



Senior Picnic—Friday, August 16th

Daubenspeck Park in Bingen

**ALL SENIORS 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.

Live Music by the Strawberry Mountain Band

We will be recognizing our county volunteers and presenting the
Volunteer of the Year Recognition Award.



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
Carol & Cindy 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.

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Congress Summer 2013 Recess: Aug. 3-Sept. 8

This summer, Congress will be heading home for the month of August through Labor Day. Below are some of the key issues on the docket when they return, along with suggested messages that you can deliver to your lawmakers.

Key Issues:

Older Americans Act (OAA) Funding & Reauthorization

Congress will return in September to face big decisions on funding levels for federal government programs, including the OAA (Older Americans Act).

The Senate Appropriations Committee has passed a bill that would restore OAA funding to levels before the sequester took effect. However, the House is unlikely to do the same.

The OAA also is overdue for reauthorization. Sen. Sanders (I-VT) has introduced a reauthorization bill (S. 1028) that includes many priorities NCOA has been fighting for, such as economic security, chronic disease management, falls prevention, senior center modernization, and elder justice.

Suggested messages to communicate to Congress:

1. End the sequester and invest in Older Americans Act programs.
2. OAA programs are critical to helping seniors stay healthy and independent in their own homes.
3. OAA funding has not kept pace with inflation or the rising demand for services.
4. Sequester cuts have dealt another devastating blow—resulting in growing waiting lists or denial of services for seniors in need.
5. Please support the Senate Labor-HHS appropriations bill that reverses sequester cuts for OAA programs this year, as well as proposals to eliminate the sequester entirely.
6. Reauthorize the Older Americans Act this year.
7. The OAA funds critical services that help seniors stay healthy and independent in their own homes.
8. The law was scheduled to be reauthorized two years ago and needs to be updated to reflect the changing needs of the growing senior population and to promote innovation.
9. Please support S. 1028, the Older Americans Act Amendments of 2013, which strengthens the OAA for seniors today and tomorrow.

YOUR LEGISLATORS

Maria Cantwell

US Senators for Washington (D)

Phone: (202) 224-3441

Fax: (202) 228-0514

Patty Murray

US Senators for Washington (D)

Phone: (202) 224-2621

Fax: (202) 224-0238

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Governor of Washington (D)

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Norm Johnson

State Representative for Washington district 14 (R)

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Charles 'Charlie' R. Ross

State Representative for Washington district 14 (R)

Phone: (360) 786-7856

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Email: charles.ross@leg.wa.gov

Attorney General warns public about Medicare scams

According to the Washington State Office of the Attorney General, Washington residents are receiving calls from scammers posing as Medicare officials asking for personal information to issue new Medicare cards.

Medicare will never call you to:

- Offer to replace your cards
- Ask for personal information
- Ask for banking information to charge for replacement cards

Never respond to this and other schemes that try to get your personal information. If you receive such a call, do not provide any personal information and **hang up immediately!**

If you receive a similar scam by email, text or a letter in the mail, **do not respond!**

Report any potential Medicare fraud cases to the Washington State Office of the Insurance Commissioner's SMP at 1-800-562-6900 or email us at shibahelpline@oic.wa.gov.

Klickitat County Senior Advisory Board

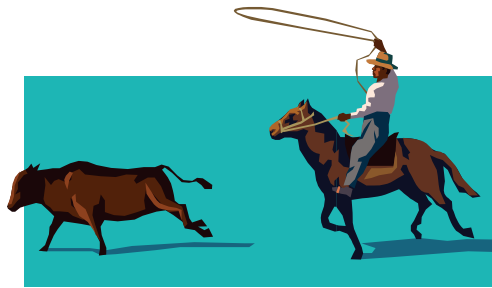
Next meeting is Friday, August 2nd at 10:30am at the Dallesport Community Center.

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.

White Salmon Events

August 2013



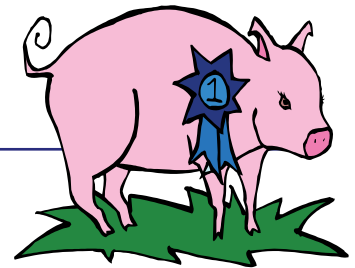
Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/5 For the Good Times 8/7 Barb & Marlow 8/12 Greg Rogholt	8/14 Strawberry Mtn Band 8/19 Strawberry Mtn Band	8/21 Truman Boler 8/26 Greg Rogholt 8/28 Strawberry Mtn Band		1 8:15 Yoga Noon Pinochle 2pm Strong Women	2 9:30am Exercise	3
4	5 9:30 Exercise 10am Bingo	6 8:15 Yoga 2pm Strong Women	7 9:30 Exercise 	8 8:15 yoga Noon Pinochle 2pm Strong Women	9 9:30am Exercise	10
11	12 9:30 Exercise 	13 8:15 Yoga 2pm Strong Women	14 Hood River Shopping 9:30 Exercise	15 8:15 Yoga Noon Pinochle 2pm Strong Women	16 Senior Picnic at Daubenspeck Park in Bingen	17 
18	19 9:30 Exercise 10am Bingo	20 8:15 Yoga  2pm Strong Women	21 9:30 Exercise	22 8:15 Yoga Noon Pinochle 2pm Strong Women	23 9:30am Exercise 	24 Klickitat County Fair
25 Klickitat County Rodeo	26 9:30 Exercise 	27 8:15 Yoga 2pm Strong Women	28 9:30 Exercise 	29 8:15 Yoga Noon Pinochle 2pm Strong Women	30 9:30am Exercise	31










