

BLUE ZONES PROJECT®

# LIVING Well

ADDING LIFE TO YOUR YEARS

Spring 2021

**FREE!**  
Take One

Because of YOU  
Klamath Falls is the  
First Certified Blue Zones  
Community® in the  
Pacific Northwest!



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





# Celebrate with Us!



## BLUE ZONES DAY IS FRIDAY, MARCH 12

Blue Zones Day marks the 5-year anniversary of the Blue Zones Project kickoff event held at the Ross Ragland Theater in 2016. We'll be celebrating and honoring our community in a socially distanced, COVID-friendly format with walking groups, volunteer projects, and a ribbon cutting.

**Wear your Blue Zones t-shirt to show your pride for our community, and join the community-wide celebration either in-person or virtually!**

- **March 6 - 12** Community Food Drive
- **9:00 am - 9:45 am** Ribbon Cutting and Ceremony at Sugarman's Corner
- **11:00 am - 12:30 pm** Tobacco Litter Clean Up in Downtown Klamath Falls
- **1:30 pm - 2:30 pm** Walk with the Team (various locations available)

### HOW CAN I GET INVOLVED?

Register for an event at [healthyklamath.org/bluezonesday](https://healthyklamath.org/bluezonesday)



## INTRODUCTION

BY **Dr. Stewart Decker**,  
Medical Director at Sky Lakes Wellness Center



# Becoming a Certified Blue Zones Community®

Let's celebrate! In December 2020, Blue Zones Project – Healthy Klamath announced that Klamath Falls now has the honor to be called a certified Blue Zones Community! I've been delighted to see how Klamath Has grown the last several years. I moved here at least partially because of the work of Stephanie Van Dyke and Katherine Pope at the Wellness Center, and stayed because I knew that Klamath Falls was a special place to be at a special time in its growth. In the last 5 years we have seen the development of the Klamath Farmers Online Marketplace (KFOM), the continued expansion of our Moore Park Trail systems, the blossoming of our farmers market, the brand new trail system at Spence Mountain, a protected bike lane, healthy options at countless restaurants, new parks downtown, and so much more. We are creating something special here, with a focus on increasing access to healthy choices for everyone that most people in big, spread out cities cannot imagine. I am so proud to say that I am from Klamath Falls. It is just so delightful to be recognized nationally for the good work that you are all doing.

We are the first in the Pacific Northwest to receive this designation. This alongside the 2018 Culture of Health Prize awarded by

Robert Wood Johnson Foundation are major testaments to the work that our neighbors and community partners are doing to help improve our community, starting with our health and well-being.

So thank you for that work. I thank you for your work over the last 5 years, but especially during 2020. In this last year we have had to not only do our regular daily work, but also add to that supporting our community in other ways: by wearing masks, limiting social gatherings, buying local instead of with Amazon, getting take out, buying gift cards, and dealing with zoom calls instead of brunches and hangouts. It's been hard, lonely, and sometimes terrible. I know. So thank you. These frustrating, annoying, daily limitations are helping protect and support this community just as much as anything else.

In this issue, you'll have a chance to take a deeper dive into the many people working to make Klamath Falls a better place to Live, Work, Learn and Play. On March 12, we are inviting the community to celebrate and support one another on our first-ever Blue Zones Day. Look for a number of ways you can participate in COVID-safe activities across the community, and of course don't forget to wear your Blue Zones shirt!

**In case you missed it:**  
Dr. Decker appears in a series of 3 videos we launched in December.  
Visit [healthyklamath.org/bluezonescertified](https://healthyklamath.org/bluezonescertified) to watch all 3 short videos congratulating the community!!

# TABLE OF CONTENTS

## INTRODUCTION

with Medical Director at Sky Lakes Wellness Center  
Dr. Stewart Decker ..... 3

BLUE ZONES PERSONAL PLEDGE ..... 5

## INTRODUCING THE BLUE ZONES PROJECT®

What are the Blue Zones? ..... 6  
What is the Blue Zones Project® ..... 6  
What are the Power 9 Principles ..... 7

THE JOURNEY TO BLUE ZONES APPROVAL ..... 8

LET'S CELEBRATE! ..... 10

DID YOU KNOW... ..... 14

COMBATING ANCESTRAL TRAUMA  
WITH ANCESTRAL WISDOM ..... 17

NEUROSURGEON DR. SANJAY GUPTA'S  
PRESCRIPTION FOR PREVENTING DEMENTIA ..... 20

IMPORTANT DECISIONS AS YOU  
OR YOUR LOVED ONES AGE ..... 22

KLAMATH BASIN BEHAVIORAL HEALTH LAUNCHES  
SAFE AND STRONG OUTREACH TEAM ..... 24

Q&A COVID VACCINE ..... 26

OVERCOMING ADDICTION AND GIVING BACK ..... 32

A FAMILY GATHERING PLACE ..... 34

GREAT NEWS FOR KLAMATH BASIN PET LOVERS! ..... 36

SKY LAKES WELLNESS CENTER RECEIVES  
HIGHEST LEVEL OF RECOGNITION ..... 38

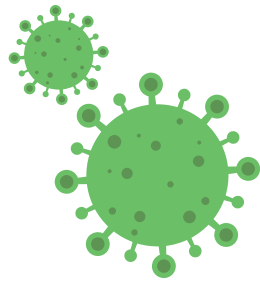
HEALTHY EATING SECRETS! ..... 39

KFOM.ORG GROWS TO MEET THE COMMUNITY'S NEEDS ..... 40

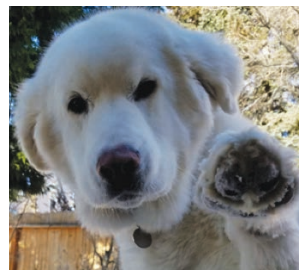
VETERAN COMMUNITY RESOURCES LIST ..... 44



Klamath Falls, Oregon is the first Certified Blue Zones Community® in the Pacific Northwest on pages 10 - 13



Q&A Covid Vaccine  
By Wendy Warren, MD  
Klamath County Health Officer  
on pages 26 - 28



Here in the Klamath Basin, many of us own and love our pets, and would agree that pets bring joy, companionship, and a sense of purpose. on pages 36 - 37

## 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

## 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





## 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.

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



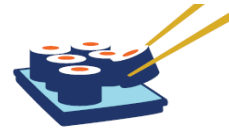
**21**

**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](http://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.





# Let's Celebrate!

## Klamath Falls, Oregon is the first Certified Blue Zones Community® in the Pacific Northwest

In December of 2020, the team at Blue Zones Project – Healthy Klamath had the opportunity to share some exciting news - Klamath Falls has achieved certified Blue Zones Community® status. Becoming a certified community is one way we've shown people within and outside our area how much we care and support the efforts across Klamath Falls to not just improve



our health, but also the vitality of our community at large. Those who live, work, learn, and play here already experience a collaborative, tight-knit community that is working together to improve Klamath Falls, but there is something special about others seeing and recognizing your efforts as well.

In addition to this recent achievement, the community's collective work to move Klamath Falls

toward optimal health and well-being was recognized by the Robert Wood Johnson Foundation in 2018, when Klamath County was awarded The Culture of Health prize, honoring and elevating U.S. communities working at the forefront of advancing health, opportunity, and equity for all.

