

I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

Summer 2011

Volume 2

Issue 3

Inside This Issue:

- Farmers Market Locations
- Enjoy More Fruits, Veggies...
- Senior Health & Wellness
- Vaccinations for Adults
- Leukemia & Lymphoma Support
- Ask Your I&A & Wahkiakum News
- Protect Your Aging Skin & Extreme Heat
- Where to Find Us in the Community...

Changes to Medicare Annual Enrollment

COMING SOON!!!

In Fall, 2011, the Medicare Annual Enrollment Period will change to allow more time to choose and join a Medicare health or prescription drug plan. The new Annual Enrollment Period will be:

October 15—December 7, 2011

Changes made during this time will take effect:

January 1, 2012

COVERAGE & COSTS CHANGE YEARLY:

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year, be sure to review your plan each year to make sure it will still meet your health and financial needs.

The Southwest Washington Agency on Aging and Disabilities will be partnering with SHIBA Volunteers to provide Medicare Awareness Events prior to and during the Annual Enrollment Period.

Contact Information & Assistance
in August for event dates and details...

(360) 577-4929 Cowlitz County

(360) 694-8144 Clark County

Information Acquired from: MedicareInteractive.org

SWAAD Adds Program to Protect Vulnerable Adults



David Kelly

In February of this year, SWAAD added the Long-Term Care Ombudsman Program (LTCOP)

to its vast array of programs serving seniors, disabled adults and family caregivers. The purpose of this vital program is to promote the interests, well-being, rights and quality of life of persons living in licensed nursing homes, assisted living and adult family homes.

To accomplish this important work, the LTCOP utilizes 28 volunteers, one full-time and two part-time staff members. Each volunteer and staff member has successfully completed over 40 hours of specialized training before becoming a "Certified Ombudsman" and beginning the work of an Ombudsman...

Continued on Page 4

www.helpingelders.org



Powerful Tools for Caregiving

September 12–October 18

*This session doesn't work for you?
Then pre-register for 2012!!*

These classes are for unpaid family caregivers.
For additional information or to register contact Information & Assistance

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

Farmers Market



Cowlitz County Farmer's Market Locations

Cowlitz County Fairgrounds
Longview, WA
9am - 2pm
Tuesdays...May—October
Saturdays...April—October
360-785-3883

Kelso Bridge Market
Downtown Kelso, WA
9am - 2pm
Sundays...May—September
360-957-2515

Both locations accepting SFMNP vouchers for fresh produce and honey.

For more information on The Senior Farmers Market Voucher Program or other services offered by the Senior Nutrition Program at CAP, call

(800) 383-2101 OR
425-3430 Ext. 240

www.helpingelders.org

13 Ways to Enjoy More Fruits, Veggies, Whole Grains & Dairy

To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

1. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
2. “Grate” complement: Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
3. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries & a banana.
5. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
6. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Make your main dish a salad of leafy greens and add color to with baby carrots, grape tomatoes, spinach leaves or mandarin oranges. Add chickpeas or edamame.
9. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds or other fresh fruits.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
12. Stock up: Fill your fridge with raw vegetables and fruits —“nature’s fast food”—cleaned, fresh and ready to eat.
13. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.

Continued...SWAAD Adds Program to Protect Vulnerable Adults

...Upon certification they work to protect and promote the rights and quality of life of long-term care residents by regularly visiting these facilities, and by working with state agencies and stakeholders to make improvements in long-term care laws, regulations and practices. Additionally, Ombudsmen investigate and resolve residents' complaints and assure they receive fair treatment from service providers.

The backbone of this program is the volunteers who are willing to give of their time, energy and expertise for the protection of some of our most vulnerable adults. On average these volunteers provide a total of 300 hours a month of service to residents of licensed long-term care facilities throughout Clark, Cowlitz, Klickitat, Skamania and Wahkiakum counties.

We are honored to be the sponsoring agency of a program that fits so well within our mission to "Promote independence, choice, well-being and dignity for seniors, disabled adults and family caregivers..."

This article was written by :

Mike Reardon

Senior Health & Wellness

Did you know that SWAAD's Senior Health and Wellness Program helps seniors improve their health through information, education, workshops and exercise classes?

Call Senior Information & Assistance, 577-4929, to learn more about:

EnhanceFitness is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, mental sharpness and decreases your risk of falling.

Health and Wellness Workshop topics include COPD, Diabetes, Dementia, and Fall Prevention. Workshops are taught by our Registered Nurses.

Call for information and scheduling.

Senior Drug Education provides seniors 65+ with information and training on the safe and proper use of prescription and over the counter medications. Call us to schedule a FREE presentation.

Vaccinations for Adults

Your NEVER too old to get immunized!

Getting immunized is a life-long, life-protecting job. Don't leave your doctors office without knowing whether or not you've had all the vaccines you need.

Recommended vaccines for those 50+:

- **Influenza (Flu)**—Every year
- **Pneumococcal (Pneumonia)**—1-2 doses if you have certain chronic conditions
- **Tetanus, Diphtheria, Pertussis**—Consult your doctor if you have not had 3 shots in your lifetime
- **Hepatitis A & B**—If you have specific risk factors
- **Varicella (Chicken Pox)**—if you have never had Chicken Pox or the vaccine
- **Meningococcal**—Consult your doctor
- **Zoster (Shingles)** - If over 60, you should get this vaccine. NOW!

