

Pioneer Center Music

In the beginning of May we had to make some changes to the music performed by our wonderful volunteer musicians in order to accommodate other business that is conducted at the Pioneer Center.

We implemented a policy in which musicians that play at the Pioneer Center during the regular business hours will have to use the Senior Services sound system or play acoustical instruments. Unfortunately, that meant that some of the bands were no longer able to play during the day as the instruments they use are played with external amplifiers and the sound those carry is too loud for other departments to conduct regular business.

Since many would still like to hear and dance to the bands that have the electric instruments and use amplifiers we decided to try an evening live music and dance event at the Pioneer Center. That way we can have fun without impacting other department business. Based on a survey done at the Pioneer Center meal site we have decided to try a Monday evening from 6pm to 8pm once a month through the Spring & Summer.

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Live Music & Dancing

Monday, June 17th

6pm to 8pm

Senior Center at the Pioneer Center

501 NE Washington Street, White Salmon

Featuring



Buck Smith & Company



THANK YOU

A Special Thank You to Andre and the Strawberry Mountain Band for all of their filling in and extra performances at the Pioneer Center Meal Site.



White Salmon AARP Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for June 10 & 11th at the Pioneer Senior Center, 501 NE Washington Street, White Salmon.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00am to 1:00pm on both Monday and Tuesday.

You **MUST** participate in both days. Participants will work through an interesting, interactive curriculum emphasizing defensive driving techniques. There are no tests and no driving is involved. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

To register for the AARP Driver Safety Class call Jill Parrott, Klickitat County Senior Services, at 493-3068. You do not need to be an AARP member to enroll. A fee is charged to cover the cost of materials. The cost is \$12.00 for AARP Members and \$14.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.



Help

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.



5 Ways to Save Money on Your Medications

Managing medications can be difficult when the cost of your drugs is high.

If you're having trouble paying for your prescriptions, here are 5 ways you might be able to save money.

1. Talk to your doctor—and your plan.

When you're prescribed a new medication, check to see whether it's on your plan's formulary (approved drug list) and how much your copayment is. If your drug plan doesn't cover your prescription, or if your copayments are very high, ask your doctor for help.

Physicians will know whether there are comparable, less expensive drugs (e.g., generics) that may be available to you. Some may even be able to provide free samples of medications while you seek other coverage options. Doctors also can request an exception to ask your plan to cover the medication, or to pay at a lower tier.

2. See if you qualify for Extra Help.

The Medicare Part D program has a subsidy called Extra Help that assists people with limited income and resources with paying for their drugs. If you get Extra Help, you'll save money on your drug plan premium, deductible, and at the pharmacy—with prescriptions costing between \$1.15 and \$6.60. To learn more about who qualifies for Extra Help and to apply contact Klickitat County Senior Services.

3. Check with your state.

About half of the states have State Pharmaceutical Assistance Programs (SPAPs) to help people with limited incomes pay for their prescriptions. Many SPAPs work with Medicare Part D, "wrapping around" coverage, meaning they help pay for certain costs that Part D does not cover.

4. Find help from drug manufacturers.

Patient Assistance Programs, or PAPs, are programs offered by drug companies to help people pay for their drugs. Through these programs, many drug manufacturers offer the drugs they make for free, or at a discount. Some PAPs are for people who don't have insurance, while a few help people with Medicare Part D who don't qualify for Extra Help.

5. Don't forget Open Enrollment!

Every year from Oct. 15 to Dec. 7, people with Medicare can switch their prescription drug plans for the following year. If you're having trouble with your drug costs, it's a good idea to compare plans to see if there's a more affordable option.

You can go online at any time to compare plans using the Medicare Plan Finder, or you can get personalized help from your Klickitat County Senior Services Information & Assistance staff. Call Jill Parrott in White Salmon at 509-493-3068 or Virginia Dunham in Goldendale at 509-773-3757.

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. The Advisory Board consists of a total of 9 members with at least two members 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.

The Advisory Board will be including highlights from their monthly meetings in the future publications of the monthly Senior Newsletter in order to keep you informed on issues and items that effect seniors in Klickitat County.

All are welcome to attend the monthly Advisory Board meetings or to provide feedback or suggestions for discussion.

