



**Be Prepared to Stay Safe and Healthy in Winter Weather**

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Many people prefer to remain indoors in the winter, but staying inside is not a guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.

Have your heating system professionally serviced to make sure that it is clean, working properly and ventilated to the outside.

- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and carbon monoxide detector. Test batteries regularly.

Have a safe alternate heating source and alternate fuels available.

- Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.

Be prepared for weather-related emergencies, including power outages.

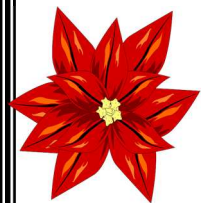
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery operated devices, such as flashlights, lamps, radio, extra batteries, first aid kit and extra medicine.

Many people spend time outdoors in the winter. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors. Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.

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*Dear Savvy Senior,*

*At age 76, my husband has become forgetful lately and is worried he may have Alzheimer's. What resources can you recommend to help us get a grip on this?*

*—Concerned Wife*

Dear Concerned,

Many seniors worry about memory lapses as they get older fearing it may be the first signs of Alzheimer's disease or some other type of dementia. To get some insight on the seriousness of your husband's problem, here are some resources you can turn to for help.

### **Warning Signs**

As we grow older, some memory difficulties – such as forgetting names or misplacing items from time to time – are associated with normal aging. But the symptoms of dementia are much more than simple memory lapses.

While symptoms can vary greatly, people with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

To help you and your husband recognize the difference between typical age-related memory loss and a more serious problem, the Alzheimer's Association provides a list of 10 warning signs that you can assess at [10signs.org](http://10signs.org).

They also provide information including the signs and symptoms on other conditions that can cause dementia like vascular dementia, Lewy body dementia, frontotemporal dementia, Parkinson's disease, Huntington's disease, chronic traumatic encephalopathy and others.

### **See a Doctor**

If you can't find a screening site in your area, make an appointment with his primary care doctor to get a cognitive checkup. This is covered 100 percent by Medicare as part of their annual wellness visit. If his doctor suspects any problems, he may give him the Memory Impairment Screen, the General Practitioner Assessment of Cognition, or the Mini Cog. Each test can be given in less than five minutes.

Depending on his score, his doctor may order follow-up tests or simply keep it on file so he can see if there are any changes down the road. Or, he may then refer him to a geriatrician or neurologist who specializes in diagnosing and treating memory loss or Alzheimer's disease.

Keep in mind that even if your husband is experiencing some memory problems, it doesn't necessarily mean he has dementia. Many memory problems are brought on by other factors like stress, depression, thyroid disease, side effects of medications, sleep disorders, vitamin deficiencies and other medical conditions. And by treating these conditions he can reduce or eliminate the problem.

## HAVE YOU NOTICED ANY OF THESE WARNING SIGNS?

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.
2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What's a typical age-related change? Making occasional errors when balancing a checkbook.
3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE. People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.
4. CONFUSION WITH TIME OR PLACE. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What's a typical age-related change? Getting confused about the day of the week but figuring it out later.
5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving. What's a typical age-related change? Vision changes related to cataracts.
6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING. People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand clock"). What's a typical age-related change? Sometimes having trouble finding the right word.
7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS. A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.
8. DECREASED OR POOR JUDGMENT. People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. What's a typical age-related change? Making a bad decision once in a while.
9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES. A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.
10. CHANGES IN MOOD AND PERSONALITY. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you or someone you care about is experiencing any of the 10 Warning Signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future. The Alzheimer's Association can help. Visit [alz.org/10signs](http://alz.org/10signs) or call 800.272.3900 (TTY: 866.403.3073).



Washington State has a *Community Living Connections* public website:  
[www.waclc.org](http://www.waclc.org)

The site is geared toward consumers, family members, colleagues and other social and health professionals, stakeholders, and the public at large.

The website has four main sections:

**Explore** your options – site visitors can learn about the full range of private and publicly-paid Long Term Service Support options available in most communities.

**Find** services –includes a resource directory where visitors can enter a service area and search by keyword or need. The resource directory is still under development in some geographic areas. Over the course of time, it will continue to grow and be updated as community needs change and resources are developed. There is also a self-assessment tool that pulls options for addressing needs from the resource directory.