As with all medical advice, consult your healthcare provider with any vaccine questions or concerns.

*Information Acquired from:
Immunization Action Coalition www.immunize.org*

Leukemia & Lymphoma Support

Have you, or someone you love been diagnosed with leukemia or lymphoma?

There are resources available to help you and your family navigate this process. The **Leukemia and Lymphoma Society** is a great resource for support and options available to you.

Programs available through the society include but are not limited to:

Co-pay Assistance—for patients who are having difficulty paying for co-pays and insurance premiums.

Support Groups—both online and community support groups for both patients and families going through diagnosis and treatment.

Information Resource Center—library of information available to patients, families and doctors ranging from treatment options, nutrition, volunteering and support.

Leukemia and Lymphoma Society
Information Specialists can be reached
Monday—Friday from 9:00-6:00 by calling
1-800-955-4572

or visit their website www.lls.org

*Information Acquired from:
Leukemia & Lymphoma Society www.lls.org*

www.helpingelders.org

WAHKIAKUM FARMER'S MARKET



Two Islands Farm Market at Stockhouse's Farm
59 West Birnie Slough Road on Puget Island
Fridays 3:00 pm to 6:30 pm through October



Fresh Wahkiakum-grown vegetables, cut flowers, veggies. Including 23 varieties of tomato plants, perennial plants, artisan breads, local art-rocks, eggs from pastured chickens and USDA processed goat, beef, lamb, and pork by the cut are often available.

Vendors typically include The Farm at 172, Little Island Farm, Greyfields, The Farm At The End of The Island, Wahkiakum Master Gardeners, Stockhouse's Farm, Skamoka Rocks, and Victorian Acres Breads.

SFMNP vouchers & EBT cards for fresh produce and honey are accepted.

For more information on The Senior Farmers Market Voucher Program or other services offered by the Senior Nutrition Program at CAP, call

(800) 383-2101 OR
425-3430 Ext.240

Ask Your I & A Specialists...

Q: I have been notified that I failed the HUD inspection because I have too much clutter and am considered a hoarder. Is there any service that can help me?

A: There are limited local resources that may help you remedy your failed inspection. We can refer you to local resources to help meet your need.

Q: I am on Social Security Disability (SSD) and need help finding services.



A: Depending on what services you are looking for, we will do our best to help you meet your needs with local programs.

Protecting Your Aging Skin

Your skin changes as you age. You might notice wrinkles, age spots and dryness. Your skin also becomes thinner and loses fat, making it less plump and smooth. It might take longer to heal, too.

Sunlight is a major cause of skin aging. You can protect yourself by staying out of the sun when it is strongest, using sunscreen with an SPF 15 or higher, wearing protective clothing, and avoiding sunlamps and tanning beds.

Cigarette smoking also contributes to wrinkles. Wrinkling increases with the amount of cigarettes and the number of years the person has smoked.

Many products claim to revitalize aging skin or reduce wrinkles, but the Food and Drug administration has approved only a few for sun-damaged or aging skin. Consult your physician or dermatologist for the best skin care regemine for you.

Information Acquired from: MedlinePlus

EXTREME HEAT

Extreme heat is a leading cause of preventable death among seniors. It is important that seniors & caregivers know how to stay safe in hot weather.


Here are four tips to help you and/or your loved ones stay safe in hot weather:

1. If possible seek an air-conditioned environment. If you do not have air-conditioning at home, visit an air-conditioned shopping mall, restaurant or library. During extreme heat warnings, cities often set up cooling centers for the public to escape the heat. If you cannot leave your home, take a cool shower or place cool towels around pulse points such as the neck and armpits.
2. Drink plenty of cool, non-alcoholic, non-caffeinated beverages without too much sugar. When the body sweats, it loses vital salts and minerals, so grab a sports drink or a Pedialyte. If your liquid intake is limited, eat cold fruits that contain high amounts of water like apples, watermelon and cantaloupe.
3. Stay out of the sun during the warmest parts of the day—usually between 10 am—4 pm and wear light weight, loose fitting clothing.
4. Use a buddy system. Ask a friend or relative to call and check on you twice a day. If you know someone 60 or older, call to check on them.



Information Acquired from: Parentgiving.com

WHERE TO FIND US IN THE COMMUNITY

JULY	AUGUST	SEPTEMBER
 <p>7th Agency Presentation LV Kiwanis Club</p> <p>12th Agency Presentation Lifeworks/Americore/Arc</p> <p>19th Agency Presentation Lions Sight & Hearing Foundation</p> <p>21st KCSP Presentation Coordinating Council</p> <p>27th Resource Table Castle Rock Mealsite</p> <p>29th Resource Table Woodland Mealsite</p>	<p>2nd Resource Table Rosburg Mealsite</p> <p>12th Agency Presentation Somerset 10AM</p> <p>12th Agency Presentation New Westside 2:30PM</p> <p>18th Resource Table Wahkia. County Fair Senior Day</p> <p>26th Resource Table Longview Mealsite</p>	<p>6th Agency Presentation Lions club (Expo Center)</p> <p>13th Mippa Event Castle Rock Sr. Center</p> <p>17th Resource Table Diabetes Walk</p> <p>21st Resource Table Cowlitz Tribe Toledo</p> <p>24th Resource Table Cowlitz Tribe PowWow @ Toledo</p> <p>29th Resource Table Cathlamet Mealsite</p>

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