

# Klickitat County Senior Newsletter

Klickitat County Senior Council

Goldendale 773-3757 White Salmon 493-3068

## July 2013



### Volunteer drivers needed!

Do you enjoy driving?

Do you like helping others?

Do you have some free time?

**Would you like to help people in your local area by becoming a volunteer driver?**

Volunteers can give as little or as much time as they wish, whatever fits around their other commitments.

Klickitat County Senior Services is in need of volunteer drivers who will drive their own cars to transport people in Klickitat County to various medical and service appointments. Trips vary from local rides to rides into the Portland/Vancouver area, Hood River, The Dalles, & Yakima. Volunteers receive reimbursement for mileage. Currently the mileage reimbursement rate is .565 per mile.

Applicants must have a clean driving record and submit to an FBI fingerprint background check and a driving record check. Volunteers use their own vehicles so they do also need to pass an inspection. There are training classes for defensive driving and passenger assistance that will be provided.

For more information or an application please contact Jackie Canoy at 509-773-3757 in our Goldendale Senior Services office.

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## Live Music & Dancing

Thursday, July 25th

6pm to 8pm

Senior Center at the Pioneer Center

501 NE Washington Street, White Salmon

Featuring

**FOR THE GOOD TIMES**





## Communication Tips for People with Hearing Loss

by Adrienne Tarnoff and Noreen Gibbens on June 19, 2013

Hearing loss can make conversations and social outings a struggle—but there are some steps you can take to make communication easier:

**Don't try to hide your hearing loss.** If you let the person you are talking with know that you have a hearing loss, he or she will be more inclined to look directly at you and speak clearly and slowly. If you seem to get confused in the conversation, your partner will know it's due to your hearing loss and not because you are not paying attention.

**Wear your hearing aids.** Wearing your hearing aids should make things easier for you.

**Use your eyes as much as possible.** Hearing will be easier when you can also see the person you are speaking with. Get closer to your speaking partner, and make sure you can see his or her face. And don't expect to hear everything, especially if it's noisy in the room.

**Be prepared for noise!** If you're going to a noisy restaurant, try to go at less busy times to avoid large crowds. Try choosing restaurants with carpet and drapery; these help absorb the sound, and there will not be as much echoing. It is always best to have the room's noise behind you, and the person you want to hear in front of you, because your hearing aids are designed to work best in that situation.

If you're going to a lecture or religious service, get there early and sit in front.

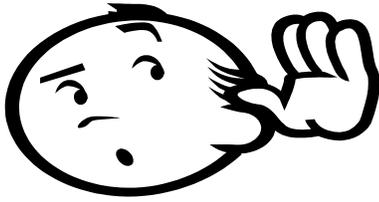
Also, many public auditoriums or places such as movie theaters have devices for people with hearing loss. They often work very well; ask for them and try them out!

**Keeping track of the conversation.** Repeat back what you heard to make sure you're on track with the conversation. This will allow you to not get too lost, and may save you from embarrassment later on.

Try to be specific about what you missed during a conversation. Instead of saying, "huh?" or "what?", repeat back what you did hear. For example: "You're going out at what time?" This strategy helps the speaker avoid repeating everything he or she said.

If the person is speaking too fast, ask him or her to slow down. Be specific as to what will help you more.

**Be patient with yourself.** Be patient with yourself and your communication partners. You will not always understand everything, but by using these ideas, you should get the most important information



## Communication Tips for Family & Friends of Those with Hearing Loss

by Adrienne Tarnoff and Noreen Gibbens on June 19, 2013

Hearing loss can make communication frustrating for everyone. Remember: as frustrated as you may get, it is worse for the person with the hearing loss. But there are some ways of speaking that have been proven to make it easier for people to understand better when they have hearing loss. Here are some ideas on how to make communication clearer for all:

- Please remember that while hearing aids help, they do not make a person's hearing "normal." They should make it easier to communicate, but be sure your expectations are reasonable.
- When speaking to a person with hearing loss, the first tip is to just slow down. Pause every now and then.
- If you're asked to repeat something, say it a bit slower. If this does not work, try saying it using different words.
- Speaking a bit louder might help, but shouting makes it even more difficult. When we yell or shout, our speech gets distorted, but it does not make the important parts of speech any easier to hear.
- Do not cover your mouth when speaking. Look directly at your partner and try not to turn your back.

When going out to a restaurant, think about how noisy it may be, and recommend some quieter restaurants or go during less busy hours. Trying to listen in a noise-filled environment can be awfully tiring, and speaking up over the noise will strain your voice. Make it easier for everybody.

Please remember to be patient and continue to use the ideas you have read about here. They really do work!

