



**2021**

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**Senior Meal Site Reopening**

I was really hoping to be able to say we are open for senior meals again but we are not yet there.

We are still waiting for the updated senior nutrition program guidance from the state Aging & Long Term Care Division. There are more variables and precautions when we are looking at the safety of seniors who are most vulnerable to severe illness.

We are working hard to be able to restart our senior meal sites but are working through the requirements and updated program guidance for re-opening.

We are hopeful that we will be able to resume meal sites in SEPTEMBER.

Please have patience with us as we work to adjust to the ever-changing guidelines.

As soon as we are able to we will get the word out to everyone.

In the meantime if you are in need of hot or frozen home delivered meals please call our office. Or sign up for pick up at our White Salmon or Goldendale kitchens.

Goldendale: 509-773-3757  
Toll Free: 1-800-447-7858

White Salmon: 509-493-3068

## Sleep: Do Nothing

By Kristoffer Lindstrom, MSW, LICSW  
Skyline Health Behavioral Health Consultant



The problem with not getting enough sleep is more problems. Lack of sleep will very likely result in health problems, such as: heart disease, kidney disease, high blood pressure, diabetes and stroke. Lack of sleep may also cause depression, slower decision-making and other mood problems.

Lack of sleep is a problem, and our mind is a problem-solver. However, getting good sleep is really about doing nothing and our mind is not good at doing nothing. There are strategies that can lead to getting better sleep, called sleep hygiene. Here are some tips:

- Get exercise, but avoid it 2-3 hours before bedtime.
- Avoid screen time at least 1-hour before bedtime.
- Get some natural full-spectrum sunlight.
- Create a routine of bedtime rituals (washing face, brushing teeth, etc.).
- Avoid coffee and alcohol in the evening.
- Turn lights down low towards bedtime.
- Listen to soothing music.
- Try light stretching.

So where does “doing nothing” factor in? Well, the above are some basics we can follow that will help us get into a relaxed mode, which will help us obtain more quality sleep. Dr. Steven Hayes, talks about how our bodies know how to sleep. The fact we have been on this planet for a long while has given our bodies time to figure out how to sleep. In addition, he says trying to turn the mind off does not work very well. Instead, he suggests trying the following to become more psychologically flexible.

**If you can't sleep, rest.** In many cases, the focus on trying to sleep, keeps you from getting to sleep. By allowing yourself to simply rest and respectfully declining your mind's invitation to problem solve, you are more likely to get to sleep more easily or fall back to sleep after you wake up.

**Just noticing.** Is worrying keeping you awake? Instead of ruminating on it, just notice it. When worries arise, imagine they are words written on leaves floating in the ocean tide. They come in, they go out. Notice them dispassionately. This is all. Add or subtract nothing.

**Accept your thoughts and feelings about insomnia.** I don't mean resign yourself to insomnia. I mean to be present with your reactions without grabbing at them or manipulating them. Instead of rejecting these reactions, just hold them the way you would a child. Then let your body do what it knows how to do.

If you are in need of behavioral health services, please call Skyline Health Medical Clinic at 509-638-2810 or visit [myskylinehealth.org](http://myskylinehealth.org). Same day appointments and virtual visits are available. [Having a Hard Time Sleeping? Do Nothing! | Psychology Today](https://www.psychologytoday.com/us/blog/having-a-hard-time-sleeping-do-nothing/2016-11)

1<https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why> accessed on November 29, 2016.

## Senior Advisory Board Corner

I write to you as, I believe, the newest member of the KC Senior Advisory Board, and as a “Husumite” (one hailing from Husum), and concerned citizen. The aging demographic of our Community suggest we should all: 1) get involved in our communities, 2) seek education and awareness on programs and happenings, and 3) contribute to improving lives of Klickitat County residents. We have significant challenges on the horizon; we should get involved if we want to be part of the solution(s). We can all do something. I thank you for the opportunity to serve seniors in our community. Feel free to contact me via email if you have issues you’d like to discuss at [workfromhome42@me.com](mailto:workfromhome42@me.com) or at my personal cell phone (907).312.0923.

Issues of concern on the board’s discussion / plate, lately, include: 1) discussion on the status of the assisted living facility build project and road ahead, 2) the (fantastic) value-added by the Mt. Adams Transportation Service (MATS), and 3) general updates on our board membership.

So, here is my feedback for you this month.

