

December 2012

Klickitat County Senior Newsletter

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



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VOLUNTEER OPPORTUNITIES

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents we:

- ◇ Solve problems
- ◇ Strengthen communities
- ◇ Improve lives
- ◇ Connect to others
- ◇ Transform our own lives



Senior Services is always in need of volunteers. We need volunteers to help at our lunch meal sites, help in delivering meals to homebound seniors, especially in our outlying areas, and volunteers to transport people to medical appointments or to get essential groceries. If you are interested in volunteer opportunities —Please call Senior Services for a volunteer application in Goldendale at 509-773-3757 or White Salmon at 509-493-3068.



MIND SHARPENING VOLUNTEER OPPORTUNITY

If you don't cringe at the thought of preparing income taxes, can use a computer, and enjoy helping people and challenges, this could be for you. Tax-Aide volunteers, sponsored by AARP and the IRS, prepare taxes for seniors and low-to-middle income folks for free from Feb. through April 15.

We always welcome people who would like to help provide this service. Online training is available and we have class sessions in mid-January. No tax or accounting background is necessary, only an interest in learning. It is necessary to pass a test to become certified.

If you are interested or would like more information, please call Ronell Currie at 541-478-3461 for opportunities in White Salmon, Hood River or The Dalles.

Or Bob Dunn 509-261-0361 for opportunities in Goldendale area.

Don't Delay! Go Direct Today!

By March 1, 2013, everyone getting the following federal benefits by paper check is required to switch to electronic payments – **direct deposit** to a bank or credit union account or to the **Direct Express®** Debit MasterCard® card:

Social Security

Supplemental Security Income

Veterans Affairs

Railroad Retirement Board

Office of Personnel Management

Department of Labor (Black Lung)

Don't wait until time runs out. For additional information, visit www.fms.treas.gov.

Want direct deposit?

It's fast and easy to get **direct deposit** of your benefits right into your checking or savings account. You can call (800) 333-1795 or visit your bank or credit union.

With direct deposit, the U.S. Treasury sends an electronic message to your bank or credit union crediting your account with the exact amount of your benefit. The difference is, your check isn't printed or mailed.



If you don't already have a bank account or you are not sure you can get a bank account, you might like to try a Treasury-sponsored ETA account.

Prefer a prepaid debit card?

No bank account or credit check is required for the **Direct Express®** card, a Treasury-recommended prepaid debit card.

You can call toll-free (800) 333-1795 or contact the local office of the agency providing your federal benefits, such as the Social Security Administration or Department of Veterans Affairs.

Tai Chi - A Great Way for Seniors to Improve Their Balance

JOIN Tai Chi for Better Balance Class

Classes will be 1-hour every Thursday

Time: 2:30pm to 3:30pm

Place: Goldendale Senior Center (115 E. Main Street)

Cost: FREE for seniors 60 and better

Instructor: Brad Stevens

Contact Klickitat County Senior Services 509-773-3757 for more information.

No materials required for the class. We suggest you wear loose fitting clothing for easy movement and comfortable, flat shoes (not slip-on).

Tai Chi for Better Balance

The movements of Tai Chi are done in a slow and gentle manner, making it an ideal exercise for seniors. Also, it is typically done standing and involves a lot of gradual weight shifting and stepping in different directions.

Those types of movements take a lot of body control and are a great way for seniors to work on balance and coordination. In fact, it has been proven to improve balance, which is why you will often see it referenced in articles about fall prevention.

Other benefits of Tai Chi may include:

- Better quality of sleep
- A reduction in anxiety
- Pain relief
- Lower blood pressure
- General feeling of well being



What is Tai Chi?

Tai Chi is an ancient form of martial arts developed hundreds of years ago. Unlike most martial arts, though, Tai Chi was meant less for combat and more as a way to exercise and increase longevity and well-being.

Dear Marci,

My doctor recommends that I get the shingles vaccine. Does Medicare cover the shingles vaccine?

Thomas (Portland, OR)

Dear Thomas,

If you have a Medicare Part D plan, it must cover your shingles vaccine. In fact, all Medicare Part D plans must include all commercially available vaccines on their formularies (list of covered drugs), including the shingles vaccine.

Your Part D plan will pay for the vaccination itself and for your doctor or other health care provider to give you the shot. Before you get a vaccination, you should first check coverage rules with your Part D plan to see where you can get your shot covered at the lowest cost.

