



June 2015

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

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Tips you can implement that can help keep you or a loved one safe from falls.

Start exercising: Weak leg muscles and poor balance are two of the biggest risk factors that cause seniors to fall. Tai chi, walking, water aerobics and strength training are all good for improving balance and strength, as are a number of simple balance exercises that your parent can do anytime, like standing on one foot for 30 seconds then switching to the other foot, and walking heel-to-toe across the room. For additional balance and leg strengthening exercises, the National Institute on Aging offers free exercise guides and a DVD that you can order at Go4Life.nia.nih.gov, or call at 800-222-2225.

Review medications: Do you or your loved one take any medicine or combination of medicines that make you dizzy, sleepy or lightheaded? If so, gather up all the drugs you take -- prescriptions and over-the-counter -- and take them to your doctor or pharmacist for a drug review and adjustment.

Get an eye exam: Poor vision can be another contributor to falls, so get your eyes checked every year. You may be wearing the wrong glasses or have developed a condition such as glaucoma or cataracts that make it harder to see obstacles on the floor. You should also wear single-vision glasses while out on walks, because bifocal and progressive lenses can make depth perception more difficult and cause missteps.

Modify your home: There are also a number of simple household modifications you can do to make your living area safer. Start by arranging or moving the furniture so there are clear pathways to walk through, and by picking up items on the floor that could cause you to trip, like newspapers, shoes, clothes, electrical or phone cords. If you have throw rugs, remove them or use double-sided tape to secure them. In the bathroom, buy some non-skid rugs for the floors, and a rubber suction-grip mat or adhesive non-skid tape for the floor of the tub or shower to prevent slipping, and install grab bars in and around the tub/shower and near the toilet for support. For even greater safety, purchase a shower chair and install a hand-held shower so you can bathe from a seated position. Also, increase lighting throughout the house, and purchase some plug-in night lights for the bathrooms, hallways and stairways that automatically turn on when it's dark. And if you have stairs, put handrails on both sides.





Helping with Medicare Costs

Klickitat County Senior Services is currently reaching out to seniors on Medicare who need help with their Medicare costs. If a senior has an individual income of up to \$1345 a month, or a couple with \$1813 a month, clients may get help with the Part B premium. Low income seniors may also be eligible for assistance with Medicare co-pays and deductibles.

The low income subsidy (LIS) can assist with Part D prescription drug costs. Seniors with monthly individual incomes of up to \$1471 a month, or a couple with \$1991 a month, can get assistance with premiums and prescription costs. Both these programs also have asset limits.

If you are a senior having difficulty with your Medicare medical and drug costs, and believe you qualify for assistance please contact your KCSS office nearest you.

Goldendale: 773-3757

White Salmon: 493-3068

2 Important Caregiver Tips

Caregiver Tip #1

If you've taken on the role of caregiver, the first thing to do is learn as much as you can about your loved one's disease or illness to know what to expect. Otherwise, you'll be driving blind.

Caregiver Tip #2

"Care for your loved one the same way you would want to be cared for if you were living with the disease."

After learning as much as you can about your loved one's disease or illness, put yourself in your loved one's shoes by asking yourself, "What fears and uncertainties would I feel in the face of this terminal diagnosis?"

Envisioning what it's like to live with that illness helps fill you with compassion for your loved one's loss, helping you push aside your exhaustion while giving you strength to continue caregiving.

Empowered by compassion, you'll be able to picture someone else caring for you the way you'd like to care for your loved one. This can make all the difference in the world, helping you survive, thrive and even find joy in caregiving.

Organize your loved one's information before a crisis hits

Health bucket

Make a list of your loved one's doctors, medications, medical history, Medicare, other health insurance cards and a list of emergency contacts.

If your loved one has long-term care insurance, get a paper copy of the policy.

Have a file or book with information and instructions so that someone else can step in and take over if you, the caregiver, become sick or unable to manage things.

With medications, make sure you list the doses, who prescribed them, the times for the medication and the pharmacy.

It's critical that caregivers create an organizational system that works for them.

Make sure others who may have to step in know where the file or book is and what it contains.

Financial records

The financial information you need to collect should include your loved one's:

- Birth certificate.
- Mortgage/rental documents.
- Bills.
- Bank records.
- Passwords for online accounts.
- Contact information for financial advisers.

Legal papers

You also should have copies of your loved one's:

- Will.
- Financial power of attorney.
- Medical power of attorney.
- Living will.

Caregiving plan

Assessing your loved one's unmet needs and how their care can be improved will allow you to develop a thorough caregiving plan.

