

# Klickitat County Senior Newsletter

Klickitat County Senior Council  
Goldendale 773-3757  
White Salmon 493-3068



# 2014



## SENIOR PICNIC—FRIDAY, AUGUST 8th at EKONE PARK in Goldendale

**ALL SENIORS (60+)  
IN KLICKITAT COUNTY ARE WELCOME TO ATTEND  
OUR ANNUAL PICNIC.**

Lunch will be served at noon.

Food, drinks, and place settings will be provided by  
Senior Services.

Anyone who has lawn chairs if they would like to bring, please do so.

Entertainment will be provided by **The Simcoe Boys** starting at  
11am and lunch will be served at 12-noon.

Please call the Goldendale or White Salmon Senior Services office to  
sign up for the picnic as we need a count of persons attending so Cindy  
& Lola will be able to provide enough food.

If you need transportation to the picnic please call your nearest Senior  
Services office to get on the bus list.

East End of Klickitat County Call Stacy at 773-3060,  
West end of Klickitat County call Patty at 493-4662.

### Inside this issue:

Older Americans Act	2
Powerful Tools for Caregivers	3
Medicare D Market Cooking Class	4
White Salmon	5
Goldendale	6
Menu	7
Heat	8
Advisory Board	9
Lunch County Fair	

## **Older American's Act**

Millions of Americans rely on the Older Americans Act (OAA) to live independently as they age. That's why we need to let Congress know that it is vital to help preserve the dignity of seniors by renewing the OAA now.

### **Helping Seniors Live Independently**

Since it was enacted into law in 1965, millions of our most vulnerable seniors have relied on the OAA for their health and economic security.

The act helps seniors live independently by:

- Supporting nutrition programs, including Meals-on-Wheels
- Providing home and community-based services, including preventive health services and transportation assistance
- Assisting family caregivers with information and referral, counseling and respite care
- Preventing and detecting elder abuse
- Providing part-time community service employment and training, including the Senior Community Service Employment Program (SCSEP), which has helped more than 1 million older Americans enter the workforce

OAA's assistance makes common sense in fiscal terms, too — it helps save precious federal and state tax dollars by keeping seniors out of nursing homes and preventing unnecessary hospital readmissions.

The OAA's current authorization expired in fiscal year 2011, but Congress has been unable to reach an agreement on its reauthorization.

WE need to fight for a bipartisan, simple reauthorization that will protect core programs and achieve greater effectiveness for funds already dedicated to the act's core programs.

WE need to urge our representatives in the House and Senate to expedite passage of a simple OAA reauthorization that maintains existing programs without jeopardizing underfunded OAA services for the nation's seniors.

Call or write to you representative now.

# POWERFUL TOOLS FOR CAREGIVERS CLASS

## Goldendale

**You must pre-register** by calling 773-3757 or 493-3068, space is limited and available on a first-come, first-serve basis.

**Place:** Goldendale Library Camplan Room

**Time:** 9:30am—Noon

**Dates:** Thursdays, August 21, 28, September 4, 11, 18, 25,

### **Taking care of You:**

Powerful Tools for Caregivers is a FREE 6 week educational series designed to help unpaid family caregivers take care of themselves while caring for a relative or friend. Care givers develop a wealth of self-care tools to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions and make tough care giving decisions. You will benefit from this class whether you are helping a parent, spouse, friend, someone that lives in a nursing home or long distance care giving.

### **Class participants report they;**

- Are better at caring for themselves,
- Have fewer feelings of anger, guilt and depression,
- Have increased confidence and ability to cope with the demands of care giving,
- Take more advantage of community services.

### **Class Description:**

Class 1: Taking Care of You

Class 2: Identifying and Reducing Personal Stress

Class 3: Communicating Feelings, Needs, and Concerns

Class 4: Communicating in Challenging Situations

Class 5: Learning from our Emotions

Class 6: Mastering Care Giving Decisions

## Medicare Open Enrollment

**October 15-December 7 Tell Your Friends!**

It's not too soon to start thinking about Medicare's open enrollment period for prescription drug plans (Part D) and Medicare Advantage plans. Open enrollment takes place every year, October 15 through December 7. The Statewide Health Insurance Benefits Advisors (SHIBA) can help answer your Medicare questions.

