

# Klickitat County Senior Newsletter

Goldendale 773-3757  
White Salmon 493-3068

May  
2014

## May is Older Americans Month



Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. This year, we are focusing on injury prevention with the theme:

### ***Safe Today, Healthy Tomorrow***

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during

Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live long, healthier lives.

## 2014 Family Health & Wellness Fair

Klickitat Valley Health

**Date:** Saturday, May 17th

**Place:** Goldendale High School Gym.

**Time:** 7am to 12pm

**Join us for a day of healthy fun for all ages!**

Health & Wellness Providers will provide FREE:

- Vision \* Hearing
- Skin Health \* Lab work Explanations
- And Much More!!

**Blood test requires a 12 hour fast for accuracy.**

CBC, CMP, Lipid Panel \$30 Prostate Specific Antigen (PSA) \$16

Thyroid Stimulating Hormone (TSH) \$16 Glycohemoglobin (HbA1c) \$16

**Questions?** Contact Klickitat Valley Health at [code@kvhealth.net](mailto:code@kvhealth.net) or call 509 773.1063.



# TIPS For LONG DRIVES



If you're taking a long road trip, you need to plan in advance. And we're not just talking about packing. "Highway hypnosis" is quite common when travelers haven't prepared for the endurance demands of an extended haul. In fact, more than 60 percent of drivers say they've gotten behind the wheel while drowsy, according to a survey by mattress retailer Sleepy's.

Before you get behind the wheel-and to stay alert and energized throughout your trip. These tips will help you down the road.

**Stock your sleep time.** Think about exhaustion before you begin your journey, not after. Get at least seven hours of sleep for two consecutive nights before the trip to build up your energy reserves. "Also, try to avoid driving between 1 and 3 p.m., when the body's temperature is lower and people are naturally drowsy," says Dr. Michael Breus, a.k.a. "The Sleep Doctor."

**Fuel up.** This time, we mean fuel for you, not your car. Carrying along a variety of vitamin-packed, healthy foods will allow you to get by on smaller snacks throughout the drive, while skipping the fast-food stops. "To stay alert, carrots and almonds are my favorite," says blogger and travel expert Gretchen Breuner from [TheRoadScholarz.com](http://TheRoadScholarz.com).

**Stay hydrated.** Keep the water supply well-stocked for maximum energy.

**Plan your stops.** Get out and stretch your legs every two hours. Plan these stops into your drive, whether they fall at mealtimes or can be timed to let you view interesting places.

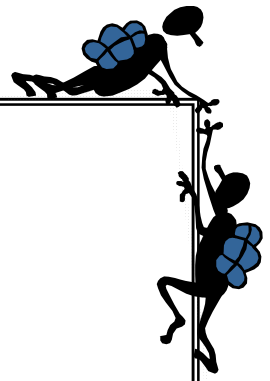
**Chew gum.** The repetitive process increases circulation and alertness.

**Use good scents.** Breus also recommends keeping a source of peppermint scent nearby. When you feel you need a boost, take a sniff. "It's a pleasant, all-natural pick-me-up that has been shown to reduce fatigue and increase alertness," he says.

**Sit up straight.** Make sure your seat is adjusted properly for your body.

**Treat yourself to some sounds.** Books on tape help keep the brain active, without creating a dangerous distraction. Breus recommends listening to humorous books or even comedy CDs. "Laughing," he says, "will keep you awake."





**Dear Marci,**

I have Original Medicare and I get physical therapy on a routine basis. My therapist said that I may reach the therapy cap in a few months and that Medicare may not pay for my therapy after I reach the cap. What is a therapy cap?

Bernard (Cincinnati, OH)

Dear Bernard,

A therapy cap is a limit placed on the amount of outpatient physical therapy, speech-language pathology, and occupational therapy that Medicare will cover in a given year. This means that Medicare will cover medically necessary therapy up to the therapy cap amount in a particular year. After you have reached the cap, Medicare may not pay for additional therapy, unless your therapist or doctor feels that additional therapy is medically necessary.

