



**April  
2014**

**Klickitat County Senior  
Newsletter**

**Goldendale 773-3757  
White Salmon 493-3068**

**Inside this issue:**

Volunteers—Thank you for your  
Time, Dedication & Care.

You make a difference with each life  
you touch.

A helping hand means so much!  
It's a selfless devotion.

It's amazing the difference you make  
in so many peoples lives.

A big thank you to all our  
Volunteers who put in many hours to  
make our programs a success.

We appreciate you!

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National Volunteer Week, April 6-12, 2014, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities.

It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

## **POWERFUL TOOLS FOR CAREGIVERS**

A FREE six-week class for family, friends or anyone caring for a loved one. This class will give YOU, the caregiver, the tools to help you care for yourself while caring for others.

Powerful Tools is an educational program developed by Legacy Health System's Caregiver Services that provides family caregivers with the skills and confidence to better care for themselves while caring for someone with a chronic illness. The course consists of six 2-1/2 hour classes led by trained facilitators.

In the six-week class, caregivers learn how to:

- Utilize community resources
- Better manage stress
- Communicate effectively with friends, family & healthcare providers
- Cope with difficult emotions
- Take better steps to care for themselves

Klickitat County Senior Services will be offering the class this year and would like unpaid family caregivers to call if they are interested in participating so we can schedule a course.

Please call Virginia 773-3757 or Jill 493-3068 for more information and to get on the class list.

### **Information and Support for In-Home Dementia Caregivers**

The Veterans Health Administration (VHA) Office of Rural Health has developed an educational series entitled, *Information & Support for In-Home Dementia Caregivers*. The series is designed to aid caregivers who are helping a loved one suffering from dementia including home safety, legal matters, dealing with problem behaviors and learning relaxation techniques.

To access the videos and modules go to the following:

<http://www.ruralhealth.va.gov/education/dementia-caregivers/index.asp>

# White Salmon & Bingen 19<sup>th</sup> Annual Community Pride Week

**April 25 to April 27, 2014**

**April 25 10 AM to 4 PM • April 26 10 AM to 4 PM • April 27 10 AM to 3 PM**

**Community Pride is in it's 19<sup>th</sup> Year. What materials are collected?**

**Reusable Household Items** Usable clothing, furniture and other household items will be donated to 2nd Hand Rose **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

**Lawn Debris** – We are discouraging debris in plastic bags this year. Biodegradable bags will be available for FREE at Riverview Community Bank.

**Styrofoam** – Certain Styrofoam **Propane** Cylinders

AND MORE...watch the Enterprise for more detail soon. Check out our FaceBook Page: Community Pride White Salmon

**\$5.00 cash donation requested and gratefully accepted.**

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

Any questions please call Marsha Holliston 509-493-2961 or 541-490-0161.

**Bingen residents can call Bingen City Hall 509-493-2122 or the Chamber 509-493-3630 for pick-up requests.**

**For information CALL Marsha Holliston at 493-2961 or 541-490-0161 [marshaholliston@gmail.com](mailto:marshaholliston@gmail.com)**

For Pick-Up Requests call the Mt. Adams Chamber 509-493-3630 or **Marsha Holliston at 493-2961 or 541-490-0161**



Exercise is a key part of a healthy lifestyle. It's a proven way to manage pain, improve mood and help you move easier. And it's one of the top treatments doctors recommend for arthritis. The **Walk With Ease** program is designed to help people with arthritis to better manage their pain. It's also ideal for people without arthritis who want to make walking a daily habit.

Unlike many other walking programs, **Walk With Ease** offers support, information and tools to help you make walking a regular part of your life. You can do the program on your own or be part of a walking group. By using the *Walk With Ease* workbook or going to the classes, you'll learn how to manage arthritis pain and handle any challenges to your exercise plan. You'll also get the support and tools you need to help set and reach your goals.

At first, you may only be able to walk for a few minutes. **Walk With Ease** will help you slowly build up to at least 30 minutes of walking. You'll learn how to warm-up and stretch before you walk and then how to cool down and stretch again when you have finished walking. You'll also learn how to safely pace yourself and monitor your progress.

Walk on your own or join a group!

You have the option of using the **Walk With Ease** workbook on your own with your friends or family. You can also join a **Walk With Ease** group led by a trained leader. **Walk With Ease** groups meet for six weeks, three times per week. Each session lasts about an hour.

