

January 2015

HAPPY NEW YEAR

Klickitat County Senior Newsletter

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

Volunteers Needed !!!

Goldendale is in need of volunteers to help on Tuesdays and Thursdays with the senior meal. Kitchen volunteers are needed to help with a number of different tasks ranging from food preparation to clean-up/set-up and serving meals to seniors. Help is needed on Tuesdays & Thursdays between 9am and 1pm. Any amount of time or assistance you may have would help.

White Salmon is in need of Driver volunteers to deliver healthy nutritious meals to seniors in the White Salmon area. Help is needed on Mondays & Wednesdays. All potential volunteers must have a criminal background check done before volunteering with our agency.

Please contact Cindy Smith, Nutrition Coordinator by calling the Senior Services office in White Salmon 509-493-3068 or Goldendale 509-773-3757, or stop by and pick up a volunteer application.

Come and experience the great benefits for volunteering! Studies show those that volunteer are happier, stay healthier, and feel good.

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Thank You Bessie Oneal !!

We want to extend a big Thank You to Bessie Oneal who has been a volunteer driver for Senior Services/Mt. Adams Transportation for over 20 Years. Bessie has provided thousands of miles and hours of volunteer service in transporting clients to appointments and services.

Bessie has retired from volunteering—please tell her Thank you!

Tax Aide to Provide Free Income

Tax Assistance



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

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc.

Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability . 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.
- ◆ **Dates: Beginning February 13th and continue until April 11th**
 - Friday: 9am to 12:00 noon
 - Saturday: 9am to 12:00 noon
- ◆ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments will begin in Tuesdays, beginning February 10th, 9am to 1pm **You Must** call Senior Services at 493-3068 to make an appointment.

Changes to Senior Transportation Program



The State has adopted some changes in eligibility for transportation trips to be covered under the Senior Transportation program that go into effect January 1, 2015.

Klickitat County Senior Services/Mt. Adams Transportation will now be required to complete an eligibility screening for all clients that would like to have their ride provided under the Senior Transportation Program.

Please be patient, as our staff will have to ask a number of screening questions in order to determine eligibility. This will have to be completed annually.

The following questions and information are required by the state as part of the screening:

Full Name, Address, Telephone Number, Date of Birth, Last 4 digits of SS#.

Are you 65 or older?

If you are between 60 and 64 years old are you employed 20 hours per week or less?

Are you needing transportation to medical and health care services, social services, meal programs, senior centers, shopping and recreational activities; **and** cannot manage your own transportation because you do not:

- have a car;
- Drive;
- Afford to drive; or
- Public transportation is not available or accessible.

Don't worry—if you don't qualify for Senior Transportation Program Support you can still ride with Mt. Adams Transportation but your ride will require a transportation fare be paid rather than a suggested donation.

Dear Marci,

I enrolled in Medicare when I turned 65 this past September. My friend told me that I should read my Medicare Summary Notices once I start receiving them. Can you explain what a Medicare Summary Notice is? Is this a bill?

Abraham (Wilmington, DE)

Dear Abraham,

A Medicare Summary Notice (MSN) is a statement listing all of the charges Medicare has received for your health care services during the past three months. The MSN is **not** a bill. It is a summary that records the health care services you have recently received. Review your MSN each time it comes in the mail to ensure that you are paying the proper amounts for each service. You can also check your MSN online at www.MyMedicare.gov.

You will only get an MSN if you have Original Medicare, the traditional Medicare program administered directly through the federal government. If you have a Medicare Advantage plan, you will receive an Explanation of Benefits notice (EOB) detailing the health care services you have received. The MSN and EOB have the same purpose, but have different formats and can be sent at different times. Pay close attention to Section 3 of the MSN, which details claims your doctors recently submitted to Medicare. Look for whether Medicare has approved the service, how much Medicare paid for each service and the maximum amount you may be billed by your provider. Section 4 provides instructions and deadlines for filing an appeal if Medicare has denied any claims for services. You should always appeal when an item or service is denied. You can appeal yourself using Section 4 of the MSN; you do not need a lawyer.

As mentioned earlier, your MSN is not a bill. You will receive a separate bill directly from your provider for any amounts that you may owe them. If you have already paid your provider, make sure that you have paid the correct amount by checking your payment to the provider against your MSN. If you have overpaid, contact your provider; he or she must refund any amount you overpaid.