### **Klickitat County Senior Advisory Board**

**Next meeting is Friday, August 2nd at 10:30am at the Dallesport Community Center. (No July Meeting)**

**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.**

## **Tai Chi - A Great Way for Seniors to Improve Their Balance**

**JOIN us for the Tai Chi for Better Balance Class**

**Classes are 1-hour every Tuesday Time: 2pm to 3pm**

**Place: Goldendale Senior Center (115 E. Main Street)**

**Cost: FREE for seniors 60 and better**

**Instructor: Brad Stevens**

**Contact Klickitat County Senior Services 509-773-3757 for more information about the class.**

No materials required for the class. We suggest you wear loose fitting clothing for easy movement and comfortable, flat shoes (not slip-on).

### **Tai Chi for Better Balance**

The movements of Tai Chi are done in a slow and gentle manner, making it an ideal exercise for seniors. Also, it is typically done standing and involves a lot of gradual weight shifting and stepping in different directions.

Those types of movements take a lot of body control and are a great way for seniors to work on balance and coordination. In fact, it has been proven to improve balance, which is why you will often see it referenced in articles about fall prevention.

Other benefits of Tai Chi may include:

- Better quality of sleep
- A reduction in anxiety
- Pain relief
- Lower blood pressure
- General feeling of well being



### **What is Tai Chi?**

Tai Chi is an ancient form of martial arts developed hundreds of years ago. Unlike most martial arts, though, Tai Chi was meant less for combat and more as a way to exercise and increase longevity and well-being.



# White Salmon Events July 2013

White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WGAP Food Bank is open on Tuesdays &amp; Thursdays from 8:30 to 3:30pm call for MATS for transportation</p>	<p>1 9:30am Exercise 10am Bingo</p>	<p>2 8:15 Yoga 2pm Strong Women</p>	<p>3 9:30am Exercise</p>	<p>4 <b>OFFICE CLOSED</b> </p>	<p>5 9:30am Exercise </p>	6
7	8 9:30 Exercise	9 8:15 Yoga 2pm Strong Women	10 9:30 Exercise Hood River Shopping	11 8:15 Yoga Noon—Pinochle 2pm Strong Women	12 9:30am Exercise	13
14	15 9:30 Exercise 10am Bingo	16 8:15 Yoga 2pm Strong Women	17 9:30 Exercise	18 8:15 Yoga Noon—Pinochle 2pm Strong Women	19 9:30am Exercise	20
21	22 9:30 Exercise 	23 8:15 Yoga 2pm Strong Women	24 9:30 Exercise 	25 8:15 Yoga Noon—Pinochle 2pm Strong Women <b>6pm to 8pm Dance and Live Music "For the Good Times"</b>	26 9:30am Exercise 	27
28	29 9:30 Exercise 10 Bingo	30 8:15 Yoga 2pm Strong Women	31 9:30 Exercise	<p><b>MUSIC</b> 7/1 Strawberry Mtn Band 7/3 Barb &amp; Marlow 7/8 Old Time Friends</p>	7/10 Truman Boler 7/15 Anne Lane 7/22 Strawberry Mtn Band	7/24 TBA 7/29 TBA 7/31 TBA



# Goldendale Events

## July 2013

Goldendale events are held at the GD Senior Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GD Food Bank is open Mon/ Tues & Thursday 10am to 1pm. Call MATS for transportation	1	2 11am Toe Nail Care  1pm Exercise 2pm Tai Chi	3	4 <b>OFFICE CLOSED Celebrate Freedom</b> 	5  12pm Pinochle	6
7	8 	9 1pm Exercise 2pm Tai Chi  No Stroke Survivor Class	10  10:30am Caregiver Support Group	11 1pm Exercise  1:30 Zumba  2pm Bingo	12 The Dalles Shopping  12pm Pinochle	13
14	15 	16 1pm Exercise  2pm Tai Chi	17  2pm Song Circle GD Library	18 1pm Exercise  2pm Bingo	19 12pm Pinochle 	<b>20 NO Senior Breakfast</b>
21	22	23 1pm Exercise 1pm Board Meeting 2pm Tai Chi No Stroke Survivor Class	24	25 1pm Exercise  1:30 Zumba  2pm Bingo	26 Hood River Shopping  12pm Pinochle	27
28	29	30 1pm Exercise  2pm Tai Chi	31 			

