

# Klickitat County Senior Newsletter

Goldendale 773-3757  
White Salmon 493-3068



# 2019

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## RETIREMENT OPEN HOUSE VIRGINIA DUNHAM



Date: Friday, June 14

Time: 12:30 to 2:30pm

Place: Goldendale Senior Services office

115 W. Court Street

Virginia Dunham, Information & Assistance Coordinator in our Goldendale office is retiring on June 14th after over 15 years of caring service.

Virginia has been a strong advocate and has provided caring guidance, information, support, and assistance to many in our community. We will miss her!

Please join us in saying THANK YOU for her years of service and wish her well on her upcoming adventures.

## Top 10 Reasons to Shop at a Farmers Market

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Support your local farmers and economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get your grandkids involved.
5. Supporting your local farmers market strengthens your community.



Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.

6. Farmers markets offer foods that align with MyPlate guidelines.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetable!

Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.

9. SNAP and WIC benefits are accepted at some farmers markets.
10. Farmers markets are easy to find.

## Farmers Markets

### Goldendale Farmers Market

Dates: May 11th – September 28th

Hours: Saturdays, 9:00 am – 2:00 pm

Location: Ekone Park at the corner of Broadway and Wilbur.

### White Salmon Farmers Market

Dates: June 11th – September 17th

Hours: Tuesdays, 4:00 pm – 7:00 pm

Location: White Salmon's City Park.

### Klickitat Summer Market

Dates: June – September

Hours: 2nd Saturday of the month, 9:30 am – 12:00 pm

Location: Depot Park

## MOBILE FARMERS MARKET

### LYLE

Fridays, 4pm – 6pm

outside the Lyle Activity Center, Hwy 14 & 3rd Street (opens May 10th)

### KLICKITAT

2nd Saturdays, 9:30am – 12pm  
at the Klickitat Summer Market, Depot Park (opens June 8th)

# KNOW<sup>the</sup> 10 SIGNS

EARLY DETECTION MATTERS

## HAVE YOU NOTICED ANY OF THESE WARNING SIGNS?

Please list any concerns you have and take this sheet with you to the doctor.

*Note: This list is for information only and not a substitute for a consultation with a qualified professional.*

- 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.  

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- 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.  

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- 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.  

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- 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.  

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- 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.  

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- 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.
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- 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.
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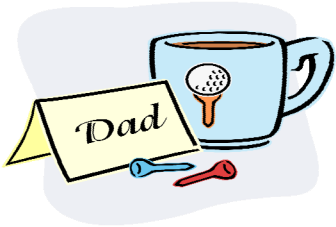
- 8. DECREASED OR POOR JUDGMENT.** People with Alzheimer’s may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.  
**What’s a typical age-related change?** Making a bad decision once in a while.
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- 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.
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- 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.
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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).



# White Salmon Events June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6/3 Simcoe Boys 6/5 Huskey Family 6/10 Simcoe Boys	6/12 Simcoe Boys 6/17 Old Time Friends 6/19 Andre & Band	6/24 Simcoe Boys 6/26 Simcoe Boys		<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated.</i>	1
2	3 9:30am Exercise  11am Live Music & Dancing	4 8:30 –9:30 Hatha Yoga  2pm Strong Women	5 9:30am Exercise  11am Live Music & Dancing	6 8:30-9:30 Hatha Yoga 11:30am Pinochle 2pm Strong Women	7	8
						
9	10 9:30am Exercise  11am Live Music & Dancing	11 8:30-9:30 HathaYoga  2pm Strong Women	12 9:30 Exercise  11am Live Music & Dance	13 8:30-9:30 Hatha Yoga 11:30am Pinochle 2pm Strong Women	14 Flag Day	15
						
16 <b>Father's Day</b>	17 9:30am Exercise 11am Live Music & Dancing	18 8:130-9:30 Hatha Yoga 2pm Strong Women	19 9:30am Exercise  11am Live Music & Dancing	20 8:30-9:30 Hatha Yoga 11:30am Pinochle 2pm Strong Women	21	22
						
23	24 9:30am Exercise  11am Live Music & Dancing	25 8:30-9:30 Hatha Yoga  2pm Strong Women	26 9:30am Exercise  11am Live Music & Dancing	27 8:30-9:30 Hatha Yoga 11:30am Pinochle 2pm Strong Women	28	29
						

The Goldendale Senior Center is owned & operated by a non-profit Senior Center Board. Klickitat County Senior Services leases space at the Goldendale Senior Center for the Senior Meal and some special events.

