer in the mail, if needed

5 →



Report temperature and other symptoms daily for up to one year

6 →



Get tested if symptoms develop

7 →



Take weekly online surveys

8 →



Be the key to an open Oregon

TOP REASONS TO CONSIDER JOINING THE STUDY



Protect your family



Protect your community



Help keep Oregon open



Help researchers understand COVID-19

General questions:

Email: KeyStudy@ohsu.edu

Website: OHSU.edu/KeyStudy

Local contact

Email: crockerd@ohsu.edu



Good Sleep May Improve Your Mental Health!

By Jeanette Rutherford, MA, LPC with Sky Lakes Wellness Center

It's easy to minimize the importance of sleep, especially in the United States where "doing more" is highly valued.

However, if we sleep the recommended 7-9 hours/day, we will actually have more energy, be more mentally sharp and emotionally stable, and be less prone to stress.

Recent studies are helping us learn more about the importance of sleep regarding our ability to regulate emotions. For example, people who don't get enough sleep are often more irritable, impatient,

and aggressive and/or they may be more impulsive and pleasure seeking through unhealthy means such as substance use and high-risk behaviors.

Sleep problems are particularly common in people who have depression, anxiety, PTSD, ADHD, and other mental health concerns. Recent research studies indicate that sleep loss and mental illness directly impact each other. By improving sleep quantity, quality, and regularity, patients with mental

health diagnoses have seen improvements in symptom severity.

This is also the case for stress. Poor sleep increases the level of cortisol, a stress hormone, in our bodies; this can lead to poor decision-making and problem-solving as well as mental confusion. Stress can lead to insomnia and insomnia can lead to stress. It's

a vicious cycle which can be reduced by practicing good sleep habits or "sleep hygiene."

In order to improve your mental, physical and emotional health via sleep, there are a few things to keep in mind. Creating a sleep routine, similar to a bedtime routine you might have for a child, is key!

1. Go to bed at about the same time each night and wake up at about the same time each morning.



2. Sleep in a comfortable, dark, quiet, and cool setting.

3. Take time to downshift at least 30 minutes before bedtime. Don't read, watch or talk about anything stressful. Stay off your phone and other electronics due to the brain-activating impact of the lighting. Lower the lights, read a book, take a warm bath, do some gentle stretching, or listen to calming music.

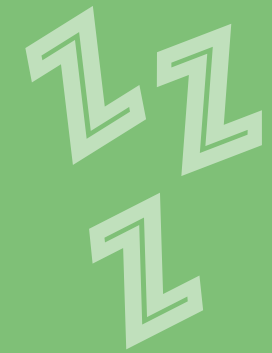
4. Tame your tension. Spend 5-10 minutes doing a calming routine – mindfulness meditation, deep breathing, guided imagery, progressive muscle relaxation. An app can be helpful to learn how to turn off your thoughts.

5. Focus on gratitude. Think about what went well instead of what didn't go well during the day. This sets your mind into a more positive mindset for sleep.

Sleep and Mental Health. (updated March 18, 2019.) In Harvard Mental Health Letter. Retrieved July 8, 2020, from https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health.

Insomnia.(n.d.) In National Sleep Foundation. Retrieved December 20, 2017, from <https://sleepfoundation.org/sleep-topics/learn-leave-stress-behind-bedtime>.

Walker, M. (2017). *Why We Sleep – Unlocking the Power of Sleep and Dreams*. New York, NY: Scribner. ■



By improving sleep quantity, quality, and regularity, patients with mental health diagnoses have seen improvements in symptom severity.



