

Klickitat County Senior Newsletter

Klickitat County Senior Services
Goldendale 773-3757 White Salmon 493-3068

July
2015



Below are the survey results for Klickitat County from the Area Agency on Aging & Disabilities of Southwest Washington Area Plan Survey. These results were compiled as of May 29, 2015 of some of the top items that were asked in the survey from the general public and partner agencies. Information from the survey is used to gather public input on the needs and concerns of older adults, adults with a disability and family caregivers. The information obtained will serve as a basis for planning, program development and prioritization of Area Agency on Aging & Disabilities funding for the four-year period 2016-2019.

TOP 3 NEEDS/CONCERS OF OLDER ADULTS:

General Public Responses, 81: Transportation, stay at home and in-home care, access to health care and dental care

Partner Agency Responses, 33: Transportation, stay at home and in-home care, financial assistance to buy basic necessities/pay health care utilities and taxes

TOP 3 NEEDS OF ADULTS 18 YEARS OF AGE+ LIVING WITH A DISABILITY:

General Public Responses, 69: Transportation, stay at home and in-home care, access to health care and dental care

Partner Agency Responses, 32: Transportation, stay at home and in-home care, access to health care and dental care

TOP 3 NEEDS OF CAREGIVERS:

General Public Responses, 63: Information on services, respite and in-home Care, transportation

Partner Agency Responses, 32: Respite and in-home care, information on available services and specific health concerns and caregiver education, support groups

WHAT SERVICES FOR OLDER ADULTS, ADULTS LIVING WITH DISABILITIES OF FAMILY CAREGIVERS DO YOU WANT IN YOUR COUNTY?

General Public Responses, 46: Transportation, in home services/ support to remain at home/respite, access to health care

Partner Agency Responses, 30: In-home services/ support to remain at home/respite, transportation, community events/activities

Klickitat County Senior Services receives funding for carrying out many of it's programs from the Area Agency on Aging & Disabilities of Southwest Washington.

Inside this issue:

Heat Safety	2
Medicare Savings Program	3
Turning 65?	4
White Salmon Events	5
Goldendale Events	6
Menu	7
Volunteers Needed	8
Outstanding Volunteer	9
Hiking	10
Farmer's	11
Annual Senior Picnic	12

Heat and Seniors



People aged 65 years or older are less likely to sense and respond to changes in temperature

- Stay in air-conditioned buildings as much as possible. Contact Senior Services to locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—consider a sandwich or a salad.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Warning Signs and Symptoms of Heat-Related Illness

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.



Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Centers for Disease Control and Prevention 1600 Clifton Rd Atlanta, GA 30333

[National Center for Environmental Health](https://www.cdc.gov/nceh/)

LIS/EXTRA HELP and Medicare Savings Program (MSP)

OUTREACH EFFORT

Outreach Efforts by Klickitat County Senior Services and SHIBA (State Health Insurance Benefits Assistance). Our goal is to reach out to seniors across Klickitat County in an attempt to contact as many residents as possible who may qualify for one of the programs listed below. During the months of August, September & October we will hold a number of events to inform seniors about these programs. Although firm dates have not yet been established, outreach events will be held in Bickleton, Goldendale, Georgeville, Lyle, & White Salmon.

Watch the newsletter and local newspapers for upcoming dates and locations.

LIS/Extra Help.

Most people who qualify for the LIS/Extra Help will pay no premiums, no deductibles and no more than \$5.35 for each drug their Medicare Part D drug plan covers. Some people are automatically eligible for the LIS/Extra Help. The amount of savings you receive depends upon your income and resources. According to the National Council on Aging, the average savings for an individual is approximately \$4,000 per year. Also, if you qualify you do not have to wait for the open enrollment period to make this change or pay an enrollment penalty to begin receiving your new benefits.

Medicare Savings Program (MSPs).

Even if you have income from working you may qualify for one of the 4 MSP programs. The four programs are the Qualified Medicare Beneficiary (QMB) Program, the Specified Low-Income Medicare Beneficiary (SLBM) Program, the Qualifying Individual (QI) Program and the Qualified Disabled and Working Individuals Program (QDWI). Each of the Programs may seem confusing. Trained SHIBA counselors/KCSS I&A staff can find the right program for you. If you qualify for one of the MSP programs you automatically qualify for LIS/Extra Help with your Medicare Part D.

Turning 65 This Year? A Five Question Guide to Medicare

For many, completing the task of enrolling in Medicare will seem to be very complicated. To guide those turning age 65 through the process the National Council on Aging developed a question guide to getting started with Medicare.

