



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

# January 2013

## Tax Returns Filed Here



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

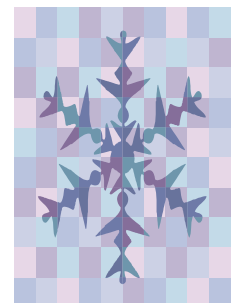
**FREE tax assistance** will be available in Klickitat County through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.

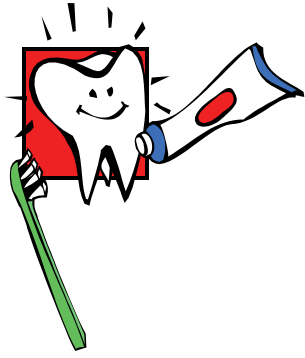
Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income Credit. Volunteer counselors are trained by IRS certified instructors and will be at the following locations:

- ◆ **Klickitat** : Thursday, January 24 from 10am to 3pm at the “The Drift ” on Main Street. No appointment necessary.
- ◆ **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:** Friday, January 25 through Friday, April 12th  
                     Saturday, January 26 through Saturday, April 13th
- ◆ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments will begin in February. **You Must** call Senior Services at 493-3068 to make an appointment.

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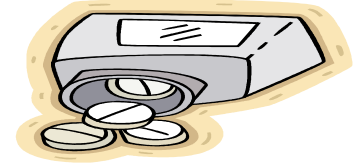




# Give the New Year's Resolution of Oral Health

Amidst the hustle and bustle of a New Year, it's a great time to consider the importance of our own oral health and the health of our loved ones. Here are some important "fast facts" on oral health:

- ⇒ Many diseases and conditions manifest themselves with oral symptoms, and some systemic diseases show early symptoms in the mouth.
- ⇒ Oral infections may be associated with high blood sugar levels in diabetics, cardiovascular disease, and respiratory disease.
- ⇒ Over 400 over-the-counter and prescription medications have a potential side effect of dry mouth. Persistent dry mouth puts you at higher risk for dental cavities and gum disease. Common symptoms of dry mouth include a constant sore throat, difficulty swallowing, hoarseness and/or dry nasal passages.
- ⇒ Full or partial dentures require just as much care and maintenance as natural teeth. Food, beverages, and tobacco can stain dentures and bacteria can grow and multiply without proper care. Regular toothpaste should not be used to clean dentures, as it contains abrasive agents that can scratch denture material. As part of your New Years Resolution to yourself or to a loved one, remember:
  - Limit sweet and sticky snacks and sugary drinks between meals.
  - Brush twice daily with fluoridated toothpaste.
  - Take appropriate care if you have full or partial dentures.
  - Floss daily.
  - See the dentist regularly. Work with your dentist to determine the best schedule.
  - Request an oral exam as part of annual medical exam.



## **FDA campaign aims to protect consumers from the risks of fake online pharmacies**

*Survey data shows lack of confidence in purchasing drugs over the Internet*

The U.S. Food and Drug Administration launched a national campaign to raise public awareness about the prevalence of fraudulent Internet pharmacies, which can be dangerous to patient health, and to help consumers make safe purchases.

BeSafeRx – Know Your Online Pharmacy provides resources for patients and caregivers who might purchase medication online to better understand who they are buying from, and that the medication they buy matches what their doctor prescribed.

Nearly 1 in 4 Internet consumers has purchased prescription medicine online, according to a new FDA survey. At the same time, nearly 30 percent said they lacked confidence about how to make safe online purchases. The risk of purchasing from a rogue seller is high, with the National Association of Boards of Pharmacy reporting that less than 3 percent of online pharmacies meet state and federal laws.

“Buying medicines from rogue online pharmacies can be risky because they may sell fake, expired, contaminated, not approved by FDA, or otherwise unsafe products that are dangerous to patients,” said FDA Commissioner Margaret Hamburg, M.D.

“Fraudulent and illegal online pharmacies often offer deeply discounted products. If the low prices seem too good to be true, they probably are. FDA’s BeSafeRx campaign is designed to help patients learn how to avoid these risks.”

Fraudulent online pharmacies use sophisticated marketing efforts or phony web storefronts to appear legitimate. Patients who buy medicines from these websites may be putting their health at risk because the products may contain the wrong ingredients, contain too little, too much, or no active ingredient at all, or be made with other harmful ingredients.

Patients should only buy prescription medicine through online pharmacies that:

- require a valid prescription from a doctor or other health care professional;
- are located in the United States;
- have a licensed pharmacist available for consultation; and
- are licensed by the patient’s state board of pharmacy.

For further information contact 1-888-463-6332 or [druginfo@fda.hhs.gov](mailto:druginfo@fda.hhs.gov).

