

FALL PREVENTION DAY September 23rd

Did you know that 1 in 3 adults aged 65+ fall every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans.

The good news is that falls can be prevented.

The risk factors for a fall include fear of falling, gait and balance problems, certain medications, clutter in the home, and some health conditions.

The 8th annual Falls Prevention Awareness Day (FPAD) will be observed on September 23, 2015—the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

The 2015 theme is ***Take a Stand to Prevent Falls*** and the official social media hashtag for this year's event is **#FPAD15**.

6 Steps to Prevent a Fall

Stay safe with these tips!

- 1. Find a good balance and exercise program.**
- 2. Talk to your health care provider.**
- 3. Regularly review your medications with your doctor or pharmacist.**
- 4. Get your vision and hearing checked annually and update your eyeglasses.**
- 5. Keep your home safe. (Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas).**
- 6. Talk to your family members. (Enlist their support in taking simple steps to stay safe).**

Falls are not just a seniors' issue.



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Dear Marci,

I am having heart valve replacement surgery soon and spoke with my primary care doctor about care after my surgery. She said that I should ask the hospital for a discharge plan before I leave so that I understand how to continue my care once I am home. I have never received a discharge plan before. Does Medicare require the hospital to provide a discharge plan to me as part of my hospital stay?

- Louise (Washington, DC)

Dear Louise,

Hospital discharge planning services are intended to make your move from the hospital to your home or other location as smooth and safe as possible, and aim to prevent additional trips to the hospital for you. Under specific circumstances, Medicare does require all hospitals to provide discharge planning services as part of a hospital stay. Let's see if those circumstances might apply to you.

Hospital discharge planning is only required if you are admitted to the hospital as an inpatient. If you are considered a hospital outpatient, Medicare does not require hospital staff to help you prepare for your care following a hospital stay. However, some states may provide you with greater rights to discharge planning services. Since you had heart valve replacement surgery, it is likely that you will be considered a hospital inpatient. Here are additional steps you can take to ensure that you leave the hospital with the plan you need.

You or your doctor should ask hospital staff for a comprehensive discharge planning evaluation.

Be aware that the hospital's main goal during your evaluation should be to return you to the place you left before your hospital stay (this may be your home or another facility).

Make sure hospital staff members consider your range of needs following your hospitalization.

Review which post-discharge services will be covered by Medicare and how much they will cost. If you have another type of insurance, such as Medicaid, check what is covered by that insurance.

Tell the hospital discharge planning staff about your needs and preferences for care after your hospitalization. If you are eligible for a discharge plan, your needs and preferences must be incorporated into your plan of care.

Be sure the hospital prepares you for discharge. Before you leave the hospital, staff must educate and train you, your family, and/or your caregivers about your care needs. Hospital staff should also provide a clear list of instructions for your care and all medications you will need. The hospital must explain what to do if problems occur, including who to call and when to seek emergency help. The hospital must provide referrals as appropriate for other care, including referrals to home health, skilled nursing or hospice agencies, physicians, and medical equipment suppliers, among other supportive services.

Be sure to follow up with your primary care provider and other providers involved in your care after your hospitalization. The hospital should send your providers information about your medical condition no later than seven days after you leave the hospital. Keep in mind that Medicare now pays for your primary care provider to manage your care right after your hospital discharge.

Marci

Coping with Stress



Some physical symptoms of stress include the following:

- ◆ Migraine or tension headaches
- ◆ Digestive problems like heartburn or diarrhea
- ◆ Shallow breathing
- ◆ Cold or sweaty palms
- ◆ Muscular tension and aches in the jaw, neck, back or shoulders

Basic stress management techniques include getting enough sleep and **exercising** regularly. **Exercise** has been shown to decrease the amount of stress hormones that are released in response to stress. It is also important to eat a balanced diet that is high in vitamin C and low in both caffeine and sugar.

Relax in a healthy way:

- ◆ Relaxation, meditation and breathing exercises.
- ◆ Taking a walk or a bath.
- ◆ Joining a support group.
- ◆ Praying.
- ◆ Engaging in a hobby.
- ◆ Writing in a journal or diary.
- ◆ Confiding in, or “venting” to, a friend.
- ◆ Listening to relaxing music or an inspirational tape.
- ◆ Listening to relaxation tapes (available from a counselor or bookstore) on which a recorded voice guides the listener in relaxing from head to toe.

