

Klickitat County Senior Newsletter

Klickitat County Senior Services

Goldendale 773-3757

White Salmon 493-3068

August 2019



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SAVE THE DATE

The Area Agency on Aging & Disabilities of Southwest Washington (AAADSW) and its Advisory Council invite all interested parties to attend the 2020-2023 Area Plan Public Meeting for Aging and Disability Services.

The meeting will occur in conjunction with the Klickitat County Senior Advisory Board meeting and will be on Friday, September 6, 2019 from 11:00 AM to 12:00PM at Dallesport Community Center, 136 6th Ave, Dallesport, WA 98617.

The 2020-2023 Area Plan is the primary tool used by AAADSW to guide the development of community-based supports and programs, and determine funding priorities, for older adults, adults with disabilities and family caregivers in its five-county planning and service area. Those counties include Clark, Cowlitz, **Klickitat**, Skamania, and Wahkiakum Counties.

A draft of the 2020-2023 Area Plan will be available at the meeting and online at www.HelpingElders.org September 4, 2019.

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am at the Dallesport Community Center.

There is currently an opening in District 1 and District 3. If you are interested in submitting your name for membership or would like more information please contact: Sharon Carter, Director at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org.

My friend, who is in her early 80s, has an unsteady gait. Why does this happen and is there anything she can do about it?

Answer From [Edward T. Creagan, M.D.](#)

With age, there is a natural loss of muscle mass that can lead to a loss of balance and coordination and affect the way you walk. This process can be accelerated by neurological disorders, such as dementia, as well as musculoskeletal disorders.

To improve her strength and ability to do normal activities, encourage your friend to talk to her doctor about:

- **Assistive devices.** These devices can help your friend maintain mobility and quality of life. A physical therapist can help her learn how to use a walker or cane.
- **Exercise.** Aerobic exercise, such as walking, and resistance exercise, such as using free weights or resistance bands, can enhance muscle mass and strength and improve gait. Balance training can also help correct balance deficits and prevent falls.
- **Supplements or medications.** Your friend's doctor might recommend calcium and vitamin D to improve her bone health or, if she has osteoporosis, medications to reduce her risk of breaking a bone in the event of a fall.

By working with her doctor, your friend can determine ways to improve her gait and reduce the risk of a fracture in the event of a fall.



August 17, 2019 is National I Love My Feet Day!

What foot care steps help if I have diabetes?

Answer From [Lawrence E. Gibson, M.D.](#)

People with diabetes are at increased risk of foot infections. You can protect your feet with these simple foot care guidelines:

- Inspect and wash your feet daily. Look for redness, swelling, cuts, blisters and nail problems. When washing your feet, use lukewarm water and dry gently, especially between the toes.
- Wear clean, dry socks and properly fitting shoes.
- Don't go barefoot.
- Trim your toenails carefully. Cut the nails straight across. You might want to have this task done professionally, especially if you have thickened nails, vision impairment or numbness in your feet.

If you have any concerns, seek medical care to prevent more-serious conditions from developing.



Envision Your Future, and the future of White Salmon!

What is White Salmon 2040?

White Salmon 2040 is a 15-month process to imagine the City's future and chart a path to get there successfully. White Salmon 2040 is an update to the City's comprehensive plan, which is the policy document that guides future development and public investment. This process will build on the history of what makes this City an amazing place to live and create a guide to lead White Salmon toward a successful future. The updated comprehensive plan will include a new community vision that will capture where the community wants to be in 20 years.

Developing a vision for the community is a crucial step in preparing the comprehensive plan update.

The visioning process will focus on three questions:

Where is White Salmon now?

Where does White Salmon want to be by 2040?

How do we get there?

White Salmon City Council members are hosting a Community Conversation meeting at the Pioneer Center Senior Services on Monday, August 5th at 10:30 am.

Date: Monday, August 5th

Time: 10:30am

Place: Pioneer Center Senior Services Craft Room

7 Behaviors That Can Make you a Target for Scammers by Amy Nofziger

and Mark Fetterhoff, [AARP](#)

What makes you prone to getting scammed? It may be the personality traits that make you a good person. Based on our research at the AARP Fraud Watch Network, here are some characteristics that make people vulnerable to fraud:

1. You respect authority. Many common scams are perpetrated by crooks impersonating a police officer, an IRS or Social Security agent, or a court representative. Always remember this: Government offices rarely call citizens to conduct business — and they never demand quick payment. If that's what the caller wants, put aside your inclination to defer to authority figures. Just hang up.

