

HAPPY FATHER'S DAY!

June 2018

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



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Join the movement to end Alzheimer's during Alzheimer's & Brain Awareness Month

June is Alzheimer's & Brain Awareness Month, and the Alzheimer's Association needs you to get involved and raise awareness about Alzheimer's disease and other dementias.

Everyone who has a brain is at risk to develop Alzheimer's, a disease that is often misunderstood. Did you know:

- Alzheimer's is fatal. It kills more than breast and prostate cancer combined.
- Alzheimer's is not normal aging. It's a progressive brain disease without a cure.
- Alzheimer's is more than memory loss. It appears through a variety of signs and symptoms.

During the month of June, the Alzheimer's Association asks you to learn more about Alzheimer's, share your story and take action.

Join the fight by wearing Purple!

The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance. Call us toll-free anytime day or night at **1.800.272.3900**.

Our 24/7 Helpline serves people with memory loss, caregivers, health care professionals and the public.

Our highly trained and knowledgeable staff can help you with:

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Legal, financial and living-arrangement decisions
- Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day
- Help in a caller's preferred language using our translation service that features more than 200 languages and dialects
- Referrals to local community programs, services and ongoing support

Call us 24/7: 1.800.272.3900 TDD: 1.866.403.3073



New Medicare Perk: Diabetes Prevention

Millions of U.S. seniors can now take part in a Medicare program designed to prevent prediabetes from progressing to type 2 diabetes.

Almost half of Americans 65 and older have prediabetes, and many don't know it. In addition to an increased risk of type 2 diabetes, prediabetes puts people at risk of heart disease and stroke, according to the American Association of Diabetes Educators.

Medicare has expanded its coverage to include diabetes prevention.

Prediabetes means blood sugar levels are elevated, but not as high as in type 2 diabetes. Weight loss and increased physical activity can help ward off a type 2 diagnosis.

The Medicare Diabetes Prevention Program is based on a year-long national diabetes prevention program started by the U.S. Centers for Disease Control and Prevention.

The new program includes at least 16 intensive "core" sessions of a CDC-approved curriculum. Those 16 sessions occur over six months in a classroom-style setting. Participants receive education on long-term dietary changes, increased physical activity, and behavior-change strategies for weight control, according to the U.S. Centers for Medicare and Medicaid Services.

After the core sessions are done, less intensive follow-up meetings are held monthly to help reinforce the new healthy behaviors.

So, who's eligible for the new program? First, you must be enrolled in Medicare Part B. Other requirements include:

- A body mass index (BMI) of at least 25, or at least 23 if Asian. (BMI is a rough measure of body fat using height and weight measurements. A BMI of 25 or higher is considered overweight.)
- An abnormal blood sugar level within 12 months of the first core session. Blood sugar can be measured in one of three ways: An A1C test that doesn't have to be done fasting (5.7 to 6.4 percent is prediabetes); a fasting blood test (110 to 125 milligrams per deciliter is prediabetes); or a 2-hour fasting glucose tolerance test (140 to 199 mg/dL is prediabetes).
- No previous diagnosis of type 1 or type 2 diabetes.
- No end-stage kidney disease.

Talk with your doctor to see if you need diabetes prevention services. Your physician may also be able to help you enroll.

Serving as Caregiver Takes Toll as You Age



Experts urge training, support and rest for aging caregivers as seniors caring for seniors in retirement becomes increasingly common.

As people live longer, caregivers can expect to spend years caring for a spouse or even a parent. And older caregivers, many in their seventies or eighties themselves, often grapple with special challenges: their own failing health, isolation as friends die and physical tasks that can strain aging bodies.

About 7% of caregivers are 75 or older, typically a woman caring for a husband or other adult relative, according to a 2015 report by the National Alliance for Caregiving and the AARP Public Policy Institute. About three million seniors spend about 34 hours a week helping with such arduous tasks as bathing, dressing and using a toilet. For many older caregivers, physical chores, such as helping a spouse from a bed to a chair, can lead to falls and other injuries.

To find help, older caregivers should contact the local Area Agency on Aging to check out discounted services in their community. Those with few financial resources may qualify for a home aide under Medicaid. Medicare covers a certain amount of physical and occupational therapies.

Caregivers also should look to associations that focus on their loved one's medical condition. These groups offer caregiver training, support groups and advice on how to address the needs of a person with a specific disease.

Home alone all day with a loved one, older caregivers tend to be more isolated—and thus more depressed—than younger caregivers.

Because caregivers need all the strength they can get, experts recommend that they eat well, visit their own doctor and exercise, perhaps taking a tai chi class to help prevent falls. If something happens to you and you die, it doesn't help the person you are caring for.

