



Be Prepared to Stay Safe and Healthy in Winter Weather

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is not a guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Have your heating system professionally serviced to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and carbon monoxide detector. Test batteries regularly.

Have a safe alternate heating source and alternate fuels available.

- Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.

- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery operated devices, such as flashlight, lamps, radio, extra batteries, first aid kit and extra medicine.

Many people spend time outdoors in the winter. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors. Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.

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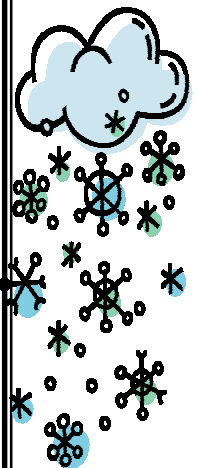
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Dear Marci,

I got a pamphlet from my doctor's office reminding me to get all necessary vaccines. I want to talk to my doctor about getting these vaccines, but I'm not sure how Medicare will cover them. How does Medicare cover vaccines?

Dear Eddie,

Medicare covers vaccines differently depending on which vaccine you need. Most vaccines are covered under Part D, but some are covered under Part B. Different costs apply to vaccines depending on how they are covered.

Medicare Part B covers vaccines if you have been exposed to a dangerous disease. For example, if you step on a rusty nail, Medicare will cover a tetanus shot. Additionally, Medicare Part B covers the influenza, pneumonia, and Hepatitis B vaccines as preventive services. These vaccines are covered by Part B if you have Original Medicare or a Medicare Advantage plan.

If you receive a Part B-covered vaccine after exposure to a dangerous disease, you will pay the normal cost sharing for Part B services. If you have Original Medicare, Medicare will cover 80 percent of the cost, and you or your supplemental insurance will be responsible for 20 percent once you have met your Part B deductible. If you have a Medicare Advantage plan, you will typically pay a copay for this service. Contact your Medicare Advantage plan directly to ask about specific vaccine costs. If you receive one of the three preventive vaccines covered under Part B, Original Medicare will cover the costs with no coinsurance or deductible, as long as you see a provider that accepts Medicare assignment.

All other vaccines are covered by Medicare Part D. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, for these vaccines covered by Part D, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

If your doctor cannot submit the bill for the vaccine to your Part D plan through a partnering pharmacy, or cannot directly bill the plan for the drug, you may need to pay more for your vaccination. If this happens, your doctor will bill you for the entire cost of the vaccine, and you will have to pay the cost up front. Then you will have to follow your Part D plan's rules to get a refund. Know that your doctor has no limit in how much they can charge you for the vaccine, but your Part D plan will only pay its approved amount for payment. You will be responsible for the difference between the doctor's charge and the plan's approved payment amount. ~Marci

How to Improve Your Balance as You Age

Dear Savvy Senior,

I've always been a walker, but when I fell last month my doctor suggested I start doing some balance exercises. Is this really something I need to practice? What can you tell me?

--Avid Walker

Dear Walker,

Most people don't think much about practicing their balance, but you should, the same way that you walk to strengthen your heart, lungs and overall health, or you stretch to keep your body limber.

As we age, our balance declines -- if it isn't practiced -- and can cause falls. Every year more than one in three people age 65 years or older fall, and the risk increases with age. A simple fall can cause a serious fracture of the hip, pelvis, spine, arm, hand or ankle, which can lead to hospital stays, disability, loss of independence and even death.

How Balance Works

Balance is the ability to distribute your weight in a way that enables you to hold a steady position or move at will without falling. It's determined by a complex combination of muscle strength, visual inputs, the inner ear and the work of specialized receptors in the nerves of your joints, muscles, ligaments and tendons that orient you in relation to other objects.

It's all sorted out in the sensory cortex of your brain, which takes in the information from those sources to give you balance. But aging dulls our balance senses, and causes most seniors to gradually become less stable on their feet over time.

Poor balance can also lead to a vicious cycle of inactivity. You feel a little unsteady, so you curtail certain activities. If you're inactive, you're not challenging your balance systems or using your muscles. As a result, both balance and strength suffer. Simple acts like strolling through a grocery store or getting up from a chair become trickier. That shakes your confidence, so you become even less active.

Balance Exercises If you have a balance problem that is not tied to illness, medication or some other specific cause, simple exercises can help preserve and improve your balance. Some basic exercises you can do anytime include:

One-legged stands: Stand on one foot for 30 seconds, or longer, then switch to the other foot. You can do this while brushing your teeth or waiting around somewhere. In the beginning, you might want to have a wall or chair to hold on to.

Heel rises: While standing, rise up on your toes as far as you can. Then drop back to the starting position and repeat the process 10 to 20 times. You can make this more difficult by holding light hand weights.

Heel-toe walk: Take 20 steps while looking straight ahead. Think of a field sobriety test.

Sit-to-stand: Without using your hands, get up from a straight-backed chair and sit back down 10 to 20 times. This improves balance and leg strength.