**Dear Marci,**

I recently moved from California to New York. The doctors I want to see in New York tell me that they don't take my health insurance. Can I switch to a different Medicare Advantage plan if I move?

Gregory (Brooklyn, NY)

**Dear Gregory,**

Yes, you can switch to a different Medicare Advantage (private health) plan, if you change your home address. If you've already moved, you can switch to another Medicare Advantage plan during a Special Enrollment Period (SEP), beginning with the month you tell your plan about the move, plus two full months after you tell your plan. Your new coverage will begin the first of the month after you enroll.

A special enrollment period is a period of time outside of standard enrollment periods (e.g. General Enrollment Period, Fall Open Enrollment Period, and Initial Enrollment Period), during which you can make changes to your Medicare health and/or prescription drug coverage.

If you notify your Medicare Advantage or prescription drug plan (Part D) about your move in advance, you can switch to another Medicare Advantage or Part D plan, beginning as early as the month before your move and lasting up to two months after you move. You may choose to begin your new coverage, starting with the first day of the month in which you move (as long as you have submitted a completed application to the plan) and up to three months after your plan receives the completed application.

It's important to think about your health and prescription drug coverage if you're planning to move. Medicare Advantage and Part D plans typically have a network of providers (e.g. doctors and pharmacies) that offer services to plan members within a specific service area (a geographic region you must live in to be enrolled in your plan). If you move outside of that service area and you see health care providers outside of the plan's network, you may have to pay significantly more for the cost of the services you receive or you may have no coverage at all. Keep in mind that some plans do offer nationwide coverage, so your plan may cover your services, even if you move. Check with your plan to see what rules apply.

Marci

# White Salmon Events

## January 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 1/2 Barbara & Marlow 1/7 Buck Smith 1/9 Old Time Friends 1/14 For the Good Times	1/16 Barbara & Marlow 1/21 Strawberry Mountain Band 1/23 For the Good Times 1/28 Buck Smith 1/30 Strawberry Mountain Band	<b>1</b>  <b>OFFICE Closed</b> <b>Happy New Year</b>  	<b>2</b>  9:30 Exercise	<b>3</b>  8:15 Yoga  Noon Pinochle	<b>4</b>  9:30 Exercise  	<b>5</b>
<b>6</b>	<b>7</b> 9:30 Exercise  10am BINGO	<b>8</b> 8:15 Yoga	<b>9</b> Hood River Shopping trip 9:30 Exercise	<b>10</b>  8:15 Yoga  Noon Pinochle	<b>11</b>  9:30 Exercise	<b>12</b>
<b>13</b>	<b>14</b>  9:30 Exercise  	<b>15</b>  8:15 Yoga  	<b>16</b>  9:30 Exercise	<b>17</b> 8:15 Yoga  Noon Pinochle	<b>18</b>  9:30 Exercise	<b>19</b>
<b>20</b>	<b>21</b>  <b>OFFICE CLOSED</b>  	<b>22</b>  8:15 Yoga	<b>23</b>  9:30 Exercise	<b>24</b>  8:15 Yoga Noon Pinochle	<b>25</b>  9:30 Exercise  	<b>26</b>
<b>27</b>	<b>28</b>  9:30 Exercise  	<b>29</b>  8:15 Yoga	<b>30</b>  9:30 Exercise  	<b>31</b>  8:15 Yoga  Noon Pinochle		








# Goldendale Events

## January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goldendale Food Bank is open Mon/Tues and Thursday 10am to 1pm Call MATS for transportation</p>	<p>Shopping trip is provided by Mt. Adams Transportation, call to be placed on the list. 773-3060</p>	<p>1 <b>OFFICE CLOSED</b> Happy New Year</p>	<p>2</p> 	<p>3 1pm Exercise 1 Bingo</p> 	<p>4 TD Shopping 12pm Pinochle</p>	<p>5</p>
<p>6</p> 	<p>7</p>	<p>8 11am Toe Nail Care 1pm Exercise 2pm Tai Chi</p>	<p>9 10:30 Caregiver Support Group</p>	<p>10 1pm Exercise 1 Bingo</p> 	<p>11 12pm Pinochle</p> 	<p>12</p>
<p>13</p>	<p>14</p>	<p>15 1pm Exercise 2pm Tai Chi</p>	<p>16</p> 	<p>17 1pm Exercise 1 Bingo</p>	<p>18 HR Shopping Noon Pinochle</p>	<p>19 <b>SR Breakfast \$3pp</b></p>
<p>20</p>	<p>21 <b>OFFICE CLOSED</b></p> 	<p>22 1pm Exercise 2pm Tai Chi</p>	<p>23</p> 	<p>24 1pm Exercise 1 Bingo</p>	<p>25 Noon Pinochle</p> 	<p>26</p>
<p>27</p>	<p>28</p>	<p>29 1pm Exercise 2pm Tai Chi</p>	<p>30</p> 	<p>31</p> 	<p><b>Listen to your Radio for Weather Updates</b></p>	<p><b>MUSIC 1/17 Jackie</b></p> 