Tips for Caregivers

- Reduce loneliness by joining support groups and seeing friends.
- Seek occasional respite by asking a friend or another family member to give you a break, or by hiring an aide or placing a loved one in adult day care.
- Get training on the best ways to protect against falls and back injuries.
- Ask a professional for instructions on skilled caregiving tasks.
- Use technology for reminders of medications, appointments and chores.

In Klickitat County call Jill in our White Salmon office 509-493-3068 or Virginia in our Goldendale office 509-773-3757 to find out about resources and programs for Family Caregivers.

“Get Help Paying for Medicare”

Jill Parrott and Virginia Dunham will be at the following locations in Klickitat County to share information and assist in applying for Medicare Savings Program and/or Extra Help for Medicare Prescription Drug Programs

See if you qualify for a Medicare Savings Program and /or Extra Help for Medicare D

- Extra Help Medicare D (LIS)**
- Medicare Savings Program (MSP)**

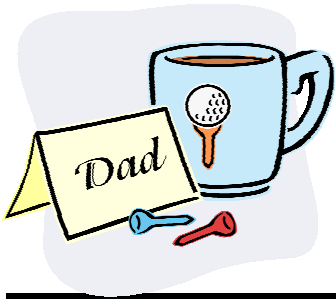
West End of Klickitat County:

- * June 14- Trout Lake Meal site at 5:00pm at the Trout Lake School**
- * July 17- Lyle Lions Community Center Noon**
- * July 19- Klickitat Community Center Noon**
- * August 1 -White Salmon Senior meal site Noon at the Pioneer Center, 501 NE Washington Street.**

East End of Klickitat County:

- * June 12- Bickleton 11:30am Market Street Cafe**
- * July 13- Wishram Community Church 6pm**
- * August 23- Klickitat County Fair 4pm Senior Services booth**
- * September 11- Georgeville meal site at Noon**

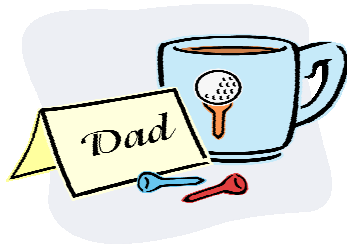




White Salmon Events

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 6/4 Simcoe Boys 6/6 Huskey Family	6/11 Old Time Friends 6/13 Simcoe Boys 6/18 Simcoe Boys	6/20 Andre 6/25 Simcoe Boys 6/27 Simcoe Boys			1	2
3	4 9:30 Exercise 11am Live Mu- sic & Dance	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 Ha- tha Yoga Noon Pinochle 2pm Strong Women	8	9
10 	11 9:30 Exercise 11am Live Music & Dance	12 8:30 to 9:30 Hatha Yoga 2pm Strong Women	13 9:30 Exercise 11am Live Music & Dance	14 8:15 Yoga Noon Pinochle 2pm Strong Women	15 	16
17 Father's Day 	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 9:30 Exercise 11am Live Music & Dance	26 8:30 to 9:30 HathaYoga 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










June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	WGAP Food Bank Open only on Monday 9am to Noon, 1pm to 3:30pm	MUSIC 6/14 Simcoe Boys 6/21 Jackie & Dr Ogden	6/28 Simcoe Boys		1 12pm Pinochle	2
3 	4	5 10am Kit's Toenail Care 1pm Exercise 	6	7 1pm Exercise 1pm Bingo 	8 Hood River Shopping 12pm Pinochle 	9 
10 	11 6:30pm Game Night at Senior Center	12 10am Toenail Care 1pm Exercise	13 10:30am Caregiver Support Group	14 1pm Exercise  1pm Bingo	15 Noon Pinochle	16 Senior Breakfast \$3pp 
17 Father's Day 	18	19 10am Kits Toenail care Donations gladly accepted 1pm Exercise	20 	21 1pm Exercise 1pm Bingo	22 The Dalles Shopping Noon Pinochle	23
24 	25 GAME Night 6:30pm at the Senior Center	26 10am Kit's Toenail Care 1pm Exercise	27 	28 1pm Exercise 1pm Bingo	29 Noon Pinochle	30 



JUNE MENU 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Lyle Breakfast 7am 10am \$7ppAdults \$4Child6-12 under 5 Free Lyle Lions 
3 	4 WS Tuna Salad	5 GD & Lyle Tuna Salad	6 WS Spaghetti 	7 GD Spaghetti	8	9
10	11 WS Sloppy Joe's	12 GD & Lyle Sloppy Joes 	13 WS SW Chicken Wraps 	14 GD SW Chicken Wraps 5:30pm Trout Lake: Ranch Chicken Pinwheels	15 	16 GD \$3pp Senior Breakfast 9am \$3pp
17 	18 WS Chef Slad	19 GD & Lyle Chef Salad 	20 WS Salisbury Steak	21 GD Salisbury Steak Klickitat: Taco Salad	22 	23 Menus Subject to Change
24	25 WS Ham & Scalloped Potatoes	26 GD & Lyle Ham & Scalloped Potatoes	27 WS Orange Chicken	28 GD Orange Chicken	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 June 14 at the 5:30pm, at the Trout Lake School.

