

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068

JULY

2019

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Congratulations to Stacy Bryan!

Stacy Bryan, who has been our Transportation Coordinator for the past 8 years will be moving to take over as the Information & Assistance Coordinator in our Goldendale office. Stacy comes with a tremendous amount of heart and knowledge and will be spending the upcoming months in training and training her replacement.

Please bear with us while we work on getting Stacy's replacement on board.

How do I Contact the Information & Assistance Coordinator?

Information and Assistance Coordinators are available by phone and appointment in our offices.

We listen to you and your unique situation, focusing on identifying needs, preferences and support, both personal and financial. Staff explore and link you to programs and potential funding sources so you can make decisions that are right for you.

Klickitat County Senior Services Information & Assistance Coordinators are:

Jill Parrott in our White Salmon office 509-493-3068

Stacy Bryan in our Goldendale office 509-773-3757

Our Toll Free Number is 800-447-7858



Volunteer Hours

Energizing Support Groups

Goldendale Caregiver Support Group for Unpaid Caregivers

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

MAY HOURS

TRANSPORTATION	604.25	Hours
NUTRITION	836	Hours
NEWSLETTER	22	Hours
SR. EXERCISE	21	Hours
MUSICIANS	18	Hours

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. 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 the following dates:

July 17, 2019

August 14, 2019

September 11, 2019

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.

White Salmon & Goldendale AARP Driver Safety Class

White Salmon: Jim & Penny will be the instructors

Call: 509.493.3068 to register (might want to bring snack/drink)

Date: Thursday August 15th 8:30 to 1:00 pm

Friday August 16th 9am to 1pm

Place: White Salmon Pioneer Center, 501 NE Washington Street.

Cost: AARP members \$15pp Non-member \$20pp

(You Must participate both days) Members will have to provide their membership number when they sign in on the first day of class.

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.

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**Goldendale:** Jim & Penny will be the instructors.

**Call** 509.773.3757 to register (might want to bring snack/drink)

**Date:** Monday, August 12th 8:30am to 1pm

& Tuesday, August 13th 9am to 1pm

**Place:** Goldendale Grange, 228 E Darland Street

**Cost:** AARP members \$15pp Non-member \$20pp

**(You Must participate both days) Members will have to provide their membership number when they sign in on the first day of class.**

## Why Take a Driver Safety Course?

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.





## Summer UV Eye Safety-Protect your Eyes

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photo keratitis, the condition responsible for snow blindness, so beach- and pool-goers take note.

"UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens," said Michael Kutryb, MD, an ophthalmologist in Edgewater, Fla., and clinical correspondent for the American Academy of Ophthalmology. "Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors." It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

**Wear sunglasses labeled "100% UV protection":** Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

- Choose wraparound styles so that the sun's rays can't enter from the side.
- If you wear UV-blocking contact lenses, you'll still need sunglasses.

