

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068



2018

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OLDER AMERICANS MONTH

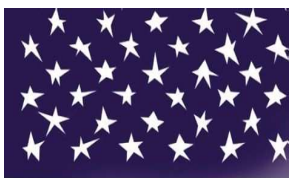


ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start.

We hope you will join in and **Engage at Every Age!**



Memorial Day

Remember your sacrifice today & every day on this memorial day.....

THANK YOU!

Memorial Day is celebrated across the United States. It is an important holiday that remembers those that died for our country, and serves to remind people of the costly price of Freedom.

Volunteer Hours

March HOURS

TRANSPORTATION	616.25 Hours
NUTRITION	664 Hours
NEWSLETTER	25 Hours
SR. EXERCISE	21 Hours
MUSICIANS	24 Hours

Online Dating Safety Reminders Help Keep Single Seniors Safe



The \$2 billion online dating industry is an increasingly popular way to meet romantic partners, including older adults.

But while seniors can easily browse the many fish in the sea on virtual platforms, they are also more likely to run into predatory sharks –thieves who are out not for love, but for money.

Seniors and anyone using online dating sites, should look out for red flags that indicate the person on the other end of the internet connection is a scam artist looking to steal your money and not your heart. Here are the warning signs, along with tips on ways to protect yourself:

1. Bad Grammar

Emails from scam artist often contain multiple grammatical mistakes and spelling errors, more so than the typical smartphone typist. That's because they are frequently using online translation services to communicate because English is not their first language.

If the messages contain odd terms not normally used in spoken English, then users should be suspicious, says, Amy Nofziger, an expert with the AARP (American Association of retired People) Fraud Watch Network, which is dedicated to raising awareness around scams to help people avoid becoming victims.

2. Never being able to meet up.

Usually the goal of online dating is to meet in person and have some kind of relationship, but for thieves prowling the sites for victims, the aim is not physical contact at all, but a virtual relationship that eventually leads to a cash transfer. Scam artists tend to quickly urge their victims to communicate off the site, by email or texting, to get around whatever privacy restrictions the dating site has in place.

3. Professing love quickly.

Scam artists are often eager to move the “relationship”: along quickly and claim to be in love at a relatively early stage of communication. Women tend to fall victim to thieves masquerading as older, distinguished gentlemen, while men tend to be taken in by thieves pretending to be younger women.

4. Making the ask.

Romantic scam artists are after their victim's money, and to get it, they will often claim to be facing some kind of financial crisis shortly after declaring their love. “They'll make several repeated requests for money and say, ‘you're the only person who can help.’”

If the person you are communicating with online makes that kind of request, it's time to move on, she says.

To stay safe when using online dating sites, people of all age are urged to stay somewhat mysterious, at least until you meet up face-to-face and have a better sense of the person. (To protect your physical safety, always meet online friends in a public space with others around.)

Smart phone users can turn off their location settings, so they aren't displaying their location to strangers online, and can avoid sharing personal details like their workplace.

You can also do a little cyberstalking on your own. Take some time to run a Web search on the name and photo of the person with whom you are communicating online. Since scammers steal people's photos and identities, you could unravel their lie. “We know they steal from modeling websites,” Amy Nofziger says.

If your Google image search leads you to a modeling photo page, then you are probably being duped. “find out if their Facebook, Twitter, LinkedIn and other accounts match up to what they told you about themselves,” she adds.

Before finding a love match on line, you want to make sure you're communicating with a real person, no matter what age you are.



DISCOUNTED PRICING
THE ENTIRE MONTH
OF MAY



Blood Tests

Wellness Screen • HgbA1c • Vitamin D • PSA • Thyroid

Diagnostic Imaging

Vascular Ultrasound • Body Mass Index (BMI)



Wellness Days kicks off May 1 at Klickitat Valley Health! For the entire month of May, we are offering Discounted Lab tests and Diagnostic Imaging without the need for insurance or a provider's order.

For discounted lab work, stop by registration any day in May, between the hours of 7 am. to 9 a.m., and sign up for any number of these discounted tests:

Wellness Screen - \$40.00

HgbA1c - \$15.00

Vitamin D- \$20.00

PSA (prostate screen for men- \$15.00

Thyroid Screen (TSH/FT4) - \$20.00

For discounted imaging, an appointment is required. Please call Diagnostic Imaging at 509.773.1020 to schedule your screen between the hours of 8 a.m. to 5 p.m., Monday through Friday.

Tests included are:

Vascular Ultrasound \$50.00

Body Mass Index (BMI) \$20.00

For more information, please call the hospital at 509.773.4022.