KLICKITAT: 3rd Thursday-June 21 Noon at the Klickitat Community Center

Volunteer Hours

April HOURS

TRANSPORTATION	598.25 Hours
NUTRITION	781 Hours
NEWSLETTER	25 Hours
SR. EXERCISE	29 Hours

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, June 13th

10:30am at the Goldendale Senior Center



Are you 60 or Better? Do you like a good meal?

Join us for Lunch

There are five Hot Lunch programs offered throughout Klickitat County which serve delicious, and nutritious well-balanced meals.

The lunch programs also give you the opportunity to socialize, listen to great music, enjoy meeting new people, catch up with old friends.

See the schedule of meal site dates, times, locations, and what is being served on our menu page of this newsletter.

All those who are 60 and better are invited to contribute \$3.50 for each meal but that is strictly a suggested donation. We appreciate each donation and the money donated goes toward covering the costs of providing meals.



Do you or someone you know need help?



Whether you are an older adult yourself, or a caregiver concerned about the well-being and independence of an older adult, Klickitat County Senior Services is ready to help.

Senior Information & Assistance Coordinators are the staff that are the gateway to information, access, and assistance in obtaining various services.

Call us. Virginia in Goldendale: 509-773-3757

Jill in White Salmon: 509-493-3068

Or toll free: 1-800-447-7858 We are here to help.

“No Time” Health Tips



The number one excuse people give for not making lifestyles changes is they don't have time. Here's a list of ten time-efficient changes you can make that will produce a fitter and healthier you.

1. Eat breakfast. When you wake up your energy reserves are low. Keep several quick breakfast options to get your day started right. Time needed: 10 minutes.
2. Go for a Walk. Even 20 minutes of activity a day can give you health benefits. Keep your walking shoes by the door or in the office so you are always ready to go. Time needed: 20 minutes
3. Floss your Teeth. Flossing cleans between your teeth-a place your toothbrush can't reach. Time needed: 30 seconds.
4. Drink 8 glasses of water. Even small losses of water can affect how your mind and body perform. Time needed: 4 minutes
5. Stretch. Regular stretching helps keep your muscles and connective tissue more elastic and flexible. Hold each stretch for 30 seconds to the point of mild tension, not pain and remember no bouncing. Time: 5 minutes
6. Buckle up. Wearing a seat belt will double your chances of surviving an accident that would otherwise kill you. Time needed: 10 seconds.
7. Challenge your Brain. Do at least one thing every day to challenge yourself mentally. Regular mental stimulation can stave off short-term and long-term memory loss in old age. Time needed: 15 minutes.
8. Moisturize. Your oil glands are not as active as you age, so you need to add back moisture to your skin. Buy a moisturizer with sunscreen to help protect against skin cancer. Time needed: 3 minutes.
9. Do a Breast Exam/Prostate Exam. Early detection of breast or prostate cancer means a better survival rate. Regular self-exams can literally be the difference between life and death. Time needed: 5 minutes.
10. Take a time-out. Time needed 20 minutes

(Source, Franklin & Benton County Extension)



FAMILY CAREGIVER ALLIANCE®
National Center on Caregiving

Introducing In-Home Care When Your Loved One Says 'No'

Desperate though caregivers may be for a temporary respite from their care responsibilities, many care recipients are resistant to strangers coming into their home to help. The help may be perceived as an invasion of privacy, a loss of independence, or a waste of money. Yet in-home assistance is often critical in offering caregivers a break and time to relax and rejuvenate.

There are ways to make this transition easier. Here are some tips for making your loved one feel more comfortable with in-home help:

1. Start gradually.

Begin by having the aide come only a couple of hours each week, then add hours as your loved one builds a relationship with the helper. If you feel comfortable with the attendant running errands or preparing meals that can be brought to the house, you can start with those services, which can be done outside the home.

2. Listen to your loved one's fears and reasons for not wanting in-home care.

Express your understanding of those feelings. If possible, get your loved one involved in choosing the aide. He or she will feel more invested and comfortable with the decision.

3. "This is for me. I know you don't need help."