To complete the caregiving plan, list everyone — including yourself — who is providing support, their broad or specific responsibilities, specific tasks and timelines for accomplishment and contact phone numbers. Share a copy with everyone on the team so all can understand their unique roles and how everyone is working together. You'll also be able to see how balanced the plan is in terms of how your loved one's needs are met and each person's load if there are other family members helping with the care.

The best organizational system is the one that works for you. What's important is that you start now, before a crisis hits.

Most of us have experienced the frantic search for a critical legal, health or financial document, often under heavy pressure due to a crisis or time crunch. Start now to gather the information and documents and organize them for easy access.





STRONG WOMEN STAY YOUNG PROGRAM

The Strong Women Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women.

Dr. Miriam E. Nelson and colleagues have developed and evaluated two curricula. The first is a strength training curriculum to help women maintain muscle mass, strength, and function as they age.

The second is heart disease prevention curriculum that focuses on aerobic activity and nutrition.

Strong Women envisions a diverse community of women who are fit, strong, and healthy; in turn these empowered women become agents of change for their families, communities, and beyond.

We will be continuing the Strong Women Stay Young Program at Senior Services in White Salmon.

Come to an **informational meeting Thursday, June 25th at 1:00** at Senior Services in the Pioneer Center, 501 NE Washington, White Salmon.

Come and receive your informational packet so that you can begin with this Strong Women program. We will discuss the program, the equipment, and the documentation to get started. The Strong Women Stay Young class meets on Tuesdays and Thursdays between 2:00 and 3:00. The next session for new enrollees will begin July 14th.

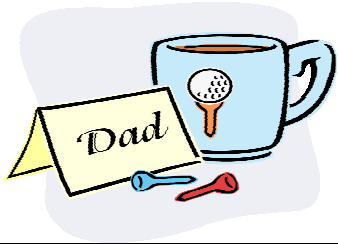
For further information, contact Jill at 509-493-3068.

We look forward to this continued opportunity at the White Salmon Senior Center.

Volunteer Service Hours

April HOURS

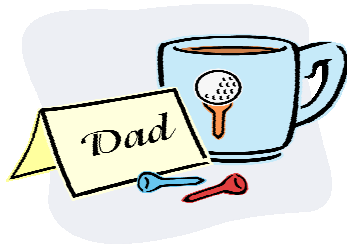
TRANSPORTATION	599.25	Hours
NUTRITION	821	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	15	Hours
MUSICIANS	18	Hours



White Salmon Events

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WGAP Food Bank is open on Tuesdays & Thursdays from 8:30am to 3:30pm call MATS for a ride	1 9:30am Exercise 10am Bingo	2 8:15 Yoga 2pm Strong Women	3 9:30am Exercise 	4 Noon Pinochle 2pm Strong Women	5	6
7	8 10am Exercise 	9 8:15 Yoga 2pm Strong Women	10 Hood River Shopping 9:30am Exercise	11 Noon Pinochle 2pm Strong Women	12 	13
14 Flag Day 	15 9:30am Exercise 10am Bingo	16 8:15 Yoga 2pm Strong Women	17 9:30 Exercise 	18 Noon Pinochle 2pm Strong Women 5:30 Trout Lake Senior Meal	19 	20
21 Father's Day 	22 9:30am Exercise 	23 8:15 Yoga 2pm Strong Women	24 9:30am Exercise	25 Noon Pinochle 2pm Strong Women	26	27
28 	29 9:30am Exercise 10am Bingo	30 8:15 Yoga 2pm Strong Women	MUSIC 6/1 For The Good Times 6/3 Huskey Family 6/8 Old Time Friends	6/10 Simcoe Boys 6/15 9 String Band 6/17 Simcoe Boys	6/22 For The Good Times 6/24 Simcoe Boys 6/29 9 String Band	



Goldendale Events

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 1pm Exercise 2pm Tai Chi	3	4 1pm Exercise 1pm Bingo 	5 Hood River Shopping 12pm Pinochle 13 Mile Yard sale	6 GD Bluegrass Pickerfest Ekone Park FREE 13 Mile Yard Sale
7 Goldendale Bluegrass Pickerfest Ekone Park Free 	8	9 10am Toe Nail Care 1pm Exercise 2pm Tai Chi	10 10:30am Caregiver Support Group	11 1pm Exercise No Zumba till September 1pm Bingo	12 12pm Pinochle  	13 
14 Flag Day 	15	16 1pm Exercise 2pm Tai Chi	17 	18 1pm Exercise  1pm Bingo	19 The Dalles Shopping Noon Pinochle	20 Goldendale Senior Center Breakfast \$3pp
21 Father's Day 	22	23 1pm Exercise 2pm Tai Chi	24 Maryhill Festival of Speed 5/25-29 	25 1pm Exercise No Zumba till September 1pm Bingo	26 Noon Pinochle Festival Of Wheels Maryhill 	27
28	29	30 1pm Exercise 2pm Tai Chi	<u>MUSIC</u> 6/11 Simcoe Boys 6/18 Jackie 6/25 Simcoe Boys			



