



# 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 and those located in Klickitat County are listed on the second page of this newsletter.

Benefits must be used by October 31, 2024.





## 2024 Authorized Farmers Markets

This is a list of the farmers markets vendors and farm stands authorized to accept Senior Farmers Market Nutrition Program benefit cards in 2024 in Klickitat County.

The Senior Farmers Market Nutrition Program season is from June 1 through October 31, 2024.

### Farmer Markets

| Vendor   | Market Name                 | Street Address  | Days/Hours         | Months      |
|--|-----------------------------|---|--------------------|-------------|
| *Paulino Alvarez Produce<br>*Tobiah Israel<br>*Broken Boulder Farm   | Goldendale Farmers Market   | 903 E Broadway<br>Goldendale  | Sat<br>9 am - 2 pm | May - Sept  |
| *Nature's Finest<br>*The Gathering Farmed and Forged Food<br>*Fiddle Farms (Grow Organics)<br>*Cave Creek Farm<br>*Columbia River Herbal Balms | White Salmon Farmers Market | 282 N Main Ave<br>(Between Washington and Lincoln St)<br>White Salmon | Tue<br>4 pm - 7 pm | June - Sept |

### Farm Store

| Vendor                  | Street Address                 | Days/Hours   | Months                 |
|-------------------------|--------------------------------|--|------------------------|
| Klickitat Canyon Winery | 6 Lyle/Snowden Rd<br>Klickitat | Monday - Friday<br>12 pm - 6 pm  | April - October        |
| Dickey Farms            | 806 W. Steuben St<br>Bingen    | Everyday<br>Mon - Fri<br>8:30 am - 6 pm<br>Sat<br>9 am - 5 pm<br>Sun<br>10 am - 5 pm | June - Nov<br>15th     |
| French's Farm           | 620 State St<br>Lyle           | Fri - Sun<br>10 am - 6 pm  | April - October<br>6th |

## Goldendale Community Days! July 5th & July 6th

### Downtown Goldendale

### Saturday Program

Freedom Run/Walk - Sole 2 Soul Health Center, 122 E. Main St.,  
Goldendale Toddler Zone - The Lodge 9am to 4pm  
FREE Touch a Truck - 9am to 4pm -  
Car Show - 9am to 4pm  
Parade - 10am  
Native Performances  
Quilt Show at The Presby Museum 10am - 4pm  
Sack Races - 11am to 12pm  
PAK Fitness Demonstration - 1pm  
Talent Show - 2pm to 4pm  
Pie the Mayor - 4pm to 4:30



## 4th of July Parade 2024 White Salmon

July 4, 2024

Parade 11 - 12 pm

Park 12 - 2 pm

You are invited to join the fun of our annual White Salmon 4th of July Parade which will be led by our Grand Marshall. The parade winds through downtown Jewett Blvd and ends up at Rheingarten Park.

### 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, July 22nd 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](mailto:dr.noellesavatta@gmail.com)

## **8 types of medications that don't mix with heat**

Below are some examples of commonly used medications that can make it harder for your body to handle the heat.

### **1. Heart medications**

Prescribed for high blood pressure and blood clot prevention and to support the pumping function of the heart.

Diuretics (also called water pills): furosemide (Lasix), chlorthalidone (Hygroton), hydrochlorothiazide (Microzide, HydroDiuril)

Beta blockers: metoprolol (Toprol, Lopressor), atenolol (Tenormin), carvedilol (Coreg), propranolol (Inderal)

ACE Inhibitors: lisinopril (Zestril, Prinivil)

Angiotensin II receptor blockers (ARBs): losartan (Cozaar), valsartan (Diovan)

Antiplatelets: clopidogrel (Plavix)

### **2. Antidepressants**

Prescribed to treat depression and anxiety.

Selective serotonin reuptake inhibitors (SSRIs): citalopram (Celexa), escitalopram (Lexapro), fluoxetine (Prozac), paroxetine (Paxil), sertraline (Zoloft)

Serotonin-norepinephrine reuptake inhibitors (SNRIs): duloxetine (Cymbalta), Venlafaxine (Effexor XR)

Tricyclic antidepressants: amitriptyline (Elavil), nortriptyline (Pamelor)

### **3. Antipsychotics**

Prescribed for schizophrenia, bipolar disorder and other mental health disorders.

Examples: risperidone (Risperdal) Quetiapine (Seroquel), Haloperidol (Haldol), Olanzapine (Zyprexa)

### **4. Central nervous system stimulants**

Prescribed for attention deficit hyperactivity disorder (ADHD).