The community is invited to celebrate this accomplishment by donating their Blue Zones Project t-shirts and sharing the positive impact Blue Zones Project has made in their lives on social media along with the hashtag #BZP-KFalls. **Join in with the community on March 12 for Blue Zones Day. A full-day of socially distanced activities are planned across the community. Pre-register at [healthklamath.org/BlueZonesDay](https://healthklamath.org/BlueZonesDay) to join in the fun!!**

### Well-Being at home and across the nation in 2018:

	Klamath Falls Since 2017	U.S. Since 2017
Well-Being Index	Unchanged	Down
Purpose	Up	Down
Social	Unchanged	Down
Financial	Up	Up
Community	Up	Unchanged
Physical	Unchanged	Up

\* Data from the Gallup-Sharecare Well-Being Index in Klamath Falls in 2018

Since Blue Zones Project began in Klamath Falls in 2015, the community has held steady in purpose, social, and overall well-being, while the rest of the state and U.S. declined. Smoking rates have declined from 17 percent to 13 percent and 40 percent of residents report feeling pride in their community - up from 35 percent when the project launched.

In 2015, Klamath Falls was selected to be the first Blue Zones Project demonstration site in the Pacific Northwest. Since then, local leaders, volunteers, and organizations throughout the community have worked to achieve certification status. As a result of its efforts, Klamath Falls can celebrate:

- More than \$1.3 million in grant funding to support community well-being projects including Safe Routes to Parks, Safe Routes to Schools, a Cigarette Litter Prevention Program (resulting in a nearly 80 percent reduction in tobacco litter downtown), supporting a preventative food pantry, increasing wayfinding signage, and increasing park access.







Join in with the community on March 12 for Blue Zones Day. A full-day of socially distanced activities are planned across the community. Pre-register at [healthklamath.org/BlueZonesDay](http://healthklamath.org/BlueZonesDay) to join in the fun!!

- New ordinances that are paving the way for smoking cessation and tobacco prevention through smoke-free city parks, smoke-free events, and increased education around smoking cessation, leading to a 24 percent decrease in smoking rates since 2015.



- New city policies that support healthy eating through the creation of the county food policy council, the county nutrition options resolution, and the adoption of many healthy meeting protocols in workplaces across the community.
- Increased physical activity among approximately 4,400 students in the local schools by participating in Walking School Bus Days.
- Twelve approved restaurants that offer a combined 37 new healthier menu items for adults and children. Klamath Falls has also become home to a vegan eatery and juicing company, offering even more options to the community's residents.
- Increased demand for produce, which prompted a regionally owned grocery store to increase its produce section resulting in a 12% increase in produce sales.
- More than 1,113 individuals joined a Moai® walking group that promotes building friendships and moving naturally.



- More than 715 individuals have volunteered to support the Blue Zones Project in Klamath Falls.

Klamath Falls achieved Blue Zones Community status after reaching the following key milestones, which are required goals to achieve certification:

- 50 percent of the top 20 identified worksites became Blue Zones Project Approved™.
- 25 percent of schools became approved.
- 25 percent of restaurants became approved.
- 25 percent of grocery stores became approved.

- 50 percent of the top 20 identified faith-based organizations became approved
- 25 percent of citizens have committed to the Blue Zones Project and completed at least one well-being improvement action. More than 4,000 individuals have taken the Blue Zones Personal Pledge.
- The community has successfully completed the Blue Zones Community Policy bundle. ■





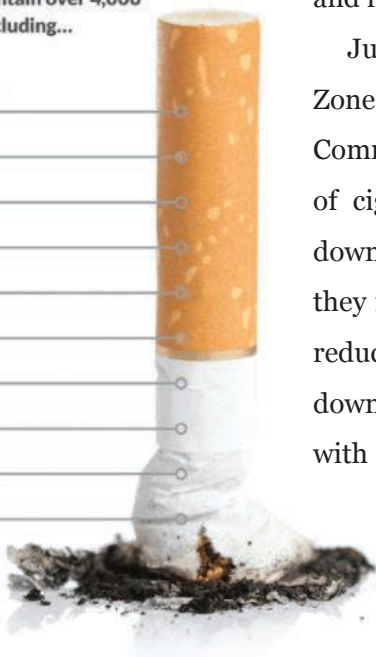


Did you know that cigarette butts are the most littered item in the United States and across the globe? On average, the world buys 6.5 trillion cigarettes each year, that's 18 billion every, single day, and of those cigarettes, 65% are littered or simply flicked on the ground. Klamath Falls is no exception.

There is a widespread misunderstanding that cigarette butts and their filters are biodegradable, but that is not the case. Filters can take years to degrade and as they do, they break down into tiny pieces of plastic, called microplastics, which are increasingly hazardous to our waterways, lakes, and fish. In fact, **if just one cigarette butt is placed in a liter of water, half of the fish living in that water will die.** Cigarette butts carry a heavy load of toxic materials that are

Cigarettes contain over 4,000 chemicals, including...

- Benzo(a)pyrene
- Arsenic
- Acetone
- Lead
- Formaldehyde
- Toluene
- Butane
- Cadmium
- Ammonia
- Benzene



extremely harmful to our water and marine life.

Just a few years ago, the Blue Zones Project Tobacco Prevention Committee noticed a large number of cigarette butts on the streets downtown and in our parks, and they made it their mission to help reduce tobacco litter and cleanup downtown. This endeavor started with helping the City of Klamath

Falls adopt Tobacco-free City Parks and Smoke-free Events Downtown. Then, with funding from



Keep America Beautiful in 2020, the committee was able to install Sidewalk Buttlers or tobacco litter receptacles downtown to encourage individuals to dispose of their cigarettes properly. Additionally, there was a marketing and education campaign to encourage the community to keep our downtown clean and tobacco retailers even distributed pocket ashtrays when selling cigarettes to customers.

**In just two years, the committee has seen a 79% decrease in tobacco litter downtown and has collected over 33,500 cigarette butts through regular clean-ups and emptying the litter receptacles.** The collected cigarette butts will now be sent off to Teracycle to be recycled. Teracycle takes the cigarettes butts and melts them into hard plastic that can be remolded to make new, recycled industrial products, such as plastic pallets.

If you smoke, don't litter your butts! If you do notice an area with a lot of cigarette butts, reach out to Blue Zones Project-Healthy Klamath and let us know, and we can organize a cleanup.

Join the effort and help us keep Klamath Falls' waterways and streets free and clear of toxic cigarette butts. ■

**Volunteer for the next cleanup**  
**March 12th at 11AM**  
**at Sugarman's Corner.**  
**We'll provide gloves, bags,**  
**and litter grabbers.**  
**Register at**  
**[healthyklamath.org/](http://healthyklamath.org/)**  
**BlueZonesDay**



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**

# COMBATING ANCESTRAL TRAUMA WITH ANCESTRAL WISDOM – REDUCING THE STIGMA OF MEN'S MENTAL HEALTH

By: Will Hess, Prevention Supervisor –  
Klamath Tribal Health & Family Services Youth & Family Guidance Center

"Since the beginning of time our most revered ancestors have made daily, conscious decisions to build strong minds, and even stronger hearts.

