



### Inside this issue:

## Honoring Those who Fight to Keep Us Free

### Tuesday, November 11th

We Owe Them a Lot

On Veterans Day we remember again  
Our men and women who served;  
We honor them now for what they did then:  
The liberties they preserved.

Let's never forget their sacrifice,  
The hard, heavy work they have done;  
They did what was asked, crucial needs they fulfilled,  
With a telephone, pencil or gun.

We are happy and proud to honor them;

They gave so much more then they got.

Our heroes, our veterans, kept freedom safe;

All of us owe them a lot.

By Joanna Fuchs



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## November is National Family Caregiver's Month

It is a time to thank, support, educate, and advocate for the more than 50 million family caregivers across the country. During Family Caregiver's Month, we will encourage family caregivers to take four steps every day to empower family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to health and well-being:



**Believe** in Yourself.

**Protect** your Health.

**Reach** out for Help.

**Speak** up for your Rights.

## **Medicare Part D Prescription Drug Plan Annual Enrollment**

October 15—December 7, 2014

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Fall Open Enrollment lasts from October 15- December 7 of each year and the changes you make during this time take effect on January 1.

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.

Even if you are satisfied with your current Medicare coverage, it's important to investigate during Fall Open Enrollment whether other Medicare options may better suit your individual needs in the next calendar year. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year. Being proactive about your coverage can help to reduce costs and make sure that your health care needs are met.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

773-3757 Virginia in Goldendale  
493-3068 Jill in White Salmon

## **The Yakima Alzheimer's Community Conference**

**Tuesday, November 4, 2014**

**Designed to provide tools and encouragement to family caregivers and health care professionals caring for people impacted by dementia.**

**Opening and Closing General Sessions with Spanish Interpreters**

**Two breakout sessions for each of the following:**

Family Caregivers, English | Family Caregivers, Spanish | Health Care Professionals, English

*Conference hours: 8:30 AM - 3:45 PM*

*We will offer 5 Continuing Education Credits (CEs) for participating in all 4 available sessions to Professionals*

### **TO REGISTER:**

**Visit:** [www.alzwa.org/cms/yacc/](http://www.alzwa.org/cms/yacc/)

**Email:** [yakimaalzconf@alz.org](mailto:yakimaalzconf@alz.org)

**Call: 206-529-3894**

Family Caregivers caring for loved ones with dementia: **Free**

Healthcare Professional Fee: **\$50.00**

***Lunch included***

## **2014 Annual Caregiver Conference**

***Saturday, November 22nd***

***8:30 AM to 3:30 PM***

***PeaceHealth Southwest's Health Education Center, Vancouver, Washington***

This workshop is for spouses, partners, adult children and friends. Our keynote speaker is Rick Pribbernow. He holds degrees in education, curriculum development, and counseling. His unique presentation style is both creative and interactive. You may grieve for the lost relationship with a parent or spouse, or the change in your role from a loved one to a caregiver. Giving up things that are familiar like driving, the family home, and changes in routine are other losses that can make it difficult to move forward. This workshop reviews the stages of grief and explores strategies to support you and others through life's losses. Other sessions will address self-care and mindful eating.

Registration required. Cost is \$10. Scholarships available. Inquire about respite options when registering. Deadline to request respite is October 31st.

## **Klickitat PUD Electricity Senior Discount**

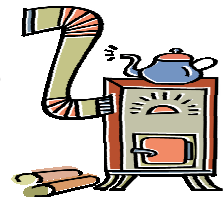
Senior Services is accepting applications for the Senior Electric Discount provided by the Klickitat PUD.

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.

## **HELP With Winter Heating**

Washington Gorge Action Program (WGAP) will be at the following meal sites to process EAP's



### **White Salmon Pioneer Center**

Monday, November 3, 10:30 to 1pm

Wednesday, November 5, 10:30 to 1pm

### **Lyle Lions Community Center**

Tuesday, November 4, 10:30 to 1pm

**Jill** will be processing Senior PUD Discounts, please bring proper documents

### **Goldendale Senior Center**

Thursday, November 6, 10:30 to 1pm

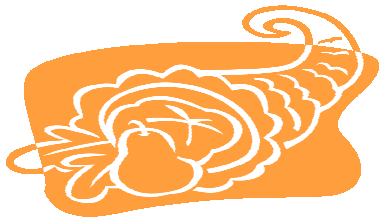
Thursday, November 13, 10:30 to 1pm

### **MUST BRING:**

\*SS card or an official document with the number on it August, September, October income documents.