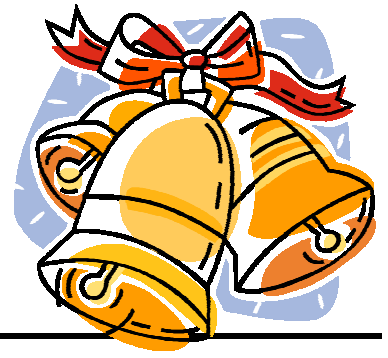
**Connect** with your community –visitors can use a clickable map see a list of Community Living Centers, Developmental Disability offices, Home & Community Services offices, Independent Living Centers, and VA Medical Centers. In this section are some additional Quick Links to informational documents and webpages and the ability to email local CLC offices directly.

**Plan** and prepare – Consumer’s and family members can discover the first steps to planning for LTSS, including financial considerations, legal help, living independently and healthy living. There are several tools available on the site, including one developed by the Developmental Disabilities Council and the ARC of Washington.

In addition, visitors can access the CLC Self-Service Portal to create their own care record, manage healthcare information, an option to share with others, save searches, and request assistance.

The site is HIPAA-compliant and meets state and federal regulations for privacy and accessibility.

# White Salmon Events December 2016



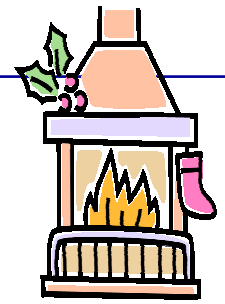
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 12/5 Country Roads 12/7 Huskey Family	12/12 Old Time Friends 12/14 Simcoe Boys 12/19 Shades of Country	12/21 Simcoe Boys 12/26 CLOSED 12/28 Simcoe Boys		1 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	2 	3
4 	5 9:30 Exercise 11am Live Music & Dance	6 8:15 to 9:30 Hatha Yoga 2pm Strong Women	7 9to4 Dental Clinic 9:30 Exercise	8 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	9 	10
11	12 9:30 Exercise 11am Live Music & Dance	13 8:15 to 9:30 Hatha Yoga 2pm Strong Women 	14 Hood River Shopping 9:30 Exercise 11am Live Music & Dance 	15 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	16	17
18	19 9:30 Exercise 11am Live Music & Dance	20 8:15 to 9:30 Hatha Yoga 2pm Strong Women	21 9:30 Exercise 11am Live Music & Dance 	22 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	23	24 
25 CHRISTMAS 	26 OFFICE CLOSED	27 8:15 to 9:30 Hatha Yoga 2pm Strong Women 	28 9:30 Exercise 11am Live Music & Dance	29 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	30 	31













# Goldendale Events December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goldendale Food Bank is open Mon and Thursday 10am to 2pm Call MATS for transportation</p>		<p>MUSIC 12/8 Simcoe Boys 12/15 Jackie 12/22 Simcoe Boys</p>		<p>1 1pm Exercise  1pm Bingo</p>	<p>2 Noon Pinochle</p> 	<p>3 Goldendale Senior Center Bazaar 9am-3pm</p>
<p>4 Shopping trips are provided by Mt. Adams Transportation, call to be placed on the list. 773-3060</p>	5	<p>6 1pm Exercise</p> 	7	<p>8 1pm Exercise  1:pm Bingo</p>	<p>9 Hood River Shopping  Noon Pinochle</p>	10
11	<p>12</p> 	<p>13 10am Toe Nail Care  1pm Exercise</p>	<p>14 10:30am Caregiver Support Group</p>	<p>15 1pm Exercise  1pm Bingo</p> 	<p>16 Noon Pinochle</p>	<p>17 GD SENIOR Breakfast \$3pp</p>  <p><small>snapsobjects</small></p>
18	19	<p>20 1pm Exercise</p> 	21	<p>22 1pm Exercise  1pm Bingo</p> 	<p>23 The Dalles Shopping  Noon Pinochle</p>	24
<p>25 CHRISTMAS</p> 	<p>26 OFFICE CLOSED</p> 	<p>27 1pm Exercise</p>	28	<p>29 1pm Exercise  1pm Bingo</p>	<p>30 Noon Pinochle</p> 	31

# DECEMBER MENU 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEALS are Subject to Change				1 GD Hungarian Goulash	2 	3 Lyle Breakfast 7-10am \$7pp Adults \$3 Child 6-12 under 5 FREE Lyle Lions
4	5 WS Chicken Pot Pie	6 GD & Lyle Chicken Pot Pie 	7 WS Spaghetti 	8 GD Spaghetti	9	10
11	12 WS Baked Fish 	13 GD & Lyle Baked Fish	14 WS Meatloaf 	15 GD Meatloaf	16 	17 GD Senior Breakfast 9am \$3pp
18	19 Cook's Choice	20 GD & Lyle Cook's Choice	21 WS Baked Ham 	22 GD Baked Ham	23	24
25 Christmas 	26 OFFICE CLOSED	27 GD & Lyle Country Steak 	28 WS Ham & Black-eyed Peas	29 GD Ham & Black-eyed Peas	30 	31

## SENIOR MEAL Site Locations

**GOLDENDALE:** Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 East 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 Market Street Café.