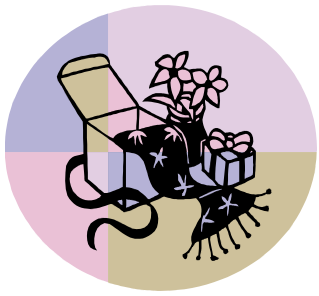
Note that you may be affected by the therapy cap if you get therapy in an outpatient setting, such as a clinic or medical office. In addition, therapy caps apply to you if you get your Medicare benefits through Original Medicare, the traditional Medicare program administered by the federal government. Medicare Advantage plans, also known as Medicare private health plans, may apply caps or limits on your therapy benefits, but are not required to do so. If you have a Medicare Advantage plan, contact your plan directly to learn how your plan covers therapy.

Therapy caps change each year. In 2014, the therapy cap is \$1,920, meaning that you can get \$1,920 worth of combined physical therapy and speech-language pathology services or \$1,920 worth of occupational therapy from outpatient health care providers. Note that physical therapy and speech-language pathology services are combined to meet the therapy cap, while occupational therapy services are counted separately to meet the cap.

If you are approaching the therapy cap and you need more therapy, talk to your therapist or doctor. Medicare can make an exception to the therapy cap and cover therapy you receive beyond the cap if your therapist or doctor tells Medicare that additional therapy is medically necessary.

Remember, if Medicare does not pay for therapy that you need, you have the right to file an appeal. Contact Medicare.gov or call them at 1 800 MEDICARE (1 800 633.4227).

Marci



## Caring for yourself as a Caregiver

Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members and friends to help out, doing things you enjoy, getting help from a local home health care agency. Taking these actions can bring you some relief. It also may help keep you from

getting ill or depressed.

### How to Take Care of Yourself

Here are some ways you can take care of yourself:

- Ask for help when you need it.
- Join a caregiver's support group.
- Take breaks each day.
- Spend time with friends.
- Keep your health, legal, and financial information up-to-date.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as you can.
- See your doctor on a regular basis.

### Getting Help

Everyone needs help at times. It's okay to ask for help and to take time for yourself. However, many caregivers find it hard to ask for help.

**You may feel:**

- You should be able to do everything yourself.
- That it's not all right to leave the person with someone else.
- No one will help even if you ask.
- You don't have the money to pay someone to watch the person for an hour or two.

**If you have trouble asking for help, try using some of the tips below:**

- It's okay to ask for help from family, friends, and others. I don't have to do everything myself.
- Ask people to help out in specific ways like making a meal, visiting the person, or taking the person out for a short time.
- Join a support group to share advice and understanding with other caregivers. You may want to join a support group of caregivers in your area or on the Internet. These groups meet in person or online to share experiences and tips, and to give each other support.
- Call for help from home health care or adult day care services when you need it.
- Use national and local resources to find out how to pay for some of this help.

If you are a veteran or caring for one, the Veterans Administration might be of help to you. To learn more, visit its caregivers' website at: [www.caregiver.va.gov](http://www.caregiver.va.gov). You might also call its toll-free support line at 1 855.260.3274.

# White Salmon Events May 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 5/5 Truman Bohler 5/7 Strawberry Mountain Band 5/12 Old Time Friends	5/14 Simco 5/19 For The Good Times 5/21 Strawberry Mountain Band <b>5/26 CLOSED</b> 5/28 Simco			1 Noon Pinochle 2pm Strong Women 	2	3
4	5 9:30 Exercise 10am Bingo 	6 8:15 Yoga 2pm Strong Women	7 9:30 Exercise 	8 Noon Pinochle 2pm Strong Women 5pm Trout Lake Senior Meal	9	10
11 Mother's Day 	12 9:30 Exercise	13 8:15 Yoga 2pm Strong Women 	14 Hood River Shopping 9:30 Exercise	15 Noon Pinochle 2pm Strong Women 5pm Trout Lake Senior Meal	16	17
18	19 9:30 Exercise 10 Bingo	20 8:15 Yoga 2pm Strong Women 	21 9:30 Exercise	22 Noon Pinochle 2pm Strong Women 	23	24
25	26 <b>OFFICE CLOSED</b> Memorial Day 	27 8:15 Yoga 2pm Strong Women 	28 9:30 Exercise	29 Noon Pinochle 2pm Strong Women	30	31