Mental Health has always been the business of our people." This excerpt, taken from the opening dialogue of the locally produced 2018 documentary film *maqlaqs'am sdaynas: Heart of the People*, perfectly exemplifies one of the many important messages that the staff of Klamath Tribal Health & Family Services Youth & Family Guidance Center (YFGC) have focused on relaying out to the tribal population of Klamath County for nearly a decade. The stigma surrounding the topic of mental health reaches back generations in societies across the globe, and in many cases, those stigmas have become so engrained into a society that members of those

groups have adopted them as cultural norms. One group where these deep rooted stigmas are especially prevalent is among indigenous men.

For the staff of the Youth & Family Guidance Center, the task of addressing these stigmas is at the forefront of a movement geared at combating the idea that tribal men talking about their mental and emotional health makes them weak or vulnerable. The counter to this? Empowering tribal men with the knowledge and ancestral teachings passed down from generation to generation since time immemorial, in an effort to heal deep rooted wounds caused by ancestral trauma. One primary focus is through



As far as the eye can see: Klamath Tribal members Paul Wilson, Devery Saluskin, Tuko Saluskin, and Will Hess pause for a quick photo atop Horse Mountain, a site located in Modoc County, CA which holds extreme cultural significance for the Modoc people. The view of Modoc homelands from the summit is both mentally grounding and breathtaking. Photo cred: Taylor Tupper



**YFGC staff have kicked off a new virtual education program, hiswaaqs sdaynas (the male/men's heart), aimed at providing tribal men insight into how historical trauma, epigenetics, and societal norms influence the way emotions are processed and passed down through generations.**



Since Time Immemorial: Tahnai Eggsman (left) and his grandfather Robert "Bobby" Wilson (right) pause from their wocus gathering on the Klamath Marsh to share a smile. The practice of gathering wocus, a traditional food staple of the Klamath Tribes, is an ancient practice passed down from generation to generation through family lines. From these moments are born strong bonds to the land, water, and family. Photo credit: Paul Robert Wolf Wilson

promotion of land and cultural connections. These topics have been at the root of many efforts put forth by the Klamath Tribes in the past to address stigmas amongst their population, particularly since the launch of YFGC's Restoration of the Spirit movement in 2014. In this movement, the behavioral health program introduced a revamped approach to healing historical traumas within the tribal communities of Klamath County by engaging tribal members in conversations around healing from trauma at the community level.

Operating under the "Culture is Prevention" model, YFGC's Prevention programming involves community events, activities, and educational classes that focus on building on the strengths of indigenous cultures by implementing programs that follow Tribal Best Practices. More recently, YFGC staff have kicked off a new virtual education program, hiswaaqs sdaynas (the male/men's heart), aimed at providing tribal men insight into how historical trauma, epigenetics, and societal norms influence



Laughter is medicine: Tribal men bonded together by their love for traditional music share a moment of laughter while performing round dance songs at the first annual Restoration of the Spirit event held at Ross Ragland theater May 2014

the way emotions are processed and passed down through generations. The virtual classes are offered in two day increments, where tribal men are encouraged to tune in with their sons, grandsons, nephews, or other younger male family members, to have crucial conversations about mental health, learn how to build protective factors, and connect cultural practices to more healthy coping mechanisms.

A major component of the conversation around tribal men and mental health is connection to land. By highlighting how Klamath, Modoc, and Yahooskin tribal people have historically relied on their ancestral lands and waters for guidance, these efforts of YFGC help to connect tribal members to teachings that have helped generations of indigenous people before them remain in balance with the land

and cope with the stressors in life. For many tribal members, these teachings are nothing new; they are a part of life engrained in their family systems since time immemorial. For others who are being introduced to these ideas for the first time, it can help restore pieces of identity stolen by historical traumas which caused those traditional connections to be severed, and can be ultimately life changing. These connections can be especially impactful for tribal men, since the pressures of modern society, which dictate that they must always maintain a strong, unemotional, "handle it" mentality, are replaced with traditional teachings that provide ways for men to process emotions in healthy ways through spirituality, ceremony, open communication, and connection to land. It truly is a beautiful thing to see. ■

**CALLING ALL  
FATHERS - SONS  
UNCLES - NEPHEWS  
BIG BROTHERS - LITTLE BROTHERS  
GRANDFATHERS - GRANDSONS  
BIG COUSINS - LITTLE COUSINS**

**HISWAAQS SDYNAS**  
THE MALE HEART/MIND  
MENTAL HEALTH EDUCATION & PROMOTION

SEEKING SETS OF MALES TO JOIN US  
ZOOM LOGIN INFO TBA  
MUST ATTEND BOTH DAYS FOR INCENTIVES  
NO REGISTRATION NEEDED  
INFO: MONICA YELLOWOWL  
541-884-1841  
BROUGHT TO YOU BY YFGC





# Neurosurgeon Dr. Sanjay Gupta's Prescription for Preventing Dementia

Originally published by BlueZones.com, and can be found at <https://www.bluezones.com/2021/01/neurosurgeon-dr-sanjay-guptas-prescription-for-preventing-dementia/>

Famous neurosurgeon, CNN commentator, and author of *Keep Sharp* Dr. Sanjay Gupta shared his recommendations for preventing Alzheimer's disease and boosting brain health in a recent CBS Sunday Morning interview with CBS News chief medical correspondent Dr. Jon LaPook.

Many of these lifestyle changes align with the **Power 9** lifestyle characteristics of the longest-lived places in the world, places where age-related diseases like **dementia are almost non-existent**.

## 1. Move Naturally, Move More

Dr. Gupta said, "When you move, it's almost like you're signaling to the body and to the brain, 'I wanna be here. I'm not ready to go!' What the brain specifically releases [are] these things called neurotrophins; these good chemicals are sort of nourishing the brain."

## 2. Dive into Berries

A plant-slant diet is related to many health benefits, but for dementia prevention, Dr. Gupta said, "I think when it comes to the brain, it's berries. Berries,



in terms of what they can do for the brain and some of these certain chemicals that they release, are probably gonna be one of your best foods."

## 3. Get Outside of Your Comfort Zone

Learn a **new skill**, eat dinner with your non-dominant hand, do something each day that scares you.

## 4. Get More Sleep

More than a third of American adults are **not getting enough sleep on a regular basis** and report sleeping less than seven hours daily, according to a study in the

Centers for Disease Control and Prevention (CDC).

"The brain is a remarkably complicated organ. When you go to sleep at night, it's taking the experiences you had throughout the day and consolidating

them into memory. Why do we even have experiences if we're not going to do the things necessary to remember them, right? We're learning that the brain is constantly sort of going through this 'rinse cycle' at night," said Dr. Gupta.

## 5. Find Good Friends

In all five blue zones, social connectedness is ingrained into the culture. While Okinawans have **moais**, Sardinians meet with friends each evening for happy hours and Adventists host weekly meals with their congregations.

"We know that that social interaction is so critically important," Dr. Gupta said. "We are social creatures. We know that there are certain neurochemicals that are released when we actually have touch and look someone directly in the eye." ■



*"Every child is one caring adult away from being a success story."*

**BE THAT PERSON!  
JOIN THE  
FOSTER GRANDPARENT  
PROGRAM TODAY!**

## THE FOSTER GRANDPARENT PROGRAM

The Foster Grandparent Program has experienced senior volunteers who are ready and available to help with youth-focused programs in Klamath County during the COVID19 pandemic.

75% of Klamath County Foster Grandparents will be fully vaccinated for COVID19 by February 18, 2021.

