



Goldendale 773-3757
White Salmon 493-3068

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Are You Eligible forProperty Tax Exemption?

County property tax statements will be mailed sometime between mid February and the end of February. For Senior and Disable Persons, there is a program called the Property Tax Exemption Program for which you may qualify. If you are 61 or older in 2011, live on your property, and your total income (including Social Security) is \$35,000 or less.

This is an exemption, there is no lien placed on your property and your heirs are not liable for any payments. The exemption takes effect the year you apply and is based on your income from the previous year. If you feel you would have been eligible last year or for the previous two years, you can still apply and request a refund of taxes already paid. Another feature of the exemption is that it will freeze the evaluation of your home at the amount it is as of the first year you qualify for the exemption.

For more information, or to apply for the exemption, you can visit the County assessor's office in the courthouse or call 773-3715. If you reside in the west end of the county, you can contact Jill at Klickitat County Senior Services by calling 493-3068, or stop by the Assessors office upstairs at the Pioneer Center in White Salmon.

The assessor's office will ask you to update every three or four years; you do not need to reapply each year.

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Tax Returns Filed Here

AARP Foundation Tax-Aide offers free help for older taxpayers and people with limited incomes.



FREE tax assistance will be available in Klickitat County through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.

Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income Credit. Volunteer counselors are trained by IRS certified instructors and will be at the following locations:

- ◆ **Goldendale Grange Hall**, 228 E Darland Street. AARP Tax Aid appointments will be made in January. **You Must** call Senior Services at 773-3757 to make an appointment. Appointments will be available for Friday evenings 5pm to 8pm, Saturdays 8:30am to 12:30pm.
- ◆ **Dates:** Fridays, January 25 through April 12th & Saturdays, January 26 through April 13th.
- ◆ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments will be on Wednesday mornings February 6th through April 10th. **You Must** call Senior Services at 493-3068 to make an appointment.

February Talk nice to yourself



It is easy to see all of the strengths, accomplishments, and potential of the people we're closest to. But it's not always so easy to see the same great characteristics in ourselves. Having positive dialogue with yourself, on a daily basis, can keep you motivated to stick with healthy choices and reach your goals. It can also make the process of reaching your goals a whole lot more fun.

This month, your challenge is to practice positive self-talk.

Remind yourself on a daily basis that taking time to exercise and eat healthy isn't selfish. You can't fully support your friends, family, and job if you're not feeling your best. And speaking of friends, family, and work... seek out and surround yourself with people who also remind you that you deserve to take fantastic care of yourself.

Use confident wording: **"I will"** holds much more power than "I might".

Change wishy-washy wording to confident, go-getter wording.

Not feeling super strong and confident? Fake it 'til you make it!

If you speak confidently and positively to yourself on a regular basis, you'll soon believe what you're hearing.

Support Group for Stroke Survivors & Caregivers

It has come to my attention that there is an interest in a Goldendale Stroke Survivor & Caregivers support group. We will have a meeting Tuesday, February 12th at 3:30pm at the GD Senior Center 115 East Main Street. If you have further questions please call Virginia at 773-3757.

Why Do support Groups work?

- They help remind caregivers that they are not alone, others are facing and meeting the same challenges.
- They give participants a chance to say what they are feeling, including anger, exhaustion, and guilt without fear of being judged.
- They help members learn new strategies and inform them about services in their area.

A peer setting can be helpful in learning how to balance continuing care giving with personal, emotional and physical needs. Only one who has gone through the experience can know what it is like to try to reconnect with life after placing a loved one in a residential care facility.

3 Strategies for Caregivers

There are few responsibilities more emotionally and physically taxing than taking care of a loved one with Alzheimer's disease. These tasks include bathing and feeding them, keeping them safe, performing household chores, paying bills and communicating with other family members and the medical community. Most caregivers take on this responsibility out of a deep sense of love, duty and devotion. But the daily tasks can be so consuming that they often leave one critical task undone: taking care of the caregivers' own physical and emotional needs. This oversight can cause caregivers to become "secondary patients" of Alzheimer's, which puts them at higher risk for developing high-blood pressure, cardiovascular disease, metabolic syndrome and reduced immune function.