The Goldendale Senior Center

The Goldendale Senior Center was originally a Safeway store that was open in 1953 and went up for sale in 1978. Olen Monroe, Director of the Retired Senior Volunteer Program and the Klickitat County Senior Council found it was for sale and the seniors and volunteers went to work on the Safeway store. There were about 40 people and businesses that helped to donate and purchase the Safeway building, some of those included: Pete Heming, Mrs. Thomas Cuff, Joes Olson, Howard Kubler, Rainier Bank, Merle & Maud Winterstein, Harold Fariello, Dr. Lande, Jennie Ahola, Marcell Montgomery, Emmet Clouse, and Pearl Shepard.

The Klickitat County Senior Council signed the deed on October 12, 1978 and with much help completed the building free of debt on August 1, 1979. The first senior meal in conjunction with Klickitat County Senior Services was served on August 14, 1979. The Nutrition/Head cook/Goldendale site manager was Kathy Powers. JoAnn Darland, Anne Olson, Tommy Lee, and Pearl Starks also helped in the kitchen.

The first Goldendale Senior Center Board of Directors served from 1978 to 1980.

The Goldendale Senior Center is a non-profit organization that has it's own non-profit Board of Directors that are voted in by the membership. Klickitat County Senior Services leases space at the Goldendale Senior Center to offer senior meals on Tuesdays and Thursdays and often coordinates with the Senior Center Board on additional activities for seniors that are of mutual benefit. The Tuesday and Thursday senior meals are open to all seniors and funding for those meals comes from Klickitat County, The Area Agency on Aging & Disabilities of Southwest Washington, United Way of the Columbia Gorge, and volunteer support. The Goldendale Senior Center also has it's own membership for those 50 and older and their annual membership cost is \$10 per year.









The 2018 Board of Directors for the Goldendale Senior Center are: Dick Wheelhouse-President, Gary Clayton-Vice President, Donald Beierle-Secretary. The Directors are Carol Duncan, Peggy Spillman, Jackie Morris-Historian/Reporter, and Reggie Stevens-Rental Manager. Treasurer is Berta Lowe.

The Goldendale Senior Center also has the Senior Store that sells second hand items. The Senior Center is also available for rent by private parties

On Thursday, May 17th, there will be a special celebration of "Older Americans Month" at the Goldendale Senior Center noon luncheon.

White Salmon Events May 2018










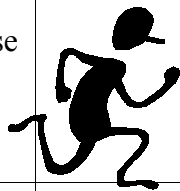
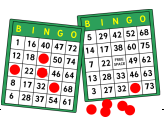




Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 5/2 Huskey Family 5/7 Simcoe Boys 5/9 Simcoe Boys	5/14 Old Time Friends 5/16 Andre 5/21 Simcoe Boys 5/23 Simcoe Boys 5/30 Simcoe	1 8:30 to 9:30 Hatha Yoga 2pm Strong Women	2 9:30 Exercise 11am Live Music & Dance	3 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	4 	5
6	7 9:30 Exercise 11 Live Music & Dance	8 8:30 to 9:30 Hatha Yoga  2pm Strong Women	9 WS Dental Bus 9:30 Exercise 11 Live Music & Dance	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	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	26
27 	28 OFFICE CLOSED Memorial Day	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	<i>Events take place at the Pioneer Center unless otherwise indicated</i>	




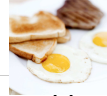











Goldendale Events

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 5/10 Simcoe Boys 5/17 Jackie Johnson 5/22 Rick Johnson	5/24 Simcoe Boys 5/29 Rick Johnson 	1 10 Kit's Toenail care Donations gladly accepted 1pm Exercise	2 	3 1pm Exercise 1pm Bingo (GD Senior Center Members only)	4 Hood River Shopping 12pm Pinochle	5 
6	7 	8 10am Toenail Care 1pm Exercise 	9 10:30am Support Group 3pm Girl Scout Cookies & Milk at Senior Center All Seniors Welcome!	10 1pm Exercise 1pm Bingo (Goldendale Senior Center Members only)	11 12pm Pinochle 	12
13 	14 Game Night 6:30pm at the Senior Center	15 10am Kit's Toenail care 1pm Exercise	16	17 1pm Exercise 1pm Bingo 	18 The Dalles Shopping Noon Pinochle	19 Senior Breakfast \$3pp 
20	21	22 10am Kit's Toenail Care 1pm Exercise	23 	24 1pm Exercise 1pm Bingo (Members Only) 	25 Noon Pinochle	26
27 	28 OFFICE CLOSED Memorial Day Thank you Veterans!!!	29 10am Kit's Toenail Care 1pm Exercise	30	31 1pm Exercise 1pm Bingo (Members Only) 	<i>Events take place at the Goldendale Senior Center unless otherwise indicated</i>	