Please contact Lisa Bertash if you are interested in learning more about how the Foster Grandparent Program can assist your child-focused programs and/or if you are 55 or older and would like to explore being paid (tax free federal income) to volunteer! You must love children!

**Lisa Bertash, Volunteer Coordinator  
Foster Grandparent Program  
(541) 539-1208  
lbartash@retirement.org**

# Important Decisions as You or Your Loved Ones Age

There are many decisions to make as people get older in our society. These things include physical, mental and financial needs that we often do not consider earlier in life.

Following is information to contemplate as you or a family member move into older adulthood.

**Power of Attorney:** What is it and how does it work?

According to the Oregon Revised Statutes, a Power of Attorney only relates to financial issues and must be a written document. The Power of Attorney allows for management of a person's financial affairs. A person may decide to assign someone to become their Power of Attorney at the time the written agreement is signed, or a Power of Attorney may become effective upon the occurrence of a future event, such as the person becoming financially incapable. If the Power of Attorney assignment is to be based on future incapacity, the person can either designate someone who will determine when that time has come, or a doctor can make that determination. The person who is named as the Power of Attorney must use the finances they manage for the benefit of the person they are Power of Attorney for, and financial decisions can be reviewed by a court of law. The

person's death terminates the Power of Attorney.

**Advance Directive:** What is it and how does it work?

The Advance Directive was previously called the Healthcare Power of Attorney. It is basically the same document with a different name, according to the Oregon Revised Statutes. The document names a person to make health care decisions for you if you cannot make them yourself. It also gives your doctor directions as to what sorts of treatment you want in circumstances where you are unable to give those directions yourself. People are encouraged to give a copy of their Advance Directive to their doctor and their local hospital so that it is available in case of an emergency.

**POLST:** What is it and how does it work?

POLST stands for Physicians Orders for Life Sustaining Treatment. It is basically a more detailed and specific DNR (Do Not Resuscitate Order). Like a DNR, a POLST form is filled out with your doctor



and based on end-of-life care decisions. Emergency responders, doctors and hospitals must follow the POLST's instructions. This document is usually recommended for terminally ill or very frail seniors who have made their end-of-life wishes clear. People are encouraged to keep a copy of their POLST on their refrigerator, so it is easily seen by emergency responders.

**Guardianship:** What is it and how does it work?

Elderly guardianship is a legal relationship created when a court appoints an individual to care for an elderly person who is no longer able to care for himself or herself. The appointed guardian has certain duties and responsibilities to the older adult. Guardianship of an elderly person who has become incapacitated may entail guardianship of the person, guardianship of the estate, or both. Guardianship of the person requires the guardian to make decisions regarding the care and support of an incapacitated individual. Guardianship of the estate requires the guardian to oversee financial matters on behalf of the incapacitated individual. ■

## Additional Programs and Services for Older Adults in Klamath Falls

**Klamath Basin Behavioral Health**  
Kathleen Rutherford  
Older Adult Behavioral  
Health Specialist  
2210 N. Eldorado Avenue  
Klamath Falls, OR 97601  
541-622-9562

**Klamath Basin Senior Center**  
2045 Arthur Street  
Klamath Falls, OR 97601  
541-883-7171

**Department of Human Services  
– Aging and People with  
Disabilities**  
714 Main Street  
Klamath Falls, OR 97601  
541-883-5551

**Klamath and Lake Counties  
Council on Aging**  
404 Main Street #6  
Klamath Falls, OR 97601  
541-205-5400





# Klamath Basin Behavioral Health Launches Safe and Strong Outreach Team

The COVID-19 pandemic has affected all of us, and for many, it has been devastating to our mental health. That's why Klamath Basin Behavioral Health has launched a new outreach program in partnership with Safe and Strong Oregon.

Our goal is to identify and meet the immediate needs of people in Klamath County who have been impacted by the COVID-19 pandemic. Help is free and confidential.

## What to look for

If you're having trouble coping, you're not alone. Here's a list of common reactions that may mean you should reach out for more support.

## Are you feeling:

- Anxious or fearful?
- Guilt or sadness?
- Numb or disconnected from life?
- Uninterested or unmotivated?
- Angry or irritable?
- Lonely or socially isolated?
- Distracted or disoriented?

## Are you having trouble:

- Concentrating, remembering or making decisions?
- Talking about what happened or listening to others?
- With thoughts about the fire?
- Getting out of bed?
- Doing things you normally do, like paying bills?

**There's help for you and those you love.  
Reach out for support today.**

**KBBH Outreach Team:**  
541-883-1030, ext. 3012

**Safe+Strong helpline:**  
1-800-923-HELP (4357)

**[safestrongoregon.org/mental-emotional-health](https://safestrongoregon.org/mental-emotional-health)**

**Free confidential resources are  
available right now.**

## Do you find yourself:

- Feeling tired all the time?
- Feeling tense or easily startled?
- Having headaches or other physical pain?
- Eating too much or too little?
- Experiencing nausea, stomach aches or diarrhea?
- Having sweats or chills?
- Using alcohol or drugs to cope?
- Staying away from friends or family?
- Having too much or too little energy?

If this sounds like you or someone you love, call us today. Our team can help you find healthy ways to deal with stress, share reminders on how to stay hopeful and resilient, and connect you to additional local resources.

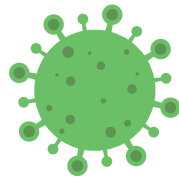
**Safe +  
Strong**





# Q&A Covid Vaccine

By Wendy Warren, MD  
Klamath County Health Officer



Wendy Warren, MD

As this magazine was being prepared, there were many unknowns about the availability of COVID-19 vaccine in the Klamath area. We are waiting for information about how much and when vaccine will arrive in Klamath County.

The medical community and public health are working together, along with many local agencies to ensure the health and safety of the Klamath Basin. What follows are some questions I have heard about the vaccine, as we prepare for more immunizations soon.

## How many shots of COVID-19 vaccine will be needed?

The two authorized and recommended vaccines to prevent COVID-19 in the United States both need two shots to be effective. There is one COVID-19 vaccine in Phase 3 clinical trials in the United States that uses one shot.

## Do I need to wear a mask when I receive a COVID-19 vaccine?

Yes. CDC recommends that during the pandemic people wear a mask that covers their nose and mouth when in contact with others outside your household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.

## Who is paying for COVID-19 vaccine?

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers will be able to charge an administration fee for giving the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

## Are there special considerations on who should get the COVID-19 vaccine first?

To help guide decisions about how to distribute limited initial supplies of COVID-19 vaccine, CDC and the Advisory Committee on Immunization Practices published recommendations identifying which groups should be vaccinated first.

While CDC made recommendations for who should be offered COVID-19 vaccine first, Oregon Governor Kate Brown has extended the priority groups throughout the state. Klamath County is waiting for more vaccine as this is being written. The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities of vaccine are available.

## If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

COVID-19 vaccination should be offered to you regardless of whether you already had COVID-19 infection. However, anyone currently infected with COVID-19 should wait to get vaccinated until after their illness has resolved and after they have met the criteria to discontinue isolation.

Additionally, current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. People with a recent infection may delay vaccination until the end of that 90-day period if desired.