We will be starting a group class in White Salmon at the Pioneer Center on Mondays, Wednesdays, & Fridays at 3:30pm beginning June 2nd.

If you are interested in signing up or would like more information contact:

Norma Pickett at Klickitat County Senior Services 509-493-3068.



# White Salmon Events

## APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:15 Yoga  2pm Strong Women	2 9:30am Exercise  	3  Noon Pinochle  2pm Strong Women	4	5
6	7 9:30am Exercise  10am Bingo	8 8:15 Yoga  2pm Strong Women  	9  Hood River Shopping Trip  9:30am Exercise	10  Noon Pinochle  2pm Strong Women	11	12
13	14 9:30am Exercise	15 8:15 Yoga   2pm Strong Women	16  9:30am Exercise	17  Noon Pinochle  2pm Strong Women	18	19
20 Easter  	21 9:30am Exercise  10am Bingo	22 8:15 Yoga   2pm Strong Women	23 9:30am Exercise  	24  Noon Pinochle  2pm Strong Women	25	26
27  	28 9:30am Exercise	29 8:15 Yoga  2pm Strong Women	30 9:30am Exercise  	<b>MUSIC</b> 4.2 Rhonda, Cindy & Friends 4.7 Strawberry Mtn Band	4.9 Simcoe Boys 4.14 Old Time Friends 4.16 For the Good Times 4.21 Simcoe Boys	4.23 Strawberry Mtn Band 4.28 For the Good Times 4.30 Simcoe Boys





# Goldendale Events

## APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goldendale Events are held at the GD senior Center unless otherwise noted.</p>	<p>GD Food Bank is open Mon/ Tues &amp; Thurs. call MATS for transportation 10am to 1pm Lutheran Church</p>	<p>1 11am Toenail Care</p> <p>1pm Exercise</p> <p>2pm Tai Chi</p>	<p>2</p> 	<p>3</p> <p>1pm Exercise</p> <p>1pm Bingo</p>	<p>4</p> <p>The Dalles Shopping</p> <p>12pm Pinochle</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p> <p>1pm Exercise</p> <p>2pm Tai Chi</p> 	<p>9</p> <p>10:30 Caregiver Support Group</p>	<p>10</p> <p>1pm Exercise</p> <p>1pm Bingo</p> <p>1:30 ZUMBA</p> <p>4pm to 7pm GD art Gallery</p>	<p>11</p> <p>12pm Pinochle</p> 	<p>12</p>
<p>13</p>		<p>15</p> <p>1pm Exercise</p> <p>No Tai Chi Class Today</p>	<p>16</p> <p>Song Circle GD Library 2pm</p> 	<p>17</p> <p>1pm Exercise</p> <p>1pm Bingo</p> 	<p>18</p> <p>The Dalles Shopping</p> <p>12pm Pinochle</p>	<p>19</p> <p>9am Sr Breakfast \$3pp</p> 
<p>20</p> <p>Easter</p> 	<p>21</p> 	<p>22</p> <p>1pm Exercise</p> <p>1pm Senior Center Board meeting</p> <p>2pm Tai Chi</p>	<p>23</p>	<p>24</p> <p>1pm Exercise</p> <p>1pm Bingo</p> <p>1:30 ZUMBA</p>	<p>25</p> <p>12pm Pinochle</p> 	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>1pm Exercise</p> <p>2pm Tai Chi</p>	<p>30</p> 	<p><b>MUSIC</b></p> <p>4/10 Simcoe Boys</p> <p>4/17 Jackie C</p> <p>4/22 Tom &amp; Patty</p>	<p>4/24 Simcoe Boys</p> 	



# APRIL MENU 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 GD & Lyle Chicken A La King	2 WS Pulled Pork Sandwich 	3 GD Pulled Pork Sandwich	4	5 Lyle Break- fast 7am to 10am \$6ppAdults \$3Child6-12 under 6 Free Lyle Lions
6	7 WS Cheese Burger Pie	8GD & Lyle Cheese Burger Pie	9 WS Tuna Bake	10 GD Tuna Bake	11	12
13 	14 WS Salisbury Steak	15 GD & Lyle Salisbury Steak 	16 WS Chicken	17 GD Chicken 	18 Good Friday	19 GD Senior Break- fast 9am \$3pp
20 Easter	21 WS Ham & Scal- loped Potatoes	22 GD & Lyle Ham & Scal- loped Potatoes Earth Day	23 WS Meatloaf	24 GD Meatloaf	25	26
27	28 WS Chicken & Rice Casserole	29 GD & Lyle Chicken & Rice Casserole	30 WS Beef Stroganoff	May 1 Beef Stroganoff	<b>Menu Subject to Change</b>	

## 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:** the 2nd Thursday of the month at 5:00pm at the Trout Lake School.