# Goldendale Events

## May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm Exercise 1pm Bingo	2 12pm Pinochle Home & Garden Show 10am to 7pm	3 Home & Garden Show 10am to 6pm Klickitat County Fairgrounds
4	5 	6 11am Toenail Care 1pm Exercise 2pm Tai Chi	7	8 1pm Exercise 1pm Bingo 1:30pm Zumba 	9 The Dalles Shopping 12pm Pinochle	10 Soroptimist Plant Sale 9am at corner Dr Ogden Goldendale Clean up
11 <b>Mother's Day</b> 	12 Brush Pickup	13 1pm Exercise 2pm Tai Chi 	14 10:30am Support Group	15 1pm Exercise 1pm Bingo 	16 Noon Pinochle	17 <b>Senior Breakfast \$3pp</b> <b>Goldendale Health Fair High School Gym</b>
18	19 Victoria Day Canada	20 1pm Exercise 2pm Tai Chi	21 	22 1pm Exercise 1pm Bingo 1:30 Zumba	23 The Dalles Shopping Noon Pinochle	24
25 	26 <b>OFFICE CLOSED Memorial Day</b>	27 1pm Exercise 2pm Tai Chi	28 	29 1pm Exercise 1pm Bingo	30 Noon Pinochle Blue Grass Festival Ekone Park	31 Blue Grass Festival Ekone Park 

# MAY MENU 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to Change				1 GD Beef Stroganoff 	2 	3 Lyle Breakfast 7am to 10am \$6ppAdults \$3Child6-12 under 6 Free Lyle Lions
4	5 WS Taco Salad 	6 GD & Lyle Taco Salad	7 WS Sweet & Sour Meatballs	8 GD Sweet & Sour Meatballs	9	10
11 Mother's Day 	12 WS Sloppy Joes 	13 GD & Lyle Sloppy Joes	14 WS Macaroni & Cheese w/ Ham	15 GD 16 Macaroni & Cheese W/ Ham	16 	17 GD Senior Breakfast 9am \$3pp
18	19 WS Pork Ribs	20 GD & Lyle Pork Ribs	21 WS Baked Chicken	22 GD Baked Chicken 	23	24
25 	26 OFFICE CLOSED Memorial Day	27 GD & Lyle Cook's Choice	28 WS Country Steak	29 GD Country Steak 	30	31

## SENIOR MEAL SITE LOCATIONS

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

**BICKELTON:** The 2nd and 4th Tuesday at 11:30am at the Bickelton Grange (Menu posted @ the Market Street Café).

**TROUT LAKE:** The 2nd Thursday of the month at 5pm.

\$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

## Turning the Tide on Your Attitude towards Aging

“Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chardonnay in one hand, chocolate in the other; body thoroughly used up, totally worn out, and screaming, “Woo-hoo! What a ride!”



Not long ago, I saw the quote above on a card. It gave me pause. First I thought, *what about those who aren't aging well?* And finally I thought, *kudos to the slogan writer who understands that aging is a journey that we all take and, if we do it well, we can enjoy it to the end!*

### How did aging get such a bad rap? Isn't it what we are meant to do?

We hear so many disparaging remarks about growing old. I suspect each of us is guilty of making those comments at times. Let's turn the tide. Let's be kind to ourselves and each other. Let's continue to build on what we have, extraordinary experience, wisdom, humor, and grace. When we look in the mirror, let's say, "I meant do that!" Gray hair? I earned every one of them!

### 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

**This meal is not sponsored by KCSS.**

## Energizing Support Groups

### Goldendale Diabetes

4th Tues. 6-7pm, Goldendale Pool Conference room~541.965.0655

### Goldendale Bereavement Meeting,

call Susan Shipman at 773.0380

### Goldendale Support Group for Unpaid Caregivers

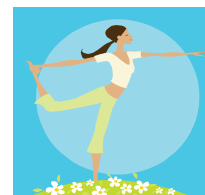
Second Wednesday, May 14th

10:30am at the Goldendale Senior Center

### Parkinson's Support Group

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

Info: Chad Swanson, 541.240.0142



## Volunteer Hours

### March HOURS

TRANSPORTATION	383	Hours
NUTRITION	621.5	Hours
NEWSLETTER	24	Hours
SR. EXERCISE	26	Hours
MUSICIANS	20	Hours

## City of Goldendale Clean-Up Day

City of Goldendale residents will be allowed **ONE FREE** pickup load of garbage, **IF** they present a coupon to the Goldendale Transfer Station on Saturday, May 10th between 9am to 5pm.



