

# Hello JUNE

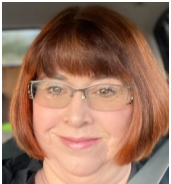
## Klickitat County Senior Newsletter

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 all have been enjoying our return to in-person meals at several of our meal sites in May. It is really great being able to see smiling faces and catch up with those we have not seen in-person for a while as well as meet new people who have moved to Klickitat County.

We have resumed a number of activities and hope to expand and provide more social offerings in the upcoming months.

While we would love to say COVID is in the past, it is not and we still need to be aware of the safety of those who are at high risk. I want to continue to remind everyone that if you are feeling at all ill—runny nose, cough, upset stomach, headache—please stay home until you are well. We also have home test kits for COVID available at Senior Services so you can have those on hand at home to complete your own testing if you have symptoms or you have been exposed to someone who tested positive.

A number of people have been asking about music returning to the Pioneer Center meal site. We are hoping to be able to schedule music beginning in July so watch your newsletter for updates.

Come and enjoy a great meal at our White Salmon, Lyle, & Goldendale meal site locations.

Feel free to call if you have questions or would like additional information.

Goldendale office 509-773-3757

White Salmon office 509-493-3068

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

### Guilt Free Caregiving

All caregivers are struggling or will struggle with feelings of guilt, no matter how hard we're trying to be the best caregiver possible.

Why do we experience guilt? There are 5 reasons that come to mind.

1. **Promises** made in the past come back to haunt us. That promise we made to Dad on his death bed that we'd never put Mom in a home; promises we made to parents that we'd always keep our brother with a disability in our home; promises that we'd never bring a stranger into the house as a caregiver.
2. We are doomed by the thought of "**coulda**", "**woulda**", "**shoulda**". I coulda done more; I shoulda done more; if only I knew, I woulda done more.
3. We are all **poor communicators**. We try to read the mind of the person for whom we care. We expect them to know what we're thinking. We make assumptions about meanings. We don't seek clarification and then, we wonder why the things we do aren't meeting the needs of the person for whom we care, and why the things they say and do often displease us.
4. Then, we feel guilty for being **angry** with them. Anger is the primary source of our guilt. Expressing anger toward the care recipient always creates guilt, but the unexpressed anger that we swallow causes even more guilt. Lastly, some of us were raised in a **culture** where guilt is ingrained. Nothing we do is ever quite good enough. We are never able to rest on our laurels. We know it could have been done better. So, we feel guilty.

There are 24 hours in a day and, in an ideal world we could spend all 24 caring for the person we love. We'd create a warm, loving, supportive, nurturing relationship where we would never feel guilty because everything we do is done perfectly. But in fact, we live in a less than ideal world. In addition to being a caregiver, most of us are also involved with spouses, parents, children, grandchildren, siblings and in-laws.

Most caregivers are also employed with jobs that keep us away from the home for 9 hours a day. Most of us have a home that requires daily attention. Someone must do the laundry, shop, prepare the meals, clean the bathroom, feed the dog and all the other tasks that are necessary to keep a home functioning. If you do all these things, daily, you've probably spent 14 hours of the 24 hours in a day. What's left for caregiving? Ten hours, if you give up sleeping. If you also have your own medical appointments, responsibilities outside the home and job, such as church, PTA, politics, family gatherings, you have even less time to be a caregiver. How can you possibly do your best as a caregiver with all these constraints? It's no surprise that you don't feel that you've done enough, or that what you've done isn't good enough. Hence the guilt.

What can you do to eliminate things from the list of "must dos"? NOTHING!

Everything needs to be done. You're like a batter caught between 2<sup>nd</sup> and 3<sup>rd</sup> base. No matter which direction you go you're going to get tagged out. Guilt comes creeping in again. It comes with the territory of caregiving. Accept it, but sometimes the guilt is too much. It's important for caregivers to recognize the signs when caregiving is too much and take action. Unresolved guilt can lead to depression. Know the signs of depression. Watch for headaches, disturbed sleep. Can't fall asleep, perhaps can't sleep through the night, maybe just wanting to sleep all day. Notice if you're easily upset. Either crying with little cause or angry a lot of the time. Are you having difficulty concentrating on things, remembering things, making decisions? Do you feel overwhelmed. Do you feel hopeless. These are all signs that the guilt is more than you can manage and you're depressed. What do you do?

