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Spring-Summer 2024

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HEALTHY KLAMATH - A CERTIFIED BLUE ZONES COMMUNITY



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SPRING INTO FRESH LOCAL ABUNDANCE

by Sarah Akbari
Klamath Grown

With spring in the air, it's time to start anticipating the abundance of beautiful, fresh produce that is to come.

In the Klamath Basin, we have great options for eating a diversity of local, seasonal food. Scroll through Klamath Grown's year-round online market and you'll find fresh herbs, berries, vegetables, pasture-raised eggs, baked goods, sustainably raised meat and seafood, and so much more. If you want to find other places to eat local food in the area, check out Klamath Grown's local food directory to eat, drink, taste, and farm-hop your way around the Basin. Meet local farmers, ranchers, and makers, discover restaurants sourcing locally grown ingredients and find farmers markets in the area. You can check out the online market and local food directory on klamathgrown.org.



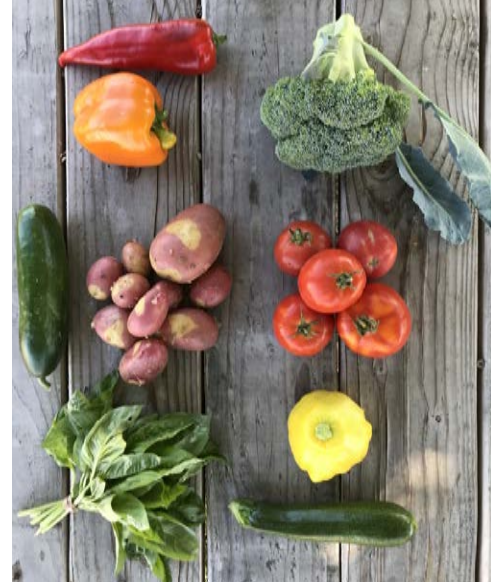
Soon, you will also be able to find fresh locally grown produce and handcrafted artisan goods at the Klamath Falls Farmers Market. Take a walk through the market in the springtime and you'll feel the excitement and joy that exudes from the customers and producers alike. This year, the market will be open from 9am-1pm in downtown Klamath Falls, starting May 25th through the end of October. For 25 years, the Farmers Market has been cultivating a welcoming, family-friendly environment that is full of community, homegrown food, and talented artisans. To celebrate 25 years in operation, the Market will be hosting fun events, raffles and more. Once the Market is in full swing, stop by Klamath Grown's to learn more about what we have in store.

Eating locally and seasonally has a positive impact on the local economy, as well as your health and wellbeing. Plus, it always tastes more flavorful and fresh! Eating in this way also supports Klamath Grown's vision for a thriving local food web accessible to all. We want to live in a place where the food we eat nourishes us, connects us to each other, and makes us proud of where we're from. Thanks to our hard working farmers, ranchers, and makers, we are progressing towards this vision. Many of them are using unique methods to grow produce and extend the short growing season, even in the winter.

Dana and Ish McCray are the owners of Danish Honey Farms, a family-owned BIPOC micro-farm that grows delicious, high-quality microgreens that add nutrients and color to your favorite dishes. There are endless ways to enjoy microgreens; we love them mixed into salads, sandwiches, on top of soups, or eaten plain as a fresh, crunchy snack! Dana and Ish are passionate about using sustainable and equitable practices to provide healthy food for the community.

Rick Walsh, owner of Fresh Green Organic Garden, is a fourth generation farmer, born and raised in Klamath Falls. He uses geothermal heated greenhouses to grow tomatoes, strawberries, carrots, and other fresh fruits and vegetables year-round. Rick started driving his grandfather's tractor at age twelve and has been farming ever since. He enjoys growing safe, nutritious food that his customers can feel good about feeding their family.

You can find Rick and Dana's produce on the Klamath Grown Online Market now and at the Klamath Falls Farmers Market starting in June. Whether you shop online or in-person, we hope to see you at one of our local markets enjoying the bounty of spring and supporting local!



Use your SNAP/EBT card to shop for fresh local food!



klamathgrown.org/market

EXPLORE KLAMATH

Contents Provided by Discover Klamath

A SPRINGTIME GUIDE TO OUTDOOR THRILLS

Step into a haven of recreation, exploration, and pure fun! Welcome to Klamath, where the adventure unfolds in every corner.

This gem in the west is a playground for outdoor enthusiasts, offering a tapestry of experiences waiting to be embraced. From the rugged mountain trails to the serene waterscapes, Klamath beckons with a variety of activities tailored for every adventurer. Whether you're a cycling fanatic, a kayaking aficionado, or someone who simply craves a connection with nature's beauty, Klamath promises to touch your soul. Immerse yourself in Klamath's outdoor playground and uncover the multitude of activities that await you in this stunning region.

MTB & CYCLING

Discover cycling paradise, where enthusiasts can explore premier MTB networks, high-altitude road cycling, and diverse bicycle trails suitable for all ages and experience levels. Spence Mountain, overlooking Upper Klamath Lake, offers



picturesque trails through oak and pine woodlands with panoramic views of the Klamath Basin and Cascade peaks. The snow-free seasons from March to early November make it an ideal biking destination. Moore Mountain adds to the allure with unique terrains for mountain bikers. Road cyclists can enjoy peaceful rides on low-traffic country roads, including the iconic Crater Lake Rim Drive and the challenging Ride the Rim event. For a blend of history and adventure, the OC&E Wood Line State Park offers converted rails-to-trails routes through various landscapes.

Whether you're a casual rider or a cycling enthusiast, Klamath's evolving trail system has something for everyone. Explore the best trails with the help of local outfitters like Zach's Bikes in downtown Klamath Falls, offering bike rentals, delivery services, and valuable trail recommendations.

Klamath's pristine lakes offer refreshing alternatives for kayaking and paddleboarding, with Lake of the Woods providing a safe environment. Crescent Lake, nestled in the Deschutes National Forest, offers a meditative paddling experience with forested hills and snow-capped peaks. Odell Lake's azure waters



The trail is a haven for various bird species, including American white pelicans and bald eagles, while summer brings vibrant wocus lilies, a staple for the Klamath Tribes.

KAYAKING & FLOATS

Immerse yourself in the water wonders of Klamath, ideal for aquatic enthusiasts. Embark on a 9.5-mile wildlife and bird-watching safari along the Upper Klamath Canoe Trail, winding through teeming marshlands with stunning mountain views and skies above. The trail is a haven for various bird species, including American white pelicans and bald eagles, while summer brings vibrant wocus lilies, a staple for the Klamath Tribes.

provide tranquility amidst breathtaking landscapes. No kayak? No problem! Explore the waters with ease by renting from a variety of reputable outfitters that provide both rentals and expert guided services. Consider trusted options such as Roe Outfitters, Sky Lakes Wilderness Adventures, and Rocky Point Resort to enhance your aquatic adventure.



HIKING & TRAILS

Klamath unfolds as a hiker's paradise, encompassing diverse landscapes such as expansive forests, pristine lakes, volcanic terrains, and extensive trails. Each trail in this region narrates a unique story, combining natural beauty, historical significance, and adventurous exploration. Whether embarking on the iconic Pacific Crest Trail (PCT) with its breathtaking stretch through varied ecosystems or immersing in the wonders of Crater Lake National Park with its azure waters and diverse trails, Klamath's hiking experiences resonate deeply with the soul. The Sky Lakes Wilderness boasts pristine lakes amid dense forests, while the Mountain Lakes

Wilderness in Fremont-Winema National Forest features a circular basin surrounded by peaks and abundant biodiversity. Whether you're captivated by the vast expanse of the PCT or the serene allure of lakes and peaks, Klamath invites you to don your hiking boots and embark on an unforgettable journey. Explore these trails with hiking groups such as Klamath Basin Outdoor Group or Klamath County Happy Hikers.