**Coupons available at: City of Goldendale, Chamber of Commerce, Goldendale Sentinel and Klickitat County Senior Services**

Seniors and disabled person **MUST** contact Klickitat County Senior Services at 773-3757 **by Monday, May 5th**, no later than 4pm to secure a **FREE** curbside pickup of your garbage and brush. City of Goldendale Public Works Department will be picking up and hauling off brush for seniors and disabled persons within the city limits on Monday, May 12th. Brush may be up to 4 inches in diameter, no more than 10 feet in length, and must be stacked in a neat pile beside the sidewalk or in right-of-way. This service is being provided by the city as a courtesy. Please be considerate of others and limit the amount of brush you expect the city to haul off. **CALL EARLY.**



## Home & Garden Show

The Goldendale Regional Home & Garden Show will feature a broad range of solutions for those looking to improve their home interiors, exteriors, lawns & gardens. **FREE** parking & Admission.

**Date:** Friday, May 2, & Saturday, May 3

**Place: Joan Frey Arena:** Klickitat County Fairgrounds

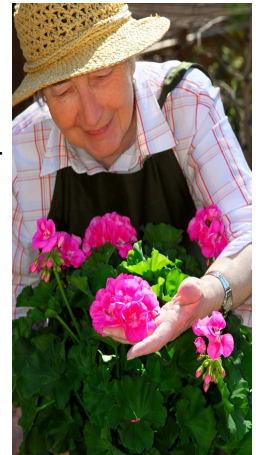
**Time:** 10am to 7pm Friday & Saturday

**Graham Kerr**

**(the former Galloping Gourmet)**

Stage Presentation Saturday, May 3, 11am

Growing Your Own Groceries





Arthritis Foundation  
**Walk With Ease Program™**



Exercise is a key part of a healthy lifestyle. It's a proven way to manage pain, improve mood and help you move easier. And it's one of the top treatments doctors recommend for arthritis. The **Walk With Ease** program is designed to help people with arthritis to better manager their pain. It's also ideal for people without arthritis who want to make walking a daily habit.

Unlike many other walking programs, **Walk With Ease** offers support, information and tools to help you make walking a regular part of your life. You can do the program on your own or be part of a walking group. By using the *Walk With Ease* workbook or going to the classes, you'll learn how to manage arthritis pain and handle any challenges to your exercise plan. You'll also get the support and tools you need to help set and reach your goals.

At first, you may only be able to walk for a few minutes. **Walk With Ease** will help you slowly build up to at least 30 minutes of walking. You'll learn how to warm-up and stretch before you walk and then how to cool down and stretch again when you have finished walking. You'll also learn how to safely pace yourself and monitor your progress.

Walk on your own or join a group!

You have the option of using the **Walk With Ease** workbook on your own with your friends or family. You can also join a **Walk With Ease** group led by a trained leader. **Walk With Ease** groups meet for six weeks, three times per week. Each session lasts about an hour.

We will be starting a group class 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.

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# **Klickitat County Senior Advisory Board**

**Next meeting is Friday, May 2nd 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.

## **Outstanding Volunteer Recognition**

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognized Seniors of Klickitat County who donate their time to our community. A nomination form will be included in the monthly Senior Services newsletter and they will be available in the community for citizens to nominate those 60 and older whom they feel should be recognized as an Outstanding Senior Volunteer.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter. The Advisory Board will also use the nomination forms to select a Volunteer of the Year in 2014.

Please use the nomination form —you can request a form by calling Senior Services in White Salmon at 509-493-3068 or in Goldendale at 509-773-3757 and we can send one to you.

Please submit your nomination form by the end of the month in order to be one that may be selected for the following month feature article.

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

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

PO BOX 1877  
501 NE Washington Avenue  
White Salmon, WA 98672  
509 493-3068

**Non-Profit Organization**

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**White Salmon, WA 98672**

**Permit #77**

## **Memorial Day**

**Please, let us never forget that freedom comes at  
a price.**

**Veterans, Thank you for your service.**

