

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068



2019

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PUBLIC MEETING

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. The Advisory Board meeting begins at 10:30am and then from 11:00 AM to 12:00PM will be the Area Plan Discussion. The meeting takes place 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 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.

Mt. Adams Elks Lodge #1868 and White Salmon Gleaners
ALL VETERANS in Klickitat & Skamania counties are invited

All You Can Eat
Spaghetti Dinner
FREE for Veterans
\$5 for everyone else



Saturday, September 14, 2019
1pm —3pm

At the Mt. Adams Elks Lodge 124 NE Church Ave, White Salmon, WA

VETERANS

They will be distributing FREE tennis shoes and t-shirts and a few other surprise freebies.

So long as there are veterans, the Elks will never forget them.

Volunteers Needed



Currently we are in need of :

Meals on Wheels delivery driver for the Goldendale area

and

A Kitchen volunteer to help with **Kitchen Clean up** in White Salmon.

If you are interested in volunteering, an application is available at Klickitat County Senior Services offices.

For more information you can speak with our Nutrition Coordinator, Cindy Smith. She can be reached by calling 509-493-3068 or 509-773-3757.

Promoting Emotional Health and Preventing Suicide

September is suicide prevention month and many times we don't think that the senior population is effected by suicide but in fact it is a growing public health concern.

More than 7,000 people age 65 or older died by suicide in 2013 which are the most up to date statistics from the Centers for Disease Control. This figure places the suicide rate among older adults higher than the general population. These rates are particularly high among older men- higher than any other group in the United States. These statistics don't consider those who have made an attempt or those who might be struggling with emotional pain. Depression is often thought of as a normal part of aging and that there is nothing you can do about it. That's not true. It's not a normal part of aging and there are many ways to help. Those that are in pain can have a good quality of life if they can get the help or community support they need.

What you can do to help someone:

- Talk with the person and show your concern in a nonjudgmental way.
- Encourage the person to participate at their local senior center or other wellness groups.
- Help connect the person to supportive services available through Senior Services such as Home Delivered Meals.
- Help them talk with their primary care physician or help them connect with sources for counseling.

Warning Signs:

Talk Unbearable Pain; Being a burden to others; Having no reason to live.

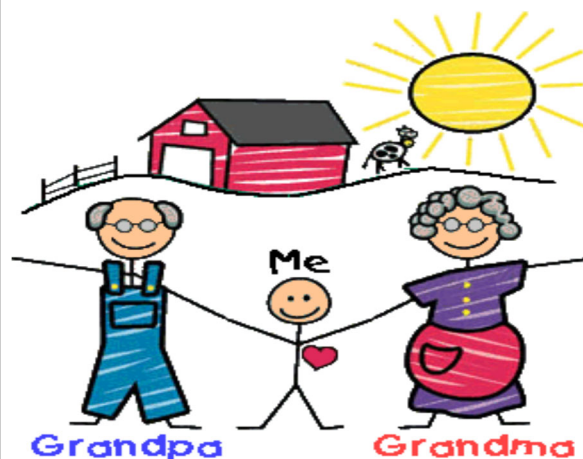
Behavior Increase use of alcohol or drugs; Isolates from family or friends; Shows aggression .

Mood Depressed; Anxious; Sad .

If you or a friend or loved one is in need of help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Grandparents Day, Sunday, September 8th

“Grandparents Day” is an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer.



Dementia Support Group

3rd Friday of the month

1:30—2:30 PM

Wasco Conference Room
at the Oregon's Veterans'
Home 700 Veterans Dr.,
The Dalles, OR 97058

541-296-7190

Coping with Stress



Symptoms of stress include the following:

- ◆ Migraine or tension headaches
- ◆ Digestive problems like heartburn or diarrhea
- ◆ Shallow breathing or sighing
- ◆ Cold or sweaty palms
- ◆ Muscular tension and aches in the jaw, neck, back or shoulders

Basic stress management techniques include getting enough sleep and **exercising** regularly. **Exercise** has been shown to decrease the amount of stress hormones that are released in response to stress. It is also important to eat a balanced diet that is high in vitamin C and low in both caffeine and sugar.

Relax in a healthy way:

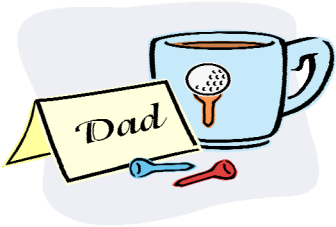
- ◆ Relaxation, meditation and breathing exercises
- ◆ Taking a walk or a bath
- ◆ Joining a support group
- ◆ Praying or meditating
- ◆ Engaging in a hobby
- ◆ Writing in a journal or diary
- ◆ Confiding in, or “venting” to, a friend
- ◆ Listening to relaxing music or an inspirational tape
- ◆ Listening to relaxation tapes (available from a counselor or bookstore) on which a recorded voice guides the listener in relaxing from head to toe



There are two ways deal with stress: 1.Acceptance of the situation 2.Changing the situation.