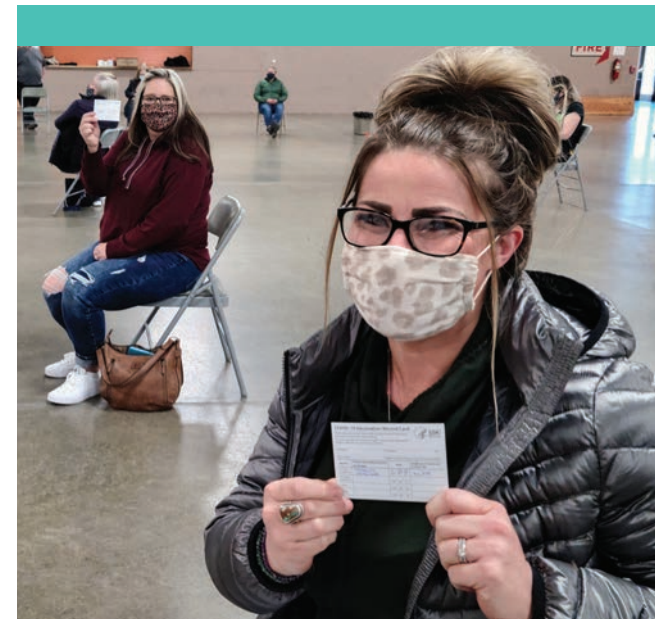
## Why would a vaccine be needed if we can do other things, like social distancing and wearing masks, to prevent the virus that causes COVID-19 from spreading?

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like covering your mouth and nose with a mask and staying at least six feet away from others, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

## Do I need to wear a mask and avoid close contact with others if I have received two doses of the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic. This includes covering your mouth and nose with a mask, washing hands often, and staying at least six feet away from others.

Together, COVID-19 vaccination and following



Brixner Junior High School Bridges teacher Laticia Eddy and Shasta Elementary cook Lori Goff hold up immunization cards that recorded their first dose of the Moderna COVID-19 vaccine. They received their first shots on January 23, during a vaccine clinic for Klamath County School District employees at the Klamath County Fairgrounds.



Klamath Union High School Principal Tony Swan rolled up his red, Pelican T-shirt sleeve as Dr. Mychal Amos from Sky Lakes Medical Center administered Swan's first dose of the Moderna vaccine January 22.



CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

### **When can I stop wearing a mask and avoiding close contact with others after I have been vaccinated?**

There is not enough information currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Again, other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

### **Are there other vaccines that can help prevent me from getting COVID-19?**

Currently there are not other vaccines that will prevent you from getting COVID-19 besides the two that are currently approved by the FDA.

A flu vaccine will not protect you from getting COVID-19, but it can prevent you from getting influenza (flu) at the same time as COVID-19. This can keep you from having a more severe illness. While it's not possible to say with certainty what will happen in the in the coming months, CDC believes it's likely that flu viruses and the virus that causes COVID-19

will both be spreading during that time. That means getting a flu vaccine is more important than ever.

### **Does immunity after getting COVID-19 last longer than protection from a COVID-19 vaccine?**

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection.

Regarding vaccination, we won't know how long immunity lasts until we have more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

### **What percentage of the population needs to get vaccinated to have herd immunity to COVID-19?**

Experts do not know what percentage of people would need to get vaccinated to achieve herd immunity to COVID-19. Herd immunity is a term used to describe when enough people have protection—either from previous infection or vaccination—that it is unlikely a virus or bacteria can spread and cause disease. As a result, everyone within the community is protected even if some people don't have any protection themselves. The percentage of people who need to have protection in order to achieve herd immunity varies by disease. ■

## **Vaccination gives us hope the pandemic will end**

But in the meantime, we need to continue safety measures to keep the virus from spreading:

- Wear a mask
- Physically distance from others
- Wash your hands
- Avoid gatherings
- Stay home when you're sick





## OR Notify

Oregon Exposure Notification  
be COVID smart, **YOUR PHONE** can play a part



You have the power to protect yourself, your family, and your community from COVID-19



IT'S EASY. IT'S PRIVATE. IT'S SECURE. IT'S 100% OPT-IN.

Oregon Exposure Notification (OR Notify) alerts users if they may have been exposed to COVID by:

- Working through smartphones and
- **Without** sharing any personal info







Just like wearing a mask, distancing and keeping gatherings small, OR Notify is a simple tool to help protect you, your family and your community.

### HOW IT WORKS

- OR Notify is a completely **voluntary** and secure tool to notify people if they've been exposed to someone with COVID.
- Your privacy is protected. Your identity is **not** known, and your location is **not** tracked.
- OR Notify uses Bluetooth technology to exchange **random** codes with the phones of others who have also opted-in.
- You will receive an **anonymous** alert only if you were in close contact with another OR Notify user who tests positive for COVID.
- You can choose to send an **anonymous** alert to other OR Notify users if you test positive for COVID.

### Serious about protecting privacy

OR Notify does **not** gather your personal info

-  **NOT** your name
-  **NOT** your contact info
-  **NOT** your location
-  **NOT** the identity of people you meet

### OR Notify is Privacy-Preserving and Voluntary

When someone is notified from OR Notify about possible exposure:

#### They will know

- ✓ Someone they were near in the last 14 days tested positive for COVID
- ✓ Next steps

#### They **WON'T** know

- ⊗ Who it was that tested positive
- ⊗ Where the exposure happened

*look forward to a*

# BRIGHTER FUTURE

## SKY LAKES SCHOLARSHIPS NOW OPEN

Careers in the medical field are more important than ever before.

ACCEPTING APPLICATIONS UNTIL MAY 21ST 2021 12PM

Applications are found at [www.skylakes.org/scholarships](http://www.skylakes.org/scholarships)  
Email questions to [foundation@skylakes.org](mailto:foundation@skylakes.org)





# Overcoming Addiction and Giving Back

At Cascade Health Alliance (CHA), we believe in rooting for every member of our community.

We understand that each person has challenges they must overcome to be the best version of themselves. This month, we sat down with Amber Kramer, a current CHA member and former substance user. Amber is currently a Peer Support Specialist working to help others on their journey back to sobriety. In the question and answers below, Amber shares with us her story and how she is using her path to recovery to support others struggling with addiction. Amber sits on our Community Advisory Council to give a voice to individuals with challenges similar to hers.

## Tell us about a time when you felt really strong

The strongest I have ever felt has been recently. I have a career, a family, a new home and a strong support system. I have accomplished so much and learned a lot about myself in the last four and a half years. After completing treatment in 2016, I still had a lot of work to do to clean up the damage I had done in my past. I finally feel like I am at the point I can really be proud of myself.

## What about a time you felt really optimistic?

The last several years I have been feeling really optimistic. Each year since 2016 has brought me closer to a life I didn't think I could have. I was able to get out of debt, buy a new car, a house, and I am very close to getting certified as a Qualified Mental Health Associate. I could not have done it without the support of my family and my community.

Would you mind sharing a little of what led you down the path of addiction—and how it made you feel when you first experienced it?

Since I was born, I have been affected by substance use issues. My mother and father were both addicted to methamphetamine. Drug use was normal in my family. I spent most of my teen years in foster care because I knew what was happening at home was not okay, so I kept reporting it to DHS [Department of Human Services]. By the time I was 15, all I wanted to do was escape from my reality. I did what I was taught to and used any drugs I could find to escape from it. I always knew I was better than that though. I knew I wanted something different for myself. It was just hard to see how it could be possible for me to do anything else. I struggled in every area in my life. It wasn't until I was 24 when I was able to get the treatment that I needed to be successful. I was not just suffering from a substance use disorder, but from several other undiagnosed mental health disorders.