- ⇒ **Seek Help** Now this suggestion may seem like adding one more time-consuming task to your already teeming schedule. But this is a resource that provides the kind of practical tips, knowledge, insight and psychological support that will benefit both you and your loved one in immeasurable ways. You'll learn how others deal with problems associated with care giving.
- ⇒ **Assess yourself** Caregivers are so often focused on others that they tend to lose touch with their own needs. To become more aware of what is necessary to effectively care for yourself, take a quiet moment to sit down and write a list of the activities and interests that have always helped you feel energized and thrive.
- ⇒ **Take a break** When stress levels get too high or you're reaching your physical limits, consider professional help. There are a variety of new choices available. For example, there's respite care, a program that allows your loved one to stay in an assisted living or private pay on a regular basis to provide some extra personal care for your loved one or to simply help with housecleaning and other daily chores.

Choosing to personally care for a loved one with Alzheimer's can be a noble responsibility to take on, but it is also one that requires a marathoner's mentality. If you try to do this at a sprint without the requisite support and personal care you need, you won't be able to complete the journey -- or you'll end up limping along while suffering both emotional and physical pain. Find ways to take care of yourself along the way. You and your loved one will both be better off for your efforts.

Medication Tip of the Month



Guard Against Drowsy Driving

Many medication side effects are more than just an inconvenience — they can be downright dangerous to senior health and healthy aging. Antidepressants, antihistamines, and sleeping pills or sedatives can all cause drowsiness, and you shouldn't drive after taking them. Talk to your doctor about your prescription medications and any activities that should be restricted.

Ask if it makes sense to take them at night before you go to bed instead of during the day.

Do you or someone you know need help?

Whether you are an older adult yourself, or a caregiver concerned about the well-being and independence of an older adult, Klickitat County Senior Services is ready to help.

Senior Information & Assistance Coordinators are the staff that are the gateway to information, access, and assistance in obtaining various services.

Call us. Goldendale: 509-773-3757 White Salmon: 509-493-3068
Or toll free: 1-800-447-7858 We are here to help.

Are you getting Social Security, VA or other federal benefits by paper check?










You are required by the U.S. Department of the Treasury to switch to electronic payments by March 1, 2013.

Check recipients can sign up for direct deposit or the Direct Express® card by calling toll-free 1-800-333-1795, visiting www.GoDirect.org. The process is fast, easy and free.

The Treasury Department is phasing out paper check payments and requiring federal benefit recipients to get their money electronically. You can choose to get your payments by **direct deposit** to a bank or credit union account or to a **Direct Express®** Debit MasterCard® card account.




White Salmon Events February 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music 2/4 For the Good Times 2/6 Barb & Marlow	2/11 Old Time Friends 2/13 Strawberry Mtn Band 2/18 CLOSED	2/20 Barb & Marlow 2/25 Strawberry Mtn Band 2/27 For the Good Times			1 9:30 Exercise 	2 Ground Hog Day
3	4 9:30 Exercise 10am Bingo 	5 8:15am Yoga	6 9:30 Exercise 9am-11:15 AARP Tax Aide by appt.	7 8:15 Yoga Noon Pinochle 	8 9:30 Exercise	9
10	11 9:30 Exercise 	12 8:15 Yoga 	13 Hood River Shopping 9:30 Exercise 9am-11:15 AARP Tax Aide by appt	14 8:15 Yoga Noon Pinochle 8:15am-9:30	15 9:30 Exercise	16
17	18 OFFICE CLOSED President's Day	19 8:15 Yoga 	20 9:30 Exercise 9am-11:15 AARP Tax Aide by appt	21 8:15 Yoga Noon Pinochle	22 9:30 Exercise	23
24	25 9:30 Exercise 10am Bingo 	26 8:15 Yoga 	27 9:30 Exercise 9am-11:15 AARP Tax Aide by appt	28 8:15 Yoga Noon Pinochle	<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated</i>	




