



# Swift Water Senior Newsletter

May / June 2026

## 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

### MARCH

**5/10 Mother's Day**

**5/15 CASS Mobile Art**

**5/20 Senior Birthday  
Lunch**

**5/25 Office Closed**

### APRIL

**6/3 & 10 Farmer's  
Market Benefit Card**

**6/17 Senior Birthday  
Lunch**

**6/19 Office Closed**

**6/21 Father's Day**



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

## UPDATED: MEDICARE SAVINGS PROGRAMS

\* Income guidelines updated from previous newsletter. \*  
The Medicare Savings Program (MSP) can provide assistance with premium costs, copayments, deductibles, and co-insurance for low income individuals. Please call 509-427-3994 to set up an appointment to apply!

### **MSP** Income Guidelines:

\$1,855 per month single / \$2,510 per month couple

### **Extra Help** with Rx Part D Income & Resource Guidelines:

\$1,995 per month single / Resources allowed single \$18,090

\$2,705 per month couple / Resources allowed couple

\$36,100

### Farmer's Market Benefit Card

Distribution Dates: Wednesday June 3rd &

Wednesday June 10th

**9 AM – 12 PM @ Senior Services in  
Hegewald Building**

### Information for 2026:



- Benefits card will be loaded with a balance of \$80 to be used between activation date and October 31<sup>st</sup>.
- Activation can take up to one week after receiving card.
- You will receive a new benefit card for 2026 so please dispose of card that has date of 2025 on front of it.

### Eligibility:

- Must be 60 & older or 55+ if Native American/Alaska Native
- Monthly Income: 185% of the Federal Poverty Level
  - (\$2,461 for 1 Person)/(\$3,337 for 2 People)
  - For each additional person add \$876 per month.
- Resident of WA State
- Photo ID is required.
- Must complete application on site or have proxy form filled out and completed to receive benefit card.

# Skamania County Senior Services

## MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Scrambled Eggs w/Smoked Sausage & Peppers, Roasted Potato & Corn, Granola Fruit Parfait Exercise 10 – 10:45
<b>4</b> Chicken Salad Sandwich, Cup of Soup du Jour, Potato Chips, Fruit Exercise 10 – 10:45	<b>5</b>	<b>6</b> Beef Soft Tacos, Refried Beans & Rice, Garden Salad, Dessert Exercise 10 – 10:45	<b>7</b>	<b>8</b> Loaded Baked Potato w/Roasted Pork, Black Beans, Corn, Peppers, Tomato & Cheese, Salad, Fruit Exercise 10 – 10:45
<b>11</b> Tuna Guacamole Wrap, Pasta Salad, Broccoli- Cauliflower Soup, Fruit Exercise 10 – 10:45	<b>12</b>	<b>13</b> Chicken Pot Pie, Caesar Salad, Fruit, Dessert Exercise 10 – 10:45	<b>14</b>	<b>15</b> BBQ Pork Sandwich, Coleslaw w/Pineapple, Cup of Soup du Jour, Fruit Exercise 10 – 10:45
<b>18</b> Grilled Cheese Sandwich, Clam Chowder, Garden Salad, Fruit Exercise 10 – 10:45	<b>19</b>	<b>20</b> <u>Birthday Lunch</u> Pot Roast, Mashed Potatoes, Vegetable, Biscuit, Birthday Cake Exercise 10 – 10:45	<b>21</b>	<b>22</b> Sweet & Sour Chicken, Steamed Rice, Egg Flower Soup, Salad, Roll Exercise 10 – 10:45
<b>25</b>  <b>Office Closed</b>	<b>26</b>	<b>27</b> Salmon Nicoise Salad, Corn Chowder, Breadstick, Fruit, Dessert Exercise 10 – 10:45	<b>28</b>	<b>29</b> Lasagna, Caesar Salad, Garlic Bread, Fruit Exercise 10 – 10:45

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

# Caregivers: The Heart of Older Americans Month

Every May, the United States celebrates Older Americans Month, a time to recognize the contributions, resilience, and experiences of older adults across the country. It's also an important opportunity to acknowledge the millions of caregivers — family members, friends, and professionals — who play a vital role in supporting older adults so they can live safely, comfortably, and with dignity.

## The Growing Role of Caregivers

In Washington state, family caregivers play an essential role in supporting older adults and helping them remain in their homes and communities. According to AARP, more than 1.25 million Washington residents provide unpaid care to a family member or loved one. These caregivers assist with daily activities such as transportation, meal preparation, medication management, and companionship. Their efforts contribute hundreds of millions of hours of care each year, representing billions of dollars in unpaid support that strengthens families and communities across the state.

For many older adults, these everyday supports make it possible to remain independent and continue living in their own homes rather than moving into institutional care. Caregivers often become advocates, problem-solvers, and emotional anchors for the people they support.

## Caregiving Is a Community Effort

Older Americans Month reminds us that caregiving does not happen in isolation. Community organizations, local agencies, and support networks work together to assist both caregivers and older adults. Programs funded through the Administration for Community Living and local services connected to the Family Caregiver Support Program provide respite care, training, and resources to help caregivers maintain their own health and well-being.

These services recognize an important truth: when caregivers are supported, older adults benefit too.

