



September  
2013

# Klickitat County Senior Newsletter

Klickitat County Senior Council

Goldendale 773-3757

White Salmon 493-3068



## 2013 Outstanding Senior Volunteer

The Klickitat County Senior Advisory Board takes time each year to recognize the Outstanding Senior Volunteer of the Year and express appreciation to all of the volunteers

who help to carry out the many programs for seniors in Klickitat County.

Nominees for the Volunteer of the Year are requested throughout the County for 60 and better individuals during Older Americans Month in May.

It is always difficult to select a single individual---especially when we are so fortunate to have so many dedicated volunteers who give of themselves everyday. The Klickitat County Senior Advisory Board selected the Outstanding Senior Volunteer of the Year for 2013 and presented awards to the nominees at our annual senior picnic that was held on Friday, August 16th at Daubenspeck Park in Bingen.



Please join us in congratulating the following:

**Nominees:** Ginger Burton, Margaret Walker, Ray Thygesen, Kathleen Crow, Lucille Bennett, Jerry Ladiges, Evelyn Krenz, Pamela Morneault.

**Volunteers of the Year were awarded to:**

Ruby Barclay & Rosalie Jeter

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## **Medicare Part D Annual Enrollment**

COMING SOON!!!

The Medicare Annual Enrollment  
Period which is a time to choose  
and join a Medicare health or prescription drug plan is just around the  
corner.

The Annual Enrollment Period will be:  
October 15—December 7, 2013

Changes made during this time will take effect:  
January 1, 2014

### **COVERAGE & COSTS CHANGE YEARLY:**

Every year, the costs and coverage of your Medicare  
health and/or prescription drug plan can change.  
Most plans make some form of change every year.  
Be sure to review your plan each year to make sure  
it will still meet your health and financial needs.

Klickitat County Senior Services partners with SHIBA Volunteers  
to provide Medicare Awareness Events prior to and  
during the Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance  
for event dates and details or to schedule an appointment for  
assistance.

773-3757 Virginia in Goldendale  
493-3068 Jill in White Salmon  
Or toll free 1-800-447-7858

## Tips for keeping track of your medications & remembering to take them

Juggling multiple medications and remembering when to take them can be difficult for people at any age. Here are some tips to make things easier.

- **Keep things simple.** Talk to your doctor or pharmacist about how you could simplify your medication schedule so it will be easy for you to keep track of everything. Also, try using one pharmacy for all prescriptions and refills—that way, the pharmacy can help you manage your refills and check for possible drug interactions.
- **Make a reminder sheet or calendar.** Writing down your medication schedule will help you keep track of what to take and when. For each medication you take, note the day and time you should take it, any special instructions (for example, “Take with food”), and where you will store it (**Note:** certain medications such as opioids, sedatives and depressants should be kept in a secure place and out of sight from other family members, especially teenagers and young adults who might try to take them inappropriately to get high).
- **Set a daily routine.** If possible, take your medicines at the same time each day, and tie your medication schedule to your daily activities. For example, you could take all of your morning medications just before or after breakfast. Or, if you need to take a certain pill each night before bed, you could keep it next to your toothbrush to help you remember.
- **Ask your healthcare professional about using reminder tools or products.** Many tools are available to help you remember when and how to take your medications. Some people use special pill containers to sort pills by day or time of day. Others use beepers, telephone alerts or programs on their computer or phone to keep track. Or, you can devise your own daily checklist or color coding system.

From: [mustforseniors.org](http://mustforseniors.org)

## YOUR LEGISLATORS

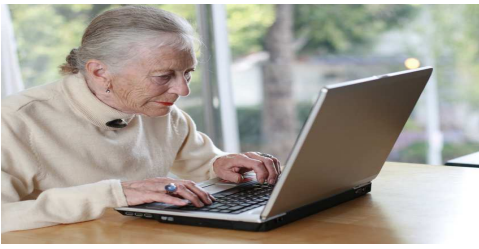
In our August newsletter we provided contact information for our legislators but did not include a toll free number to reach them. We have included it here as well as a web site to access email services to reach legislators.

You may send a brief message to your district legislators through the in-state toll-free Hotline number: **800.562.6000**.

