



Klickitat County Senior Newsletter

Klickitat County Senior Services

Goldendale 773-3757 White Salmon 493-3068

2017

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2017 Outstanding Senior Volunteer

The Klickitat County Senior Advisory Board takes time each year to recognize the Outstanding Senior Volunteer of the Year and express appreciation to all of the volunteers who help to carry out the many programs for seniors in Klickitat County.

Nominees for the Volunteer of the Year are requested throughout the County for 60 and better individuals and featured every other month in our Senior Newsletter. We are so fortunate to have so many dedicated volunteers who give of themselves everyday throughout Klickitat County.

The Klickitat County Senior Advisory Board selected the Outstanding Senior Volunteer of the Year for 2017 and presented awards at our annual senior picnic that was held on Friday, August 18th at Daubenspeck Park in Bingen.

Please join us in congratulating the following:
Volunteer of the Year for 2017 was awarded to:
Lucille Bevis & Donnie Gilliland

A big THANK YOU to the **Simcoe Boys** for providing great live music entertainment at the Annual Senior Picnic at Daubenspeck Park. We had a fantastic turnout and a great picnic.

Dear Marci,

I am having heart valve replacement surgery soon and spoke with my primary care doctor about care after my surgery. She said that I should ask the hospital for a discharge plan before I leave so that I understand how to continue my care once I am home. I have never received a discharge plan before. Does Medicare require the hospital to provide a discharge plan to me as part of my hospital stay?

- Louise (Washington, DC)

Dear Louise,

Hospital discharge planning services are intended to make your move from the hospital to your home or other location as smooth and safe as possible, and aim to prevent additional trips to the hospital for you. Under specific circumstances, Medicare does require all hospitals to provide discharge planning services as part of a hospital stay. Let's see if those circumstances might apply to you.

Hospital discharge planning is only required if you are admitted to the hospital as an inpatient. If you are considered a hospital outpatient, Medicare does not require hospital staff to help you prepare for your care following a hospital stay. However, some states may provide you with greater rights to discharge planning services. Since you had heart valve replacement surgery, it is likely that you will be considered a hospital inpatient. Here are additional steps you can take to ensure that you leave the hospital with the plan you need.

You or your doctor should ask hospital staff for a comprehensive discharge planning evaluation. Be aware that the hospital's main goal during your evaluation should be to return you to the place you left before your hospital stay (this may be your home or another facility).

Make sure hospital staff members consider your range of needs following your hospitalization.

Review which post-discharge services will be covered by Medicare and how much they will cost. If you have another type of insurance, such as Medicaid, check what is covered by that insurance.

Tell the hospital discharge planning staff about your needs and preferences for care after your hospitalization. If you are eligible for a discharge plan, your needs and preferences must be incorporated into your plan of care.

Be sure the hospital prepares you for discharge. Before you leave the hospital, staff must educate and train you, your family, and/or your caregivers about your care needs. Hospital staff should also provide a clear list of instructions for your care and all medications you will need. The hospital must explain what to do if problems occur, including who to call and when to seek emergency help. The hospital must provide referrals as appropriate for other care, including referrals to home health, skilled nursing or hospice agencies, physicians, and medical equipment suppliers, among other supportive services.

Be sure to follow up with your primary care provider and other providers involved in your care after your hospitalization. The hospital should send your providers information about your medical condition no later than seven days after you leave the hospital. Keep in mind that Medicare now pays for your primary care provider to manage your care right after your hospital discharge.

Marci

Coping with Stress



Symptoms of stress include the following:

- ◆ Migraine or tension headaches
- ◆ Digestive problems like heartburn or diarrhea
- ◆ Shallow breathing or sighing
- ◆ Cold or sweaty palms
- ◆ Muscular tension and aches in the jaw, neck, back or shoulders

Basic stress management techniques include getting enough sleep and **exercising** regularly. **Exercise** has been shown to decrease the amount of stress hormones that are released in response to stress. It is also important to eat a balanced diet that is high in vitamin C and low in both caffeine and sugar.

