



Klickitat County Senior Newsletter

Klickitat County Senior Services

Goldendale 509-773-3757

White Salmon 509-493-3068

2024

FRESH FRUITS & VEGETABLES for Washington Seniors

Klickitat County Senior Services is distributing Senior Farmers Market Nutrition Program benefits for seniors in Klickitat County that qualify. They are limited in supply and available on first come – first serve basis for those who qualify.

If you are interested in applying to receive a benefit card you can call for more information or to have an application mailed to you. You can also stop by our office in Goldendale or White Salmon during business hours.

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.

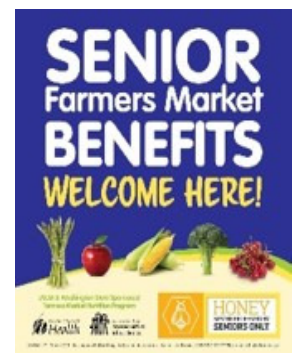
To be eligible for the SFMNP, you must meet all of the following:

- 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 \$27,861 Annual or \$2322 Monthly Income for 1 person
 - o \$37,814 Annual or \$3151 Monthly Income for 2 people
 - o For larger households, add \$829 for each additional person
- You must be a resident of Washington State

An Affidavit for eligibility must be completed.

Klickitat County vendors that accept these benefits are on a list that will be provided for those that receive the benefits.

Typically they are able to be used at the Goldendale and White Salmon Farmer's Markets and the vendor will have a sign that indicates they accept Washington Senior Farmers Market benefits. Benefits must be used by October 31, 2024.





WASHINGTON GORGE ACTION PROGRAMS

The Community Action Agency for Skamania and Klickitat Counties

P.O. Box 805, 115 W Steuben Street, Bingen, WA 98605 509.493.2662 | 800.755.1192 | wagap.org

FOR IMMEDIATE RELEASE

Contact: Tammy Kaufman, Media Consultant

Organization: WAGAP

Phone: (509) 637-3340

Email: info@wagap.org

Goldendale Community Resource Fair set for June 5

Task Force includes week-long Passport Walk activities

Goldendale, WA (March 25, 2024) - The first week of June will be busy in downtown Goldendale. The East Houseless Task Force invites partners to connect with area residents in a week of activities highlighted by a Community Resource Fair at the Grange Hall on June 5.

Organizations plan to open their doors the week of June 3-7 so visitors can learn more about the services they offer. Community members will be able to pick up a 'passport' with the goal of stopping by all participating offices to make connections and pick up resources. Each office will have a stamp to put in the passport, and when a booklet is full, it can be turned in for a chance to win a prize. All are welcome to join the fun.

The efforts stem from a meeting on houselessness held in November 2024 with the City of Goldendale, Klickitat County Commissioners, Law Enforcement, [Washington Gorge Action Programs \(WAGAP\)](http://WashingtonGorgeActionPrograms.org), and other service providers. The Task Force realized that a large portion of the population did not know what resources were available to low-income individuals and families to help them enjoy stable living conditions and lead happy, healthy lives.

Partners can sign up for the Resource Fair and Passport Walk by contacting info@wagap.org. The event will be held in the Goldendale Grange at 228 E Darland from 1:00 to 6:00 p.m., and mobile units are also welcome to set up in the parking lot. Passports can be stamped throughout the week during regular business hours.

#

Programs for Peaceful Living is part of the Washington Gorge Action Programs (WAGAP) family. Washington Gorge Action Programs (WAGAP) is a 501(c)(3) non-profit Community Action Agency that helps individuals, families, and communities. WAGAP addresses basic human needs, including food, shelter, energy assistance, and more, in Skamania and Klickitat Counties. For more than 50 years, WAGAP has helped people help themselves and reach self-sufficiency. Learn more at wagap.org, or contact WAGAP at (509) 493-2662 or info@wagap.org.



IMPROVING QUALITY OF LIFE.

Financial Wellness Fair

Join Us!



Wednesday, June 12, 2024

5:30-8 pm at the

Wishram School Gym

135 Bunn St, Wishram, WA

Gain vital financial resources and support!

- Dinner provided
- Children are welcome
- Childcare available!



What's Offered?

Financial Literacy

Financial literacy information (banking, savings, credit history), budgeting and saving.

Legal aid

Access legal aid services to navigate debt and credit repair with resource guidance and support.

Financial Goal Setting

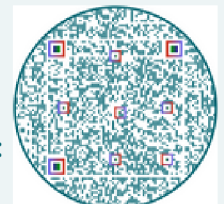
Information on first-time homebuyer training, and business planning.

Gift Cards provided for those attending!



To Register:

Scan QR Code or email:
pathways@wagap.org



Need help paying for Medicare?

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

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

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.

LET'S TALK

Hi there! My name is Noelle Savatta and I am hosting a monthly session at the Pioneer Center Senior Center in White Salmon called *Let's Talk*.

