



Swift Water Senior Newsletter

November / December 2024

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

NOVEMBER

11/4 & 11/6 Energy
Assistance

11/15 CASS Mobile Art &
Birthday Lunch

11/11, 11/28 & 11/29
Office Closed

DECEMBER

12/7 Last Day to Make
Medicare Changes

12/20 CASS Mobile Art &
Birthday Lunch

12/25 Office Closed



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

ENERGY ASSISTANCE

NOV. 4th & NOV. 6th, 2024

2025 PUD Rebate & Water Reduced Rate
& 2025 WAGAP Assistance Programs

Date: Mon & Wed

Time: 9am - Noon

Items to Bring:

- ID
 - Proof of Residence
 - Energy Bills
 - Social Security Card
 - Household Income (all members of household) this can be a social security statement or bank statement for one month
- PUD rebate available for those 60 & older
-Water bill discount for Stevenson residents 60 & older
-Person's w/disabilities must be head of household or spouse of, and provide proof such as disability letter, S.S. notice or parking license.



MEDICARE OPEN ENROLLMENT

Oct. 15th – Dec. 7th, 2024

If you currently have a Medicare Part D Prescription Plan, Medicare Supplemental Plan or Medicare Advantage and want to compare prices or are not happy with your current coverage, this is the time to make a change. This is also the time to enroll in Medicare B & D if you did not do so when you turned 65.

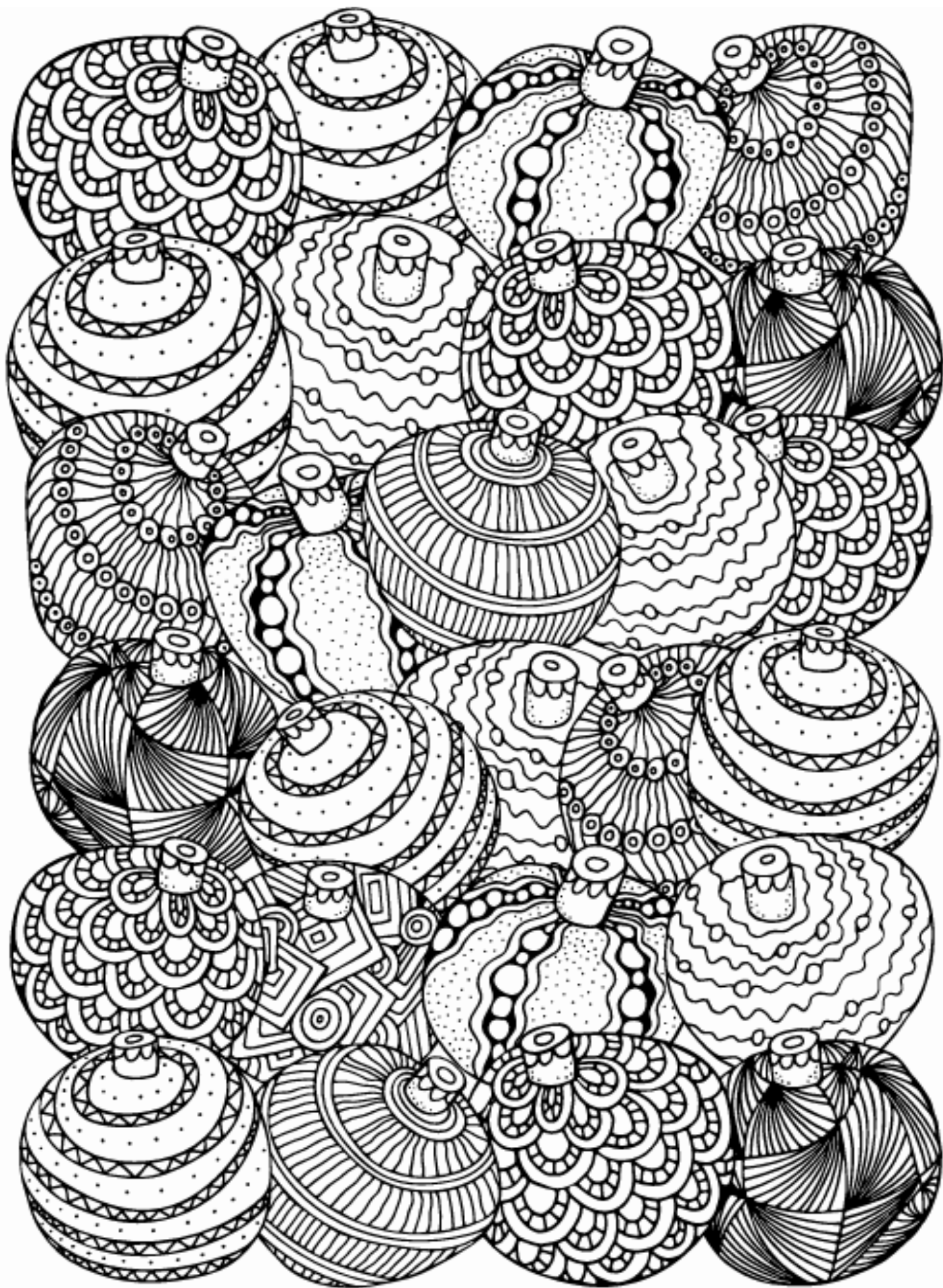
You may qualify for the **MEDICARE SAVINGS PROGRAM**. The Medicare Savings Program (MSP) can provide assistance with premium costs, copayments, deductibles, and co-insurance for low-income individuals. Please call 509-427-3994 for more information, to set up an appointment to make changes to your current selections or apply for **MSP!**

Skamania County Senior Services

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Navy Bean & Ham Soup, Cornbread, Salad, Fruit, Dessert EXERCISE 	2
3	4 Grilled Chicken Caesar Salad, Soup, Breadsticks, Fruit EXERCISE 	5	6 Cheeseburger, Coleslaw, Potato Chips, Fruit EXERCISE 	7	8 Ham Broccoli Cheese Frittata, Biscuit, Cottage Cheese, Fruit, Dessert EXERCISE 	9
10		12	13 Baked Salmon, Tomato Tartlet, Vegetables, Salad, Fruit EXERCISE 	14	15 <u>Birthdays Lunch</u> Chicken Pot Pie, Garden Salad, Fruit, Birthday Cake EXERCISE 	16
17	18 Hummus Plate, Bread & Crackers, Soup, Fruit EXERCISE 	19	20 Swedish Meatballs, Egg Noodles, Vegetables, Salad, Fruit EXERCISE 	21	22 Roasted Turkey, Stuffing, Mashed Potatoes, Yams, Salad, Rolls, Pumpkin Pie EXERCISE 	23
24	25 Chicken & Black Bean Burrito, Spanish Rice, Salad, Fruit EXERCISE 	26	27 Sweet & Sour Pork, Steamed Rice, Salad, Sweet Roll, Fruit EXERCISE 	28 	29 	30

Menu Subject to Change Based on Availability of Food Items



Skamania County Senior Services

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tuna Wrap, Coleslaw, Soup, Fruit EXERCISE 	3	4 Beef Stroganoff, Egg Noodles, Vegetables, Salad, Fruit EXERCISE 	5	6 Grilled Cheese, Tomato Red Pepper Soup, Salad, Fruit, Dessert EXERCISE 	7 Medicare Open Enrollment Ends
8	9 Baked Sweet Potato, White Bean Chicken Stew, Salad, Fruit EXERCISE 	10	11 French Toast, Hashbrowns, Scrambled Eggs, Bacon, Fruit EXERCISE 	12	13 Peanut Chicken, Steamed Rice, Vegetables, Sweet Roll, Fruit EXERCISE 	14
15	16 Battered Cod, Mashed Potatoes, Corn, Roll, Salad, Fruit EXERCISE 	17	18 BBQ Pork, Scalloped Potatoes, Coleslaw, Cornbread, Fruit EXERCISE 	19	20 <u>Birthday Lunch</u> Beef Pot Roast, Mashed Potatoes, Vegetables, Salad, Dessert EXERCISE 	21
22	23 Sub Sandwich, Pasta Salad, Soup, Fruit EXERCISE 	24	25 	26	27 Chicken Enchiladas, Rice & Black Beans, Salad, Fruit, Dessert EXERCISE 	28
29	30 Bacon Spinach Frittata, Hashbrowns, Biscuit, Fruit EXERCISE 	31				

Menu Subject to Change Based on Availability of Food Items

Beans, Beans & More Beans. Nutrition Tip By Oliver Albrecht, Nutrition Manager

Beans are a strong, plant-based source of protein, fiber, iron, and a variety of vitamins that offer many health benefits.

They also contain amino acids, which are protein building blocks used by the body to heal and to make new tissues, such as bone, muscle, hair, skin, and blood.

Beans contain folate which promote healthy red blood cells and are rich in polyphenols (a type of antioxidant). Beans, especially Black Beans enhance gut health which supports immune system function. They also prevent fatty liver which can lead to high cholesterol and high blood pressure.

The fiber and healthy starches in beans make you feel full.

Many beans do contain lectins which are proteins potentially toxic to humans so soaking and boiling them at least 10 minutes is essential.

Economically speaking, beans are a great value as they are relatively inexpensive and a little goes a long way and you can use them in a variety of ways including in salads and soup, as a side or as a vegetable-based burger, or in hummus. 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:
August / September

Meals Served: 1924
Transportation: 3788



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**