



2014

It's your 65th Birthday!



We heard you are turning age 65 soon.

Let us help you navigate the Medicare maze.

Join us for a FREE "Welcome to Medicare" class. We will cover Medicare A, B, C, and D, help you understand your Medicare benefits and options, and how to avoid becoming a victim of Medicare fraud. Klickitat County Senior Services & SHIBA (Statewide Health Insurance Benefits Advisor) are presenting two opportunities to attend.

Goldendale: Wednesday, June 11th at 6pm to 8pm
Goldendale Senior Center, 115 East Main Street
Call to register: 773-3757

White Salmon: Wednesday, June 18th at 6pm to 8pm
Pioneer Center, 501 NE Washington Avenue
Call to register: 493-3068

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Do you or someone you know need help?

Whether you are an older adult yourself, or a caregiver concerned about the well-being and independence of an older adult, Klickitat County Senior Services is ready to help.

Senior Information & Assistance Coordinators are the staff that are the gateway to information, access, and assistance in obtaining various services.

Call us. Goldendale: 509-773-3757 White Salmon: 509-493-3068

Or toll free: 1-800-447-7858 We are here to help.



Helping with Medicare Costs

Klickitat County Senior Services is currently reaching out to seniors on Medicare who need help with their Medicare costs. If a senior has an individual income of up to \$1333 a month, or a couple with \$1790 a month, clients may get help with the Part B premium. Low income seniors may also be eligible for assistance with Medicare co pays and deductibles.

The low income subsidy (LIS) can assist with Part D prescription drug costs. Seniors with monthly individual incomes of up to \$1449 a month, or a couple with \$1953 a month, can get assistance with premiums and prescription costs. Both these programs also have asset limits.

If you are a senior having difficulty with your Medicare medical and drug costs, and believe you qualify for assistance please contact Klickitat County Senior Services.

Virginia in Goldendale: 773-3757

Jill in White Salmon: 493-3068

Medicare & Therapy Services

Medicare covers therapy services that help you maintain your ability to function, prevent you from getting worse, or slow worsening symptoms. As long as you meet the following requirements, Medicare should cover your **outpatient** therapy whether or not your condition is temporary or chronic:

1. You need the technical skills of a trained therapist to provide safe and effective treatment;
2. Your doctor or therapist sets up the plan of treatment before you get care; and
3. Your doctor regularly reviews the plan of treatment to see if changes are needed.

If you have Original Medicare, Medicare Part B generally covers 80 percent of the cost of each outpatient therapy service and you or your supplemental insurance is responsible for the remaining 20 percent. In 2014, there is a \$1,900 therapy cap for physical and speech therapy combined and a separate \$1,900 cap for occupational therapy. However, you may be able to continue receiving therapy past the cap if it is medically necessary. If you have a Medicare Advantage plan, it can set its own cost rules for physical, occupational, and speech therapy.



**Are you 60 or Better?
Do you like a good meal?
Join us for Lunch**

There are five Hot Lunch programs offered throughout Klickitat County which serve delicious, and nutritious well-balanced meals.

The lunch programs also give you the opportunity to socialize, listen to great music, enjoy meeting new people, catching up with old friends.

See the schedule of meal site dates, times, locations, and what is being served on our menu page of this newsletter.

All those who are 60 and better are invited to contribute \$3.50 for each meal but that is strictly a suggested donation. We appreciate each donation and the money donated goes toward covering the costs of providing meals.



Arthritis Foundation
Walk With Ease Program™



Walk With Ease group led by trained leaders Norma Pickett and Debbie Budnick will start on Monday, June 2nd.

Walk With Ease groups meet for six weeks, three times per week. Each session lasts about an hour.

Classes are in White Salmon at the Pioneer Center on Mondays, Wednesdays, & Fridays at 3:30pm beginning June 2nd.

If you are interested in signing up or would like more information contact:

Norma Pickett at Klickitat County Senior Services 509-493-3068.

Spring Green in Unexpected Places

When you visualize a garden, you probably think of carrots planted in straight rows, lettuce marching in step, and rectangular planting beds keeping everything in order.

If you don't have space for a full, regimented garden, tuck vegetables like spinach and cherry tomatoes into pots on a deck, your front porch or a windowsill. Try the fun yellow pear tomatoes, or orange ones.