Examples: dextroamphetamine (Adderall), methamphetamine (Desoxyn), methylphenidate (Ritalin)

### **5. Anticholinergics**

Prescribed for Parkinson's disease and overactive bladder.

Examples: benztropine (Cogentin), oxybutynin (Ditropan XL), tolterodine (Detrol)

### **6. Antihistamines**

Used for seasonal allergies, bug bites and bee stings.

Examples: diphenhydramine (Benadryl)

### **7. Decongestants.**

Used for the common cold and allergies.

Examples: pseudoephedrine (Sudafed), phenylephrine (Sudafed PE), Oxymetazoline nasal spray (Afrin, Zicam, Dristan, Mucinex)

## 8. Dopaminergics.

Prescribed for Parkinson's disease.

Examples: carbidopa/levodopa (Sinemet)

If you are taking a medication that can be problematic in the heat, it's a good idea to set aside time to discuss this with your doctor or pharmacist and determine how to best handle hot-weather days.

## 5 tips for managing medications in the heat

- Don't abruptly stop any medication. Many must be taken daily to keep the blood level high enough. Talk to your doctor if you are concerned.
- Make sure you store medications properly. Insulin, for example, can become less effective if left in the heat.
- Stay hydrated. Clues that you might be dehydrated are loss of body weight, making less urine and producing urine that's darker than usual. Water from the tap (squeeze some lemon juice in for flavor) is a great way to hydrate, but be sure to check with your doctor if you have been put on fluid restriction.
- Avoid alcohol, as this can make you dehydrated.
- Keep cool. Wear light, loose-fitting clothes, pull down the shades at home, use a fan or air-conditioning, and avoid outdoor activity during the hottest times of the day.

## Medications and the Sun

Is your medicine making your skin sensitive in the sun? These five drugs can put you at greater risk for sunburn-like symptoms, a rash or other unwanted side effects. If a medication causes photosensitivity, wear sunscreen (SPF 15 or greater) and a sun-protective hat and clothes.

- **Antibiotics:** tetracycline (Panmycin), doxycycline (Vibramycin), ciprofloxacin (Cipro), ofloxacin (Floxin)
- **Antifungals:** griseofulvin (Gris-PEG)
- **Antihistamines:** loratadine (Claritin), cetirizine (Zyrtec)
- **Statin cholesterol medications:** simvastatin (Zocor), atorvastatin (Lipitor), lovastatin (Mevacor), pravastatin (Pravachol)
- **Diabetes medications:** sulfonylureas like glipizide (Glucotrol), glyburide (Micronase)

## **Savvy Senior**

### **Do You Need a Digital Will?**

*Dear Savvy Senior,*

*My wife and I had our estate plan – including a will, power of attorney and advance directive – drawn up about 10 years ago but have recently read that our plan should include a digital will too. What can you tell us about this?*

*Almost 80*

Dear Almost,

If you or your wife spend much time online, adding a separate digital will document to your estate plan that provides a list of your digital assets would be extremely helpful to your loved ones when you die, not to mention it will help protect your privacy. Here's what you should know.

#### **Do You Have Digital Asset?**

The term “digital assets” refers to personal information that is stored electronically on either a computer or an online cloud server account that belongs to an individual. Anyone who uses email, has a PIN code protected cell phone, makes online purchases, or pays bills online has digital assets.

Digital assets generally require a username, a password, or a PIN to access and can be difficult if not impossible to retrieve if someone is incapacitated or passes away.

Creating a digital will (also known as a digital estate plan) will help your loved ones access your electronic devices and online accounts more easily so they can manage your electronic affairs, according to your wishes, after you're gone. This in turn will also protect your digital assets from hackers or fraud, which can happen to dormant accounts after you die.

#### **How to Write a Digital Will**

Your first step in creating a digital will is to make an inventory list of your digital assets, which includes everything from hardware to email accounts. Here are a few categories to help kick-start your list:

- Electronic devices (computer, smartphone, tablet, external hard drive).
- Digital files (for photos, videos or documents)
- Financial accounts (like bank and brokerage accounts, credit cards, cryptocurrency).
- Bill paying accounts (utilities, mortgage accounts)
- Social media accounts (like Facebook, Instagram, Twitter, LinkedIn).