MAY MENU 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to Change		1 GD & Lyle Country Steak 	2 WS Chicken Enchilada	3 GD: Chicken Enchilada	4 	5 Lyle Breakfast \$7 Adults, Children (6-12)\$4, under 5FREE
6	7 WS Baked Fish	8 GD & Lyle Baked Fish 	9 WS Meatloaf 	10 GD Meatloaf	11	12
13 	14 WS Beef Stroganoff	15 GD & Lyle Beef Stroganoff 	16 WS Baked Chicken 	17 GD: Baked Chicken Klickitat—Lasagna	15 	19 GD Senior Breakfast \$3pp
20	21 WS Hungarian Goulash	22 GD & Lyle Hungarian Goulash 	23 WS Oriental Chicken Salad	24 GD Oriental Chicken Salad 	25	26
27 	28 OFFICE CLOSED Memorial Day	29 GD & Lyle Beef & Spanish Rice 	30 WS Chicken Parmesan	31 GD Chicken Parmesan 		

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 Street.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center , 503 Hwy 14.

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

TROUT LAKE: MAY ONLY: Thursday, May 17 at 5:30pm at Trout Lake School

KLICKITAT: 3rd Thursday-May 17-Noon at the Klickitat Community Center.

Travelling on a Budget for Seniors



Diane Ferguson with *A Unique Adventure Travel* will be providing a presentation with tips on senior discounts, travel ideas, and budget tips.

**Where: Pioneer Center Senior Craft Room,
501 NE Washington Street, White Salmon.**

When: Monday, May 21st at 10am and 1pm.

Energizing Support Groups

Goldendale Support Group

Second Wednesday, May 9th
10:30am at the Goldendale Senior
Center

Need help paying for Medicare?

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

Call and speak with Jill 509-493-3068 or Virginia 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.



Do you need help caring for a loved one?

Many people who care for a loved one, a friend, or a neighbor don't think of themselves as caregivers. If you help an adult with tasks such as meal preparation, personal care, and errands; or check in by phone and/or in-person on a daily basis; or schedule and maybe even attend doctor's appointments with a loved one, you may be a caregiver.

The Family Caregiver Support Program helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the program enables care receivers to remain at home and independent.

One size definitely does not fit all. The program tailors support services to the unique needs of unpaid family caregivers. Services may include:

- Referrals to local support groups, counseling, and other resources.
- Training on specific caregiving topics.
- Advice on use of supplies and equipment.
- Practical information and caregiving suggestions.
- Respite care, if you need a break.

When a caregiver contacts the program, our specialist conducts an interview using [TCARE®](#) (Tailored Caregiver Assessment and Referral), to better understand the caregiver's current situation, sources of stress, and stress level. The interview can be completed by phone.

Caregivers may qualify for Family Caregiver Program support services if they are:

- 18 years or older and caring for a person with a disability who is 60 years or older or to an individual of any age with Alzheimer's disease and related disorders.
- The primary caregiver.
- Not paid for caregiving.

Most services are free. Respite care is available on a sliding scale.

If you would like more information about family caregiver support services, call Senior Services in White Salmon 493-3068 or in Goldendale 773-3757 or toll free at 1-800-447-7858.

Outstanding Senior Volunteers : The Simcoe Boy's



Congratulations to the Simcoe Boys!

The Simcoe Boys were selected by the Klickitat County Senior Advisory Board as outstanding volunteers in Klickitat County.

The Simcoe Boys Band was established in 2014 and said they will continue “however long we can stand each other”! The original Simcoe Boys started at the Dalles Senior Center and there were some band member changes but the current band members are: Floyd on Steel Guitar, Jack on Rhythm Guitar, and Gregg on keyboards. All three sing. Their genre is Traditional Country with some older rock and roll.

The Simcoe Boys have played at New Hope Farms outside of Goldendale, The Oregon Veterans Home in The Dalles, several Senior Living and Nursing homes in The Dalles and they regularly play at the Goldendale Senior Center and the White Salmon Senior Center and they host a jam session the first Sunday of every month at the American Legion in Goldendale.

The Simcoe boys said they appreciate all who come out to dance and listen. The many nomination forms that came in for them showed how much people really appreciate their music.

Thank you Floyd, Jack, and Gregg!

**Senior Newsletter Edited
by Virginia Dunham and
Jill Parrott**

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Permit #77

*SHARE STORIES OF YOUR LIFE WITH THEM, LET THEM
SHARE THEIR DREAMS WITH YOU!*

VISIT WITH OUR GIRL SCOUTS!



COME!

3:00PM

WEDNESDAY, MAY 9

GOLDENDALE SENIOR CENTER

ENJOY GIRL SCOUT COOKIES & MILK

YOU ARE INVITED