



March
2020

Klickitat County Senior Newsletter

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

Inside this issue:

WE'RE MOVING.....

The **Goldendale** Senior Services/Mt. Adams Transportation office will be moving to a new temporary location the week of March 16, 2020. Our physical office will be closed to the public that week while we move but we will continue to operate transportation and nutrition services as usual. There will be limited access to scheduling new rides on March 18 and 19th as we will not have computer or phone access for the Goldendale office. Calls will be forwarded and answered by our White Salmon office on those days for urgent items.

Our office will need to be relocated temporarily while the current Goldendale Senior Services office is demolished to begin work on the new Klickitat County Services Building.

Our NEW temporary location will be in the County Annex 1 which is located in the same building as the Public Health Department at 228 W. Main Street. We will be in the area where the WSU extension office was—they have moved to the fairgrounds temporarily while the new county services building is under construction.

We anticipate our temporary re-location will last approximately two years. After the new County Services Building is completed we will be moving into that completed building which will be across from the courthouse on the corner of Columbus and Court Street.

Our Goldendale office mailing address will continue to be:
115 W. Court Street, MS-CH-21, Goldendale, WA 98620

Our new physical address will be:
Annex 1, 228 W. Main Street, Room 140,
Goldendale, WA 98620.

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WE'RE MOVING!



Affordable Dental Options



GERIATRIC DENTAL GROUP

A CHARITABLE NON PROFIT ORGANIZATION

Geriatric Dental Group

16500 SE 15th St., Suite 150
Vancouver, WA 98683

Phone: (360) 326-3829



Geriatric Dental Group is a non-profit charitable corporation that has been serving the community since 1974. Geriatric Dental Group provides comprehensive dental care to patients 55 years of age and older as well as patients of any age confined to a wheelchair.

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

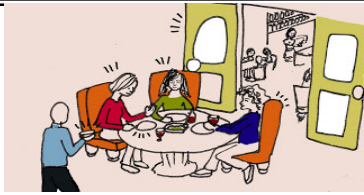
Schedule an appointment: 503-494-8867

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 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.



Join us for LUNCH !

Enjoy lunch while making new friends!
Lunch served daily at 12:00 noon, on Monday & Wednesday in White Salmon at the Pioneer Center, Tuesdays at the Lyle Lions Community Center, Goldendale Senior Center on Tuesdays & Thursdays, 2nd & 4th Tuesdays at the Bickleton Main Street Café, and the 2nd Thursday of the month at 5:30pm at the Trout Lake School, Klickitat Community Center on the 3rd Thursday of the month. The suggested donation is \$3.50. Get your friends to call and meet them for lunch!

Questions?? Call White Salmon at 493-3068 or Goldendale at 773-3757.

FREE AARP TAX ASSIST

Goldendale

Place: Goldendale New Grange
228 E Darland

Time: 9am to 11:30 am

Date: Every Friday & Saturday until Saturday, April 11th
You **MUST CALL** Senior Services for an appointment . No walk-ins.
Call 509-773-3757



White Salmon Pioneer Center Senior Services

Place: 501 NE Washington

Time: 9am to Noon

Date: Tuesdays, until April 14th

You **MUST Call** Senior Services for an appointment. No walk-ins. Call 509-493-3068



FREE Sewing, Mending, Hemming

Joyce Graff has kindly offered her wonderful sewing skills to help with mending, hemming, sewing projects for Seniors every Wednesday between 10am and 12pm at the Pioneer Center Senior Services (501 NE Washington St. White Salmon).

She will have her sewing station set up starting in February and be available between 10am and 12pm



FEDERAL TRADE COMMISSION

[IdentityTheft.gov](https://www.identitytheft.gov)

[IdentityTheft.gov](https://www.identitytheft.gov) is the federal government's one-stop resource for identity theft victims. The site provides streamlined checklists and sample letters to guide you through the recovery process. Visit [ftc.gov/idtheft](https://www.ftc.gov/idtheft) for prevention tips and free resources to share in your community.



[DoNotCall.gov](https://www.donotcall.gov)

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at www.donotcall.gov.



Report international scams online!
[econsumer.gov](https://www.econsumer.gov)

[econsumer.gov](https://www.econsumer.gov) is where you can report international scams and learn about other steps you can take to combat fraud. Your complaints help consumer protection agencies around the world spot trends and work together to prevent international scams.

Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Securing today
and tomorrow

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

- 1. HANG UP**
- 2. DO NOT GIVE MONEY OR PERSONAL INFORMATION**
- 3. REPORT THE SCAM AT [OIG.SSA.GOV](https://www.oig.ssa.gov)**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer
- » Ask for gift card numbers over the phone or to wire or mail cash



Be Active

Protect yourself, friends, and family!

