



March
2014

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

What Can Senior Services Do For You?

Are you 60 or better? Do you have a friend or a loved one that is 60 or better?

We are here for you. Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County wide.

We provide the following programs & services:

Senior Information & Assistance Senior I&A serves as the main access point for information about resources for persons 60 years of age or over, adults with disabilities and family caregivers. We also provide hands-on assistance with completing applications for various programs and helping you to research options under your Medicare benefits.

In-Home Assistance/Personal Care We have trained caregivers who provide a variety of services that assist eligible adults in their home with their activities of daily living ranging from bathing and personal hygiene to housekeeping and shopping.

Family Caregiver Support Program Are you a family member or friend providing care to a loved one and looking for information, education, support, resources, and/or respite care? We can help you locate and access available resources and supports.

Home Delivered Meals & Congregate Meals The Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are homebound as the result of illness, disability, or lack of transportation. The Congregate Meals Program provides hot nutritious meals and socialization at specific meal sites in our county and frozen home delivered meals are available throughout the county. See our meal site location and dates on the Menu page of this newsletter.

Transportation Services Transportation is vital to seniors as it maximizes their independence and provides access to the community. Transportation to medical appointments, meal sites, and local grocery stores is available.

Adaptive Equipment for use in your home Examples of equipment include bath benches, raised toilet seats, commodes, and incontinent undergarments. (We also accept donations of equipment).

Case Management Do you need help identifying the type and options of long term care services and resources that would best meet your needs? We have case managers that are familiar with the community resources and with long term care services and can help guide and suggest options to help you navigate your long term care options.

For more information on any of our programs please call 1-800-447-7858 or Virginia in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

We are here to help. Call us.

Inside this issue:

Powerful 2
Tools

Advisory 3
Board

Smart 4
Food
Choices

WS 5
Events

GD 6
Events

MENU 7

Dis- 8
counts

Scams 9

Tax 10
Aide

Driver 11
Safety



Are YOU a Caregiver?

Klickitat County Senior Services will be offering The Powerful Tools for Caregivers Course

This course is a **FREE** six-week class for (unpaid) family, friends or anyone caring for a loved one. This class will give YOU, the caregiver, the tools to help you care for yourself while caring for others.

Many people who care for a loved one, friend, or neighbor don't think of themselves as caregivers, but if you routinely...

Bring food to a friend or family member

Listen to and reassure them

Drive them to appointments

Help with chores

Pay their bills

Run errands for them

Help with yard work

Fix their leaky faucets

Organize their medications so they can be safe

...then you are a caregiver.

Caregivers experience a great deal of stress.

Powerful Tools is an educational program developed by Legacy Health System's Caregiver Services that provides family caregivers with skills and confidence to better care for themselves while caring for someone with a chronic illness. The course consists of six 2-1/2 hour classes led by trained facilitators.

In the six-week class, caregivers learn how to:

- utilize community resources
 - Better manage stress
- Communicate effectively with friends, family & healthcare providers
 - Cope with difficult emotions
- Take better steps to care for themselves

Klickitat County Senior Services will be offering the class this year in White Salmon and would like *unpaid family caregivers* to call if they are interested in participating so we can schedule a course.

Please call Jill 493-3068 or Virginia 773-3757 or 1-800-447-7858 for more information and to get on the class list.

Klickitat County Senior Advisory Board

Next meeting is Friday, March 7th at 10:30am at the Dallesport Community Center.

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.

All are welcome to attend. If you have questions or would like additional information please contact Sharon Carter, Klickitat County Senior Services Director at 509-493-6228.

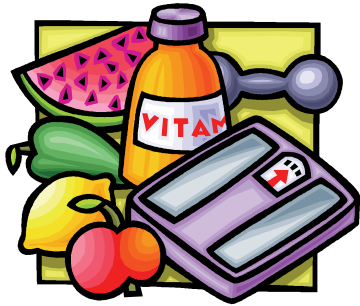
Outstanding Volunteer Recognition

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognized Seniors of Klickitat County who donate their time to our community. A nomination form will be included in the monthly Senior Services newsletter and they will be available in the community for citizens to nominate those 60 and older whom they feel should be recognized as an Outstanding Senior Volunteer.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter. The Advisory Board will also use the nomination forms to select a Volunteer of the Year in 2014.

