

Klickitat County Senior Newsletter

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



2014

Inside this issue:

Did you know?

Did you know that there are two senior centers in Klickitat County that offer a variety of activities and services for seniors?

The **Senior Center in White Salmon** is located in the Pioneer Center at 501 NE Washington Street. There are no membership dues for the senior center in White Salmon. You can access a variety of services and resources at the center through Klickitat County Senior Services such as: Meal and nutrition programs, Information and assistance, Health, fitness, and wellness programs, Transportation services, Public benefits counseling, Volunteer opportunities, Social and recreational activities, and educational programs.

In White Salmon a fantastic meal is served in the community dining room on Mondays and Wednesdays at 12-noon. There is always live music entertainment and dancing on those days as well. There is an exercise class on Mondays, Wednesdays, and Fridays, Yoga class on Tuesdays, Strong Women Fitness Class on Tuesdays & Thursdays and Pinochle on Thursdays.

There is a pool table, television, a library, a craft room, and numerous puzzles that are always under construction. It is a great place to meet new people or connect with old friends.

The Senior Center and Senior Services are open Monday through Friday from 8am to 5pm. See the White Salmon Events Calendar or call 509-493-3068 for more information.

The **Goldendale Senior Center** is located at 115 E. Main Street. It is owned and operated by a private non-profit board and offers exercise classes on Tuesdays and Thursdays, Pinochle on Fridays. It has a library and a second hand store. There are membership dues to join the Goldendale Senior Center but you do not have to be a member to participate in the lunch program or enjoy the Tai Chi Class on Tuesday afternoon. A delicious meal is served at 12-noon every Tuesday & Thursday that is sponsored by Klickitat County Senior Services. See the Goldendale events calendar or call 509-773-3757 for more information.

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FREE AARP TAX ASSIST

One Day **ONLY** in Klickitat

Date: Thursday, February 6th

Time & Location TBD

Contact: Bob Dunn: 509-261-0361 or

Brian Wanless: 509-250-0737 for questions

Goldendale

Place: Goldendale New Grange

228 E Darland

Time: 9am to Noon

Date: Beginning Friday, February 7th

Every Friday & Saturday till Saturday, April 12th

You **MUST CALL** Senior Services for an appointment

No walk-ins

773-3757

White Salmon Senior Services

Place: Pioneer Center, 501 NE Washington

Time: 9am to 12-noon

Date: Beginning Tuesday, February 11th

Every Tuesday until April 8th

You **MUST Call** Senior Services for an appointment

493-3068

Dear Marci,

I want to get my seasonal flu shot, but I'm afraid Medicare won't cover it. Does Medicare cover the flu shot?

Richard (Eustis, FL)

Dear Richard,

Yes. Medicare Part B, the part of Medicare that covers most outpatient services, covers a flu shot once every flu season. The flu season typically runs from November until April. This means that Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2013 for the 2012-2013 flu season, you could get another shot in November 2013 for the 2013-2014 flu season.

The flu shot is covered by Medicare Part B as a preventive service. This means that you will not have to meet your Part B deductible in order for Medicare to cover your flu shot. This is true, whether you get your Medicare benefits through Original Medicare or a Medicare Advantage plan. Remember, a deductible is the amount you pay out of your own pocket towards covered services, before your health insurance begins to cover the cost of your care.

If you have Original Medicare, the traditional Medicare program administered by the federal government, you can get your flu shot from any health care provider (e.g. doctor or pharmacy), as long as the provider accepts Medicare. Keep in mind, however, that you will pay nothing for a seasonal flu shot if you go to a provider that accepts Medicare and takes assignment. A provider that takes assignment accepts the Medicare-approved amount for health care services as full payment. If you see a provider who does not take assignment, you may pay a little more for your flu shot. You can call 800-MEDICARE or contact your health care provider to learn whether your health care provider accepts Medicare and takes assignment.

If you have a Medicare Advantage plan, also known as a Medicare private health plan, your plan should pay for the entire cost of the flu shot as long as you follow the plan's rules. For example, plans may agree to pay for the entire cost of your flu shot, as long as you get your flu shot from doctors or pharmacies that are within the plan's network.