# Goldendale Events June 2019










Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MUSIC 6/13 Simcoe Boys 6/18 Glenda Blackwell- Baxter	6/20 Jackie  6/27 Simcoe Boys				1 Tractor Pull Hanging Rock Road  Ekone Park GD Pickers festival
2 Tractor Pull Hanging Rock Rd  Ekone Park Gd Pickers Festival	3 	4 10am Toe Nail Care  1pm Exercise	5 	6 1pm Exercise	7 Hood River Shopping   12pm Pinochle	8 
9 Father's Day 	10	11 Toe Nail Care  1pm Exercise	12 10:30 Support Group	13 1pm Exercise 	14 Noon Pinochle  Flag Day!	15 Goldendale Senior Breakfast \$3pp
16	17 	18 10am Toe Nail Care  1pm Exercise 	19	20 1pm Exercise	21 Noon Pinochle	22 
23  30	24 	25 10am Toe Nail Care  1pm Exercise	26	27 1pm Exercise	28 The Dalles Shopping  Noon Pinochle	29 



# JUNE MENU 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					 1 Lyle Breakfast 7am to 10am \$7Adults \$4Child6-12 under 5Free	
2	3 WS Tuna Salad	4 GD & Lyle Tuna Salad	5 WS BBQ Chicken Legs	6 GD BBQ Chicken Legs	7	8
9 Father's Day 	10 WS Sweet & Sour' Sour Pork	11GD & Lyle Sweet & Sour Pork	12 WS Turkey Wraps 	13 GD Turkey Wraps	14 Flag Day! 	15 GD \$3pp Senior Break- fast 9am \$3pp 
16	17 WS Chicken A'La'King	18 GD & Lyle Chicken A'La' King	19 WS Meatloaf 	20 GD Meatloaf	21	22
23 30	24 WS Shepherd's Pie	25 GD & Lyle Shepherd's Pie 	26 WS Chili Baked Potato	27 GD Chili Baked potato	28 <b>Menus subject to change</b>	29

## SENIOR MEAL SITE LOCATIONS

**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.

**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 20 at the 5:30pm Trout Lake school.

**KLICKITAT:** 3rd Thursday-June 20-Noon at the Klickitat Community Center

\$3.50 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 fee.

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

### Why Get Checked?

If you notice any of the 10 warning signs of Alzheimer's disease in yourself or someone you know, schedule an appointment with your doctor. An early diagnosis of Alzheimer's provides a range of benefits for the individuals who are diagnosed, as well as their loved ones.

### Medical benefits

Getting checked by your doctor can help determine if the symptoms you are experiencing are truly due to Alzheimer's or some other — perhaps even treatable — condition.

If Alzheimer's is the cause, an early diagnosis allows you:

- **Access to treatment options:** While current medications do not prevent, stop or reverse Alzheimer's, they can help lessen the symptoms, such as memory loss and confusion, for a limited time. An early Alzheimer's diagnosis provides you with a better chance of benefiting from treatment.

**An opportunity to participate in clinical trials:** An early diagnosis makes individuals eligible for a wider variety of clinical trials, which advance research and may provide medical benefits.

**A chance to prioritize your health:** Some lifestyle changes, such as controlling blood pressure, stopping smoking, participating in exercise, and staying mentally and socially active, may help preserve cognitive function.

### Emotional and social benefits

Receiving an early Alzheimer's diagnosis may help lessen anxieties about why you are experiencing symptoms. You and your family also have the opportunity to maximize your time together and access resources and support programs.

### More time to plan for the future

Do you know who you would want to make decisions for you in the event you're no longer able to? An earlier diagnosis also allows you to be open with your family and support network about what you want during each stage of the disease. This can give you peace of mind, reduce the burden on family members and prevent disagreements.

Planning ahead allows you to express your wishes about legal, financial and end-of-life decisions. You and your family will be able to review and update legal documents, discuss finances and property, and identify your care preferences. You can also address potential safety issues, such as driving or wandering, ahead of time.

### Cost savings

Early diagnosis saves costs of medical and long-term care for both families and the U.S. government. Among all Americans alive today, if those who will get Alzheimer's disease were diagnosed when they had mild cognitive impairment, before dementia, it would collectively save \$7 trillion to \$7.9 trillion\* in health and long-term care costs.

