

Klickitat County Senior Newsletter

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

November 2012

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Honoring Those who Fight to Keep Us Free

Veterans Day is to be observed on November 11, regardless of what day of the week on which it falls. A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Thank you to our Veterans.



Family Caregivers Matter!

The theme for National Family Caregivers Month 2012 is "Family Caregivers Matter!"

Family caregivers are the unacknowledged backbone of the nation's long-term care system. They provide daily assistance to manage health care and personal care, while enabling their loved ones to stay in the community longer.

Family caregivers matter in so many important ways:

- **Family caregivers matter to their loved ones**, spending an average of 20 hours per week providing care – and many caring for their loved ones around the clock.
- **Family caregivers matter in making sure that medications are taken and that doctor appointments are kept.** More often than not, family caregivers are the managers of their loved one's medication regimen, seeing to it that medicines are taken on time and that different medicines prescribed by different doctors are properly reconciled.

Family caregivers matter in reducing health care costs and avoiding hospital readmissions. Family caregivers provide the lion's share of care and support for those with chronic care needs – approximately \$450 billion of unpaid care each year.

Family caregivers matter to each other. Family caregivers so often feel isolated and alone. Just knowing that there are 65 million other family caregivers they can reach out to who are going through many of the same challenges can be a source of great consolation.

That's why National Family Caregivers Month is the ideal time to recognize that family caregivers really do matter!



HELP With Winter Heating WGAP

Washington Gorge Action Program (WGAP) staff will be at the following senior meal sites to process Energy Assistance Applications in November.

White Salmon: Pioneer Center Monday, November 5, 11am to 1pm

Lyle Lions Community Center Tuesday, November 6, 11am to 1pm

White Salmon, Pioneer Center Wednesday, November 7, 11am to 1pm

Goldendale Senior Center Thursday, November 8, 10am to 1pm

Goldendale Senior Center Tuesday, November 13, 10am to 1pm

MUST BRING:*SS card or an official document with the number on it; July, August, September income documents; *If SSA is Direct deposit and your only source of income, you need to only bring 1 bank statement; *Copy of heating bill, *Proof of residence (usually heating bill).

Klickitat PUD Electricity

Senior Discount



Senior Services is accepting applications for the Senior Electric Discount provided by the Klickitat PUD.

Requirements are:

1. The applicant's name must be on the Klickitat PUD Account.
2. The applicant **MUST** be inhabiting the residence during the period discount is received.
3. The applicant must be 62 or older.
4. Annual household income is at or below \$21, 600.

Call Virginia in Goldendale at 773-3757 or Jill in White Salmon 493-3068 for assistance.



**White Salmon AARP Driver Safety Class
Veterans FREE November Class**

DATE: November 13th & 14th

Time: 9am to 1pm

Place: Pioneer Center, 501 NE Washington St, White Salmon

Jim Bull is the instructor for the AARP Driver Safety Class.

To register for the AARP Driver Safety Class in call Jill Parrott, Klickitat County Senior Services, at 493-3068.

**Goldendale AARP Driver Safety Class
Veterans FREE November Class**

DATE: November 19th & 20th

Time: 1pm to 5pm

Place: Methodist Church, S Columbus, Goldendale, WA

Mike Hay is the instructor for the Goldendale Driver Safety Class

To register call Mike Hay at 773-6691

This is available for spouses, active-duty, retired, guard, or reserve.
They MUST Have some form of military identification

Note: In order to receive the free course, the entirety of the course must take place during the month of November.



Living Well with Chronic Conditions in Washington State

Take Charge of Your Health! Free Living Well with Chronic Conditions Workshop

The Living Well Workshop is a six-week self-management workshop designed at Stanford University to help people gain self-confidence in their ability to manage any type of ongoing health problem.

These health problems may include heart disease, lung disease, stroke, diabetes, arthritis, cancer, high blood pressure, being overweight, fibromyalgia, and others.

The workshops combine group discussions and activities with short lectures on topics including eating healthy, managing medication and using distraction techniques to manage pain.

The workshop builds confidence around managing health, staying active, and enjoying life.

The workshop is Free and includes course book; the workshop is limited to 15 participants. So call now to reserve your seat.

Classes will be held on Tuesdays from 12:00pm to 2:30pm — November 6, 13, 20 & 27th and December 4 & 11th at The Pioneer Center (501 NE Washington Street) in White Salmon.