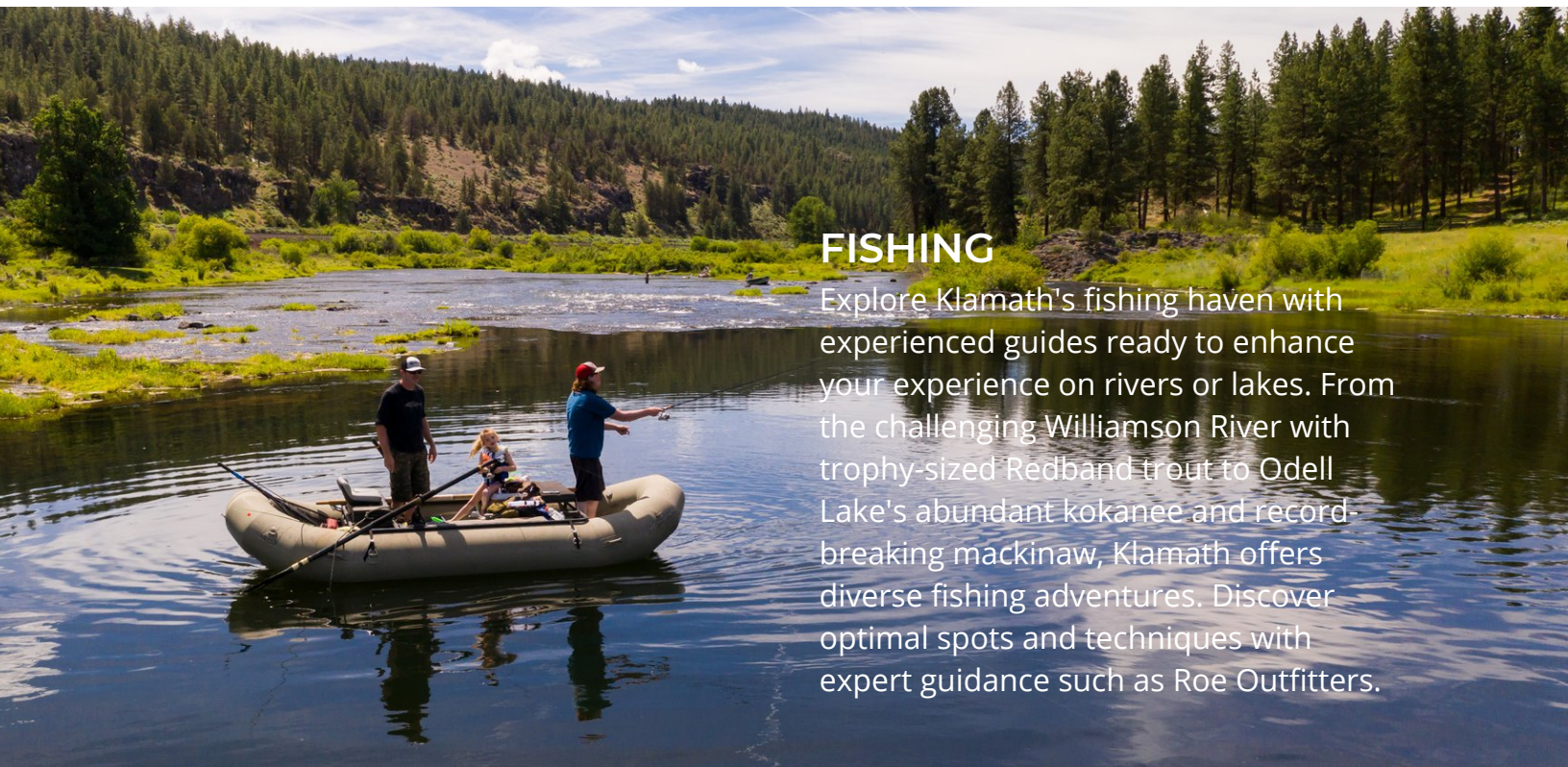
GOLF

Experience golf at the Running Y Resort Golf Course, the sole Arnold Palmer designed course in the state and one of Palmer's cherished "Sweet Sixteen"



favorites. This 7,138-yard course seamlessly blends with its natural surroundings, providing a unique golfing opportunity with over 300 days of sunshine annually. With a rating of 73.3 and a slope of 137 from the Palmer tees, the course offers challenges for seasoned players, while Green, White, Yellow, and Umbrella tees cater to varying skill levels. Beyond golf, the Running Y Resort ensures a

comprehensive experience with its lodge, restaurant, and amenities, welcoming golfers of all levels. Indulge in a round of golf at Harbor Links Golf Course, situated on the picturesque shores of Klamath Lake. Offering 15 out of 18 holes surrounded by serene ponds, the course provides a captivating blend of natural beauty and scenic views. Meanwhile, Shield Crest Golf Course offers a moderately challenging experience with diverse landscapes. Revel in expansive views of the Klamath Basin and Mount Shasta. While most of the 18 holes are straight and flat, a few strategically designed ones will test your club selection, featuring doglegs and elevation changes from tee to green.



FISHING

Explore Klamath's fishing haven with experienced guides ready to enhance your experience on rivers or lakes. From the challenging Williamson River with trophy-sized Redband trout to Odell Lake's abundant kokanee and record-breaking mackinaw, Klamath offers diverse fishing adventures. Discover optimal spots and techniques with expert guidance such as Roe Outfitters.

ZIPLINING & ADVENTURE SPORTS

Experience an adrenaline-packed adventure with Crater Lake Zipline, offering an unmatched thrill as you soar through the tree canopy on nine exhilarating ziplines. With heights reaching up to 100 feet, the zipline journey provides panoramic views of Mt McLoughlin, Upper Klamath Lake, and the Cascades. Unique to this experience, start and end your adventure without touching the ground, zipping seamlessly from tree to tree. The comprehensive adventure includes ground school training, two sky bridges, master-controlled rappels, and knowledgeable guides for safety and insights into the natural surroundings. Young adventurers can enjoy "Sasquatch Hollow," tailored just for them. After the thrill, test your



skills with axe throwing at Crater Lake Axe Throwing and unwind with local food and brews, creating an exhilarating and rewarding experience all in one.

CAVING & SPELUNKING

Embark on an underground exploration of Lava Beds National Monument, home to over 800 caves formed by volcanic activity, offering a distinctive spelunking experience for both beginners and seasoned adventurers. These caves narrate tales of ancient lava flows, geological wonders, and the enduring forces of nature, with the unique feature



that nearly all can be explored independently, without guides. Mushpot Cave, the sole illuminated cave with interpretive panels, serves as an accessible introduction, while Skull Cave provides a thrilling lava tube encounter with its vast entrance and skeletal remains. For the truly adventurous, Catacombs Cave, one of the longest in the park, challenges with tight spaces and maze-like passages, requiring preparation and proper equipment. As you delve into the subterranean world, from Mushpot's unique formations to Skull's icy atmosphere and Catacombs' labyrinth, Lava Beds' caves promise an unparalleled adventure. Remember to wear sturdy shoes, bring a reliable flashlight, and inform someone of your plans before embarking on this underground journey.