Summer Reading List

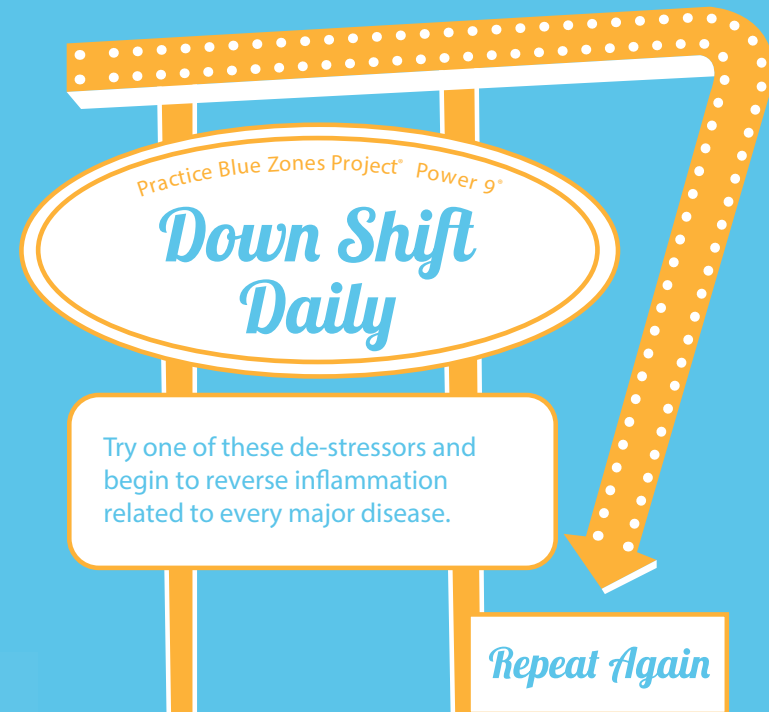
Looking for some books to get you started on your journey to better well-being?
Check out these great resources provided by Jeanette Rutherford, LCSW
with Sky Lakes Wellness Center

Mindfulness Learning Resources

- Bays, Jan Chozen. (c2011.). *How To Train a Wild Elephant & Other Adventures in Mindfulness*. Boston: Shambhala Publications.
- Bays, Jan Chozen. (c2014.). *Mindfulness On The Go: Simple Meditation Practices You Can Do Anywhere*. Boston & London: Shambhala Publications.
- Kabat-Zinn, Jon. (c1990, 2013.). *Full Catastrophe Living*. New York: Bantam Books.
- Nhat Hanh, Thich. (c1975, 1976, 1987.). *The Miracle of Mindfulness*. Boston: Beacon Press.
- Rowan, Tiddy., editor.(c2013.). *the little book of mindfulness*. UK: Quadrille Publishing.
- Salzberg, Sharon. (c2011.). *Real Happiness. The Power of Meditation*. Workman Publishing Company, Inc.
- Stahl, Bob and Goldstein, Elisha. (c2010.). *A Mindfulness-Based Stress Reduction Workbook*. Oakland, CA: New Harbinger Publications.
- Williams, Mark. (c2011.). *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*. New York: Rodale, Inc. (<http://franticworld.com/free-meditations-from-mindfulness/>)

Mindfulness Apps:

Insight Timer • Headspace • Calm • 10% Happier



- Call a good friend
- Learn a new hobby
- Dare someone to a dance-off
- Plan a fun weekend activity like a picnic or movie
- Watch a funny show and laugh 'til your belly aches
- Plan a day off from work and make it YOUR day
- Pet your dog (or someone else's)
- Do something you love (read, sing, dance)
- Enjoy a 10 min. walk at your own pace
- Unwind with a glass of wine
- Avoid rushing and arrive 15 min. earlier
- Join a club or group activity you like
- Turn in early tonight
- Play a board game with your family or friends
- Close your eyes and practice deep breathing for 5 min.

Watch your thoughts

By Drew Brennan, Ph.D, LPC, CADCIH
*Drew Brennan is a Licensed Professional Counselor and
Certified Alcohol and Drug Counselor II for Klamath Health Partnerships*

*“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, for it becomes your destiny.”*

Frank Outlaw

The notion that our health and wellbeing is deeply influenced by our mind is ages old. These words by Frank Outlaw have been mirrored in similar thoughts by philosophers and theologians for more than two thousand years. While the connection between our mind and body was established some time ago, the direct connection between our thinking world and our health deserves attention by anyone wanting to feel better today.

These days are finding many of us struggling from moments of anxiousness, depressed mood, sleeplessness, or agitation. By taking charge of our thoughts we can gain an upper hand in the battle for improved mood and in

many cases over the battle for physical health. While it takes practice and may seem like a mountain too high for some, the practice of mindfulness has been empirically proven to lead to improved health and is accessible to all. Mindfulness, which might be most easily understood as being present in the moment without judgment, can mean having a greater capacity to remain calm and perhaps less impacted by things that come into our awareness. While

some might pay thousands of dollars to attend workshops and retreats to enjoy the gifts of mindfulness, similar ends can be sought through free or inexpensive apps for your device. Those interested in freeing



themselves from worry, for instance, can begin giving themselves relief through mindfulness experiences found on apps such as Calm or Headspace, or on the web at YouTube or Spotify.

