



# Swift Water

## Senior Newsletter

January/February 2023

### 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

### JANUARY

<b>New Year's Day</b>	
<b>Observed</b>	2
<b>Offices Closed</b>	
<b>Hood River Shopping Trip</b>	10
<b>MLK Day</b>	16
<b>Offices Closed</b>	

### FEBRUARY

<b>Valentine's Day</b>	14
<b>Hood River Shopping Trip</b>	14
<b>President's Day</b>	20
<b>Offices Closed</b>	

facebook

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



### INCLEMENT WEATHER ADVISORY



This is a friendly reminder:

If you receive rides, meals or grocery delivery from Senior Services you and/or the driver must be able to safely walk from the vehicle to your door. Driveways and walkways need to be clear of snow and ice for vehicles to pull into and for safe entry to and from your home. If you need snow removal services please call the office for referrals 509-427-3990.

### **Hood River Shopping Trip** **Tuesday, January 10th** **Tuesday, February 14th** **\*Weather Permitting\***



Stops to Include: Walmart, Safeway & Rosauers  
Please call Senior Services to sign-up: 509-427-3990

### **Exercise Classes**

Join us at the Rock Creek Hegewald Center  
10:00am - 10:45 am

**Mondays & Fridays:** Margaret on DVD,  
SAIL Program  
**Wednesdays:** Ashley & Ellie, SAIL program



All programs focus on strength, balance and fall prevention.  
**Free class appropriate for all ages and fitness levels.**

# Skamania County Senior Services

# JANUARY

\*Menus Subject to Change Based on Availability of Food Items\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	 <b>CLOSED</b>	3	4 Chicken a la King, Green Salad, Cookie  Exercise Class	5	6 Cottage Pie, Whole Wheat Roll, Brownie  Exercise Class	7
8	9 Turkey Cranberry Wraps, Soup, Peaches  Exercise Class	10 Shopping Trip  	11 Chicken Teriyaki w/ Veggies on Rice, Jello  Exercise Class	12	13 Macaroni & Cheese, ABC Salad, Spice Cake  Exercise Class	14
15	 <b>CLOSED</b>	17	18 Hungarian Goulash, Cauliflower Salad, Cookie  Exercise Class	19	20 <u>Birthday Lunch</u> Buttermilk Baked Chicken, Mashed Potatoes & Gravy, Birthday Cake  Exercise Class	21
22	23 Beef Stew, Biscuit, Berries  Exercise Class	24	25 Chicken Noodle Casserole, Green Salad, Pudding  Exercise Class	26	27 Been Enchilada Pie, Carrot Raisin Salad, Coffeecake  Exercise Class	28
29	30 Roasted Pepper Frittata, Green Salad, Tropical Fruit Exercise Class	31				

# Skamania County Senior Services

# FEBRUARY

\*Menus Subject to Change Based on Availability of Food Items\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Chicken Pot Pie, Green Salad, Double Orange Jello</p> <p>Exercise Class</p>	<p>2</p>	<p>3 Turkey Loaf, Salad, Bread Pudding</p> <p>Exercise Class</p>	<p>4</p>
<p>5</p>	<p>6 Spanish Rice, Garden Salad, Apricots</p> <p>Exercise Class</p>	<p>7</p>	<p>8 Chili Dogs, Macaroni Salad, Cookies</p> <p>Exercise Class</p>	<p>9</p>	<p>10 <u>Valentine's Lunch</u> Chicken Cordon Bleu, Potatoes O'Brien, Strawberry Cream</p> <p>Exercise Class</p>	<p>11</p>
<p>12</p>	<p>13 Hawaiian Chicken, Green Salad, Fruit Cocktail</p> <p>Exercise Class</p>	<p>14 Shopping Trip</p> 	<p>15 Cheeseburger Pie, Broccoli Salad, Jello</p> <p>Exercise Class</p>	<p>16</p>	<p>17 <u>Birthday Lunch</u> Country Fried Steak, Baked Potato, Birthday Cake</p> <p>Exercise Class</p>	<p>18</p>
<p>19</p>	<p>20  <b>PRESIDENT'S DAY</b> CLOSED</p>	<p>21</p>	<p>22 Biscuits &amp; Gravy, Potatoes O'Brien, Pudding</p> <p>Exercise Class</p>	<p>23</p>	<p>24 Chicken Cacciatore, Marinated Vegetable Salad, Brown Betty</p> <p>Exercise Class</p>	<p>25</p>
<p>26</p>	<p>27 Sweet &amp; Sour Chicken, Green Salad, Pineapple on Cottage Cheese</p> <p>Exercise Class</p>	<p>28</p>				

# Winter Wonderland

This monster word search includes more than 50 winter words going in every possible direction. Can you find them all?



avalanche  
blanket  
blizzard  
chimney  
Christmas  
coat  
cold  
December  
earmuffs  
February  
fireplace  
freeze  
freezing rain  
frigid

gloves  
hail  
Hanukkah  
heater  
hibernate  
hockey  
holidays  
hot chocolate  
ice fishing  
ice skates  
icicles  
igloo  
Jack Frost  
jacket

January  
Kwanzaa  
lunar new year  
melt  
migrate  
mittens  
New Year's Day  
quilt  
scarf  
shovel  
skiing  
sled  
sleet  
sleigh

slippery  
slush  
snowball  
snowboard  
snowdrift  
snowflake  
snowman  
snowmobile  
snowplow  
snowstorm  
sweater  
vacation  
Valentine's Day



**Nutrition Tip**  
**By Sally Munoz, Nutrition Manager**



We all know we need to be eating plenty of fruits and veggies, but how much is enough?

According to the USDA, we should aim for nine or more servings daily (one serving = ½ cup of most veggies or fruit or 2 cups raw leafy greens).

Fruits and vegetables are loaded with antioxidants. These potent chemicals act as the body's natural defense system, helping to neutralize unstable molecules called free radicals that can damage cells.

Research has shown that anthocyanins found in cherries and other red and purple fruits like strawberries, raspberries, blueberries and blackberries have an anti-inflammatory effect. While the research is ongoing in regard to inflammation, berries are healthy in so many different ways, we can all afford to eat more.

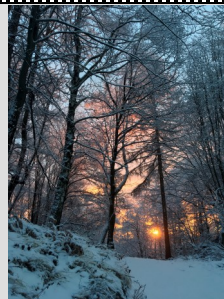
Citrus fruits – like oranges, grapefruits and limes – are rich in vitamin C. Research shows getting the right amount of that vitamin aids in preventing inflammatory arthritis and maintaining healthy joints.

Other research suggests eating vitamin K-rich veggies like broccoli, spinach, lettuce, kale and cabbage dramatically reduces inflammatory markers in the blood.

Best sources are colorful fruits and veggies – the darker or more brilliant the color, the more antioxidants it has. Good ones include blueberries, cherries, spinach, kale and broccoli.

**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**  
**October/November**

**Meals Served: 2483**  
**Transportation: 3719**



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**