"Spring On Forward"

DISCOVER BIRD WATCHING


Klamath is a haven for bird enthusiasts and unfolds its rich avian tapestry amidst breathtaking landscapes. As you immerse yourself in outdoor adventures, don't miss the chance to explore prime bird-watching locations like Putnam Point, Link River Trail, Wood River Wetland, and Klamath Wildlife Area-Miller Island Unit. Stay vigilant to the skies, treetops, and water surfaces in these diverse habitats, offering unique bird-watching opportunities throughout the seasons. While nature's ever-changing dynamics mean sightings are not guaranteed, the allure of discovering new species is ever-present. Notably, Klamath boasts the highest concentration of wintering Bald Eagles outside of Alaska, a majestic spectacle. Glide alongside them to witness the elegant flight of White Pelicans, or find yourself captivated by the enchanting courtship dance of Grebes at Wood River Wetland. Whether you're a seasoned birder or a curious novice, Klamath promises a bird-watching experience at these notable locations that will leave you in awe of nature's wonders. For a more in-depth guide, check out our Intro to Birds article.

www.discoverklamath.com/adventure-guides/learn-how-to-discover-bird-watching-in-klamath

Bike to Work

BIKE

to work & move naturally



**BIKE, WALK, OR RUN TO WORK
ON FRIDAY, MAY 17th, 2024**

Klamath Falls, Oregon

BIKERS, WALKERS, RUNNERS & ROLLERS visit free breakfast stations from 6:30am-9:00am on your way to work. Tentatively for 2024 we will have the stations located at:

- Out front of Zach's Bikes
- Between OIT and Sky Lakes
- OC&E at Wiard Park
- KCC
- Harbor Isles
- Así es mi Tierra/ Mexico Video

Stop by, grab some free breakfast and pick up a raffle ticket to win a prize!



Adverse Childhood Experiences ACEs Training

Adversity early in life can lead to physical, mental, and behavioral health challenges later in life. Learn about the Adverse Childhood Experiences (ACEs) study, the neurobiology that explains why ACEs have so much effect in people's lives, and what we can all do to dramatically improve health and resilience for this and future generations.



Location
Klamath County Public Library
126 S 3rd St, Klamath Falls

**Thursday April 18th
4:30pm-6:30pm**

**Friday April 19th
11:00am-1:00pm**

Questions? Contact Kennedy Fields at kfields@klamathcounty.org



Experiencias adversas de la infancia Entrenamiento ACE

La adversidad en una etapa temprana de la vida puede generar problemas de salud física, mental y conductual más adelante en la vida. Conozca el estudio sobre Experiencias Adversas en la Infancia (ACE), la neurobiología que explica por qué las ACE tienen tanto efecto en la vida de las personas y lo que todos podemos hacer para mejorar drásticamente la salud y la resiliencia de esta y las generaciones futuras.



Ubicación
Biblioteca pública del condado de Klamath
126 S 3rd St, Klamath Falls

**Jueves 18 de abril
4:30pm-6:30pm**

**Viernes 19 de abril
11:00am-1:00pm**

Preguntas ó si necesita interpretación, envíe un correo electrónico a Kennedy Fields a kfields@klamathcounty.org

PHASE 2

GE[📍] TRAIL EXTENSION

KLAMATH TRAILS ALLIANCE

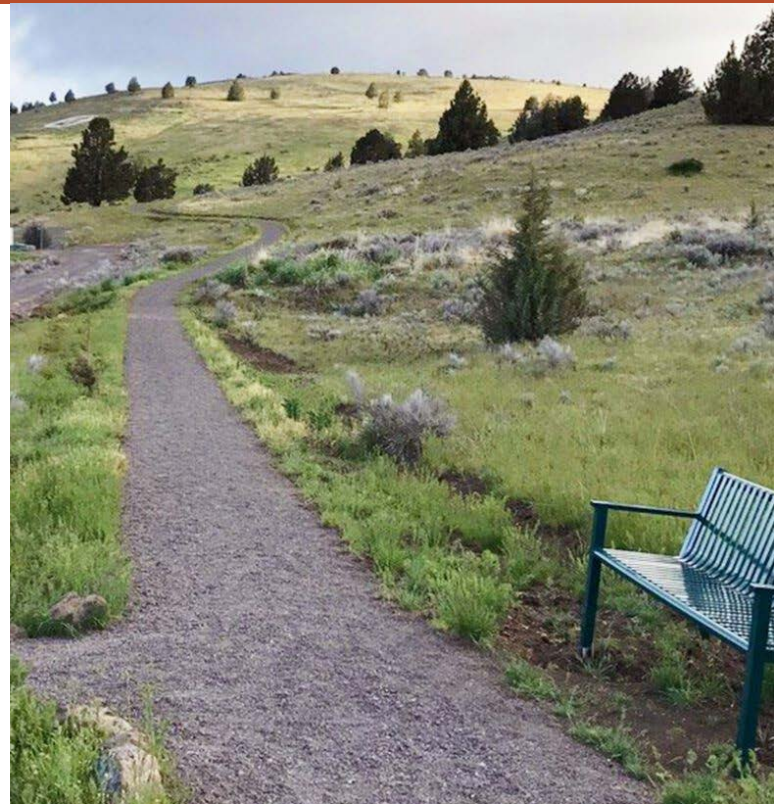
BY KELSEY MUELLER WENDT



The Geo Trail is a nearly 2-mile long recreational trail that was sustainably constructed in 2016 as a community initiative. Linking Crystal Terrace, Sky Lakes Medical Center, and Oregon Institute of Technology, it provides scenic vistas of the Klamath Basin, and offers an opportunity for relaxation and physical activity for all to enjoy.

Klamath Trails Alliance plans to extend the Geo Trail another 2700 linear feet to the south through two private parcels, to the adjoining neighborhood to improve trail access and commute options. The 5' wide compacted gravel trail will utilize decomposed granite to continue the accessible path to Harmony Lane. Two benches will be installed for resting areas along the extension. Two connector trails will be built to provide easy access for residents of Crystal Terrace Senior Living facility and Sky Lakes Medical employees.

The intention is to provide a convenient and beautiful way for residents, employees, and faculty to be physically active. Within two years the trail was designed and constructed. The Geo Trail provides rare and breathtaking views. The extended portion will focus on enhancing recreation



opportunities that are easily accessible. We also hope to increase connectivity between the adjoining neighborhoods to Sky Lakes, Oregon Tech, and Crystal Terrace.

As we develop plans for the Geo Trail extension we will be reaching out to the community to support a fundraising effort to bring this vision to life. We look forward to developing more trails for our community members to enjoy!

THE SKY LAKES WELLNESS CENTER ENCOURAGES PEOPLE TO GET OUTSIDE

by Cassidy Quistoff
Sky Lakes Wellness center

At the corner of South 11th Street and Klamath Avenue, there is a framed quote in a brightly lit lobby that says, “The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” Now this may have first been said over 120 years ago by none other than Thomas Edison, but that is still the guiding hope and principle today of the Sky Lakes Wellness Center.

The Sky Lakes Wellness Center was founded in 2015 with a mission to empower everyone to live a healthier life by practicing preventive medicine. Almost a decade later, we continue to do just that through programs, classes, and community outreach. The Wellness Center offers community cooking classes like the ever-popular winter soup series, body composition analysis scans to get a snapshot of your body’s health, and 4-month to year-long programs focused on building healthy lifestyle choices and giving you the tools to commit to lasting habits.

The Sky Lakes Wellness Center was founded in 2015 with a mission to empower everyone to live a healthier life by practicing preventive medicine.

