



Swift Water

Senior Newsletter

September/October 2020

**Skamania County
Senior Services**
710 SW
Rock Creek Drive
PO Box 369
Stevenson, WA 98648
(509) 427-3990
TTY 1-800-833-6384

CALENDAR OF EVENTS

SEPTEMBER

Offices Closed 7
Labor Day

OCTOBER

Open Enrollment 15
Begins

Halloween 31

Last Day to Use 31
Farmer's Market
Vouchers

facebook

<https://www.facebook.com/SkamaniaSeniors>

“STAY-AT-HOME EDITION 3”

MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO EFFECTIVE DATE
HOSPITAL (PART A) 01-01-2007
MEDICAL (PART B) 01-01-2007

SIGN HERE → _____

WHEN and WHAT is Open Enrollment?



If you currently have a Medicare Plan D Prescription Plan or Medicare Supplemental Plan and want to compare prices or are not happy with your current coverage, this is the time to make a change.

This is also the time to enroll in Medicare B & D if you did not do so when you turned 65.

You may qualify for a **MEDICARE SAVINGS PROGRAM**. The Medicare Savings Program (MSP) can provide assistance with premium costs, copayments, deductibles, and co-insurance for individuals who are entitled to Medicare and meet program requirements. Please call 509-427-3994 to apply!

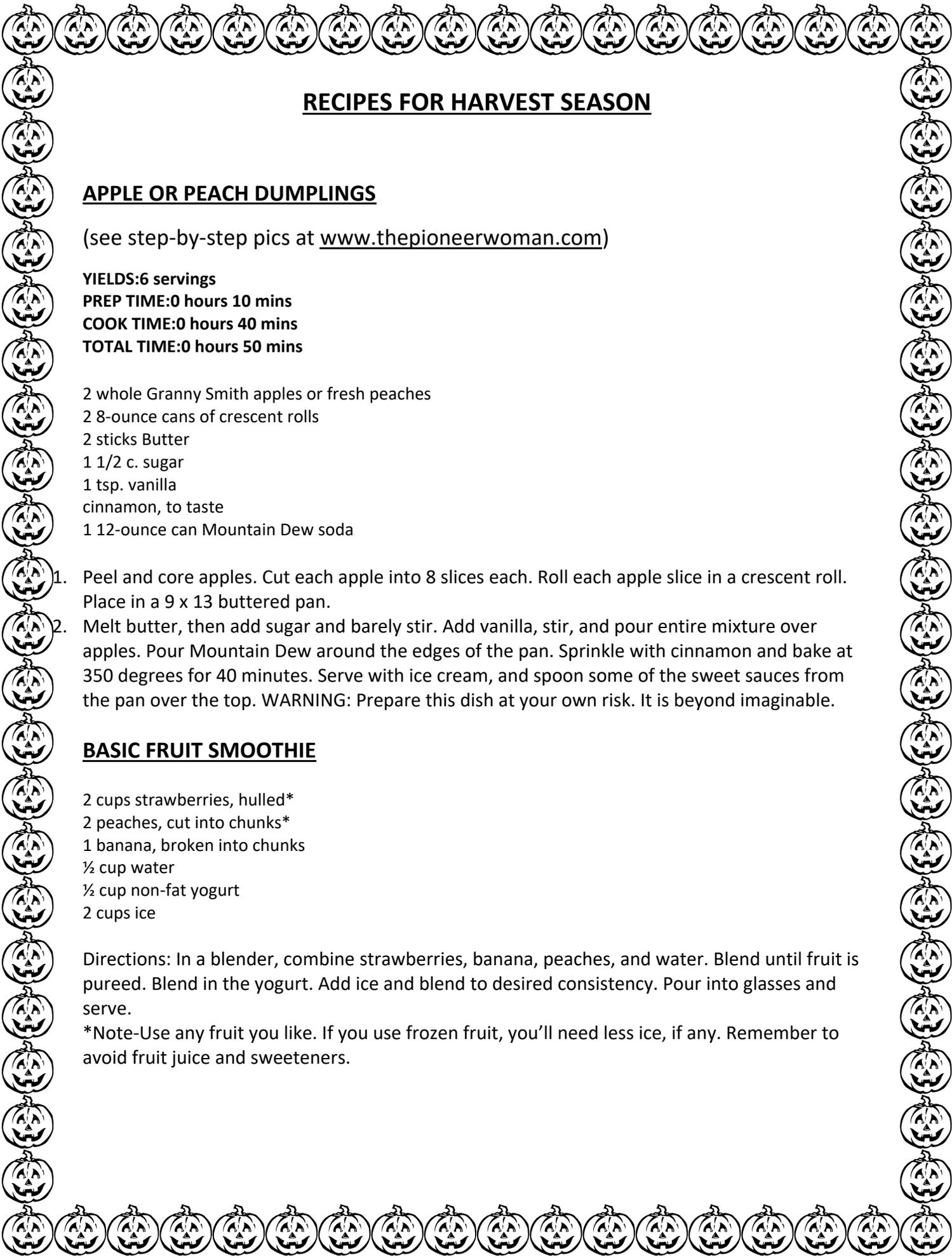
Senior Grocery Delivery through A&J Market

