

# I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

Spring 2010

Volume 1, Issue 2

## Special points of interest:

- A Note from our Director
- Older American Month
- Depression & Aging
- Medicare Spotlight
- EXPO & Wahkiakum Corner



## A Note from our Director A 2010 tale of Budget ups and downs.....

These are tough times for government programs to survive. In 2010 shrinking revenue streams and expanding needs created difficult decisions for our elected officials.

In January, as this year's Washington State budget deliberations began the Senior Citizens Services Act (SCSA) a key revenue component for several important programs for your SW Washington Agency on Aging and Disabilities was placed in a deep cut mode. In this first fiscal foray SWAAD was earmarked to eliminate over \$480,000 dollars from our portion of the SCSA funding. This would mean huge reductions to our Information and Assistance Program, nutrition services and transportation.

### What is SCSA?

SCSA was passed by the legislature in 1977 to build a system of community-based services to help seniors stay home and avoid costly institutional care. The statewide network of services created through SCSA meets these goals in an extraordinarily cost effective manner saving the State over 300 million dollars a year.

### What past Legislatures have Promised...

When the SCSA law was passed in 1977, it began an innovative service system which has become a national model. The system of care works well, is cost effective, efficient, and locally controlled.

### What this year's Legislature Produced.....

With difficult decisions to be made the Legislature passed a budget plan that keeps our SCSA funding in place.

### A final note for this year's State Legislators.....

SWAAD is grateful for our SW Washington Legislators who have sponsored our agency and the good we do for seniors. Our local Legislators listened and have been very supportive to our programs. Thank you on behalf of all we serve!

Warmest Regards,

David Kelly, SWAAD Executive Director

[www.helpingelders.org](http://www.helpingelders.org)

## **“Age Strong, Live Long!” Older American’s Month 2010**



**AgeStrong!LiveLong!**

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The SW Washington Agency on Aging and Disabilities is joining communities nationwide in celebrating this month with special activities and events.

This year’s Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today’s older Americans who span three generations. They

have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

**Please join us in the celebration of Older Americans  
Month throughout Southwest Washington.**

*Information Acquired from: Administration on Aging*

## Depression is NOT a Normal Part of Aging

Studies show that most seniors feel satisfied with their lives, despite increased physical ailments that come along with age. However, when older adults do have depression, it may be overlooked because seniors may show different, less obvious symptoms, and may be less inclined to experience or acknowledge feelings of sadness or grief.

Many older adults often have medical conditions that younger adults do not yet have, such as dementia, heart disease, stroke or cancer that can cause depressive symptoms or they may be taking medications for these conditions with side effects that may lead to depression.

Although many people assume that the highest rates of suicide are among the young, this is not true. Older white males ages 85 and older actually have the highest suicide rate. Many have a depressive illness that their doctors may not detect, despite the fact that these suicide victims often visit their doctors within one month of their deaths.

Many older adults with depression improve when they receive treatment with an antidepressant, psychotherapy, or a combination of both. Research has shown that medication alone and a combination of treatments is effective in reducing the rate of symptoms in older adults. Psychotherapy alone can also be effective in prolonging periods free of depression, especially for older adults with minor depression.

*Information Acquired from:  
"Depression" National Institute of Mental Health*



## Top 10 Tips to Combat Depression

1. Develop Interests
2. Keep Positive
3. Fix Your Personal Problems
4. Create a Positive Social Life
5. Stop Bad Behavior
6. Be Realistic
7. Make Changes
8. Become Active
9. Fix your Diet
10. Control Your Thinking

*Information Acquired from:  
<http://listverse.com>*



## United States Census 2010

Every ten years, the United States Constitution requires what is called a national census. During this census, a complete population count of both citizens and noncitizens to determine the number of seats each state will receive in the U.S. House of Representatives.

### Key Dates at a Glance:

- April-July 2010  
Census takers visit homes that did not mail in their forms.
- December 2010  
The Census Bureau takes the information gathered to the President for apportionment.

*Information Acquired from:  
2010census.gov*

## Medicare Spotlight

### I'm about to turn 65...what do I do?

There are two situations you may find yourself in when it comes to enrolling in Medicare at the age of 65. One is If you are already getting Social Security (SS) or Railroad Retirement Board (RRB) benefits, the other is if you are not.

If you are already receiving SS you will automatically enroll in Medicare Part A and B. Your Medicare card will be mailed out about 3 months before your 65th birthday.

If you are not already receiving SS benefits you will have to sign up for Medicare. The Social Security Administration (SSA) will send you Medicare enrollment information roughly 3 months before you turn 65. You have 3 months before your 65th birthday, the month you turn 65 and 3 months after to sign up for Medicare A, B, C and D.

**It is extremely important for you to keep a look out in your mail for Medicare documents. It is your responsibility to catch these around your 65th birthday.**

If you did not enroll in Medicare when you first turned 65, don't worry, there are dates annually you can join Medicare.

Would like more information on Medicare? Call Information & Assistance with your questions and requests and we'd be happy to get you the information you need 360-577-4929.

*Information Acquired from:  
Centers for Medicare & Medicaid Services*

# RECIPE: Grilled Shrimp with Pasta & Pineapple Salsa

## Ingredients:

2-15 oz. cans of pineapple chunks, packed in own juice & drained

1 Large red pepper, chopped

1 Large red onion, chopped

1 Jalapeno pepper, minced

1/2 c. Orange Juice

1/3 c. Lime Juice

1 1/2 lb. large shrimp, peeled & deveined

6 cups cooked rotini pasta

## Directions:

In a large bowl, combine all salsa ingredients EXCEPT shrimp and pasta. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill set heat to high and grill the shrimp on each side for 2 minutes. Toss the pasta with the salsa then arrange shrimp on top. Serve and enjoy.