Marci

Outstanding Senior Volunteer

Jack Meads












Congratulations to Jack Meads who was selected by the Klickitat County Senior Advisory Board as an “Outstanding Senior Volunteer”. Jack has been volunteering delivering meals to seniors in the Bingen/White Salmon area for the past 5 years. When asked why he volunteers Jack said he really enjoys visiting with people. When asked if he had any advice to impart to others he said “Stay Active”. His key to staying active is volunteering and keeping fit. He uses an elliptical machine at home for about 30 minutes 3 times per week, every morning for about 30 minutes he also does exercises which includes lifting some weights, he attends the aquatic exercise class in Hood River twice per week, and he has a glass of red wine every evening.

Jack was born in 1928 in Klickitat, Washington. He moved to Minnesota at age 3 and then moved back to Klickitat in 1943 where he finished his last 3 years of high school. He graduated in 1946 and married Doris Ann in 1947 and they have been married for 66 years. He has 3 children, 4 grandchildren, 5 great grandchildren, & 2 great great grandchildren. He worked in the power plant since graduation, starting in the cut up plant and then to the saw mill and then moved to clean up at the plant then the engineer and eventually Chief Engineer. He and his wife moved to White Salmon in 1985. He retired at the age of 59 and he and Doris Ann did some cruising and travel. He recalls his best trip was when they drove to Alaska and came back on the ferry at Haines.

Thank you Jack for your Outstanding Volunteer Service.

White Salmon Events February 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music 2/3 Simcoe Boys 2/5 Cindy Family & Friends	2/10 Old Time Friends 2/12 Strawberry Mountain Band	2/17 CLOSED 2/19 Simcoe Boys 2/24 For the Good Times	2/26 Strawberry Mountain Band			1
2 Ground Hog Day	3 9:30 Exercise 10am Bingo 	4 8:15am Yoga 2pm Strong Women 	5 9:30 Exercise 	6 Noon Pinochle 2pm Strong Women	7 10:30 Senior Advisory Board Meeting @ Dallesport Community	8
9 	10 9:30 Exercise	11 8:15 Yoga 2pm Strong Women	12 Hood River Shopping 9:30 Exercise	13 Noon Pinochle 2pm Strong Women 5pm Trout Lake Senior Meal	14 Valentine's Day 	15
16	17 OFFICE CLOSED President's Day	18 8:15 Yoga 2pm Strong Women	19 9:30 Exercise 	20 Noon Pinochle 2pm Strong	21	22
23 	24 9:30 Exercise 10am Bingo	25 8:15 Yoga 2pm Strong Women 	26 9:30 Exercise 	27 Noon Pinochle 2pm Strong Women	<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated</i>	



Goldendale Events

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goldendale Food bank is open Mon/Tues & Thursday 10am to 1pm. Call MATS for transportation	MUSIC 2/11 2/20 Jackie 2?25					1
2 Ground Hog Day	3 	4 11am Toenail Care 1pm Exercise 2pm Tai Chi	5	6 1pm Exercise  1pm Bingo	7 The Dalles Shopping Noon Pinochle	8
9	10	11 1pm Exercise 2pm Tai Chi	12 10:30am Caregiver Support Group	13 1pm Exercise 1pm Bingo 1:30 Zumba	14 Valentine's Day Noon Pinochle	15 Senior Breakfast \$3pp
16	17 OFFICE CLOSED  Presidents Day	18 10:30 Stroke Survivor Support Group 1pm Exercise 2pm Tai Chi	19 	20 1pm Exercise 1pm Bingo	21 The Dalles Shopping Noon Pinochle	22
23	24	25 1pm Exercise 2pm Tai Chi 	26 	27 1pm Exercise 1pm Bingo 1:30 Zumba	28 Noon Pinochle	Shopping trips are provided by Mt. Adams Transportation, call MATS 773-3060