# January 2013 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		<b>1 OFFICE CLOSED Happy New Year</b>	2 WS Meatballs 	3 GD Meatballs	4 	5 Lyle Lions Community Breakfast 7am to 10am Children \$3 Adults \$6
6	7 WS Chicken & Rice	8 GD & Lyle Chicken & Rice	9 WS Pork	10 GD Pork	11	12
13	14 WS Cook's Choice	15 GD & Lyle Cook's Choice 	16 WS Chicken 	17 GD Chicken	18 	19 GD Senior Breakfast 9am \$3pp
20	<b>21 OFFICE CLOSED</b> 	22 GD & Lyle Beef Stroganoff	23 WS Stew	24 GD Stew	25	26
27	28 WS Country Steak	29 GD & Lyle Country Steak	30 WS Shepherd's Pie	31 GD Shepherd's Pie		MEAL SUBJECT TO CHANGE

- **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 @ Bickleton Grange Hall (Menu, posted at Market Street Café)**
- **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.

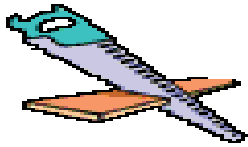
KCSS NUTRITION—\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouse at the senior rate.

Non-seniors \$6.50.

Hot-or frozen home-delivered meals are available to homebound; call Senior Services for an assessment.



A fond farewell to Joyce M as she is leaving our area after several years of service as driver and Mt. Adams Transportation Coordinator in Goldendale. And farewell to Becky W. for her years of service as a driver in Goldendale. We wish them both the very best.



## What is happening in the Goldendale Senior Service Office?

If you have been in the Senior Services office in Goldendale recently you are probably wondering what is going on. We have some minor renovations underway in our front reception area. We are having an electronic door opener installed on our front entrance in order to make it easier for those that have limited mobility to get into and out of our office. Along with that comes a new wall with a window for Virginia's office area in order to provide more privacy when she is working with individual clients as well as providing a barrier to the increased wind that will come through the door with the new opener. There is also a partial wall being added to the Mount Adams Transportation Coordinator's area to provide some wind protection as well as a counter to assist clients. When finished we hope that you will enjoy and benefit from these needed updates.

### Support Groups

#### Goldendale Diabetes

Leslee LaFrantz 773-4022

#### Goldendale Bereavement Meeting,

call Susan Shipman at 773-0380

#### Goldendale Caregiver Support Group

2nd Wed, January 9

10:30am at the Goldendale Senior Center

### Volunteer Hours

#### November HOURS

TRANSPORTATION	834.5	Hours
NUTRITION	705.5	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	26	Hours
MUCISIANS	20	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

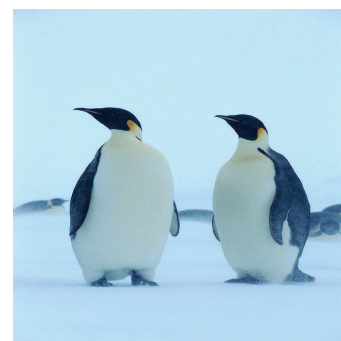
**This meal is not sponsored by KCSS.**

# Keeping Safe During Winter

Stay healthy and active, avoid a fall and possible injuries.

## Do the Penguin Shuffle!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your center of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance



A HAPPY  
NEW YEAR

Klickitat County  
Senior Services & Mt. Adams  
Transportation Staff wish you  
**HAPPY NEW YEAR!**

Get Moving, Stay Connected, Make a Difference, and have the very happiest New Year!

## Medication Tip of the Month



### Mind Your Foods and Drinks

Depending on the prescription medication, the foods you eat and the beverages you drink can lead to medication side effects. Ask your doctor or your pharmacist about any foods or beverages that could possibly have a negative impact on the effectiveness of your drugs. Remember that some drugs need to be taken with food, while some shouldn't be mixed with particular foods to avoid medication side effects.

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**

**“Return Address Requested”**



## Jim Ogden at the Piano

**DATE: Sunday, January 20th**

**TIME: 2pm**

**PLACE: Goldendale Senior Center**

Jim will be playing your favorites from 1920's to 1970's

NO ADMISSION

NO COLLECTION

**FREE TRANSPORTATION**

**Free Refreshments**

Call Ogden's Mopar Limo

773-4114 or 250-3794