Our busy minds are famous for producing a cascade of thoughts. While this is part of the miracle of the human brain, it can also be our Achilles Heel, leading to a lot of anguish, pain and suffering. This stream of thoughts can lead to, for example, a change in our heart rate, respiration rate, brain wave patterns and stress hormones. Fundamental to the tenets of Cognitive-Behavioral-Therapy, our thoughts can lead to emotional shifts, which in turn can cause us to behave or act differently. The beauty of this cycle is that we can harness this same domino-effect to lead to an improved sense of well-being. For instance, through mindfulness practice I may begin to simply notice my thoughts in a non-reactive manner (and being less “automatic” with my thoughts), and I might slowly become less impacted by the transient, passing thoughts in my mind. This gentle shift, and detachment from an overactive mind, is experienced as relief by many, and might be understood to lead to a different way of being.

In the Integrated Healthcare setting at Klamath Health Partnerships, our behavioral healthcare clients benefit by the connection between their therapist and primary care provider. This connection yields easy, ongoing dialogue about client wellbeing. Human beings are made up of a connected network with the body deeply influenced by the mind and its component elements of thoughts, feelings, and behaviors. In the words of Frank Outlaw, watch your thoughts! ■



Mindfulness, which might be most easily understood as being present in the moment without judgment, can mean having a greater capacity to remain calm and perhaps less impacted by things that come into our awareness.



VETERAN & COMMUNITY RESOURCES LIST



Information provided is for reference only. If there are errors, resources that are no longer providing please email WCO VECO@va.gov. Thank you.

ALCOHOLICS ANONYMOUS (AA)

www.klcaa.org
707 High St, Klamath Falls
541-883-4970 24 HR HOTLINE
SUBSTANCE ABUSE/ADDICTIONS TREATMENT
Fellowship of men and women recovering from alcoholism

AMERICAN LEGION-KLAMATH FALLS

228 N 8th St, Klamath Falls
541-331-4944
VETERAN SERVICE ORGANIZATION

BEST CARE-OUTPATIENT

www.bestcaretreatment.org/klamathfalls-outpatient.html
4775 S 6th St, Klamath Falls
541-205-3459
SUBSTANCE ABUSE/ADDICTIONS TREATMENT
Outpatient-This program offers the first level of treatment for those who require a lower level of care. The time commitment for this level of treatment is usually five hours or less a week.

BEST CARE-RESIDENTIAL

www.bestcaretreatment.org/klamathfalls-residential.html
2555 Main St, Klamath Falls
541-883-2795
SUBSTANCE ABUSE/ADDICTIONS TREATMENT Residential/
Detox-Medically-managed, full-service detox in a small, quiet setting to ensure you're comfortable and safe during withdrawal

DAV KLAMATH COUNTY



www.davkf12.org
2809 Avalon St, Klamath Falls
541-884-9125 or 541-273-2191
VETERAN SERVICE ORGANIZATION
Assist with Veteran benefit. Monday-Thursday 9AM to Noon, Friday by appointment only

DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

www.military.com/benefits/tricare/defense-enrollment-eligibility-reporting-systemdeers.html
Kingsley Field 173rd FW Oregon ANG
Klamath Falls IAP, 211 Arnold Ave., Bldg.
211, Rm. 306, Klamath Falls
541-885-6133/ 541-885-6122
BENEFITS TRI CARE Eligibility, ID. Tues- Fri 0730-1530

KLAMATH & LAKE COMMUNITY ACTION SERVICES (KLCAS)

http://www.klcas.org/ 535 Market St, Klamath Falls
541-882-3500
FINANCIAL ASSISTANCE
Limited funding available to assist Pacific Power customers that are seniors or disabled.

KLAMATH & LAKE COMMUNITY ACTION SERVICES (KLCAS)



www.klcas.org
535 Market St, Klamath Falls
541-882-3500
HOUSING-HOMLESS, LOW INCOME, RENTALS & REPAIRS
Focuses on the short-term alleviation of unique crises by connecting individuals and families with available community resources, and filling gaps in existing services.

KLAMATH BASIN BEHAVIORAL HEALTH

www.kbbh.org
2210 N Eldorado Ave, Klamath Falls
541-883-1030
MENTAL HEALTH
Our services include confidential mental health and psychiatric services for children, adolescents, and adults. We offer trauma-informed, evidence-based, and multi-disciplinary treatment for people of all ages

KLAMATH BASIN BEHAVIORAL HEALTH

www.kbbh.org
2210 N Eldorado Ave, Klamath Falls
541-883-1030
SUBSTANCE ABUSE/ADDICTIONS TREATMENT
Outpatient-Substance Use Disorder Services offer adolescents, adults, and families the opportunity to be free from addiction to alcohol, drugs, and tobacco and regain control of their lives.