If you have secondary insurance, such as a Medigap, this insurance may cover the additional amounts listed on your MSN. Check the notes section of your MSN to see if Medicare or your doctor already submitted your remaining bill to your secondary insurance. If not, ask your secondary insurer how you can submit the claim.

~Marci

Tai Chi - A Great Way for Seniors to Improve Their Balance

JOIN us for the Tai Chi for Better Balance Class

Classes are 1-hour every Tuesday Time: 2pm to 3pm

Place: Goldendale Senior Center (115 E. Main Street)

Cost: FREE for seniors 60 and better

Instructor: Brad Stevens

Contact Klickitat County Senior Services 509-773-3757 for more information about the class.

No materials required for the class. We suggest you wear loose fitting clothing for easy movement and comfortable, flat shoes (not slip-on).

Tai Chi for Better Balance

The movements of Tai Chi are done in a slow and gentle manner, making it an ideal exercise for seniors. Also, it is typically done standing and involves a lot of gradual weight shifting and stepping in different directions.

Those types of movements take a lot of body control and are a great way for seniors to work on balance and coordination. In fact, it has been proven to improve balance, which is why you will often see it referenced in articles about fall prevention.

Other benefits of Tai Chi may include:

- Better quality of sleep
- A reduction in anxiety
- Pain relief
- Lower blood pressure
- General feeling of well being



What is Tai Chi?

Tai Chi is an ancient form of martial arts developed hundreds of years ago. Unlike most martial arts, though, Tai Chi was meant less for combat and more as a way to exercise and increase longevity and well-being.

White Salmon Events

January 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 1/5 Andre & K.C. 1/7 Simcoe Boys 1/12 Old Time Friends 	1/14 For The Good Times 1/19 OFFICE CLOSED 1/21 Simcoe Boys	1/26 For The Good Times 1/28 Andre & K.C.	<i>Events are held at the Pioneer Center, 501 NE Washington St., White Salmon, unless otherwise noted.</i>	1 OFFICE CLOSED Happy NEW YEAR 	2	3
4	5 9:30 Exercise 10am Bingo	6 8:15 Yoga with Joy 2pm Strong Women	7 9:30 Exercise 	8 Noon Pinochle 2pm Strong Women	9	10
11	12 9:30 Exercise	13 8:15 Yoga 2pm Strong Women	14 Hood River Shopping 9:30 Exercise	15 Noon Pinochle 2pm Strong Women	16 	17
18	19 OFFICE CLOSED 	20 8:15 Yoga 2pm Strong Women	21 9:30 Exercise 	22 Noon Pinochle 2pm Strong Women	23	24
25	26 9:30 Exercise 	27 8:15 Yoga 2pm Strong Women	28 9:30 Exercise 	29 Noon Pinochle 2pm Strong Women	30	31

Goldendale Events

January 2015



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>Listen to your Radio for Weather Updates</p>	<p>Events are held at the Goldendale Sr. Ctr. Unless otherwise noted.</p>	<p>1 OFFICE CLOSED Happy New Year!</p> 	<p>2 12pm Pinochle</p> 	3
<p>4</p> 	5	<p>6 1pm Exercise 2pm Tai Chi</p>	7	<p>8 1pm Exercise</p> <p>1 Bingo</p>  <p>1:30 Zumba</p>	<p>9 Hood River Shopping</p> <p>12pm Pinochle</p>	10
11	<p>12</p> 	<p>13 10am Toenail Care 1pm Exercise 2pm Tai Chi</p>	<p>14 10:30 am Caregiver Support Group</p>	<p>15 1pm Exercise</p> <p>1 Bingo</p> 	<p>16 Noon Pinochle</p> 	<p>17 SR Breakfast \$3pp</p>
18	<p>19 OFFICE CLOSED</p> 	<p>20 1pm Exercise 2pm Tai Chi</p>	<p>21</p> 	<p>22 1pm Exercise</p> <p>1 Bingo</p> <p>1:30 Zumba</p>	<p>23 The Dalles Shopping</p> <p>Noon Pinochle</p>	<p>24</p> 
<p>25</p> 	26	<p>27 1pm Exercise 2pm Tai Chi</p>	<p>28</p> 	<p>29 1pm Exercise</p> <p>1 Bingo</p>	<p>30 MUSIC 1/8 TBS The Simcoe Boys</p> 	<p>31 1/15 Jackie 1/22 TSB 1/29 The Simcoe Boys</p>