Addressing the core cause of stress is important. There are two options: acceptance of the situation or changing it. Examples of managing stress by making changes include the following;

- ◆ Changing unrealistic goals-not trying to be perfect all the time.
- ◆ Changing unrealistic expectations-not expecting others to be perfect all the time.
- ◆ Re-prioritizing-making time to take care of yourself.
- ◆ Delegate-don't try to do everything alone.
- ◆ Forgiving someone; letting go of an old grudge.
- ◆ Planning ahead; being prepared for the little surprises that often arise.
- ◆ Resolving conflicts through sharing and listening, rather than allowing conflicts to fester.
- ◆ Getting more support —ask for help instead of trying to “tough it out” alone.



Did You Know? Selecting an In-Home Care Provider

You have finally come to the decision that you need some help in your home. Whether its help with housework and errands or you need personal care, it is a big step inviting someone else into your home to help you. How do you go about selecting the right person? Should you go through an agency or hire that friend of a friend that was recommended to you? What exactly are your options?

The first thing you need to figure out is how you are going to pay for the help. Are you able to pay with savings or with help from family members? Do you have a Long-term Care insurance policy that can help pay for your care? Are you a war time veteran, you may qualify for the Aid & Attendance VA benefit? Do you have few resources and may qualify for State Medicaid Assistance? Review your options. Perhaps ask family member or a trusted friend for help and have a meeting to go talk over a plan to gain a realistic idea of what you can or can't afford and for how long?

The next step is deciding where to go for this assistance. Start your search by doing some comparison Agency Home Care Services shopping. Do they have a state license? Are their workers bonded and/or insured? Do they run criminal background checks for all workers? What kind of training do the workers have? Have a checklist of what you want to ask the agencies before you call them. Most agencies will in turn interview you about your needs and how they can help you.

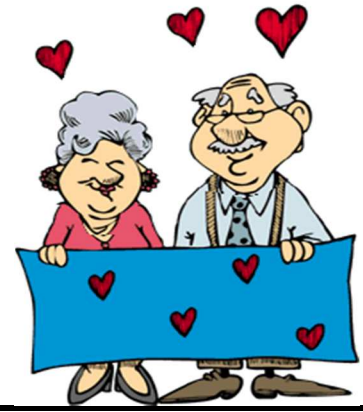
Due to the cost and the increasing shortage of home care aides, many families seeking to hire in-home staff turn to private individuals rather than working through an agency. While at first glance this seems reasonable, it can also cause numerous problems and create unexpected liabilities for the individual or family, who becomes the employer. As a private employer, the individual or family is required to pay Social Security, unemployment and payroll taxes. Many home aides will represent themselves as independent contractors, ostensibly relieving the hiring individual of these tax obligations. However, it is the responsibility of the hiring individual to be sure that the aide truly is an independent contractor and is therefore paying their own taxes. In many instances, the aide will not meet the legal criteria as an independent contractor. If the aide has not met his or her tax obligations, this responsibility falls to the employer. This can be a serious obligation because it may involve interest on back taxes, civil fines and the possibility of criminal penalties. Potential private employers should seek the advice of a labor lawyer to assure appropriate hiring practices with respect to federal tax laws.

If you do choose to utilize a home care agency service, remember you must be comfortable with the assigned caregiver, so don't hesitate to let the agency know if you don't think they will work for you or your family member. If you are on a State Medicaid program you can choose to go through one of the agencies contracted with the state to provide personal care services or use a contracted individual provider.

Call your local Klickitat County Senior Services if you have further questions regarding In Home Care and would like assistance and resources in looking at the various options and programs that may assist with paying for those services.