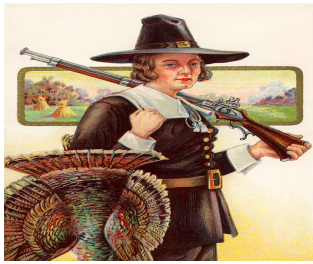
****Pre-registration is required.**



White Salmon Events 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/5 Buck Smith 11/7 Barbara & Marlow 11/12 Closed 11/14 For the Good Times	11/19 Strawberry Mt. Band 11/21 Barbara & Marlow 11/26 For the Good Times	11/28 Strawberry Mt Band	9:30 Exercise 	1 8:15 Yoga Noon Pinochle	2 9:30 Exercise	3
4 Fall Back Daylight Saving Time Ends 	5 9:30 Exercise 10am Bingo	6 Election Day 12pm CDSM class	7 9:30 Exercise	8 8:15am Yoga Noon Pinochle 	9 9:30 Exercise	10
11 Veterans Day	12 OFFICE CLOSED Veteran's Day observed	13 8:15 Yoga 9am AARP Driver Safety 12pm CDSM class	14 Hood River Shopping 9am AARP Driver Safety 9:30 Exercise	15 8:15 Yoga Noon Pinochle	16 Portland Shopping at Clackamas Town Ctr. 9:30 Exercise	17
18	19 9:30 Exercise 10am Bingo 	20 8:15 Yoga 12pm CDSM class	21 9:30 Exercise	22 Thanksgiving Office Closed 	23 Holiday Office Closed	24
25	26 9:30 Exercise	27 8:15 Yoga 12pm CDSM class	28 9:30 Exercise	29 8:15am Yoga Noon Pinochle	30 9:30 Exercise	

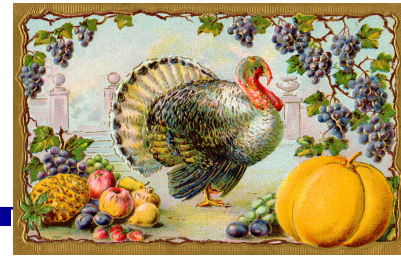






Goldendale Events

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/15 Jackie				1 1pm Exercise 1pm Bingo 2pm Tai Chi	2 Noon Pinochle	3
4 Fall Back Daylight Sav- ing Time Ends	5	6 11am Toenail Care 1pm Exercise Election Day	7	8 1pm Exercise 1pm Bingo 2pm Tai Chi	9 Noon Pinochle	10
11 Veterans Day	12 OFFICE CLOSED Veteran's Day observed	13 1pm Exercise	14 10:30am Caregiver Support Group	15 1pm Exercise 1pm Bingo 2pm Tai Chi	16 Noon Pinochle	17 SR Breakfast \$3pp
18	19 1pm AARP Driver Safety Class at the Methodist Church	20 1pm Exercise 1pm AARP Driver Safety Class at the Methodist Church	21	22 Thanksgiving OFFIC CLOSED	23 OFFICE CLOSED	24
25	26	27 1pm Exercise	28			29
		1pm Exercise		29 1pm Exercise 1pm Bingo 2pm Tai Chi	30 Noon Pinochle	

November 2012 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change				1 GD Stew 	2	3 Lyle Breakfast \$5 per person
4 Fall Back Daylight Savings ends	5 WS Tuna Bake	6 GD & Lyle Tuna Bake	7 WS Sloppy Joe's 	8 GD Sloppy Joe's	9	10
11 Veterans Day	12 OFFICE CLOSED Veteran's Day	13 GD & Lyle Beef Stroganoff	14 WS Creamed Chicken	15 GD Creamed Chicken	16	17 GD senior Breakfast \$3pp
18	19 WS Turkey Roast 	20 GD & Lyle Roast Turkey	21 WS Cook's Choice	22 Thanksgiving MEAL SITE-CLOSED	23 OFFICE CLOSED 	24
25	26 WS Salisbury Steak	27 GD & Lyle Salisbury Steak	28 WS Pork	29 GD Pork		

Meal Site Schedule

- **White Salmon** Meals are Mondays & Wednesdays at noon @ the Pioneer Center
- **Lyle** Meals are Tuesdays at Noon @ Lyle Lions Community Center
- **Bickleton** Meal is on the 2nd & 4th Tuesday at 11:30am (Menu, posted at Market Street Café) @ Bickleton Grange Hall
- **Goldendale** Meals are Tuesdays & Thursdays at Noon @ Goldendale Senior Center

Meals include milk, coffee, or tea. Call MATS for transportation to Meal Sites
 Goldendale 773-3060,
 White Salmon 493-4662.
 KCSS NUTRITION—\$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.
 Hot-delivered meals are available to homebound; call Senior Services for an assessment.