- 1. How do I enroll in Medicare? Is it automatic when I turn 65? To enroll in Medicare, most people will need to contact Social Security directly. You can also enroll on line in Social Security and Medicare by going to socialsecurity.gov/Medicare or by calling the national number at 1 800-772-1213. Some people, including early retirees receiving Social Security and those with Social Security disability or Railroad retirement benefits, are automatically enrolled in Medicare when they become eligible. Even if you feel you will be auto enrolled you should check with Social Security to verify that the process is underway. If you are still employed when you turn age 65 check with your employer about your Medicare enrollment (see question 3 below).**
- 2. When do I have to enroll? You have a 7-month window around your 65th birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare but you may have to wait for a designated special/general enrollment period to do so. Start early to avoid delays or possible late enrollment penalties!**
- 3. What if I'm still working and have insurance? As you approach age 65 if you are receiving health insurance coverage through your employer contact your human resources office about what you need to do. If you are working past 65 and carrying your own coverage, contact your insurance company to see what you should do. In most cases, Medicare Parts A and B will become your primary coverage and your own policy will move to what is called a Medigap or supplemental plan. The KCSS office can help you with these issues as well as with the selection of a Part D prescription drug plan.**
- 4. Does Medicare cover long term care? According to studies by AARP and others many believe that Medicare will cover long care expenses such as nursing home care. That is false.**
- 5. How do I pay for my Medicare? Medicare Part A is provided to all Social Security beneficiaries aged 65 and over at no cost. If you are receiving Social Security benefits at the time you enroll in Medicare Part B your premiums will be deducted from your monthly check. In general, if you decide to enroll in a Medicare Advantage Plan you will pay this premium directly as you will with your Part D drug coverage. Remember, if you have any questions about Medicare Parts A or B, Medicare Advantage Plans, Part D drug coverage, Medicare supplemental plans call SHIBA 1 800-562-6900 or Klickitat County Senior Services offices in:
Goldendale 509-773-3757 or White Salmon 509-493-3068.**

White Salmon Events

July 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 7/1 Huskey Family 7/6 For The Good Times 7/8 Simcoe Boys 7/13 Old Time Friends	7/15 Simcoe Boys 7/20 9 String Band 7/22 Simcoe Boys 7/27 9 String Band	7/29 For The Good Times	1 9:30am Exercise 	2 Noon Pinochle 2pm Strong Women	3 OFFICE CLOSED Celebrate Freedom!	4 
5	6 9:30 Exercise 10am Bingo 	7 8:15 Yoga 2pm Strong Women	8 9:30 Exercise Hood River Shopping Trip	9 Noon Pinochle 2pm Strong Women	10	11
12	13 9:30 Exercise 	14 8:15 Yoga 2pm Strong Women	15 9:30 Exercise	16 Noon Pinochle  2pm Strong Women	17	18
19	20 9:30 Exercise 10am Bingo	21 8:15 Yoga 2pm Strong Women	22 9:30 Exercise 	23 Noon Pinochle 2pm Strong Women	24 	25
26	27 9:30 Exercise 	28 8:15 Yoga 2pm Strong Women	29 9:30 Exercise	30 Noon Pinochle 2pm Strong Women	31	<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated.</i>



Goldendale Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC <u>7/9</u> Simcoe Boys <u>7/16</u> Jackie	<u>7/23</u> Simcoe Boys <u>7/30</u> Simcoe Boys		1 	2 1pm Exercise 1pm Bingo Members Only	3 OFFICE CLOSED Celebrate Freedom 	4 Goldendale Community Day Parade 773-3400
5	6 7pm Jam Session at Dr Ogden's	7 1pm Exercise 2pm Tai Chi 	8 10:30 Support Group Special Speaker	9 1pm Exercise 1pm Bingo <i>Members Only</i> 1:30 Zumba 1:30 Song Circle GD	10 Hood River Shopping 12pm Pinochle	11
12	13 7pm Jam Session At Dr. Ogden's Come & Sing	14 10:00am Toe Nail Care 1pm Exercise 2pm Tai Chi	15 	16 1pm Exercise 1pm Bingo Members only	17 12pm Pinochle	18
19	20 7pm Jam Session At Dr. Ogden's Sing-a-long	21 1pm Exercise 2pm Tai Chi 	22	23 1pm Exercise 1pm Bingo <i>Members Only</i> 1:30 Zumba	24 The Dalles Shopping 12pm Pinochle	25
26	27 7pm Jam Session At Dr. Ogden's	28 1pm Exercise 2pm Tai Chi 	29	30 1pm Exercise 1pm Bingo Members Only	31 12pm Pinochle	