1. Assisted Living Facility - There exists a \$3 million shortfall, or gap, in funding the assisted living center capital project for Klickitat County. As you know; your local elected officials, Mid-Columbia Housing Authority team members, funding agency leaders, community members, and build-team members work to ensure the build happens. As a reminder; this facility would add approximately 60 housing units, costs in the ballpark of \$16-\$18 million to build - and will serve our residents for future generations. These team members work diligently for us, putting forth “asks” to various funding agencies and individuals, in efforts to close this gap. More to follow in future articles and as the project matures.

Interested parties in helping fund the project funding gap should contact your local elected official, or Sharon Carter at your local Klickitat County Senior Services office.

2. I believe a tremendous value-added-service, with ride-capacity for you or a loved one - is our MATS system. It’s unbelievable! Did you know the busses and vehicles travel to White Salmon, Bingen, Hood River, The Dalles, and Portland? For \$30 - you can buy a ride pass good through the end of 2021! If I said \$1.00, for a single ride, to the public - we’d all think that unbelievable! It is the true offer. I’m going to start riding this fantastic service! The CAT service from Hood River services White Salmon on Saturday and Sunday. These routes add tremendous value for we citizens. Find a schedule; bring a buck, and check it out. Highly encouraged.

3. Board Membership: Your Klickitat County Senior Advisory Board has the full complement of membership. We exist to serve you, and we encourage you to get involved in improving services in our community. Everybody can do something. Contact us via your local representative.

Gavin Carmichael, Klickitat County Senior Advisory Board member

## What do you do for fun???

Many adults forget how to have fun. They've spent the past 40 years showing up for work every day, paying off mortgages, getting kids through school and taking care of aging parents. Having fun and being spontaneous—a key element of fun and play—gets lost. It's considered nonproductive, which makes some people feel guilty.

Fun is important at every age but can be even more beneficial as we grow older. The very things associated with it—laughter, levity, enjoyment, diversion—can act as antidotes to stress, depression, and anxiety.

Fun is different for every person. What makes you happy? What makes you laugh? What activities did you do in your youth? What activity did you always want to try?

### Play helps:

**Relieve stress.** Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Improve brain function.** Playing chess, completing puzzles, or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of playing with family and friends can also help ward off stress and depression.

**Stimulate the mind and boost creativity.** Young children often learn best when they are playing—a principle that applies to adults, as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems.

**Improve relationships and your connection to others.** Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn't have to include a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships.

**Keep you feeling young and energetic.** In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Play can boost your energy and vitality and even improve your resistance to disease, helping you function at your best.

## **How to play more**

Incorporating more fun and play into your daily life can improve the quality of your relationships, as well as your mood and outlook.

Even in the most difficult of times, taking time away from your troubles to play or laugh can go a long way toward making you feel better.

It's true what they say: laughter really is the best medicine. Laughter makes you feel good. And the positive feeling that comes from laughter and having fun remains with you even after the giggles subside. Play and laughter help you retain a positive, optimistic outlook through difficult situations, disappointments, and loss.

### **Develop your playful side**

It's never too late to develop your playful, humorous side. If you find yourself limiting your playfulness, it's possible that you're self-conscious and concerned about how you'll look and sound to others when attempting to be lighthearted. Fearing rejection, embarrassment or ridicule when trying to be playful is understandable. Adults often worry that being playful will get them labeled as childish. But what is so wrong with that? Children are incredibly creative, inventive and are constantly learning. Wouldn't you want to be childish if that is the definition? Remember that as a child, you were naturally playful; you didn't worry about the reactions of other people. You can reclaim your inner child by setting aside *regular, quality playtime*. The more you play, joke, and laugh—the easier it becomes.

Try to clear your schedule for an afternoon or evening, for example, and then turn off your phone, TV, computer, and other devices. Give yourself permission to do whatever you want for the time you've allotted. Be spontaneous, set aside your inhibitions and try something fun, something you haven't done since you were a kid, perhaps. And enjoy the change of pace.

Put simply, play is finding amusement, humor, joy and even entertainment in your daily life.

## Lyle Community Walkathon

Do you remember participating in walkathons when you were in school, or had school-age children? Well it is back.

On September 25th, 2021 the Lyle Community Council is sponsoring a Walking Event to encourage walking and to bring awareness to safe streets. The day will start out with a children's parade and then the walkathon starts with a short lap around a block in Lyle. Seniors over the age of sixty are encouraged to find a sponsor to pay for each lap completed and be there to cheer you on.

Put it on your calendar now and get in shape by walking.