Examples of managing stress by making changes include the following;

- ◆ Changing unrealistic goals-not trying to be perfect all the time
- ◆ Changing unrealistic expectations-not expecting others to be perfect all the time
- ◆ Re-prioritizing-making time to take care of yourself
- ◆ Delegate-don't try to do everything alone
- ◆ Forgiving someone —letting go of an old grudge
- ◆ Planning ahead — being prepared for the little surprises that often arise
- ◆ Resolving conflict —share and listen — rather than allowing conflicts to fester
- ◆ Getting more support — ask for help instead of trying to “tough it out” alone



White Salmon Events September 2019

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

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 September 2019

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



September MENU 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Office Closed	3 GD: Hamburgers 	4 WS: Baked Fish	5 GD: Baked Fish	6 	7 Lyle Breakfast 7am to 10am \$7Adults \$4Child6-12 under 5Free
8	9 WS: Chicken Enchilada Casserole	10 GD: Chicken Enchilada Casserole	11 WS: Swedish Meatballs	12 GD: Swedish Meatballs 	13	14
15	16 WS: Macaroni & Cheese	17 GD: Macaroni & Cheese	18 WS: Baked Chicken	19 GD: Baked Chicken KL:Sloppy Joe's	20	21 GD \$3pp Senior Breakfast 9am \$3pp 
22	23 WS: Country Steak	24 GD: Country Steak	25 WS: Sloppy Joe's	26 GD: Sloppy Joe's	27 	28
29	30 WS: Chicken A'La'King	1 GD: Chicken A'La'King		WS=White Salmon GD=Goldendale KL=Klickitat	Menus subject to change	

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-September 12th at the 5:30pm Trout Lake school.

KLICKITAT: 3rd Thursday-September 19-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

September is National Preparedness Month

Are you ready?

The American Red Cross recommends that senior citizens create a personal support network made up

of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network.

1. Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
2. Exchange important keys
3. Show them where you keep emergency supplies.
4. Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
5. Agree on and practice methods for contacting each other in an emergency. Do not count on the telephone working.
6. You and your personal support network should always notify each other when you are going out of town and when you will return.
7. The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency.

For more information about how to prepare for emergencies check the following websites.

www.ready.gov

www.redcross.org





White Salmon Assisted Living Information Meeting

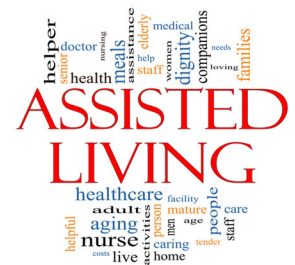
Joel Madsen, Executive Director—Mid-Columbia Housing Authority & Columbia Cascade Housing Corporation will be at the Pioneer Center Senior Services Dining Room to provide information on the new Assisted Living Facility that is in development in White Salmon.

Join Us

Date: Wednesday, September 25th

Time: 1pm to 2pm

Location: Pioneer Center Senior Dining Room
501 NE Washington Street, White Salmon



Support Groups are a great way to connect with those experiencing similar situations surrounding Alzheimer's and dementia.

Alzheimer's Association support group meetings are free and open to unpaid caregivers, family members and individuals experiencing mild memory loss.

Goldendale Caregiver Support Group for Unpaid Caregivers

Second Wednesday, September 11
10:30am at the Goldendale Senior Center, 115 W. Main Street.

Volunteer Hours

July HOURS

TRANSPORTATION	645 Hours
NUTRITION	825.5 Hours
NEWSLETTER	21 Hours
SR. EXERCISE	23 Hours
MUSICIANS	16 Hours

PREVENTING FALLS STEP BY STEP

Among older adults, falls are a leading cause for hospitalization and emergency care. Falls can lead to potentially severe injuries such as hip fractures and head traumas, and can even increase the risk of early death. During Falls Prevention Awareness Week, Amedisys® Home Health and Hospice offers the following tips to reduce the risk of falling so seniors can live healthier, more independent lives.

IN THE HOME:

Know about any side-effects of medication that could potentially lead to a fall.

Use non-slip rubber mats in the bathtub and shower.

Keep your home well-lit, placing lights in hallways, stairwells, and bathrooms.

Clean up spills once they happen.

Use handrails on the stairway and in the bathroom.

Clear walkways of clutter, electrical cords, etc.

Get rid of throw rugs or use double-sided tape to secure them.

YOURSELF:

Exercise to improve strength, balance, and coordination. Always check with your doctor before starting a new exercise routine.

Wear sturdy shoes and/or non-skid socks.

If you live in a region that gets wintery weather, consider putting special cleats on your shoes to prevent you from slipping on the snow and ice.





HAPPY LABOR DAY

LABOR DAY Monday September 2

The first Monday of every September recognizes the men and women who labor to build this country. Through a time-honored tradition with roots in the coordinated efforts of the labor movement of the 1800s, we salute the American worker force. This National Day also signals the official end of summer. With the school year starting and an extra day to the weekend, all the hard-working men and women earn a well-deserved break! Families take one last summer trip and cities hold that last festival for the season.

HISTORY

Labor Day was celebrated for the first time in New York City in 1882. It was originally celebrated on September 5th but was moved to the first Monday in September in 1884. Labor Day started out as a state holiday, getting voted in by individual states. As the day gained popularity, Congress declared Labor Day 1894.

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 traveling 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 3:00pm

On the following dates: September 11, October 9 and November 13

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.

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 # 0919

Medicare Part D Annual Enrollment
COMING SOON!!!

The Medicare Annual Enrollment Period which is a time to choose and join a Medicare health or prescription drug plan is just around the corner.

The Annual Enrollment Period will be:

October 15—December 7, 2019

Changes made during this time will take effect:

January 1, 2020

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance.

773-3757 Stacy in Goldendale

493-3068 Jill in White Salmon

Or toll free 1-800-447-7858