

Klickitat County Senior Newsletter

Klickitat County Senior Services
Goldendale 773-3757
White Salmon 493-3068
White Salmon 509 493-3068



2022



Message from Klickitat County Senior Services Director –Sharon Carter

Please bear with us while we work through personnel changes. Alyssa Esaacson has moved into the Transportation Coordinator position in the Goldendale office as Tracey Hunt transferred to the Emergency management department to work as a dispatcher there.

Terra Barrett, who has been a long time case manager in our Goldendale office, will not be returning after an extended leave so we are seeking to fill her position with a new case manager. In the meantime, we have been fortunate to have some temporary fill-in assistance from Ilea Bouse who worked in the past for us many years in case management and Cristi Doty continues to provide assistance and is based out of our White Salmon office.

We all have been enjoying our return to in-person meals at several of our meal sites. 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.

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

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FRESH FRUITS & VEGETABLES

Senior Farmers Market Nutrition Program Vouchers are now available for distribution. Due to COVID-19 we will be arranging distribution by mail or appointment. Vouchers are limited in supply and available on first come—first serve basis.

If you are interested in applying to receive vouchers you can call:
Goldendale:509-773-3757 White Salmon:509-493-3068

The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands.

To be eligible for the SFMNP, you must meet all of the following:

- You must be 60 years old or older (or 55+ if you are Native American/Alaska Native)

- Your income must be below 185% of Federal Poverty Level. That means:
 - o \$25,142 Annual or \$2096 Monthly Income for 1 person
 - o \$33,874 Annual or \$2823 Monthly Income for 2 people
 - o For larger households, add \$728 for each additional person

- You must be a resident of Washington State

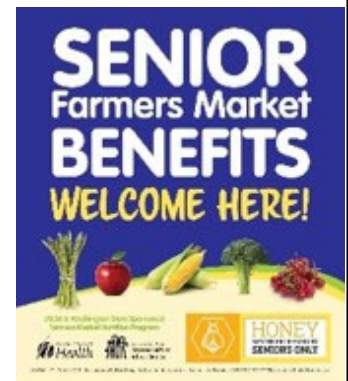
An Affidavit for eligibility will be mailed for you to sign and return. Once the signed Affidavit is returned vouchers will be mailed to you. Vouchers are in \$4 increments with a total of \$40 in vouchers.

Klickitat County vendors that accept these vouchers are:

Dickey's Farm Store in Bingen

Vendors at the local farmers markets at the Goldendale and White Salmon Farmer's Market that have the sign that indicates they accept SFMNP vouchers.

Vouchers must be used by October 31, 2022.



The Benefits of Volunteering

It appears that volunteering pays special dividends for seniors who have chronic health conditions such as arthritis, diabetes, depression, high blood pressure, dementia or Alzheimer's disease.

Volunteering past the traditional retirement age of 65 has the following benefits beyond good vibes:

1. **Strengthened Mission—99%** want to make a difference. Whether it's passing out lunches to the homeless or building a home for a family in need, nearly all senior volunteers want to make a difference.
2. **Improved Physical Health—98%** stay active and feel better physically. Recent research confirms what other studies have revealed: giving back pays special dividends in increased activity, which often results in improved health.
3. **Stronger Emotional Foundation—98%** feel better emotionally. Perhaps it's the idea of putting others' needs before one's own, but older volunteers almost always feel better emotionally.
4. **Renewed Spiritual Purpose—98%** gain a sense of purpose. Along with a need to make a difference, senior volunteers overwhelmingly want to gain a sense of purpose.
5. **Shared wisdom—90%** want to share their talents, skills and experience. Many older adults have spent a lifetime in careers or honing domestic and creative skills that they are more than happy to share with others.

The benefits of volunteering are wide and varied. The need to help others and make a positive difference on the volunteers themselves. 97% of senior volunteers feel that they are happier than those who do not volunteer, and volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life.

Volunteer!

It's good for your health.

Call Klickitat County Senior Services to discuss volunteer opportunities that are available. Call Volunteer Coordinator—Isaias Garcia at 509-773-3757 or 509-493-6228.

How do I Contact the Information & Assistance Coordinator?

Information and Assistance Coordinators are available by phone and appointment in our offices.

We listen to you and your unique situation, focusing on identifying needs, preferences and support, both personal and financial. Staff explore and link you to programs and potential funding sources so you can make decisions that are right for you.

Klickitat County Senior Services Information & Assistance Coordinators are:

Jill Parrott in our White Salmon office 509-493-3068

Doreen Eckas in our Goldendale office 509-773-3757

Our Toll Free Number is 800-447-7858

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

V O L N T E E R

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

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.