SHIBA's unbiased, statewide network of trained volunteers helps people answer questions and evaluate plans, and even search for plans online. Before you make your decision, consider the following tips:

- Plan costs and coverage can change every year, so carefully review all letters and notices from your current plan.
- Make a list of all current prescription drugs you take, the doses, and how often. Then, use the Plan Finder at [www.medicare.gov](http://www.medicare.gov) to compare Part D plans.
- Review the 2015 Medicare & You handbook. You should receive it by mid-October.
- If you have questions, call Virginia 773-3757 or Jill 493-3068 or SHIBA at 1-800-562-6900 before you sign up.
- If you have limited income and need help paying for prescription drugs, check out Medicare's "Extra Help" program. To see if you qualify, contact Virginia or Jill or the Social Security Administration at 1-800-772-1213 or go to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on Medicare.



### Free Farmer's Market Cooking Class

**On August 5th at 4pm we will be conducting a free Farmer's Market Cooking Class at the Pioneer Center in White Salmon (501 NE Washington).**

**The class will include a tour of the White Salmon Farmer's market, selection of fresh goods, and then a cooking class to prepare the wonderful locally grown items.**

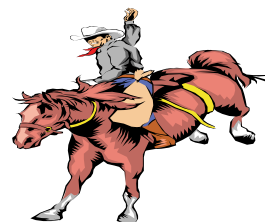
**For more details or to register contact:**




**White Salmon Senior Services 493-3068**



# White Salmon Events

## August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 8/4 For the Good Times 8/6 Cindy, Rhonda & Family	8/11 Old Time Friends 8/13 Simcoe Boys 8/18 Truman Bohler	8/20 Strawberry Mountain Band 8/25 For the Good Times 8/27 Simcoe Boys			1	2
3	4 9:30 Exercise 10am Bingo	5 2pm Strong Women 4pm Cooking Class	6 9:30 Exercise 10am Mahjong	7 Noon Pinochle 2pm Strong Women	8 Senior Picnic Goldendale <b>Ekone Park</b> 	9
10	11 9:30 Exercise 	12 2pm Strong Women	13 Hood River Shopping 9:30 Exercise 10 Mahjong	14 Noon Pinochle 2pm Strong Women	15	16
17	18 9:30 Exercise 10am Bingo	19 2pm Strong Women	20 9:30 Exercise 10 Mahjong	21 Noon Pinochle 2pm Strong Women	22	23
24 31	25 9:30 Exercise	26 2pm Strong Women	27 9:30 Exercise 10 Mahjong	28 Noon Pinochle 2pm Strong Women	29	30



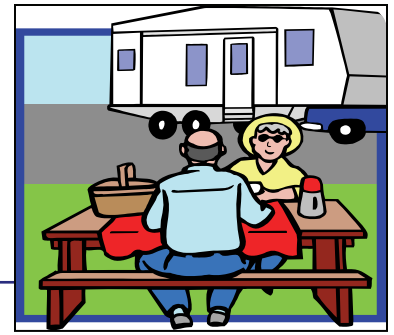
# Goldendale Events

## August 2014

“Patriotism is supporting your country all the time and your government when it deserves it.”  
Mark Twain

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 8/14 Simcoe Boys 8/21 Jackie	8/28 Simcoe Boys 				1 12pm Pinochle	2 <b>2nd Annual Backyard Blues Bash</b> 773-4434
3	4	5 1pm Exercise  <b>NO Tai Chi Resume in September</b>	6	7 1pm Exercise 1pm Bingo	8 <b>Senior Picnic Ekone Park</b>  12 Pinochle	9 Dufur Threshing Bee 10am Parade
10 	11	12 10am Toenail Care  1pm Exercise  <b>NO Tai Chi class</b>	13 10:30am Caregiver Support Group	14 1pm Exercise 1pm Bingo  <b>Goldendale Library Ice Cream Social 6:30pm</b>	15 <b>Hood River Shopping</b>  12 Pinochle	16 Farmers Market Shopping  <b>No Senior Breakfast</b>
17	18	19 1pm Exercise  <b>NO Tai Chi class</b>	20	21 1pm Exercise 1pm Bingo <b>5pm BBQ Klickitat Co Fair</b>	22 12 pinochle	23 Fair Parade 
24   31	25	26 1pm Exercise  <b>NO Tai Chi class</b>	27	28 1pm Exercise 1pm Bingo	29 <b>The Dalles Shopping</b>  Noon Pinochle	30 Farmers Market Shopping