## What about when it became a struggle?

It was always a struggle. I struggled for years alone. Most people had no idea I was using drugs until my depression took over and I no longer could function. I remember lying in bed knowing I needed to get up to pay my bills, but I could not. I just laid there. Shortly after that, the state took custody of my daughter. When the state took custody, I broke. My drug use became my suicide attempt.

Were there people in your life who you loved—and who loved you—that made you want to fight to get back on track?

I needed my daughter. I had my aunt who took me

to rehab a couple times before telling me she couldn't watch me kill myself any longer. I had several case-workers from my childhood reach out to help me. My father pleaded with me to try to get better.

## Would you mind telling us about the person who had the most impact on your recovery?

Kyra Letzring made the biggest impact in my recovery. She was my drug and alcohol counselor. That was the first time I thought a professional actually cared and wanted me to get better and get my daughter back. Kyra sent people to find me and get me engaged in treatment, and I was always able to be honest with her. I could tell her all of my truth and she never saw me any differently. She let me choose my treatment.

## If you could share a piece of advice to someone who is just a few months into sobriety, what would it be?

It gets easier. Always reach out for support.

## What made you want to be a Peer Support Specialist?

Being a peer support specialist helps me keep my recovery my priority. I know that there are people like me who need my help. In the 12-step program, service work is proven to help people stay clean. Navigating healthcare and treatment is difficult. It is great the CHA helps support people in treatment, but some people do not know that. As a Peer Support Specialist, I can use experiences to help educate people about the Oregon Health Plan and show them the benefits of getting clean. There are so many people who want to do better, but they just do not know where to begin. Treatment and support has given me my life back and now this career has created purpose.

## How has your work made you feel?

I enjoy my work. I always feel accomplished and know that I can use my story to help others. There are so many professionals who want to help but being able connect with people through my lived experience really helps to truly connect to those who need it most. ■

## What do you hope your work can do for your local community?

I can show people there is another side to life. I am just like them so my message is stronger when it comes from someone that has been there and can really understand how they feel. I want to use my work and my participation on the CAC [Community Advisory Council] to connect people to treatment to make sure their voice is represented.



Amber's story highlights to importance of social connection and access to treatment. Like Amber, the path may be hard, but there is always something better. If you, or someone you know is using substances, CHA can help you access treatment. We believe in you. For more information or to find out ways you can bring your voice to our work, please visit: [www.cascadehealthalliance.com](http://www.cascadehealthalliance.com).





# A Family Gathering Place

## Relief Nursery of Klamath County

Some of the youngest residents in Klamath Falls and their families are about to get a helping hand from LCS Northwest.

After earning certification two weeks ago, A Family Gathering Place relief nursery opened its doors to its first clients two weeks ago in Klamath Falls, OR. It took years of planning, but the opening was different than anticipated because of COVID-19. Instead of a therapeutic classroom model, the nursery is starting out with a respite model. Through

genuine connection with our families, we are able to truly able to embody the mission of the Relief Nursery: to prevent child abuse and keep families together.

The Oregon Association of Relief Nurseries performed a needs assessment, and Klamath County and a nearby county had the highest need in the state for a relief nursery. That ranking is based on factors such as access to services, the local poverty rate and issues such as substance use disorders.

The Klamath relief nursery team includes Lead Teacher Sierra Gallup and Assistant Teacher Mary Roberts. Amy has built youth programs in San Francisco, Los Angeles and San Diego before moving back to her hometown of Tulelake, CA, 30 miles south of Klamath Falls. Sierra and Mary bring the needed background in early childhood education. A local



intentional partnership with Zion Lutheran Church, we have opened the RN program in their basement and currently serve seven families. We have four young children in our 4&5 year old stable (respite) classroom and three families in our home-visiting and family support program.

Relief nurseries in Oregon serve at-risk children from birth to age 5. Our program model serves families in a variety of capacities: childcare, home-visiting, parenting classes, child/family counseling support, family goal-setting. Through creating

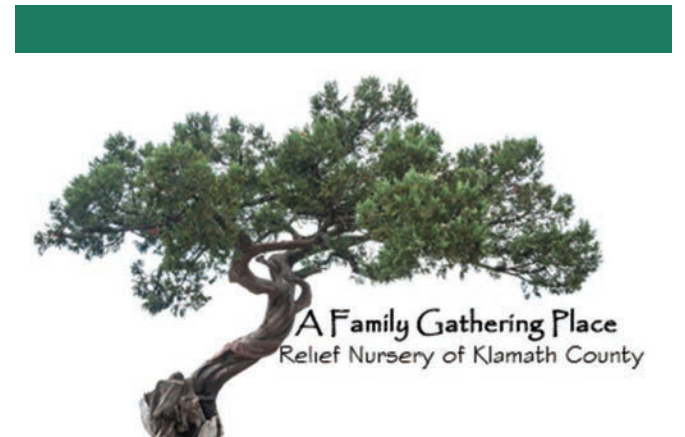


steering committee helped create the nursery.

The start of A Family Gathering Place was made possible by a \$150,000 grant from The Ford Family Foundation of Oregon that has a mission of “Successful Citizens and Vital Rural Communities.” Of that, the Klamath Falls nursery received \$90,000 for startup, the relief nurseries in Yamhill County received \$30,000, and \$30,000 is reserved for collaborative work between the nurseries. A Family Gathering Place is planning on having its first fundraiser in the spring of 2021.

“What drew me to this job is understanding that many families in our county are born into generational poverty and addiction, and truly don’t have a fighting chance in hell,” Amy said. “This starts at birth. We all know how hard it is to break the poverty cycle. Our goal is to stabilize families so they can thrive.”

A Family Gathering Place will be adding a diaper bank and clothes closet and will open the OARN Therapeutic classroom model in Spring 2021. ■



**Klamath County and a nearby county had the highest need in the state for a relief nursery.**





# Great News for Klamath Basin Pet Lovers!

Here in the Klamath Basin, many of us own and love our pets, and would agree that pets bring joy, companionship, and a sense of purpose.

**The great news is that pets also appear to have a positive impact in helping their owners cope with various aspects of the COVID-19**

**pandemic.** A recent study, published Sept. 25, 2020 in the journal PLOS ONE, indicates that pet ownership was associated with less deterioration in mental health and smaller increases (compared with non-pet owners) in loneliness since lockdown. More than 90% of those in the study said their pet helped them cope emotionally with the lockdown and 96% said their pet helped keep them fit and active.

We typically might associate dogs and cats as the most soothing companion pets, but this study indicates that the type of animal is not important – pet owners felt less lonely and more connected whether the pet was a dog, guinea pig, horse, reptile, fish, etc. Most important was that the pet owner felt a connection with their pet!

In addition to reducing feelings of loneliness, there are many ways pet owners may benefit from having a pet during this unusual time of isolation:

**🐾Stress management.** Much of stress comes from worrying about the unknown, which is something most of us are struggling with during this time. Caring for and engaging with a pet helps you focus on the present moment and appreciate its joys.