# July 2013 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MENU SUBJECT TO CHANGE</b>	1 WS Tator Tot Bake	2 GD & Lyle Hamburgers	3 WS Hamburgers	4 <b>OFFICE Closed HOLIDAY</b>	5	6 Lyle Sr Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6 free. Lyle Lions Club
7	8 WS Cheese Ham & Noodles	9 GD & Lyle Cheese Ham & Noodles	10 WS Taco Salad	11 GD Taco Salad	12	13
14	15 WS Cook's Choice	16 GD & Lyle Cook's Choice	17 WS Chicken	18 GD Chicken Trout Lake Creamed Tuna	19	20 <b>No Goldendale Senior Center Breakfast</b>
21	22 WS Salisbury Steak	23 GD & Lyle Salisbury Steak	24 WS Sloppy Joe's	25 GD Sloppy Joe's	26	27
28	29 WS Chicken & Rice	30 GD & Lyle Chicken & Rice	31 WS Ham	August 1 Ham		

## SENIOR MEAL SITE LOCATIONS:

**GOLDENDALE:** Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 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:** Thursday—July 18th at 5:00pm at Trout Lake School. Menu for

- July 18th meal is: Creamed tuna on homemade buttermilk biscuits, steamed vegetables, fresh fruit salad, and triple chocolate brownies

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

With the 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

## Caregivers

One of the most challenging roles in the world is being a caregiver. You run errands, grocery shop, pay bills, help with personal care. It is easy to feel isolated and stretched to the limits of your resources and patience.

If you are caring for loved one age 60 or older in Klickitat County, we can support you in a variety of ways. We understand your care giving role.

**Reduce stress, stay healthy and improve your well-being for both you and your family.**

**Call Klickitat County Senior Services for information and resources about:**

- **Information about community resources**
- **One-on-one assistance to evaluate needs, identify options, and provide referrals**
- **Stress and behavior management**
- **Assistance with activities of daily living**
- **Problem-solving and caregiver support groups**
- **Temporary in-home respite care**

**Goldendale 773-3757  
White Salmon 493-3068**

### Energizing Support Groups

**Stroke Survivors** 541-296-7280

**Goldendale Diabetes** Leslee LaFrantz ~  
773-4022

**Goldendale Bereavement Meeting**, call  
Susan Shipman 773-0380

**No Goldendale Stroke Survivor Class until September**

**Alzheimer's Association Support Group  
For Unpaid Caregivers**

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



**SAVE THE DATE**  
**Annual Senior**  
**Picnic & Volunteer**  
**Recognition—**  
**Friday, August 16th**  
**At Daubenspeck Park in**  
**Bingen**

**ALL SENIORS IN KLICKITAT  
COUNTY ARE WELCOME TO  
ATTEND OUR ANNUAL PICNIC**



**Are you 60 or Better?  
Do you like a good meal?  
Join us for Lunch**

There are five Hot Lunch programs offered throughout Klickitat County which serve delicious, and nutritious well-balanced meals.

The lunch programs also give you the opportunity to socialize, listen to great music, enjoy meeting new people, catching up with old friends.

See the schedule of meal site dates, times, locations, and what is being served on our menu page of this newsletter.

All those who are 60 and better are invited to contribute \$3.50 for each meal but that is strictly a suggested donation. We appreciate each donation and the money donated goes toward covering the costs of providing meals.

**KLICKITAT Meal**

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

**Any questions call 509 369-3985**

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

**Time:** 1pm

**Place:** Grace Lutheran Church Parsonage

**\* This meal is not sponsored by KCSS.**

**Volunteer Hours**

**MAY HOURS**

TRANSPORTATION	638.25	Hours
NUTRITION	702.5	Hours
NEWSLETTER	22	Hours
SR. EXERCISE	21	Hours
MUSICIANS	18	Hours

**Medication Tip of the Month**

**Make a List and Check it Twice**

Create a running list of all of your prescription medications, over-the-counter drugs, herbal supplements, and vitamins. Bring it with you to all of your doctor's appointments, any time you go to the hospital, and to your pharmacy. It's also a good idea to fill all of your prescription medications at the same pharmacy, so that your pharmacist can be on the lookout for potential interactions and alert you to any medication side effects.



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

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White Salmon, WA 98672  
509 493-3068

**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

**“Return Service Requested”**



## **White Salmon 4th of July Celebration**

The White Salmon 4<sup>th</sup> of July Celebration in the Park is happening again this year.

The 133<sup>rd</sup> Army Reserve Dixieband “G7” will work the pre-parade route, along with our Ladies of the Elks handing out flags, followed by car after car of honored veterans. Anyone who has served in the military at any time in any way is to be celebrated. The Celebration will take place in Rheingarten Park and will include music by Gorge Winds, White Salmon Jazz Band, and G7. There will be hot dogs, cotton candy, and Margaret’s snow cones for sale as well as lots of games and activities for all ages.

Call Pat at 493-3362 or Peyt at 493-3525 with questions or help to join in. Facebook “White Salmon 4<sup>th</sup> of July Parade and Celebration in the Park”.