MENU July 2015

Being happy doesn't mean that everything is perfect.
It means that you've decided to look
beyond the imperfections. *Author unknown*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENU SUBJECT TO CHANGE			1 WS Hamburgers	2 GD Hamburgers	3 OFFICE CLOSED Celebrate FREEDOM	4 Lyle 7am to 10am Breakfast \$7 Adults, Children (6-12) \$4, under 5 Free
5	6 WS Baked Fish	7 GD & Lyle Baked Fish	8 WS Quiche	9 GD Quiche	10	11
12	13 WS Salisbury Steak	14 GD & Lyle Salisbury Steak	15 WS Lasagna	16 GD Lasagna	17	18
19	20 WS Sloppy Joes	21 GD & Lyle Sloppy Joes	22 WS Baked Chicken	23 GD Baked Chicken	24	25
26	27 WS Chicken Cob Salad	28 GD & Lyle Chicken Cob Salad	29 WS Ham & Scaloped Potatoes	30 GD Ham & Scaloped Pota-	31	

Senior Meal Site Locations

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 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 Market Street Cafe.

TROUT LAKE: Thursday, July 9th at 5:30pm, at Trout Lake School.

\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouse at the senior rate. Non-seniors \$6.50

With 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

Volunteers Needed

Helping another person brings a wonderful feeling of joy and satisfaction.

Klickitat County Senior Services is in need of volunteer helpers at the Goldendale Senior Meal Site.

Help is needed with meal preparation, cooking, serving, and clean up.

We could use help in any of these areas on Tuesdays and Thursdays.

When we share our time and talents we:

- Solve problems
- Strengthen communities
- Improve lives
- Connect to others
- Transform our own lives

It's a fact studies show that people who volunteer two or more hours a week live longer!

Contact Lola at the Goldendale meal site or call the Senior Services office in Goldendale at 509-773-3757.

Energizing Support Groups



Goldendale Diabetes

4th Tues. 6-7pm, July 28, Goldendale Library Camplan
Room~ 541 965.0655

Goldendale Bereavement Meeting, call Susan Shipman 773.0380

Alzheimer's Association Support Group

For Unpaid Caregivers

Martha Q will be our speaker Wednesday, July 8, 10:30am at the Goldendale Senior Center

Parkinson's Support Group

First Wednesday of each month, July 1st, 2pm Water's Edge Conference Room,
2nd floor,

Info: Chad Swanson, 541.240.0142

Outstanding Senior Volunteers

Gayle Smith & Geneva Meyers



Congratulations to Gayle Smith & Geneva Meyers. They were selected by the Klickitat County Senior Advisory Board as outstanding volunteers.

Gayle & Geneva have been dedicated volunteers at the Pioneer Senior Center in White Salmon. Together they have been providing the materials and creativity and time to create the wonderful centerpieces on the tables at the Senior Meal each month for the past 7 years. One of their favorite themes was a jungle theme that had trivia about jungle animals and trees, animals in the centerpieces. They have wonderful creativity and their work provides for great conversation pieces. They both have also volunteered for years for the Columbia High School Alumni Reunions. Gayle also has volunteered with the Huckleberry Festival for the past 25 years and also does volunteer work with her church, Our Savior Lutheran Church in Bingen. Geneva has helped in the past with coordinating the music schedule and performed with musicians at the Senior Meal. Gayle and Geneva both graduated from Columbia H.S. Gayle is originally from Sunnyside, WA and travelled all over WA until the age of 13 when she moved to Bingen. She has 4 children, 2 boys and 2

girls—3 live locally and the youngest is in Michigan. Gayle now lives in White Salmon with her husband Dan. Gayle shared that a great benefit of going to the White Salmon Senior Center for lunch was finding a “new love”. She knew Dan as her neighbor but really became close and talked to him at the senior center and now they are husband and wife.

Geneva was “born in the shadow of the great volcano” and moved to Husum in the 2nd grade and has been here ever since. She married a local guy and has 3 step-children who all live away.

When asked why do you volunteer? Gayle said “It just always seems to be the right thing to do.” Geneva said, “Someone should always be willing to take a turn and this is my turn.”

When asked if they have any advice to give others? Gayle responded, “Try something , be willing to do something new and different.”

Geneva responded, “If you are concerned about volunteering because of the commitment—just put a limit on how much but don’t say no.”

Thank you Gayle & Geneva for your outstanding volunteer service!

Healthy Aging Tips

Healthy aging means continually reinventing yourself, finding new things to enjoy, adapting to change, and staying physically and socially active. Preventive measures like healthy eating, exercising and managing stress can help reduce the risk of chronic disease.