It isn't counseling or therapy, but an opportunity to get some support or guidance about the challenges you may be facing in your life; to talk about relationships with family or friends, how you are feeling, or if you are sad, lonely, anxious, or having other struggles.

Held in the Bingen Meeting Room at the Pioneer Center, 501 NE Washington Street, White Salmon. **The next meeting date will be on Monday, June 24th at 10am.**

A little more about me...I live and work in White Salmon and have been in the mental health field for over 20 years. I am currently a Licensed Psychologist with a private practice. When I'm not working I love hiking and biking with my red heeler named Ollie. I look forward to meeting you! Noelle Savatta, PhD 503-893-4669

dr.noellesavatta@gmail.com

Savvy Senior

How to Find Reliable Health Information Online

Dear Savvy Senior,

How can I tell if the health info on a website is trustworthy? I usually do a Google search on a symptom, drug or health condition when I want to re-search something, but with so much information out there I'm not sure what I can trust.

Skeptical Sal

Dear Sal,

You're wise to be skeptical! There's an overwhelming amount of health advice on the internet today and it can be hard to tell what's credible. To help you sort through the online clutter and locate reliable, trustworthy health information, here are a few tips to follow, along with some top-rated sites you can turn to with confidence.

Savvy Searching

First, know that Google or Bing is not always the best place to start a search. You'll increase your odds of finding reliable health information if you begin with websites run by government agencies (identified by URLs ending in .gov), medical associations (often .org) or academic institutions (.edu).

Commercial websites (usually ending in .com), such as drug or insurance companies who may be trying to sell you their products, are usually not the most trustworthy options. To find out who's sponsoring a site and where the information came from, click on the "About Us" tab on the site's home page.

Also note that good health and medical information changes all the time so check the date that information was published to make sure it's current.

Some other areas you need be wary of include online symptom checkers and artificial intelligence (AI) tools. While symptom checkers do offer potential diagnoses that could fit your set of symptoms, they are often inaccurate, and tend to err on the side of caution says Ateev Mehrotra, MD, professor of health care policy at Harvard Medical School. AI tools, like ChatGPT, can also be wrong or generate false but scientific sounding information.

(continued next page)

You also need to be cautious about using medical information from social media, online forums or YouTube. Comments in these places may sound authoritative even if the authors have no medical training or expertise.

Top Health Sites

While there are many excellent websites that provide reliable health and medical information, one of the best all-purpose sites that's recommended by Consumer Reports for researching symptoms and conditions is MedlinePlus (*medlineplus.gov*).

A service of the National Library of Medicine, the world's largest medical library, and part of the National Institutes of Health, MedlinePlus provides high-quality, trustworthy health and wellness information that's easy to understand and free of advertising.

Here are a few additional websites, recommended by the Medical Library Association and others, to help you find reliable information on specific diseases, conditions and treatments.

Cancer: National Cancer Institute (*cancer.gov*), American Cancer Society (*cancer.org*) and National Comprehensive Cancer Network (*nccn.org*).

Heart disease: American Heart Association (*americanheart.org*), National Heart, Lung and Blood Institute (*nhlbi.nih.gov*).

Diabetes: American Diabetes Association (*diabetes.org*).

Alzheimer's disease: Alzheimer's Association (*alz.org*) and *Alzheimers.gov*.

Public health and vaccines: Center for Disease Control and Prevention (*cdc.gov*).

Alternative medicine: National Center for Complementary and Integrative Health (*nccih.nih.gov*) and the National Institutes of Health's Office of Dietary Supplements (*ods.od.nih.gov*).

Any research you do online before seeing a doctor, be sure to save or print your findings out on paper, including the site you got your information from, so you can review it together.

Eating Rice can make you Sick? Is that True?

Recently there was a report from the University of Washington that eating rice that has not been handled correctly can cause diarrhea and/or vomiting. It turns out that there is a common bacteria called *Bacillus Cereus* associated with rice that can make a person sick. This bacteria has the ability to survive cooking as a hardened spore. A spore is a germ in a shell. If cooked rice is allowed to sit and remain warm, the spore will break out and multiply as a germ and make what is known as a "toxin." When we reheat the rice, the germ which is no longer in the spore form, is killed by the reheating process. The toxin is resistant to heat and remains to make us sick.

Some medical experts have named this the "Fried Rice Syndrome" but it really has to do with any rice that is reheated after being allowed to sit in a warm state before refrigeration.

Then how should we handle rice to avoid this problem?

Here are the recommendations:

1. Cook your rice at a high temperature, above 140 degrees.
2. Most Important: Don't let the rice sit out after being cooked for more than two hours. If you are in a warm environment (like a potluck) shorten this time to one hour.
3. Instead of letting the rice sit out, store it in a sealed container and get it in the fridge. Don't put a Big pot of warm rice in the fridge as it won't cool very well.
4. When you are reheating the rice in the microwave, the ideal temperature of the rice should reach 165 degrees. Add a little water or broth to the rice before cooking to produce some steam and help raise the temperature.