Goldendale Events August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/6 Greg R. 8/15 Jackie 8/19 Greg				1 1pm Exercise 	2 Noon Pinochle Pine Springs Resort	3 Backyard Blues Bash 773-4434
4	5	6 11am Toe Nail Care 1pm Exercise 1pm Bingo 2pm Tai Chi	7	8 1pm Exercise 1pm Bingo 	9 The Dalles Shopping Noon Pinochle 	10 Dufur Threshing Bee 10am Parade
11	12 	13 1pm Exercise 1pm Bingo 2pm Tai Chi	14 10:30 Care Giver Support Group	15 1pm Exercise 1pm Bingo 5pm GD Library Ice Cream Social	16 Senior Picnic At Daubenspeck Park in Bingen Noon Pinochle	17 No Senior Breakfast
18	19	20 1pm Exercise 1pm Bingo 2pm Tai Chi	21 	22 1pm Exercise 1pm Bingo 5pm BBQ Klickitat Co	23 Hood River Shopping Noon pinochle	24 GD Parade 10am 
	26	27 1pm Exercise 2pm Tai Chi	28	29 1pm Exercise 1pm Bingo 	30 Noon Pinochle	31

August 2013 Menu



Being happy doesn't mean that everything is perfect.. It means that you've decided to look beyond the imperfections. Author unknown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change				1 GD Ham	2	3
4	5 WS Chili Bake	6 GD & Lyle Chili Bake	7 WS Cook's Choice 	8 GD Cook's Choice	9	10
11	12 WS BBQ Beef	13 GD & Lyle BBQ Beef	14 WS Chicken 	15 GD Chicken Trout Lake	 16 Sr Picnic Daubenspeck Park	17 No GD Senior Center Breakfast
18	19 WS Country Steak 	20 GD & Lyle Country Steak	21 WS Taco Salad 	22 GD Taco Salad Klickitat Co Fair BBQ 5pm	23 Klickitat County Fair	24 
25 	26WS Creamed Chicken	27GD & Lyle Creamed Chicken	28 WS Pork	29 GD Pork	30	31

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 & 4th Tuesday at 11:30 at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: Thursday-August 15th at 5:00pm at Trout Lake School.

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

Volunteer Hours

June HOURS

TRANSPORTATION	621.5	Hours
NUTRITION	685	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	20	Hours

National Do Not Call List

If you have begun to receive calls from telemarketers and would like to be put on the "No Call List" there are 2 options.

1. Call 1-888-382-1222. You must be calling from the number you wish to register. You will get an automated recording that is very simple to use; just a few choices are asked and the process is complete. The request will be good for five years.
2. If you would like to do it online go to www.donotcall.gov.

Also, Virginia & Jill are able to assist with this request.

Energizing Support Groups

Stroke Survivors 541 296-7280

Goldendale Diabetes

Leslee LaFrantz ~ 773-4022

Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

Alzheimer's Association Support Group For Unpaid Caregivers

Second Wednesday, August 14th
10:30am at the Goldendale Senior Center

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



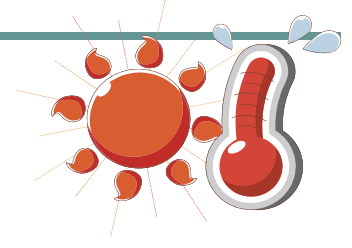
SHIBA Volunteers Needed

RSVP (Retired and Senior Volunteers) of Yakima County needs volunteers for the SHIBA (Statewide Health Insurance Benefits Advisors) Help Line Program. This would be a local Klickitat County position.

Volunteers will receive training from the Washington State Insurance Commissioners Office, and then attend monthly updates. Advisors answer questions regarding Medicare, Medicaid, Long-Term Care, Individual Insurance, Prescription Coverage, COBRA Plans and much more. If you are interested, call Deborah Wilson, RSVP Director in Yakima at 409 574-1932

Stay Cool

Getting Too Hot Can Be Dangerous



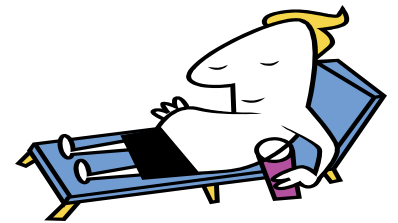
Many people love the warm summer months. But hot and humid days can sometimes be dangerous. It's not good for the body to be too hot for too long. Too much heat can damage your brain and other organs. It's important to keep your cool when the days are hot.

Your body has its own natural cooling system. Sweating is key to cooling when hot weather or exercise causes your body temperature to climb. When sweat dries, it carries heat away from your body's surface and lowers your temperature. When sweating isn't enough to help you cool down, you're at risk for a heat-related illness called hyperthermia.

If you and a loved one are at a picnic, for example, and it's very hot and humid that day, and they start complaining of being dizzy or seem disoriented, you need to be very concerned, you need to get them into a cool place, put cool compresses on their neck and wrists, and call 911."

Air conditioning is the best way to protect against hyperthermia. If you don't have air conditioning, go to places that are cool on hot and humid days. Try community centers, grocery stores, senior centers, libraries or the homes of friends and family.

Heat-related illness is preventable. Still, hundreds of deaths from extreme heat events occur in the United States each year. It's important to be aware of who's at greatest risk so you can take steps to help beat the heat.



- Stay in air-conditioned buildings as much as possible. Contact your local health department or 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—it will make you and your house hotter.
- 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.

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

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Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672
509 493-3068

**Non-Profit Organization
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“Return Service Requested “

Klickitat County Fair

August 22nd to 25th, “Let’s Stirrup some Memories”

Thursday, August 22nd, 11am The Grounds entertainment begins,
5pm County Products & Produce Kick-Off Barbecue



Ogden Mopar Limo Service to the Klickitat County Fair

Don't let a need for transportation keep you from attending the fair.

August 22nd to 25th

9am to 7pm

Fast Friendly & **FREE** dropping you off close at the different venues

Call 773-4809

