

I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

Summer 2010

Volume 1, Issue 3

- Special points of interest:**
- Hot Weather Tips
 - Farmers Market
 - Gatekeeper Program
 - Aging Readiness Forum
 - Cancer Awareness
 - Medicare Spotlight
 - Wahkiakum News

A Note from Our Director

2nd Annual Aging Readiness Forum Announcement



David Kelly

Greetings,

Please mark your calendars to attend September 16th, 2010 SW Washington senior forum year 2 meeting conducted at the Clark College community Tech Center from 8:30 to 2pm. This forum will address the topic of Planning for the Aging Boom!" The following quote captures the essence of why planning is so vital:

"The rapidly graying of America will fundamentally change our culture and present us with some of the most critical policy issues of our times."

- Paul Hodge, Generations Policy Program, Harvard University

This quote is true for all levels of governmental and societal settings. We often view planning as a need one level higher than where we currently spend most of our time. Concerning the dynamics of aging most local governments do not have the impending aging boom as a central part of their long or short term comprehensive plans.

For SW Washington, one step of "raising" or highlighting the aging boom as a significant local issue to consider came from the first forum on aging conducted May 9, 2009 entitled "Get Ready for the Aging Boom! *Building communities for Successful Aging*". This event cosponsored by the SW Washington Agency on Aging and Disabilities (SWAAD), Washington State University Vancouver and the Washington State Council on Aging was attended by nearly 200 people. **CONTINUED ON PAGE 5**

Extreme Heat Advisory

In cases of extreme heat conditions many agencies serving Cowlitz county will often open up “cooling centers” throughout the community.

Cooling centers are public spaces that open their doors for people who do not have air conditioning or other ways to cool off, to come in and rest away from the heat.

These centers will be advertised on local media outlets , but if you need assistance finding this information, please contact your local Senior Information and Assistance office.

360-577-4929

Tips for Preventing Heat-Related Illness



The best defense is prevention. Here are some prevention tips:

Drink more fluids (nonalcoholic), regardless of your level. Don't wait until you're thirsty to drink.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library— even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

Wear lightweight, light-colored, loose-fitting clothing.

Limit your outdoor activity to morning and evening hours.

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

Information Acquired from: www.cdc.gov

Farmer's Market Shopping Tips

Why shop at a Farmer's Market?

Shopping at a farmers market can be fun, but also good for you and your community! Some of the many reasons include:

- The freshest foods are available, and fresh means better health for you.
- You can meet the farmer who grew your food and they can tell you the best ways to prepare the produce you just bought.
- You can save money, especially on organic produce.
- Farmers markets provide a livelihood for many farmers who otherwise might not be farming.

Before You Leave Home...

Check when the market is open. Farmers markets have different days and hours of operation so double check that your local market is open before you leave.

Bring your own bag, basket or a light shopping cart. Recycle plastic bags, by bringing them with you and asking the farmers to use them instead of theirs.

Shop early. You'll find the best selection early in the day, so try to get there when the market first opens.

Go without a list. This probably goes against what you've learned, but the point of going to the farmers market is to get the freshest possible produce. So plan on buying whatever looks best and plan your meals around your purchase.

Information Acquired from: <http://nutrition.wsu.edu>



Cowlitz County Farmer's Market Locations

Tuesdays (*May–October*)
& Saturdays (*April–October*)
9:00 a.m. – 2:00 p.m.
Fairgrounds Parking Lot
7th Avenue
Longview, WA

*You can use your SFMNP
vouchers at these locations for
fresh produce and honey.*

Are you a Gatekeeper?

Southwest Washington Agency on Aging and Disabilities Information & Assistance is pleased to announce the re-launching of the Gatekeeper Program!

The SWAAD Gatekeeper Program is an outreach effort to identify, refer, and respond to at-risk older adults and people with disabilities living in our community.

Gatekeepers are non-traditional referral sources who come in contact with older adults through their everyday work activities.

Some examples of Gatekeepers are:

- Bank tellers
- Church members
- Postal workers
- Neighbors
- Volunteers
- Utility workers

Gatekeepers are trained to locate and identify high-risk elderly, particularly those who are isolated, living alone and in need of some type of assistance to maintain their independence.

Gatekeepers are then able to refer these vulnerable adults to Senior Information and Assistance for resources and services.

Gatekeeper Trainings are available free of charge through Senior Information and Assistance. For more information or to schedule a training, please contact your local Senior Information and Assistance office.