In a community like the City of Sunshine, blessed with the natural beauty of 300 days of sunshine each year and abundant outdoor adventure possibilities, the presence of the Sky Lakes Wellness Center is particularly crucial. Despite the economic challenges and health issues associated with an economically depressed population, the Wellness Center plays a pivotal role in promoting a healthier lifestyle. Our surroundings provide a perfect backdrop for fostering physical activity, even in the form of simple walks. By providing accessible resources, the Wellness Center not only addresses immediate health concerns but also equips residents with the tools to establish and sustain healthy habits. In our thriving outdoor recreation space, the Wellness Center naturally leans into promoting overall health and well-being while encouraging the community to embrace the outdoor wonders that surround us.



This is part of what inspired the Klamath Trails Challenge. This unique initiative was launched to introduce people to the trails right in their backyards. Similar to the Winter 2024 Klamath Activities Challenge, the Klamath Trails Challenge will encourage participants to fill out a “passport” of different trails on public lands across Klamath County. These can be filled out by walking, hiking, biking, birding, paddling, roller blading...the possibilities are endless. The Klamath Trails Challenge will run from Memorial Day weekend through Labor Day weekend and passports can be picked up at the Sky Lakes Wellness Center downtown. Participants will be entered to win a raffle prize and may also be eligible for a free Hydroflask.

While this Challenge is a great way for people to meet the CDC-recommended 150 minutes (about 2 and a half hours) of activity per week, there is a larger hope with the passports. “The best thing is when people feel inspired by their time outside,” Cassidy Quistorff, the new Health Educator at the Wellness Center said. “If checking off the list is what gets someone on a new trail, that is awesome. But a real highlight would be if it sparks a new passion or new perspective of our beautiful area. I moved here three years ago for my partner’s job, but we stayed because there really is no place like it. The access to trails and diversity of activities you can do within a half hour of town is mindbogglingly good.”

If you are interested in learning more about the Sky Lakes Wellness Center and their various programs and offerings, please give us a call at 541-274-2770 or find us on Facebook or Instagram to follow along and receive updates to your social media feed.

THE GREAT AWAKENING: THE SPRING SEASON & YOUR HEALTH FROM AN EAST ASIAN MEDICINE PERSPECTIVE

*Jacqueline Landrum, L.Ac.
Brilliant Health Medicine Clinic,
Acupuncture and Herbs*

Welcome Spring! The seasons are so much more satisfying when one understands them through the lens of East Asian Medicine.

Welcome Spring! The seasons are so much more satisfying when one understands how they relate to our health, and East Asian Medicine is rooted deeply in our connection to nature. Even with modern medicine, it is important that we understand that our bodies are still, and forever, a part of the world around us. Modern “health hacks” cannot replace an authentic connection to nature. To be close to nature, and to receive medicine based on nature, helps us achieve a parasympathetic state within the body.

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This is the state in which tissues heal. It is such a joy to see my patients' relief and understanding, when they begin to view their bodies through the lens of the wisdom of nature, the five elements, and how these correspond to our organs, emotions, and physiology.

Being a patient of Traditional Chinese Medicine has allowed my body to be healthier than it has ever been. I am so honored to practice this medicine now as a professional, and I humbly attempt to share it with our community. It is a great privilege to write this article, on behalf of this vast medicine.

against unnatural environments, food, and a fast pace of life, and this is unhealthy for our nervous systems and bodies. Many of us have become disconnected from nature, and thus, our bodies.

While the spring season entices us to “spring into action”, I must mention the importance of resting enough in winter, so that one may have the energy to live to one's full potential in the spring. It is so common that Americans do not rest deeply enough during winter. Hustle culture is ever present, and it makes its way into our subconscious belief systems and habits.



As the liver attempts to clear much of the waste it has gathered over the winter, we are called to move our bodies more and eat foods that purify and lighten our load.

Traditional Chinese Medicine (TCM) is rooted in the Tao, or “The Way.” This is a philosophy where life and the body mirrors how nature behaves. In our modern culture, we are constantly up

One of my most esteemed teachers, Master Liu He of the International Ling Gui school of Qi Gong, told us in our classes at the Oregon College of Oriental Medicine, that “If one does not rest



Wind is an element that belongs to wood. Wind helps in transformation. It is the wind element that goes into creating a baby, and which begins labor. Wind is also responsible for feeling dizzy in the spring, or having frequent colds, rashes or allergies. Wind can help or harm us. We must physically protect ourselves from the elements in springtime. Be cautious to dress warmly in the spring. Just because it looks warm out, does not mean it is time to dress like it's summer. Doing so can cause colds, or injuries to the tendons. It is advised to still wear a

deeply in winter, one will get sick in spring.”

Spring is truly the beginning of a fresh, new cycle, an annual rebirth, great awakening, and fresh, blank canvas in so many ways, just as winter was the end. Just like the Yuan-Source point of the Liver channel, named GREAT SURGE, our bodies and minds are ready to spring forth from the long winters stillness after many months of rest.

The Spring season is associated with the wood element, on the five elements of Chinese Medicine. The nature of wood is to reach upward, spread outward, and is associated with the liver and gallbladder organs. Virtues of these organs are: setting goals, making plans, and having courage.

hat and scarf, socks, and cover up, until it is 70 degrees outside.

As our liver and gallbladder attempt to clear much of the waste our bodies have stored in our fat cells during the winter, we are called to move our bodies more, drink more water, and eat cleansing foods to help this process. The liver is also responsible for the smooth movement of qi all throughout the body, or circulation, and those who have circulation issues likely need to “free” their liver qi.

While the Heart is named the “Emperor”, the ruler of our heart/mind, and entire body, our Liver is named the “General”. The General makes plans and decides which way one is going to go. A healthy, strong liver helps us to be decisive. The

Gallbladder gives us courage. Timidity is a sign of weak gallbladder energy. Trouble making decisions points to deficient liver qi or blood. Direction and courage and a call to action move us forward in the spring and are signs of healthy liver and gallbladder organs. Like the tenacious blades of grass shooting through the thawing earth, our bodies and mind are ready to move upward and outward from the stillness of winter.

Common ailments of springtime according to nature are:



- Gallbladder and Liver issues, such as pressure or pain under the ribs, a sour taste in the mouth, gallbladder attacks, pain behind the right shoulder.
- Dizziness or vertigo.
- Rashes.
- Common colds, viruses, sinus issues, sore throats, allergies.
- Vision issues, eye issues, since the liver opens to the eyes.
- Tendon injuries.
- Anger, irritability, short fuse. The liver helps process many things. When it is overloaded, either from repressed/unexpressed emotions, or you are eating unhealthy, unnatural foods, you will have more of these emotions. Acupuncture, a cleaner diet, Chinese formulas, movement, and therapy can be very helpful.
- Heavy and dull period cramps, increased PMS cravings for sugar and emotions before one's period, and breast tenderness, since the liver channel travels up the inner leg to the chest. (sharp cramps are blood stasis and need different herbs).
- Temple headaches.

Ways that you can support your liver and gallbladder during spring.

- Regular Sauna sessions
- Plenty of fresh water
- Liver friendly herbs and foods that cleanse and nourish
- Fresh lemon juice in warm water
- Regular movement, stretching, and deep breathing
- Massage
- Chinese Herbal formulas
- Regular Acupuncture



- Dark leafy greens and other green produce.
- Expressing anger in a healthy way.
- Speaking your truth and your needs assertively to others.
- Setting goals for the year.