White Salmon 493-3068 Goldendale 773-3757

White Salmon Events September 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:15 Yoga 2pm Strong Women	2 9:30 Exercise 	3 Noon Pinochle 2pm Strong Women	4	5
						
6	7 OFFICE CLOSED Labor Day	8 8:15 Yoga 2pm Strong Women	9 HR Shopping 9:30 Exercise	10 Noon Pinochle 2pm Strong Women 5:30 Senior Meal @ Trout Lake School	11 Bingen Huckleberry Festival 	12 Bingen Huckleberry Festival
13 Bingen Huckleberry Festival Grandparent's Day	14 9:30 Exercise 10am Bingo	15 8:15 Yoga 2pm Strong Women	16 9:30 Exercise	17 Noon Pinochle 2pm Strong Woman	18 	19
20 	21 9:30 Exercise	22 8:15 Yoga 2pm Strong Women	23 9:30 Exercise	24 Noon Pinochle 2pm Strong Women	25 	26
27	28 10 Exercise 10am Bingo	29 8:15 Yoga 2pm Strong Women	30 9:30 Exercise	Music 9/2 Huskey Family 9/7 Office Closed 9/9 Simcoe Boys	9/14 Old Time Friends 9/16 9 String Band 9/21 The Good Guys & Her	9/23 Simcoe Boys 9/28 9 String Band 9/30 Simcoe Boys








Goldendale Events

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1pm Exercise 1:30pm Tai Chi	2	3 1pm Exercise 1pm Bingo 	4	5
6	7 OFFICE CLOSED 	8 10am Toenail Care 1pm Exercise 1:30pm Tai Chi	9 10:30am Caregiver Support Group	10 1pm Exercise 1pm Bingo 1:30 Zumba GD Song Circle 1:30pm to 3:30pm Camplan Room	11 Noon Pinochle	12
13 Grandparent's Day 	14	15 1pm Exercise 1:30pm Tai Chi	16 	17 1pm Exercise 1pm Bingo Members Only	18 Noon Pinochle 	19 GD Senior Breakfast \$3pp
20	21 	22 1pm Exercise 1:30pm Tai Chi	23 	24 1pm Exercise 1:30 Zumba 1pm Bingo	25 Shopping Noon Pinochle	26
27	28	29 1pm Exercise 1:30pm Tai Chi	30	MUSIC 9/10 Simcoe Boys 9/17 Jackie 9/24 Simcoe Boys		

September Menu 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE		1 GD & Lyle Chicken Pot Pie	2 WS BBQ Beef Sandwich 	3 GD BBQ Beef Sandwich	4 	5 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12) \$4, under 5 FREE
6	7 OFFICE CLOSED Labor Day	8 GD & Lyle Tator Tot Casserole	9 WS Baked Fish 	10 GD Baked Fish	11	12
13 Grandparent's Day 	14 WS Meatloaf	15 GD & Lyle Meatloaf	16 WS Baked Chicken 	17 GD Baked Chicken		19 GD Senior Breakfast 9am \$3pp
20	21 Chili Cornbread Casserole	22 GD & Lyle Chili Cornbread Casserole	23 WS Macaroni & Cheese	24 GD Macaroni & Cheese	25	26
27	28 WS Kielbasa & Sauerkraut 	29 GD & Lyle Kielbasa & Sauerkraut	30 WS Chicken Parmesan	October 1 GD Chicken Parmesan		

SENIOR MEAL Site Locations

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 E Main Street.

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center.

BICKLETON: The 2nd & 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: Thursday-September 10th at 5:30pm at Trout Lake School.

\$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

With varied needs of seniors, flexibility is the key. Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available, call Senior Services for more information.

Goldendale 773-3757
White Salmon 493-3068

Energizing Support Groups

Goldendale Diabetes

4th Tues.6-7pm, September 22, Goldendale Library Camplan Room~
541 965-0655

Goldendale Family Caregiver Support Group

The second Wednesday at the Goldendale Senior Center —September 9, 10:30am

Parkinson's Support Group

The first Wednesday of each month, September 3, 2pm Water's Edge Conference Room, 2nd floor (541 340-0142).



White Salmon Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for September 28th & 29th 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 \$15.00 for AARP Members and \$20.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.



Goldendale AARP Driver Class Coming in October

Thursday, October 29th 1pm to 5pm
and Friday, October 30 9am to 1pm.
Call Senior Services at 773-3757 to
Register.

Volunteer Hours

July HOURS

TRANSPORTATION	650.75	Hours
NUTRITION	798	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	12	Hours

Don't be Stressed Over Fraud

If you fall victim to fraud, it can really stress you out, not to mention damage your credit score and wallet. We encourage you to be cautious of suspicious email, letters, and phone calls or individuals that ask for your personal information.

Generally, Social Security will not call or email you and ask for your personal information, such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting Social Security to verify the validity of the request. It could be an identity thief phishing for your personal information. Call Social Security 1-800-772-1213.