Please use the nomination form —you can request a form by calling Senior Services in White Salmon at 509-493-3068 or in Goldendale at 509-773-3757 and we can send one to you.

Please submit your nomination form by the end of the month in order to be one that may be selected for the following month feature article.



Smart Food Choices

The *Dietary Guidelines for Americans, 2010* from the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) describes two eating plans. Eating a variety of foods from each food group in either plan will help you get the nutrients you need.

One plan is called the USDA Food Patterns. It suggests that people 50 or older choose healthy foods every day from the following:

Fruits—1-1/2 to 2-1/2 cups

What is the same as 1/2 cup of cut-up fruit? A 2-inch peach or 1/4 cup of dried fruit

Vegetables—2 to 3-1/2 cups

What is the same as a cup of cut-up vegetables? Two cups of uncooked leafy vegetable

Grains—5 to 10 ounces

What is the same as an ounce of grains? A small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or 1/2 cup of cooked rice or pasta

Protein foods—5 to 7 ounces

What is the same as an ounce of meat, fish, or poultry? One egg, 1/4 cup of cooked beans or tofu, 1/2 ounce of nuts or seeds, or 1 tablespoon of peanut butter

Dairy foods—3 cups of fat-free or low-fat milk

What is the same as 1 cup of milk? One cup of yogurt or 1-1/2 to 2 ounces of cheese. One cup of cottage cheese is the same as 1/2 cup of milk.

Oils—5 to 8 teaspoons

What is the same as oil added during cooking? Foods like olives, nuts, and avocado have a lot of oil in them.

Solid fats and added sugars (SoFAS)—keep the amount of SoFAS small

If you eat too many foods containing SoFAS, you will not have enough calories for the nutritious foods you should be eating.




Your doctor may want you to follow a certain diet because you have a health problem like heart disease or diabetes. Or, you might have been told to avoid eating certain foods because they can change how well your medicines work. Talk to your doctor or a registered dietitian about foods you can eat instead.

Here's a tip: Stay away from "empty calories." These are foods and drinks with a lot of calories but not many nutrients—for example, chips, cookies, soda, and alcohol.

White Salmon Events

March 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music 3/3 Strawberry Mtn Band 3/5 Simcoe Boys	3/10 Old Time Friends 3/12 Strawberry Mtn Band 3/17 For the Good Times	3/19 Simcoe Boys 3/24 Truman Bohler 3/26 Barbara & Marlow	3/31 Simcoe Boys	This month No Hood River Shopping trip. Shopping trip to The Dalles on March 14th.	Call MATS to sign up 493-4662	1
2	3 9:30am Exercise 10am Bingo	4 8:15 Yoga 2pm Strong Women	5 9:30am Exercise 	6 Noon Pinochle 2pm Strong Women	7	8
9 Daylight Savings 	10 9:30am Exercise	11 8:15 Yoga 2pm Strong Women	12 9:30am Exercise	13 Noon Pinochle 2pm Strong Women 5pm Trout Lake Senior Meal	14 The Dalles Shopping Trip	15
16	17 9:30am Exercise 10am Bingo 	18 8:15 Yoga 2pm Strong Women	19 9:30am Exercise	20 Noon Pinochle 2pm Strong Women	21	22
23 30	24 9:30am Exercise 31	25 8:15 Yoga 2pm Strong Women	26 9:30am Exercise	27 Noon Pinochle 2pm Strong Women	28	29