Some other exercises that can help improve your balance and flexibility is through tai chi and yoga

From: SavvySenior.org.

Do You Need to be REVACCINATED Against Pneumonia?

If you had the pneumonia vaccine when you turned 65, as recommended, you need not be revaccinated, as long as you are still in good health. However, if you have since developed serious problems (such as cancer or kidney failure), your physician should probably revaccinate you, provided you were vaccinated at least five years ago.

If, because of health problems, you were vaccinated before age 65, you should be revaccinated at age 65 or soon after. Most doctors advise waiting at least five years, though, to be revaccinated.

UC Berkley Wellness letter October

Salt Stiffens Arteries

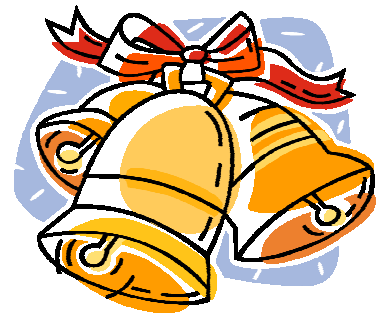
As if raising blood pressure weren't enough, salt may also make blood vessels stiffer, which is linked to a higher risk of heart disease.

Researchers put 29 overweight and obese people with normal blood pressure on a diet with a typical sodium intake (3,450 mg a day) or a lower-salt intake (1,150mg a day).

After two weeks on the lower-salt diet, arteries were less stiff than after two weeks on the higher-sodium diet. (Blood pressure was also lower on the lower-salt diet.)

What to do: cut salt by eating fewer packaged and restaurant foods, buying foods with less sodium, and cooking with less salt.

White Salmon Events December 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WS Events are held at the Pioneer Center 501 NE Washington unless otherwise noted</p>	<p>1 9:30 Exercise 10am Bingo</p>	<p>2 8:15 Yoga with Joy 2pm Strong Women</p>	<p>3 9:30 Exercise</p> 	<p>4 Noon Pinochle 2pm Strong Women</p>	<p>5</p> 	<p>6</p>
<p>7</p>	<p>8 9:30 Exercise</p> 	<p>9 8:15 Yoga with Joy 2pm Strong Women</p>	<p>10 9:30 Exercise Hood River Shopping</p>	<p>11 Noon Pinochle 2pm Strong Women</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15 9:30 Exercise 10:30 Bingo</p>	<p>16 8:15 Yoga with Joy 2pm Strong Women</p>	<p>17 9:30 Exercise</p> 	<p>18 Noon Pinochle 2pm Strong Women</p>	<p>19</p>	
<p>21</p>	<p>22 9:30 Exercise</p> 	<p>23 8:15 Yoga with Joy 2pm Strong Women</p>	<p>24 9:30 Exercise</p>	<p>25 OFFICE CLOSED CHRISTMAS</p>	<p>26</p> 	<p>27</p>
<p>28</p>	<p>29 9:30 Exercise 10:30 Bingo</p> 	<p>30 8:15 Yoga with Joy 2pm Strong Women</p>	<p>31 9:30 Exercise</p> 	<p>January 1 OFFICE CLOSED HAPPY NEW YEAR</p>	<p>12/1 Andre & Casey 12/3 Huskey 12/8 Old Time Friends 12/10 Simcoe Boys 12/15 Simcoe Boys</p>	<p>12/17 For The Good Times 12/22 Andre & Casey 12/24 TBA 12/29 For The Good Times 12/31 Simcoe Boys</p>







Goldendale Events December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Goldendale Food Bank is open Mon/ Tues and Thursday 10am to 1pm Call MATS</i>	1	2 1pm Exercise 2pm Tai Chi	3	4 1pm Exercise 1pm Bingo	5 The Dalles Shopping	6 Senior Center Christmas Bazaar 
<i>7 Shopping trips are provided by Mt. Adams Transportation, call to be placed on the list.</i>	8	9 11am Toenail Care 1pm Exercise 2pm Tai Chi	10 10:30am Caregiver Support Group	11 1pm Exercise 1:pm Bingo 1:30 Zumba	12	13
14	15	16 1pm Exercise 2pm Tai Chi	17	18 1pm Exercise 1pm Bingo	19 The Dalles Shopping	20 SR Breakfast \$3pp
21	22	23 1pm Exercise 2pm Tai Chi	24	25 OFFICE CLOSED CHRISTMAS 	26	27
28	29	30 1pm Exercise 2pm Tai Chi	31			

DECEMBER MENU 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEALS are Subject to Change	1 WS Sloppy Joes	2 GD & Lyle Sloppy Joes	3 WS Chicken Cacciatore	4 GD Chicken Cacciatore	5 	6 Lyle Breakfast 7-10am \$6ppAdults \$3Child6-12 under 6 FREE Lyle Lions
7	8 WS Country Steak	9 GD & Lyle Country Steak	10 WS Turkey & Rice Casserole	11 GD Turkey & Rice Casserole		13
14	15 WS Swedish Meatballs	16 GD & Lyle Swedish Meatballs	17 WS Chicken	18 GD Chicken	19 	20 GD Senior Breakfast 9am \$3pp
21	22 Christmas Meal	23 GD & Lyle Christmas Meal	24 WS Chicken Parmesan	25 Christmas OFFICE CLOSED	2 	27
28	29 WS Salisbury Steak	30 GD & Lyle Salisbury Steak	31 WS Ham & Black-eyed Peas	January 1 OFFICE CLOSED		

SENIOR MEAL Site Schedule

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 East 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: Every 2nd & 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: Thursday-December 11th at 5:30pm at Trout Lake School.