Pick up a few starts at your grocery store. Growing a small crop is easy, fun and tasty.

Save a corner of the garden for some lettuce. It doesn't need much care and it's pretty. Try planting a bright, electric green leafy type next to a beautiful bronze red variety. Homegrown lettuce is tender and flavorful, not like tough store-bought lettuce that has had to survive a long truck ride and sitting at the store several days before you buy it.

White Salmon Introducing a Mahjong Group

Volunteer David Wade would like to get a Mahjong group together. He is willing to teach the game to anyone who is interested in playing. We would like to find out if there is interest in having a game once a week at the Pioneer Center.

American Mahjong is a variation on the classic Chinese game and was standardized by the National Mahjong League of New York in 1937. It is played by four players and most closely resembles the card game gin rummy; using tiles to build sets instead of cards.



If interested in joining the Mahjong group or have questions please

call Norma Pickett at Senior Services 509 493.3068.

Happy Father's Day!

White Salmon Events June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30am Exercise 10am Bingo 3:30 <i>Walk with Ease</i>	3 8:15 Yoga 2pm Strong Women	4 9:30am Exercise 3:30 <i>Walk with Ease</i>	5 Noon Pinochle 2pm Strong Women	6 3:30 <i>Walk with Ease</i>	7
8 	9 10am Exercise  3:30 <i>Walk with Ease</i>	10 8:15 Yoga 2pm Strong Women	11 Hood River Shopping 9:30am Exercise 3:30 <i>Walk with Ease</i>	12 Noon Pinochle  2pm Strong Women 5pm Trout Lake Senior Meal	13 3:30 <i>Walk with Ease</i>	14 Flag Day 
15 Father's Day 	16 9:30am Exercise 10am Bingo 3:30 <i>Walk with Ease</i>	17 8:15 Yoga 2pm Strong Women	18 9:30 Exercise 3:30 <i>Walk with Ease</i>	19 Noon Pinochle 2pm Strong Women	20 3:30 <i>Walk with Ease</i>	21
22 	23 9:30am Exercise 3:30 <i>Walk with Ease</i>	24 8:15 Yoga 2pm Strong Women	25  9:30am Exercise 3:30 <i>Walk with Ease</i>	26 Noon Pinochle 2pm Strong Women	27  3:30 <i>Walk with Ease</i>	28
29	30 9:30am Exercise 10am Bingo 3:30 <i>Walk with Ease</i>		MUSIC 6/2 For the Good Times 6/4 Cindy & Friends 6/9 Old Time Friends	6/11 Simcoe Boys 6/16 Strawberry Mountain Band 6/18 Strawberry Mountain Band	6/23 Truman Bohler 6/25 Simcoe Boys 6/30 For The Good Times	

Happy Father's Day!













Goldendale Events June June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 11am Toe Nail Care 1pm Exercise 2pm Tai Chi	4	5 1pm Exercise 2pm Bingo 	6 The Dalles Shopping 12pm Pinochle 13 Mile Yard sale	7 13 Mile Yard Sale 
8	9	10 1pm Exercise  2pm Tai Chi	11 10:30am Caregiver Support Group	12 1pm Exercise No Zumba till September 2pm Bingo	13 12pm Pinochle  	14 Flag Day 
15 Father's Day 	16	17 1pm Exercise 2pm Tai Chi	18 	19 1pm Exercise  2pm Bingo	20 The Dalles Shopping Noon Pinochle	21 Goldendale Senior Breakfast \$3pp
22	23	24 1pm Exercise 2pm Tai Chi	25 Maryhill Festival of Speed 5/25-29 	26 1pm Exercise No Zumba till September 2pm Bingo	27 Noon Pinochle Blue Grass Festival Ekone Park 	28 Blue Grass Festival 773-3400 
29 	30		MUSIC 6/12 Simcoe Boys 6/17 Jackie 6/26 Simcoe Boys			