Report suspicious calls to our Fraud Hotline at 1-800-269-0271 from 10:00am to 4:00pm Eastern Time, or online at <http://oig.ssa.gov> using the "Fraud, Waste, and Abuse" link. When making report, please include as many of the following details as possible:

- ◆ The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers
- ◆ Description of the fraud and the location where the fraud took place
- ◆ When and how the fraud was committed
- ◆ Why the person committed the fraud (if known)
- ◆ Who else has knowledge of the potential violation

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of identity theft, you should contact the Federal Trade Commission at www.idtheft.gov, or call 1-877-438-4338.

Misleading advertisers may victimize people who receive Social Security and Supplemental Security Income (SSI) benefits. Such companies offer Social Security Services for a fee, even though the same services are available directly from Social Security for FREE of charge. Especially upsetting are ads that make it appear as if they came directly from Social Security. By law, such advertisements must indicate that company is not affiliated with Social Security.

Learn more about identity theft and misleading advertising by reading our publications on the subjects at www.socialsecurity.gov/pubs. You may have enough stress already. Do not get stressed over fraud.

SCHEMING
CRAFTY
AGGRESSIVE
MALICIOUS
DON'T LET THEM CON YOU

Do You Have a Transportation Plan for Retirement?

Most of us know that we need to have a financial plan as we age, but how many of us are putting together a *transportation* plan?

What happens when we can no longer drive a car or when we, acquire a visual or physical disability that limits our mobility? What if we still *can* drive when we retire, but don't *want* to?

A recent study by National Association of Area Agencies on Aging (n4a) found that transportation was the top reason seniors called its Eldercare Locator last year.

The report analyzed more than 270,000 calls to the referral service. "For older adults who can no longer drive and who live in suburban or rural communities without adequate public transit, a lack of transportation options can have a profound effect on overall quality of life," the n4a found. "Many callers express frustration because they can't do simple things like visit the doctor, buy food or socialize with peers because the options for getting from Point A to Point B are limited."

Having a transportation plan with multiple options for getting around without a car is a good way to make that transition a little easier.

Creating Your Transportation Plan

How do you create a transportation plan for yourself or loved one who may need alternatives to driving?

Start by asking these questions about what you or your loved ones may need as transportation needs change:

1. Will there be a family member, friend/neighbor, or caregiver who can drive once you or your loved one stop driving? What is the backup plan, such as a taxi or volunteer service, if that person is not available?
2. Does the community have a shuttle or car service for residents?
3. Is public transit an option? If so, familiarize yourself with the bus routes and subway lines in the area and determine the best ways to get to the bus stop or train station if they're not walkable from home. Find out if your local transit agency has a travel training program.

Do you have a transportation plan? continued

4. How could you or your loved one get places if you are disabled and cannot use public transit? If you qualify under the Americans with Disabilities Act for para-transit services, you can arrange door-to-door transportation. Many communities also offer a low-cost Dial-a-Ride option for riders over age 60 and younger residents with disabilities.
5. How can transportation resources reach you if you live in an underdeveloped area or have roads or driveways that are difficult to access with standard vehicles? Many people don't think about their road or driveway access when they are able to drive themselves and have a 4x4 vehicle. The problem develops when you are no longer able to drive yourself. Most transportation services cannot access underdeveloped roads—especially during the winter when there is snow or ice.

Resources to contact when developing your transportation plan

In Klickitat County you can contact Klickitat County Senior Services/Mt. Adams Transportation in Goldendale at 509-773-3060 or in White Salmon at 509-493-4662 to discuss transportation options and arrange for transportation to medical appointments, pharmacy, and grocery shopping.

If you are looking for resources outside of Klickitat County you may also contact the Eldercare Locator (*The Eldercare Locator, is a public service of the U.S. Administration on Aging connecting to services for older adults and their families.*) at 800-677-1116 for transportation resources in your area.



Grandparents Day, September 13th

“Do Something Grand” for Grandparents Day on September 13 to honor grandparents’ contributions and encourage through an array of cards, gift giving, and special school programs.



**Senior Newsletter Edited by
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and Jill Parrott**

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Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672
509 493-3068

Non-Profit Organization

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White Salmon, WA 98672

Permit #77

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, 2015

Changes made during this time will take effect:

January 1, 2016

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

Or toll free 1-800-447-7858