



Klickitat County Senior Newsletter

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

2022

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Message from Klickitat County Senior Services Director – Sharon Carter

We are very excited about moving forward with in-person meals at our meal sites in May. It seems like forever ago that we were all enjoying lunch and socializing together.

I do want to remind everyone that if you are feeling at all ill—runny nose, cough, upset stomach, headache—please stay home until you are well. It is very difficult to determine what might be a minor cold or allergies and what might be a more significant virus so it is better to be cautious and considerate of others who may be higher risk. A few minor symptoms for one person could mean hospitalization or death for another.

Since we have been closed for so long we would appreciate those that are planning to attend the meal site when we first open to call the week prior (last week of April) and let us know you plan to attend so we prepare plenty of food.

For the White Salmon Monday, May 2nd meal and Lyle Tuesday May 3rd meal site please call the White Salmon office at 509-493-3068.

For the Goldendale Tuesday, May 3rd meal site please call the Goldendale Office at 509-773-3757.

Thank you and we look forward to seeing you!



Hello White Salmon Seniors Spring is here, time to get out!

Let's have some fun!

Have you ever played BUNCO?

On Friday, April 29th we will do an introduction/practice session for Bunco at the Pioneer Center Senior Center.

We will then be playing on the 2nd and the 4th Friday of every month at 1:00pm starting in May. Men and women are all welcome.

It's a fun dice game played with four people to a table. We will have rule sheets on each of the tables. It's simple and fun. The cost is \$5 per day and if you're lucky, you will win some money. There are several prizes: Highest score, second highest score, lowest score, 50/50, most buncos, last bunco, etc.

I will be there to help you until you have an understanding of the game. We will play a practice game on April 29th and I will explain the rules. If you can roll dice, add your scores, and move from table to table you can play Bunco.

This is an easy and fun game!

Come Friday, April 29th at 1:00pm and learn a new game!

Pat Roth, Bunco Organizer

Morning Yoga resumes in White Salmon at the Pioneer Center starting on Thursday, April 14th at 8:30am.



Morning Yoga is yoga for all levels on Tuesdays and Thursdays from 8:30am to 9:30am in the Pioneer Center Senior Services Dining Room, 501 NE Washington Street, White Salmon and is a peer led class.

STRONG *People*

also known as

STRONGWOMEN

StrongPeople Strong Bodies (also known as Strong Women Stay Young)

In Person strength training class at the Pioneer Center, White Salmon

Starting May 3, 2022, 2:00-3:00pm.

StrongPeople Strong Bodies is a community-based strength training program. The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep, and vitality

The StrongPeople Strong Bodies Program includes progressive resistance training, balance training, and flexibility exercises. We begin with a short warm up of gentle movement. We will use dumbbells and adjustable ankle weights for the resistance training. (not provided). We end each class with flexibility exercises.

There is a short packet of information that needs to be completed before participation. **Call Jill to inquire, 509-493-3068.**

Jill was trained in the Strong Women Stay Young program by Lauren M. Kraemer, MPH, Associate Professor of Practice, Oregon State University Extension Service. Lauren is a *StrongPeople*™ Ambassador for the State of Oregon.

<https://strongpeopleprogram.org/>

Goldendale Foot Care Services to resume in May

Great News! Kitt Tallman, RN will be resuming the foot care services at the Goldendale Senior Center (115 E. Main Street) on Tuesdays from 10am to 12pm, first come first served. Donations are appreciated.



Volunteer Connections April Update:

The Volunteer Connections program is off to a good start. We have started laying down a solid foundation for the program. Volunteer applications, policy, and other relevant workflows have been studied and updated.