The most common Chinese medicine formula for springtime ailments is entitled “Xiao Yao San”, and this translates to “Free and Easy Wanderer”. It is a popular formula because it helps reduce feelings of stress significantly, and people feel really good on it. There is the ancient parable of Zhuang-Zi, a man who took life too seriously, and then had a life-changing experience, so that he only pursued laughter and ease from that day forward. The chief herb in the supplement is bupleurum, or Chai Hu, in Pinyin, and it can help to “free the flow” of liver qi, so that a person feels ease, harmony, lightness, and does not respond to stress negatively.



Whenever we feel lost and unwell, we can always look out the window and see what nature is doing. To put oneself back in the rhythms of the days, and the seasons, is so simple, yet so profound, and always produces good results. Every single person deserves a life of joy and ease. It is my wish for every person to have access to, and knowledge of the wise ways that have stood the test of time. My prayer always is, “May all beings everywhere be happy and free from suffering.”



If you want to learn more about TCM, some books that I can recommend are: *The Spark in The Machine*, by Dr. Daniel Keown, *The Web That Has No Weaver*, by Ted Kaptchuk, or the *Tao Te Ching*, by Lao Tzu. On our first day of class at the Oregon College of Oriental Medicine, Dr. Greg Livingston proclaimed to us that we, the students, would not ever become masters of this medicine in our lifetime. That the medicine is too vast, and too deep, to be mastered in one lifetime. So it is with great humility and honor that I share a small part of a medicine with you, in this short article. Thanks so much for reading!

Spring Cleaning for Health

DECLUTTERING UNHEALTHY HABITS

BY JUSTIN STRAUSS
CASCADE HEALTH ALLIANCE

As spring breathes new life into the world, it's a perfect time to refresh our health routines. Much like tidying our homes, spring offers an opportunity to declutter unhealthy habits and pave the way for a healthier lifestyle. Here are seven tips:

- 1. Cut Back on Sugar:** Swap sugary snacks for healthier options like fresh fruits, yogurt, or nuts to reduce sugar intake, supporting weight management and overall health.
- 2. Quit Smoking:** Utilize the season's momentum to quit smoking. Seek support from loved ones or professionals and explore cessation resources for a smoke-free life.
- 3. Prioritize Preventive Screenings:** Schedule annual check-ups, vaccinations, and screenings recommended by your healthcare provider to maintain optimal health and wellness.
- 4. Choose Nutrient-Dense Snacks:** Replace unhealthy snacks with nutritious options like raw vegetables, air-popped popcorn, or homemade trail mix for sustained energy and better eating habits.
- 5. Detoxify Your Environment:** Switch to natural cleaning products, reduce plastic usage, and improve indoor air quality with plants or air purifiers for a healthier living space.
- 6. Refresh Your Fitness Routine:** Take advantage of longer days and milder weather to incorporate outdoor activities like walking, jogging, or cycling into your exercise routine for increased motivation and enjoyment.
- 7. Prioritize Mental Well-being:** Practice stress-reducing activities such as meditation or yoga to promote relaxation and mental clarity. Seek professional support if needed to address behavioral health challenges.

Spring is a time of renewal, offering a fresh start for our wellbeing. By decluttering unhealthy habits and embracing positive changes, we can cultivate a healthier and happier lifestyle. Let the spirit of spring inspire you to prioritize your well-being and thrive in the season of renewal.



LET'S TALK ABOUT IT:

COMMUNICATING WITH YOUTH ABOUT ALCOHOL AND OTHER SUBSTANCES

By

Makenzie Folsom, QMHP, MEd, CPS, CADC I, Klamath Basin Behavioral Health, **Miranda Hill**, BS, Klamath County Public Health, and the Youth Substance Use Prevention Coalition

You can start talking to youth about the risks of drinking and other substance use at any age.

A strong and open relationship with an adult figure is crucial. Scare tactics have shown not only to be ineffective but may have damaging effects. Providing youth with education around alcohol and other substances creates a supportive environment and helps them make better decisions and healthier choices.

1. Understanding the Risks:

Adults can easily overlook substance use as experimentation or just a phase. However, research shows that most addictions begin during adolescence, and underage substance use is a significant problem. Substance use has long-term negative effects on a child's developing brain. These effects can be avoided by remaining concerned and taking measures to guide your youth away from these harmful substances. An adolescent's brain undergoes significant changes and does not reach full development until their mid-20s. Substance use can cause long-term damage and lead to learning difficulties and health problems in adulthood. By knowing the risks and common reasons for youth substance use, we can help to reduce the risk.

2. Prepping for the Conversation:

Before having tough conversations with youth about substance use, take time to prepare. Plan your discussion points, take a deep breath, and consider why youth may be engaging in substance use. This can help you understand underlying struggles and potential problems, such as peer pressure, mental health challenges, and stress. Keep in mind that the conversation may be uncomfortable, and the youth may become angry or irritated. Approach the situation calmly and prepare beforehand for a more productive outcome.

3. Starting the Conversation: Asking and Listening:

Adults often feel the need to pass on wisdom to the younger generation to help them avoid the same mistakes. Encouraging innate curiosity motivates youth to seek answers on their own. Try asking open-ended questions like, "What do



you know about ____?" By valuing their perspective, youth are more likely to engage in a conversation. Use non-judgmental, reflective statements to ensure youth feel heard and then follow up with questions. Remember your goal is to listen, not to agree with everything they say. Active listening skills are helpful in these conversations.

4. Make Expectations

Clear:

Be specific about what you expect. Phrases like "be smart" or "make good decisions" can mean different things to different people. For example, an adult may say "be smart" to discourage drinking, while the youth may interpret it as "drink but don't get caught." Being precise and clear on any issue is critical to clear expectations. If you want adolescents to avoid using marijuana, say so directly.

Most youth will have friends or acquaintances who have tried alcohol or other substances. Discuss the possibility of substances causing negative consequences or serious harm early. Consider making a verbal or written contract to pick them up at any time to ensure their safety from dangerous situations.



"Spring On Forward"

Try This:

- Talking to your youth about substances should be a process not a single event.
- Noticing changes in your youth's mood or behavior.
- Use I statements: For example, "Because I love you and I want to keep you safe; I worry about you going to the concert. I need to know that you will obey our rules about not drinking or using drugs."
- Encourage youth to take part in hobbies, sports, and clubs that interest them.

5. Know How and When to Intervene.

Talking to youth about substance use can be a challenging task. We want them to feel comfortable being truthful, but at the same time, need to make sure we are clear and concise in our messaging to ensure their safety. Note that youth who frequently use substances or have had problems related to substance use may be at risk. In such cases, seeking a professional assessment is highly recommended.

You may be wondering how to motivate your youth to stop using substances. Establishing clear boundaries about what behaviors are acceptable and unacceptable can be an effective method. Combining appropriate consequences with positive reinforcement can encourage the behavioral change you are hoping to see. Allowing your youth to have input into the expectations you are creating, and the consequences for crossing boundaries increases the likelihood of success. Remember, open communication and a supportive approach makes a significant difference in helping youth through challenging times.

PRESENTAMOS LA PATRONA (INTRODUCING LA PATRONA)

*The partnership is offering
this service to our valued
community partners AT
NO COST (for now) ...*

La Nueva Estación de Radio en Español de Klamath (Klamath's New Spanish Language Radio)

BY KATHERINE DUARTE
HISPANIC HEALTH COMMITTEE



El Departamento de Salud Pública del Condado de Klamath, Wynne Broadcasting y el Comité de Salud Hispana se complacen en presentarles La Patrona, la nueva estación de radio en español de Klamath, y La Voz de Klamath, www.lavozdeklamath.com, el sitio web. Sintoniza La Patrona en 106.5 FM, AM 1240 o a través de la aplicación móvil Klamath Radio.