For more information contact Cindy Bluemel at [bluemel1@mac.com](mailto:bluemel1@mac.com).

To sign up for the event check out the [lylewa.com](http://lylewa.com) website for an entry form.

### **Turning 65 This Year?**

**For many, completing the task of enrolling in Medicare will seem to be very complicated.**

**How do I enroll in Medicare? Is it automatic when I turn 65?**

**When do I have to enroll?**

**What if I'm still working and have insurance?**

**How do I pay for my Medicare?**

**Call Klickitat County Senior Services offices and speak with**

**Stacy in Goldendale 509-773-3757**

**or Jill in White Salmon 509-493-3068.**

# August 2021 Menu

| Sun  | Mon                          | Tue                           | Wed   | Thu                               | Fri  | Sat |
|--|------------------------------|-------------------------------|---|-----------------------------------|--|-----|
| 1  | 2 WS<br>Salisbury Steak      | 3 GD<br>Salisbury Steak       | 4 WS<br>Sweet & Sour Meatballs  | 5 GD<br>Sweet & Sour Meatballs    | 6<br>   | 7   |
| 8<br> | 9 WS<br>Chili Baked Potatoes | 10 GD<br>Chili Baked Potatoes | 11 WS<br>Chicken Broccoli Alfredo   | 12 GD<br>Chicken Broccoli Alfredo | 13   | 14  |
| 15   | 16 WS<br>Sloppy Joes         | 17 GD<br>Sloppy Joes          | 18 WS<br>Tuna Salad Casserole   | 19 GD<br>Tuna Salad Casserole     | 20   | 21  |
| 22   | 23 WS<br>Broccoli Beef       | 24 GD<br>Broccoli Beef        | 25 WS<br>Chicken Cacciatore   | 26 GD<br>Chicken Cacciatore       | 27<br> | 28  |
| 29   | 30 WS<br>BBQ Beef Sandwich   | 31 GD<br>BBQ Beef Sandwich    |  |                                   | <b>Menu Subject to Change</b>  |     |

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757  
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858



## Klickitat County Emergency Notification System

All public landlines listed within Klickitat County are automatically entered in the system. Cell phones and other communication devices are not automatically entered so creating a Managed Account is the best way to ensure your information is captured for Emergency Notifications and in the language you prefer, English or Spanish. You can also register through your Google, Facebook, or Twitter account and then enter your information or register as a guest with no email.

### Sign up for Notification

The only way to ensure you receive emergency notifications is to register online.

Signing up is easy and free!

Follow these simple steps to get started:

1. Go to our website: [www.klickitatcounty.org/249](http://www.klickitatcounty.org/249)

2. Click: "REGISTER FOR EMERGENCY NOTIFICATIONS HERE!"

3. Follow the instructions to create your account or Log In to your Google, Facebook, or Twitter account and then enter your information.

4. With a Managed Account Remember your User Name/Password and Email you signed up with.

*Call 1-866-939-0911 for Log-In Support.*

### When will I receive notifications?

Get notified about emergencies where you live and work by signing up for Klickitat County's Emergency Notification System (KCENS). This system enables Klickitat County to provide you with critical information quickly in the event of natural or human caused disasters, such as wildfire, severe weather, flooding, earth quakes, hazardous material incidents and missing persons with information related to evacuations, detours, shelter locations, emergency road closures and areas to avoid.

### How much does it cost?

**Klickitat Emergency Notification is FREE** to all, however you may incur charges from your cell phone company if you have a per-call or per-message limit on your mobile device.

### Will my information be shared with others?

Your information will not be shared or sold to any vendor or other organizations. The information you provide will be used for emergency purposes only.

The notification system is geographically based, notifying only residents in the affected area.

Emergency notifications are sent by Klickitat County Emergency Management.

When signing up, you choose how you want to Log In – via User Name & Password, or via Google, Facebook, or Twitter. You then enter the notification methods you want; text message, cell phone, landline, business phone, email, and TDD/TYY devices. Preferably an email and a phone number to successfully reach you in an emergency.

What is the phone number calling me? **866-419-5000** The mass notification system will be used for emergency situations only. **If we can't reach you, we can't notify you!**

**If you** do not have internet access and would like assistance registering for the notification system you can call Senior Services and we can assist you.

## Savvy Senior

### How to Replace Important Documents That Are Lost or Missing

Dear Savvy Senior,

Can you tell me what I need to do to replace a variety of important documents? Our house burned down a few months ago, and we lost everything including our home property deed, car titles, old tax returns, Social Security, Medicare and Covid vaccine cards, birth certificates, marriage license and passports.