## Ask Your I & A Specialists...

**Q:** I'm not quite 60 years old, can I call Senior I&A for help?

**A:** Of course! Our I&A program is a free service to anyone of all ages; we do specialize in information for older adults, people with disabilities and family caregivers. But, we are able to refer you to many local resources that you may be eligible for regardless of your age.



**Q:** My family has never had to ask for help before and we don't know where to begin or what all we need, can we call Senior I&A?

**A:** This is exactly what we are here for, to help you navigate throughout the many local and state programs as well as help you determine what services you may be eligible for. I&A will take the time to discuss and problem solve with you regarding what your current needs are; we realize each person's situation is unique.

# 3rd Annual Regional Senior Connections Fair

## Live Healthy Live Happy Senior Fair

**Location:**

**Cowlitz  
Regional  
Conference  
Center**

**1900 7th Ave.  
Longview, WA  
98632**



- Booths
- Entertainment
- Crafts
- Training
- Prizes
- Blood Mobile

### SAVE THE DATE! Saturday May 1st. 9am to 2pm

For more information contact Janice Higby (360) 501-8363 / [higbyjm@dshs.wa.gov](mailto:higbyjm@dshs.wa.gov) or Mike Chapman (360)425-3430/[mikec@lowercolumbiacap.org](mailto:mikec@lowercolumbiacap.org)  
If you would like to be recognized as a sponsor please contact one of these numbers as well!



## WAHKIAKUM NEWS

A Senior Information & Assistance Specialist from the Southwest Washington Agency on Aging and Disabilities will be available at the:

**Wahkiakum County Human Services Office  
42 Elochoman Valley Rd.  
Cathlamet, WA 98612  
795-8630 ext 128**

**Wednesdays 1:15 pm—4:15 pm**

If you would like further information or details,  
please contact Senior Information & Assistance at  
**360-577-4929**

[www.helpingelders.org](http://www.helpingelders.org)

## Disease Prevention, Health Promotion Workshop

TOPICS: Weight Management, Diabetes & You, and High Blood Pressure

June 18<sup>th</sup>, 2010

CAP—Altrusa Conference Rm.

1526 Commerce Ave.

Longview, WA 98632

1pm – 4pm

This is a FREE workshop taught by Registered Nurses to enhance your day-to-day knowledge of Weight Management, Diabetes and High Blood Pressure!



The Weight Management segment will assist you as you gain knowledge about reaching and controlling your healthy weight.

The Diabetes & You segment will teach you how to handle the happenings of everyday life and its potential emergencies related to diabetes as well as what you need to be aware of in the event you are trying to prevent the adult onset of diabetes due to a family history.

For more information or to register please call or e-mail Information & Assistance  
360-577-4929 or [iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

## FCSP Corner

Did you know that the Family Caregiver Support Program (FCSP) now has a resource library of materials you can check out? When you enter the Kelso SWAAD office you will see a variety of books and videos in the lobby that could assist you in providing care to your loved one.



Books and videos are checked out for a 30 day period. All we require is your name, address and phone number!

For more information call or e-mail Senior Information & Assistance

360-577-4929 OR [iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

[www.helpingelders.org](http://www.helpingelders.org)

# WHERE TO FIND US IN THE COMMUNITY

APRIL	MAY	JUNE
<p><b>10th—Lewis Senior Health Fair</b> 311 S. 6th St., Toledo, WA 9:00 a.m.-12:00 p.m.</p> <p><b>13th—Olympic Neighborhood Assoc.</b> Valley View Church of God 1435 33<sup>rd</sup>, Longview, WA 7:00 p.m.</p> <p><b>20th—Boomer Plus Radio Show</b> Bicoastal Radio Station 1130 14<sup>th</sup> Ave., Longview, WA 11:00 a.m. (Mike Reardon)</p> <p><b>20th—Kinship Family Event</b> Cowlitz Co. PUD 961 12th Ave., Longview, WA 6:00 p.m.—7:30 p.m.</p> <p><b>23rd—Cowlitz Tribe MIPPA Event: Benefit Changes 2010</b> 107 Spencer Rd., Toledo, WA 12:00—3:30 p.m.</p> <p><b>4/27—Networking Café</b> McClelland Art Center 951 Delaware st. Longview, WA 98632 11:30—2:30 p.m.</p>	<p><b>OLDER AMERICAN'S MONTH</b></p> <p><b>1st—Senior Connections Fair</b> Cowlitz Regional Conference Center 1900 7th Ave., Longview, WA 9:00 a.m.—2:00 p.m.</p> <p><b>10th—Highlands Neighborhood Assoc.</b> St Helens Elementary School Gymnasium 431 27th Ave Longview, WA 98632 6:30 p.m.—7:00 p.m</p> <p><b>11th—Boomer Plus Radio Show</b> Bicoastal Radio Station 1130 14<sup>th</sup> Ave. Longview, WA 11:00 a.m.</p> <p><b>4/19 - Cathlamet Meal Site</b> United Methodist Church 111 N. 2nd Avenue Kalama, WA 12:00pm</p>	<p><b>8th—Rosburg Meal Site</b> Rosburg Community Hall Off Altoona Rd., Rosburg, WA 12:00 p.m.</p> <p><b>18th—Disease Prevention, Health Promotion Workshop</b> CAP—Altrusa Conference Room 1526 Commerce Ave. Longview, WA 98632 1:00 p.m.—4:00 p.m.</p>

Every Wednesday at Wahkiakum County Human Services  
42 Elochoman Valley Rd., Cathlamet, WA

## I & A Specialists:

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## I & A Coordinator:

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## Executive Director:

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## Call or e-mail

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[www.helpingelders.org](http://www.helpingelders.org)