Goldendale Events

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3/13 Simcoe Boys 3/20 Jackie 3/25 Karaoke 3/27 Simcoe Boys					1 Tax assist New Grange
2	3	4 11 Toe Nail Care 1pm Exercise 2pm Tai Chi 	5	6 1pm Exercise 2pm Bingo 4pm to 7pm GD Art Gallery	7 TD Shopping 12pm Pinochle Tax Assist 	8 FREE Tax Assist Call 773-3757
9 Daylight Savings 	10	11 1pm Exercise 2pm Tai Chi 	12 10:30 Caregiver Support Group	13 1pm Exercise 2pm Bingo	14 Noon Pinochle 	17 Tax Assist Senior Breakfast \$3pp
16	17	18 10:30 Stroke Survivor Sup- port Group 1pm Exercise 2pm Tai Chi	19 	20 1pm Exercise 2pm Bingo	21 The Dalles Shopping Noon Pinochle Tax Assist	22 FREE Tax Assist
23 30	24 31	25 1pm Exercise 2pm Tai Chi 	26	27 1pm Exercise 2pm Bingo 	28 Noon Pinochle  Tax Assist	29 Goldendale Grange FREE Tax Assist

March MENU 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change	LISTEN to the Radio for Weather Report for Meal Site Closures	KLCK & KODL & KY102FM				1 Lyle Breakfast 7am to 10am \$6ppAdults \$3Child6-12 under 6 Free
2	3 WS Tator Tot Bake	4 GD & Lyle Tator Tot Bake 	5 WS Sweet & Sour Chicken	6 GD Sweet & Sour Chicken	7	8
9 Daylight Savings	10 WS Swedish Meatballs 	11 GD & Lyle Swedish Meatballs	12 WS Tuna Salad	13 GD Tuna Salad 5pm Trout Lake Senior	14 	15 GD Senior Breakfast 9am \$3pp
16 	17 WS Stuffed Cabbage Casserole	18 GD & Lyle Stuffed Cabbage Casserole	19 WS Baked Chicken	20 GD Baked Chicken	21	22
23 30 <i>Easter</i>	24 WS Country Steak 31 WS Chicken a la King	25 GD & Lyle Country Steak 	26 WS Chili Baked Potato Bar	27 GD Chili Baked Potato Bar	28 	29

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 E Main Street.

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center.

BICKLETON: the 2nd and 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: the 2nd Thursday of the month at 5:00pm at the Trout Lake School.

\$3.50pp requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50pp fee.

Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available –call Senior Services for more information.
Goldendale 773.3757
White Salmon 493.3068

Klickitat PUD Electricity Senior Discount

Senior Services is accepting applications for the Senior Electric Discount provided by the Klickitat PUD.

Requirements are:

1. The applicant's name must be on the Klickitat PUD Account.
2. The applicant **MUST** be inhabiting the residence during the period discount is received.
3. The applicant must be 62 or older.
4. Annual household income is at or below \$21, 600.

Call Virginia in Goldendale at 773-3757 or Jill in White Salmon 493-3068 for assistance.



Water/Sewer Senior Discounts

Goldendale

Call Virginia at Senior Services in Goldendale 773-3757 to make an appointment to apply for the senior discount for Goldendale water/ sewer deadline is April 15th.

To qualify for a discount you must be 62 or older and your annual household income must be \$20,000.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon

Senior discounts can be applied for in White Salmon, deadline to apply is the end of April contact WGAP for more information at 493-2662.

Bingen

Senior discounts can be applied for in Bingen by contacting WGAP 493-2662.

Energizing Support Groups

Goldendale Diabetes

Deann Blake 773.4022 ext.2088

Goldendale Bereavement Meeting

call Susan Shipman at 773.0380

Goldendale Unpaid Caregiver Support Group

Second Wednesday,
March 12th at 10:30am at the
Goldendale Senior Center

Goldendale Stroke Survivor & Caregivers Support Group

Third Tuesday, March 18
10:30 at the Goldendale Senior
Center

Parkinson's Support Group

First Wednesday each month, 2pm
Water's Edge conference Room,
2nd Floor
Info: Chad Swanson,
541.320.0142



KLICKITAT MEAL

Meals will be served
at 1:00pm & there is
a charge of \$3 per
person

Any questions call 369.3985

Dates: 1st & 3rd Wednesday

Place: Grace Lutheran Church Parsonage

Time: 1pm

Place: Grace Lutheran Church Parsonage

This meal is not sponsored by KCSS

Avoid Falling for Scams

Don't Call Back

Scammers are innovative, cunning and creepy, and targeting vulnerable populations. Get informed and tell your loved ones to be cautious.