Below are some updates and activities we are working on this month of April:

- ◆ Surveys are going out to get a better feel for what KCSS Volunteer Connections needs to prioritize per Klickitat County's need. Feel free to fill one out and send it in.
- ◆ We are recruiting volunteers! We need clean up crews, volunteers that have experience working with elderly with dementia, Meals on Wheels drivers, Volunteer Friend visitors, Home and Garden volunteers and Volunteer Helpers.
- ◆ Lyle Community Cleanup on Saturday April 9th and Earth Day on April 22nd.
- ◆ Resources are being researched and gathered for the program. Donations are being accepted.
- ◆ We currently are searching for resources, cleaning stuff, yard work tools, and other items needed for the program.
- ◆ Celebration of Volunteer Week will be on April 17th to 23rd . We really love our Volunteers! Give them your thanks when you see one!

Quote of the Month:

"The best way to find yourself is to lose yourself in the service of others."

- Gandhi

If you are interested in volunteering with Senior Services please contact Our Volunteer Coordinator—Isaias Garcia at our Goldendale office 509-493-3757 or our White Salmon office 509-493-3068.

Seeking help with the senior meals restarting in May with greeting/donation collection table, meal prep, meal service, meal clean up.

V O L U N T E E R

*All that's missing is **U** !*

welcome
April 

Menu



Sun

Mon





Tue

Wed

Thu

Fri

Sat

Menu Subject to Change					1	2
3	4 WS Chicken A La King	5 GD Chicken A La King	6 WS Sweet and Sour Pork	7 GD Sweet and Sour Pork	8	9
10 	11 WS Southwest Chicken Wraps	12 GD Southwest Chicken Wraps	13 WS Baked Fish	14 GD Baked Fish	15 	16
17 	18 WS Chicken Alfredo w/ broccoli	19 GD Chicken Alfredo w/ broccoli	20 WS Salisbury Steak	21 GD Salisbury Steak	22	23
24	25 WS Ham and Scalloped Potatoes	26 GD Ham and Scalloped Potatoes	27 WS Meatloaf	28 GD Meatloaf	29 	30

Klickitat County Senior Services is planning to reopen congregate meal sites in May. Home Delivered Meals will continue to be provided to Seniors (60+) and spouse or caregiver in home with Senior if qualified. Please contact our office for more information on eligibility for home delivered meals.

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858

Senior Food Box Program

Are you a senior 60 or older with an income at or below 130% of the Federal Poverty Level (A senior living alone for 2022 would be \$17,667 or less)?

You may qualify for a senior food box. The senior box consists of cereal, shelf stable milk, juice, assorted fruits and vegetables, beans, pasta or rice and the only thing refrigerated is the 2 lb. block of cheese (like Velveeta).

If you are interested in a senior food box you can ask at the food bank location or call Janeal Booren (509) 493-2662, Ext 208 Toll Free: (800) 755-1192
janeal@wagap.org

WAGAP FOOD BANK NETWORK

Serving Klickitat and Skamania Counties

COMING SOON!

MOBILE FOOD PANTRY

By summer 2022

In an effort to reach more rural communities

WAGAP will hit the road!

Stay tuned for Locations/Dates/Times



BINGEN FOOD BANK

115 W Steuben Street, Bingen

Open Tuesday & Thursday

9:00 - 3:30 PM

(closed 12-1:00 for lunch)

509-493-2662, ext 208

For more information on Food Banks and Nutrition programs, call:

Janeal Booren (509) 493-2662,
Ext 208 Toll Free: (800) 755-1192
janeal@wagap.org

GOLDENDALE FOOD BANK

112 East Main, Goldendale

Open Monday 9:00 - 3:30 PM

(closed 12-1:00 for lunch)

Wednesday 2:00 - 6:00 PM

509-281-2203

Members Needed for Klickitat County Senior Advisory Board

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 provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

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

New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org.

Klickitat County Senior Advisory Board Meetings for 2022.

May 6th Goldendale County Services building

June 3rd Dallesport Community Center

July 1st Pioneer Center White Salmon

August 5th Goldendale County Services building

September 2nd Dallesport Community Center

October 7th Pioneer Center White Salmon

November 4th Goldendale County Services building

December 2nd Dallesport Community Center

Savvy Senior

How to Get Help as an Elder Orphan

Dear Savvy Senior,

I need to find someone honest and reliable to look after my estate, health and long-term care when I'm no longer able to do it myself. I'm a 67-year-old recent widow with no children and one sibling I rarely talk to. Any suggestions?