**Wear a hat** along with your sunglasses; broad-brimmed hats are best.

**Remember the kids:** It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

**Know that clouds don't block UV light:** The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

**Be extra careful in UV-intense conditions:** Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision.

From the American Academy of Ophthalmology <https://aao.org>

# White Salmon Events July 2019



| Sun                                                                                           | Mon                                                                            | Tue                                                                                                                                                  | Wed                                                                                                                                                         | Thu                                                                                                                                  | Fri                                                                                                                                                     | Sat                                        |
|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
|               | <p>1<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p>  | <p>2<br/>8:30 –9:30<br/>Hatha Yoga</p> <p>2pm Strong<br/>Women</p>                                                                                   | <p>3<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p>                                                                               | <p>4<br/><b>OFFICE<br/>CLOSED<br/>HOLIDAY</b></p>  | <p>5 <i>White Salmon<br/>events are held<br/>in the Senior<br/>Center at the<br/>Pioneer Center<br/>in WS unless<br/>otherwise indi-<br/>cated.</i></p> | <p>6</p>                                   |
| <p>7</p>     | <p>8<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p>  | <p>9<br/>8:30 –9:30<br/>Hatha Yoga</p> <p>2pm Strong<br/>Women</p>                                                                                   | <p>10<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music<br/>Dancing</p>  | <p>11<br/>8:30-9:30 Hatha<br/>Yoga<br/>11:30am<br/>Pinochle</p> <p>2pm Strong<br/>Women</p>                                          | <p>12</p>                                                            | <p>13</p>                                  |
| <p>14</p>                                                                                     | <p>15<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p> | <p>16<br/>8:30-9:30<br/>Hatha Yoga</p> <p>2pm Strong<br/>Women</p>                                                                                   | <p>17<br/>9:30 Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dance</p>   | <p>18<br/>8:30-9:30 Hatha<br/>Yoga<br/>11:30am<br/>Pinochle</p> <p>2pm Strong<br/>Women</p>                                          | <p>19</p>                                                                                                                                               | <p>20</p>                                  |
| <p>21</p>                                                                                     | <p>22<br/>9:30am<br/>Exercise<br/>11am Live<br/>Music &amp;<br/>Dancing</p>    | <p>23<br/>8:130-9:30<br/>Hatha Yoga<br/>2pm Strong<br/>Women</p>  | <p>24<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p>                                                                              | <p>25<br/>8:30-9:30 Hatha<br/>Yoga<br/>11:30am<br/>Pinochle</p> <p>2pm Strong<br/>Women</p>                                          | <p>26</p>                                                          | <p>27</p>                                  |
| <p>28</p>  | <p>29<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p> | <p>30<br/>8:30-9:30<br/>Hatha Yoga</p> <p>2pm Strong<br/>Women</p>                                                                                   | <p>31<br/>9:30am<br/>Exercise</p> <p>11am Live<br/>Music &amp;<br/>Dancing</p>                                                                              | <p>August 1<br/>8:30-9:30 Hatha<br/>Yoga<br/>11:30am<br/>Pinochle</p> <p>2pm Strong<br/>Women</p>                                    | <p><b>Music</b><br/>7/3 Husky<br/>7/7 Simcoe<br/>7/10 Simcoe<br/>7/14 OTF<br/>7/17 Andre<br/>7/22 Simcoe<br/>7/24 Simcoe</p>                            | <p>7/29<br/>Simcoe<br/>7/31<br/>Simcoe</p> |

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

## July 2019

| Sun                                                                               | Mon                                                                                       | Tue                                                                                                                             | Wed                                                                                     | Thu                                                                                                                 | Fri                                                                                                        | Sat                                                                                         |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|  | 1                                                                                         | 2                                                                                                                               | 3                                                                                       | 4<br>Office Closed<br>Holiday<br> | 5<br>Hood River Shopping Trip                                                                              | 6                                                                                           |
| 7                                                                                 | 8                                                                                         | 9<br>10am Toe Nail Care<br>1pm Exercise                                                                                         | 10<br> | 11<br>1pm Exercise                                                                                                  | 12<br>12pm Pinochle<br> | 13                                                                                          |
| 14                                                                                | 15                                                                                        | 16<br>Toe Nail Care<br>1pm Exercise                                                                                             | 17<br>10:30 Support Group                                                               | 18<br>1pm Exercise<br>          | 19<br>The Dalles Shopping<br>Noon Pinochle                                                                 | 20<br>Goldendale Senior Breakfast \$3pp                                                     |
| 21                                                                                | 22<br> | 23<br>10am Toe Nail Care<br>1pm Exercise<br> | 24                                                                                      | 25<br>1pm Exercise                                                                                                  | 26<br>Noon Pinochle                                                                                        | 27<br> |
| 28                                                                                | 29<br> | 30<br>10am Toe Nail Care<br>1pm Exercise                                                                                        | 31                                                                                      | August 1<br>1pm Exercise                                                                                            |                                                                                                            |        |

