



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

2022

**Inside this
issue:**

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.

The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

One way that you can remain and be involved in your community is to Volunteer. Klickitat County Senior Services has many volunteer opportunities for you to engage in through our Volunteer Connections Program.

If you are interested in a Volunteer opportunity please contact our office and speak with Isaias Garcia, Volunteer Coordinator. 509-773-3757 or 509-493-3068.

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**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

Making gratitude a part of everyday

At the very basic, we all can think of reasons to be grateful; the water we drink, the air we breathe, the food we eat and the clothes we wear. In a world filled with insecurity, some of these necessities are not always readily available to everyone.

As I write this, the world is responding to the needs of the Ukrainians. While COVID-19 is seemingly waning, we are all witness to yet another crisis inflicted upon humanity. This is sobering. Without personally experiencing the oppression levied upon the Ukrainian people, it is hard to understand the daily struggles each face. In this life, where one suffers, we all suffer.

It is important to remember flowers do grow up out of the rubble and new life begins anew. There is no doubt we will see and experience more suffering. However, new life will always take root, grow up out of the ashes of our own suffering and the suffering of others.

From the modern conveniences available to us that many only dream of, to the reality our fellow human beings are facing in Ukraine, may we all be mindful of what we have and the time we have with one other. May we strive to be our best selves and plant seeds of gratitude to everyone we touch.

The 2,500 year-old Loving Kindness Meditation (LKM) is an effective tool that can help soothe the mind and the soul.

First let's direct the LKM towards ourselves:

May I be filled with loving-kindness
May I be well
May I be peaceful and at ease
May I be happy

Now, let's direct the LKM towards others:

May you be filled with loving-kindness
May you be well
May you be peaceful and at ease
May you be happy



**By Kristoffer Lindstrom,
MSW, LICSW**

**Skyline Health Behav-
ioral Health Consultant**

By changing our mindset to affirm goodness, we are in effect attenuating our brains to notice goodness and as a result, we become more grateful. It takes practice because our brains lean more towards focusing on painful and negative events. This does not mean we should ignore suffering. We can make a choice to notice, not dwell. To take action, instead of becoming despondent. Studies show by practicing gratitude we can decrease stress, increase optimism, strengthen our immune system, improve relationships and even sleep better. So, let's get going – practice makes permanent.

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



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

Let's have some fun!

Have you ever played BUNCO?

Bunco at the Pioneer Center Senior Center.

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!

Pat Roth, Bunco Organizer

Morning Yoga in White Salmon at the Pioneer Center Senior Dining Room



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.**

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.



Events take place at the Pioneer Center 501 NE Washington Street, White Salmon unless otherwise indicated

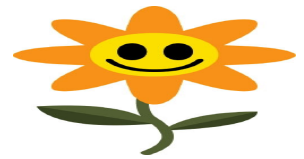
White Salmon Events

May 2022

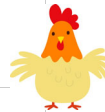
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--|--|
| 1 | 2 12pm Senior Lunch | 3 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 4 12pm Senior Lunch | 5 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 6 | 7 |
| 8  | 9 12pm Senior Lunch | 10 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 11 12pm Senior Lunch | 12 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 13 1pm Bunco | 14 |
| 15 | 16 12pm Senior Lunch | 17 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 18 12pm Senior Lunch | 19 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 20 Quilt Show at the Mountain View Grange | 21 Quilt Show at the Mountain View Grange |
| 22 | 23 12pm Senior Lunch | 24 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 25 12pm Senior Lunch | 26 8:30 to 9:30 Hatha Yoga 2pm Strong Women | 27 1pm Bunco | 28 |
| 29  | 30 OFFICE CLOSED Memorial Day | 31 8:30 to 9:30 Hatha Yoga 2pm Strong Women | <i>Events take place at the Pioneer Center 501 NE Washington Street, White Salmon unless otherwise indicated</i> | | | |

MAY

Menu



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------------|---|--|---------------------------------------|-------------------------------|-----|
| 1 | 2 WS Roast Beef | 3 GD:Roast Beef L: Corned Beef & Cabbage | 4 WS Monterey chicken casserole | 5 GD Monterey chicken casserole | 6 | 7 |
| 8 | 9 WS Chili Baked Potato | 10 GD: Chili Baked Potato L: Chili Baked Potato | 11 WS Baked Chicken | 12 GD Baked Chicken | 13 | 14 |
| 15 | 16 WS Hot Dogs & baked beans | 17 GD: Hot Dogs & baked beans L: Baked Chicken | 18 WS Baked Chicken | 19 GD Baked Chicken | 20 | 21 |
| 22 | 23 WS Tuna Casserole | 24 GD: Tuna Casserole L: Tuna Casserole | 25 WS Hamburgers | 26 GD Hamburgers | 27 | 28 |
| 29 | 30 Closed for Memorial Day | 31 GD: Chef Salad L: Spaghetti & Meatballs | WS=White Salmon GD=Goldendale L=Lyle | | Menu Subject to Change | |



Klickitat County Senior Services is reopening congregate meal sites in May at the following locations:

- Pioneer Center Senior Services, 501 NE Washington Street, White Salmon meal is served at 12pm on Mondays and Wednesdays.
- Lyle Lions Community Center, 503 Lewis & Clark Hwy, Lyle meal is served at 12pm on Tuesdays.
- Goldendale Senior Center, 115 E. Main Street, Goldendale meal is served at 12pm on Tuesdays and Thursdays.

