



Skamania County Senior Services

Swift Water

Newsletter

NOVEMBER / DECEMBER 2018

Skamania County Senior Services

710 SW
Rock Creek Drive
PO Box 369
Stevenson, WA 98648
(509) 427-3990

CALENDAR OF EVENTS

NOVEMBER

Mobile Dental	7
Energy Assistance	5 & 7
Hood River Shopping	8
SHIBA Medicare Help	14
Thanksgiving B-day Lunch	16
Offices Closed	12 & 23

DECEMBER

Super Star Lunch	7
Hood River Shopping	11
Birthday Lunch	14
Mobile Dental	19
Christmas Lunch	21

ENERGY ASSISTANCE

WGAP will be at the Hegewald Center to sign up Seniors 60 & older on November 5th & 7th from 10am - 1:00pm

Items to Bring:

- ID
- Proof of Residence
- Energy Bill
- Social Security Card
- Household income (all members of household)



PUD rebate available for those 62 & older



SUPER STAR LUNCH

Please join us in honoring our 2018 Senior Super Star at Rock Creek Meal Site December 7th at 11:45 am

Dental Hygiene Mobile Services, LLC

Will be at the Hegewald Center Nov 7th & Dec 19th
Washington State Medicaid is accepted
Non Medicaid- \$10 screening \$70 dental cleaning
Call Seniors for more information 509-427-3990



Join us for Stay Active & Independent for Life (SAIL) Exercise class offered at the Rock Creek Hegewald Center **Monday, Wednesday & Fridays 10:30-11:15.** Focuses on strength, balance and fall prevention. **Free** class appropriate for all ages and fitness levels.

Please join us for a **Thanksgiving Lunch** on Nov 16th and a **Christmas Lunch** on Dec 21st

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NOVEMBER

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Sweet&Sour Chicken, Apple Betty Exercise Class	3
4	5 Spanish Rice, Peaches Ceramics Exercise Class	6	7 Rueben Sandwich, Macaroons Exercise Class	8 <i>Hood River Shopping Trip</i>	9 Italian Chicken, Fruit Cocktail Exercise Class	10
11 	12 Closed in Observance of Veteran's Day Exercise Class	13	14 Biscuits & Gravy, Strawberry Cream Exercise Class	15	16 <i>Thanksgiving & Bday Lunch</i> Roasted Turkey, Pie or Cake Exercise Class	17
18	19 Hawaiian Chicken, Apricots Ceramics Exercise Class	20	21 Chili Dogs, Jello Exercise Class	22 	23 Office Closed Exercise Class	24
25	26 Turkey Meatball Sub, Cantaloupe Ceramics Exercise Class	27	28 Cheese burger Pie, Fresh Cinnamon Rolls Exercise Class	29	30 Pizza, Orange Jello Exercise Class	

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DECEMBER

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Turkey Loaf, Fruit Cocktail Ceramics Exercise Class	4	5 Bean & Chicken Burrito, Chocolate Pudding Exercise Class	6	7 <i>Superstar</i> Beef Stroganoff, Cream Cake Exercise Class	8
9	10 Tuna Salad on Greens, Berries Ceramics Exercise Class	11 <i>Hood River Shopping Trip</i>	12 Beef lo Mein, Muddy Buddies Exercise Class	13	14 <i>Birthday Lunch</i> Baked Ham, Bday Cake Exercise Class	15
16	17 Chicken Chili w/Cornbread, Tropical Fruit Ceramics Exercise Class	18	19 Meatloaf, Xmas Cookies Exercise Class	20	21 <i>Christmas Lunch</i> Prime Rib, Gingerbread Cake Exercise Class	22
23	24 Turkey Stew, Peaches Ceramics Exercise Class	25 	26 Chef's Choice, Jello Exercise Class	27	28 Spinach Lasagna, Chocolate Oat Bar Exercise Class	29
30	31 Spaghetti w/Meat Sauce, Jello Ceramics Exercise Class					

Nutrition Tip
By Sally Munoz, Nutrition Manager



The USDA states that it is important to eat 8 ounces of seafood per week. Here are some reasons why. Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease. That right there sounds like reason enough!

Seafood varieties that are commonly consumed in the United States that are higher in EPA and DHA and lower in mercury include salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel (not king mackerel, which is high in mercury). The health benefits from consuming seafood outweigh the health risk associated with mercury, a heavy metal found in seafood in varying levels.

Another great reason to eat seafood is that it provides vitamin D, and is especially high in fatty fish and fish liver oils. Living in this climate during the winter when we are likely spending more time indoors, we can all use the vitamin D!

Skamania County Senior Service
Mission Statement

The goal of Skamania County Senior Services is to honor each individual's independence by encouraging aging in place



Senior Services Stats for
August/September

Meals Served: 1769
Transportation: 3782



SKAMANIA COUNTY SENIOR SERVICES
P.O Box 369
Stevenson, WA 98648

RETURN SERVICE REQUESTED

PRESORTED STANDARD
U.S. POSTAGE

PAID

Stevenson, WA 98648
PERMIT NO. 23