# August 2014 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menus subject to change</b>					1	2 Lyle Lions Breakfast 7am to 10am \$6 Adults, Children 6-12, \$3, Under 6 Free
3	4 WS Country Steak	5 GD & Lyle Country Steak	6 WS Sweet & Sour Meatballs	7 GD Sweet & Sour Meatballs	8 <b>Senior Picnic Ekone Park Goldendale</b>	9
10	11 WS BBQ Beef Sandwich	12 GD & Lyle BBQ Beef Sandwich	13 WS Spinach Salad w/ Chicken Strips	14 GD Spinach Salad w/ Chicken Strips	15	16 No Goldendale Senior Breakfast
17	18 WS Kielbasa Sausage & Potato Bake	19 GD & Lyle Kielbasa Sausage & Potato Bake	20 WS Chicken Fettuccini Alfredo	21 GD Chicken Fettuccini Alfredo	22	23
24	25 WS Hungarian Goulash	26 GD & Lyle Hungarian Goulash	27 WS Taco Salad	28 GD Taco Salad	29	30
31						

## Senior Meal Site Locations

**TROUT LAKE:** The 2nd Thursday of the month at 5pm, at the high school

**BICKLETON:** The 2nd & 4th Tuesday at 11:30am at the Grange Hall

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

**GOLDENDALE:** Every Tuesday & Thursday at 12-noon at the Goldendale Senior center, 115 E Street

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

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

With varied needs of seniors, flexibility is the key. 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

# Heat and Seniors



People aged 65 years or older are less likely to sense and respond to changes in temperature

- Stay in air-conditioned buildings as much as possible. Contact Senior Services to locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—consider a sandwich or a salad.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

## Warning Signs and Symptoms of Heat-Related Illness

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

### Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.



### Heat Stroke

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

### What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Centers for Disease Control and Prevention  
1600 Clifton Rd  
Atlanta, GA 30333

[National Center for Environmental Health](https://www.cdc.gov/nceh/)



# **Klickitat County Senior Advisory Board**

**The next Advisory Board Meeting is scheduled for Friday, August 2, 2014 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. Nomination forms are available by calling or stopping by the Senior Services offices 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.

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.



## Goldendale VOLUNTEERS NEEDED

Volunteers are always needed in Senior Services in positions from volunteer driving to helping with meal preparation and clean up.

We currently are looking for dynamic volunteers in Goldendale who would be interested in helping in the kitchen on Tuesdays and Thursdays.

If you are interested in volunteering to help in the kitchen please call 773-3757 or stop by our office (115 W. Court Street) to pick up a volunteer application.



Are you in town shopping and you find a great deal on an item?

Our kitchens can always use some staple items for our meal programs and we welcome donations of these items.

We can always use items such as:

Flour

Sugar

Cake mixes

Brownie mixes

Cooking Oil

Extra produce from gardens

Coffee



## Energizing Support Groups

### **Goldendale Diabetes**

4th Tues. 6-7pm, August 26,  
Goldendale Library Camplin Room~  
541 965.0655

### **Goldendale Bereavement Meeting**

call Susan Shipman at 773-0380

### **Goldendale Support Group**

Second Wednesday, August 13th  
10:30am at the Goldendale Senior Cen-  
ter

### **Parkinson's Support Group**

First Wednesday of each month,  
August 6 , 2pm Water's Edge  
Conference Room, 2nd floor

# Klickitat County Fair

## August 21st to 24th, "Rock with the Stock"

Thursday, August 21st, 11am The Grounds entertainment begins,

5pm County Products & Produce Kick-Off Barbecue \$8pp

Jimmy & Jimmy with Mary Jo Olson singing

Repertoire covers the 1920s to 1980s.



Ogden Mopar Limo Service to the Klickitat County Fair

Don't let a need for transportation keep you from attending the fair. Folks driving in from the country can also call Ogden's Mopar and get a ride from one of the Churches' parking lot. The taxi will take you to the fair and then bring you back to your car when you are ready to go home. The taxi loads and unloads right behind the Reno's stage, which is a short walk to the grandstand, exhibit halls, and the cattle barn.

August 21st to 24th

9am to 7pm

Fast Friendly & FREE Transportation

### KLICKITAT MEAL

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

Any questions call 369-3985

**Dates:** 1st & 3rd Wednesday

**Time:** 1pm

**Place:** Grace Lutheran Church Parsonage



\*\*This meal is not sponsored by KCSS

### **Volunteer Hours**

#### June HOURS

TRANSPORTATION	444.5	Hours
NUTRITION	816.5	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	25	Hours

**Senior Newsletter**

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**

**Grill masters: Do you have the right tools?**

Keep your friends and family safe this grilling season by making sure food is cooked to a high enough internal temperature to kill harmful bacteria that cause food borne illness.

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a food thermometer.

Safe Minimum Internal Temperatures are:

- 160F Ground Beef
- 165F Poultry (including ground poultry)
- 154F Beef, Veal, Lamb Steak & Roast



The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle.

Check the temperature in several places to make sure the food is evenly heated.

Clean your food thermometer with hot water and soap before and after each use!