The current Advisory Board Members are:

Ray Thygesen of Trout Lake
Herm Doshier of White Salmon
Mary Ann Pauline of Dallesport
Darla Brashers of Lyle
Lowell Smith of Goldendale
Martha Quigley of Goldendale
Rose Woolery of Goldendale
Wayne Eames of Goldendale



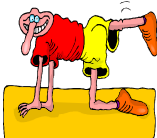



If you would like more information or are interested in serving on the Advisory Board please contact:

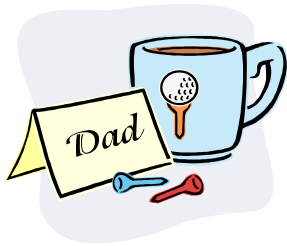
Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@co.klickitat.wa.us.



White Salmon Events

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music 6/3 TBA 6/5 Barb & Marlow 6/10 Old Time Friends	6/12 Strawberry Mtn Band 6/17 Strawberry Mtn Band	6/19 Cindy & Friends Band 6/24 Annie Lane 6/26 Strawberry Mtn Band	<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated.</i>	Senior Toenail Care offered by appointment at Today's Chalet 493-3995 & Infinity Salon 493-8583	<i>WGAP Food Bank is open on Tuesdays & Thursdays from 8:30 to 3:30pm call for MATS for transportation</i>	1 WS Spring Festival Questions call 509 493-1252
2 	3 10am Exercise 10am Bingo	4 8:15 Yoga 2pm Strong Women	5 10am Exercise	6 Noon Pinochle 2pm Strong Women	7 	8
9	10 10am Exercise 	11 8:15 Yoga  2pm Strong Women	12 Hood River Shopping 9:30 Exercise	13 Flag Day Noon Pinochle 2pm Strong Women	14	15 Glenwood Rodeo 
16 Father's Day 	17 10am Exercise 10am Bingo <u>6pm to 8pm</u> <u>Buck Smith & Company</u> <u>Music & Dancing</u>	18 8:15 Yoga 2pm Strong Women	19 10am Exercise 	20 Noon Pinochle 2pm Strong Women	21 	22
23 30	24 10am Exercise 	25 8:15 Yoga 2pm Strong Women	26 10am Exercise	27 8:15 Yoga Noon Pinochle 2pm Strong Women	28	29



Goldendale Events

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		MUSIC 6/20 Jackie		<i>Goldendale events are held at the GD Senior Center unless otherwise noted</i>	<i>GD Food Bank is open Mon/ Tues & Thursday 10am to 1pm. Call MATS for transportation</i>	1
2	3	4 11am Toe Nail Care 1pm Exercise 	5	6 1pm Exercise 2pm Bingo 	7 TD Shopping 12pm Pinochle 	8 Bickleton Pioneer Picnic & Rodeo Glenwood Rodeo
9 Bickleton Pioneer picnic & Rodeo 	10	11 1pm Exercise 	12 10:30 Support Caregiver Group	13 1pm Exercise 2pm Bingo	14 Flag Day Noon Pinochle 	15 SR Breakfast \$3pp Glenwood Ketchem Kalf
16 Rodeo Glenwood Father's Day 	17 	18 1pm Exercise	19 2pm Song Circle GD Library 	20 1pm Exercise 2pm Bingo	21 HR Shopping Noon Pinochle Blue Grass Festival Ekone Park	22 Blue Grass Festival 773-3400
23 30 Ends 	24	25 1pm Board Meeting 1pm Exercise	26 Maryhill Festival of Speed 	27 Festival 1pm Exercise 2pm Bingo	28 Of Noon Pinochle	29 Speed

JUNE MENU 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change						1 Lyle Senior Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6 free. Lions Comm. Ctr.
2	3 WS Chicken A La King	4 GD & Lyle Chicken A La King	5 WS Italian Bake 	6 GD Italian Bake	7	8
9 	10 WS Cook's Choice	11 GD & Lyle Cook's Choice	12 WS Pork	13 GD: Pork TL: Cook's choice	14 Flag Day 	15 GD \$3pp Senior Breakfast 9am \$3pp
16 Father's Day	17 WS Chef Salad	18 GD & Lyle Chef Salad	19 WS Chicken	20 GD Chicken	21	22
23	24 WS	25 GD & Lyle	26 WS	27 GD	28	29 
30	Beef Stroganoff	Beef Stroganoff	Country Steak	Country Steak		

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 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 & 4th Tuesday at 11:30am at the Grange Hall

TROUT LAKE: The 2nd Thursday of the month at 5pm, at Trout Lake School.