**🐾Humor and play.** It's hard to stay worried or upset with a cat purring on your lap, a dog looking to play catch or go for a walk, or while grooming your horse.

**🐾Giving you purpose.** If you're low on motivation and feel depressed and stuck inside your home, caring for a pet will make your days more meaningful. It can also help you stick to a schedule and keep you on track.

**🐾Snuggle up.** Petting, cuddling, and grooming your pet fulfills the human need for

touch. It boosts your mood and can even reduce physical pain. The soft texture of your pet's fur provides tactile stress relief as well.

**🐾Share the joy.** Animals bring smiles to our faces. Share your favorite photos and videos of your pet: it's a positive and easy way to stay connected.

If you can't commit to caring for a pet full-time, but are an animal lover, here are some options:

**🐾Foster an animal.** You can provide a temporary home for animals that can't adapt to the shelter or those who need to be nursed back to health.

**🐾Donate supplies.** Contact your local animal shelter and find out what they need during this time.

**🐾Helping a pet-owning family.** Many are being hit hard by job loss and instability. Being unable to afford pet care and supplies is a common fear during this time. Find out from your local animal shelter how you can help another family.

If you are not a pet lover, it's okay! There are many other ways to get support, connection, and joy. The benefits of pet ownership are there due to the emotional bond, so there will not be a benefit if you really don't want all that comes with owning a pet. ■

## Photos of Pets from Sky Lakes Wellness Center Staff



*Best part of my day: puppy snuggles! I love knowing that no matter what happens at work or in the news, at the end of the day there will be snuggles.*

-Linsey Stripling



*My dog was diagnosed with an aggressive cancer just after the start of the public health emergency. I lost him a short month later. While this still saddens me greatly, there is a silver lining. The pandemic allowed me to work from home during his last month, giving me extra time in the day with him. For this, I am forever thankful. The situation continues to remind me that even amid something unknown and tragic (speaking of both the cancer and the pandemic), a silver lining can be found, if we choose to see it.*

-Jennifer Newton



# SKY LAKES WELLNESS CENTER RECEIVES HIGHEST LEVEL OF RECOGNITION



Jennifer Newton

By Jennifer Newton, RD, CDCES, MPH  
Nutrition Coordinator Sky Lakes Wellness Center



More than one in three American adults has prediabetes. Unfortunately, almost 90% of them don't know it. In this case, what you don't know can hurt you. Up to 70% of people with prediabetes will develop type 2 diabetes.

Type 2 diabetes is real, and it can be scary. Risk factors for prediabetes and type 2 diabetes include:

- having a parent, brother or sister with diabetes,
- being inactive,
- carrying extra weight,
- being older than 45,
- being African American, Hispanic/Latino American, American Indian, or Alaska Native.

You can also take a one-minute risk test at [www.skylakes.org/preventdiabetes](http://www.skylakes.org/preventdiabetes).

Even if you are at risk, there is good news. If you have prediabetes or are at high risk for type 2 diabetes, the National Diabetes Prevention Program can help you cut your risk of type 2 diabetes in half! The National Diabetes Prevention Program is an innovative effort to prevent type 2 diabetes in communities like ours across the United States. And it works.

The National Diabetes Prevention Program is a 12-month program focused on helping you make sustainable changes for life. This is not a diet. Participants who commit to the yearlong program have the support of a trained Lifestyle Coach. Your coach works with you each step of the way to support and encourage you to move more, change food habits,

prioritize sleep, and learn your triggers, all to reduce your risk of type 2 diabetes. On average, program participants lose 10-15 pounds, which is enough to cut your risk of type 2 diabetes by nearly 60%.

Preventing type 2 diabetes is important. Diabetes can lead to amputations, loss of vision, kidney failure, and can increase your risk of heart attacks and strokes. In Klamath County, 10.8% of adults have been diagnosed with it. This is higher than rates at the state level (8.5%) and even the national level (10.5%).

More good news. The Sky Lakes Wellness Center has been offering the National Diabetes Prevention Program since 2018. Recently, they were awarded the highest level of recognition by the Centers for Disease Control and Prevention for their National Diabetes Prevention Program. To achieve this level of recognition, the Wellness Center successfully demonstrated that their program helps participants make healthy lifestyle changes to lose weight, keep it off, and reduce their risk of type 2 diabetes. Classes are typically offered in-person and are currently offered virtually, with the health and well-being of staff and participants in mind.

New classes start four times a year. Visit [skylakes.org/preventdiabetes](http://skylakes.org/preventdiabetes) for information about the program and to take a one-minute risk test to see if you are at risk for type 2 diabetes. Contact the Wellness Center at 541-274-2770 or [preventdiabetes@skylakes.org](mailto:preventdiabetes@skylakes.org) for more information and to find out when classes start. ■

## Healthy eating secrets!

### 1. Set up a regular pattern of eating.

- Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control.
- Eat 3 meals each day and 1 or 2 healthy snacks.
- Do not skip meals!
- Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

### 2. Eat slowly.

- Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you —
  - Digest your food better
  - Be more aware of what you are eating
  - Be more aware of when you are full

### 3. Don't worry about cleaning your plate.

- Serve yourself smaller portions to begin with.
- Dish up your plate in the kitchen, before going to the table to eat. This will minimize second helpings or taking too large of portions.
- Use 9 to 10-inch plates (any larger encourages overserving by 22%, and any smaller makes us more likely to go back for second helpings).
- The greatest waste of food is eating more than you want or need.

### 4. Change your eating environment.

- Eat with others.
- Eat your salad and vegetables first! This will fill you up on nutritious, low-calorie foods, leaving less of an appetite for high calorie options.
- Do not eat while watching television or doing anything else that can take your attention away from your meal.
- If dessert is important to you, choose fruit.
- Eliminate all soda!
- Use tools like Harvard's Healthy Plate to help you choose healthier foods in amounts that you need.
- Place at least two types of fruit in a beautiful fruit bowl on your kitchen counter.
- Keep your kitchen countertops clean, organized, and free of clutter.

(Studies show that we are 44% more likely to snack in messy kitchens!)

- Do not stock junk food or processed foods in the house! If the food is there, we will eat it when our willpower is low. This includes chips, cookies, cakes, white bread, white pasta, or any other processed foods. Typically anything in a package should be thrown away!
- Precut fruits and vegetables and place them in the front of the refrigerator to encourage snacking on them.
- If you must keep junk/snack foods in the house, store them all together in an inconvenient cupboard so that you don't see junk food when you're not looking for it. Make sure the healthiest snacks are in the front middle!

VIRTUAL CLASSES BEGIN JANUARY 27, 2021

## THE NATIONAL DIABETES PREVENTION PROGRAM

Reduce your risk for diabetes by enrolling in the nationally recognized Diabetes Prevention Program with Sky Lakes Wellness Center.

- Work with a certified Lifestyle Coach
- Lose weight and learn to keep it off
- Attend classes from the comfort of your home
- FREE for those who qualify

Take a 1-minute quiz to know your risk: [skylakes.org/preventdiabetes](http://skylakes.org/preventdiabetes)

FOR MORE INFORMATION OR TO REGISTER CALL 541-274-2770.