Expressing the need as yours, rather than the your loved one's, helps maintain her sense of dignity and independence. You can also add that having someone stay at home allows you not to worry while you are gone. Make it clear that you will be coming back.

4. "This is prescribed by the doctor."

Doctors are often seen as authority figures and your loved one may be more willing to accept help if she feels that she is required to do so.

5. "I need someone to help clean."

Even if this is not the real reason, often people will allow someone in to clean when they "don't need" care for themselves.

6. "This is a free service."

This strategy may work if other family members are paying for the home care or if it is, in fact, provided without charge. Your loved one may be more open to using the service since she does not feel that she is spending money for it.

7. "This is my friend."

By pretending that the attendant is a friend of yours you are relating the home care worker to the family. This can help with establishing trust and rapport. You can also say that your "friend" is the one who needs company and that by having him or her over your loved one is helping him out.

8. "This is only temporary."

This strategy depends on the condition of your loved one's memory. If she often forgets what you say, then she may also forget that you said this. By presenting the situation as short-term, you will give some time for your loved one to form a relationship or become comfortable with home care as part of her daily routine, and give you a chance for a well-deserved break.



Why You Need Plenty of Potassium



Most people don't get enough of this heart-protective mineral.

When it comes to -dietary strategies to control blood pressure, sodium gets all the attention. But too little potassium could be just as important as too much salt.

When you get enough potassium, it helps your body excrete sodium. That eases tension in the blood vessel walls, which can help lower blood pressure.

The mineral also helps blood vessels relax independent of the role it plays in sodium balance.

How Much Potassium Do You Need?

The recommended daily dose of potassium is 4,700 mg. But according to a study in The American Journal of Clinical Nutrition, less than 2 percent of Americans consume that much. The Dietary Guidelines Advisory Committee highlighted the lack of potassium in our diets by designating it a “shortfall nutrient.”

So should you take potassium supplements? Not unless your doctor tells you to. A very high intake of the mineral—which is easier to get with supplements than with food—may limit the kidney's ability to eliminate potassium, and that can lead to abnormal heart rhythms. The elderly as well as people with kidney disease or type 2 diabetes, and those who take certain medications (such as ACE inhibitors, beta blockers, and nonsteroidal anti-inflammatories) are most at risk. In addition, the type of potassium found in supplements is actually a different form than the kind that naturally occurs in food and may not provide the same benefits.

Having at least eight servings of fruits and vegetables daily is ideal.

If you just -focus on eating fruits and vegetables with every meal and snacks, you will easily get enough.

Below is a list of 22 foods (in descending order of their potassium level) that will help you boost your potassium intake. For more potassium-rich foods, search the USDA's nutrients list.

Where to Find Potassium

Swiss chard, 1 cup cooked: 961 mg

Acorn squash, 1 cup cubed: 896 mg

Spinach, 1 cup cooked: 839 mg

Baked potato, 1 small w/skin: 738 mg

Lentils, 1 cup cooked: 731 mg

Tempeh, 1 cup: 684 mg

Salmon, 5 ounces: 676 mg

White beans, ½ cup: 502 mg

Yogurt low-fat plain, 1 cup: 531 mg

Sun-dried tomatoes, ¼ cup: 463 mg

Cantaloupe, 1 cup cubed: 427 mg

Banana, 1 medium: 422 mg

Carrots, 1 cup cooked: 367 mg

Crushed canned tomato, ½ cup: 355 mg

Sweet potato, 1 medium w/o skin: 347 mg

Avocado, ½: 345 mg

Raisins, 1 small box (1.5 oz): 322 mg

Quinoa, 1 cup cooked: 318 mg

Pistachios, ¼ cup kernels: 310 mg



**Southwest Washington
Regional Transportation Council**

You have an opportunity to help shape Klickitat County’s accessible transportation. You are invited to the following meetings to provide input on the Human Services Transportation Plan (HSTP) for our region. This plan sets the direction and funding priorities for transportation to people with disabilities, seniors, and low-income people. Please join us at a meeting and share your transportation-related concerns and suggestions.

Additional information on the Clark/Skamania/Klickitat Counties Human Services Transportation Plan (HSTP) can be found at: www.rtc.wa.gov/programs/hstp/. If you are unable to attend the meeting you can also provide comments using the public comment link from the above website.

White Salmon HSTP Meeting

Wednesday, June 13, 4:00-6:00 pm
Pioneer Center, 501 NE Washington St, White Salmon, WA 98672

Goldendale HSTP Meeting

Tuesday, June 19, 4:00-6:00 pm
Klickitat County PUD Public Meeting Room, 1313 S. Columbus, Goldendale, WA 98620

Non-Profit Organization
U.S. Postage Paid
White Salmon, WA 98672
Permit #77

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