- **Focus on the things for which you are grateful.** The longer you live, the more people and things you lose. At the same time, life becomes more precious. Take time to enjoy and appreciate what you do have.
- **Acknowledge and express your feelings.** Talk with a friend or write in a journal.
- **Accept the things you cannot change.** Focus on how you choose to react to problems. Face limitations with dignity and a sense of humor.
- **Look for the silver lining.** See challenges as occasions for personal growth.
- **Take daily action to deal with life's challenges.** Ignoring a problem won't make it go away. Take things one step at a time. You are not powerless.
- **Nourish your spirit.** Learn something new, find a new (or old) hobby, play with grandchildren, spend time in nature, take a class, join a club, or enjoy the arts.



Hiking Group

Every Tuesday, weather permitting, Ross Bluestone guides locals on hikes in the area. If you are a hiker and would like to hike with other fellow hikers on Tuesday mornings, give Norma Pickett a call at Senior Services (493-3068) and she will give you all the scoop for the upcoming hike. You must be fit to hike up to 5-7 miles. This is a great way to get out this summer and meet some really nice people!

Volunteer Hours

MAY HOURS

TRANSPORTATION	447 Hours
NUTRITION	752 Hours
NEWSLETTER	18 Hours
SR. EXERCISE	11 Hours
MUSICIANS	14 Hours

**Klickitat County Fair “Wild Flowers & Wagon Wheels” August 20 to 23
Thursday, August 20** Enjoy the Kick off BBQ at 5pm



*Enjoy the
seasonal flavors
of the Gorge!*

Goldendale, Sat 9-2

Hood River Farmers', Thur 4-7

Hood River Saturday, Sat 10-2

Mercado del Valle (Odell), Sat 3-7

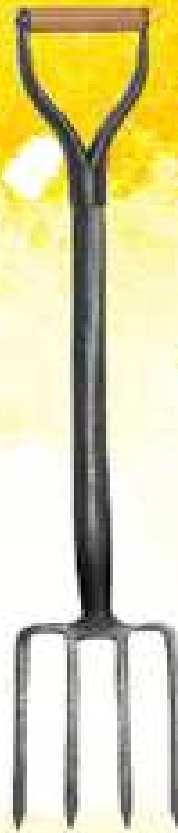
Mosier, Sun 4-7

Stevenson, Sat 10-1

The Dalles, Sat 9-1

Trout Lake, Sat 9-3

White Salmon, Tues 4-7



**FARMERS'
MARKETS**

of the

**COLUMBIA
RIVER
GORGE**

For hours,
locations &
local food info
visit

gorgegrown.org

Ideas for Easy No-Cook Meals



With this early hot weather and some delicious locally grown fruits and vegetables. It's easy to make a quick healthy meal using produce without turning on your stove.

- “Salad Sandwich” – Chop veggies like cucumber, tomato, summer squash, peppers, lettuce and onions. Wrap your salad in a flour tortilla, pita bread or whole grain bread. For protein, add sliced turkey, chicken, ham or cheese. Use a low-fat mayonnaise, cream cheese or dressing.
- Make-A-Meal-Salad – Salads take advantage of the seasonal produce at the farmers market. Start with greens, then add seasonal vegetables. For a burst of sweetness, add berries and sliced fruit such as peaches and pears. Don't forget to add some protein to your salad (for example, cooked chicken, canned tuna, hard boiled eggs, cheese, nuts, sunflower seeds, cottage cheese and beans). Use dressing sparingly and try low-fat varieties.
- Don't Forget Your Microwave – Vegetables are easily cooked in the microwave. Just place chopped vegetables in a microwave safe bowl with 2 tablespoons water. Cover and microwave until vegetables are tender. If cooking vegetables whole (like potatoes) pierce the skin several times before cooking.



Senior Newsletter

115 W. Court St.
MS-CH-21
Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Save the Date— Annual Senior Picnic—

Friday, August 28th

At Daubenspeck Park, Bingen, WA

**ALL SENIORS IN KLICKITAT COUNTY ARE WELCOME
TO ATTEND OUR ANNUAL PICNIC.**



Lunch will be served at noon.

Food, drinks, and place settings will be provided by Senior

Services. Anyone who has lawn chairs they would like to bring, please do so.

There will be entertainment and our Klickitat County Senior Advisory Board will be recognizing our county volunteers and presenting the Volunteer of the Year Recognition Award.

Please call the Goldendale or White Salmon Senior Services office to sign up for the picnic as we need a count of persons attending so Cindy & Lola will be able to provide enough food. If you need transportation to the picnic please call your nearest Senior Services office to get on the bus list. Goldendale, call Stacy at 773-3060 and White Salmon, call Lisa at 493-4662.