You typically pay the least for your shingles shot if you are vaccinated at:

- ◆ a pharmacy that is in your drug plan's network (an "in-network" pharmacy);
or
- ◆ a doctor's office that: can work with a network pharmacy that will bill your Part D plan for the entire cost of the vaccination;
or
- ◆ A doctor's office that can bill your Part D plan for the vaccine, directly.

If you receive the shot from an in-network pharmacy or from a doctor's office that can bill your Part D plan, you should only need to pay the plan's approved co pay at the time you get vaccinated.

If you get the shingles vaccine from a doctor's office that cannot bill your Part D plan, you may need to pay more for it. In this case, you will have to pay the entire cost of the vaccination up front and then follow your Part D plan's rules to get a refund. When you are refunded by the plan, you will only be refunded your Part D plan's approved amount for the vaccination. Keep in mind that you will be responsible for the difference between the doctor's charge and the plan's approved amount.

If you have Extra Help, the federal program that helps pay for your prescription drugs, you can go to any doctor or in-network pharmacy. Your vaccination will be covered and you will only be responsible for the Extra Help co pay. However, you may need to pay the entire bill up front and then be reimbursed by your Part D plan, if you get vaccinated by a doctor or health care provider who doesn't directly bill your Part D plan.

Remember, the only vaccines that Part D doesn't cover are vaccines that prevent the flu, pneumonia, and hepatitis B. These vaccines are covered under Medicare Part B.

-Marci

2013 Medicare Premiums, Deductibles, and Cost-Sharing Amounts

Part A (Hospital Insurance)	
Hospital Deductible	\$1,184/benefit period
Hospital Copayment	\$296/day for days 61-90
	\$592/day for days 91-150
Skilled Nursing Facility Copayment	\$148/day for days 21-100
Part A Premiums*	\$441/month for those with fewer than 30 quarters of Medicare-covered employment
	\$243/month for those with 30-39 quarters of Medicare-covered employment
Part B (Medical Insurance)	
Annual Deductible	\$147
Part B Premium for those with incomes below \$85,000 if single, \$170,000 if married**	\$104.90/month
Outpatient Mental Health Services***:	
Initial visit/Review medications	20% of amount Medicare approves
Treatment	35% of amount Medicare approves

* Most people with Medicare do not pay a monthly premium for Part A because they have (or a spouse has) 40 or more quarters of Medicare-covered employment (meaning they worked at a job where they paid into Medicare).

** See the Center for Medicare & Medicaid's [November 16, 2012 Federal Register announcement](#) (pages 9-10) for Part B income-related premium adjustment amounts for people with higher incomes. Also note, Medicare Advantage plans may charge an additional monthly premium.

***See our publication [Medicare Parts A and B](#) for more on mental health services and cost sharing amounts.

Source: See the Centers for Medicare & Medicaid Services (CMS) November 16, 2012 [blog update](#) announcing the premiums, deductibles, and cost-sharing amounts for 2013. Also, see the November 16, 2012 Federal Register announcements for 2013 [Part A cost-sharing amounts](#), [Part A premium amounts](#) and the [Part B cost-sharing amounts](#).