JUNE MENU 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WS SW Chicken Wraps	2 GD & Lyle SW chicken Wraps	3 WS Chicken Parmesan	4 GD Chicken Parmesan	5	6 Lyle Breakfast 7am to 10am \$6ppAdults \$3Child6-12 under 6Free Lyle Lions
7	8 WS Country Steak	9 GD & Lyle Country Steak 	10 WS Chili Baked Potatoes 	11 GD Chili Baked Potatoes	12 	13 Flag Day
14 Flag Day 	15 WS Beef Stroganoff	16 GD & Lyle Beef Stroganoff 	17 WS Baked Chicken	18 GD Baked Chicken 	19 	20 GD \$3pp Senior Breakfast 9am \$3pp
21 Father's Day 	22 WS Tuna Pasta Salad	23 GD & Lyle Tuna Pasta Salad 	24 WS BBQ Pork	25 GD BBQ Pork	26	27
28 	29 WS Chicken A'La King	30 GD & Lyle Chicken A'La King	July 1 Hamburgers	July 2 Hamburgers 	Menus subject to change	

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 E. 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: Thursday, June 18th at 5:30pm, 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

Outstanding Volunteer Recognition

Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.

To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices.

Nominations need to be submitted to Klickitat County Senior Services.

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.

Warning Signs of a Stroke

Learn the many warning signs of a stroke.

Act **FAST** and **Call 9-1-1**

IMMEDIATELY at any sign of a stroke

Use **FAST** to remember the warning signs:

FACE:

Ask the person to smile.
Does one side of the face droop?

ARMS:

Ask the person to raise both arms.
Does one arm drift downward?

SPEECH:

Ask the person to repeat a simple phrase.
Is their speech slurred or strange?

TIME:

If you observe any of these signs, call
9-1-1 immediately.

Energizing Support Groups

Goldendale Diabetes

4th Tue. 6-7pm,
Goldendale Library
Camplan room ~
(541)965.0655

Goldendale Bereavement Support Group

Susan Shipman at 773.0380

Goldendale Support Group for Unpaid Caregivers

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

Parkinson's Support Group

First Wednesday, June 4th, 2pm
Water's Edge Conference Room,
2nd floor,
Info: Chad Swanson,
(541) 340.0142



Dear Marci,

My Part B premium is difficult for me to afford each month. I called Medicare to ask about help paying for this, and they told me to apply for a Medicare Savings Program. What is a Medicare Savings Program?

Emma (Jackson, MS)

Dear Emma,

A Medicare Savings Program (MSP) is an assistance program that can help pay for your Medicare costs if you have limited finances. MSPs may also be called Medicare premium assistance programs or Medicare buy-in programs.

There are three main types of MSPs. Each program has certain income and asset limits in order to qualify for them.

In addition, all three MSPs allow you to enroll in Medicare outside of the formal Medicare enrollment periods. They also waive any late enrollment Part B premium penalties that you may have. When you have an MSP, you also automatically qualify for Extra Help, the federal assistance program that helps to pay Medicare prescription drug costs.

To qualify for an MSP, you must have Medicare Part A and meet certain income and assets guidelines. If you do not have Part A but meet QMB eligibility guidelines, your state should have a process to allow you to enroll in Part A and QMB. Many states allow this throughout the year, but others limit when you can enroll in Part A.

Keep in mind that you should still apply for an MSP if you need the help even if your income seems slightly above your state's income and asset guidelines. This is because states use different rules to count your income and assets to determine your eligibility for an MSP. Certain income or assets may not count, and some states do not have an asset limit. Know that you cannot choose which MSP you receive, but are assigned to one of the three MSPs based on your income and assets. To learn about MSPs in your state and to find out where to apply, contact your State Health Insurance Assistance Program (SHIP) or your local Medicaid office. You can find the contact information for your SHIP by going to www.shiptacenter.org or by calling 877-839-2675.

