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What Can Senior Services Do For You?

Are you 60 or better? Do you have a friend or a loved one that is 60 or better? We are here for you. Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County wide. We provide the following programs & services:

Senior Information & Assistance Senior I&A serves as the main access point for information about resources for persons 60 years of age or over, adults with disabilities and family caregivers. We also provide hands-on assistance with completing applications for various programs and helping you to research options under your Medicare benefits.

In-Home Assistance/Personal Care We have trained caregivers who provide a variety of services that assist eligible adults in their home with their activities of daily living ranging from bathing and personal hygiene to housekeeping and shopping.

Family Caregiver Support Program Are you a family member or friend providing care to a loved one and looking for information, education, support, resources, and/or respite care? We can help you locate and access available resources and supports.

Home Delivered Meals & Congregate Meals The Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are home-bound as the result of illness, disability, or lack of transportation. The Congregate Meals Program provides hot nutritious meals and socialization at specific meal sites in our county and frozen home delivered meals are available throughout the county. See our meal site location and dates on the Menu page of this newsletter.

Transportation Services Transportation is vital to seniors as it maximizes their independence and provides access to the community. Transportation to medical appointments, meal sites, and local grocery stores is available.

Adaptive Equipment for use in your home Examples of equipment include bath benches, raised toilet seats, commodes, and incontinent undergarments. (We also accept donations of equipment).

Case Management Do you need help identifying the type and options of long term care services and resources that would best meet your needs? We have case managers that are familiar with the community resources and with long term care services and can help guide and suggest options to help you navigate your long term care options.

For more information on any of our programs please call 1-800-447-7858 or Virginia in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

We are here to help. Call us.

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FREE AARP TAX ASSIST

Goldendale

Place: Goldendale New Grange

228 E Darland

Time: 9am to Noon

Date: Beginning Friday, February 6th

Every Friday & Saturday till Saturday, April 11th

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

No walk-ins

773-3757

White Salmon Pioneer Center Senior Services

Place: 501 NE Washington

AARP Tax Aid appointments will begin in Tuesdays, beginning February 10th, 9am to 1pm You **MUST Call** Senior Services for an appointment.

No Walk-ins.

493-3068

Winter Weather Closures

Your safety is our top concern and we don't want you out when roads are dangerous and the sidewalks icy. Please monitor the news and if the schools are closed, the Senior Meal Sites will be closed. To find out more information, Goldendale call 773-3757 and in White Salmon 493-3068.

New to Medicare?

Be sure to schedule a preventative welcome visit with your physician.

Start off the new year by taking advantage of your Medicare benefits by scheduling an appointment with your physician.

Medicare provides benefits for first-time Medicare enrollees to give you and your doctor an opportunity to evaluate your health to help ensure proper health care management during your first year on Medicare.

During the visit your physician will assess and record your current health conditions and prescriptions and get a baseline of your care by checking vital signs (including a reading of your blood pressure) and making certain you are up-to-date with preventative screenings, vaccinations and other services. Find more specific information about what to expect during, and what to bring with you to this important examination, visit medicare.gov/welcometo-Medicare.

Fun Valentine's Day Ideas for Caregivers!



STAYING IN?

Spouse: Relive old memories: go through old photos or recreate your first date

Adult Child: Host a game night, with board games and puzzles

Neighbor/Friend: Ladies--have a spa night full of manicures, chocolate and laughter

SWEET STUFF!

Spouse: Indulge yourselves with desserts from a local restaurant or cafe

Adult Child: Bake chocolate chip cookies or mocha chocolate cake together

Neighbor/Friend: Enjoy a mug or two of hot chocolate while rustling through old photo albums

ANIMAL LOVERS

Spouse: Visit the Zoo or Animal Shelter for their Valentine's Day events

Adult Child: Visit the closest Animal Humane Society and treat a pet with a new toy

Neighbor/Friend: Offer to go on a walk with your neighbor/friend and their furry little friend

ENJOY THE SMALL THINGS OF LIFE...

Spouse: Grab coffee/tea at a new coffee shop and take a walk

Adult Child: Create a collage of old photos, then frame it and hang somewhere in the home

Neighbor/Friend: Wake up early and watch the sun rise

Dear Marci,

Last month I had to go to the hospital and I called an ambulance to take me there. I got my Medicare Summary Notice for that time period, and I saw that Medicare denied payment for the ambulance ride. I think that Medicare should pay for my ambulance trip. Is there anything I can do to get Medicare to pay for the service?