Want to know more? See <https://rightasrain.uwmedicine.org/body/food/leftover-rice-bacillus-cereus-food-poisoning>

Michael Garnett MD

Caring for a loved one with Early-Stage Dementia

Receiving a diagnosis of dementia can be frightening for the patient and for their loved ones. If the disease is diagnosed in the early stages, there are things you and your loved one can do to mitigate the effects while they are still able and ensure they have a voice in their care.

Get Informed

One of the most frightening things about a dementia diagnosis is fear of the unknown. Combat that by helping your loved one gather information about the different types of dementia, how they manifest themselves, and what to expect at different stages of the disease. Check with your loved one's doctor for references they would recommend.

A lot of information is available online, including a Dementia Road Map: A Guide for Family and Care Partners developed by the Dementia Action Collaborative (DAC) in Washington State (<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>) that is highly recommended.

When you look for other information online, just make sure you are using a reputable source, such as the Alzheimer's Association (www.alz.org), which has a host of informational resources. The National Institutes of Health (www.nia.nih.gov/alzheimers/publication) also publishes several fact sheets and free booklets with information about Alzheimer's disease and other dementias.

Be Supportive

In the early stages of dementia, the signs and symptoms may not be apparent to anyone except those closest to your loved one. They will continue to function independently, possibly for years after their diagnosis. One of the most important things you can do at this stage is to provide love and support. Enable them to share their fears and concerns about the future, or even vent their anger about the diagnosis.

Assist your loved one in developing cues and reminders to help with memory. Sticky notes, labels and calendar planners will become valuable tools in helping your loved one retain their independence.

Plan Ahead

Cognitive decline will occur with dementia, but it won't happen immediately. Take this time to help your loved one investigate resources and providers for people with dementia in your community, so they know what is available before they need it.

Make sure to keep your loved one involved and truly listen to their opinions and preferences for care, so you know how to proceed when care is needed.

Find Support

The Agency on Aging & Disabilities of Southwest Washington (www.helpingelders.org) and HOPE Dementia Support (hopedementiasupport.org/) have a broad set of resources and supports for those living with dementia and their caregivers and families.

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


White Salmon Events

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing</i></p>	<p><i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i></p>		<p><i>Recovery Café White Salmon at the Mt. View Grange Thursdays from 1pm-5pm</i></p>			1
2	<p>3 8:30 Strong People</p> <p>12pm Senior Lunch</p>	<p>4 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>	<p>5 8:30 Strong People</p> <p>12pm Senior Lunch</p>	<p>6 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p>7 8:30 Strong People</p>	8
9	<p>10 8:30 Strong People 10am “Let’s Talk” Bingen Room</p>	<p>11 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>	<p>12 8:30 Strong People</p> <p>12pm Senior Lunch</p>	<p>13 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p>14 8:30 Strong People</p>	15
<p>16</p> 	<p>17 8:30 Strong People</p> <p>12pm Senior</p>	<p>18 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>	<p>19 <u>Closed for Juneteenth</u></p>	<p>20 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p>21 8:30 Strong People</p>	22
23	<p>24 8:30 Strong People</p> <p>12pm Senior Lunch 10am “Let’s Talk” Bingen Room</p>	<p>25 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>	<p>26 8:30 Strong People</p> <p>12pm Senior Lunch</p>	<p>27 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p>28 8:30 Strong People</p>	29
30						



June 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 WS Southwest Chicken Wraps	4 GD Southwest Chicken Wraps	5 WS Scalloped Potatoes w/ Ham	6 GD Scalloped Potatoes w/ Ham	7	8
9	10 WS Tuna Salad	11 GD Tuna Salad	12 WS Spaghetti	13 GD Spaghetti	14	15
16 	17 WS Red Beans and Rice	18 GD Red Beans and Rice	19 WS <u>Closed for Juneteenth</u>	20 GD Meatloaf	21	22
21	24 WS Swedish Meatballs	25 GD Swedish Meatballs	26 WS Chicken Enchilada	27 GD Chicken Enchilada	28	20
30					Menu Subject to Change	

Klickitat County Senior Services sponsors 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 June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Call MATS to sign up for shopping trips 509-773-3060		Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm Mon & Wed			1
2	3	4 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise		6 12pm Senior Lunch 1pm Exercise	7	8
9	10	11 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	12	13 12pm Senior Lunch 1pm Exercise	14	15
16 Happy Father's Day 	17	18 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	19 CLOSED for Juneteenth	20 12pm Senior Lunch 1pm Exercise	21	22
23	24	25 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	26	27 12pm Senior Lunch 1pm Exercise	28	29
30						

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 #062024

AARP has a free virtual community center for those who have
online access and are interested in some free online classes.
<https://local.aarp.org/virtual-community-center/>
Examples of some of the free online courses are:
Cooking classes, Yoga and exercise classes, Scam prevention
courses, advance care planning, and writing.