- » If you receive a questionable call, hang up and report it at [oig.ssa.gov](https://www.oig.ssa.gov)
- » Don't return unknown calls
- » Ask someone you trust for advice before making any large purchase or financial decision
- » Don't be embarrassed to report if you shared personal information or suffered a financial loss
- » Learn more at [oig.ssa.gov/scam](https://www.oig.ssa.gov/scam)
- » Share this information with others



MENU March 2020

Drink Water ! Water help flush toxins out of your body, regulates body temperatures and carries nutrients to your cells.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Chicken Tatar Tot Bake	3 GD Chicken Tatar Tot Bake Lyle Chili	4 WS Sloppy Joes	5GD Sloppy Joes	6	7 Lyle Breakfast 7am -10am \$7ppAdults \$4Child6- 12 under 5
8 Daylight Savings	9 WS Sweet and Sour Meatballs	10 GD Sweet and Sour Meatballs Lyle Meatball Sub	11 WS Tuna Salad	12 GD Tuna Salad	13	14 
15	16 WS Irish Stew	17 GD Irish Stew Lyle Corned Beef	18 WS Baked Chicken 	19 GD Baked Chicken KL Chicken Tater Bake	20	21GD Senior Break- fast 9am \$3.50pp
22	23 WS Country Steak	24 GD Country Steak Lyle Pizza	25 WS Spaghetti 	26 GD Spaghetti	27	28 
29	30 WS Taco Casserole	31 GD Taco Casserole Lyle Chicken Pot Pie		GD=Goldendale WS=White Salm- on KL=Klickitat TL=Trout Lake		subject to change

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 and 4th Tuesday at 11:30am @ the Market Street Café).

TROUTLAKE: Thursday-March at 5:30pm at the Trout Lake School.

KLICKITAT: Thursday, Mach 19th at 12pm at Klickitat Community Center.

\$3.50pp requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50pp 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

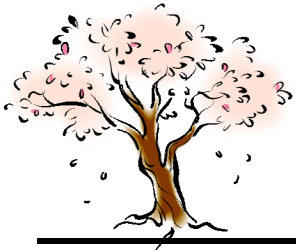
White Salmon Events are held at the Pioneer Center Senior Services 501 NE Washington Street unless otherwise noted.

White Salmon Events

March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 9:30 Exercise 11am Live Music & Dance	5 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	6 	7
8 Daylight Savings 	9 9:30am Exercise 11am Live Music & Dance	10 8:30 to 9:30 Hatha Yoga 2pm Strong Women 	11 9:30am Exercise 11am Live Music & Dance	12 8:30to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	13	14
15 	16 9:30am Exercise 11am Live Music & Dance	17 St Patrick's Day 8:30 to 9:30 Hatha Yoga 2pm Strong Women	18 9:30am Exercise 11am Live Music & Dance	19 8:30to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	20	21
22	23 9:30am Exercise 11am Live Music	24 8:30 Yoga 2pm Strong Women	25 9:30am Exercise 11am Live Music & Dance	26 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	27 	28
29 	30 9:30am Exercise 11am Live Music & Dance	31 8:30 to 9:30 Hatha Yoga 2pm Strong Women		MUSIC 3/2 Simcoe Boys 3/4 Huskey Family 3/9 Old Time Friends 3/11 Simcoe Boys 3/16 Simcoe Boys 3/18 Andre & Band 3/23 Simcoe Boys 3/25 Simcoe Boys 3/30 Simcoe Boys		



Goldendale Events March 2020

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Shopping trips are provided by Mt. Adams Transportation, call MATS	2	3 1pm Exercise	4	5 1pm Exercise	6 11am Gentle Yoga 12pm Pinochle	7 Tax assist New Grange 
8 Daylight Savings 	9	10 1pm Exercise 	11 10:30am Caregiver Support Group	12 1pm Exercise 	13 Hood River Shopping 12pm Pinochle Tax Assist	14 FREE Tax Assist Call 773-3757 
15	16	17 10am Toe Nail Care 1pm Exercise	18 Goldendale Senior Service office moves to Annex 1 on Main Street	19 1pm Exercise	20 Noon Pinochle 11am Gentle Yoga	21 Tax Assist Senior Breakfast \$3.50 pp
22	23	24 1pm Exercise	25 	26 1pm Exercise	27 The Dalles Shopping 11am Gentle Yoga Noon Pinochle Tax Assist	28 FREE Tax Assist 
29	30	31 1pm Exercise 		Goldendale Food Bank is open Monday 9am to 12pm 1pm to 3:30pm. Call MATS for transportation 773.3060	Music 3/12 Simcoe Boys 3/26 Simcoe Boys	

AARP Defensive Driving Class

White Salmon-Pioneer Center 501 NE Washington Street:

Thursday & Friday, April 23rd from 8:30 am to 1 pm

April 24th from 9 am to 1 pm

493-3068

There will be no AARP Defensive Driving Class in Goldendale due to low registration last year. There are monthly classes at the The Dalles Senior Center.

Break for Lunch & Snacks (Bring your own bag lunch & Snacks)

Registration for class required.

Please be prepared to make payment by cash or Check the first day of class. Credit or Debit cards are not accepted. Members will have to provide their membership number when they sign in on the first morning of class.