Relax in a healthy way:

- ◆ Relaxation, meditation and breathing exercises
- ◆ Taking a walk or a bath
- ◆ Joining a support group
- ◆ Praying or meditating
- ◆ Engaging in a hobby
- ◆ Writing in a journal or diary
- ◆ Confiding in, or “venting” to, a friend
- ◆ Listening to relaxing music or an inspirational tape
- ◆ Listening to relaxation tapes (available from a counselor or bookstore) on which a recorded voice guides the listener in relaxing from head to toe



There are two ways deal with stress: 1.Acceptance of the situation 2.Changing the situation.

Examples of managing stress by making changes include the following;

- ◆ Changing unrealistic goals-not trying to be perfect all the time
- ◆ Changing unrealistic expectations-not expecting others to be perfect all the time
- ◆ Re-prioritizing-making time to take care of yourself
- ◆ Delegate-don't try to do everything alone
- ◆ Forgiving someone —letting go of an old grudge
- ◆ Planning ahead — being prepared for the little surprises that often arise
- ◆ Resolving conflict —share and listen — rather than allowing conflicts to fester
- ◆ Getting more support — ask for help instead of trying to “tough it out” alone

ATTEND A FOCUS GROUP

TO SHARE YOUR THOUGHTS ON
HEALTHCARE AND LIVABILITY IN THE GORGE
**HELP US CRAFT A PLAN FOR
A BETTER FUTURE!**

SEPT 19th 10:30-11:30

GOLDENDALE SENIOR CENTER
Board Room at 115 E. Main Street.

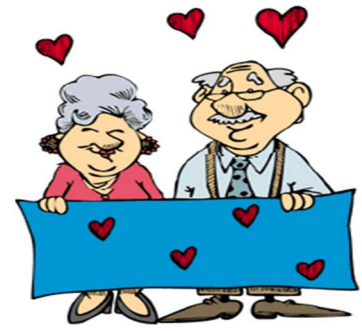
Limited to the first 10 to register.
ATTEND & RECEIVE A \$25 SAFEWAY GIFT CARD
SNACKS AND DRINKS PROVIDED


REGISTER by calling 509-493-6234 OR emailing
MEGANW@KCLICKITACOUNTY.ORG



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White Salmon Events September 2017


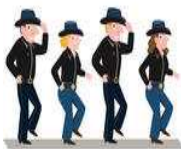




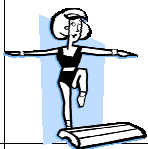






Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <small>MusicPartySupplies.com</small>	MUSIC 8/4 CLOSED 8/6 Huskey Family 8/11 Old Time Friends 8/13 Simcoe Boys	8/18 Simcoe Boys 8/20 Andre 8/25 Simcoe Boys 8/27 Simcoe Boys			1	2
3	4 OFFICE CLOSED Labor Day	5 8:30 to 9:30 Hatha Yoga 2pm Strong Women	6 9:30 Exercise 11am Live Music & Dance	7 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	8 Huckleberry Festival Bingen, WA	9 Huckleberry Festival 
10 Grandparent's Day 	11 9:30 Exercise 11am Live Music & Dance	12 8:30 to 9:30 Hatha Yoga 2pm Strong Women	13 Hood River Shopping 9:30 Exercise 11am Live Music & Dance	14 8:30 to 9:30 hatha Yoga Noon Pinochle 2pm Strong Woman	15 	16
17	18 9:30 Exercise 11am Live Music & Dance	19 8:30 to 9:30 Hatha Yoga 2pm Strong Women	20 9:30 Exercise 11am Live Music & Dance	21 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	22	23
24	25 10 Exercise 11am Live Music & Dance	26 8:30 to 9:30 Hatha Yoga 2pm Strong Women	27 9:30 Exercise 11am Live Music & Dance	28 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm strong Women	29	30







