



April 2013

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

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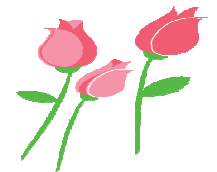


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NATIONAL VOLUNTEER WEEK April 21-27, 2013

National Volunteer Week is a time to celebrate people doing extraordinary things through service. Established in 1974, National Volunteer Week focuses national attention on the impact and power of volunteerism and service as an integral aspect of our civic leadership. The week draws the support and endorsement of the president and Congress, governors, mayors and municipal leaders, as well as corporate and community groups across the country.

National Volunteer Week embodies the energy and power volunteers evoke on a daily basis as they lead by example—not only encouraging the people they help, but motivating others to serve as well.



THANK YOU SENIOR SERVICE VOLUNTEERS!

Klickitat County Senior Services would not be able to provide the full range of services that are available without volunteers. Our volunteers provide hours of service in all of our senior meal programs throughout the county in our meal sites as well as home delivered meals. Volunteers also help by providing hours of their time and their own vehicles transporting people to medical appointments and to get groceries or to get to the food bank. Volunteers also provide their expertise and time in teaching classes like Yoga , exercise, and Tai Chi. Volunteers also help to mail out approximately 1300 newsletters each month.

Thank you to all who donate their time and skills to make life better for those in our community!

Dear Marci,

I am not satisfied with my Medicare prescription drug plan's customer service. How can I make a complaint against my Part D plan?

-Marina (Hartford, CT)

Dear Marina,

You can make a formal complaint against your Medicare prescription drug plan (Part D), if you are unsatisfied with your plan. This is also known as filing a grievance. For example, you can file a grievance against your plan if your plan demonstrates poor customer service.

You can file a grievance by calling your plan and speaking to the plan's Grievance Department. Alternatively, you can file a grievance by writing the details of your complaint to your plan (i.e. why you are not satisfied with your plan). If you plan on writing to your plan, contact your plan to find out where to mail or fax your written grievance. It's best to file a written grievance and keep a copy for your own records. Use certified mail when sending your written grievance to confirm that your plan receives your grievance.

File your grievance within 60 days of the event that led to your dissatisfaction with the plan. It may also be helpful to send a copy of your grievance to your regional Medicare office and your Congressional legislators to notify them of your complaint. Your plan must investigate and respond to your grievance within 30 days, or 24 hours if the grievance is urgent. You can check the status of your complaint by calling the plan or by calling 800-MEDICARE. (1-800-633-4227)

Keep in mind that a grievance is different from an appeal. Remember, a grievance is a formal complaint that you make against your plan, whereas an appeal is the course of action you take when your plan denies coverage for a service, medication or item. If you are having trouble getting your plan to cover your drug, you should file an appeal. In some cases, it may make sense for you to send your plan both a grievance (formal complaint) and an appeal (request for coverage from the plan).

If your plan isn't covering your drugs and you want to file an appeal, go to the Medicare Interactive link that explains how to request an exception to your plan's coverage rules (the first step in the Medicare drug plan appeals process).

-Marci



18th Annual Community Pride Week

April 26 to April 28, 2013

April 26 Noon to 4 PM • **April 27** 10 AM to 4 PM • **April 28** 10 AM to 4 PM

REUSABLE HOUSEHOLD ITEMS

Usable clothing, furniture and other household items will be donated to Second Hand Rose in Bingen.

Scrap Metal: Types of Metal Objects Accepted: any item with 70% metal content is recyclable

Accepted: Aluminum die cast, radiators, stainless, steel, cast, tin, copper, brass, and lead.

Not accepted: Electric motors, wire/cable, no vehicles requiring a license or registration.

Plastic: Food, beverage & cleaning product containers. Remove & dispose of caps. No cooking, motor or lamp oil containers. No toxic, caustic or flammable product bottles. Plastic shopping bags must be bound in a shopping bag.

Paper: Flattened and bind corrugated cardboard.

Metal cans: Tin/steel/aluminum food/beverage cans

Glass: Food/beverage container glass only. **Please try to sort glass by color.**



Building Materials: windows, doors, cabinets, lumber, sinks, tubs, bricks, blocks, tile, lighting, electrical and plumbing. No broken items, please, in the building material section.

Used Appliances: Bulky appliances such as washers, dryers, stoves, microwaves, heaters, hot water tanks, air conditioners and refrigeration units, etc. All working appliances will be donated to the Veterans of America.

Used tires: \$3.00 for car/light trucks, \$10.00 for semi trucks.