# July MENU 2019



| Sun | Mon                             | Tue                                    | Wed                 | Thu                                                                                                                             | Fri                                                                                      | Sat                                                                                                                                     |
|-----|---------------------------------|----------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|     | 1 WS<br>Swedish<br>Meatballs    | 2 GD & Lyle<br>Hot Dogs                | 3 WS<br>Hot Dogs    | 4<br><b>Office<br/>Closed<br/>Holiday</b><br> | 5<br> | 6 Lyle Breakfast<br>7am to 10am<br>\$7Adults<br>\$4Child6-12 un-<br>der 5Free                                                           |
| 7   | 8 WS<br>Sloppy Joes             | 9 GD & Lyle<br>Sloppy Joes             | 10 WS<br>Baked Ham  | 11 GD<br>Baked Ham                                                                                                              | 12                                                                                       | 13                                                                                                                                      |
| 14  | 15 WS<br>Macaroni<br>and Cheese | 16 GD & Lyle<br>Macaroni and<br>Cheese | 17WS<br>Baked Fish  | 18 GD<br>Baked Fish                                                                                                             | 19                                                                                       | 20 GD \$3pp<br>Senior Breakfast<br>9am<br>\$3pp<br> |
| 21  | 22 WS<br>Country<br>Steak       | 23 GD & Lyle<br>Country Steak          | 24 WS<br>Spaghetti  | 25 GD<br>Spaghetti                                                                                                              | 26                                                                                       | 27                                                                                                                                      |
| 28  | 29 WS<br>Chicken Pot<br>Pie     | 30 GD & Lyle<br>Chicken Pot Pie        | 31 WS<br>Taco Salad | August 1 GD<br>Taco Salad                                                                                                       | <b>Menus subject<br/>to change</b>                                                       |                                                                                                                                         |

## 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  
White Salmon 493-3068

# Dietary fiber: Essential for a healthy diet

By Mayo Clinic Staff



## Eat more fiber.

You've probably heard it before. But do you know why fiber is so good for your health?

Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.

## Benefits of a high-fiber diet

**Normalizes bowel movements.** Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may help to solidify the stool because it absorbs water and adds bulk to stool.

**Helps maintain bowel health.** A high-fiber diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Studies have also found that a high-fiber diet likely lowers the risk of colorectal cancer. Some fiber is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

**Lowers cholesterol levels.** Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fiber foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

**Helps control blood sugar levels.** In people with diabetes, fiber — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type 2 diabetes.

**Aids in achieving healthy weight.** High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. And high-fiber foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.

**Helps you live longer.** Studies suggest that increasing your dietary fiber intake — especially cereal fiber — is associated with a reduced risk of dying from cardiovascular disease and all cancers.

## Your best fiber choices



If you aren't getting enough fiber each day, you may need to boost your intake. Good choices include: Whole-grain products, Fruits, Vegetables, Beans, peas and other legumes, Nuts and seeds.

**Make snacks count.** Fresh fruits, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices. A handful of nuts or dried fruits also is a healthy, high-fiber snack — although be aware that nuts and dried fruits are high in calories.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of water. Fiber works best when it absorbs water.

### **3 Home Renovations That Will Help You Live Independently as You Get Older**

Here are some of the most practical home modifications older adults can make to continue living independently for as long as possible, along with cost estimates for each (actual costs vary by contractor and location). If they seem expensive, consider that the cost of inaction could also be high, in the form of pricey medical bills following an accident, or even the expense of relocating to a care facility if you can no longer stay at home:

#### **Bathroom Fixes**

Grab bars: \$50 each plus \$100 for installation Walk-in shower: \$4,000 to \$6,000

One in four Americans age 65-plus falls each year, making falls the biggest cause of fatal and non-fatal injuries in older Americans. And the place where people fall the most? The bathroom. You can make inexpensive changes like installing grab bars by the shower and toilet, or more costly, extensive changes like removing your bathtub and installing a walk-in shower. Hand-held shower heads that you can move toward you, rather than having to move yourself, help as well. Bonus: your bathroom doesn't have to look like a hospital facility with age-appropriate adaptations. There are plenty accessible products that are attractive and blend in nicely to existing homes.

#### **Flooring and Lighting**

Flooring replacement: Around \$12.50 per square foot to rip up carpet and install new laminate flooring. Non-glare LED lightbulbs: starting at \$6.

Consistency is key when it comes to both flooring and lighting. Muscle weakness, joint pain and other issues can make it harder for older adults to navigate different surfaces, moving from hardwood hallways to a carpeted living room to tile in the kitchen. Keep the flooring as similar as possible throughout a house. Also, remove area rugs, which are a fall hazard.

