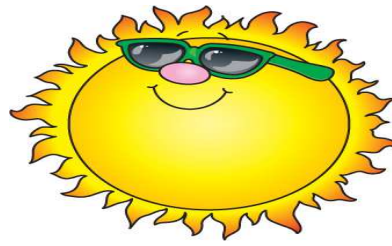


# Klickitat County Senior Newsletter

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



# AUGUST 2017

## SENIOR PICNIC—FRIDAY, AUGUST 18th at Daubenspeck Park in Bingen

**ALL SENIORS IN KLICKITAT COUNTY ARE WELCOME  
TO ATTEND OUR ANNUAL PICNIC.**



Lunch will be served at noon.

Food, drinks, and place settings will be provided by  
Senior Services.

Please bring your lawn chair.

Entertainment will be the Simcoe Boys!

Our Klickitat County Senior Advisory Board will be recognizing our  
county volunteers and presenting the Volunteer of the Year  
Recognition Award.

Please call the Goldendale or White Salmon Senior Services office to  
sign up for the picnic as we need a count of persons attending so Cindy  
& Jackie will be able to provide enough food. If you need transporta-  
tion to the picnic please call your nearest Senior Services office to get  
on the bus list.

East End of Klickitat County Call Stacy at 773-3060,  
West end of Klickitat County call Lisa at 493-4662.

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## How to Dispose of Unused Medicines

Is your medicine cabinet full of expired drugs or medications you no longer use? How should you dispose of them?

Many community-based drug “take-back” programs offer the best option. Otherwise, almost all medicines can be thrown in the household trash, but consumers should take the precautions described below.

A small number of medicines may be especially harmful if taken by someone other than the person for whom the medicine was prescribed. Many of these medicines have specific disposal instructions on their labeling or patient information leaflet to immediately flush them down the sink or toilet when they are no longer needed.

### Drug Disposal Guidelines and Locations

The following guidelines were developed to encourage the proper disposal of medicines and help reduce harm from accidental exposure or intentional misuse after they are no longer needed:

- Follow any specific disposal instructions on the prescription drug labeling or patient information that accompanies the medicine. Do not flush medicines down the sink or toilet unless this information specifically instructs you to do so.
- Take advantage of programs that allow the public to take unused drugs to a central location for proper disposal. Call your local law enforcement agencies to see if they sponsor medicine take-back programs in your community. Contact your city’s or county government’s household trash and recycling service to learn about medication disposal options and guidelines for your area.
- Transfer unused medicines to collectors registered with the Drug Enforcement Administration (DEA). Authorized sites may be retail, hospital or clinic pharmacies, and law enforcement locations. Some offer mail-back programs or collection receptacles (“drop-boxes”). Visit the DEA’s [website](#) or call 1-800-882-9539 for more information and to find an authorized collector in your community.

If no disposal instructions are given on the prescription drug labeling and no take-back program is available in your area, throw the drugs in the household trash following these steps:

- Remove them from their original containers and mix them with an undesirable substance, such as used coffee grounds, dirt or kitty litter (this makes the drug less appealing to children and pets, and unrecognizable to people who may intentionally go through the trash seeking drugs).
- Place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.

FDA’s Ilisa Bernstein, Pharm.D., J.D., offers a few more tips:

- Scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give your medicine to friends. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else.
- When in doubt about proper disposal, ask your pharmacist.

Bernstein says the same disposal methods for prescription drugs could apply to over-the-counter drugs as well.

## **Why the Precautions?**

Some prescription drugs such as powerful narcotic pain relievers and other controlled substances carry instructions for flushing to reduce the danger of unintentional use or overdose and illegal abuse.

For example, the fentanyl patch, an adhesive patch that delivers a potent pain medicine through the skin, comes with instructions to flush used or leftover patches. Too much fentanyl can cause severe breathing problems and lead to death in babies, children, pets and even adults, especially those who have not been prescribed the medicine.

“Even after a patch is used, a lot of the medicine remains in the patch,” says Jim Hunter, R.Ph., M.P.H., an FDA pharmacist. “So you wouldn’t want to throw something in the trash that contains a powerful and potentially dangerous narcotic that could harm others.”

## **Environmental Concerns**

Some people are questioning the practice of flushing certain medicines because of concerns about trace levels of drug residues found in surface water, such as rivers and lakes, and in some community drinking water supplies.