Klamath County Public Health, Wynne Broadcasting and the Hispanic Health Committee are excited to bring you La Patrona, the Klamath Basin's new Spanish language radio station, and La Voz de Klamath (The Voice of Klamath, www.lavozdeklamath.com), the station's website. Tune into La Patrona on 106.5 FM, AM 1240 or stream it on the Klamath Radio app.

Enviar contenido a La Patrona y La Voz de Klamath es una manera fácil de asegurarse de que sus mensajes lleguen a nuestra comunidad de habla hispana. Envíe volantes de su evento y anuncios de servicio público (PSA por sus siglas en inglés) a Katherine Duarte a kduarte@klamathcounty.org para agregarlos a la estación de radio y sitio web. No es necesario traducir los anuncios de servicio público al español: ¡La Patrona tiene esto cubierto! Además, La Patrona puede tomar su información básica y convertirla en un increíble anuncio de radio o anuncio de servicio público para usted, ¡incluyendo toda la redacción, traducción y producción! La asociación ofrece este servicio a nuestros valiosos socios comunitarios SIN COSTO en este momento, ¡así que aproveche la oportunidad de rotar su contenido! Comuníquese con Katherine si tiene preguntas.



También SIN COSTO hemos comenzado una nueva y divertida serie de entrevistas de cinco minutos. Socios de la comunidad de habla hispana han venido al estudio de grabación para compartir cómo sus programas están creando una mejor salud y bienestar para nuestra comunidad latina. Nos encantaría entrevistar al personal de habla hispana de su agencia. Comuníquese con Katherine para obtener más información.

Submitting content for La Patrona and La Voz is an easy way to make sure your messaging is reaching our Spanish-speaking community. Send your event flyers and public service announcements (PSAs) to Katherine Duarte at kduarte@klamathcounty.org to get them added to both the radio and website. No need to translate PSAs to Spanish—La Patrona has this covered! Plus, La Patrona can take your basic information and turn it into an amazing radio ad or PSA for you, including all the copywriting, translation, and production! The partnership is offering this service to our valued community partners AT NO COST at this time, so take advantage of the opportunity to get your content into the rotation! Contact Katherine with questions.

We've also begun a fun new five-minute FREE interview series. Spanish-speaking community partners have come by the studio to share how their programs are creating better health and wellbeing for our Latino community. We'd love to interview your agency's Spanish speaking staff. Contact Katherine to learn more.



NIGHT to Shine

by Valeree Lane
Klamath County Public Health
Healthy Klamath Network

There wasn't dancing in the street, but guests at the 2024 Night to Shine could dance the night away...

...have a horse-drawn wagon ride, and experience limousine service.

A concept of the Tim Tebow Foundation, Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs. The last Klamath Night to Shine was held in 2020.

"For me, it was so fun to see all attendees — both participants and buddies — coming together and having such a wonderful time!" said Heidi Gaither, Director of Klamath County Developmental Disability Services. "I look forward to this event taking place for years to come."

The first local Night to Shine was organized by Rebecca Kays and Dena Haudenschild in 2017, sponsored by WestSide Community Church of the

Nazarene. The event allowed their hearts for people with special needs to move beyond their work at Klamath Falls City Schools further into the community. Between the pandemic and Kays' untimely death, Night to Shine had become a fond memory.

Staff members from Sky Lakes Rehabilitation Services on Eberlein stepped forward to offer funds to revive the event, with the first organization meeting held November 10. The tight timeline of an event set to occur the Friday before Valentine's Day didn't deter the group who worked to make the night a reality. Several groups, including the Tim Tebow Foundation, provided additional funding.





First Presbyterian Church became the host and Pastor Richard Pfeil took away lasting memories.

“What stood out for me... how old the attendees were,” Pfeil said. “How long they have dealt with their disability and yet how joyful they were. I saw so many smiles! Then the number of volunteers who gave their whole day (some) and whole evening chaperoning the guests.

“I also got to talk to some of the parents and I was amazed by their resilience. Some have cared for their child for 50-60 years. They were in their 80s and yet they weren't bitter or worn out. They coped well, even thrived. All the ones I talked to, it was faith that carried them through a life most of us would not choose. They were an impressive group!”

Some of those involved have a long history with the event in Klamath.

“I have participated in this event each year, as I have helped to coordinate information in order for guest to be invited,” said Cecilia Silcox. “The revival of
“Spring On Forward”

this means so much to these folks and the night is so magical for them. I would love for it to always be available. The Community inclusion of this particular event is so very heartwarming and I love that our little community pulls off the biggest things!!”

Silcox went on to relate how meaningful the even was for one of her clients. “One of the people I support who attended as a guest, only leaves her home for medical appointments and occasional shopping,” said Silcox. “Her only outside connections are with one family member and paid caregivers. She uses a wheelchair to ambulate; she was provided a buddy who pushed her around the dance floor and engaged with her all night.

“When I would pass by and speak with her, she had a smile from ear to ear and told me she was so happy she was invited and actually got to attend,” she said. Silcox noted at one point the woman expressed her appreciation with tears in her eyes.

Spring Into Action:

THE POWER OF

VOLUNTEERING

by Merritt Driscoll
Healthy Klamath

It's that time of year again when the sun shines a little brighter, the flowers start to bloom, and the urge to do some good deeds outdoors kicks in. This season, Healthy Klamath invites everyone to embody the spirit of Spring by participating in the Community Give Back Day on Saturday, April 27, 2024. It's more than just an event; it's a call to action for individuals to engage in volunteer work across the community that not only enhances our surroundings but also enriches our lives and improves our community.

Volunteering in community projects is a powerful catalyst for positive change...

Volunteering in community projects is a powerful catalyst for positive change. By dedicating your time and talents, you play an important role in the creation of environments that everyone can enjoy. This year's Community Give Back Day focuses on a variety of initiatives,

"Spring On Forward"



including clean-ups in our parks and on various trails around the community, as well as beautification efforts in Downtown Klamath Falls, the Mills Neighborhood, and in Chiloquin. These projects not only aim to improve the aesthetic of Klamath County but will also foster a sense of community pride.

Aside from the obvious community benefits, volunteering has many advantages for our individual health and well-being. Studies have shown that engaging in volunteer work can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Whether it's the physical activity involved in a park clean-up, or the social interaction gained from working alongside fellow community members, the act of giving back has a positive impact on our physical and mental health.

Getting involved is simple. Whether you're an individual looking to lend a hand, a family seeking a meaningful way to spend time together, or a community group or business wanting to make a positive impact, there's a place and a project for you. Volunteers of all ages and abilities are invited to participate in the various projects lined up for the day.

Visit [healthyklamath.com/givebackday](https://www.healthyclamath.com/givebackday) to learn more and sign up. This is a wonderful opportunity to meet new people, learn new skills, and make a difference in our community.

Join us on April 27th, Spring Into Action, and let's create a better community together. In the words of Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."



VOLUNTEERS NEEDED!

GIVE BACK DAY

APRIL 27, 2024

Help make a difference! Join us and be part of improving your community. We are looking for hundreds of volunteers to serve together in projects across Klamath County

- KTA Trail Maintenance
- Wingwatchers Trail Clean-up
- Caring Cards Project
- Chiloquin Bike Park Clean-up
- Senior Center Project
- Mills Adopt-a-Corner Project
- Tidy Towns Downtown Clean-up

541-591-4932 www.healthyclamath.com/givebackday

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klamath falls comes out to support the arts

by Eric Basangan
Healthy Klamath
Underground Art KF

On March 8th, 2024 Underground Art KF hosted a contemporary group art show featuring local Klamath Falls artists showcasing a diverse range of works in various mediums. The art show stemmed from the idea to utilize unused spaces around town and provide a venue for both established and emerging artist to exhibit their art at “home” and to bring our creative community together.