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

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




White Salmon Events

JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street, White Salmon</i>				1	2
3	CLOSED for July 4th Independence Day Holiday	8:30 to 9:30 Hatha Yoga 2pm Strong People	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	1pm Bunco	
10	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	15	16
17	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	1pm Bunco	23
24	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	12pm Senior Lunch	8:30 to 9:30 Hatha Yoga 2pm Strong People	29	30
31						



July 2022 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to					1	2
3	4	5 GD& Lyle	6 WS	7 GD	8	9
	4th of July Office Closed	Beef Stroganoff	Pork Sausage Casserole	Pork Sausage Casserole		
10	11 WS	12 GD & Lyle	13 WS	14 GD	15	16
	Salisbury Steak	Salisbury Steak	Taco Salad	Taco Salad		
17	18 WS	19 GD & Lyle	20 WS	21 GD	22	23
	Baked Chicken	Baked Chicken	Broccoli Beef	Broccoli Beef		
24	25 WS	26 GD & Lyle	27 WS	28 GD	29	30
	Chicken Salad	Chicken Salad	Spaghetti	Spaghetti		
31						

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

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

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Goldendale Senior Center unless otherwise indicated</i>				1	2
3	4 Senior Services office CLOSED For July 4th	5 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	6 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	7 12pm Senior Lunch 1pm Exercise	8	9
10	11 	12 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	13 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	14 12pm Senior Lunch 1pm Exercise	15 	16
17	18	19 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	20 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	21 12pm Senior Lunch 1pm Exercise	22	23
24	25	26 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	27 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	28 12pm Senior Lunch 1pm Exercise	29	30
31						

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

Medicare Reminder



How to enroll in Medicare if you are turning 65

Most people become eligible for Medicare when they turn 65.

Your Medicare enrollment steps will differ depending on whether or not you are collecting retirement benefits when you enter your Initial Enrollment Period (IEP).

If you are receiving Social Security retirement benefits or Railroad Retirement benefits, you should be automatically enrolled in both Medicare Part A and Part B and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

If you are not receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare either online at [SSA.gov/medicare](https://ssa.gov/medicare) or over the phone at 800-772-1213.

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

Need help paying for Medicare?

Call and speak with Jill 509-493-3068 or Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

NIA (National Institute on Aging) www.Alzheimers.gov, has a website designed to educate and support people whose lives are touched by Alzheimer's disease and related dementias. The website serves as a federal government portal for dementia information and resources.

Whether you are living with dementia, a family member or friend, health care professional, researcher, or advocate, Alzheimers.gov is designed for you. Explore the website to find:

- Information about Alzheimer's disease and related dementias, including causes, symptoms, diagnosis, and treatment
- Tips and resources for caregivers and people living with dementia
- Updates on what the federal government is doing to address Alzheimer's and related dementias
- Clinical trials and studies you can join to help advance research into ways to treat and prevent dementia
- Resources for health care providers, community and public health workers, and researchers

We welcome everyone to explore the new Alzheimers.gov website!

Visit : www.Alzheimers.gov



The Alzheimer's Association is also here to help. Call our 24/7 Helpline (1.800.272.3900) or attend one of our support groups being held over the phone. We are always here when you need us!

The Problem That Piles UP When Hoarding is a Disorder



Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them.

A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs.

Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Countertops, sinks, stoves, desks, stairways and virtually all other surfaces are usually piled with stuff. And when there's no more room inside, the clutter may spread to the garage, vehicles, yard and other storage facilities.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on your life, while in other cases it seriously affects your functioning on a daily basis.

People with hoarding disorder may not see it as a problem, making treatment challenging. But intensive treatment can help people with hoarding disorder understand how their beliefs and behaviors can be changed so that they can live safer, more enjoyable lives.

People with hoarding disorder typically save items because:

- They believe these items are unique or will be needed at some point in the future
- The items have important emotional significance — serving as a reminder of happier times or representing beloved people or pets
- They feel safer when surrounded by the things they save
- They don't want to waste anything

Hoarding disorder is different from collecting. People who have collections, such as stamps or model cars, deliberately search out specific items, categorize them and carefully display their collections. Although collections can be large, they aren't usually cluttered and they don't cause the distress and impairments that are part of hoarding disorder.

When to see a doctor If you or a loved one has symptoms of hoarding disorder, talk with a doctor or mental health professional as soon as possible.

As hard as it might be, if your loved one's hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, public health, child or elder protective services, or animal welfare agencies.

Causes It's not clear what causes hoarding disorder. Genetics, brain functioning and stressful life events are being studied as possible causes.

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Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue # 072022



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2022 is on Monday, July 4, 2022.

Fourth of July—Independence Day