Non-recyclable items: The target waste is old couches, broken chairs, lawn mowers, burn barrels.

Electronics: Computers, tvs, printers, radios, phones, etc

\$3.00 CASH DONATION REQUESTED AND GRATEFULLY ACCEPTED.

Where: Just east of the Bingen Public Works shop on Lakeview Road.

Volunteers needed for a four hour shift. If you have a pickup, utility trailer or strong back and would like to help your neighbors who don't, please call the Mt. Adams Chamber of Commerce 509-493-3630.

For information on home pickup assistance, CALL Marsha at 493-2961 or 541-490-0161 after April 15 .

What does Senior Services do?

Caregiving: Caregiver Support and Resources offer assessment, referral, support, and counseling to caregivers of any age caring for an older relative.

Provide In-home caregiver services through a licensed home care agency.

Case Management: Assist vulnerable seniors (60+) who are at risk of institutionalization to access, obtain, and effectively utilize necessary and available community-based support and service options

Financial & Legal Programs: Our Information and Assistance Program is the gateway to all the services we offer and all those in the community. It assists seniors and their family members to understand and navigate the service system maze, offering a level of help tailored to each individual. SHIBA (Statewide Health Insurance Benefits Advisors) Program provides free, unbiased insurance information about private and government health programs to all-age individuals.

Food Assistance Programs: Our Senior Congregate Meal Program provides hot, balanced meals in senior centers or other group settings to meet nutritional and social needs. Although users are asked to consider a donation for meals, no fee is required.

Our Home Delivered Meal Program provides frozen home-delivered meals and hot home-delivered meals for seniors who are unable to prepare meals or leave their homes to shop.

Transportation: The Transportation Program provides personalized and free (suggested donation) transportation for elders who need help getting to medical appointments, grocery stores, and senior programs.

Wellness and Physical Activities: Fitness and wellness programs that provide evidence-based accessible and low-cost to no-cost fitness and wellness programs for seniors.

Community Outreach: Are you looking for support but don't know where to begin, or who you can trust? Our patient and compassionate Community I & A Specialists devote time to listen to your concerns and help you find solutions. Our specialists can provide referrals and connect you with programs and resources that are designed to lessen your worries.

Senior Services is the expert when it comes to linking you with the appropriate support services.

Do you need help finding the right social services for yourself?

Have you suddenly found yourself caring for a parent or loved one?

Are you feeling overwhelmed or confused by the amount or types of services available?

Not sure where to start? Call Senior Information and Assistance at 1-800-447-7858

White Salmon 509-493-3068 , Goldendale 509-773-3757.

Watch Out!! Home Improvement Schemes

Each year when the weather turns nice, itinerant crews of roofers, pavers and day laborers travel from city to city, driving through neighborhoods and mobile home parks looking for victims.

Sometimes they “offer” to pave your driveway, repair your roof, or paint your house with supplies “left over” from another job.

This is just a scam. The repair work is completed very quickly, the quality is poor and the “repairs” usually cost more than the original estimate.

Warning Signs:

- The repairperson drives an unmarked truck or van with an out-of-state license;
- The worker has no business identification, local address or telephone number;
- You are offered a “special price” if you sign today;
- The worker wants upfront cost or fees, or accepts only cash;
- No written estimates or contracts are provided;
- The worker does not have any references;
- The offer sounds “too good to be true.”



Generally, work that “adds to or subtracts from real estate” requires a registered contractor.

Businesses that provide services such as gutter cleaning, pruning, lawn care or window washing do not need to be registered.

If you are planning to hire a contractor, make sure the contractor is registered and bonded. Check the contractor’s references. Solicit several written bids.

5th Annual Home & Garden Show

The Goldendale Regional Home & Garden Show will feature a broad range of solutions for those looking to improve their home interiors, exteriors, lawns & gardens.

Entrance Fee: FREE

Date: April 19th, 20th, & 21st, 2013

Place: Klickitat County Fairgrounds

903 N. Fairgrounds Rd

Parking: FREE

Time: Friday 10am to 7pm

Saturday 10am to 6pm

Sunday 10am to 3pm



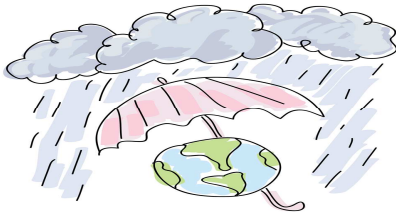
The event is being organized by the Greater Goldendale Area Chamber of Commerce.