Continued on next page

—”Do You Need a Digital Will?” continued

- Email accounts (Gmail, Yahoo, Outlook, etc.).
- Cloud-storage accounts (like Google Cloud, iCloud, Dropbox, Microsoft OneDrive)
- Movie or music streaming services (like Netflix, Hulu, Spotify, Apple Music)
- Online purchasing accounts (like Venmo or PayPal)
- Subscription services (magazines, newspapers, Amazon Prime, etc.).
- Reward programs (travel, stores, etc.).
- Membership organizations (AARP, AAA, etc.).

When making your list, you’ll need to include usernames, passwords, PINS, account numbers or security questions for accessing each account. And provide instructions on how you want your assets managed after your death. For example: Do you want certain accounts closed, archived or transferred? Do you want specific files or photos to be deleted or shared with loved ones? Do you want your social media profiles memorialized or deleted? Be clear and specific about your wishes.

You’ll also need to appoint a digital executor that you trust to execute your wishes after you die.

From a legal perspective, you should know that most states have enacted the Revised Uniform Fiduciary Access to Digital Assets Act (RUFADAA), which legally recognizes digital estates. This law gives your personal representative or executor legally protected access to your online accounts.

Once your digital will is written, store it with your other estate plan documents either in a fireproof safe or file cabinet at home, on your computer hard drive, with your estate planning attorney or online at a reputable digital estate planning service like *Everplans.com* or *Clocr.com*. But make sure your executor knows where it is and has access to it.


Also remember to keep your digital will updated regularly when you create any new digital accounts or change passwords.

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.

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


# White Salmon Events

## July 2024

| Sun | Mon   | Tue  | Wed  | Thu  | Fri   | Sat  |
|-----|---|--|--|--|---|--|
|     | <p><i>1</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p>                                       | <p><i>2</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>  | <p><i>3</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p>  | <p><i>4</i></p> <p><b><u>CLOSED for Independence Day Holiday</u></b></p>  | <p><i>5</i></p> <p>8:30 Strong People</p>   | <p><i>6</i></p>  |
| 7   | <p><i>8</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p>                                       | <p><i>9</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p>  | <p><i>10</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p> | <p><i>11</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>11am Tai Chi</p> <p>2pm Strong People</p>   | <p><i>12</i></p> <p>8:30 Strong People</p>  | <p><i>13</i></p>   |
| 14  | <p><i>15</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p>                                      | <p><i>16</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p> | <p><i>17</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p> | <p><i>18</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>11am Tai Chi</p> <p>2pm Strong People</p>   | <p><i>19</i></p> <p>8:30 Strong People</p>  | <p><i>20</i></p>   |
| 21  | <p><i>22</i></p> <p>8:30 Strong People</p> <p>10am "Let's Talk" Bingen Room</p> <p><b>12pm Senior Lunch</b></p> | <p><i>23</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p> | <p><i>24</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p> | <p><i>25</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>11am Tai Chi</p> <p>2pm Strong People</p>   | <p><i>26</i></p> <p>8:30 Strong People</p>  | <p><i>27</i></p>   |
| 28  | <p><i>29</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p>                                      | <p><i>30</i></p> <p>8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong People</p> | <p><i>31</i></p> <p>8:30 Strong People</p> <p><b>12pm Senior Lunch</b></p> | <p><i>Recovery Café</i></p> <p><i>White Salmon at the Mt. View Grange</i></p> <p><i>Thursdays from 1pm-5pm</i></p>   | <p><i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i></p> | <p><i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing</i></p> |



# July 2024 Menu

| Sun | Mon                                   | Tue                                   | Wed                                  | Thu   | Fri                                   | Sat |
|-----|---------------------------------------|---------------------------------------|--------------------------------------|---|---------------------------------------|-----|
|     | 1 WS<br>Hot Dog<br>And<br>Baked Beans | 2 GD<br>Hot Dog<br>And<br>Baked Beans | 3 WS<br>Pork<br>Roast                | 4<br> | 5                                     | 6   |
| 7   | 8 WS<br><br>Chicken<br>Alfredo        | 9 GD<br><br>Chicken<br>Alfredo        | 10 WS<br><br>Meatloaf                | 11 GD<br><br>Meatloaf   | 12                                    | 13  |
| 14  | 15 WS<br><br>Sloppy<br>Joe's          | 16 GD<br><br>Sloppy<br>Joe's          | 17 WS<br><br>Turkey<br>Wraps         | 18 GD<br><br>Turkey<br>Wraps  | 19                                    | 20  |
| 21  | 22 WS<br><br>Country<br>Steak         | 23 GD<br><br>County<br>Steak          | 24 WS<br>Chicken<br>Waldorf<br>Salad | 25 GD<br>Chicken<br>Waldorf<br>Salad  | 26                                    | 27  |
| 28  | 29 WS<br>Sweet & Sour<br>Pork         | 30 GD<br>Sweet & Sour<br>Pork         | 31 WS<br>Meatloaf                    | 1 GD<br>Meatloaf  | <b>Menu<br/>Subject to<br/>Change</b> |     |