February 2014 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meals are Subject to Change	LISTEN to the Radio for Weather Report for Meal Site Closures	KLCK & KODL & KIHHR				1 Lyle Breakfast 7am to 10am \$6ppAdults \$3Child6-12- under 6 free
2	3 WS Pork Ribs	4 GD & Lyle Pork Ribs	5 WS Chicken Chow Mein	6GD Chicken Chow Mien	7	8
9	10 WS Spaghetti & Meat Sauce 	11 GD & Lyle Spaghetti & Meat Sauce	12 WS Cheesy Hash brown Brunch Casserole	13GD Cheesy Hash brown Brunch Casserole 5pm Trout Lake	14 	15 GD Sr Breakfast 9am \$3pp
16	17 OFFICE CLOSED	18 GD & Lyle Sloppy Joe's	19WS Baked Chicken	20 GD Baked Chicken	21 	22
23 	24 WS Salisbury Steak	25 GD & Lyle Salisbury Steak	26WS Beef & Span- ish Rice	27 GD Beef & Spanish Rice	28	

SENIOR MEAL SITE LOCATIONS

GOLDNE DALE: 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 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 5:00pm at the Trout Lake School.

\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50 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 & or Frozen Home Delivered meals are available—call Senior Services for more information.

Goldendale 773-3757
White Salmon 493-3068



Water/Sewer Senior Discounts **Goldendale**

Beginning February 24th 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

Deann Blake 773-4022 ext. 2088

Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

Goldendale Stroke Survivor & Caregivers Support Group

Third Tuesday, February 18th

10:30am at the GD Sr Center

Goldendale Support Group for Unpaid Caregivers

Second Wednesday,

February 12th

10:30am at the GD Senior Center

Parkinson's Support Group

First Wed each month, 2 p.m.

Water's Edge conference Room, 2nd Floor,

Info: Chad Swanson, 541.340.0142

Volunteer Hours

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

December HOURS

TRANSPORTATION	581.5	Hours
NUTRITION	623	Hours
NEWSLETTER	10	Hours
SR. EXERCISE	21	Hours
MUSICIANS	16	Hours

Klickitat PUD Electricity Senior Discount

Senior Services is accepting applications for the Senior Electric Discount provided by the Klickitat PUD.

Requirements are:

1. The applicant's name must be on the Klickitat PUD Account.
2. The applicant **MUST** be inhabiting the residence during the period discount is received.
3. The applicant must be 62 or older.
4. Annual **household income** is at or below \$21,600.



Senate Aging Committee Launches Anti-Fraud Hotline and Web Form for Older Adults

The U.S. Senate Special Committee on Aging has set up a new, toll-free hotline (1-855-303-9470) to help older adults who suspect fraud or a scam may be occurring.

The hotline will make it easier for older Americans to report suspected fraud and find assistance for themselves or for someone they know. A team of investigators will help figure out what steps to take to combat possible investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other consumer issues.

Anyone with information about suspected fraud should reach out to an investigator by telephone (9:00 a.m. - 5:00 p.m. EST)

Are You Eligible forProperty Tax Exemption?



To be eligible for an exemption you must be at least 61 years old on December 31 of the application year, or unable to work because of a disability, or a veteran with a 100 percent service connected disability.

You must own the home for which the exemption is claimed in total, as a life estate or by contract purchase. The property must be your primary residence and you must occupy the home for more than six months each year.

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

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.

Klickitat County Senior Advisory Board

Next meeting is Friday, February 7th at 10:30am at the Dallesport Community Center.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

All are welcome to attend. If you have questions or would like additional information please contact Sharon Carter, Klickitat County Senior Services Director at 509-493-6228.

Outstanding Volunteer Recognition

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognized Seniors of Klickitat County who donate their time to our community. A nomination form will be included in the monthly Senior Services newsletter and they will be available in the community for citizens to nominate those 60 and older whom they feel should be recognized as an Outstanding Senior Volunteer.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter. The Advisory Board will also use the nomination forms to select a Volunteer of the Year in 2014.

Please use the nomination form —you can request a form by calling Senior Services in White Salmon at 509-493-3068 or in Goldendale at 509-773-3757 and we can send one to you.

Please submit your nomination form by the end of the month in order to be one that may be selected for the following month feature article.

Members Needed

For Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Four members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board provides input and review of the annual budget of Senior Services.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am at the Dallesport Community Center.

A membership term is for three (3) years and is on a volunteer basis.

New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@co.klickitat.wa.us.

Klickitat County

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

**“Return Address Re-
quested”**

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, & KIHR 1340AM, Y102 FM, KACI 1300AM to find out about a cancellation or call our senior services offices:

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