\*If SSA is Direct deposit, you need to only bring 1 bank statement

\*\* (usually heating bill)



# White Salmon Events 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 11/3 Strawberry Mountain Band 11/5 No Music 11/10 Old Time Friends 11/12 Simcoe Boys	11/17 Simcoe Boys 11/19 Truman Bohler 11/24 For The Good Times 11/26 Simcoe Boys		White Salmon Events are held at the Pioneer Center unless otherwise noted	<i>WGAP Food Bank is open on Tuesdays &amp; Thursdays from 8:30 to 3:30pm</i>		1
2 Fall Back  	3 9:30 Exercise  10am Bingo  	4 8:15 Yoga with Joy  2pm Strong Women	5 9:30 Exercise  	6 Noon Pinochle  2pm Strong Women	7 	8
9	10 9:30 Exercise  	11 <b>Veteran's Day</b>  <b>OFFICE CLOSED</b>	12 HR River Shopping  9:30 Exercise	13 Noon Pinochle 2pm Strong Women	14	15
16	17 9:30 Exercise  10am Bingo	18 8:15 Yoga with Joy  2pm Strong Women	19 9:30 Exercise  	20 Noon Pinochle  2pm Strong Women	21 	22
23  30	24 9:30 Exercise	25 8:15 Yoga with Joy  2pm Strong Women	26 9:30 Exercise  	27 <b>Thanksgiving</b>  <b>OFFICE CLOSED</b>  	28 <b>OFFICE CLOSED</b>	29

# Goldendale Events








## November 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goldendale Food bank is open Mon/Tues & Thursday 10am to 1pm. Call for transportation	<i>Goldendale Events are at the Goldendale Senior Center unless otherwise indicated</i>					1
2 Fall Back  Daylight Savings	3	4 1pm Exercise 2pm Tai Chi 	5	6 1pm Exercise 1pm Bingo 	7 The Dalles Shopping 12pm Pinochle	8
9	10	11 Veteran's Day <b>OFFICE CLOSED</b> 	12 10:30 Caregiver Support Group	13 1pm Exercise 1pm Bingo <b>1:30 Zumba</b>	14 12pm Pinochle	15 <b>SR Breakfast \$3pp</b>
16	17	18 1pm Exercise  2pm Tai Chi	19	20 1pm Bingo  1pm Exercise	21 The Dalles Shopping Noon Pinochle	22
23  30	24	25 1pm Exercise 2pm Tai Chi 	26	27 <b>OFFICE CLOSED</b>  <b>Thanksgiving</b>	28 <b>OFFICE CLOSED</b>	29

# November 2014 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change						1 Lyle Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6
2 Fall Back 	3 WS Chicken Pot Pie	4 GD & Lyle Chicken Pot Pie	5 WS Beef Stroganoff	6 GD Beef Stroganoff 	7	8
	10 WS White Chili	<b>11 Veteran's Day OFFICE CLOSED</b>	12 WS Cook's Choice	13 GD Cook's Choice	14 	15 GD senior Breakfast \$3pp
16	17 WS Italian Rigatoni	18 GD & Lyle Italian Rigatoni	19 WS Baked Chicken	20 GD Baked Chicken 	21	22
23 30	24 WS Thanksgiving Dinner 	25 GD & Lyle Thanksgiving Dinner	26 WS Chicken Patties	<b>27 Thanksgiving Day OFFICE CLOSED</b>	<b>28 OFFICE CLOSED</b> 	29

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

**TROUT LAKE:** Thursday-November 13th at 5:30pm at Trout Lake School. **Menu:** Scalloped potatoes w/ ham, corn bread, Steamed vegetables, and Autumn Harvest Fruit Dessert

\$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.

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

## White Salmon AARP Safe Driver Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for November, Monday 10th & Wednesday 12th at the Pioneer Center, 501 NE Washington Avenue. This class will be an 8 hour class, divided between two days for 4 hours each, from 9am to 1pm.



You **must attend both** days for full credit. Students will work through an interesting curriculum emphasizing defensive driving techniques. There are **NO tests**, and **No driving involved**. Washington State has authorized auto insurance discounts for those who complete this course.

**To REGISTER** call Jill at 493-3068. the cost is \$15pp for AARP members, and \$20pp for non-members.

## Energizing Support Groups

### Goldendale Diabetes

4th Tues. 6-7pm, November 25,  
Goldendale Library Camplan Room  
541 965-0655

### Goldendale Bereavement Meeting

Call Susan Shipman at 773-0380

### Goldendale Support Group

2nd Wednesday, November 12th  
10:30am for November will be at Adonai's

### Parkinson's Support Group

First Wednesday of each month,  
November 5, 2pm Water's Edge  
Conference Room, 2nd Floor

## Volunteer Hours

### September HOURS

TRANSPORTATION	671	Hours
NUTRITION	833	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	25	Hours

## KLICKITAT

**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.

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## Support United Way

During the month of November please consider donating to the United Way of the Columbia Gorge. There will be donation jars located at our meal sites in White Salmon, Goldendale and Lyle. All money raised will stay in Klickitat County. **United Way of the Columbia Gorge believes in uniting local people and supporting local people.**

By realizing other's lives are linked to our own, our compassion grows and we influence the condition of all. We build the strength of our neighborhoods; we bolster the health of our Gorge communities; we change the lives of those who walk by us every day.