2013 Part D Standard Plan Cost-Sharing*

Part D Benefit Cost Periods	Costs and Who Pays	Beneficiary Pays (TrOOP)	Plan Pays	Total Amount Spent on Plan-Covered Drugs
Initial Deductible	Beneficiary pays 100% for covered drugs.	Up to \$325	\$0	\$325 (Amount spent on deductible before Initial Coverage Period begins)
Initial Coverage Period	Costs of covered drugs are shared: 25% by beneficiary, 75% by plan.	Up to \$661.25	\$1,983.75	\$2,645 (Amount spent during Initial Coverage Period before Coverage Gap begins)
Coverage Gap (“Donut Hole”)	<p>Discounts in 2013: Costs of plan-covered drugs are shared:</p> <p>Beneficiary pays 79% percent for plan-covered generic drugs, 47.5% for plan-covered brand name drugs (plus a nominal pharmacy dispensing fee).</p>	<p>Important Note about TrOOP: The total amount spent in the Gap on plan-covered drug costs (up to \$3,763.75) includes:</p> <ul style="list-style-type: none"> • the drug costs paid by the beneficiary (slightly more than \$1787, depending on how many brand-name drugs they take and what the pharmacy’s dispensing fee is), and • the 50% discount on brand-name drugs paid by the drug manufacturer. <p>The remaining 2.5% discount paid by the Part D plan for covered-brand name drugs and the 21% discount on covered-generic drugs while in the Coverage Gap do <u>not</u> count toward TrOOP.</p>		<p>Coverage Gap begins once reach the Initial Coverage Limit (\$2,970—total spent on any deductible and during Initial Coverage Period)</p> <p>\$3,763.75 (Total amount spent during the Coverage Gap)</p> <p>\$6,733.75 (Total amount spent during Initial Coverage Period and Coverage Gap before Catastrophic Benefit Period begins)</p>
Catastrophic Benefit Period	<p>Costs of covered drugs are shared:</p> <p>Beneficiary pays reduced copay/coinsurance; plan pays the difference.</p>	<p>Greater of:</p> <p>5 percent coinsurance OR \$2.65 copay for generic, \$6.60 copay for brand or non-preferred</p>	Any remaining portion of the negotiated drug price.	<p>Beneficiary will remain in the Catastrophic Benefit Period through December 31, 2013.</p> <p>Part D benefit will reset on January 1, 2014, starting again with a deductible.</p>

*Most Part D plans are not standard plans. This means calculating TrOOP (True Out-of-Pocket) costs during the deductible and Initial Coverage Limit periods for beneficiaries varies by plan.

White Salmon Events December 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>WGAP Food Bank is open on Tuesdays & Thursdays from 8:30 to 3:30pm-call MATS for transportation</i>	Music 12/3 Buck Smith 12/5 Barbara & Marlow 12/10 Old Time Friends 12/12 For the Good Times	12/17 Strawberry Mountain Band 12/19 Barbara & Marlow 12/24 Christmas Music	12/26 For the Good Times 12/31 Strawberry Mountain Band	<i>Events take place in Senior Services at the Pioneer Center, 501 NE Washington Street, White Salmon—</i>		1
2	3 9:30 Exercise 10am Bingo	4 8:15 Yoga	5 9:30 Exercise 	6 8:15 Yoga Noon Pinochle	7 9:30 Exercise	8
9	10 9:30 Exercise	11 8:15 Yoga	12 HR Shopping 9:30 Exercise	13 8:15 Yoga Noon Pinochle	14 9:30 Exercise 	15
16	17 9:30 Exercise 10am Bingo	18 8:15 Yoga 	19 9:30 Exercise	20 8:15 Yoga  Noon Pinochle	21 9:30 Exercise	22
23	24 9:30 Exercise	25 OFFICE CLOSED	26 9:30 Exercise 	27 8:15 Yoga Noon Pinochle	28 9:30 Exercise	29 
30	31 9:30 Exercise	Christmas				

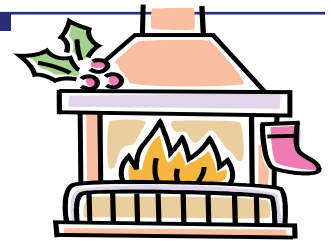


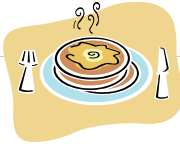



Goldendale Events

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goldendale Food Bank is open Mon/Tues and Thursday 10am to 1pm Call MATS	Shopping trips are provided by Mt. Adams Transportation, call to be placed on the list. 773-3060	Music 12/29 Jackie	Events take place at the Goldendale Senior Center, 115 Main St. unless noted.			1
2	3	4 11am Toenail Care 1pm Exercise	5	6 1pm Exercise 1pm Bingo 2:30pm Tai Chi	7 The Dalles Shopping Noon Pinochle	8
9	10	11 1pm Exercise 	12 10:30am Caregiver Support Group	13 1pm Exercise 1pm Bingo 2:30pm Tai Chi	14 Noon Pinochle	15 SR Breakfast \$3pp 
16	17	18 1pm Exercise 	19	20 1pm Exercise 1pm Bingo 2:30pm Tai Chi	21 Hood River Shopping Noon Pinochle	22
23	24	25 OFFICE CLOSED Christmas	26	27 1pm Exercise 1pm Bingo 2:30pm Tai Chi	28 Noon Pinochle	29
30	31					