You may send an e-mail message to your legislator by using the legislator e-mail services at <https://dlr.leg.wa.gov/MemberEmail/Default.aspx>.

The **Hearing Impaired** can send a brief message to their district legislators through the in-state toll-free TTY Hotline number: **800.635-9993**.

## Computers and Seniors Today



Today seniors of every age are taking advantage of computers to enhance their lives in many ways.

Not only do computers help older adults stay in touch with the world, but they also stand to benefit by the advantages of new technologies.

Shopping online, online banking and finding information online are convenient for everyone—and all the more so for people with mobility challenges. The internet is a great source of information about "real world" activities and events, providing incentive to remain active in the community. Surfing the web even provides a powerful mood boost: a Phoenix Center study demonstrated that internet use by people over age 65 reduced depression by 20 percent! Computer use can also provide a brain boost.

In Goldendale older adults can benefit from computer classes at the Goldendale library and senior center beginning in September. Jason Gibbs will be the Instructor at the Goldendale Senior Center.

To register for classes please call the Klickitat County Senior Services, 773-3757. Jason would like to know how many to plan for his classes. The classes will be held the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month at 1pm.

### **Klickitat County Senior Advisory Board**

**Next meeting is Friday, September 6th at 10:30am at the Dallesport Community Center.**





**The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.**

All are welcome to attend. If you have questions or would like additional information please contact Sharon Carter, Klickitat County Senior Services Director at 509-493-6228.

# White Salmon Events

## September 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>OFFICE CLOSED LABOR DAY</b> 	3 8:15am Yoga  2pm Strong Women	4 9:30am Exercise	5 8:15 Yoga  Noon Pinochle  2pm Strong Women	6 9:30 Exercise  Huckleberry Festival Bingen 	7 Huckleberry Festival
8 Huckleberry Festival Grandparents Day 	9 9:30 Exercise	10 8:15 Yoga  2pm Strong Women	11 HR Shopping 9:30 Exercise 	12 8:15 Yoga  Noon Pinochle  2pm Strong Women	13 9:30 Exercise  	14
15	16 9:30 Exercise  10am Bingo	17 8:15 Yoga  2pm Strong Women	18 9:30 Exercise	19 8:15 Yoga  Noon Pinochle 2pm Strong Women	20 9:30am Exercise	21
22	23 9:30 Exercise	24 8:15 Yoga  2pm Strong Women	25 9:30 Exercise 	26 8:15 Yoga  Noon Pinochle 2pm Strong Women	27 9:30am Exercise  	28
29	30 10 Exercise  10am Bingo		<b>MUSIC</b> 9/4 Barb & Marlow 9/9 Strawberry Mountain Band	9/11 Gregg Rogholt 9/16 Old Time Friends 9/18 Barb & Marlow	9/23 Gregg Rogholt 9/25 Strawberry Mountain Band	9/30 Strawberry Mountain Band

# Goldendale Events

## September 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>LABOR DAY OFFICE CLOSED</b>	3 11am Toenail Care 1pm Exercise	4	5 1pm Exercise 1pm Bingo 	6 The Dalles Shopping Noon Pinochle	7
8 Grandparent Day 	9 	10 1pm Exercise 	11 10:30am Caregiver Support Group 1pm Computer Class	12 1pm Exercise 1pm Bingo <b>GD Library Song Circle 1pm Camplan Room</b>	13 Noon Pinochle	14
15	16 	17 1pm Exercise	18	19 1pm Exercise 1pm Bingo 	20 HR Shopping Festival of Wheels 773 -3400 Noon Pinochle	21 <b>Senior Breakfast \$3pp</b> <b>GD Festival of Wheels Main Street</b>
22	23	24 1pm GD Senior Center-Board meeting 1pm Exercise 	25 1pm Computer Class	26 1pm Exercise 1pm Bingo 	27 Noon Pinochle	28 
29	30			<b>MUSIC</b> 9/3 Greg & the Guys 9/10th Greg & the Guys 9/17 Greg & the Guys	9/19 Jackie 9/24 Greg & the Guys 	