The community came out in overwhelming support and enjoyed an evening of art, music, food, and all around good times. Doors opened at 6 pm but the crowd started to mill around at 5. It was a full house all night to say the least - we had to shut down the show at 10:30 pm and move the party to the Night Owl down the street. Everyone was in good spirits with DJ “Sticky Rice” providing the good vibe tunes.

Around 9, musical performance by local artist Ripe Melon ensued, playing an amazingly eclectic range of music that got everyone dancing and moving, accompanied by Tychon on the saxophone further adding to calculated spontaneity of the performance.



The community came out in overwhelming support and enjoyed an evening of art, music, food and all around good times.





Through the night, red dots continued to mark the art as sold, as it became pleasantly surprisingly evident that contemporary art does have its place in Klamath Falls.

Thank you for the Underground Art KF posse for putting together an awesome show: Kelly Armijo, Eric Basangan, Lisa Chancellor, Rob Tillberg, Anna Keppen, Kylie Knill, and the countless support of our community. Gracias to DJ "Sticky Rice", Ripe Melon, and Tychon for the music. Thanks to Common Block Brewery and The Brew Guys for the beverages, and to Noodz N' More for the ramen and good food.

A big thank you to the artists for participating and sharing your art: Christopher Trotchie, Ashley Spivey, Rob

Tillberg, Kelly Armijo, Lisa Chancellor, Melanie Corradi, Brian Weissmeyer, Ami Torres, Rachel Hawkins, Marsha Wilson-Johnson, Janice Spruill Woodring, Ka'ila Farrell-Smith, and the art students at Ponderosa Middle School Art Lab. The artists generously donated 10% of all art sales for the benefit of the Klamath Art Association and Gallery.

Thank you Klamath Falls for coming out and supporting the arts and supporting our creative community. We are looking forward to seeing you all at the next show!

Give us a follow on Instagram: **@undergroundartkf** and Facebook: **Underground ART KF**. Stay tuned for more things art in Klamath Falls!



SPRING SUMMER

2024 ACTIVITIES

2024 KLAMATH COUNTY JOB FAIR | APRIL 17

Klamath County Fairgrounds

ADVERSE CHILDHOOD EXPERIENCES (ACES) TRAINING | APRIL 18-19

Klamath County Public Library

JOURNEY TO INFINITY PREMIERE | APRIL 18

Ross Ragland Theatre

GIVE BACK DAY | APRIL 27

Multiple locations Downtown Klamath Falls

UNDER KLAMATH SKIES | MAY 2

klamath County Museum

STEPS AGAINST MELANOMA WALK | MAY 4

Klamath Commons Park

BIKE TO WORK DAY | MAY 17

Multiple locations Downtown Klamath Falls

CASCADES LAKES FISHERMANS DERBY | MAY 17-19

Klamath County Lakes

DIRTY PELICAN ADVENTURE RACE | MAY 18

Moore Park

FARMERS MARKET | MAY 25

Every Saturday May 25-October 26

ART OF SURVIVAL CENTURY | MAY 25-26

Malin OR - Dorris CA

SPENCE MTN RUN | JUNE 1

Spence Mountain

NATIONAL LEARN TO ROW DAY | JUNE 1

Boathouse, Veterans Park

BENEFIT FOR THE BASIN CAR SHOW | JUNE 1

Klamath County Fairgrounds

SPENCE MTN MAYHEM XC MTB RACE | JUNE 8

Spence Mountain

COLLIER PARK LIVING HISTORY DAYS | JUNE 17

Collier Park, Chiloquin

THIRD THURSDAYS | JUNE 20 - AUGUST 15

Every 3rd Thursday June to August
Downtown Klamath Falls

MOVIES IN THE PARK | JUNE 28 & AUG 23

Klamath Commons Park

2024 KRUISE KLAMATH CAR SHOW | JUNE 29

Main Street Downtown Klamath Falls

4TH OF JULY PARADE | 4TH OF JULY

Downtown Klamath Falls

LOST RIVER BLUEGRASS FESTIVAL | JULY 12-14

Merrill

KLAMATH MUSIC FESTIVAL | AUGUST 24

Ross Ragland Theatre



A Community Garden Grows Community

BY JOY MC INNIS | KLAMATH WORKS

Oh the weather outside may be frightful but spring is on the way and gardening will be following closely. The Klamath Community Garden located on the corner of 9th and Walnut street has garden spaces available!

Want to meet new people, get outside, be active, and grow healthy produce? Come try the garden. Gardeners of all levels can enjoy this community space.

The garden was designed to safely accommodate multiple gardeners and provide ample space to grow produce. The fully fenced garden has 30 inch high raised garden beds filled with local topsoil and 5 water faucets for watering convenience. Wide walkways covered with decomposed granite make it easy to get around and is ADA accessible.

Gardening and other health related information is available onsite. There is a shaded seating area, lawn, fruit trees, roses, and zinnias, all making the garden a great place to enjoy some quiet time or sit in on one of the many presentations.

Come out and enjoy one of the most beautiful areas in downtown Klamath Falls!

Individual garden plots are 4 ft by 10 ft and available for rent for \$25.00 for the season. Contact Klamath Works at 1930 South 6th Street for an application. 541-887-8495.





A flower show is a great way to meet other gardeners, and to learn more about activities within your local garden clubs.

Northside Garden Club, active in Klamath Falls since 1953, is hosting a standard **Flower Show** Friday and Saturday, **May 3rd and 4th**, at the Main Branch of the **Klamath County Library, 126 S. 3rd Street**, Klamath Falls. Themed “Beyond the Garden Gate”, the show is a celebration of both books and flowers. Categories for artistic floral arrangements are based on book titles related to gardening!

Those interested in creating an arrangement for display must register by April 30th: Contact Clidia G. at gibby@ccountry.net. Contact show chair Jaye W at jweiss615@yahoo.com for more information about the show.

Entries of flowers and plant material from local gardens are also encouraged. These do not require pre-registration, and can be brought to the library from 4-6 pm on Thursday, May 2, or from 10-11 am on Friday, May 3.

A flower show is a great way to meet other gardeners, and to learn more about activities within your local garden clubs. For those who want more information, especially regarding designing for a flower show, the following program is offered in advance of the show:

So you want to enter a flower show: Creative Interpretation Through Flowers

April 25, 2024, 6-7:30pm (Thursday)

Northside Garden Club wants YOU to enter an arrangement in their upcoming Show! Yes - you! “Beyond the Garden Gate”, a flower show at the Main Library May 3rd -4th, 2024, is an opportunity for creative folks to showcase their design skills by interpreting book titles through floral design! Prepare for the show by attending our Thursday night workshop, where we’ll cover rules and guidelines, as well as tips for success at the show. Designer Nicole Sanchez will create several arrangements from the show categories, and flower show judges Vickie Liskey and Jaye Weiss will critique them from a judges’ perspective. We hope watching the process in action will inspire you to participate, and demystify the flower show process for new folks. Join us for an evening of flower arranging - it’s fun, fabulous, and FREE!



GROWING OREGON GARDENERS:

Level Up Series
2024



The cost of food keeps climbing. One in five people faces hunger in Oregon. And the pandemic showed us the fragility of our supply system. Growing our own food—for us, for our families, for our neighbors—is an action every gardener can take to strengthen food security in our local communities. This year's Growing Oregon Gardeners: Level Up series is aimed at helping gardeners take a bite out of hunger.