\$3.50pp requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50pp fee.

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

## **Volunteer Opportunities**

### **Are you interested in Volunteering?**

We are in need of volunteers for our meal programs.

Duties include setting up, preparing, serving, and clean up.

Another volunteer job is a Greeter.

Most shifts are three to four hours long and days are Tuesday & Thursday.

Help is always needed at any of our senior meal sites.

If you are interested please contact Cindy Smith, Nutrition Coordinator at 509-493-3068 or 509-773-3757.

### **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.**

## **Energizing Support Groups**

### **Goldendale Diabetes**

4th Tue. 6-7pm, Goldendale Pool conference room~541 965-0655

### **Goldendale Bereavement Meeting,**

call Susan Shipman at 773.0380

### **Goldendale Stroke Survivor Support Group**

**Cancelled till further notice.**

### **Goldendale Support Group for**

#### **Unpaid Caregivers**

Second Wednesday, March 12

10:30am at The Goldendale Senior Center.

### **Parkinson's Support Group**

First Wednesday of each month, 2pm  
Water's Edge Conference Room, 2nd floor,

Info: Chad Swanson, 541.340.0142

## **Volunteer Hours**

### **February HOURS**

TRANSPORTATION	948.25	Hours
NUTRITION	542.5	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	24	Hours
MUSICIANS	16	Hours

**Dear Marci,**

I went to the pharmacy and was told that the drug my doctor prescribed me was not covered by my Medicare Part D plan. The pharmacist said that I could try to file an appeal. What is an appeal?

- Marius (Jacksonville, FL)

**Dear Marius,**

This is a great question. An appeal is a formal request you can make to your Medicare coverage if you disagree with a coverage decision on a health care service or drug you need. In this case, you can start to file an appeal if your Medicare prescription drug plan, also known as a Part D plan, will not cover a medication you need. Remember, you can get Medicare Part D coverage in two different ways. You can either get Medicare Part D through a stand-alone Part D plan that works with Original Medicare or through a Medicare Advantage Prescription Drug Plan, also known as a Medicare private health plan that provides you with prescription drug coverage.

Note that your pharmacist should also give you a notice called, Medicare Prescription Drug Coverage and Your Rights. This is a notice that explains the process of contacting your Part D plan to request coverage of the drug you need. Keep in mind that this is simply an educational notice that provides you with very general information on the first steps of the appeal process. This is important to know, since you generally need to receive a written, formal denial notice from your Part D plan in order to begin the appeal process. The Medicare Prescription Drug Coverage and Your Rights notice is **not** a formal denial from your Part D plan. However, you should still read it for your own understanding.

If your pharmacist told you that your Medicare Part D plan will not cover the drug you need, you should contact your Part D plan directly. It's helpful to do this to find out why your Part D plan is not covering the drug you need. If the denial is due to an administrative error, it should be resolved when you call your plan. Remember to write down the date and time in which you call, the name of the Part D plan agent you speak to, and the outcome of your call.

If the issue is not due to an administrative error, get in touch with your doctor. Your doctor may be able to prescribe you a different drug that is covered by your Part D plan, so that you do not have to file an appeal. If your doctor cannot prescribe a different drug that is covered by your Part D plan, you should ask your doctor to help you file an exception request, also known as a coverage determination. An exception request is a formal request you make to your Part D plan, asking your plan to cover the drug you need. Filing an exception request with your Part D plan is the step you take **before** you can file an appeal. While plans generally provide decisions on exception requests within 72 hours, you and your doctor can request that your plan make a quicker (expedited) decision to your exception request in 24 hours if your health would be harmed by waiting the standard 72 hours for a plan decision.