\$3.50 is the 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 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

VOLUNTEER OPPORTUNITY

Share Your Talents This Winter—If you don't seize up at the thought of preparing income taxes, and kind of enjoy unique situations, fiddling with numbers, decoding things like tax rules...this might be for you! For over 35 years in the Gorge, the AARP Tax-Aide program has been operating with volunteers to prepare taxes for senior citizens in need of volunteers to join our program. There are 6 days of training in January over a 2-week period in The Dalles, OR. After that, passing a test is required for certification. Self-study or online training is also available. We work in Hood River, White Salmon, The Dalles and Tygh Valley with a minimum 4-hour per week commitment requested. There is lots of support and collaboration; no one is expected to know it all. We are prepare returns using Tax-Wise on provided laptops. If you are interested in more information, Call Ronell Currie, 541-478-3461.

Energizing Support Groups

Goldendale Diabetes

Fourth Tues. 6-7pm, December 23,
Goldendale Library Camplan Room
541-965-0655

Goldendale Bereavement Meeting, call
Susan Shipman at 773-0380

Goldendale Caregiver Support Group

Second Wednesday, December 10th
10:30am at the Goldendale Senior
Center.

Parkinson's Support Group

First Wednesday of each month,
December 3rd, 2pm Water's Edge
Conference Room, 2nd Floor

Volunteer Hours

OCTOBER HOURS

TRANSPORTATION	689.5	Hours
NUTRITION	885	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	27	Hours
MUSICIANS	14	Hours

KLICKITAT

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

Dates: 1st & 3rd Wednesday

Times: 1pm

Place: Grace Lutheran Church
Parsonage

This meal is not sponsored by KCSS.



Senior Klickitat PUD Electricity Discount

If you are 62 or older and annual household income is under \$21,600

Call Senior Services in Goldendale at 773-3757 or White Salmon at 493-3068 to make an appointment to apply for your PUD discount or for more information on the program.

You will need to provide your current PUD bill & proof of **TOTAL** annual household Income, and age verification.

Lost or Stolen Medicare Cards



If your Medicare card does happen to get lost or stolen, you can replace it by calling Social Security at 800-772-1213. You can also apply for a new card online at ssa.gov/medicarecard or go to your local Social Security office.

If your Medicare card has been lost or stolen, you will need to watch out for Medicare fraud. You can do this by checking your quarterly Medicare summary notices for services or supplies you did not receive. If you spot anything suspicious or wrong, call the Inspector General's fraud hotline at 800-447-8477.

If you don't have internet access Klickitat County Senior Services staff can assist you with going online to apply for a new or replacement card.

Call us in Goldendale at 509-773-3757 or White Salmon 509-493-3068 for assistance.

For Medicare Beneficiaries, a Change in the Appeals and Complaint Process

As of August 1, Medicare beneficiaries and their family caregivers who want to file a complaint, for example, about a hospital discharge or a lapse in quality of care, will have to call a new number. Once you have reached the right agency, the basic steps in the process remain the same.

These new agencies are called Beneficiary and Family Centered Care-QIO (BFCC-QIO). They are charged with quality of care reviews, discharge and denial-of-service appeals, complaints, and more.

To file an appeal or a complaint with Medicare, contact the organization for the state where the care was provided.

Washington: **Livanta**, 1-866-815-5440

Oregon: **Livanta**, 1-866-815-5440

If you decide to appeal

If you decide to appeal, ask your doctor, health care provider, or supplier for any information that may help your case. See your plan materials, or contact your plan for details about your appeal rights. Generally, you can find your plan's contact information on your plan membership card.

The appeals process has 5 levels. If you disagree with the decision made at any level of the process, you can generally go to the next level. At each level, you'll be given instructions in the decision letter on how to move to the next level of appeal.

Can Someone File an Appeal for Me?

You can contact a Statewide Health Insurance Benefits Advisor (SHIBA) for help in filing an appeal by calling 1-800-562-6900.

Or, you can appoint a representative to help you. Your representative can be a family member, friend, advocate, attorney, doctor or someone else who will act on your behalf.

Klickitat County Senior Services I&A Specialists, Jill Parrott & Virginia Dunham are also able to provide assistance.

Call Jill at 509-493-3068 or Virginia at 509-773-3757.

**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

**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, & KIHHR 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 drivers 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.