**TROUT LAKE:** Thursday-December 8th at 5:30pm at Trout Lake School

\$3.50 is the 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 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

## **Energizing Support Groups**

**Goldendale Diabetes** 4th Tues. 6-7pm,  
December 23, Goldendale Library  
Camplan Room 541 965-0655

**Goldendale Bereavement Meeting**, call  
Susan Shipman at 773-0380

### **Goldendale Caregiver Support Group**

Second Wednesday, December 10th  
10:30am at the Goldendale Senior  
Center.

### **Parkinson's Support Group**

First Wednesday of each month,  
December 3rd, 2pm Water's  
Edge Conference Room, 2nd Floor



## **Volunteer Hours**

Each snowflake brings to mind how  
special you are You're One of a Kind.  
Thank you volunteers!



### **OCTOBER HOURS**

TRANSPORTATION	651.75	Hours
NUTRITION	833.5	Hours
NEWSLETTER	18	Hours
EXERCISE	25	Hours
MUSICIANS	18	Hours

## **10 ways to beat the winter blues**

Many people experience feelings of sadness, depression and lethargy once the winter months kick in, often due to the change in weather, the shorter days and long periods of being cooped up indoors. If the winter blues are starting to set in, check out these 10 ways to boost your happiness this winter.

### **Make a plan**

The winter months can often seem quite dull, with many of us spending the majority of our time stuck indoors. A good way to alleviate this feeling is to break out of your routine and create something to look forward to. This could be a night out or weekend away, or something ongoing like a new fitness challenge.

### **Get creative about fitness**

Exercise is a great way to beat the blues as it releases mood-boosting endorphins and will also leave you looking great. However, many of us find our workout routine takes a hit when the cold weather sets in. To stay inspired to exercise through the winter months, try searching for something new such as an unusual exercise class or sport. If you can't face heading out into the cold, find fun ways to exercise at home such as hula hooping, dance fitness DVDs or skipping.

### **Get an indoor hobby**

We often give up or postpone many of the activities we love when it gets cold. However, just because you are spending more time indoors, that doesn't mean your interests and activities have to be reduced to browsing the TV guide for what's on next. To keep your mind occupied and add some fun to your evenings, try taking up an indoor hobby for the winter. There are many to choose from, such as reading, writing, painting, growing indoor plants, baking or learning a new language.

### **Eat mood-boosting foods**

It is tempting to reach for comforting, heavy foods during the winter; however, research results published in the *Public Health Nutrition* journal reveal that regular consumers of fast food are 51 per cent more likely to develop depression. Instead, try to fill your diet with nutritious healthy foods; particularly those rich in B vitamins, which help the brain produce serotonin; Omega-3 fatty acids, which can help lift depression; and vitamin D, which you may be short of in the winter months.

## 10 Ways to Beat the winter blues, continued



### **Perk up your social life**

As people retreat more indoors to the warmth of their homes, it can feel as though your social life has gone into hibernation. However, spending time with others can be one of the greatest mood boosters. You can't always rely on other people to make plans, so if your social life could do with a boost, it's time to get proactive. Pick up the phone and make plans to spend time with friends and family. Alternatively, take up a hobby or join a club to find some new people to spend time with.

### **Laugh more often**

Laughter is an extremely effective mood booster, and studies have found that even the anticipation of laughter can help to lift our spirits and reduce stress. However, many of us don't laugh nearly enough. While it may seem like a regimented approach to such a laid back and seemingly frivolous activity, try to make sure you dedicate at least 20 minutes a day to something that makes you laugh, such as chatting to a friend, reading a funny book or watching a funny DVD or YouTube clip.

### **Lighten up**

For many people, the lack of sunlight over the winter months can bring on strong feelings of depression and lethargy. To help improve these symptoms, try to make sure you spend as much time exposed to natural light as you can, leaving your curtains or blinds open, sitting close to windows where possible, and spending some time outdoors each day. It may also be worth investing in a SAD light box which can help to reduce the negative effects caused by the lack of natural light.