# September Menu 2013

Don't talk unless you can improve the silence.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 MENUS SUBJECT to	2 <b>OFFICE CLOSED</b> Labor Day	3 GD & Lyle Shepard's Pie 	4 WS Cook's Choice	5 GD Cook's Choice	6	7 Lyle Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6 free. Lyle Lions
8 Grandparents Day 	9 WS Swedish Meatballs	10 GD & Lyle Swedish Meatballs	11 WS Chef's Salad 	12 GD Chef's Salad	13	14
15	16 WS Salisbury Steak 	17 GD & Lyle Salisbury Steak	18 WS Chicken 	19 GD Chicken	20	21 GD Senior Breakfast 9am \$3pp
22	23 WS Italian Bake	24 GD & Lyle Italian Bake	25 WS Hamburgers	26 GD Hamburgers	27	28 
29	30 WS Chicken A La King					

## SENIOR MEAL Site Locations

**GOLDENDALE:** Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 E Main Street.

**WHITE SALMON:** Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

**LYLE:** Every Tuesday at 12-noon at the Lyle Lions Community Center.

**BICKLETON:** The 2nd & 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

**TROUT LAKE:** Thursday-September 12th at 5:00pm at Trout Lake School.

\$3.50 is the requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. None-seniors \$6.50 fee.

With the varied needs of seniors, flexibility is the key. Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available -call Senior Services for more information.  
Goldendale 773-3757  
White Salmon 493-3068

## Grandparents Day, September 8th

“Do Something Grand” for Grandparents Day on September 8 to honor grandparents’ contributions.



Go Fishing! Introduce grandchildren to Gardening! Sleep-Overs! Take a Hike together.

## KLICKITAT

**Meals will be served at one & there is a charge of \$3 per person**

**Any questions call 369-3985**

**Dates:** 1st & 3rd Wednesday

**Time:** 1pm

**Place:** Grace Lutheran Church Parsonage

## Energizing Support Groups

### Goldendale Diabetes

Leslee LaFrantz 773-4022

### Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

### Goldendale Support Group

Second Wednesday,

September 11th @ 10:30am at the Goldendale Senior Center.

## **Volunteer Hours**

### July HOURS

TRANSPORTATION	653	Hours
NUTRITION	746.5	Hours
NEWSLETTER	12	Hours
SR. EXERCISE	19	Hours
MUSICIANS	18	Hours

## ***The Area Agency on Aging & Disabilities of Southwest Washington (AAADSW)***

**Invites all interested parties to attend our 2014-2015 Area Plan Update  
*Monday, September 16th from 2 PM until 3:30 PM***

***Pioneer Center, Senior Services***

***501 NE Washington Street***

***White Salmon, Washington***

**AAADSW is looking for public input to update the Area plan for comprehensive service delivery system for senior services in Southwest Washington.**

# Ways to Prevent Falls

As with any problem, if you have concerns about your health, you should

## What are some things you can do to prevent falls?

- Exercise regularly
- Know what medications you are taking and their side effects
- If you get dizzy, change your position slowly. Talk to your doctor about what may be causing the dizziness
- Keep your home well-lit and use night lights in the bathroom.
- Install grab bars in the bathroom
- Use slip-proof mats or strips in the tub or shower
- Practice good nutrition and drink plenty of water
- Secure or take up carpets and throw rugs
- Wear shoes that are low-heeled and non-skid
- Talk with your doctor if you are having trouble with getting in or out of chairs, getting on or off the toilet, getting in and out of the tub, walking outdoors, rising up from the floor, or going up and down stairs

## Why do people fall?

There are many risk factors that make a person more likely to fall.

Some common risk factors include:

- Taking multiple medications and/or certain types of medications
- Lack of exercise and activity
- Diseases and conditions that affect balance (for example: leg injuries, strokes, inner ear problems, diabetes, Parkinson's)
- Poor maintenance of general health
- Vision problems
- Not using cane or walker correctly
- Frequent urination, especially at night
- Unsafe environment at home:
  - \* poor lighting
  - \* clutter in walking areas
  - \* telephone/electrical cords that may cause tripping



**Senior Newsletter Edited by  
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**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

**"Return Service Requested"**



**Join Us for Live Music & Dancing**

**Tuesday, September 10th**

**6pm to 8pm**

**Senior Center at the Pioneer Center**

**501 NE Washington Street, White Salmon**

**Featuring**

**Buck Smith & Company**