Tips for seniors to stay safer online

- Never trust a link sent to you by someone you don't know. By clicking the link you may be taken to a site that may look like your bank or credit card company, but isn't. One thing a criminal can't fake is the actual Web site address of a company or bank. Instead of clicking a link in an e-mail, search for the Web address using a search engine to find the real one. Use that to ask the company about the message you received, or call using the number listed on your statements. Mark the real site as a favorite in your browser so that one click brings you there safely every time.
- Never trust an e-mail that asks for your personal or account information (called a phishing scam). These usually seem convincing (the shabby ones have spelling errors, but the high quality scams look impeccable). No bank or reputable company is going to send you an e-mail asking you to correct your information, validate your identity, re-enter your password, and so on.
- The smarter scams often contain text warning you against fraud. They do this because many people believe that an e-mail that warns them to be careful must be legitimate. That is not always true. This also extends to sites that claim they have protections in place for your privacy and security. Anybody can make these claims, but only certain sites protect you.
- Never respond – or even open an e-mail with a deal that is too good to be true unless it is from a company that you know well and expect to get these kinds of offers from them. Scammers want you to react without taking time to think things through, so their e-mails frequently sound urgent, such as:
 - ...“if we don't hear by tomorrow your account will be closed” (and you'll notice that the date of “tomorrow” never is listed).
 - ...”this offer won't last, order now to ensure”...
- Never believe that someone you don't know is going to give you money.
- Do not believe a person from another country who just needs you to “help transfer funds” and they need your bank account number to do so. Such scammers promise to give you a huge amount of money for helping them out. The result is an empty bank account.
- If you never entered a lottery, you did not win the lottery. Such scams ask you to provide your information and bank account number so they can transfer your prize money. Don't. The result is an empty bank account.
- Don't believe a really rich, famous person just wants to help you out... and that the celebrity also mysteriously needs your address, phone number, bank account information to do so. The result is an empty bank account.

Guard your information well. It is better to be rude than to be ripped off, so demand validation, verification, and authentication before giving your information to anyone. If you still feel uneasy, say no or check further.



White Salmon Events

APRIL 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Exercise 10am BINGO	2 8:15am Yoga	3 9:30 Exercise 	4 8:15 Yoga Noon Pinochle	5 	6 Lyle Breakfast 7am to 10:30 \$6 @ Lyle Lions Comm. Center
7 	8 AARP Driver Safety Class 9am to 1pm 9:30 Exercise 10am BINGO	9 8:15 Yoga AARP Driver Safety Class 9am to 1pm	10 9:30 Exercise Hood River Shopping	11 8:15 Yoga Noon Pinochle	12	13
14	15 9:30 Exercise 10am BINGO	16 8:15 Yoga 	17 9:30 Exercise 	18 8:15 Yoga Noon Pinochle	19	20
21	22 9:30 Exercise 10am BINGO Earth Day	23 8:15 Yoga 	24 9:30 Exercise	25 8:15 Yoga  Noon Pinochle	26 Community Pride Noon to 4pm	27 Commu- nity Pride 10 to 4
28 Community Pride 10 to 4	29 9:30 Exercise 10am BINGO 	30 8:15 Yoga		MUSIC 4/1 Buck Smith 4/3 Barbara & Marlow 4/8 Old Time Friends	4/10 Straw- berry Mt Band 4/15 For the Good Times 4/17 Barb & Marlow 4/22 Buck Smith	4/24 For the Good Times 4/29 Strawberry Mountain Band







Goldendale Events

APRIL 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 4/18 Jackie	1	2 11 Toe Nail Care 1pm Exercise 2pm Tai Chi	3	4	5 TD Shopping 12pm Pinochle 	6
7 	8	9 1pm Exercise 2pm Tai Chi 3:30pm Stroke Survivor & Caregiver Support	10 10:30am Caregiver Support Grp	11 1pm Exercise 	12 12pm Pinochle	13
14	15	16 1pm Exercise 2pm Tai Chi 	17	18 1pm Exercise 	19 HR Shopping Noon Pinochle Home & Garden	20 9am SR Breakfast \$3pp Home & Garden at Fairgrounds
21 Home & Garden Show at the Klickitat County Fairgrounds 773-3400	22 AARP Driver Safety Class 1pm to 5pm Methodist Church Earth Day 	23 AARP Driver class 1pm Exercise 2pm Tai Chi 3:30 Stroke Survivor Support Group	24 	25 1pm Exercise	26 Noon Pinochle	27
28	29 	30 1pm Exercise 2pm Tai Chi		Goldendale Pool OPEN		