RED FLAGS:

- You're being asked to send money quickly – and secretly.
- The call or message originates from overseas. However, you should be aware that technology allows scammers to bypass caller ID systems.
- The person can't or won't answer questions that only the real person would know.
- Any time someone asks you to send money by Western Union or Money gram, it's invariably a scam. You might also be asked to send a check or money order by overnight delivery. Con artists recommend these services so they can steal your money before you realize you've been cheated. Money transfers can be picked up at any service location as long as the thief/recipient has the confirmation number.

TIPS:

- Avoid volunteering information over the phone. Always ask callers to identify themselves by name and ask individuals who contact you to provide information that only you and people close to you would know.
- Call the friend or relative claiming to need your help to confirm whether the story is true, using a phone number you know to be genuine. If you aren't able to contact the person, call other friends or family members to confirm the situation.
- Refuse to send money via wire transfer.
- Ask for the location (address) of where the loved one is; which jail, hospital, etc.
- If you have wired money and it hasn't been picked up yet, call the wire transfer service to cancel the transaction. Once the money has been picked up, there is no way to get it back.
- Trust your gut.



New/Old Scam

Criminals target people simply by calling them. Intended victims receive a call on their phones from area code 473 which rings once and then disconnects, thereby arousing the call-recipient's natural curiosity – “who just called me and from where?” **Don't call back.**

While area code 473 may appear to be domestic, it is not. This area code was created in the late 1990s for the islands of Grenada, Carriacou, and Petite Martinique, which, like the United States, use country code 1. Calls placed to 473 numbers are international calls and can be quite expensive – and, because the criminals sometimes establish the number which the victim sees on his or her caller ID as a premium service number – **the rate can exceed \$20 for the first minute!**

Don't let curiosity get the best of you.



FREE AARP TAX ASSIST

Goldendale

Place: Goldendale New Grange

228 E Darland

Time: 9am to Noon

Date: Beginning Friday, February 7th

Every Friday & Saturday till Saturday, April 12th

You **MUST CALL** Senior Services for an appointment

No walk-ins

773-3757

White Salmon Senior Services

Place: Pioneer Center, 501 NE Washington

Time: 9am to 12-noon

Date: Beginning Tuesday, February 11th

Every Tuesday until April 8th

You **MUST Call** Senior Services for an appointment

493-3068

Free Tax Assist offered to ALL ages.

Volunteer Hours Senior Services

January HOURS

TRANSPORTATION	385	Hours
NUTRITION	801	Hours
NEWSLETTER	15	Hours
SR. EXERCISE	27	Hours
MUSICIANS	25	Hours

AARP "Smart Driver" Courses

White Salmon: Jim Bull is the instructor

Call 493.3068 to register

Date: Monday & Tuesday, April 14th & 15th

Time: 9am to 1pm both days

Place: White Salmon Senior Center

Goldendale: Jim Bull is the instructor

Call 773.3757 to register

Date: Monday & Tuesday April 21 & 22

Time: Monday 1pm to 5pm

Tuesday 9am to 1pm

Place: Goldendale Library

Cost: AARP members \$15pp Non-member \$20pp

(You Must participate both days)

There are no tests and no driving is involved. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

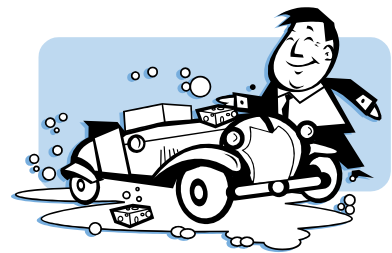
Why Take a Driver Safety Course?

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cell phone



115 W. Court St. MS-CH-21
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

“Return Address Requested”

**Senior Newsletter Edited by
Virginia Dunham
and Jill Parrott**

FREE Dr. Ogden’s Turkey Dinner

Come & enjoy an evening of great food and entertainment

Date: Saturday, March 15th

Supper served at 6pm

Place: Goldendale Middle School

Donations will be collected to benefit the Mission Trip to El Salvador & Honduras.



The dinner and expenses of the program have been paid by the team, so all donations will go 100% to the project.

**FREE Transportation CALL Dr Ogden’s Mopar Limo Service
773-4114 or 250-3794**