Deliveries are available Tuesday & Thursdays from 9am-1pm. Place your order the day before at curbside@ajmarket.com or call 509-427-5491.



Pharmacy Delivery

If you are having trouble picking-up prescriptions call Seniors to schedule a ride or pick-up 509-427-3990.

A decorative border of pumpkins with jack-o'-lantern faces surrounds the text. The pumpkins are arranged in a rectangular frame, with a single row of 18 pumpkins at the top and bottom, and vertical columns of 10 pumpkins on the left and right sides.

RECIPES FOR HARVEST SEASON

APPLE OR PEACH DUMPLINGS

(see step-by-step pics at www.thepioneerwoman.com)

YIELDS:6 servings

PREP TIME:0 hours 10 mins

COOK TIME:0 hours 40 mins

TOTAL TIME:0 hours 50 mins

2 whole Granny Smith apples or fresh peaches
2 8-ounce cans of crescent rolls
2 sticks Butter
1 1/2 c. sugar
1 tsp. vanilla
cinnamon, to taste
1 12-ounce can Mountain Dew soda

1. Peel and core apples. Cut each apple into 8 slices each. Roll each apple slice in a crescent roll. Place in a 9 x 13 buttered pan.
2. Melt butter, then add sugar and barely stir. Add vanilla, stir, and pour entire mixture over apples. Pour Mountain Dew around the edges of the pan. Sprinkle with cinnamon and bake at 350 degrees for 40 minutes. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top. **WARNING:** Prepare this dish at your own risk. It is beyond imaginable.

BASIC FRUIT SMOOTHIE

2 cups strawberries, hulled*
2 peaches, cut into chunks*
1 banana, broken into chunks
½ cup water
½ cup non-fat yogurt
2 cups ice

Directions: In a blender, combine strawberries, banana, peaches, and water. Blend until fruit is pureed. Blend in the yogurt. Add ice and blend to desired consistency. Pour into glasses and serve.

*Note-Use any fruit you like. If you use frozen fruit, you'll need less ice, if any. Remember to avoid fruit juice and sweeteners.

CUCUMBER TOMATO SALAD

PREP TIME 60 minutes

SERVINGS 4

This fresh summer salad provides the perfect crunch!