Please Welcome Doug Hooper to the I&A Team!

I started with the SWAAD, Vancouver Office in October, 2009 as a Project Coordinator for Older American's Act program services. I transitioned into my new position as an I&A Specialist/ Receptionist at the Kelso office, June 1st.

Previously, for 28 years, I served in administrative positions for various City Governments in Idaho, Oregon and Washington. My wife, Debi and I live in Silver Lake.

September 16, 2010

8:45 AM – 2:00 PM



Forum:

*Planning for the Aging Boom in
Southwest Washington*

Clark College Columbia Tech Center
18700 SE Mill Plain Blvd.
Vancouver, WA

Baby Boomers are reaching retirement age. By 2025 one quarter of the population in southwest Washington will be sixty years of age or older.

Discuss with planners and elected officials:

**What actions have been taken?
What actions should be taken?**

to deal with this Aging Boom and its impact on:

**Housing - Transportation -
Health & Long-Term Care**

Planners, elected officials, baby boomers, service providers, caregivers, advocates for seniors and adults with disabilities are invited to attend.

Sponsors: Southwest Washington Agency on Aging & Disabilities, WSU Vancouver, Clark College, Lower Columbia College, State Council on Aging

Planning for the Aging Boom in Southwest Washington

CONTINUED FROM PAGE 1

This expected outcome of this region's first forum on aging was to "inform and energize local communities to begin addressing the impact of the baby boom population". During the following year energized evidence came with each SW Washington County conducting a session to discuss aging issues, the City of Vancouver's planning commission conducting a public hearing on senior housing issues, an ElderCare Alliance of public and private service providers being formed, and Clark County creating a Senior Task Force.

Year 2 of the aging readiness forum is scheduled for September 16th from 8:30 to 2pm at Clark College's Columbia Tech Center at 18700 SE Mill Plain. The expected outcome of the 2010 senior forum on aging is to discuss methods and strategies to incorporate senior issues into current planning strategies within the region. Please plan to join us at this community forum.

Best Regards,

David Kelly

Executive Director

SW Washington Agency on Aging and Disabilities

Prostate Cancer Awareness

Prostate cancer is the most commonly diagnosed cancer in men, and second only to lung cancer in the number of cancer deaths. In 2005, 185,895 men were diagnosed with prostate cancer.

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all.

Some symptoms of prostate cancer are:

- Difficulty in starting urination
- Weak, or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty in emptying the bladder completely
- Pain or burning during urination.
- Blood in the urine or semen
- Pain in the back, hips, or pelvis
- Painful ejaculation

While there is no way to know for sure if you will get prostate cancer, most men who have the following factors may have a greater chance of getting prostate cancer:

- Age:** Men older than 50 years.
Family history: Having a father, brother, or son who has had prostate cancer.
Race: Black

It is important to discuss with your doctor if you should be screened for Prostate Cancer.

*Information Acquired from:
Centers for Disease Control*

Ovarian Cancer Awareness

All women are at risk for ovarian cancer; however, the older you are the more likely it is for you to be diagnosed.

Ninety percent of women who get ovarian cancer are older than 40, with the greatest number of ovarian cancers occurring in women aged 60 or older.

Each year, approximately 20,000 women in the United States are diagnosed with ovarian cancer. Among women in the United States, ovarian cancer is the eighth most common and the fifth leading cause of cancer death.

There is no simple and reliable way to test for ovarian cancer in women who do not have any signs or symptoms. An annual Pap test does not screen for ovarian cancer. The best steps to take to detect ovarian cancer are to:

- Pay attention to your body, and know what is normal for you.
- If you notice any changes in your body that are not normal for you and could be a sign of ovarian cancer, talk to your doctor and ask about possible causes, such as ovarian cancer.

*Information Acquired from:
Centers for Disease Control*

www.helpingelders.org



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 Part C: Medicare Advantage Plans

Who can Join?

Anyone who has Medicare as long as you have both Medicare Part A & Part B as well as live in the service area of the plan.

Medicare Advantage plans are like an HMO or PPO where they:

- Provide Part A and Part B coverage but can charge different copayment amounts for certain services. Costs for items and services vary by plan.
- Provide all Medicare-covered benefits through the plan, with the exception of hospice care.
- May offer extra benefits that aren't otherwise covered by Medicare and prescription drug coverage (Part D) for an extra cost.
- Usually require people enrolled in a plan to use plan doctors, hospitals and other providers or else pay more.
- Usually have a monthly premium and copayment for services not included in Part B premium. Costs for items and services vary by plan.