**Recognize the signs in yourself.** Monitor your feelings regularly and take action when you see the signs. It's essential for your physical and mental health and for the future care of your loved one.

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

### Guilt Free Caregiving

Continued

What actions can you take? First, let go. **Simplify your lifestyle.** Let go of the notion that meals are cooked perfectly, balanced perfectly with a loving family gathered around a perfectly set dining room table. Sometimes, pizza delivery in a cardboard box gets the job done and saves you hours of time. Learn to lower your standards. You're not perfect and will never be. You can learn to live with "good enough". You'll have more time for caregiving that is loving and nurturing if it doesn't also have to be perfect. If your mother's hair isn't washed every week without fail, and instead you spend that time looking at a family photo album with her, she'll feel happy and you might also get the benefit of sharing a happy moment instead of a chore-filled moment. You are still making memories, try to make some that are happy and not just duty-filled.

**Ask for help.** Caregivers always say there's no one who can help me: everyone is busy, has a job, has family responsibilities. We make excuses for other people without giving them the benefit of making their own choices. Remember, we are poor communicators. We don't actually ask many people for help we just assume that they can't/won't help and we feel angry that we have no help. Instead, sit down and draw up a list of everyone you can think of who you ever helped. Then create another list of everyone your care recipient ever helped. I guarantee you it's a long list. People who are selected to be caregivers are chosen because they have a history of helping others. People know they can be relied upon. The lists you created are your potential pool of helpers. Next begin to think about all the things you do in a given day or week. Itemize them, with specifics. Caregivers tend to speak in global terms. "I'm just so busy, there isn't time for anything", but there are no specifics, so no one knows how to help you. Make a detailed list about each and every thing and how often it has to be done and how long it takes to accomplish. Now you can begin to ask for help. No one wants to sign up to take over your role as a caregiver, but almost everyone on the list would be willing, if asked, to pick up your mother's medications once a month at the pharmacy. That's one less task for you to do. Almost everyone you, or she, ever helped would be willing to stop over once a month for an hour and visit with your Mom so you can have an hour of alone time. What you'll find, if you actually do it, is that the person you ask will thank you for the opportunity to help. People want to help. They want to feel valued. No one wants to take it all on but a little help here and there, when accumulated can give a caregiver a respite break. I remember when my husband was confined to the house and shouldn't be left alone the entire day, but I had to work to pay the bills, women from my church would stop by and read the daily Bible readings with him. Each one took a turn. He looked forward to it so much and I had the peace of mind that someone was stopping in to see him. People can't help you if you don't ask.

**Avoid negativity.** Negativity is contagious and caregivers are vulnerable to negative thoughts and feelings because they tend to be a bit overwhelmed by their responsibilities and a bit angry about the turn their lives have taken. Negative people drag you down. Stay away from nasty people, sarcastic people. Try to surround yourself with people who are optimistic, compassionate, and funny. Nothing relieves stress like a good belly laugh. Make it your business to find something to laugh about each day. I have a friend who trolls social media sites looking for humor and she sends me a daily laugh. Sometimes they make me laugh out loud. It helps me maintain perspective about the things in life that are truly important and helps me to give up worrying about the small stuff.

At the end of each day ask yourself, "Have I done all I could today, given the time, talent and resources I have?" If you can answer yes, you've done enough. The question isn't "Did I do a perfect job?" or "Was I the best at what I did?". Just did I do the best I could in the reality of the world in which I live.

Published in partnership with Caregiver.com.

Written by [Dr. Beverly Kidder](#), Staff Writer.

Contact the Area Agency on Aging and Disabilities of Southwest Washington at 360-694-8144 or

[ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov) to learn more about supports available to family caregivers. Article content is provided by Active Daily Living.

## **Vitamin C and Older Adults: How Much Is Enough?**

Vitamin C (ascorbic acid) plays a key role in seniors' health, helping to protect against free radical damage and strengthen the immune system.

While it's not uncommon for some older adults to have low vitamin C levels, serious vitamin C deficiency is rare.

Most healthy older adults get all the vitamin C they need from eating a well-balanced diet that's rich in fruits and vegetables.