Stressed Seniors

Dear Stressed,

I'm very sorry for your loss, but you'll be relieved to know that replacing important documents that are destroyed, lost or stolen is pretty easy once you know where to turn. Here are the replacement resources for each document you mentioned.

**Birth certificates:** If you were born in the United States, contact the vital records office in the state where you were born (see [CDC.gov/nchs/w2w/index.htm](https://www.cdc.gov/nchs/w2w/index.htm) for contact information). This office will give you specific instructions on what you need to do to order a certified copy and what it will cost you – usually between \$10 and \$30.

**Car titles:** Most states offer replacements through a local department of motor vehicles office. You'll need to complete a replacement title application form and pay the application fee, which varies by state. You'll also need to show ID and proof that you own the car, such as your vehicle registration or your license-plate number and VIN (vehicle identification number). To get an application, go to [DMV.org](https://www.dmv.org), pick your state, and print it or fill it out on the site.

**Property deed:** To access your house deed, contact your county clerk's office, where deeds are usually recorded – you may be charged a small fee to get a copy.

**Marriage certificate:** Contact the vital records office of the state you were married in to order a copy (see [CDC.gov/nchs/w2w/index.htm](https://www.cdc.gov/nchs/w2w/index.htm)). You'll need to provide full names for you and your spouse, the date of your wedding, and the city or town where the wedding was performed. Fees range from \$10 to \$30.

**Social Security cards:** In most states (except in Alabama, Minnesota, Nevada, New Hampshire, Oklahoma and West Virginia), you can request a replacement Social Security card online for free at [SSA.gov/myaccount](https://www.ssa.gov/myaccount).

If you live in a state that the online service is not available, you'll need to fill out form SS-5 (see [SSA.gov/forms/ss-5.pdf](https://www.ssa.gov/forms/ss-5.pdf) to print a copy) and take it in or mail it to your nearby Social Security office along with a number of evidence documents that are listed on this form. For more information or to locate the Social Security office that serves your area, call 800-772-1213 or see [SSA.gov/locator](https://www.ssa.gov/locator).

**Medicare cards:** If you are enrolled in original Medicare, you can replace a lost or damaged Medicare card by calling Medicare at 800-633-4227, or by logging into your

[MyMedicare.gov](https://www.mymedicare.gov) account. If, however, you get Medicare health or drug benefits from a Medicare Advantage Plan, such as an HMO, PPO, or PDP, you'll need to call your plan to get your card replaced.

**COVID-19 vaccination card:** Your first step is to go back to your vaccination site and see if they'll give you a replacement. Bring an ID and try to recall the date you were vaccinated. If that's not feasible, contact your state health department immunization information system (see [CDC.gov/vaccines/programs/iis/contacts-locate-records.html](https://www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html)) where you should be able to print out a replacement sheet.

**Tax returns:** To get copies of old tax returns start with your tax preparer, who usually keeps copies of your returns on file. You can also get copies of federal returns directly from the Internal Revenue Service. You'll need to fill out and mail in IRS form 4506. To download this form [IRS.gov/pub/irs-pdf/f4506.pdf](https://www.irs.gov/pub/irs-pdf/f4506.pdf) or call 800-829-3676 and ask them to mail you a copy. The cost is \$43 for each return requested.

**Passports:** You can apply for a replacement passport at a Passport Application Acceptance Facility. Many post offices, public libraries and local government offices serve as such facilities. You can search for the nearest authorized facility at [iafdb.travel.state.gov](https://iafdb.travel.state.gov). The fee is \$145.

**Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.savvysenior.org). Jim Miller is a contributor to the NBC *Today* show and author of "The Savvy Senior" book.**

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**It All Starts With a Phone Call**

At one time or another, we all have been in need of help; but sometimes we're unsure what to ask or where to start.

Klickitat County Senior Services serves older adults and people with disabilities as well as their unpaid caregivers.

Need extra help caring for dad? Can't get to doctor's appointments? Feeling lonely and depressed? Whatever you're dealing with, we promise to really listen and help.

By getting to know you and your unique needs, we can offer you the guidance and support you need.

Contact one of our offices and we can provide you with information and assistance regarding programs and services, including:

Meals on Wheels, Transportation, Family Caregiver Support, Medicare Help, Home Care Services

Goldendale: 509-773-3757 White Salmon: 509-493-3068

OR Toll Free: 1-800-447-7858