- 1 long cucumber sliced (place in a colander and toss lightly with salt to drain liquids for about 30-60 min)
- 2-3 large tomatoes diced
- ½ red onion sliced
- 1 tablespoon fresh herbs parsley, basil and/or dill, optional
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- salt & pepper to taste

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

ITALIAN SPAGHETTI SQUASH

1 large spaghetti squash, halved

2 tbsp. extra-virgin olive oil

kosher salt

Freshly ground black pepper

1/2 lb. Italian sausage

1/2 c. tomato, spaghetti, or marinara sauce

1 c. shredded mozzarella

1. Preheat oven to 400°. Cut squash in half, length wise. On a large baking sheet, rub insides of spaghetti squash with olive oil and season generously with salt and pepper.
2. Bake face down until tender, 55 minutes to 1 hour. Remove from oven and heat broiler.
3. Once cool enough to handle, shred spaghetti squash with a fork.
4. Meanwhile, in a large skillet over medium-high heat, cook sausage until browned, mix in sauce.
5. Divide sauce and sausage among halves and top with cheese.
6. Broil until cheese is browned and squash warmed through, 4 to 5 minutes. Serve hot.



MAPLE AND SPICE ROASTED WINTER SQUASH

Yield: 4 to 6 servings

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

INGREDIENTS

For the Squash:

1 teaspoon ground ginger

$\frac{3}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground cloves

$\frac{1}{4}$ teaspoon freshly grated nutmeg

2 pounds (about 8 cups) assorted squash (such as kabocha, red kuri and butternut), cut into 1-inch cubes

$\frac{1}{2}$ tablespoons maple syrup

Kosher salt, to taste

Toasted pumpkin seeds, for garnish

For the Maple Syrup Vinaigrette:

3 tablespoons apple cider vinegar

Salt, to taste

3 tablespoons maple syrup

$1\frac{1}{2}$ teaspoons freshly grated ginger

$\frac{1}{3}$ cup extra-virgin olive oil

DIRECTIONS

1. Make the squash: Preheat the oven to 325°. In a small bowl, combine the ginger, cinnamon, cloves and nutmeg.
2. On a foil-lined rimmed baking sheet, place the assorted squash and combine with the spices and maple syrup. Season with salt and toss until evenly combined. Cover the squash with foil and bake until tender, 30 to 35 minutes.
3. Meanwhile, make the maple syrup vinaigrette: In a small bowl, whisk together all of the ingredients until well combined.
4. Remove the squash from the oven and allow to cool for 10 minutes, still covered with the foil.
5. Transfer the squash to a serving bowl and gently toss with the maple vinaigrette. Garnish with the toasted pumpkin seeds and serve.



Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Nutrition Tip By Sally Munoz, Nutrition Manager

When you have arthritis, your body is in an inflammatory state. What you eat may not only increase inflammation, it can also set you up for other chronic conditions such as obesity, heart disease and diabetes. Over the next few newsletters, I'll share some foods (or ingredients in food) that may trigger more inflammation in your body.

First up is sugar. It may be hard to resist desserts, pastries, chocolate bars, sodas, even fruit juices. However, the American Journal of Clinical Nutrition warns that processed sugars trigger the release of inflammatory messengers called cytokines. Sugar goes by many names so look out for any word ending in "ose," e.g. fructose or sucrose on ingredient labels.

Next up are saturated fats. Several studies have shown that saturated fats trigger adipose (fat tissue) inflammation, which is not only an indicator for heart disease, but it also worsens arthritis inflammation. Pizza and cheese are the biggest sources of saturated fats in the average American diet, according to the National Cancer Institute. Other culprits include meat products (especially red meat), full-fat dairy products, pasta dishes and grain-based desserts.

Then there are Trans Fats.

Known to trigger systemic inflammation, trans fat can be found in fast foods and other fried products, processed snack foods, frozen breakfast products, cookies, donuts, crackers and most stick margarines. Avoid foods with partially hydrogenated oils in the ingredient labels.

The good news (yes-there is some!) is that these foods are avoidable. When you get a "sweet tooth", reach for whole fruit. Throw some frozen berries and non-fat yogurt in the blender for a delicious smoothie. You can even add a handful of fresh spinach and it still tastes delicious.

And most foods (even the "bad" guys) can be eaten on occasion, but once you know what might be causing your inflammation, you can decide if it's worth it and you'll be armed with the knowledge before-hand.

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 June/July

Meals Served: 2736
Transportation: 1270



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