Ascorbic acid—commonly known as vitamin C—plays a key role in the health of older adults. A powerful antioxidant, this nutrient helps neutralize free radicals that can damage healthy cells and increase the risk for many chronic diseases. Vitamin C helps us produce collagen, an essential component of healthy bones, skin, cartilage, and blood vessels.

### **Vitamin C also:**

Aids in wound healing, Supports brain cell functions, Strengthens the aging immune system, Facilitates iron absorption, Supports metabolic functions.

Research has shown that vitamin C can potentially reduce the risk of age-related macular degeneration, cataracts, and cardiovascular disease. There is also limited data suggesting that vitamin C may aid in decreasing blood sugar in people with diabetes, treating allergy-related conditions, and reducing the effects of sun exposure.

How much vitamin C should a 65-year-old take?

Our bodies don't produce or store vitamin C, so it's important for older adults to include this nutrient in their diet. For adults age 50 and older, the recommended dietary intake of vitamin C is 90 mg / day for men and 75 mg / day for women, with an upper limit of 2,000 mg / day. This recommended intake generally does not increase as we get older.

Certain populations may be at greater risk for not getting the amount of vitamin C they need. This includes smokers and passive smokers (those exposed to secondhand smoke), people with limited food variety, and individuals with certain chronic diseases and medical conditions that hinder the absorption of vitamin C in the body.

It's important to understand that most seniors get sufficient vitamin C from a healthy, well-balanced eating plan. Older adults who might be prone to not getting enough vitamin C may benefit from a multivitamin or standalone vitamin C supplement.

Can you take vitamin C with other medications?

Vitamin C has the potential to interact with certain drugs and medications, including nonsteroidal anti-inflammatory drugs (NSAIDs), chemotherapy drugs, aluminum-containing antacids, and blood-thinning medications. That's why older adults should talk to their doctor before starting vitamin C supplementation.

What are the symptoms of vitamin C deficiency in adults?

Since vitamin C helps our bodies function properly, having insufficient levels can have a negative health impact. Low levels of vitamin C have been linked with:

Stroke, Certain cancers, Atherosclerosis, High blood pressure, Gallbladder disease.

While it's not uncommon for some older adults to have low vitamin C levels, serious vitamin C deficiency is rare. Those who do have a true deficiency may experience: Slow wound healing, Nosebleeds, Easy bruising, Inability to fight infections, Inflammation of gums (gingivitis), Tooth loss, Dry, splitting hair, Rough, dry, bumpy skin, Swollen, painful joints

What are the side effects of too much vitamin C? Is it possible to get too much vitamin C? Consuming large amounts of this nutrient doesn't usually pose a serious problem in healthy older adults. However, an excess of vitamin C in the body can sometimes cause unpleasant gastrointestinal and other symptoms, such as:

Abdominal cramps, Heartburn, Nausea and vomiting, Diarrhea, Headache, Sleeplessness

In some adults, taking too much vitamin C—amounts greater than 2,000 mg daily—can lead to kidney stones. It can also result in iron overload in people who have medical conditions that cause iron accumulation in the body (e.g., hemochromatosis).

You can prevent these complications by only taking a vitamin C supplement if you and your doctor deem it necessary.

#### What foods contain vitamin C?

Many of them, in fact! Fresh fruits and vegetables in particular are excellent sources of vitamin C. See below for 15 foods that give you the most vitamin C "bang for your buck." As an added bonus, these produce powerhouses are delicious, too.

**Acerola cherries:** 822 mg per 1/2 cup

**Sweet yellow peppers:** 137 mg per 1/2 cup, raw

**Guavas:** 126 mg in one fruit

**Blackcurrants:** 101 mg per 1/2 cup

**Cantaloupe:** 95 mg in 1/4 of a medium-sized fruit

**Red bell peppers:** 95 mg per 1/2 cup, raw

**Strawberries:** 89 mg per cup (halves)

**Papayas:** 87 mg per cup

**Kale:** 80 mg per chopped cup, raw

**Oranges:** 70 mg in one medium-sized fruit

**Kiwifruit:** 64 mg in one medium-sized fruit

**Broccoli:** 51 mg per 1/2 cup, cooked <https://ncoa.org/older-adults>

**Brussels sprouts:** 49 mg per 1/2 cup, cooked

**Green bell pepper:** 45 mg per 1/2 cup, raw

**Thyme:** 45 mg per ounce

To make sure you or an older adult you care for is getting plenty of vitamin C, try adding these fruits and veggies to every meal. They can be tossed into salads, stir-frys, cereals, and smoothies—or enjoyed as an anytime, anywhere snack. If you've never eaten guavas or kale, now is a great time to try something new!