For: Senior Newsletter of Klickitat Co.
From: Mary Ann Pauline
Date: October 5, 2012

The officer positions of the Senior Council expire soon and there are no members interested in standing for nomination or election. A vote was taken and passed to dissolve the council and transfer the funds left in the treasury to the Community Enrichment for Klickitat County (CEKC). These funds must be used for "the benefit of Senior Citizens of Klickitat County" as stated in the Council By-Laws.

If there is anyone who would like to continue and lead the social activities of the Council at the Dallesport Community Center, please contact Sharon Carter at Senior Services.

The Executive Committee of the Senior Council would like to thank all the people who have worked hard over the years to make the council a success and meet the needs of the Seniors of Klickitat County.

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting

Call Susan Shipman at 773-0380

Goldendale Support Group

2nd Wednesday November 14th
10:30am Goldendale Senior Center

Message for Family

Caregivers

Believe in yourself. Trust your instincts.

Protect your Health. Taking care of yourself is not a luxury; it is a necessity.

Reach out for help. Family care giving is not a one-person job. Asking for help is a sign of strength, not weakness

Medication Tip of the Month



Have a "Medicine Check-Up" at least once a year. Go through your medicine cabinet to get rid of old or expired medicines and also ask your doctor or pharmacist to go over all of the medicines you now take. Don't forget to tell them about all the Over the counter (OTC) medicines or any vitamins, dietary supplements, and herbals you take.

Community Thanksgiving Dinner

You are invited to a Thanksgiving Dinner at:

Place: Father's House Fellowship 207 S. Klickitat Street

Date: Thursday, November 22nd,

Time: 12 Noon

Call for **FREE** Transportation Ogden's Mopar Limo Service,
773-4114 or 250-3794. Potluck is welcome, but not necessary.
We will also do take out and delivery.



Volunteers needed

Goldendale is looking for kitchen and driver volunteers. Kitchen volunteers are needed to help with clean-up/set-up and serving meals to seniors. Driver volunteers are needed to deliver healthy nutritious meals to seniors in the city of Goldendale. Both are needed on Tuesdays & Thursdays from 9am to 2:30pm. All potential volunteers must have a criminal background check done before volunteering with the agency.

Please contact Cindy at the Goldendale Senior Center for more information 773-5112.

KLICKITAT Meal Site

Meals will be served at 1:00pm & there is a charge of \$3 per person. Any questions call 369-3985.

Dates: 1st & 3rd Wednesday

Times: 1pm

Place: Grace Lutheran Church Parsonage



This meal is not sponsored by KCSS.

Volunteer Hours

September HOURS

TRANSPORTATION	719	Hours
NUTRITION	651	Hours
NEWSLETTER	14	Hours
SR. EXERCISE	17	Hours
MUSICIANS	16	Hours

Senior Newsletter

Klickitat County Senior Services

115 W. Court St. MS-CH-21

Goldendale, WA 98620

509 773-3757

PO BOX 1877

501 NE Washington Avenue

White Salmon, WA 98672

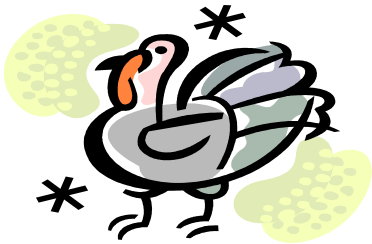
509 493-3068

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77



Portland Shopping Trip

Do you want to get some Christmas Shopping done?



We are planning a shopping trip to the Clackamas Town Center Mall in Portland for Friday, November 16th.

There will be a bus leaving from Goldendale and one from White Salmon. We will plan to depart White Salmon/Goldendale at approximately 8am. Once arriving at Clackamas Town Center you will be able to shop until a prompt departure at 2pm to return home.

Those who are interested in attending must sign up by Friday, November 9th. We must have enough passengers sign up in advance to do the trip. Cost is \$5 per person.

In White Salmon call 509-493-4662 and Goldendale call 509-773-3060 to get on the list.