\$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 fee.

With 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 & Frozen Home Delivered meals are available, call Senior Services for more information.

Goldendale 773-3757

White Salmon 493-3068

Bickleton & Glenwood Rodeo

Bickleton's Pioneer Picnic and Rodeo will be held June 8th, 9th, & 10th at the rodeo and picnic grounds in Cleveland. Cleveland is about four miles west of Bickleton. The weekend features activities that include RV camping, Cowboy Breakfast, one of the oldest carousels on the west coast, Saturday night dance and good food including home made pies. All of this and the professional rodeo on Saturday and Sunday.

Glenwood Annual "Ketchum Kalf" NPRA Rodeo



Date: June 8th & 9th

Place: Glenwood, Washington

Call for more information

509 364-3355 or 509 364-3363

KLICKITAT MEAL

Meals will be served at one & there is a charge of \$3 per person

Any questions call 369-3985

Dates: 1st & 3rd Wednesday

Time: 1pm

Place: Grace Lutheran Church
sonage



Par-

Volunteer Hours

April HOURS

TRANSPORTATION	756.25	Hours
NUTRITION	817.5	Hours
NEWSLETTER	17	Hours
SR. EXERCISE	14	Hours

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Support Group

Susan Shipman at 773-0380

Goldendale Stroke Survivor & Caregivers Support Group

Second & Fourth Tuesday, June 11 & 25th

3:30pm at the GD Sr Center



Alzheimer's Association Support Groups:

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, June 12th 10:30am
at the GD Senior Center

Hood River Valley Adult Center

2nd and 4th Wednesday of the month
from 2-3pm

Hood River Valley Adult Center Board
Room, 1020 Sterling Place

Hood River, OR 97031

Contact: Tom Yates

Phone: 541 387-6246

Email address:

Thomas.yates@providence.org



Dear Marci,

How can I pay the least for doctors' office visits, if I have a Medicare Advantage plan?

-Josh (Willamette, OR)

Dear Josh,

If you have a Medicare Advantage plan, also known as a Medicare private health plan, you typically pay the least for health care services if you see an in-network doctor. An in-network doctor is a provider that contracts with the plan to provide health care services to plan members at a negotiated rate.

In contrast, an out-of-network doctor does not work with the plan. If you see an out-of-network doctor, your plan may either pay less or not pay anything for health care services you receive. Generally, you will pay more for health care services you receive from an out-of-network doctor and pay less for services you receive from an in-network doctor.

Remember, all Medicare Advantage plans are different. Each plan has different rules and may have different networks of providers. While there are multiple types of Medicare Advantage plans, the two most common types of plans are Health Maintenance Organizations (HMOs) and Preferred Provider Organizations (PPOs). For either plan type, you pay the least for your health care services if you receive them from an in-network doctor.

Contact your Medicare Advantage plan to help you locate an in-network doctor. It may also be helpful to also call your doctor's office to ask whether the doctor is in your plan's network.

Lastly, if you have Original Medicare, the traditional Medicare program offered directly through the federal government, you can receive Medicare-covered health care services from any doctor in the nation, as long as he/she accepts Medicare.

-Marci



**Senior Newsletter Edited by
Virginia Dunham
and Jill Parrott**

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509 773-3757

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

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Permit #77

“Return Service Requested”



You are invited to Presby Mansion Front Porch

Performers

Jimmy Ogden & Jimmy Wells

Performing on the Piano & Stringed Bass

Special Guest: Maryjo Olson

Singing Hank William Tunes

Date: Thursday, June 27th **Place:** Presby Mansion Front Porch

127 W Broadway, Goldendale

Time: 7pm



FREE Admission & refreshments

Transportation Please call: 773-04114 or 250-3794