**This year United Way gave \$9,000.00 to Klickitat Senior Services to help with our costs of purchasing food for all of our congregate meals and our home delivered meals and transportation services. United Way also provided funding to all of the programs listed below. Thank you for your donations large and small.**

### **Klickitat County Senior Services**

Mission: To facilitate active and independent living for Senior Citizens offering services and activities that help them, and other population groups with similar needs, achieve the highest level of functioning and independence possible

### **Backpacks for Kids**

Mission: To provide nutritious, easy-to-prepare foods for children to take home on weekends or long holidays when other food resources might not be available to them.

### **Wishram Community Garden**

Mission: To run a community garden to share with the food program, the residents of Wishram and the local school and provide a dependable source of food and assist in depleting hunger.

### **WGAP Programs for Peaceful Living**

Mission: To promote peace in homes and alleviate abuse through education, public awareness and by creating an environment that will empower victims to end the cycle of violence and abuse.

### **Klickitat Skamania Community Network**

Mission: To improve community and social services responses to families and children at risk.

### **Habitat for Humanity/Brush with Kindness – Critical Home Repair**

Mission: To help low-income homeowners impacted by age, disability and family circumstances who struggle to maintain the exterior of their homes (targeting home access safety with ADA approved exterior ramp systems).

### **WGAP Food Coalition**

Mission: To prevent hunger by providing food to individuals and families in need.

### **WGAP Community Youth Center**

Mission: To alleviate abuse and violence by providing a safe and positive place where youth can express themselves, become more educated, aware, and empowered.

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## **Outstanding Senior Volunteers**

### **Lois & Jerry Baker**



Congratulations to Lois & Jerry Baker. They were selected by the Klickitat County Senior Advisory Board as outstanding volunteers. Lois & Jerry have been volunteering for the last 10 years helping at the White Salmon senior meal site at the Pioneer Center—helping wherever it is needed. Lois also volunteers at the White Salmon Library. They both have been involved in past years with the Community Benefit Committee that provides community meals and baskets to those in need. They also have been involved and feel the Boy Scouts and Girl Scouts are important organizations. When asked if they had any advice to impart to others they said “Keep involved, it keeps you moving, keeps you young, and you meet new people.” When asked why they volunteer they said that they enjoy helping other people. Both Lois & Jerry grew up in Kansas about 25 miles apart but they did not meet until college. They married in 1951 and moved to Washington state after visiting a friend and honeymooning in Washington. Jerry got a teaching job at the White Salmon Middle School and taught history and math for 27 years there. Lois got her Biological Sciences Degree in Kansas and then worked at Skyline Hospital for 27 years. They had 4 children but lost their oldest son to cancer. Their 3 children live in Washington and they have 6 grandchildren and 4 great-grandchildren. They enjoy travel and have visited every continent except for Antarctica. When asked about the most interesting trips Lois said New Zealand and Jerry said South Africa but then both said they have all been interesting. Thank you Lois & Jerry for your outstanding volunteer service!

## **Outstanding Volunteer Recognition**

**Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?**

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.

To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices.

Nominations need to be submitted to Klickitat County Senior Services.

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.

### **Members Needed For Klickitat County Senior Advisory Board**

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners.

Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

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.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am at the Dallesport Community Center.

A membership term is for three (3) years and is on a volunteer basis.

New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at  
509-773-3757 or 509-493-3068 or email at [sharonc@co.klickitat.wa.us](mailto:sharonc@co.klickitat.wa.us)

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

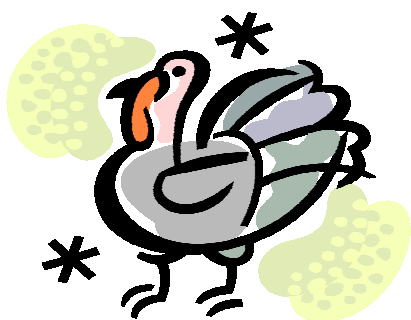
PO BOX 1877  
501 NE Washington Avenue  
White Salmon, WA 98672  
509 493-3068

**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**



## **Goldendale Community Thanksgiving Dinner**

You are invited to a Thanksgiving Dinner at:

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

**Date:** Thursday, November 27th,

**Time:** 12 Noon

Call for FREE Transportation Ogden's Mopar Limo Service,  
773-4114 or 250-6147. Potluck is welcome, but not necessary.  
We will also do take out and delivery.