JUNE MENU 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Hot Dogs & Chili 	3 GD & Lyle Hot Dogs & Chili	4 WS Spaghetti 	5 GD Spaghetti	6 	7 Lyle Breakfast 7am to 10am \$6ppAdults \$3Child6-12 under 6Free Lyle Lions
8	9 WS Swedish Meatballs 	10 GD & Lyle Swedish Meatballs	11 WS SW Chicken Wraps	12 GD SW Chicken Wraps 5pm Trout Lake	13	14 Flag Day 
15 Father's Day 	16 WS Salisbury Steak 	17 GD & Lyle Salisbury Steak	18 WS Baked Chicken	19 GD Baked Chicken 	20 	21 GD \$3pp Senior Breakfast 9am \$3pp
22	23 WS Shepherd's Pie	24 GD & Lyle Shepherd's Pie	25 WS Chef Salad	26 GD Chef Salad 	27	28
29	30 WS Tuna Noodles	July 1 Tuna Noodles			Menus subject to change	

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 E. 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 Grange Hall

TROUT LAKE: The 2nd Thursday of the month at the 5pm, at the high 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 fee.

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

Warning Signs of a Stroke

Learn the many warning signs of a stroke. Act **FAST** and **Call 9-1-1 IMMEDIATELY** at any sign of a stroke
Use **FAST** to remember the warning signs:

FACE:

Ask the person to smile.
Does one side of the face droop?

ARMS:

Ask the person to raise both arms.
Does one arm drift downward?

SPEECH:

Ask the person to repeat a simple phrase.
Is their speech slurred or strange?

TIME:

If you observe any of these signs, call 9-1-1 immediately.

Volunteer Hours

April HOURS

TRANSPORTATION	493.25	Hours
NUTRITION	923.5	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	27	Hours
MUSICIANS	20	Hours

KLICKITAT MEAL



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

**This meal is not sponsored by KCSS.*

Energizing Support Groups

Goldendale Diabetes

4th Tue. 6-7pm, Goldendale Library
Camplan room ~ 541 965.0655

Goldendale Bereavement Support Group

Susan Shipman at 773.0380

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, June 11th
10:30am at the Goldendale Senior Center

Parkinson's Support Group

First Wednesday, June 4th, 2pm
Water's Edge Conference Room, 2nd floor,
Info: Chad Swanson, 541 340.0142



“No Time” Health Tips



The number one excuse people give for not making lifestyles changes is they don't have time. Here's a list of ten time-efficient changes you can make that will produce a fitter and healthier you.

1. Eat breakfast. When you wake up your energy reserves are low. Keep several quick breakfast options to get your day started right. Time needed: 10 minutes.
2. Go for a Walk. Even 20 minutes of activity a day can give you health benefits. Keep your walking shoes by the door or in the office so you are always ready to go. Time needed: 20 minutes
3. Floss your Teeth. Flossing cleans between your teeth-a place your toothbrush can't reach. Time needed: 30 seconds.
4. Drink 8 glasses of water. Even small losses of water can affect how your mind and body perform. Time needed: 4 minutes
5. Stretch. Regular stretching helps keep your muscles and connective tissue more elastic and flexible. Hold each stretch for 30 seconds to the point of mild tension, not pain and remember no bouncing. Time: 5 minutes
6. Buckle up. Wearing a seat belt will double your chances of surviving accident that would otherwise kill you. Time needed: 10 seconds.
7. Challenge your Brain. Do at least one thing every day to challenge yourself mentally. Regular mental stimulation can stave off short-term and long-term memory loss in old age. Time needed: 15 minutes.
8. Moisturize. Your oil glands are not as active as you age, so you need to add back moisture to your skin. Buy a moisturizer with sunscreen to help protect against skin cancer. Time needed: 3 minutes.
9. Do a Breast Exam/Prostate Exam. Early detection of breast or prostate cancer means a better survival rate. Regular self-exams can literally be the difference between life and death. Time needed: 5 minutes.
10. Take a time-out. Time needed 20 minutes

(source, Franklin & Benton County Extension)

Are YOU a Caregiver?

Klickitat County Senior Services will be offering The Powerful Tools for Caregivers Course for **FREE** on **Wednesdays from 2:30 to 5pm** starting on Wednesday , July 2nd at the Pioneer Center in White Salmon (501 NE Washington Street).

This course is a **FREE** six-week class for (unpaid) family, friends or anyone caring for a loved one. This class will give YOU, the caregiver, the tools to help you care for yourself while caring for others.

Many people who care for a loved one, friend, or neighbor don't think of themselves as caregivers, but if you routinely...