2. You like to please people. One scam we've been seeing hits people at work and plays on your good nature. An email from a boss or coworker asks you to buy some expensive gift cards and take photos of the front and back of the card to get reimbursed. The email is actually from a scammer mimicking the real thing. Once he has the numbers from the gift cards, he uses them before the fraud is caught.

3. You are cocky. We often hear from victims, "I've never been defrauded. I thought I was too smart." If you believe you are immune to being cheated, think again. Scammers are professionals — and endlessly creative.

4. You slipped up once. Sadly, if you have already been scammed, chances are good the fraud calls will increase. Thieves put your information on a "victim list" that gets sold to other scammers or criminal rings.

5. You're friendly. Many victims who call us met their scammer on social media via a friend request. Try to limit social media contact to real friends and family, and turn down requests from people you don't know.

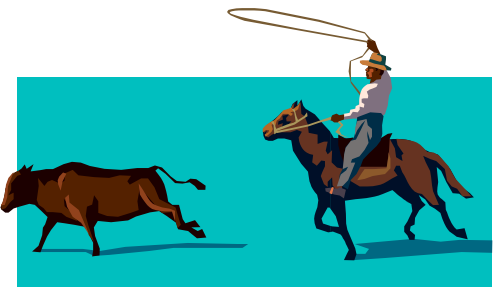
6. You are under stress. We also get lots of calls from people who were tricked into giving away personal info while dealing with an illness or another stressful event. People who have recently lost a loved one are also vulnerable, especially if the obituary reveals details that a crook can use as bait. Be especially vigilant during times of crisis.

7. You're lonely. The Fraud Watch Network has found that many scam victims report feeling lonely and isolated from family and friends. That makes them susceptible to the fake friendliness of professional thieves. If you feel lonely or isolated, AARP and AARP Foundation have programs to help you connect with people in your community. Go to connect2affect.org.

AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free "[watchdog alerts](#)," review our [scam-tracking map](#), or call our toll-free [fraud helpline](#) at 877-908-3360 if you or a loved one suspect you've been a victim.

White Salmon Events

August 2019












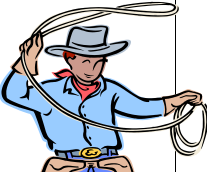

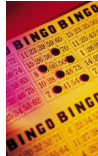
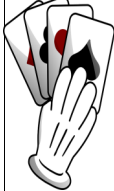
Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/5 Simcoe 8/7 Huskey 8/12 OTF 8/14 Simcoe 8/19 Simcoe	8/21 Andre 8/26 Simcoe 8/28 Simcoe			1 8:30 to 9:30 Hatha Yoga 11:30 am Pinochle 2pm Strong Women	2	3
4	5 9:30 Exercise 11am Live Music & Dance	6 8:30—9:30 Hatha Yoga 2pm Strong Women	7 9:30 Exercise 11am Live Music & Dance	8 8:30 to 9:30 Hatha yoga 11:30 am Pinochle 2pm Strong Women	9 	10
11 	12 9:30 Exercise 11am Live Music & Dance	13 8:30 to 9:30 Hatha Yoga 2pm Strong Women	14 9:30 Exercise 11am Live Music & Dance	15 8:30 to 9:30 Hatha Yoga 11:30 am Pinochle 2pm Strong Women	16	17 
18	19 9:30 Exercise 11am Live Music & Dance 	20 8:30 to 9:30 Hatha Yoga 2pm Strong Women	21 9:30 Exercise 11am Live Music & Dance	22 8:30 to 9:30 Hatha Yoga 11:30 am Pinochle 2pm Strong Women	23 	24
25	26 9:30 Exercise 11am Live Music & Dance	27 8:30 to 9:30 Hatha Yoga 2pm Strong Women	28 9:30 Exercise 11am Live Music & Dance 	29 8:30 to Hatha Yoga 11:30 am Pinochle 2pm Strong Women	30	31