Jennifer (Towson, MD)

Dear Jennifer,

Yes, you have the right to appeal Medicare's denial of your ambulance trip. Generally, Medicare beneficiaries have the right to appeal if Medicare denies payment for a health care service or item. If the ambulance trip was medically necessary and was the only safe way to get you to the hospital in your condition, Medicare should cover your trip. The steps to appeal the decision are listed on your Medicare Summary Notice (MSN). If you have a Medicare Advantage plan, the denial and appeal information will be listed in your Explanation of Benefits (EOB) notice.

Remember, if you have Original Medicare, you will receive a Medicare Summary Notice (MSN) every three months detailing the health care services you have received, what Medicare paid for these services, and what you may owe. Read your MSN carefully each time you receive it to check if Medicare has denied payment for any services. If Medicare denies a service, it will be clearly listed on your MSN.

The last page of your Medicare Summary Notice will detail the steps to take to file an appeal. If you are confused or unsure of what to do, you can call 800-Medicare or your provider for help. In order for your appeal to be considered, Medicare must receive the appeal within 120 days of the date on your MSN. This date appears in the box on the last page of your MSN. Keep in mind it is important to include relevant medical records and a doctor's letter of support in any appeal.










Know that there is more than one level of appeal, and you can continue appealing if you are not successful at the first level of appeal. Make sure that you follow the rules outlined in the appeals process, and that you keep to the timeframe for submitting appeals.

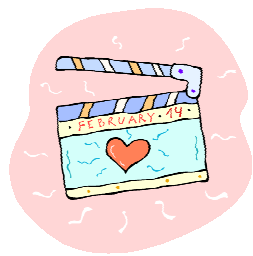
-Marci



White Salmon Events February 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Ground Hog Day 10am Bingo	3 8:15 Yoga 2pm Strong Women	4 9:30 Exercise 	5 8:15 Yoga Noon Pinochle 2pm Strong Women	6	7
	9 9:30 Exercise	10 8:15am Yoga 2pm Strong Women	11 9:30 Exercise Hood River Shopping	12 8:15 Yoga Noon Pinochle 2pm Strong Women 5:30pm Trout Lake Senior Meal	13	14 Valentine's Day 
15	16 OFFICE CLOSED President's Day	17 8:15 Yoga with Joy 2pm Strong Women	18 9:30 Exercise	19 8:15 Yoga Noon Pinochle 2pm Strong Women	20 	21
22	23 9:30 Exercise 	24 8:15 Yoga 2pm Strong Women	25 9:30 Exercise 	26 8:15 Yoga Noon Pinochle 2pm Strong Women	27 	28
			MUSIC 2/2 9 String Band 2/4 Huskey Family & Cindy 2/9 Old Time Friends	2/11 Simcoe Boys 2/16 CLOSED 2/18 For The Good Times 2/23 9 String Band 2/25 Simcoe Boys		<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated</i>






Goldendale Events

February 2015

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

MENU February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Menu Subject to Change	2 WS Chicken Parmesan	3 GD & Lyle Chicken Parmesan	4 WS Asian Beef	5 GD Asian Beef	6	7 Lyle Senior Breakfast 7am to 10am \$6ppAdults \$3Child(6-12) \$3, under 6Free FREE
8	9 WS Country Steak	10 GD & Lyle Country Steak	11 WS Fish	12 GD Fish	13 	14 
15	16 OFFICE CLOSED Presidents Day	17 GD & Lyle Spaghetti	18 WS Baked Chicken	19 GD Baked Chicken	20 	21 GD Sr Breakfast 9am \$3pp
22	23 WS Biscuits & Gravy	24 GD & Lyle Biscuits & Gravy	25 WS Taco Salad	26 GD Taco Salad	27	28 
					LISTEN to the Radio for Weather Re- port for Meal	KLCK & KODL & KIHR

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 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 5:30pm 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 17th 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

Fourth Tues. 6-7pm, February 24, Goldendale Library Camplan Room 541-965-0655

Goldendale Bereavement Meeting

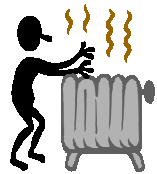
Call Susan Shipman at 773-0380

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, February 11th 10:30am at the GD Senior Center

Parkinson's Support Group

First Wednesday of each month, February 4, 2pm Water's Edge Conference Room, 2nd Floor



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.

Volunteer Hours

December HOURS

TRANSPORTATION	519.5	Hours
NUTRITION	885.25	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	23	Hours
MUSICIANS	18	Hours

Be mindful of prescription—and over-the-counter!—medicines before you get behind the wheel.



It's a given that safe driving needs concentration, alertness and an ability to react in a coordinated and timely fashion. But what may not occur to you is that the medications you're taking can seriously impact all of these things. And it's not just prescription medications, but over-the-counter products as well. While laws differ from state to state, you can be charged with a DUI if caught driving hazardously while taking prescription or OTC meds, even if your doctor wrote you that prescription.