From: NCOA Healthy Eating in Older Adults <https://ncoa.org/older-adults>

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


# White Salmon Events

## JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Events take place at the Pioneer Center 501 NE Washington Street, White Salmon unless otherwise noted		1 12pm Senior Lunch	2 8:30 to 9:30 Hatha Yoga 2pm Strong People	3 	4
5	6 12pm Senior Lunch	7 8:30 to 9:30 Hatha Yoga 2pm Strong People	8 12pm Senior Lunch	9 8:30 to 9:30 Hatha Yoga 2pm Strong People	10 1pm Bunco	11 
12	13 12pm Senior Lunch	14 8:30 to 9:30 Hatha Yoga 2pm Strong People 5pm Public meeting on Transportation	15 12pm Senior Lunch	16 8:30 to 9:30 Hatha Yoga 2pm Strong People	17	18
19 	20 OFFICE CLOSED Juneteenth	21 8:30 to 9:30 Hatha Yoga 2pm Strong People	22 12pm Senior Lunch	23 8:30 to 9:30 Hatha Yoga 2pm Strong People	24 1pm Bunco	25
26	27 12pm Senior Lunch	28 8:30 to 9:30 Hatha Yoga 2pm Strong People	29 12pm Senior Lunch	30 8:30 to 9:30 Hatha Yoga 2pm Strong People		



# Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	WS=White Salmon GD=Goldendale L=Lyle	<b>Menu Subject to Change</b>	1 WS: BBQ Beef Sandwich	2 GD:BBQ Beef Sandwich	3	4
5	6 WS: Chicken Cacciatore	7 GD: Chicken Cacciatore Lyle: Mac'n'Cheese	8 WS: Chicken Parmesan	9 GD: Chicken Parmesan	10	11
12	13 WS: Meatloaf	14 GD: Meatloaf Lyle: Meatloaf	14 WS: Beef , Spanish Rice And Beans	16 GD: Beef , Spanish Rice And Beans	17	18
19	20 CLOSED HOLIDAY Juneteenth	21 GD: Sweet & Sour Pork Lyle: Sweet & Sour Pork	22 WS: Macaroni & Cheese w/ Ham	23 GD: Macaroni & Cheese w/ Ham	24	25
	27 WS: Taco Salad	28 GD: Taco Salad	29 WS: Spaghetti	30 GD: Spaghetti		

Klickitat County Senior Services has reopened congregate meal sites 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

## June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 12pm Senior Lunch 1pm Exercise	3	4
5	6 	7 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	8	9 12pm Senior Lunch 1pm Exercise	10 	11
12	13	14 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	15	16 12pm Senior Lunch 1pm Exercise	17	18
19 	20 Senior Services office CLOSED For Juneteenth	21 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	22	23 12pm Senior Lunch 1pm Exercise	24	25
26	27	28 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	29	30 12pm Senior Lunch 1pm Exercise		

## UPCOMING EVENTS AT THE GOLDENDALE COMMUNITY LIBRARY

131 W BURGEN ST

Saturday, June 11 10:00 AM - until complete.

**YARN BOMB** Celebrating public & fiber art and artists in our community. In celebration of Knit in Public Day, visit the library at 10am, bring your knitted and crocheted creations, and help us Yarn Bomb our trees! A Yarn Bomb is a community art project where public objects, such as trees and lampposts, are wrapped with knitted and crocheted pieces connected together, creating a public work of art. ALL AGES .

June 20, 11AM Adult Book Group.

This month we are discussing [\*Shuggie Bain\*](#) by Douglas Stuart.