If your exception request is denied by your Part D plan, your plan D should then send you a written, formal denial notice that includes instructions on how you can file your appeal.

Marci



VA's Caregiver Support Line facilitates monthly telephone education groups for family Caregivers of Veterans with a theme of "Care for the Caregiver."

A different topic is presented every month with the goal of helping Caregivers develop tools and strategies to help balance the demands of caregiving, while also focusing on the importance of self-care.

Topics include *Focusing on the Forgotten...ME!*, *Goodbye to Going It Alone: Learning to Ask for Help*, and *Safe Haven: Building on Family Strength*.

These groups are available to any family Caregiver currently caring for a Veteran enrolled in VA healthcare.

Veterans enrolled in VA healthcare who are caring for a loved one at home are also eligible to participate.

For more information or to register for a group, please contact your local VA Caregiver Support Coordinator. To find your local Caregiver Support Coordinator or for more information, tips, and tools to support you in your role as the family Caregiver of a Veteran, please visit VA's website dedicated to Caregivers, [www.caregiver.va.gov](http://www.caregiver.va.gov).

## **PROPERTY TAX EXEMPTION FOR SENIOR CITIZENS AND DISABLED PERSONS**

Under the exemption program, the value of your Washington State residence is frozen for property tax purposes, and you become exempt from all excess and special levies and possibly regular levies – resulting in a reduction in your property taxes.

You must be at least 61 years old on December 31 of the application year or unable to work because of a disability, or veteran entitled to and receiving compensation from the United States Department of Veterans Affairs at a total disability rating for a service-connected disability.

\*You must own your home in Washington State for which the exemption is claimed,

\*The property must be your primary residence and occupied for more than six months each year

\*Your annual household disposable income may not exceed \$35,000.

For information or to request an application packet, contact:

**Kathy Pranger – Senior Exemption Specialist**

Klickitat County Assessor's Office at 509-773-2306

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## Diabetes Support Group 2014 in Goldendale, WA

Sometimes a person with diabetes can feel very alone and “different.” Support groups are important and helpful to people with diabetes, because they provide a venue to meet others who share similar medical and emotional concerns. Goldendale now has a voluntary support group. This group offers people living with diabetes a chance to meet and share experiences with others. It is run by volunteers and typically will meet on a monthly basis often with an agenda set by the group.

**What:** Volunteer driven diabetes support group. The following support group is **free**.

**Who:** People with diabetes or family, friends of people with diabetes who would like the support.

**Why:** These meetings provide emotional support and education for those with diabetes.

Adjusting to the knowledge that you or a family member has diabetes takes time and it is often helpful to meet other people who have been through a similar situation. Because diabetes is a chronic disease and doesn't go away, a support group can be helpful whether you have been recently diagnosed or been a diabetic for years. The group can offer understanding, help and support at an important time.

By meeting with others who have diabetes, you can feel that the members of the group can understand your experience firsthand. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging.

**When/Where:** 4th Tuesday of each month from 6 PM to 7 PM To start March 25<sup>th</sup> at the Goldendale Parks and Recreation District swimming Pool conference room 401 N. King street  
To register before attending please call contact person: call Marge **541-965-0655**

### **Campaigning, activities and events**

As well providing support and information, voluntary groups also can get involved in:

- fundraising
- campaigning to improve local diabetes services
- planning social events and outings

running awareness-raising activities.

**Please note that voluntary groups cannot give medical advice.** They can only talk about diabetes from their own experiences. If you need medical advice please contact your local diabetes specialist nurse, or primary care physician.

For additional information call: KVHealth Diabetes Education Program 509-773-4022 ext. 2088

**Senior Newsletter**  
**Edited by**  
**Virginia Dunham 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**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

## **AARP “Smart Driver” Courses**

**Goldendale:** Instructor is Jim Bull

**Register Call:** 773-3757

**Date:** Monday & Tuesday April 21st & 22nd

**Time:** Monday 1pm to 5pm

Tuesday 9am to 1pm

**Place:** Goldendale Library, Camplan Room

**White Salmon:** Jim Bull is the instructor

**Register Call:** 493-3068

**Date:** Monday & Tuesday, June 9th & 10th

**Time:** 9am to 1pm both days

**Place:** White Salmon Senior Center

**Cost:** AARP members \$15pp Non-member \$20pp



**(You Must participate both days)**