Goldendale Events February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MUSIC 2/21 Jackie				1 FREE evening Tax assist GD Grange 5pm to 8pm	2 FREE Tax assist GD Grange 8:30am to 12:30pm
3	4	5 11am Toenail Care 1pm Exercise 2pm Tai Chi 	6	7 1pm Exercise  2pm Bingo 	8 The Dalles Shopping 12pm Pinochle Free Tax assist	9 Free Tax assist
10	11	12 1pm Exercise 2pm Tai Chi 3:30pm Stroke Survi- vor Support	13 10:30am Care- giver Support Group	14  1pm Exercise 2pm Bingo	15 Noon Pinochle Evening Tax assist GD Grange	16 Breakfast \$3pp Tax Assist at GD Grange
17	18 OFFICE CLOSED  <i>Washington</i> Presidents Day	19 1pm Exercise  2pm Tai Chi	20 	21 1pm Exercise 2pm Bingo 	22 Hood River Shopping Noon Pinochle Free Tax assist	23 Tax Assist At GD Grange
24	25 Tax Assist	26 1pm Exercise 2pm Tai Chi 	27 	28 1pm Exercise 2pm Bingo 	Goldendale Food bank is open Mon/Tues & Thursday 10am to 1pm. Call MATS for transportation	Shopping trips are provided by Mt. Adams Transpor- tation, call MATS

MENU February 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meals are Subject to Change	LISTEN to the Radio for Weather Report for Meal Site Closures	KLCK & CODL & KIHR			1 	2 Lyle Lions Community Breakfast Children \$3 Adults \$6 7am
3	4 WS Chicken A La King	5 GD & Lyle Chicken A La King	6 WS Cook's Choice	7 GD Cook's Choice	8 	9
10	11 WS Pork 	12 GD & Lyle Pork	13 WS Chef Salad 	14 GD Chef Salad 	15 	16 GD Sr Breakfast 9am \$3pp
17	18 OFFICE CLOSED	19 GD & Lyle Beef Spanish Rice	20 WS Chicken	21 GD Chicken	22	23 
24	25 WS Stroganoff	26 GD & Lyle Stroganoff	27 WS Chili 	28 GD Chili		

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.



Winter is here and that means it's important to keep yourself warm! Here are some tips from the National Wildlife Federation on how to stay warm when you're outside:

1. Wear layers, since the heat captured between the layers keeps you warm.
2. Stay dry and wear a base layer that draws sweat away from your body. Examples include polypropylene and silk.
3. Keep your head, neck, hands and feet warm, since these areas give off the most heat.
4. Use a backpack to carry extra layers of clothes.
5. Wear protective boots that keep your feet warm during snowy or icy weather.

Water/Sewer Senior Discounts



Goldendale

Beginning February 25th call Virginia at Senior Services in Goldendale 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$20,000.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon

Senior discounts can be applied for in White Salmon, contact White Salmon City Hall for more information at 493-1133.

Bingen

Senior discounts can be applied for in Bingen by contacting WGAP 493-2662.

Energizing Support Groups



Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

Goldendale Stroke Survivor & Caregivers Support Group

Second Tuesday, February 12th
3:30pm at the GD Sr Center

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, February 13th
10:30am at the GD Senior Center

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

Place: Grace Lutheran Church Parsonage

This meal is not sponsored by KCSS



Volunteer Hours

December HOURS

TRANSPORTATION	581.53	Hours
NUTRITION	623	Hours
NEWSLETTER	22	Hours
SR. EXERCISE	24	Hours

Dear Marci,

I have Original Medicare and a Part D plan. What are my Medicare costs in 2013?

-Emily (Pittsburgh, PA)

Dear Emily,

If you have Original Medicare, your costs will be slightly different in 2013. Original Medicare is the traditional fee-for-service Medicare program offered directly through the federal government. Original Medicare is made up of the following parts:

- ◆ Part A (hospital insurance) which may cover inpatient hospital services and skilled nursing facility care; and
- ◆ Part B (medical insurance) which may cover most medical services, such as doctors' services and lab tests.

In 2013, the Medicare Part B premium is \$104.90/month, which is a \$5 increase from last year. The Medicare Part B premium is the amount you pay each month to have medical insurance. Keep in mind that you may pay more for Part B if you have a higher income. 80 percent of the cost of covered medical services and you are responsible for the remaining 20 percent coinsurance.

Keep in mind that Medicare Part A costs have also changed slightly in 2013.

Remember, there are two different ways you can receive your Medicare benefits. You can have Original Medicare and get your prescription drug coverage through a Part D plan, or you can have a Medicare Advantage plan. If you have a Medicare Advantage plan (Medicare private health plan), instead of Original Medicare and a Part D plan, contact your plan to know your plan's costs, covered services, and rules. Keep in mind that Medicare Advantage plans typically offer both health and drug coverage. Information on your health and drug coverage will be indicated in a document called the Evidence of Coverage (EOC), which your plan should have sent to you. If you have the same coverage as you did in 2012, your Evidence of Coverage would have been sent to you with your plan's Annual Notice of Change (ANOC/EOC), which lists changes in plan benefits and costs for 2013. If you have not received these documents, contact your plan.