June 23, 7PM Author Visit: "Paddle to the Pacific" by Laurie Case Wilhite

## UPCOMING EVENTS AT THE WHITE SALMON COMMUNITY LIBRARY

77 NE WAUNA AVENUE

June 20, 3PM Adult Book Group

This month we are discussing *Anything is Possible* by Elizabeth Strout.

### **Dementia Support Northwest**

- HEAD Talks via Zoom (Health Education About Dementia) – to find out more: <https://dementiasupportnw.org/>
- Virtual support groups for caregivers via Zoom – Thursdays, 1-3 pm
- o Call (360) 671-3316 or email: [alz@dementiasupportnw.org](mailto:alz@dementiasupportnw.org)

### Memorylossinfowa.org

- Caregivers of people living with dementia have many questions and may want guidance on steps to take, available resources for services and assistance and educational opportunities either virtually or in their areas – this and more is available at [www.memorylossinfowa.org](http://www.memorylossinfowa.org).
- This website is dedicated to linking you to personalized care and support options. It is part of Washington State's Community Living Connections (CLC) website and can link you to resources and services in your local area. It also offers help, guidance, information and planning tools which are particularly important if you or a loved one are facing memory loss, Alzheimer's or dementia.

## Exercising with arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

**Flexibility exercises** such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

**Strengthening exercises**, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

**Endurance exercises** make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

## Physical activity and COPD (Chronic Obstructive Pulmonary Disease)

If you have COPD, talk with your healthcare provider or a pulmonary therapist to learn what he or she recommends. You may be able to learn some exercises to help your arms and legs get stronger and/or breathing exercises that strengthen the muscles needed for breathing.

Pulmonary rehabilitation is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

## Exercising with chronic pain

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best. Exercise can help you maintain a healthy body weight, which may relieve knee or hip pain. Putting on extra weight can slow healing and make some pain worse. Remember to listen to your body when exercising and participating in physical activities. Avoid over-exercising on “good days.” If you have pain, swelling, or inflammation in a specific joint area, you may need to focus on another area for a day or two. If something doesn't feel right or hurts, seek medical advice right away.

## **Exercising with osteoporosis**

Weight-bearing exercises, which force you to work against gravity, such as walking, jogging, or dancing three to four times a week, are best for building muscle and strengthening bones. Try some strengthening and balance exercises, too, to help avoid falls, which could cause a broken bone. Doing these exercises is good for bone health for people with osteoporosis and those who want to prevent it.

## **Exercise and heart health**

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day, such as eating healthy, maintaining a healthy weight, and aiming to be more physically active, can contribute to heart health. Inactive people are nearly twice as likely to develop heart disease as those who are active. A lack of physical activity can worsen other heart disease risk factors as well, such as high blood cholesterol and triglyceride levels, high blood pressure, diabetes and prediabetes, being overweight and obesity. Being physically active is one of the most important things you can do to keep your heart healthy. Aim for at least 150 minutes of moderate-intensity aerobic activity a week.

## **Exercising with type 2 diabetes**

For people with diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer. Walking and other forms of daily exercise can help improve glucose levels in older people with diabetes. Set a goal to be more active most days of the week, and create a plan for being physically active that fits into your life and that you can follow. Your healthcare team can help.

A few easy steps to be more active:

- Stretch during TV commercial breaks.
- Walk around when you talk on the phone.
- Take more steps by parking farther away from stores, movie theaters, or your office.

115 W. Court St. #101  
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**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

**Issue # 062022**

Tuesday, June 14, 2022, from 5:00-6:00 p.m. at the Pioneer Center, Dining Room, 501 NE Washington Street, White Salmon, WA 98672.

**White Salmon HSTP Meeting**

Wednesday, June 8, 2022, from 5:00-6:00 p.m. at the Klickitat County Administrative Services Building, Mt. Adams Room, 115 W. Court Street, Goldendale, WA 98620. The meeting will be in a hybrid format, with participation in person or via Zoom Webinar: <https://us06web.zoom.us/j/8502685465>

**Goldendale HSTP Meeting**

You have an opportunity to help shape Klickitat County's accessible transportation. You are invited to the following meetings to provide input on the Human Services Transportation Plan (HSTP) for our region. This plan sets the direction and funding priorities for transportation to people with disabilities, seniors, and low-income people. Please join us at a meeting and share your transportation-related concerns and suggestions.