### **Make someone smile**

It is easy to get bogged down in our problems and fixated on our own bad mood, so it is good every once in a while to put our own issues to one side and focus on making someone else happy instead. Whether you want to take on some volunteer work, make a one off donation (of time or money) to charity or make someone you know smile with a thoughtful gift or gesture, dedicating time and effort to the happiness of others is a great way to get take your mind off your own problems and also increase your sense of purpose and fulfillment.

### **Become a problem solver**

Many of us fall into the trap of spending a lot of time moaning over or rehashing our problems, but very little time trying to think of ways to solve them. If there is something more than the weather getting you down, try to think about what that is and what you can do about it. Make a list of all the things you would like to change about your life right now and jot down some solutions, then make a plan to tackle each thing one by one, starting with the thing most integral to your happiness.

### **Treat yourself**

To boost your happiness over the winter, it is important to make time for those little things that boost your mood. Make a list of the day-to-day things that make you happy – such as having a catch-up with a friend, having a scented bubble bath, or listening to your favorite song – and make sure you schedule one of these treats into every day. Planning regular treats not only gives you something to look forward to, it can also subtly improve each day.

## GOOD ORAL HEALTH CAN HELP YOU MANAGE YOUR DIABETES

If you have diabetes, you are twice as likely to develop gum disease which can lead to diabetic complications.

Living with diabetes is challenging, but keeping your mouth health doesn't have to be. Preventing gum disease will help you manage your diabetes, saving you and your pocketbook unnecessary pain.

Gum disease and diabetes are linked. Gum disease is an infection that makes it harder to control blood sugar.

### **AND**

When blood sugar isn't well controlled it's harder to fight infections, including gum disease.

Taking care of your mouth, teeth and gums will help you control your blood sugar and reduce diabetic complications.

The American Diabetes Association recommends regular dental checkups. Be sure you tell your provider you have diabetes and discuss how often you may need care.

Tips to better oral health

- Brush twice daily with fluoride toothpaste
- Floss daily
- Use a mouth rinse with fluoride
- Drink water instead of soda and sugary drinks



Eat a well-balanced diet. Choose healthy snacks like:

- low-fat cheese
- fresh fruit
- vegetables
- nuts



For more information about oral health and diabetes:

1-800-DIABETES (800-342-2383) or [Diabetes.org](http://Diabetes.org)



## **When did you last have your teeth cleaned?**

### **Or an oral health screening?**

We often hear from seniors that they do not have regular dental cleanings or dental services because they are unable to afford it .

Dental health is important to overall health so we have been fortunate to have Theresa Marks, Dental Hygienist, providing mobile dental services at Senior Services Pioneer Center in White Salmon. She is providing affordable oral health screenings and cleanings available at affordable rates. She is also able to bill Medicaid for those that have Washington Medicaid.

Dental Hygiene Mobile Services in partnership with New Day Dental will be providing dental screenings and scheduling follow-up appointments for dental cleanings at the Pioneer Center Senior Center at 501 NE Washington Street, White Salmon. **Appointments are available between 9am to 4:00pm on Wednesday, December 7th.**

Oral health screenings for seniors with no insurance are \$10.00 and Dental Hygiene Mobile Services can also bill Provider One for those Seniors that have Washington State Medicaid Apple Health.

Cleaning appointments for non-insured seniors will be available for \$65.00 and that will include a periodontal assessment.

More involved dental treatment and care will be coordinated with New Day Dental or your preferred dental provider.

Call Senior Services at 509-493-3068 to scheduled your appointment or for more information. All participants will be required to complete a Patient Information Packet to receive services. Transportation available through Mt. Adams Transport.

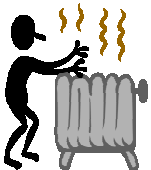
## **Senior Klickitat PUD Discount applications are now being processed for Winter 2016-2017**

If you are 62 or older and have an annual household income under \$23,500. Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application.

Senior Klickitat PUD electric discounts must be re-applied for each year.

Please bring your current PUD bill & proof of **TOTAL** annual household income to your appointment.

The discount applies from December (or application date) through May.



**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**

**Adverse Winter Weather may result in Meal Site Cancellations or  
schedule changes with Mt. Adams Transportation**

Please listen to your local radio stations, KVGDLP Goldendale FM100.1, KLCK 1400AM, & KHR 1340AM, Y102 FM, KACI 1300 AM to find out about a cancellation or call our senior services office:

Goldendale 773-3757, White Salmon 493-3068.

During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions. Please keep in mind that our drivers must be able to access your driveway safely. If you have questions about your trip or issues with access to your home please let us know.

Goldendale 773-3060, White Salmon 493-4662.

**When life snows you under...make a snowman**