Protect yourself—and everyone else on the road

- **Talk to your physician or pharmacist about possible side effects** before starting a new prescription. Don't get behind the wheel until you know how the drug affects you. "You first need to know how your body reacts to it."
- **Make sure your doctor knows every medication you are currently taking**, including home remedies and vitamins or supplements, in case there are known interactions.
- **Take medications at prescribed levels** and dosages.
- **Never combine medication and alcohol** while driving.
- **Space out taking your blood pressure medications.** "It may be more convenient to take all your pills at the same time, but that can cause side effects when they all hit at once. Talk to your doctor about taking one dose, and then waiting an hour or two before taking the next medication so all the medications aren't at the peak effects at the same time," says White. Most important, don't combine medications that you haven't combined before if you are going to drive.
- **Talk to your pharmacist about changing dose times.** If your medications make you feel tired or dizzy, take them at night so that the peak hits while you are asleep.
- **Don't combine medications that you haven't combined** before if you are going to drive.
- **Most patients look to see if they feel drowsy or dizzy before driving, but that's not the only factor.** You need to also look at reaction time and coordination.
- **Check out [AAA's Roadwise RX](#)**, a free online tool that allows you to record your prescription and over-the-counter medications, and to receive personalized feedback about how drug side effects and interactions between medications may affect your ability to drive safely.
- **If you can't get the side effects under control and you must drive, talk with your physician.** There might be other alternative medications or perhaps she can adjust the dosage. "The key is to be open with your physician."

9 Smart Ways to Protect Yourself from Falls This Winter

Don't let fear of slipping and hurting yourself keep you indoors.



1. Get physical

The stronger and fitter you are, the less likely you are to fall. Exercising can help prevent falls because it makes your muscles stronger and more flexible and helps to improve your balance.

2. Watch where you step

It may sound obvious to look at where you're going before you start moving, but we all can easily get distracted. Always assume that all wet and dark areas on pavements are slippery and icy. Just because you don't see ice doesn't mean it's not there. Test out potentially slick areas by tapping your foot on them first. If you must walk up or down a hill, consider walking along its grassy edge for better traction. Look in advance for something to grab onto in case you do start to fall.

3. Wear socks over your shoes

Go ahead and start a new winter fashion trend, all in the name of safety. Socks are not only good for keeping your piggies warm under your shoes or boots: a study published in the New Zealand Medical Journal found that wearing socks over shoes was an effective and inexpensive way to increase traction on icy footpaths and reduce your likelihood of slipping.



4. Do the shuffle

Now is not the time to maintain your regular, graceful gait. Instead, pretend you're a penguin. Take short, flat-footed baby steps, pointing your feet out slightly, while spreading your body weight as evenly as possible over the entire surface of your feet.

5. Keep your hands out of your pockets

Keeping your hands in your pockets might increase their warmth, but it decreases your center of gravity and balance. Better to extend your arms out to your sides—and wear gloves so you can break your fall if you do slip.

6. Stay out of the street

The street is usually the first to be cleared, so it may be tempting to walk there. But remember, trucks and cars slide, too, and you may put yourself in the path of an oncoming vehicle that is unintentionally heading right toward you

7. Choose your shoes wisely

First off, sneakers are comfortable, but sneakers and snow don't mix. Swap out your sneakers, shoes with smooth soles and heels, for footwear that provides traction, like boots made of non-slip rubber or neoprene. Grooved soles can improve traction between the walking surface and the sole, while flat leather or plastic-soled shoes give you minimal resistance



8. Carry kitty litter

Bring a little bag of kitty litter along with you on your walk. Sprinkling it on the ground can add traction to slippery surfaces.

9. Curb your fear

It's common to be afraid of falling again once you've fallen even if that fall didn't cause any injury. That fear might also cause you to stay at home away from all the things you like to do. But muscles and bones can weaken over time if you don't use them, and then you could become more, not less, likely to suffer a fall.

Senior Newsletter

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

Celebrate National Wear Red Day February 6, 2015

Go Red For Women wants to remind you of some easy ways you can Go Red this year. What does it mean to Go Red? It means supporting women just like you in the fight against heart disease, the No. 1 killer of women. Show your support for women with heart disease to increase funding, education and awareness with these ideas:

7 Ways to Go Red

1. Know your Heart Score
2. Live Healthy
3. Know the Signs of a Heart attack
4. Start Walking
5. Wear Red
6. Help Your Community to Go Red
7. Shop for the Cause