Open enrollment to join or change your current Medicare Advantage Plan in 2010 will be November 15–December 31

People in Medicare Advantage Plans don't need, and can't use, Medigap policies.

Information Acquired from: Medicare Basics

RECIPE: California Walnut, Turkey & Rice Salad

Ingredients:

- 3 cups cooked brown rice
- 2 cups cooked turkey, white meat, diced
- 1/2 cup celery, diagonally sliced
- 1/4 cup pineapple chunks, drained
- 1/4 cup mandarin oranges, drained
- 1/4 cup water chestnuts, drained & thinly sliced
- 1/4 cup scallions, thinly sliced
- 1/4 cup chopped walnuts
- 1/2 cup low fat lemon yogurt
- 1/2 cup low fat mayonnaise
- 1 tsp. lemon rind, grated
- 1/2 tsp. curry powder
- 1-1/2 cups lettuce, try romaine, spinach, Boston or Mache

Directions:

Combine the first 8 ingredients in a large bowl. Whisk together next 4 ingredients. Add the dressing to the salad mixture and toss to coat. Cover and **refrigerate**. To serve, spoon 1 cup of salad over 1 cup of the lettuce leaves. *Acquired from: www.diabetes.org*



Ask Your I & A Specialists...

Q: I received the farmers market vouchers last year, when can I get them?

A: Cowlitz county has transitioned this program over to (CAP). Unfortunately, the farmers market vouchers have already been distributed for this year. For information on the 2011 voucher distribution contact Senior I&A in late May. If you have a COPES case manager, you can contact them directly.

Q: I don't have air conditioning and it's too hot to cook in my kitchen. Are there places I can go for an affordable meal and to cool off during the day?

A: Cowlitz county has multiple congregate meal sites offered through (CAP). Where seniors 60+ can go for a free meal during the week. For a complete listing of these locations and meal times please contact Senior I&A.



WAHKIAKUM NEWS

It's that time of year again...Fresh Wahkiakum grown vegetables available at your local Farmers Market...This year, the market hours have been extended and will run Fridays 3 p.m.—6:30 p.m. through October.

Vendors include Farm at 172, Little Island Farm, Greyfields, The Farm at the End of the Island, Wahkiakum Master Gardeners, Stockhouse's Farm and Barney's Breads.

Two Islands Farmers Market booth will accept Senior Farmers Market Vouchers and Food Stamps EBT cards this season.

The Chief Wahkiakum trolley will run from the Elochoman Marina to the market, leaving the marina at 3, 4, and 5 p.m. on Fridays, weather permitting.

Contact your local I&A Specialist for additional locations or other information regarding the Senior Farmers Market Vouchers!

**Wahkiakum Human Services Office—360-795-8630 Ext. 128 (Wednesdays)
or the Kelso SWAAD Office 360-577-4929 (Mon.—Fri.)**

Family Caregiver Support Program

POWERFUL TOOLS CLASS

This is a free caregiver education opportunity

September 13th to October 18th



If you are an unpaid family caregiver and would like to participate, contact Senior Information & Assistance for additional information or to register.

360-577-4929 OR iakelso@dshs.wa.gov

www.helpingelders.org

WHERE TO FIND US IN THE COMMUNITY

JULY	AUGUST	SEPTEMBER
<p>16th Gatekeeper Training (Volunteer Chore Prog.- <u>Group 1</u>) 9:00am-11:00am (Longview)</p> <p>16th Gatekeeper Training (Volunteer Chore Prog.- <u>Group 2</u>) 1:30pm-3:30pm (Longview)</p> <p>30th I&A Resource table at Woodland Congregate meal site 11:30am-1:00pm</p>	<p>4th I&A Resource table for Cowlitz Black Bears Baseball (Longview) 6pm-8pm</p> <p>14th Health Wellness & Prevention Fair (Longview) 11:00am-3:00pm</p> <p>17th Gatekeeper Training for SHIBA (Longview) 10:00am-11:30pm</p>	<p>1st MIPPA Event River St. Meeting room (Wahkiakum) 1:30pm-3:30pm</p> <p>13th I&A Resource table at Kelso Congregate meal site 11:30am-1:00pm</p> <p>27th Gatekeeper Training for Highland Neighborhood Association (Longview) 6pm-8pm</p>



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

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