



Skamania County Senior Services

Swift Water

Newsletter

JANUARY / FEBRUARY 2020

**Skamania County
Senior Services**
710 SW
Rock Creek Drive
PO Box 369
Stevenson, WA 98648
(509) 427-3990

CALENDAR OF EVENTS

JANUARY

Hood River Shopping Trip	9
Birthday Lunch	17
Office Closed- Martin Luther King Jr Day	20

FEBRUARY

Hood River Shopping Trip	11
Valentine Lunch	14
Office Closed- Presidents Day	17
Birthday Lunch	21



REMINDER:

When Stevenson/Carson School District is closed for a snow day, there is no senior lunch. Check your local news stations for school closures or call the office. 427-3990

Medicare

Need help paying for Medicare or Part D?

You may be eligible for assistance with paying for your Medicare premium and your prescription coverage.

Medicare Savings Program:

Single person, income less than \$1425 per month and assets less than \$7730

Couple, income less than \$1922 per month and assets less than \$11,600

Medicare part D Extra Help:

Single person, income less than \$1581 per month and assets less than \$14,390

Couple, income less than \$2134 per month and assets less than \$25,608

Please call Senior Services to apply 509-427-3994

Exercise Classes



Join us at the Rock Creek
Hegewald Center
10:30am - 11:15 am

Mondays: Ashley & Ellie, SAIL program
Wednesdays: Margaret on DVD, SAIL Program
Fridays: Margie, Strong Women's Program

Skamania County Senior Services

JANUARY

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed 	2	3 Chicken Pot Pie, Oatmeal Cookie Exercise Class	4
5	6 Chicken Teriyaki, Fruit Cocktail Ceramics Exercise Class	7	8 Mac & Cheese, Pudding Pie Exercise Class	9 <i>Hood River Shopping Trip Weather Pending</i>	10 Shepherd's Pie, Spice Cake Exercise Class	11
12	13 Turkey & Swiss, Berries Ceramics Exercise Class	14	15 Hungarian Goulash, Orange Fluff Exercise Class	16	17 <i>Birthday Lunch</i> Baked Chicken, B-day Cake Exercise Class	18
19	20 Office Closed 	21	22 Beef Enchilada Pie, Cookies Exercise Class	23	24 Chicken Noodle Casserole, Coffeecake Exercise Class	25
26	27 Roasted Pepper Frittata, Apricots Ceramics Exercise Class	28	29 Ham & Cheese Wraps, Jello Exercise Class	30	31 Chicken a la King, Brownie Exercise Class	

Skamania County Senior Services

FEBRUARY

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Sweet & Sour Chicken, Tropical Fruit Ceramics Exercise Class	4	5 Pizza, Fresh Cinnamon Rolls Exercise Class	6	7 Italian Chicken, Apple Brown Betty Exercise Class	8
9	10 Spanish Rice, Peaches Ceramics Exercise Class	11 <i>Hood River Shopping trip Weather Pending</i>	12 Chili Dogs, Orange Jell-O Exercise Class	13	14 <i>Valentine Lunch</i> Chicken Cordon Blue, Strawberry Cream Exercise Class	15
16	17 CLOSED 	18	19 Cheese- burger Pie, Cookies Exercise Class	20	21 <i>Birthday Lunch,</i> Country Fried Steak, B-day Cake Exercise Class	22
23	24 Hawaiian Chicken, Fruit Cocktail Ceramics Exercise Class	25	26 Biscuits & Gravy, Plum Flummery Exercise Class	27	28 Rueben Sandwich, Macarons Exercise Class	
						

7 winter safety tips for seniors and their caregivers

Care.com Editorial Staff

March 20, 2018

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors.

1. Avoid slipping on ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress for warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

3. Fight wintertime depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible. A short, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Check the car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies. If driving is necessary during the winter, review safe and reliable senior transportation options.

5. Prepare for power outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6. Eat a varied diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits - especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. Prevent carbon monoxide poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Senior Services 509-427-3990

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Dental Hygiene Mobile Services, LLC

Senior Services will be joined by a new Dental Hygienist in the next few weeks. Theresa Marks, our former Hygienist, moved away. Theresa trained her replacement and she comes highly recommended. Please feel free to call for more information in the next coming weeks.



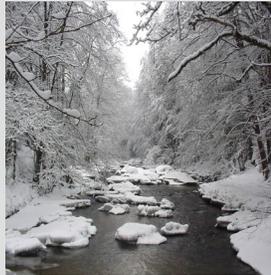
Stevenson Library

Jan. 10th: Red Cross Blood Drive 12:00 pm - 5:30 pm

Feb. 1st: AARP Tax Help 9:00am - 5:00 pm

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 Oct/Nov

Meals Served: 1949
Transportation: 3918



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