If you have a Part D plan (Medicare prescription drug benefit) that works with Original Medicare to provide you with prescription drug coverage, your costs may have changed in 2013. Contact your plan or look at the Evidence of Coverage materials your plan sends you to find out what drugs are covered, what your costs are (i.e. premium, deductible, copay), and which pharmacies you can go to in order to get your drugs at the lowest cost.

It's important to know your Medicare benefits and rights. If you did not receive your 2013 *Medicare & You* handbook, call 800-MEDICARE and ask for one. If you did not receive your 2013 Evidence of Coverage, contact your plan.

Marci

Dear Marci,

I heard that I can change my Medicare coverage during the Medicare Advantage Disenrollment Period. What changes can I make during this time?

Ilana (Los Angeles, CA)

During the Medicare Advantage Disenrollment Period, you can switch from your Medicare private health plan (Medicare Advantage) back to Original Medicare. The Medicare Advantage Disenrollment Period spans from January 1 to February 14 of each year. Changes made to your Medicare coverage during this time will be effective the first of the following month. For example, if you switch from a Medicare Advantage plan to Original Medicare in February, you will have Original Medicare coverage beginning March 1.

You can only make changes during this time if you have a Medicare Advantage plan and you want to switch back to Original Medicare. During this time, you can also sign up for a Medicare prescription drug plan (Part D) that works with Original Medicare. Keep in mind that most Medicare Advantage plans offer both health and prescription drug coverage, while Original Medicare typically does not cover outpatient drugs. If you do not have creditable prescription drug coverage (coverage that is as good or better than Medicare's prescription drug benefit), you will most likely need to sign up for a Part D plan that works with Original Medicare.

If you want to switch from a Medicare Advantage plan to Original Medicare, you should call 800-MEDICARE, directly. They will disenroll you from your Medicare Advantage plan and enroll you into Original Medicare. You can also enroll into a Part D plan by calling 800-MEDICARE. Remember to take down the date and time in which you call, the outcome of your phone call, and the name of the representative that you speak to, so you can have your own record of the call.

Bear in mind that if you disenroll from your Medicare Advantage plan, federal law does not usually give you the right to buy a Medigap. Medigaps are supplemental plans that help you pay for out-of-pocket costs in Original Medicare, such as coinsurances and deductibles. However, some state laws are more generous than others. For more information on Medigap rules and regulations specific to your state, you can contact your State Department of Insurance or State Health Insurance Assistance Program (SHIP).

Before making any changes to your Medicare coverage, make sure you know how these changes will affect you.

-Marci

Alzheimer's Association 24/7 Helpline

The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance.

Call toll-free anytime day or night at **1.800.272.3900**.

The 24/7 Helpline serves people with memory loss, caregivers, health care professionals and the public.

Highly trained and knowledgeable staff can help you with:

- ◆ Understanding memory loss, dementia and Alzheimer's
 - ◆ Medications and other treatment options
 - ◆ General information about aging and brain health
- ◆ Skills to provide quality care and to find the best care from professionals
 - ◆ Legal, financial and living-arrangement decisions

The Alzheimer's Association 24/7 Helpline also features:

- ◆ Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day
- ◆ Help in a caller's preferred language using our translation service that features over 140 languages and dialects
 - ◆ Referrals to local community programs, services and ongoing support

Call 24/7: 1.800.272.3900

TDD: 1.866.403.3073

Note: Helpline staff does not perform diagnosis. If you or someone you care for is having memory problems, please see your doctor.

The 24/7 Helpline is supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services.

Senior Newsletter

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

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

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

“Return Service Requested”

**"JIMMY"
WELLS**

&

**"JIMMY"
OGDEN**

Playing your favorite easy listening tunes from the 1920's to the
1980's



Monday, February 4th, 2013

Time: 7:00 PM



Goldendale Community Library — 131 West Burgen

NO Admission, NO Collection, FREE Refreshments
FREE Transportation Provided by Ogden's Mopar Limo Service