Marci

The Top 5 Scams Affecting Senior Citizens

1. Medicare Fraud

If someone calls or comes to your door offering free medical equipment – from medical alert devices to wheelchairs – beware. Often, scammers will try to obtain your personal information so they can charge Medicare for the equipment. Chances are, you'll never receive the supplies promised. A related hoax involves persuading Medicare recipients to receive free services at a mobile health clinic. Unfortunately, these makeshift clinics are simply a ruse to obtain personal details from the patient. As with medical equipment scams, the perpetrator will use the information to charge Medicare for services it never actually performed. The fact is, free health screenings should never require one to divulge sensitive information like Social Security numbers or Medicare account numbers. If you're being asked for personal details that seem unnecessary, it's a red flag that something unscrupulous is afoot.

2. Funeral Cons

People are at their most vulnerable when they've just lost someone they love. Unfortunately, some con artists take full advantage of this. Some swindlers will browse obituaries and then visit the funeral services of someone who recently died. Claiming that the deceased owed them money, they'll try to extort the bogus debt from a grieving widow or widower.

3. Bogus Charities

Unfortunately, some of the most common scams involve taking advantage of a person's inherent kindness. In one example, the individual will call seniors to raise money for a fake charity organization. Often they'll do so in the wake of a natural disaster, when the potential scam victims are most likely to lend a helping hand. Be cautious of a charity whose name is similar to a more well-known organization. And don't be afraid to get information about the group in writing or by doing your own independent research at a site like Charity Navigator or the Better Business Bureau's Wise Giving Alliance before deciding to send in a check or before signing anything.

4. Exploiting Grandparents

Another trick is to call seniors and say that their child or grandchild has gotten into an accident and needs money immediately. Sometimes, the caller will even assume the identity of a grandchild over the phone and relate some unexpected financial crisis with which he or she needs help. Because money that's wired doesn't always require identification from the recipient, it's an easy way to collect cash from a generous grandparent.

5. Home Improvement Scams

Scam artists will sometimes knock on the door of older residents and point out that their roof needs repair or that their house needs a fresh coat of paint. They'll then pressure the homeowner into signing a contract without disclosing the full cost of the job. The scammer may even claim that they just completed work on a neighbor's home and offer a "discounted" rate on the leftover materials. The best way to avoid falling into this trap is to do your research on contractors before signing anything. That means looking them up on the Better Business Bureau website and checking to make sure they're licensed and bonded. If the worker at your door drives an unmarked van – or pressures you to make a decision the same day – take it as a warning sign.

Outstanding Senior Volunteer Lucille Bennett



Congratulations to Lucille Bennett. She was selected by the Klickitat County Senior Advisory Board as an outstanding volunteer.

Lucille is a “farm girl from the hills of Mosier, Oregon”. She met her late husband “Ronnie” when going to play music and dance at Mountain Brook. She has lived in White Salmon for 63 years now and has a strong family music background. She has always loved dancing and cannot remember a time when she did not. She has three biological children and many adopted children. Her 3 daughters are Rhonda, Cindy, and Kathy and she has about 15 grandchildren.

Lucille has been volunteering “forever”. She was the first woman in auto parts at Ray’s Auto Parts in Bingen and then she worked at the White Salmon High School. Her volunteer work includes: helped in the development in building the new school, helped start the community Christmas baskets, volunteers helping others in her church and neighborhood. She has been a dedicated volunteer at the Pioneer Senior Center in White Salmon with coordinating and scheduling musicians to perform at the Senior Meal and serving on the White Salmon Senior Site Committee, she also helps serve and clean up at the senior meal program, and provides announcements and updates for the seniors at the meal program in White Salmon.

When asked why does she volunteer? Lucille said she was raised to bring love and to help people.

When asked if she has any advice to give others? Lucille said, “Say hello to everyone you see. You never know it might be just what someone needs.”

Thank you Lucille for your outstanding volunteer service!

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

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

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The Seasoned Approach

The Sight Saving Diet

A condition called age-related macular degeneration (AMD) is caused by eye deterioration. This happens particularly in people over 60 and affects central vision, often leading to blindness or partial blindness.

New evidence shows that at least part of the problem may stem from lack of certain nutrients. Vitamins and minerals may reduce the risk of such eye disorders as AMD and Cataracts. Also important are the carotenoids, a nutrient source not classified as vitamins but similar. They are found in leafy greens, corn, kiwi, carrots, sweet potatoes, tomatoes and many other green, red or yellow fruits and vegetables.

People who eat a lot of carotenoid-rich foods seem to have the healthiest eyes. Smokers have a high risk of AMD, possibly because smoking has a negative impact on carotenoids in the body, as well as on vitamin C. The carotenoids aren't the only nutrients that make healthy eyes. Vitamins C & E help prevent cataracts and vitamin A is essential for night vision.

It does not mean that the nutrients listed above are the only ones you should eat or that they are the only ones good for your eyes. It simply means that a wide variety of fruits and vegetables is the way to go.