Goldendale Events

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>MUSIC</u></p> <p>9/14 Simcoe Boys</p> <p>9/21 Jackie</p>	<p>9/28 Simcoe Boys</p>	 <p><small>shutterstock · 131497865</small></p>		<p>1 Noon Pinochle</p>	<p>2</p>
<p>3 CELEBRATE The Work of Your Hands!</p> <p>Labor Day!</p> 	<p>4 OFFICE CLOSED</p> 	<p>5 1pm Exercise</p>	<p>6</p> 	<p>7 1pm Exercise 1pm Bingo</p> <p>GD Song Circle 1:30pm to 3:30pm Camplan Room</p>	<p>8 Hood River Shopping</p> <p>Noon Pinochle</p>	<p>9</p>
<p>10 Grandparent's Day</p> 	<p>11</p>	<p>12 1pm Exercise</p> <p>10am Toenail Care</p>	<p>13 10:30am Caregiver Support Group</p>	<p>14 1pm Exercise</p> <p>1pm Bingo Members Only</p>	<p>15 Noon Pi- nochle</p> 	<p>16 GD Senior Breakfast \$3pp</p>
<p>17</p> 	<p>18</p>	<p>19 1pm Exercise</p> 	<p>20</p>	<p>21 1pm Exercise</p> <p>1pm Bingo</p>	<p>22 The Dalles Shopping</p> <p>Noon Pinochle</p>	<p>23</p>
<p>24</p> 	<p>25</p>	<p>26 1pm Exercise</p>	<p>27</p>	<p>28 1pm Exercise</p> <p>1pm Bingo Senior Center Member Only</p>	<p>29</p> 	<p>30</p>

September Menu 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE					1 	2 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12) \$4, under 5 FREE
3	4 OFFICE CLOSED Labor Day	5 GD & Lyle Cook's Choice	6 WS Meatloaf	7 GD Meatloaf	8	9
10 Grandparent's Day 	11 WS Chicken Enchilada Casserole	12 GD & Lyle Chicken Enchilada Casserole	13 WS Swedish Meatballs	14 <u>Goldendale:</u> Swedish Meatballs <u>Klickitat:</u> Sweet & Sour Pork	15	16 GD Senior Breakfast 9am \$3pp
17	18 Macaroni & Cheese/Ham	19 GD & Lyle Macaroni & Cheese/Ham Bake	20 WS Baked Chicken 	21 GD Baked Chicken Trout Lake meal @ 5:30	22 	23
24	25 WS Country Steak	26 GD & Lyle Country Steak	27 WS Spaghetti	28 GD Spaghetti	29	30

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: The 2nd & 4th Tuesday at 11:30am at the Market Street Café.

TROUT LAKE: Thursday-September 14th at 5:30pm at Trout Lake School.

KLICKITAT: Thursday, September 14th at Noon at Klickitat Community Center



Promoting Emotional Health and Preventing Suicide

September is suicide prevention month and many times we don't think that the senior population is effected by suicide but in fact it is a growing public health concern.

More than 7,000 people age 65 or older died by suicide in 2013 which are the most up to date statistics from the Centers for Disease Control. This figure places the suicide rate among older adults higher than the general population. These rates are particularly high among older men- higher than any other group in the United States. These statistics don't consider those who have made an attempt or those who might be struggling with emotional pain. Depression is often thought of as a normal part of aging and that there is nothing you can do about it. That's not true. It's not a normal part of aging and there are many ways to help. Those that are in pain can have a good quality of life if they can get the help or community support they need.

What you can do to help someone:

- Talk with the person and show your concern in a nonjudgmental way.
- Encourage the person to participate at their local senior center or other wellness groups.
- Help connect the person to supportive services available through Senior Services such as Home Delivered Meals.
- Help them talk with their primary care physician or help them connect with sources for counseling.

Warning Signs:

Talk Unbearable Pain; Being a burden to others; Having no reason to live.

Behavior Increase use of alcohol or drugs; Isolates from family or friends; Shows aggression .

Mood Depressed; Anxious; Sad .

If you or a friend or loved one is in need of help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

[Grandparents Day, September 13th](#)
"Do Something Grand" for Grandparents Day on September 13 to honor grandparents' contributions and encourage through an array of cards, gift giving, and special school programs.



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,
September 13, 10:30am
Goldendale Senior Center
115 E. Main Street.

Volunteer Hours

July HOURS

TRANSPORTATION	615	Hours
NUTRITION	774	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	13	Hours
MUSICIANS	18	Hours



September 22, 2017

The 10th annual Falls Prevention Awareness Day (FPAD) will be observed on Sept. 22, 2017—the first day of fall.

Did you know that 1 in 3 adults aged 65+ fall every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans.

The good news is that falls can be prevented.

The risk factors for a fall include fear of falling, gait and balance problems, certain medications, clutter in the home, and some health conditions.

In honor of this notable milestone, the theme of the event will be: *10 Years Standing Together to Prevent Falls*

This event raises awareness about how to prevent fall-related injuries among older adults.

Many falls can be prevented. By making some changes, you can lower your chances of falling.