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.

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

*Events take place at the
Goldendale Senior Center
unless otherwise indicated*

Goldendale Events May 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|------------------------------------|--|---|
| 1 | 2 | 3 10am Foot Care w/ Kit 12pm Senior Lunch | 4 | 5 12pm Senior Lunch | 6 Goldendale Home & Garden Show 12-6 Fairgrounds | 7 Goldendale Home & Garden Show 10-7 |
| 8 Goldendale Home & Garden Show 10-3  | 9 | 10 10am Foot Care w/ Kit 12pm Senior Lunch | 11 | 12 12pm Senior Lunch | 13 | 14 |
| 15 | 16 | 17 10am Foot Care w/ Kit 12pm Senior Lunch | 18 | 19 12pm Senior Lunch | 20 | 21 Oregon Trail Rally |
| 22 | 23 | 24 10am Foot Care w/ Kit 12pm Senior Lunch | 25 | 26 12pm Senior Lunch | 27 | 28 |
| 29  | 30 OFFICE CLOSED Memorial Day | 31 10am Foot Care w/ Kit 12pm Senior Lunch |  | | | |

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner

Enjoying the Outdoors

Spring has sprung! The weather is finally nice. Now is the time to venture outside and enjoy the great outdoors. Getting outdoors provides great benefits for your loved one, who has been cooped up inside for months. Sunshine generates Vitamin D, which is necessary for brain, bone and muscle function. Being outside also provides your loved one with important social interaction, be it with friends, children or animals. Inactivity is one of the greatest causes of disease and disability in older adults; being active outdoors will provide tremendous physical and psychological benefits for your loved one.

The benefits of getting outdoors are abundant. However, there are often risks involved. There's cracked pavement, lack of available seating, parking, and public restrooms and the fear of crime, among other risk factors. Take precautions, but don't let these risk factors deter your loved one from enjoying the outdoors. Here are a few activities that your loved one can do to stay active outside.

Birdwatching—many communities have birdwatching groups, which will provide your loved one with socialization. It also provides a routine for your loved one, forcing them to get outside.

Hiking or Walking—if your loved one is mobile, this is a great physical activity that can be adjusted per skill and ability level. Take a hike on an easy, flat path or try a more challenging terrain if your loved one is able.

Fishing—even if your loved one is wheelchair bound, they can fish. Take them to a pier to cast a line, or if they're able, go out on the water and see if you get any bites.

Picnic—a great excuse to get your loved one outside. They can eat, socialize and take in the fresh air.

There are countless safe and fun ways in which your loved one can get outside and enjoy the outdoors. Take advantage of the beautiful spring weather while it lasts to spend time outdoors with your loved one.

Resources: *elder-one-stop.com* & *agingcare.com*

Contact the Area Agency on Aging and Disabilities of Southwest Washington at 360-694-8144 or ClarkADRC@dshs.wa.gov to learn more about supports available to family caregivers. Article content is provided by Active Daily Living.

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1 Myth

SNAP is only for families with children.

Fact

SNAP is for everyone who qualifies, including seniors.



2 Myth

I'll only get \$15 a month, so it's not worth applying.

Fact

The average national SNAP benefit for a senior living alone is \$104 a month.



3 Myth

Other people need SNAP more than I do.

Fact

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4 Myth

No stores near me accept SNAP.

Fact

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5 Myth

It's too hard to apply for SNAP.

Fact

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



Visit www.BenefitsCheckUp.org/getSNAP to get your application now!



Message from Klickitat County Senior
Services Director –Sharon Carter

I really enjoyed getting together with many of our volunteers for a Volunteer Appreciation Luncheon on April 22nd. We enjoyed some great food and socializing.

Thank you to all of our Volunteers and for everything you do.

I would also like to thank our Senior Services staff for the work to put on this luncheon. We certainly discovered that Isaias makes a great BBQ brisket and chicken and Tofu. We had a fabulous meal and it was so great to see everyone. Thank you to our Board of County Commissioners for also coming and speaking to the volunteers about how important their work is.

We are on schedule to open White Salmon, Lyle, and Goldendale meal sites. Please see the menu page for what is planned and the times and locations of the meal sites.

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 have much more serious consequences for another.

Klickitat County Senior Services is seeking volunteers for various positions with our Volunteer Connection Program.

- Meals on Wheels Drivers
- Culinary assistants
- Friendly Visitors
- Friendly Helpers
- Volunteer Drivers
- Helpers at Congregate Meal Sites

Call Volunteer Coordinator --
Isaias Garcia
For more information at:
509-493-3068 or 509-773-3757

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

White Salmon, WA 98672

Permit #77

Issue #052022



Memorial Day is celebrated across the United States. It is an important holiday that remembers those that died for our country, and serves to remind people of the costly price of Freedom.

Memorial Day