January 2015 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFFICE CLOSED Happy New Year!	2	3 Lyle Breakfast 7am to 10am \$6Adults, Chi ldren (6-12) \$3, under 6 FREE
4	5 WS Macaroni & Cheese/Ham	6 GD & Lyle Macaroni & Cheese/Ham	7 WS SW Chicken Wraps	8 GD SW Chicken Wraps	9	10 
11	12 WS Tuna Salad 	13 GD & Lyle Tuna Salad	14 WS Pulled Pork Sandwich	15 GD Pulled Pork Sandwich	16	17 GD Senior Break- fast 9am \$3pp
18	19 OFFICE CLOSED 	20 GD & Lyle Cook's Choice	21 WS Baked Chicken	22 GD Baked Chick- en 	23	24
25	26 WS Beef Stroganoff	27 GD & Lyle Beef Stroganoff	28 WS Hamburgers	29 GD Hamburgers 	30	31 MENU SUBJECT TO CHANGE

SENIOR MEAL SITE LOCATIONS

GOLDNEALE: 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: Thursday-January 8 at 5:30pm at Trout Lake School **Menu:**

\$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

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!



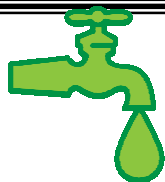
Volunteer Hours

November HOURS

TRANSPORTATION	455.75	Hours
NUTRITION	692	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	27	Hours
MUSICIANS	16	Hours

KLICKITAT Meal

CANCELLED
until further
notice.



Bingen & White Salmon Water/Sew Senior Discounts

If you have a senior discount for utilities with the City of White Salmon you need to re-apply for your discount or if you think you may qualify for the senior or disabled persons discount you need to apply with Washington Gorge Action Programs, located at 1250 E Steuben, Bingen, WA. 509 493-2662. they will help you with all your Low Income Home Energy assistance needs and questions.

GOLDENDALE Water & Sewer Senior Discounts

Beginning February 16th, call Virginia at Senior Services 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sew.

To qualify for a discount you must be 62 or older and your annual household income must be \$20,000 or less. You need to bring your most recent water bill and proof of household income.

Support Groups

Goldendale Diabetes

Fourth Tues. 6-7pm, January 27,
Goldendale Library Camplan Room
541-965-0655

Goldendale Bereavement Meeting Call
Susan Shipman at 773-0380

Goldendale Caregiver Support Group

Second Wed, January 14
10:30am at the Goldendale Senior
Center

Parkinson's Support Group

First Wednesday of each month,
January 7th, 2pm Water's Edge Conference
Room, 2nd Floor

Outstanding Senior Volunteer

Mary Anne Enyeart



Congratulations to Mary Anne Enyeart. She was selected by the Klickitat County Senior Advisory Board as an outstanding volunteer. Mary Anne has been volunteering for the last 30 years.

Mary Anne started volunteering when her children were young helping in 4H and scouts. In recent years she has been involved in her Church, teaching youth; helping neighbors with caregiving, grocery shopping, getting to appointments. She is an active member and volunteer for the Goldendale Grange where she helps with various activities. She has helped at the Presby Museum for the last couple of years and volunteers with Mutton Heads 4H Club. Mary Anne has had a Pumpkin Patch and corn maze for over 20 years that she has had children and the Learning Ladder go through it.

When asked if she had any advice to impart to others she said "Don't be afraid to ask if you can help someone. No job is too little." When asked why she volunteers she said, "I'm not a sitter, I like to be on the go and see things get done." Mary Anne said she also enjoys cooking. She also said she gets paid in the satisfaction of doing something for others, she is grateful everyday if she can do for others. Mary Anne grew up in Camas and met her husband at Clark College, they went to WSU together and then after came to Goldendale to the family farm where they raised wheat and hay. She used to work as a substitute teacher. She has 5 children & 18 grandchildren. Her husband passed away in 2003 so her son helps with the farming. Thank you Mary Anne for your outstanding volunteer service!

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



Jim Ogden Winter Concert

DATE: Sunday, January 18th

TIME: 2pm

PLACE: Goldendale Senior Center

Jim 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 250-6147