Six things YOU can do to prevent falls:

1. Find a good balance and exercise program.
2. Talk to your healthcare provider. (Ask for an assessment of your fall risk).
3. Regularly review your medications with your doctor or pharmacist.
4. Get your vision and hearing checked annually and update your eyeglasses.
5. Keep your home safe. (Remove tripping hazards, increase lighting, install grab bars).
6. Talk to your family members. (Share tips for reducing and preventing falls).

September 2017 White Salmon & Goldendale Driver Safety Class

An AARP Driver Safety Class taught by Jim & Penny Rutledge is scheduled for September 18 & 19 at the Pioneer Senior Center, 501 NE Washington St., White Salmon. *(This class is currently full—call if you would like to be put on a waiting list for the next class offered.)*

Also September 25 & 26 Goldendale AARP Driver Safety Class will be taught by Jim & Penny Rutledge.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00 a.m. to 1:00 p.m. on both Monday and Tuesday. You must participate in both days.

Participants will work through an interesting, interactive curriculum emphasizing defensive driving techniques. There are no tests and no driving is involved. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

To register for the AARP Driver Safety Class in White Salmon call Jill Parrott, Klickitat County Senior Services, at 493-3068. In Goldendale call Virginia Dunham, Klickitat County Senior Services 773-3757.

You do not need to be an AARP member to enroll. A fee is charged to cover the cost of materials, **cash or checks but no credit cards**. The cost is \$15.00 for AARP Members and \$20.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.

* You might want to bring snack & a lunch due to the length of the classes.



New Grief Seminar in Goldendale



No matter what the circumstances, grief recovery is a painful process. There is now a Grief Share® seminar offered in Goldendale for those seeking healing from their grief. It is designed for anyone who is dealing with the loss of a loved one and finds they are trying to navigate the grief process without the tools to get them through this difficult life experience. It doesn't matter if you suffered your loss 10 days ago or 10 years ago; if you still have areas with which you are having difficulty dealing, then this seminar could be helpful to you. The seminar is a 13-week course that meets once a week. It is presented by professional licensed counselors.

It is video-based and offers help from the counselors and interviews with people who have gone through the grief process. The hosts, Dave and Nancy Guthrie lost a child before birth, another counselor lost his wife, two others lost children, and others their spouse or parent or sibling.

Grief Share was developed by an organization called Church Initiative and is designed to help a person learn how to deal with their emotions, fears and frustrations that are occurring as a result of their profound loss. Helpful, practical information is provided, such as why a person's grief experience is harder than they imagined it would be. Another topic that is discussed is how the death of a loved one can affect friendships. Participants learn how to deal with false guilt, handle conflicted relationships, cope with grief-related anger, why a person's grief is so overwhelming, and how their thinking affects their emotions.

One woman who attended said "Why in the world would I want to join a grief seminar? Grief is a very personal process and I am a very private person. However at the urging from friends and family I signed up. It is the best decision that I made after the loss of my loved one. Not every lesson applied to my situation, but I was able to take at least one helpful idea from each week." The video seminar is combined with group participation of the materials presented during the video. It is a group that meets weekly, in an environment where one can identify with others who have had a similar experience and can be around people who understand the pain of your loss.

There is no charge for the program and those who attend will receive a workbook filled with practical tips, encouraging words, journaling ideas and exercises for daily help. Pick up an orange and yellow brochure in the Senior Center to find out which topics are covered each week.

The autumn program is held at the Columbus Avenue Baptist Church, 815 North Columbus Avenue, north of Broadway (toward the observatory), on Thursday evenings from 6:30 p.m. to 8:30 p.m. It started on August 24, 2017 and goes through November 30, 2017. Attending any of the first 3 sessions will provide grounding for the remaining weeks. Participants can start during any of the 13 sessions. Registration is not necessary; questions can be answered by calling 509-773-1959.

**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

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Permit #77

Medicare Part D Annual Enrollment

COMING SOON!!!

The Medicare Annual Enrollment Period which is a time to choose and join a Medicare health or prescription drug plan is just around the corner.

The Annual Enrollment Period will be:

October 15—December 7, 2017

Changes made during this time will take effect:

January 1, 2018

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance.

773-3757 Virginia in Goldendale

493-3068 Jill in White Salmon

Or toll free 1-800-447-7858