## Recognizing Caregivers During Older Americans Month

During Older Americans Month, communities have the opportunity to highlight the role of caregivers. It's a good time to say thank you to those who give their time, patience, and compassion every day.

Simple gestures — writing a note of appreciation, offering a break to a caregiver, or sharing helpful resources — can make a meaningful difference.

## Supporting Caregivers Year-Round

While May shines the spotlight on aging and caregiving, support for caregivers should continue throughout the year. Encouraging caregivers to connect with local resources, join support groups, and prioritize their own health helps ensure they can continue providing care sustainably.

Caregivers are the quiet backbone of healthy communities. As we celebrate Older Americans Month, it's worth remembering that behind many thriving older adults is a caregiver whose dedication helps make aging with dignity possible.

## About Area Agency on Aging & Disabilities of Southwest Washington (AAADSW)

AAADSW connects older adults, adults with disabilities and family caregivers to a full range of community resources designed to offer choice, improve quality of life and respect independence.

We are committed to helping our community's older or disabled adults live and age well. We serve Clark, Cowlitz, Wahkiakum, Skamania and Klickitat counties in Southwest Washington. Requests for information, assistance and general inquiries may be directed to the Aging & Disability Resource Center (360) 694-8144 (toll free: 888-637-6060) or by email at [ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov). To learn more, please visit [www.HelpingElders.org](http://www.HelpingElders.org).

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**OLDER  
AMERICANS  
MONTH**



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**CHAMPION YOUR HEALTH: MAY 2026**

# Skamania County Senior Services

## JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Pork Enchiladas, Black Beans &amp; Rice, Garden Salad, Fruit</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>Chef's Salad, Cup of Soup du Jour, Breadstick, Fruit, Dessert</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Chopped Italian Sandwich, Pickled Vegetable Salad, Potato Chips, Fruit</p>
Exercise 10 – 10:45		Exercise 10 – 10:45		Exercise 10 – 10:45
<p><b>8</b></p> <p>Spaghetti w/Meat Sauce, Caesar Salad, Garlic Bread, Fruit</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>Biscuits &amp; Gravy, Roasted Potato &amp; Greens, Scrambled Eggs, Fruit &amp; Yogurt</p>	<p><b>11</b></p>	<p><b>12</b></p> <p>Broccoli Beef &amp; Noodles, Steamed Rice, Cabbage- Spinach Salad, Roll, Fruit</p>
Exercise 10 – 10:45		Exercise 10 – 10:45		Exercise 10 – 10:45
<p><b>15</b></p> <p>Grilled Bacon Cheeseburger, Macaroni Salad, Cup of Soup du Jour, Fruit</p>	<p><b>16</b></p>	<p><b>17</b></p> <p><u>Birthday Lunch</u> Chicken Curry, Steamed Rice, Spinach Salad, Roll, Fruit, Birthday Cake</p>	<p><b>18</b></p>	<p><b>19</b></p> 
Exercise 10 – 10:45		Exercise 10 – 10:45		<b>Office Closed</b>
<p><b>22</b></p> <p>Grilled Cheese Sandwich, Navy Bean &amp; Ham Soup, Caesar Salad, Fruit</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>Pork Chops w/Mustard Sauce, Mashed Potato, Vegetable, Biscuit, Garden Salad, Roll, Dessert</p>	<p><b>25</b></p>	<p><b>26</b></p> <p>Spinach-Bacon Frittata, Roasted Potato, Biscuit, Cottage Cheese &amp; Fruit</p>
Exercise 10 – 10:45		Exercise 10 – 10:45		Exercise 10 – 10:45
<p><b>29</b></p> <p>Grilled Sausage Sandwich, Pasta Salad, Chips, Fruit</p>	<p><b>30</b></p>			
Exercise 10 – 10:45				

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

## Benefits of Salmon. By Oliver Albrecht, Nutrition Manager

There is an average of about 600 million salmon in our oceans annually. The returning salmon run in Bristol Bay, Alaska alone accounts for roughly 50 million fish. Historically, the Columbia River salmon run was estimated at around 20 million annually, including the famous “June Hogs,” which could weigh over 100 pounds each. Today, those runs average about 1 million in a good year—and even less in poor years.

Salmon is one of the most nutritious foods on the planet. It is tasty, versatile, and widely available. Farmed salmon contains slightly more healthy fats and calories, while wild-caught salmon is typically higher in protein. Both types, however, are excellent sources of essential nutrients. Salmon is particularly rich in selenium (about 85% of the Daily Value), a trace mineral that supports bone health and may help reduce thyroid antibodies. It also provides high levels of vitamin B12 (127% DV) and niacin (63% DV), along with roughly 25 grams of protein per serving. In addition, salmon is an outstanding source of omega-3 fatty acids—essential fats that the body cannot produce on its own. It also contains astaxanthin, a powerful carotenoid antioxidant responsible for salmon’s distinctive red color. Astaxanthin has been linked to reduced inflammation, improved cholesterol levels (lowering LDL and raising HDL), protection against arterial plaque buildup, and potential skin health benefits. There are many more health advantages to eating salmon—far too many to list here. Bon Appetit!

### 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:

FEBRUARY / MARCH

**Meals Served: 2,337**

**Transportation: 3,123**



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