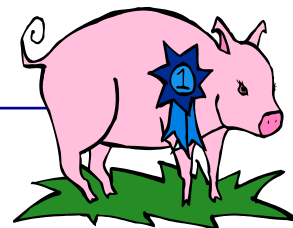
Goldendale Events August 2019

Take Time to Savor all the joys of Summer








Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC				1 1pm Exercise 1pm Bingo 	2 Noon Pinochle 	3
4	5 	6 10am Kit's Toe Nail Care Donations gladly accept- ed 1pm Exercise	7	8 1pm Exercise 1pm Bingo 	9 The Dalles Shopping Noon Pinochle 	10
11 	12	13 10am Toenail Care 1pm Exercise	14 10:30am Caregiver Support Group	15 1pm Exercise 1pm Bingo	16 Noon Pinochle	17
18	19	20 10am Kit's Toenail Care 1pm Exercise	21 	22 1pm Exercise 1pm Bingo 5pm BBQ Klickitat Co Fair	23 Hood River Shopping Noon pinochle	24 GD Parade 10am 
25 Klickitat Co Fair 	26	27 10am Kit's Toenail Care Donations gladly accept- ed 1pm Exercise	28 	29 1pm Exercise 1pm Bingo	30 12 Pinochle 	31 

August 2019 Menu



Being happy doesn't mean that everything is perfect.. It means that you've decided to look beyond the imperfections.

Author unknown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change				1 GD Taco Salad	2	3
4	5WS Kielbasa Sausage	6 GD & Lyle Kielbasa Sausage	7WS Meatloaf 	8 GD Meatloaf	9 	10
11	12WS Chicken Spinach Salad	13 GD & Lyle Chicken Spinach Salad	14 WS Pork	15 GD Pork	16	17
18	19WS BBQ Beef Sandwich	20GD & Lyle BBQ Beef Sandwich	21WS Chicken Quesadillas	22 GD:Chicken Quesadillas Klickitat Co Fair BBQ 5pm	23 Klickitat County Fair	24 
25 	26WS Sweet and Sour Chicken	27 GD & Lyle Sweet and Sour Chicken	28 WS Salisbury Steak	29GD Salisbury Steak	30 	31

SENIOR MEAL SITE LOCATIONS

Meals for 60 and older suggested donation \$3.50. Under 60 meals are \$6.50.

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 11:30 at the Bickleton Market Street Café.

TROUT LAKE: 2nd Thursday-August 8th at 5:00pm at Trout Lake School.

KLICKITAT: 3rd Thursday-August 15th Noon at the Klickitat Community Center

Volunteer Hours

June HOURS

TRANSPORTATION	532.25	Hours
NUTRITION	819.5	Hours
NEWSLETTER	26	Hours
SR. EXERCISE	20	Hours
MUSICIANS	16	Hours

Energizing Support Groups

Alzheimer's Association Support Group For Unpaid Caregivers

Second Wednesday, August 14th
10:30am at the Goldendale Senior Center

National Do Not Call List

If you have begun to receive calls from telemarketers and would like to be put on the "No Call List" there are 2 options.

1. Call 1-888-382-1222. You must be calling from the number you wish to register. You will get an automated recording that is very simple to use; just a few choices are asked and the process is complete. The request will never expire.
2. If you would like to do it online go to www.donotcall.gov.

Also, Stacy and Jill are able to assist with this request.



We will not be having our Klickitat County Senior Services Annual Senior Picnic for 2019. We have been in the process of a number of significant staffing changes and are unable to do the picnic this year.

We will plan to have a Senior Picnic in 2020.

Thank you.



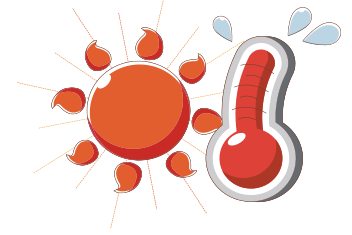
SHIBA Volunteers Needed

RSVP (Retired and Senior Volunteers) of Yakima County needs volunteers for the SHIBA (Statewide Health Insurance Benefits Advisors) Helpline Program. This would be a local Klickitat County position.

Volunteers will receive training from the Washington State Insurance Commissioners Office, and then attend monthly updates. Advisors answer questions regarding Medicare, Medicaid, Long-Term Care, Individual Insurance, Prescription Coverage, COBRA Plans and much more. If you are interested, call, Mary P., RSVP Director in Yakima at 509-902-1114

Stay Cool

Getting Too Hot Can Be Dangerous



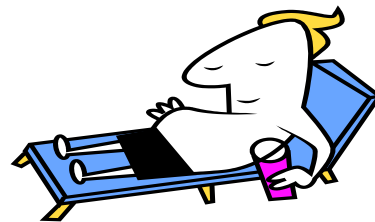
Many people love the warm summer months. But hot and humid days can sometimes be dangerous. It's not good for the body to be too hot for too long. Too much heat can damage your brain and other organs. It's important to keep your cool when the days are hot.