“The main way drug residues enter water systems is by people taking medicines and then naturally passing them through their bodies,” says Raanan Bloom, Ph.D., an environmental assessment expert at FDA. “Many drugs are not completely absorbed or metabolized by the body and can enter the environment after passing through wastewater treatment plants.”

“While FDA and the Environmental Protection Agency take the concerns of flushing certain medicines in the environment seriously, there has been no indication of environmental effects due to flushing,” Bloom says.

“Nonetheless, FDA does not want to add drug residues into water systems unnecessarily,” adds Hunter. FDA reviewed drug labels to identify products with disposal directions recommending flushing down the sink or toilet. This continuously updated listing can be found at FDA’s Web page on [Disposal of Unused Medicines](#).

## **Disposal of Inhaler Products**

Another environmental concern involves inhalers used by people who have asthma or other breathing problems, such as chronic obstructive pulmonary disease. Traditionally, many inhalers have contained chlorofluorocarbons (CFCs), a propellant that damages the protective ozone layer. CFCs have been phased out of inhalers and are being replaced with more environmentally friendly inhaler propellants.

Read handling instructions on the labeling of inhalers and aerosol products, because they could be dangerous if punctured or thrown into a fire or incinerator. To ensure safe disposal that complies with local regulations and laws, contact your local trash and recycling facility.



Get to know us...

An Informative Presentation  
**by the Edith Bishel Center for the Blind and Visually Impaired**

**Pioneer Center Senior Services –Craft meeting room  
501 NE Washington St.  
White Salmon, WA  
August 9, 2017 1:00-2:00 PM**

**Goldendale Senior Center  
115 E. Main St.  
Goldendale, WA  
August 15, 2017 12:00-1:00 PM**

**Learn about our:**

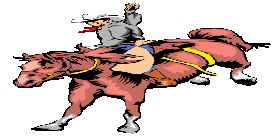
**Independent Living Program** for those who are visually impaired or blind and who are not able to participate in the normal activities of daily life. The IL Program helps maintain and increase your independence in your home and community.


**Low Vision Clinic** provides a consultation and comprehensive evaluation with an optometrist who is trained in low vision rehabilitation, recommendation for low vision devices, and resource referrals.

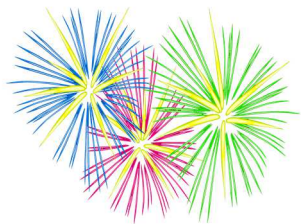
**Latest Low Vision Technologies  
(509) 735-0699  
1-855-735-8547  
628 N. Arthur St.  
Kennewick, WA 99336**

# White Salmon Events

## August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 to 9:30 Hatha Yoga  2pm Strong Women	2 9:30 Exercise  11am Live Music & Dance	9 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	4	5
6	7 9:30 Exercise  11am Live Music & Dance	8 8:30 to 9:30 Hatha Yoga  2pm Strong Women	9 9:30 Exercise 11am Live Music & Dance 1pm Edith Bishel Center Presentation	10 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	11 	12
13 	14 9:30 Exercise  11am Live Music & Dance	15 8:30 to 9:30 Hatha Yoga  2pm Strong Women	16 9:30 Exercise  11am Live Music & Dance	17 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	18 <b>Senior Picnic Bingen Daubenspeck Park</b> 	19
20	21 9:30 Exercise  11am Live Music & Dance	22 8:30 to 9:30 Hatha Yoga  2pm Strong Women	23 9:30 Exercise  11am Live Music & Dance	24 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	25  <b>MUSIC</b>	26 
27	28 9:30 Exercise  11am Live Music & Dance	29 8:30 to 9:30 Hatha Yoga  2pm Strong Women	30 9:30 Exercise  11am Live Music & Dance	31 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	8/2 Huskey Family 8/7 Simcoe Boys 8/9 Simcoe Boys 8/14 Old Time Friends 8/16 Simcoe Boys	8/21 Simcoe Boys 8/23 Andre 8/28 Simcoe Boys 8/30 Simcoe Boys



# Goldendale Events

## August 2017

“Patriotism is supporting your country all the time and your government when it deserves it.”  
Mark Twain