APRIL MENU 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change	1 White Salmon Chicken a La King	2 Goldendale & Lyle Chicken a La King	3 White Salmon Ham 	4 Goldendale Ham	5 	6 Lyle Breakfast 7am to 10:30 \$6 @ Lyle Lions Community Center
7 	8 White Salmon Tator Tot Bake	9 Goldendale & Lyle Tator Tot Bake	10 White Salmon Hamburgers	11 Goldendale Hamburgers Trout Lake Cook's Choice	12 	13
14 	15 White Salmon Cook's Choice	16 Goldendale & Lyle Cook's Choice	17 White Salmon Chicken	18 Goldendale Chicken	19 	20 Goldendale SR Breakfast 9am \$3
21 	22 White Salmon Country Steak	23 Goldendale & Lyle Country Steak	24 White Salmon Chef Salad	25 Goldendale Chef Salad	26 	27
28	29 White Salmon Macaroni & Cheese/Ham	30 Goldendale & Lyle Macaroni & Cheese/Ham				

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 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 and 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: The 2nd Thursday of the month at

\$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 fee.

With the 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

Tips, Tidbits, Humor & Events

Give a little love to your houseplants, and they may give back to you. For example, did you know spider plants help to purify the air by removing carbon monoxide?



"Middle Age is the Awkward Period When Father Time Starts Catching up with Mother Nature".

Harold Coffin



5 Ways to Take Care of Yourself

1. Go for a walk with someone you love.
2. Take a nap.
3. Listen to the rain.
4. Do something nice for someone else.
5. CELEBRATE YOU!

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting,

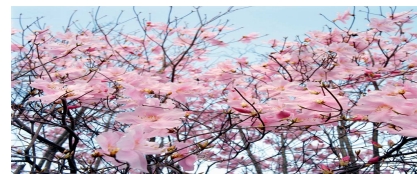
call Susan Shipman at 773-0380

Goldendale Stroke Survivor Support Group

Second & Fourth Tuesday,
April 9th & 23rd
3:30pm at GD Sr Center.

Goldendale Support Group

Second Wednesday, April 13th
10:30am at the Goldendale Senior Center



Volunteer

KLICKITAT MEAL

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.

February HOURS

TRANSPORTATION	592.75	Hours
NUTRITION	685	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	24	Hours
MUSIC	18	Hours

White Salmon AARP Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for April 8th & 9th at the Pioneer Senior Center, 501 NE Washington Street, WS.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00am to 1:00pm 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

Goldendale AARP DRIVER SAFETY CLASS

Date: April 22nd & 23rd

Time: 1pm to 5pm

Place: GD Methodist Church, E Broadway



To register for the AARP Driver Safety Class call Mike Hay at 773-6691. 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 for non-members. Members will have to provide their membership number when they sign in on the first morning of class. You **must** participate in both class days.



City of Goldendale Clean-Up Day Saturday, May 4th

City of Goldendale residents will be allowed **ONE FREE** pick-up load of garbage, **IF** they present a coupon to the Goldendale Transfer Station on Saturday, May 4th.

If you are a senior (60+) or a disabled person you **MUST** contact Klickitat County Senior Services at 773-3757 by Thursday, May 2nd to get on the list to secure a **FREE CURB SIDE** pickup of your garbage. **Brush pick up** will be picked upon **Monday, May 6th.**



Senior Newsletter
Edited by
Virginia Dunham and
Jill Parrott

115 W. Court St. MS-CH-21
Goldendale, WA 98620
509 773-3757

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

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

“Return Service Requested”



Riverview Bank Gifts Available for Seniors

Riverview Bank in White Salmon has sponsored a gift drive for seniors for the last couple of years. We still have items available and would like any senior in need to be able to benefit from this generosity. We have coupons for our meal sites, coupons for tokens to ride with Mt. Adams Transportation, stocking caps, a few women’s sweaters, a couple of women’s coats, book lights and flashlights, and a blanket. If you are in need of any of these things or know a senior who needs any of these things, please contact Jill at 509.493.3068.

COMING EVENT! Klickitat County Relay For Life

Place: GD High School Track

Time: all night

Date: Saturday, September 7th

Cost: \$10 registration fee

Looking for Survivors, Teams to participate because **CANCER NEVER SLEEPS!**

A Senior can ask a grandchild or relative to walk for them.

Come join the Games, Contests, Food, and much more activities.

Contact Kathy Dollarhyde at 250-0005