Solo Ager

Dear Solo,

This is big concern for millions of older Americans who don't have a spouse, children or other family they can depend on to watch out for their well-being. While there's no one solution to this issue, here are some tips and resources that can help you plan ahead.

Essential Documents

If you haven't already done so, your first step, before choosing a reliable decision maker, is to prepare a basic estate plan of at least four essential legal documents. This will protect yourself and make sure you're wishes are carried out if you become seriously ill or when you die.

These essential documents include: a "durable power of attorney" that allows you to designate someone to handle your financial matters if you become incapacitated; an "advanced health care directive" that includes a "living will" that tells your doctor what kind of care you want to receive if you become incapacitated, and a "health care power of attorney," which names a person you authorize to make medical decisions on your behalf if you're unable to; and a "will" that spells out how you'd like your property and assets distributed after you die. It also requires you to designate an "executor" to ensure your wishes are carried out.

To prepare these documents your best option is to hire an attorney, which can cost anywhere between \$500 and \$2,000. Or, if you are interested in a do-it-yourself plan, Quicken WillMaker & Trust 2022 (\$129, *Nolo.com*) and *LegalZoom.com* (\$179) are some top options.

Choosing Decision Makers & Helpers

Most people think first of naming a family member as their power of attorney for finances and health care, or executor of their will. If, however, you don't have someone to fill those roles, you may want to ask a trusted friend or associate but be sure to choose someone that's organized and younger than you who will likely be around after you're gone.

Also be aware that if your choice of power of attorney or executor lives in another state, you'll need to check your state's law to see if it imposes any special requirements.

If, however, you don't have a friend or relative you feel comfortable with, you'll need to hire someone who has experience with such matters.

To find a qualified power of attorney or executor for your will, contact your bank, a local trust company or an estate planning attorney. If you need help locating a pro, the National Academy of Elder Law Attorneys (*NAELA.org*) is a great resource that provides online directory to help you find someone in your area.

Savvy Senior—How to Get Help as an Elder Orphan continued.

Another resource that can help you manage and oversee your health and long-term care needs as they arise, and even act as your health care power of attorney, is an aging life care manager. These are trained professionals in the area of geriatric care who often have backgrounds in nursing or social work. To search for an expert near you, visit AgingLifeCare.org.

Or, if you need help with bill paying and other financial/insurance/tax chores there are professional daily money managers (see AADMM.com) that can help.

Aging life care managers typically charge between \$75 and \$200 per hour, while hourly rates for daily money managers range between \$75 and \$150.

It's also important to note that if you don't complete the aforementioned legal documents and you become incapacitated, a court judge may appoint a guardian to make decisions on your behalf. That means the care you receive may be totally different from what you would have chosen for yourself.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC *Today* show and author of "*The Savvy Senior*" book.

How to Prevent Rodents From Getting Into Your Home



1. **Trim overgrown plants and shrubs that touch your house.** These can provide excellent cover or entry points for pests. Trim back shrubs near your exterior walls, especially ones close to doors and windows.
2. **Keep your home clutter-free.** Pests thrive when they can move about undetected. By keeping your home free of clutter, you can minimize the number of places a mouse or rat can hide.
3. **Put all food away in sealed containers — keep garbage in closed containers, too.** Make it harder for pests to get to food in and around your home:
 - Do not leave food out. Wash dirty dishes, put away leftovers immediately, and keep food stored in cupboards and refrigerators.
 - Store pantry food in glass or hard plastic storage containers if you can.
 - Empty trash bins frequently.
 - Store pet food in a sealed storage container, and keep it off the floor and away from points of entry to your home.
 - Make sure outdoor trash cans are well sealed.
4. **Check your home for potential entry points and seal them off.**

Rats and mice can squeeze or chew holes through small openings inside and outside your home.