Your body has its own natural cooling system. Sweating is key to cooling when hot weather or exercise causes your body temperature to climb. When sweat dries, it carries heat away from your body's surface and lowers your temperature. When sweating isn't enough to help you cool down, you're at risk for a heat-related illness called hyperthermia.

If you and a loved one are at a picnic, for example, and it's very hot and humid that day, and they start complaining of being dizzy or seem disoriented, you need to be very concerned. You need to get them into a cool place, put cool compresses on their neck and wrists, and call 911.

Air conditioning is the best way to protect against hyperthermia. If you don't have air conditioning, go to places that are cool on hot and humid days. Try community centers, shopping malls, movie theaters, libraries or the homes of friends and family.

Heat-related illness is preventable. Still, hundreds of deaths from extreme heat events occur in the United States each year. It's important to be aware of who's at greatest risk so you can take steps to help beat the heat.



- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
 - Do not rely on a fan as your primary cooling device during an extreme heat event.
 - Drink more water than usual and **don't wait** until you're thirsty to drink.
 - Check on a friend or neighbor and have someone do the same for you.
 - Don't use the stove or oven to cook—it will make you and your house hotter.
 - Wear loose, lightweight, light-colored clothing.
 - Take cool showers or baths to cool down.
 - Check the local news for health and safety updates.
 - Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.
-

Affordable Dental Options

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 has been 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: August 14th, September 11th

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.

OHSU Dental Clinic is located in the Skourtes Tower, part of the Collaborative Life Sciences Building next to the Tilikum Crossing Bridge. The patient entrance is on the bottom floor at the corner of S.W. Moody Avenue and S.W. Meade Street.

OHSU Dental Clinics
2730 S.W. Moody Avenue
Portland, OR 97201

Initial screening

The initial comprehensive oral health screening visit at our student clinics includes x-rays so that your overall health needs can be determined. This appointment could last up to 3 hours. Patients should come prepared to pay up to \$47.00 for the initial screening exam and necessary x-rays. Patients that come to their appointment without payment will be asked to re-schedule.

Costs and insurance

OHSU Dental Clinics accepts most dental insurance plans, including Oregon State Medicaid/Oregon Health Plan and Washington State Medicaid/Apple Health. We cannot provide free care, but our prices are significantly lower than area private practices, making OHSU Dental Clinics a great option for patients without insurance or those who want to make their insurance dollars go farther. Payment is due at the time of service. We also offer payment plans through CareCredit.

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 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

Need help paying for Medicare?

If you're enrolling in Medicare, don't miss this deadline

You get an initial six-month period when you are guaranteed coverage by a Medigap policy.

After that window, you typically must go through medical underwriting, which could result in paying more or being denied coverage.

Make sure you understand what each policy covers so you can choose wisely.

If you're signing up for Medicare and are considering supplemental insurance, be aware that the clock is ticking for you to get guaranteed coverage.

When you first enroll, you get six months to purchase what's known as a Medigap policy — which helps cover the cost of deductibles, co-pays and co-insurance associated with Medicare — without an insurance company nosing through your health history and deciding whether to insure you.

While a number of companies offer Medigap insurance, they can only offer policies from a list of about 10 standardized plans. Each is simply assigned a letter: A, B, C, D, F, G, K, L, M and N. Some states also offer a high-deductible version of Plan F.

This standardization means that, say, Plan A at one insurance company is the same as Plan A at another. However, not every plan is available in all states.

The plans differ on what is covered. For instance, Plan F pays your Medicare deductibles while Plan A does not.

Or, some plans cover 100 percent of your deductibles and co-insurance, while others might only pay a portion of those costs. The Centers for Medicare and Medicaid Services has a chart on its website that shows the differences. You also can use the agency's search tool to find available plans in your ZIP code. Call Jill for more information at 509-493-3068 or 509-773-3757

**Senior Newsletter Edited
by Jill Parrott**

115 W. Court St. MS-CH-21
Goldendale, WA 98620
509 773-3757

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White Salmon, WA 98672
509 493-3068

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Issue # 0819



Call 773-4809

venues

Fast Friendly & **FREE** dropping you off close at the different

9am to 7pm

August 23rd to 25th

Don't let a need for transportation keep you from attending the fair.

Ogden Mopar Limo Service to the Klickitat County Fair



Thursday, August 22nd, 11am The Grounds entertainment begins,
5pm Klickitat County Products & Produce **Kick-Off Barbecue**

August 22nd to 25th, 2019

Klickitat County Fair