# Senior Resource Day!

Wed. June 26, 2019 11am to 2pm @ Trout Lake Grange

Free informational event for senior citizens

Have questions about...

- Healthcare
- Resources
- Transportation



Let's see if we can help give you some answers!

Door prizes & Handouts!

Sponsored by CEKC and partners!



COMMUNITY  
ENRICHMENT for  
KLICKITAT  
COUNTY



Klickitat County  
Senior Services

Visit our website at: [cekcwa.org/](http://cekcwa.org/)

## Energizing Support Groups

**Goldendale Caregiver Support Group for Unpaid Caregivers**

Second Wednesday, June 11th

10:30am at the Goldendale Senior Center

## Volunteer Hours

### April HOURS

TRANSPORTATION	660.5 Hours
NUTRITION	938.5 Hours
NEWSLETTER	25 Hours
SR. EXERCISE	26 Hours
MUSICIANS	18 Hours



## Social Security Imposter Scam

Consumer advocates are raising an alert about a twist to an old impostor phone scam. It's called the "Social Security impostor scam."

Here's how it works:

You get a call with a warning that your Social Security number has been suspended because of suspicious activity or because it's been used in a crime. You are asked to confirm your number or told you need to withdraw money from the bank and buy gift cards.

The phone call may be a robo caller with a message to "press 1" to speak with a "support representative" from the government to reactivate your Social Security number. The scammers use technology to spoof your Caller ID to make it look like the Social Security Administration is really calling.

In the last 12 months, people filed more than 76,000 complaints about Social Security impostors, reporting \$19 million in losses. The median reported loss last year was \$1,500, the FTC said.

People are asked to give up the personal identification numbers (PINs) on the back of gift cards or use virtual currencies like Bitcoin to pay. (According to the FTC's consumer alert, people withdrew money and fed cash into Bitcoin automatic teller machines.)

After handing over the gift card numbers to the "Social Security office," one consumer interviewed by Fraud.org was told he would receive a refund equal to the amount he paid to unfreeze his account from the Federal Reserve. Of course, the refund never came and the man lost nearly \$20,000.

According to Fraud.org and the FTC, here are some important things to remember:

Don't trust your phone's caller ID. Scammers can make it look as if the Social Security Administration is calling and even use the agency's real number.

Don't give your Social Security number, other personal information, to a caller on the phone.

Social Security will never suspend your number, according to Fraud.org. If anyone tells you something different, you're being scammed.

Social Security will never call you and demand money. No government agency will demand you pay something using gift cards or Bitcoin either.

If you have a question, check with the real Social Security Administration. The administration will never contact you out of the blue. The agency's number is 1-800-772-1213.

Talk about the scam with friends, family and neighbors. Report government impostor scams to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

## Outstanding Senior Volunteer : Larry Struchen

Congratulations Larry Struchen!

Larry was nominated by numerous people and then selected by the Klickitat County Senior Advisory Board as an outstanding volunteer in Klickitat County.



Larry and his wife, Cheryl, moved to White Salmon in 2004. Larry said he and his wife had friends that had moved to White Salmon years ago to raise their children and they kept in touch. He and his wife decided once Larry retired they wanted to move to White Salmon. Larry worked as a firefighter with the Southern California Fire Department for 28 years and retired in 1998. When they first moved here in 2004 Larry was bored so he went to work as a toll booth collector on the Hood River Bridge. He left there because he only wanted to work Part time.

He began volunteering at Skyline Hospital and continues to volunteer at Skyline Hospital every Tuesday. He began volunteering with Klickitat County Senior Services in 2016 and works on Mondays and Wednesdays volunteering in the kitchen to help make the delicious senior meals happen. Larry said he has always enjoyed cooking, he does most of the cooking at home and cooked in the firehouse when he was a firefighter.

When asked—Why Volunteer? “It makes me feel good to help other people and give back to my community.”

Words of advice? “It is good to get out of your house and meet new people and socialize.”

**Thank you Larry for all you do!! You truly make a difference.**

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**

**Issue # 0519**

**Outstanding Volunteer Recognition**  
**Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?**  
The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.  
To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices.  
Nominations need to be submitted to Klickitat County Senior Services. A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter.