



Klickitat County Senior Newsletter

Klickitat County Senior Council
Goldendale 773-3757 White Salmon 493-3068

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2012 Outstanding Senior Volunteer

The Klickitat County Senior Advisory Board takes time each year to recognize the Outstanding Senior Volunteer of the Year and express appreciation to all of the volunteers who help to carry out the many programs for seniors in Klickitat County.

Nominees for the Volunteer of the Year are requested throughout the County for 60 and better individuals during Older Americans Month in May.

It is always difficult to select a single individual---especially when we are so fortunate to have so many dedicated volunteers who give of themselves everyday. The Klickitat County Senior Advisory Board selected the Outstanding Senior Volunteer of the Year for 2012 and presented awards to the nominees at our annual senior picnic that was held on Friday, August 17th at Maryhill State Park.

Please join us in congratulating the following:

Nominees:

- Dola Ellis
- Dolly Bond
- Joy Gohl
- Benora Rude
- Lynn Grossman
- Melinda Montgomery
- Iris Hunter
- Kate Klause
- Virginia Reynolds



Volunteers of the Year were awarded to:

Dola Ellis & Lynn Grossman

Thank you for all you do.



When Can You Join a Medicare Drug Plan?

Between October 15 – December 7, anyone can join, switch, or drop a Medicare drug plan. The change will take effect on January 1 as long as the plan gets your request by December 7.

When you're first eligible for Medicare, you can join during the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65.

If you get Medicare due to a disability, you can join during the 7-month period that begins 3 months before your 25th month of disability, includes your 25th month of disability, and ends 3 months after your 25th month of disability. You'll have another chance to join that starts 3 months before the month you turn 65 ends 3 months after the month you turn 65.

If you get Extra Help, you can join, switch or drop a Medicare drug plan anytime.

We understand Health Care Coverage

Have questions about Medicare?

Access to health care?

Low income subsidy for prescription drugs?

Medicare Savings plans?

We are free, unbiased and confidential



SHIBA presentations October

Monday, October 8th SHIBA presentation at the Pioneer Center in White Salmon (501 NE Washington St.) at 11:30pm.

Tuesday, October 9th SHIBA presentation at Lyle meal site 11:30am @ Lyle Lions Community Center

Monday, October 22nd SHIBA presentation at 10:30am at the Goldendale Library.

Tuesday, October 23rd SHIBA presentation at the Grange Hall in Bickleton at 11:30am.

Tuesday, October 30th SHIBA presentation at 12 noon at the Goldendale Senior Center (115 Main Street).

For more information call SHIBA at 1-800-562-6900 or Senior Services.

Medicare Part D Annual Enrollment

COMING SOON!!!

The Medicare Annual Enrollment
Period which is a time to choose
and join a Medicare health or prescription drug plan is just around the
corner.

The Annual Enrollment Period will be:
October 15—December 7, 2011

Changes made during this time will take effect:
January 1, 2013

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.

Klickitat County Senior Services partners with SHIBA Volunteers
to provide Medicare Awareness Events prior to and
during the Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance
for event dates and details or to schedule an appointment for
assistance.

773-3757 Virginia in Goldendale
493-3068 Jill in White Salmon

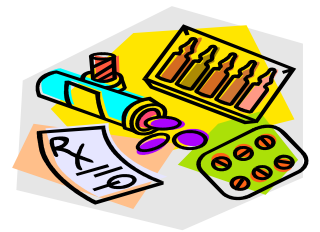
White Salmon Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for October 8th & 9th at the Pioneer Senior Center, 501 NE Washington St., White Salmon. This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00 a.m. to 1:00 p.m. on both Monday and Tuesday. You must participate in both days. Participants will work through an interesting, interactive curriculum emphasizing defensive driving techniques. There are no tests and no driving is involved. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

To register for the AARP Driver Safety Class call Jill Parrott, Klickitat County Senior Services, at 493-3068. You do not need to be an AARP member to enroll. A fee is charged to cover the cost of materials. The cost is \$12.00 for AARP Members and \$14.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.



Medication Tip of the Month



The Scoop on Mixing Medications

Prescription medications can interact with one another, resulting in medication side effects and dangerous reactions.

Make sure that your doctor knows about all prescription and over-the-counter drugs, herbal supplements, and even vitamins and minerals that you take so that he can point out any potential interactions and change drugs as needed.



White Salmon Events

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MUSIC 9/5 Barbara & Marlow 9/10 Old Time Friends 9/12 For the Good Times	9/17 Buck Smith 9/19 Barbara & Marlow 9/24 For the Good Times	9/26 Strawberry Mountain Band	Senior Toenail Care offered for \$15 by appointment at Today's Chalet 493-3995 & Infinity Salon 493-8583		1
2	3 Labor Day OFFICE CLOSED 	4 8:15 Yoga	5 10 Exercise 11:45am Flag Presentation by the Dillon Family	6 8:15 Yoga Noon Pinochle	7 Huckleberry Festival in Bingen	8 Huckleberry Festival Bingen 
9 Grandparents Day 	10 10 Exercise	11 8:15 Yoga	12 HR Shopping 10 Exercise	13 8:15 Yoga Noon Pinochle	14 10am Exercise	15
16	17 10 Exercise 10am BINGO	18 8:15 Yoga	19 10 Exercise	20 8:15 Yoga Noon Pinochle	21 10 Exercise	22
23 30	24 10 Exercise	25 8:15 Yoga	26 10am Senior Site committee meeting 10 Exercise	27 8:15 Yoga Noon Pinochle	28 10am Exercise	29 WA State Park FREE DAY




Goldendale Events September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MUSIC</p> <p>8/20 Jackie</p> 						1
2	<p>LABOR DAY OFFICE CLOSED</p> 	<p>4</p> <p>11am Toenail Care 1pm Exercise 1pm Bingo</p>	5	<p>6</p> <p>1pm Exercise</p> 	<p>7</p> <p>TD Shopping</p> <p>Huckleberry Festival at Bingen</p>	<p>8</p> <p>Huckleberry Festival Bingen</p>
<p>9</p> <p>Grandparents Day</p> 	10	<p>11</p> <p>1pm Exercise 1pm Bingo</p> 	12	<p>13</p> <p>1pm Exercise</p> 	14	<p>15</p> <p>Senior Breakfast \$3pp</p> <p>GD Festival of Wheels Main Street</p>
16	17	<p>18</p> <p>1pm Exercise 1pm Bingo</p> 	<p>19</p> <p>10:30 Support Grp Adonai Tea Time</p>	<p>20</p> <p>1pm Exercise</p> <p>1:00 Powerful Tools for Care-givers GD Library</p>	<p>21</p> <p>HR Shopping</p> <p>Noon Pinochle</p>	22
<p>23</p> <p>30</p>	24	<p>25</p> <p>1pm Exercise 1pm Gd Sr Ctr Board meeting</p>	<p>26</p> 	<p>27</p> <p>1pm Exercise 1pm Powerful Tools for Caregivers GD Library</p>	<p>28</p> <p>Noon Pinochle</p>	<p>29</p> <p>WA State Park FREE DAY</p> 



September MENU 2012

Don't talk unless you can improve the silence.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE						1 Lyle Senior Breakfast 7am \$5pp at Lions Club
2	3 OFFICE CLOSED Labor Day	4 GD Shepard's Pie	5 WS Chef's Salad	6 GD Chef's Salad	7	8
9 	10 WS Cook's Choice	11 GD & Lyle Cook's Choice	12 WS Meatballs	13 GD Meatballs	14	15 GD Senior Breakfast 9am \$3pp
16	17 WS Salisbury Steak	18 GD & Lyle Salisbury Steak	19 WS Chicken	20 GD Chicken 	21	22
23 30	24 WS Vegetarian Beans & Rice	25 GD & Lyle Vegetarian Beans & Rice	26 WS Hamburgers	27 GD Hamburgers 	28 	29 WA State Park FREE Day

Meal Site Schedule

- **White Salmon** Meals are Mondays & Wednesdays at noon @ the Pioneer Center
- **Lyle** Meals are Tuesdays at Noon @ Lyle Lions Community Center
- **Bickleton** Meal is on the 2nd & 4th Tuesday at 11:30am (Menu, posted at Market Street Café) @ Bickleton Grange Hall
- **Goldendale** Meals are Tuesdays & Thursdays at Noon @ Goldendale Senior Center

Meals include milk, coffee, or tea. Call MATS for transportation to Meal Sites Goldendale 773-3060, White Salmon 493-4662.