DECEMBER MENU 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Meals are Subject to Change				 Children Bkfst \$3pp	1 Lyle Sr Bkfst 7am – 10:30am \$6pp at Lyle Lions Club
2	3 WS Creamed Turkey	4 GD & Lyle Creamed Turkey	5 WS Taco Salad	6 GD Taco Salad	7	8
9	10 WS Italian Bake 	11 GD & Lyle Italian Bake	12 WS Chicken 	13 GD Chicken	14	15 GD SR Breakfast 9am \$3pp 
16	17 BBQ Beef	18 GD & Lyle BBQ Beef	19 WS Ham 	20 GD Ham	21	22
23 30	24 WS Country Steak 31 Macaroni Cheese	25 OFFICE CLOSED Christmas 	26 WS Cook's Choice	27 GD Cook's Choice	28	29

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.

Medication Tip of the Month



Know the medicine

- What is the brand name? Does the drug have any other names?
- What does the drug look like? Look at the color, shape, and package. If it looks different next time, ask why. It could be the wrong medicine.

Saturday Lyle Lions Club Breakfast

First Saturday of each month

7 a.m. – 10:30 a.m.

adults \$6.00

children \$3.00

December proceeds to go toward community food baskets.

Donations will be accepted.



Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting,

Call Susan Chipman at 773-0380

Goldendale Caregiver Support Group

Second Wednesday, December 12th

10:30am at the Goldendale Senior

Center.



WISHRAM LIVE NATIVITY SCENE

December 21, 22, 23

6pm to 8pm on Railroad Avenue in the 300 block directly behind the Wishram Community Church



Goldendale area seniors can sign up for the Bus trip to see the Nativity scene on Friday, Dec. 21st at 6pm. You must sign up by Dec. 14th.

Please call MATS 773-3060 to get on the list.

The town of Wishram will have it's Annual Drive through Nativity Scene event. Refreshments will be available.

KLICKITAT MEAL

Meals will be served at 1:00pm & there is a charge of \$3 per person. Any questions call 369-3985



Dates: 1st & 3rd Wednesday

Time: 1pm

Volunteer Hours

October HOURS

TRANSPORTATION	879.75	Hours
NUTRITION	859.50	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	29	Hours
MUSICIANS	16	Hours



“The Widows & More”

Rose Woolery and two friends started a group called “The Widows & More”. They are making “comfort kits” for widows and widowers in the Goldendale area. The kits come with chocolate, tea, coffee, a cup and a blanket and include 2 books on grieving.

They offer support to the widow/widower from someone who has been through the loss of a spouse. For those interested in having a kit delivered to a widow or widower or donating to support them to purchase the books or supplies for the comfort kits they can call Rose at 773-6420.

Emergency Supply Kit Checklist

The more you do to prepare, the better off you will be in case of an emergency.

Emergency planners suggest you should plan to make it on your own for at least three days following a crisis, they suggest:

- ◇ Water for drinking and sanitation. One gallon per person per day for at least three days.
- ◇ Food. At least a three-day supply of non-perishable items and a can opener
- ◇ Battery-powered radio
- ◇ Flashlight and extra batteries
- ◇ Blankets
- ◇ First Aid Kit
- ◇ Moist towelettes, plastic garbage bags and ties for personal sanitation
- ◇ Wrench or pliers to turn off utilities
- ◇ Medication supply (clearly labeled)
- ◇ Eyeglasses or hearing aids as needed
- ◇ Extra set of keys
- ◇ Phone list of both in-town and out-of-town contacts
- ◇ Dust mask to filter contaminated air
- ◇ Plastic sheeting and duct tape to shelter-in place



Having access to important documents is advised. Important medical records, family records, health insurance information, any Powers of Attorney, Wills or health care directives should also be part of an Emergency Kit.

**Klickitat County Senior
Services**

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

“Address Service Requested”

**Adverse Winter Weather may result in Meal Site
Cancellations or schedule changes with Mt. Adams
Transportation**



Please listen to your local radio stations, KLCK 1400AM, & KIHR 1340AM, Y102 FM, KACI 1300 AM to find out about a cancellation or call our senior services office:

Goldendale 773-3757, White Salmon 493-3068.

During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions. Please keep in mind that our driver's must be able to access your driveway safely. If you have questions about your trip or issues with access to your home please let us know.

Goldendale 773-3060, White Salmon 493-4662.