- **Outside:** Scan your home's foundation, windows and doors for any cracks or holes.
- **Inside:** Look for holes under sinks, near cabinets and appliances, around the edges of floors and walls, and near openings in the walls for plumbing, electrical, cable, and gas lines.
- **Seal holes:** The CDC recommends using steel wool - as well as other materials commonly found at hardware or home supply stores — to block small holes. If you suspect you have a rodent intruder, it's even a good idea to block off gaps that exist by design — such as the space between the base of your cabinets and your stove, refrigerator or dishwasher.

Some claim that the smell of peppermint and clove oil repel mice. Soak cotton balls with these essential oils and stick them in areas that frequently attract mice like drawers, cabinets and entryways.

Why should seniors create a budget?

There are many reasons why tracking your finances is important, no matter your age or income bracket. However, when you live on a fixed or limited income—as many older adults do—your expenses can unexpectedly escalate while your ability to pay for them stays the same.

Take food, for instance. According to the U.S. Bureau of Labor Statistics, [prices rose](#) in every “food-at-home” category during the 12-month period ending in February 2022. And those increases were significant: ranging from a low of 5.2 percent for dairy products, to a high of 13 percent for meat, fish, poultry, and eggs.

How does a budget calendar help?

While planning and keeping a monthly budget calendar won't protect against every surprise, there's still very good news: doing so helps you get a handle on your finances in a straightforward, easy-to-visualize way. When you can see exactly what your income will be in a given month—and precisely when it will hit your bank account—you can:

- Plan your expenditures
- Pay your bills on time
- Head off any deficits
- Get in the habit of saving
- Make spending adjustments

How do you create a budget calendar?

Using a calendar for budgeting is easy. You don't need Microsoft Excel or other computer software (unless you want to do it this way), and you won't have to consult an accountant for advice.

Here's what you *will* need:

A calendar: You can use a desk or wall calendar you already have or find a free budget calendar template you can print or use online. (You can even draw one out on paper).

Your income: Make a list of all the income you receive each month and when. This could include Social Security checks; income from pensions or retirement accounts; and disability benefits or SNAP payments (if you get these).

Budget Calendar Continued...

Your expenses: Gather up your regular monthly bills and when they're due. These include your mortgage or rent; your health insurance and medications; food; utilities; car payment or other transportation costs; and other fixed expenses.

Now, write each of these things on your calendar ([see Purdue example](#) for a budget calendar you can download).

Mark down and circle your payday(s).

Add what you spend on your bills and when.

Tally up. Subtract your total expenses from your total income to see where you stand.

budget calendar

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rent \$300	2	3 SNAP \$300 Groceries \$200	4	5 Take-home pay \$420 Gas for car \$25	6
7	8 Car payment \$150 Insurance \$20	9	10	11	12 Gas for car \$25	13
14	15	16 Cable/ Internet \$30 Groceries \$100	17	18 Electric \$80	19 Take-home pay \$420 Gas for car \$25	20
21	22 Gas \$120	23 Water/Sewer \$20	24	25	26 Gas for car \$25	27
28	29	30	31			

NUTRITION EDUCATION PROGRAM

Find more great tips, recipes and videos at eatgathergo.org

Ask about free lessons!

Purdue University is an EEO/AAE employer. All individuals, including minorities, women, individuals with disabilities and veterans, are encouraged to apply. This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.

Information from NCOA-National Council on Aging web site.

115 W. Court St. #101
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
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Permit #77
Issue #042022



Volunteers—Thank You for your loyal dedication and unwavering commitment. Thank you for your outstanding contributions toward our goals, and for making our organization stand above the rest. We are so fortunate to have such amazing, dedicated, and hard-working volunteer staff in Senior Services. We would not be able to provide the level of assistance to members of our community without you.

Senior Services depends on our volunteer staff who assist with transportation, meal preparation, meal service, meal clean-up and delivery, social, fitness, and recreational activities, newsletter distribution, and advocacy.

Please take the time to recognize & thank the wonderful volunteers who work hard everyday to make Klickitat County a wonderful community.