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 July 2024

| Sun | Mon | Tue  | Wed | Thu   | Fri   | Sat   |
|-----|-----|--|-----|---|---|---|
|     | 1   | 2<br>10am Foot Care w/ Kit<br>12pm Senior Lunch<br>1pm Exercise  | 3   | 4<br><u>CLOSED for Independence Day Holiday</u><br> | 5<br>Goldendale Community Days                                | 6<br>Goldendale Community Days  |
| 7   | 8   | 9<br>10am Foot Care w/ Kit<br>12pm Senior Lunch<br>1pm Exercise  | 10  | 11<br>12pm Senior Lunch<br>1pm Exercise   | 12<br>Senior Shopping trip to Hood River                      | 13<br>Call MATS to sign up for shopping trips   |
| 14  | 15  | 16<br>10am Foot Care w/ Kit<br>12pm Senior Lunch<br>1pm Exercise | 17  | 18<br>12pm Senior Lunch<br>1pm Exercise   | 19  | 20  |
| 21  | 22  | 23<br>10am Foot Care w/ Kit<br>12pm Senior Lunch<br>1pm Exercise | 24  | 25<br>12pm Senior Lunch<br>1pm Exercise   | 26<br>Senior Shopping trip to The Dalles call MATS to sign up | 27  |
| 28  | 29  | 30<br>10am Foot Care w/ Kit<br>12pm Senior Lunch<br>1pm Exercise | 31  | Call MATS to sign up for shopping trips<br>509-773-3060   |   | <b>Recovery Café</b><br><b>Goldendale Masonic Lodge</b><br><b>210 S. Columbus</b><br><b>10am to 2pm Mon &amp; Wed</b> |

## **Are you planning to move or did you just recently move?**

If you're receiving Social Security retirement, survivors or disability benefits, it's required that you notify the Social Security Administration when you move to ensure your deposits continue and you avoid disruptions.

You'll need to provide them your new mailing address so they can deliver important documents to you like your annual SSA-1099 tax form. And if you're switching banks or credit unions, you'll need to update your direct deposit information by providing your new financial institution's routing number and account number.

If you're a Medicare beneficiary, they, too, need your new mailing address so bills, correspondence, your Medicare Summary Notice and other statements can go to the right address.

You can update both your Social Security and Medicare contact information online by simply using the "My Profile" tab in your personal "my Social Security" account at [SSA.gov/myaccount](https://www.ssa.gov/myaccount). If you don't have an account, you can create one online for free in just a few minutes.

Or, if you need some help or don't have internet access, you can call Social Security at 800-772-1213, or visit your local Social Security office and they will make the changes for you.

You also need to know that if you're enrolled in original Medicare, you can move anywhere within the United States without losing coverage. But if you have Part D prescription drug coverage or a Medicare Advantage plan from a private health insurance company, and you move out of the plan's service area, you'll have to switch plans or you'll face losing coverage.

Part D service areas typically are statewide or can extend to parts of neighboring states, while Medicare Advantage plans' service areas vary by county.

Moving out of a plan's service area qualifies you for a special enrollment period (SEP) of at least two months to get a new plan. You may also qualify if you move within your plan's service area and it offers options different from what you had. The enrollment timing depends on when you notify the plan.

If you tell your plan before you move, your chance to switch plans begins the month before the month you move and continues for two full months after you move. If you tell your plan after you move, your chance to switch plans begins the month you tell your plan, plus two more full months.

To shop for new Part D and Medicare Advantage plans in your new area, use the Medicare Plan Finder tool at [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare).

115 W. Court St. #101  
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White Salmon, WA 98672  
509 493-3068

**Non-Profit Organization**  
**U.S. Postage Paid**  
**White Salmon, WA 98672**  
**Permit #77**  
**Issue #072024**



barbecues. The Fourth of

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.

July 2024 is on Thursday,

## **Fourth of July—Independence Day**