KLAMATH BASIN SENIOR CENTER

www.klamathseniorcenter.com/
2045 Arthur St, Klamath Falls
541-883-7171
FOOD ASSISTANCE
Hot lunches served daily Mon-Fri 1130-1230. Over 60 free or donation, under 60 \$7.00, disabled same as over 60.

KLAMATH COUNTY COLLEGEVETERANS SERVICES

www.klamathcc.edu/Admissions/Military-Services/
Veterans-Services
7390 S 6th St, Founders Hall, Rm 9310, Klamath Falls
541-880-2214
EDUCATIONAL ASSISTANCE
Education Benefits. Monday-Friday, 0730 to 1630hrs.

KLAMATH COUNTY FOOD BANK



www.klamathfoodbank.org
3231 Maywood Dr, Klamath Falls
541-882-1223
FOOD ASSISTANCE Households who need ongoing help are issued a food box card that allows them to receive a certain amount of boxes. Times and locations listed on website along with guidelines and documentation needed to apply.

KLAMATH COUNTY PUBLIC HEALTH

www.klamathcounty.org/378/Public-Health
3314 Vandenberg Rd, Klamath Falls
541-882-8846 COMMUNITY HEALTH SERVICES
webmaster@klamathcounty.org

KLAMATH COUNTY VSO

www.klamathcounty.org/239/Veterans-Service-Office
3328 Vandenberg Rd, Klamath Falls
541-883-4274
VETERAN SERVICE ORGANIZATION
Assist with Veteran benefit: Mon-Thurs. 6:00AM to 6:00PM

KLAMATH FALLS GOSPEL MISSION

www.kfallsmission.org/services.php
1931 Mission Ave, Klamath Falls
541-882-4895
FOOD ASSISTANCE Meals
3x daily weekdays and 2 meals Saturday and Sunday

KLAMATH FALLS GOSPEL MISSION

www.kfallsmission.org/services.php
1931 Mission Ave, Klamath Falls
541-882-4895
HOMELESS SHELTER
Men, Women, Children
Hours of Intake Men 6-7pm, Women 7am to 7pm
Accommodations (day/overnight, showers, meals, etc.)Laundry, meals (m-f).Sat-Sun blankets, gloves/hats. Temporary assistance program for clothing, furniture and household goods

KLAMATH FALLS VA CLINIC

www.southernoregon.va.gov/locations/KlamathFalls.asp
2225 N Eldorado Blvd, Klamath Falls
541-273-6206

VETERAN FACILITIES/SERVICES
Mon-Fri 0800-1630.

KLAMATH HOUSING AUTHORITY

klamathhousing.org
1445 Avalon St, Klamath Falls
541-884-0649
HOUSING-HOMLESS, LOW INCOME, RENTALS & REPAIRS
The Housing Choice Voucher program provides direct rental subsidy payments on behalf of eligible families and individuals to private landlords. quality standards, the rent is reasonable, and the unit meets other program requirements, the PHA executes a Housing Assistance Payments (HAP) contract with the property owner.
khainfo@klamathhousing.org

KLAMATH OPEN DOOR FAMILY PRACTICE-DENTAL

www.klamathopendoor.org
2074 S 6th St, Klamath Falls
541-851-8110 option 2
COMMUNITY HEALTH SERVICES
Our regular dental department offers a full complement of general dentistry services. Mon-Fri 7:00AM to 6:00PM, Sat 8:00AM to Noon

KLAMATH OPEN DOOR FAMILY PRACTICE-MEDICAL

www.klamathopendoor.org
2074 S 6th St, Klamath Falls
541-851-8110 COMMUNITY HEALTH SERVICES
To provide accessible, culturally sensitive, affordable, quality-driven, patientcentered health services to the community, with an emphasis on the underserved.
Mon-Fri 7:00AM to 6:00PM, Sat 8:00AM to Noon

LEGAL AID SERVICES OF OREGON



lasoregon.org
832 Klamath Ave, Klamath Falls
541-273-0533 / 800-480-9160
LEGAL ASSISTANCE
Provides access to legal help for people to protect their livelihoods, their health, and their families. Tue-Thurs. 100-1600

LUTHERAN COMMUNITY SERVICES NORTHWEST

lcsnw.org
2545 N Eldorado Ave, Klamath Falls
541-883-3471
MENTAL HEALTH
Offer a broad range of trauma-informed and culturally-competent mental health services. We work with children, adolescents, families and adults.

VETERAN & COMMUNITY RESOURCES LIST, cont.

LUTHERAN COMMUNITY SERVICES NORTHWEST

lcsnw.org
2545 N Eldorado Ave, Klamath Falls
541-883-3471
SUBSTANCE ABUSE/ADDICTIONS TREATMENT
Outpatient: clinicians are Certified Alcohol and Drug Counselors (CADC) with a background in mental health and at least three years experience

OIT DENTAL HYGIENE CLINIC ADULTS ONLY HYGIENE

dentalclinic.oit.edu/klamath
3201 Campus Dr, Klamath Falls
541-885-1330
COMMUNITY HEALTH SERVICES
The clinic offers care to all people within the community. X-Rays, exams, cleanings, preventative therapies, fillings and other minor dental work. Discounts for veterans.

OREGON INSTITUTE OF TECHNOLOGY-VETERAN STUDENT INFO

www.oit.edu/college-costs/financialaid/veterans
3201 Campus Dr, Klamath Falls
541-885-1000
EDUCATIONAL ASSISTANCE
Assist you in transitioning from military life to student life. waive the admission fee entirely (with appropriate military documentation), and offer college credit for military coursework upon receipt of official transcripts.

OREGON SMALL BUSINESS DEVELOPMENT CENTER-KLAMATH COMMUNITY COLLEGE

bizcenter.org/centers/klamath-sbdc
803 Main St, Suite 200, Klamath Falls
541-205-5404
EMPLOYMENT/VOCATIONAL RESOURCES
Assist with small business development

SALVATION ARMY

2960 Maywood Dr, Units 12 & 13, Klamath Falls
541-882-5280
FINANCIAL ASSISTANCE
Depending on available funds

SALVATION ARMY

2960 Maywood Dr, Units 12 & 13, Klamath Falls
541-882-5280
FOOD ASSISTANCE
Food Pantry: Tues-8AM-10AM and Thurs 8AM to 11AM. Free produce May-November Fri. at 9:30AM

SKY LAKES MEDICAL CENTER

www.skylakes.org
2865 Daggett Ave, Klamath Falls
541-882-6311
COMMUNITY HEALTH SERVICES
Medical Services, Emergency

SNAP PROGRAM

www.fns.usda.gov/snap/supplementalnutrition-assistance-program
700 Klamath Ave, Suite 100, Klamath Falls
541-883-5511
FOOD ASSISTANCE
Nutrition benefits to supplement the food budget of needy families

STATE OF OREGON VOCATIONAL REHABILITATION

www.oregon.gov/DHS/EMPLOYMENT/VR/Pages/index.aspx
801 Oak Ave, Klamath Falls
541-883-5614
EMPLOYMENT/VOCATIONAL RESOURCES
Assists individuals with disabilities to get and keep a job that matches their skills, interests and abilities

VETERANS OF FOREIGN WARS KLAMATH FALLS

vfw1383.us/veteransservices.html
515 Klamath Ave, Klamath Falls
541-882-0057
VETERAN SERVICE ORGANIZATION
Assist with Veteran benefit.
Mon-Thurs 6:00AM to 6:00PM

See our website for
additional resources for Veterans and
their families at
www.healthyklamath.org/COVID-19

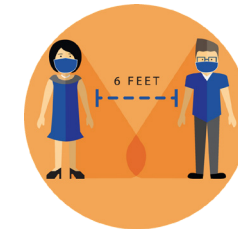
MY MASK PROTECTS YOU. YOUR MASK PROTECTS ME.

Let's protect one another from
COVID-19, by doing all three.

Wash Hands Often



Keep 6 Feet Apart



Wear a Face Covering



For more information and resources visit:
www.healthyklamath.org/COVID-19

WE'VE LAUNCHED A COVID-19 COMMUNITY RESOURCE HUB AT:

www.healthyklamath.org/COVID-19

Access critical information from local organizations:

- Business & Employee Resources
- Education Links
- Financial & Housing
- Food Access
- Links for Individuals & Families
- Well-Being Tips



Brought in partnership by the Healthy Klamath Coalition and Blue Zones Project.



2701 Foothills Blvd.
Klamath Falls, OR 97601

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