This material was supported by the Grant or Cooperative Agreement Number, NU58DP006569-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



# KFOM.org Grows to Meet the Community's Needs

## Local Marketplace Expands its Service and Offering in the Midst of the Pandemic

By Katie Swanson, Owner Sweet Union Farm and Co-manager of Klamath Farmers Online Marketplace

Klamath Farmers Online Marketplace (KFOM) started as an idea in a room full of passionate community members who wanted to make fresh, local food more accessible. Now, as we prepare to enter our fourth summer season, we reflect on our journey, which started as a dream, to what KFOM is today: a year-round, online farmers market that connects Klamath Falls with their local farmers, ranchers and makers every week.

It started as a pilot program under the Blue Zones Project to test out the concept. Everyone thought we were crazy: local food in the middle of winter? Online?! In Fall of 2017, we gathered up a few brave farmers, launched a website, took orders from



loyal foodies and bundled up every week for customer pickup in the Klamath Tool Library. Over time, word spread about this strange, new enterprise. Not only were people excited to buy local food all year long, but it expanded the market for local producers. In 2019, KFOM grew into its own when the farmers got together and decided to create their own LLC. When COVID-19 hit in Spring, KFOM farmer-volunteers hustled to provide uninterrupted, low-contact access to fresh, local food every week, and facilitated

donations to fire victims and Integral Youth Services summer lunch program.

KFOM has become an essential part of our local food system. Every week, customers can shop online for local groceries by choosing from a variety of local, seasonal products such as grass-fed beef, pork and lamb, produce, honey, baked goods, eggs, coffee and even grab & go meals for a quick, easy dinner. On Thursdays, customers pick up their order by driving

up (or biking), texting us their name, and within minutes we bring their pre-packed order right to their window. Payment is easy with credit card or SNAP/EBT.

It certainly has been an adventure, and we couldn't have done it

without the support of our community partners, loyal customers and talented producers. Every farmer, rancher and maker on KFOM takes pride in their craft and is passionate about producing high quality food for their community. We are honored to connect the community to local food and are excited to continue our work. We hope when you sit down to a meal with your family and friends, that you know where your food came from and feel pride in the bounty this beautiful Basin provides. ■



## HERE'S HOW IT WORKS:



SHOP ONLINE ALL YEAR LONG! WE HAVE TONS OF YEAR-ROUND STAPLES AND IN-SEASON PRODUCE!



PLACE YOUR ORDER, AND WE CONTACT OUR LOCAL FARMERS, RANCHERS, BAKERS AND MAKERS TO GATHER UP YOUR GOODS!



ARRIVE AT THURSDAY PICK UP, TEXT US THE LAST NAME ON THE ORDER, AND WE WILL DELIVER IT TO YOUR CAR, CURBSIDE!

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



Join the

# Grow This!

# Oregon Garden Challenge



**It's spring!** With many Oregonians staying home, now is the perfect time to plant seeds. Home gardening is part of Oregon's history, and especially now, homes and communities can benefit from growing gardens and sharing gardening knowledge and skills. The Grow This! Oregon Garden Challenge is a call to action to individuals, families, schools, community groups and counties to come together around gardening—to have fun and GROW Oregon's health and food supply.

### What is the Challenge?

**Grow different seeds.** Anyone can join using their own seeds! The first 3,000 Oregonians who sign up for the Challenge and request seeds will receive four types of seeds in the mail, sent directly from Oregon State University.

On the Food Hero Facebook page (<https://www.facebook.com/BeAFoodHero>), Oregon State University Extension professionals are posting weekly gardening videos and how-to handouts, and hosting live Facebook events. All materials will also be added to the Food Hero gardening web page: <https://foodhero.org/garden-tips>.

Once a month throughout the growing season, we will email participants a fun letter with new ideas for growing, tips on harvesting, and recipes. Everyone who signs up will also be emailed about any future challenges.

### Who can join?

Anyone can join the Challenge as an individual, a family or a group.

### How do I join?

Fill out a very short survey at this link: <https://foodhero.org/growthis>.

**For more information, email Food Hero at [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) or leave a message at 541-737-1017.**

The Grow This! Oregon Garden Challenge has been adapted from the Grow This! West Virginia Garden Challenge through a partnership with West Virginia University.



This institution is an equal opportunity provider and employer. This material was funded in part by USDA's Supplemental Nutrition Assistance Program.



# In My Garden

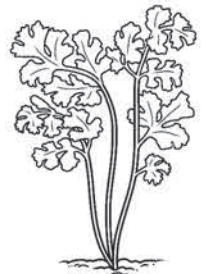
Color in these garden plants. When you are done, try drawing your favorite garden plant on another sheet of paper. Or imagine a new fruit or vegetable that does not exist and draw that. How does it look, taste and smell? Give it a name.



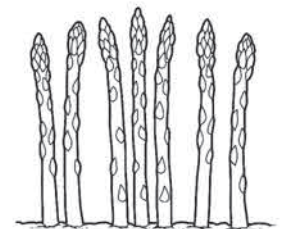
Cucumber



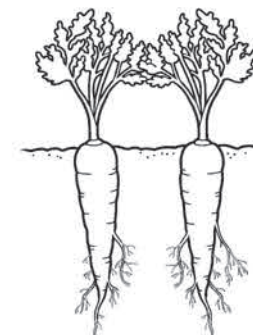
Strawberries



Cilantro



Asparagus



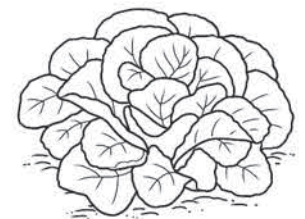
Carrots



Spinach



Cherry Tomatoes



Lettuce



Watermelon



Kale



Cantaloupe



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.  
2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:





# 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.klclaa.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

## DISABLED AMERICAN VETERANS (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  
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 COLLEGE VETERANS 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.

## 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



## VETERAN & COMMUNITY RESOURCES LIST, cont.

### 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



### 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](http://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 Over Mouth and Nose



For more information and resources visit:  
[www.healthyklamath.org/COVID-19](http://www.healthyklamath.org/COVID-19)



During COVID-19

# You Are Not Alone

We know physical distancing creates increased concerns and there is help.



For a list of complete resources visit: [oralert.gov/not-alone](http://oralert.gov/not-alone)

**All of these help lines offer translation services and are confidential.**

- National Suicide Prevention Hotline: 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233
- RAINN – National Sexual Assault Hotline: 1-800-656-4673
- Youthline: 1-877-968-8941 or TEXT teen2teen to 839863 – Teens available 4-10pm Pacific Time.
- Oregon's SAFEline: 1-855-503-7233 (SAFE)  
Report abuse, neglect, financial exploitation or self-neglect of an adult or child.
- Aging and Disability Resource Connection: 1-855-673-2372 (ORE-ADRC)
- For more resources, you can CALL: 211 or 1-866-698-6155. TTY: dial 711 and call 1-866-698-6155.  
TEXT: your zip code to 898211 (TXT211). EMAIL: [help@211info.org](mailto:help@211info.org)

**If you can't use this, maybe you know someone who can. Keep our communities strong.**

All of these help lines offer translation services and are confidential. Your personally identifying information is not required. You can get this document in other languages, large print, braille or a format you prefer. Contact [Oregon.MassCare@state.or.us](mailto:Oregon.MassCare@state.or.us). We accept all relay calls or you can dial 711.



DHS 2468A (REV. 09/20)



2701 Foothills Blvd.  
Klamath Falls, OR 97601