Bring food to a friend or family member

Listen to and reassure them

Drive them to appointments

Help with chores

Pay their bills

Run errands for them

Help with yard work

Fix their leaky faucets

Organize their medications so they can be safe

...then you are a caregiver.

Caregivers experience a great deal of stress.

Powerful Tools is an educational program developed by Legacy Health System's Caregiver Services that provides family caregivers with skills and confidence to better care for themselves while caring for someone with a chronic illness. The course consists of six 2-1/2 hour classes led by trained facilitators.

In the six-week class, caregivers learn how to:

- Utilize community resources
 - Better manage stress
- Communicate effectively with friends, family & healthcare providers
 - Cope with difficult emotions
- Take better steps to care for themselves

Klickitat County Senior Services will be offering the class this year in White Salmon and would like ***unpaid family caregivers*** to call if they are interested in participating so we can schedule a course.

Please call Jill 493-3068 or Virginia 773-3757 or 1-800-447-7858 to register for the class.

Outstanding Senior Volunteer

Dr. James Ogden

Dr. James Ogden was born in Longview, and grew up in Castle Rock, Washington. He is the oldest of three children, a sister and a brother. He is the only one of his eight cousins to leave Cowlitz County. In the last 8 months, a cousin has retired to Moses Lake.

When James was 6 years old, his mother started him in piano lessons. At 10 years of age, James & his mother began playing music for dances at the local Grange Halls in Cowlitz County.

Growing up Dr. Ogden knew he wanted to be in the Health Care profession and live in a small community. He chose optometry, "I don't see very well, and I understand the benefits of Optometry". His grandmother Davis in 1911 received her license in optometry. She was not very long in the profession due to her getting married in 1913.

Dr J. Ogden spent 2 years in the Navy on a scholarship stationed in Charleston, S.C., he spent his time at the shipyard dispensary.

While doing eye exams at the Learning Ladder Pre-School, he was checking the children's eyes, he was also checking out the teacher, Jan. As the saying goes, "the rest is history." Dr Ogden & Jan have three children, Nancy Joy, Jennie, and Josh.

Dr Ogden became interested in his Medical Missions in 1984 when Jan & he went to Colombia to pick up Nancy. It is the custom to bring gifts to the Orphanage. Dr Ogden said he would bring my equipment and give eye exams. Then he sent glasses down with other parents that were adopting children from the Orphanage. Therefore, it began....

In 2002, Dr. Ogden decided that he would walk to his class reunion in Castle Rock, WA. 185 miles & 10 days later August 20th, he arrived for his class reunion. Dr Ogden said, "That was the most fun I ever did".

I asked "if you had it to do all over again, would you still become an optometrist?" "yes, I am not ready to quit, I am hoping to have at least another 10 years".

Thank you, Dr Ogden for your time and talents that you share not only here in the Goldendale community but around the world.



Senior Prom

Dr. Ogden is inviting one and all to attend Senior,

Senior Prom

Date: Friday, June 6th

Evergreen Nursing Home

In The Dalles, Oregon

Time: 3pm to 5pm

FREE! Transportation: Call 773-4114 or 250-6147



**Senior Newsletter Edited by
Virginia Dunham
and Jill Parrott**

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509 773-3757

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White Salmon, WA 98672
509 493-3068

Non-Profit Organization

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White Salmon, WA 98672

Permit #77



The Strong Women Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. Dr. Miriam E. Nelson and colleagues have developed and evaluated two curricula. The first is a strength training curriculum to help women maintain muscle mass, strength, and function as they age. The second is heart disease prevention curriculum that focuses on aerobic activity and nutrition.

Strong Women envisions a diverse community of women who are fit, strong, and healthy; in turn these empowered women become agents of change for their families, communities, and beyond.

We will be continuing the Strong Women Stay Young Program at Senior Services in White Salmon. Come to an **informational meeting Tuesday, June 24th at 1:00** at Senior Services in the Pioneer Center, 501 NE Washington, White Salmon. Come and receive your informational packet so that you can begin with this Strong Women program. We will discuss the program, the equipment, and the documentation to get started. The Strong Women Stay Young class meets on Tuesdays and Thursdays between 2:00 and 3:00.

For further information, contact Jill at 509-493-3068. We look forward to this continued opportunity at the Senior Center.