Keeping your lighting levels the same throughout the house is also important, as vision sometimes declines with age. Uniform lighting means your eyes don't have to adjust every time you leave a room, helping you keep your balance. You should situate your lighting to make every room as bright as possible: use higher wattage bulbs that help prevent glare (for as little as \$6) or have motion sensor lights installed that turn on automatically when you enter a room. Consider remote-control lighting for those with serious mobility issues.

#### **Entryways and Wheelchair Ramps**

Doorway widening: \$400-\$800 per door Wheelchair ramps: \$5,000-\$14,000

Doorways in older homes tend to be narrower than the currently recommended 32 inches wide, and as such can't comfortably accommodate wheelchairs and walkers. While many newer homes have wider doorways (the International Residential Code requires that doors be at least 32 inches wide), CAPS recommends going even wider, to 36 inches, to provide clear access for most wheelchairs and walkers. Charges range anywhere from \$400-\$800 per door, depending on whether other elements like light switches also have to be moved. Wheelchair ramps can cost anywhere from \$5,000 to \$14,000 there are temporary ramps or permanent structures that can be used.

# 5 Ways to Make the Most of Your Time at the Doctor's Office

## 1. Be Honest

It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best interest. Your doctor can suggest the best treatment only if you say what is really going on. For instance, you might say: *"I have been trying to quit smoking, as you recommended, but I am not making much headway."*

## 2. Decide What Questions Are Most Important

Pick three or four questions or concerns that you most want to talk about with the doctor. You can tell him or her what they are at the beginning of the appointment, and then discuss each in turn. If you have time, you can then go on to other questions.

## 3. Stick to the Point

Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

## 4. Share Your Point of View About the Visit

Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss your concerns. Try to voice your feelings in a positive way. For example, you could say something like: *"I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more."*

## 5. Remember, the Doctor May Not Be Able to Answer All Your Questions

Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.



# How Is Social Security Taxed?

Many people pay federal income tax on Social Security benefits. How much of your Social Security is taxed depends on how much income you have from other sources in addition to your benefits.

One way to tell if you might have a tax bill is to add half your annual benefits to your other income for the year. If the total is over \$25,000 for singles or \$32,000 for married couples, you could pay tax on at least some of your benefits.

The taxes are based on your “combined income,” which includes:

Your adjusted gross income. That includes earnings, investment income and retirement plan withdrawals.

Any tax-exempt interest, such as interest on municipal bonds.

Half of your Social Security benefit.

Here’s how it works if you’re single:

| <b>If your combined income is:</b> | <b>Then you owe tax on:</b> |
|------------------------------------|-----------------------------|
| <b>Up to \$25,000</b>              | None of your benefit        |
| <b>\$25,000 to \$34,000</b>        | Up to 50% of your benefit   |
| <b>Over \$34,000</b>               | Up to 85% of your benefit   |

Here’s how it works if you’re married:

| <b>If your combined income is:</b> | <b>Then you owe tax on:</b> |
|------------------------------------|-----------------------------|
| <b>Up to \$32,000</b>              | None of your benefit        |
| <b>\$32,000 to \$44,000</b>        | Up to 50% of your benefit   |
| <b>Over \$44,000</b>               | Up to 85% of your benefit   |

If your benefits are taxable, it doesn’t mean that you will lose 50% to 85% of your checks. Instead, that’s the portion on which you’ll pay taxes at your regular income tax rate. (Federal income tax rates currently range from 10% to 37%.)

The IRS has a worksheet to help you figure your tax, or you can use tax software.

Most states don’t tax Social Security, but a few do, including Colorado, Connecticut, Kansas, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Rhode Island, Utah, Vermont and West Virginia. (West Virginia is phasing out state taxation of Social Security, and as of the 2021 tax year it will no longer tax benefits for most residents.) Typically, these states exempt certain amounts and tax the rest.

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**Permit #77**  
**Issue # 0719**

## The Story of the Fourth of July

### The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the **Declaration of Independence** and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare inde-

### So what did happen on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed! Source; ConstitutionFacts.com (<https://constitutionfacts.com>)