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b>  <b>8/10 Simcoe Boy</b>  <b>8/17 Jackie</b>	<b>8/24 Simcoe Boys</b>  	1	2 Cancelled till September Coffee & Conversation at McDonalds	3 1pm Exercise  1pm Bingo	4  12 Pinochle	5
6	7	8 10am Toenail Care  1pm Exercise	9 10:30am Caregiver Support Group	10 1pm Exercise 1pm Bingo  1:30pm Song Circle at the li-	11 Hood River Shopping  12 Pinochle	12 Dufur Threshing Bee 10am Parade
13  	14	15 12pm Edith Bishel Center Presentation 1pm Exercise  	16	17 1pm Exercise 1pm Bingo  <b>Goldendale Library Ice Cream Social 6:30pm</b>	18 <b>Senior Picnic</b> Dabenspeck Park  	19 Farmers Market Shopping  <b>No Senior Breakfast</b>
20	21	22 1pm Exercise	23  	24 1pm Exercise 1pm Bingo <b>5pm BBQ Klickitat Co Fair</b>	25 The Dalles Shopping 12 pinochle  Klickitat Co Fair	26 Fair Parade  
27	28	29 1pm Exercise	30  	31 1pm Exercise  1pm Bingo		

# August 2017 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menus subject to change</b>		1 GD & Lyle Beef Stroganoff	2 WS Chef Salad	3 GD Chef Salad 	4	5 Lyle Breakfast 7am to 10am \$7 Adults, Children 6-12, \$4, Under <b>5Free</b>
6	7 WS Salisbury Steak	8 GD & Lyle Salisbury Steak 	9 WS Ham & Cheese Sandwich	10 GD Ham & Cheese Sandwich Klickitat Potato Soup & Sandwich	11	12
13	14 WS Kielbasa & Potato Bake	15 GD & Lyle Kielbasa & Potato Bake 	16 WS Spinach Salad w/Chicken Strips	17 GD Spinach Salad w/Chicken Strips 	18	19 No Goldendale Senior Breakfast
20	21 WS Cook's Choice  Solar Eclipse	22 GD & Lyle Cook's Choice	23 WS Chicken Quesadillas	24 GD Chicken Quesadillas	25	26
27	28 WS Chicken Pot Pie	29 GD & Lyle Chicken Pot Pie	30 WS Pork Ribs	31 GD Pork Ribs	28	29

## Senior Meal Site Locations

**TROUT LAKE: Thursday August 10 at 5:30pm, at Trout Lake School**

**KLICKITAT: Thursday, August 10 at Noon, at the Klickitat**

**Community Center**

**BICKLETON: The 2nd & 4th Tuesday at 11:30am at the Market Street Cafe**

**LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center**

**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.**

## **When did you last have your teeth cleaned? Or an oral health screening?**

We are very fortunate to have Theresa Marks travelling to Klickitat County to provide mobile dental hygiene services and oral health screening to seniors at the Pioneer Center in White Salmon.

Theresa has been a dental hygienist for over 20 years. "I have learned the importance of good oral health and how it interacts with medicine and systemic diseases. My goal is to advocate and provide access to oral health care to patients that live with disabilities and medically compromised issues."

Theresa is the Executive Director of Dental Hygiene Mobiles Services, PLLC, a Mobile Dental Hygiene Company that serves Washington in providing dental hygiene services in long term care / specialty facilities, group homes, assisted living facilities, retirement communities and private homes.

Theresa began travelling here to provide mobile dental services at Senior Services Pioneer Center in White Salmon. She is providing affordable oral health screenings and proper cleanings available at affordable rates.

**Appointments are available between 9am to 3:30pm on  
Wednesday, August 23<sup>rd</sup> and Wednesday, August 30<sup>th</sup>.**

Please call the White Salmon Senior Services office to schedule your appointment at 509-493-3068.

Oral health screenings for seniors with no insurance are \$10.00 (assistance is available if that is a hardship) and Dental Hygiene Mobile Services can also bill Provider One for those seniors that have Washington State Apple Health.

Cleaning appointments for non-insured seniors will be available for \$70.00 and that will include a periodontal assessment.

## **Energizing Support Groups**

This group will provide a safe and caring environment to discuss issues related to caring for a loved-one with Alzheimer's or other dementia. Discussions may include the best ways to communicate, difficult behaviors, how to give yourself a break and how to deal with guilt and grief. Share your situation and learn from others who are experiencing similar issues. A support group can help reduce your stress, frustrations, and sense of isolation. This is a drop-in group that meets once a month.

**Goldendale Support Group** Second Wednesday, August 9th, 10:30am at the Goldendale Senior Center

# Klickitat County Fair 2017

## **August 24th to 27th, “Star Spangled Celebration”**

Thursday, August 24th 11am The Grounds entertainment begins,

5pm County Products & Produce Kick-Off Barbecue \$8pp

Jimmy with Mary Jo Olson singing

Repertoire covers the 1920s to 1980s.



### Ogden Mopar Limo Service to the Klickitat County Fair

Don't let a need for transportation keep you from attending the fair. Folks driving in from the country can also call Ogden's Mopar and get a ride from one of the Churches' parking lot. The taxi will take you to the fair and then bring you back to your car when you are ready to go home. The taxi loads and unloads right behind the Reno's stage, which is a short walk to the grandstand, exhibit halls, and the cattle barn.

**August 24th to 27th**

**9am to 7pm**

Fast Friendly & **FREE** Transportation

Call 773.4114 or 250.6147



### **Dr Ogden Plays at the Porch at Presby Mansion**



Thursday, August 3rd at  
7pm

Enjoy the music and re-  
freshments! Free!

Fast, Friendly, & **FREE**  
Transportation

Call: 773.4114 or 250.6147

## **Volunteer Hours**

### June HOURS

TRANSPORTATION	709	Hours
NUTRITION	761.25	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	12	Hours
MUSICIANS	18	Hours

# **Social Security: Today AND Tomorrow**

**Will it get them through?**

**Will it be there for you?**

**MONDAY, AUGUST 7  
AT 6:30PM**

Presentations from The Dalles Social Security office and Puget Sound Advocates for Retirement Action, Q & A moderated by Klickitat County Commissioner David Sauter

Where:

Lyle Lions Community Center  
503 Lewis & Clark Highway (Route 14) Lyle, WA

Refreshments Provided

Contact: [demsklick@gmail.com](mailto:demsklick@gmail.com)

Event is co-sponsored by: The Goldendale Sentinel, Aging in the Gorge Alliance, and the Klickitat County Democrats.

Transportation is available through Mt. Adams Transportation from White Salmon or Goldendale to attend this presentation if enough sign up for the bus but you must call to get on the bus list. Call MATS White Salmon 509-493-4662 or Goldendale 509-773-3060.

## Outstanding Senior Volunteer : Donnie Gilliland



Congratulations Donnie Gilliland!

Donnie was selected by the Klickitat County Senior Advisory Board as an outstanding volunteer in Klickitat County. Donnie lives about 13 miles outside of Goldendale and has been there for about 35 years. Donnie is originally from Colorado and graduated from High School there. He was drafted into the Army and was in the Army for about 10 years because they kept extending him. He bought a farm in Ft. Morgan but then gave that to his father when he went to Denver. He owned several successful businesses and then met and married his wife in the early 1970's. He worked for the U.S. Forest Service as a contractor for about 16 years covering area from California to the Canadian border. He retired from there and moved to Goldendale where he worked for the Army Corp of Engineers and then Klickitat County where he was in charge of the fairgrounds for many years. Donnie has 5 children, 3 girls and 2 boys. One son lives here, a daughter in The Dalles, and his other children live in New York, Colorado, and Alabama. He has 9 grandchildren, 2 of his granddaughters a 10 year old and a 9 month old he enjoys taking care of them while their parents are working or called out for Volunteer fire fighting. He said all 5 of his children were home schooled. Donnie's wife passed away about 5 1/2 years ago and shortly after that he began volunteering at the Goldendale Senior Center meal site. Donnie volunteers every Tuesday and Thursday from about 8am to 3pm. He helps wherever is needed but tackles the dishwashing duties for the meal site. Donnie said he will be turning 80 on the 24th of August but he still loves to keep busy and active and enjoys running, rock climbing, mountain hiking, and doing outside work at his properties.

When asked—Why Volunteer? Don said, “I have always enjoyed being in service to others.” He said volunteering is a good way to make new friends and help others. He not only enjoys helping with the meal but he really enjoys visiting with others.

**Thank you Donnie!!**

**Senior Newsletter**

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**



**AARP Defensive Driving Class**

**White Salmon:** Monday & Tuesday, September 18th & 19th  
493-3068

**Goldendale:** Monday & Tuesday, September 25th & 26th  
773-3757

**Times:** 9am to 1pm

Break for Lunch & Snacks (Bring your own bag lunch & Snacks)

**\$15 AARP Members**

**\$20 Non-members**

**Registration for class required.**

Please be prepared to make payment by cash or Check the first day of class. Credit or Debit cards are not accepted. Members will have to provide their membership number when they sign in on the first morning of class