HOW TO ATTEND:

To Join via Zoom: go to <https://extension.oregonstate.edu/mg/growing-oregon-gardeners-level-series-2024> to register for the session(s) that interest you.

Watch on Facebook Live: tune into our livestream at <https://www.facebook.com/OSUMG>

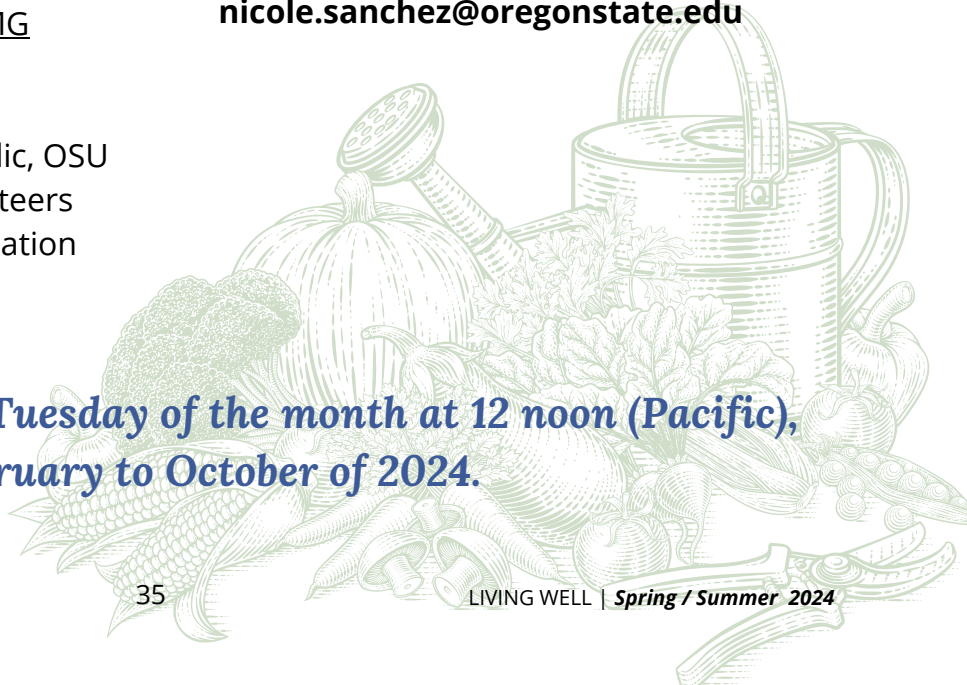
Cost: Free

Who can attend: Open to the public, OSU Extension Master Gardener volunteers receive 1 hour of Continuing Education Credit for each class.

Can't make the meeting? Every session is recorded, and will be available on our website to watch on your own time.

Questions? Contact Nicole Sanchez, Associate Professor [of Practice in Horticulture], at nicole.sanchez@oregonstate.edu

Join us online every 2nd Tuesday of the month at 12 noon (Pacific), from February to October of 2024.



COMMUNITY HEALTH ASSESSMENT

TOWARDS A HEALTHIER KLAMATH OF TOMORROW

by Valeree Lane

Klamath County Public Health

Healthy Klamath Network

Did you know that every three years the Healthy Klamath Network takes a point in time to look at Klamath County? **It's called a community health assessment and includes more than just our local access to doctors, dentists, and mental/behavioral health professionals.**

Information is collected through surveys from local residents, organizations and agencies. It goes further to look at what others have gathered through the US Census,

County Rankings & Roadmaps, and other sources to understand what is going on in the numerous areas associated with health.

Social determinants of health are the conditions in which people are born, grow, live, work, and age that shape health.

- Economic stability, which includes employment, income, expenses, debt, medical bills, and support.
- Neighborhood and physical environment, which includes housing, transportation, safety, parks, playgrounds, walkability, and zip code geography.
- Education, which includes literacy, language, early childhood education, vocational training, and higher education.
- Food, which includes hunger and access to healthy options.
- Community and social context, which includes social integration, support systems, community engagement, discrimination, and stress.
- Health care systems, which include health coverage, provider availability, provider linguistic and cultural competency, and quality of care.



There are many people working on your behalf behind the scenes. Our dream is the healthier Klamath of tomorrow.

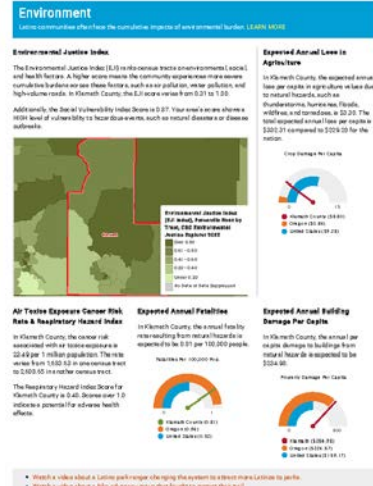
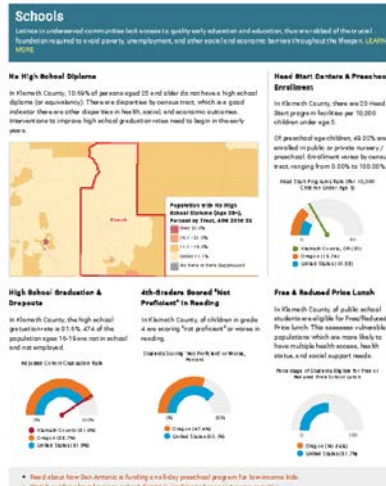
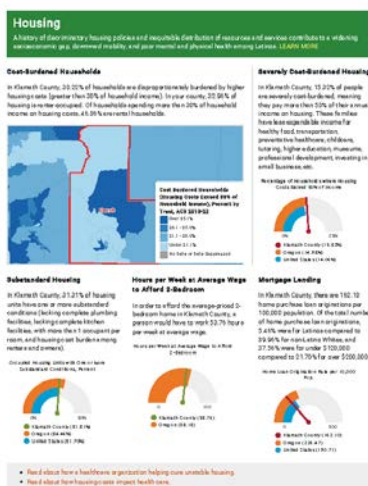
After the information is gathered, a report is created and shared throughout the county. The Healthy Klamath Network then looks at the needs in the community, identified through the assessment research, and creates a health improvement plan.

The current plan, which runs through 2025, has six areas being addressed: equity, food security, physical fitness, mental/behavioral health, substance use prevention, and access to services.

If you would like to know what is being done in those areas, visit healthyklamath.org. If you would like to see what has been gathered for the community health assessment to date, visit 24klamathcha.wordpress.com.

As you read this, a vision for the assessment is being solidified and two surveys are happening – one for citizens and another for organizations and agencies.

There are many people working on your behalf behind the scenes. Our dream is the healthier Klamath of tomorrow.



TAKE THE 2024 COMMUNITY HEALTH ASSESSMENT SURVEY

TOWARDS A HEALTHIER
KLAMATH OF TOMORROW

***FOLLOW THE LINKS TO
THE RIGHT FOR THE
SURVEY. >>>***

24klamathcha.wordpress.com



(ENGLISH)



(SPANISH)

HEALTHY KLAMATH - A CERTIFIED BLUE ZONES COMMUNITY



Healthy Klamath was established in 2012 with the vision to build a community where all members have the ability to thrive and live a happy, healthy, and prosperous life. To learn more about our work in the community, visit www.healthyklamath.org