Energizing Support Group

Caregiver Support Group 2nd Wednesday of each month at 10:30am. This group provides an opportunity for caregivers to discuss how their lives have been affected as they help a loved one with Alzheimer's disease or related dementia. A safe and supportive environment allows group members to share feelings and coping strategies, reduce feelings of loneliness, and find new meaning, connection and hope.

March 8th at 10:30am at the Goldendale Senior Center

Call 773-3757 for more information

All Unpaid Caregivers are welcome to attend.

Volunteer Hours

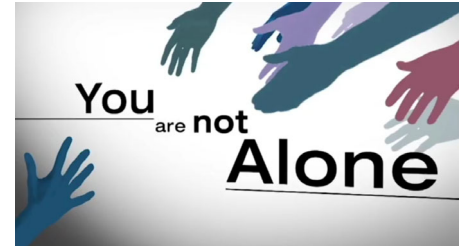
January HOURS

TRANSPORTATION	645.5 Hours
NUTRITION	756 Hours
NEWSLETTER	22 Hours
SR. EXERCISE	21 Hours
MUSICIANS	25 Hours

Alzheimer's and dementia: Caregiver depression

[By Mayo Clinic Staff](#)

Caregiving for a person with Alzheimer's disease or a related dementia is often physically and emotionally stressful. In your effort to provide the best care possible, you might neglect your own well-being. You also may be coping with feelings of sadness, anger, loneliness or guilt. All of these factors can increase the risk of caregiver depression.



What are the symptoms of depression?

Caregiving might cause you to feel sad, empty or hopeless.

It can also cause you to lose interest in things that would normally be enjoyable.

If these feelings are persistent or disrupt your ability to function, you may be experiencing depression.

Depression, also called major depressive disorder, is diagnosed when signs and symptoms occur most of the day, nearly every day for an extended period.

These might include:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Loss of interest or pleasure in most or all normal activities
- Sleep disturbances
- Tiredness and a lack of energy
- Changes in appetite or weight
- Anxiety, agitation, irritability or restlessness
- Slowed thinking, speaking or body movements
- Trouble thinking, concentrating, making decisions or remembering things
- Feelings of worthlessness
- Guilt or self-blame about things that aren't your fault
- Recurrent thoughts of death, suicidal thoughts or suicide attempts
- Unexplained physical problems, such as stomachaches or headaches

What can caregivers experiencing depression do?

Caregivers may consider their signs and symptoms a normal part of providing care, or they may avoid treatment out of shame or fear.

Depression, however, is a condition like any other illness that shouldn't be ignored.

Untreated depression can affect both your physical health and your ability to provide care.

Alzheimer's and dementia: Caregiver depression Continued.

If you're experiencing signs or symptoms of depression, seek help.

Talk to your doctor or make an appointment with a psychiatrist, psychologist or other mental health professional.

With an accurate diagnosis, you can receive treatment, such as counseling or medications.

What can you do to lower the risk of depression?

Studies suggest that certain factors may be associated with a lower risk of depression among caregivers.



These include:

- **Social support.** A lack of social support is associated with an increased risk of caregiver depression. Enlist the support of family and friends, participate in a caregiver support group, or use respite services or adult care services that give you time away from caregiving.
- **Effective coping strategies.** Coping strategies that focus on understanding particular caregiving problems and taking steps to correct them may lessen the risk of depression. Educational materials about effective caregiving and problem-solving strategies may be available from your doctor, senior community centers, agencies such as the Alzheimer's Association or the Family Caregiver Alliance, and online and community support groups.
- Other coping strategies that may help you manage the impact of caregiving on your emotional, physical and mental well-being include:
- **Self-care.** Physical exercise can help manage stress and has been shown to be an effective intervention to treat depression. Eat a healthy diet, and try to keep a regular sleep schedule.
- **Mind-body techniques.** Meditation, yoga and creative expression may help you reduce stress, relax and manage emotions.
- **Time for yourself.** Participate in community, cultural, religious or social events that you find relaxing, enjoyable or enriching.
- **Time for other relationships.** Find time with friends and family.
- **Start a journal.** Journaling can serve as an outlet to explore and make sense of the emotions you experience as a caregiver.



Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue #032020

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

Watch out for Scams

Here is what people need to know:

1. The government will never call out of the blue and ask for a social security number.

2. The government will never ask for payment by gift card or wire transfer.

3. Social security numbers cannot be suspended.

These general tips can also help everyone protect themselves:

• If you are ever suspicious about a call, hang up immediately.

• Never click on an e-mail link or attachment unless you fully trust the sender.

• Never pay someone you do not know well via gift card or wire transfer.

• Always be cautious about giving out your personal or financial information,

including your Medicare or Social Security numbers, or any banking information.

Sign up for the National Do Not Call Registry: www.donotcall.gov.

Victims of any scam should file a **Federal Trade Commission (FTC) Complaint**. In addition, SSA has a reporting form specifically for social security imposter scams.