KCSS NUTRITION—\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouse at the senior rate.

Non-seniors \$6.50.

Hot-delivered meals are available to homebound; call Senior Services for an assessment.

Goldendale 773-3757
White Salmon 493-3068

Klickitat County Senior Council

Friday, **September 7** at the Dallesport Community Center. Please join us for the meeting and potluck. Senior Council is a meeting open to anyone interested in attending. Transportation is available from both ends of the county. Call your local senior service office for information and to get on the bus list. White Salmon 493-4662, Goldendale 773-3060

Powerful Tools for Caregiving

*A **FREE** 6-week class on the wellness of family caregivers offered by Senior Services and the Family Caregiver Support Program.*

Pre-Register now for the educational series that will run September 20th through October 25th. Classes will be held at the Goldendale Library from 1pm to 3:30pm every Thursday in the Camplan Room, 505 W. Burgan Street in Goldendale.

You must pre-register by calling 773-3757 or 493-3068, space is limited and available on a first-come, first-serve basis.



KLICKITAT

Meals will be served at one & there is a charge of \$3 per person

Any questions call 369-3985

Dates: 1st & 3rd Wednesday

Time: 1pm

Place: Grace Lutheran Church Parsonage

**This meal is not sponsored by KCSS

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting,

call Susan Shipman at 773-0380

Goldendale Support Group

Second Tuesday, September 19
10:30am



Volunteer Hours

July HOURS

TRANSPORTATION	998.75	Hours
NUTRITION	524	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	17	Hours
MUSICIAN	16	Hours



Do you need help caring for a loved one?

Many people who care for a loved one, a friend, or a neighbor don't think of themselves as caregivers. If you help an adult with tasks such as meal preparation, personal care, and errands; or check in by phone and/or in-person on a daily basis; or schedule and maybe even attend doctor's appointments with a loved one, you may be a caregiver.

The Family Caregiver Support Program helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the program enables care receivers to remain at home and independent.

One size definitely does not fit all. The program tailors support services to the unique needs of unpaid family caregivers. Services may include:

- Referrals to local support groups, counseling, and other resources.
- Training on specific caregiving topics.
- Advice on use of supplies and equipment.
- Practical information and caregiving suggestions.
- Respite care, if you need a break.

When a caregiver contacts the program, our specialist conducts an interview using [TCARE®](#) (Tailored Caregiver Assessment and Referral), to better understand the caregiver's current situation, sources of stress, and stress level. The interview can be completed by phone.

Caregivers may qualify for Family Caregiver Program support services if they are:

- 18 years or older and caring for a person with a disability who is 18 years or older.
- The primary caregiver.
- Not paid for caregiving.

Most services are free. Respite care is available on a sliding scale.

If you would like more information about family caregiver support services, call Senior Services in White Salmon 493-3068 or in Goldendale 773-3757 or toll free at 1-800-447-7858.

**Senior Newsletter Edited by
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and Jill Parrott**

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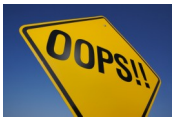
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U.S. Postage Paid

White Salmon, WA 98672

Permit #77

August Newsletter Problems



I would like to apologize for those that received an August newsletter that had type throughout that made the newsletter unreadable.

Unfortunately we had problems with our copier so had to contact an outside printer to get our newsletters printed in order to get them out. After mailing them we discovered that printing in a significant number of the newsletters was jumbled due to a software problem at the printer. They have obviously not charged us for the printing job due to this error but we had already mailed many that were bad.

We have learned now to inspect all pages of the newsletter prior to mailing and hope to not have any future issues.

You can also access a copy of our monthly newsletters on our web site at : www.klickitatcounty.org/Senior/ .