



# March 2013

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



## **VOLUNTEERS REALLY MAKE THINGS HAPPEN!**

We know how important volunteers are to our organization and to our community but do not always take the time to share with others how true this is.

We are very excited that through the work of a group of very dedicated volunteers there will be another congregate senior meal available in our community.

Trout Lake Care, an organization of community volunteers, has partnered with the Trout Lake School and Klickitat County Senior Services to provide a hot meal at the Trout Lake School Cafeteria in the evening. They offered their first meal on Valentine's Day and it was a tremendous success. There was good food, great socializing and live entertainment.

They plan to offer a meal on the 2nd Thursday of every month at 5pm and hope to increase that to twice per month and then possibly once per week.

We continue to be extremely fortunate by having a crew of dedicated volunteers at all of the meal sites. Lyle and Bickleton meal sites are entirely volunteer staffed. Goldendale and White Salmon meals are also staffed by a large crew of dedicated volunteers. Please take time to thank those that give so much of their time, expertise, and muscle to make such good food and fun times.



**Don't sit home alone: come out to your local senior meal site to laugh, learn, eat, enjoy, and meet new friends!**

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## Don't Take the Bait-Hang Up

As technology has developed so has the sophistication of the con artist. The telephone has become a “tool of the trade” for fraudulent telemarketers who scam consumers and businesses out of 40 billion dollars annually.

Legitimate businesses also use the same “tools” to sell their products, so consumers need to recognize the warning signs associated with fraudulent telemarketers.

### FRAUDULENT TELEMARKETING—RED FLAGS

These Telemarketers will try to convince you.

- You've just won a prize or a contest
- To buy a magazine subscription, vitamins, vacations, lottery tickets, office supplies, club memberships, promotional items or give to a charity.



While some of these promotions MAY be legitimate always TEST whether this is a legitimate call or a scam.

HANG UP if you answer “YES” to any of these questions

- Does the caller refuse to give you time to make up your mind about the offer?
- Does the caller refuse to mail you information?
- Does the caller pressure you for your credit card number?
- Do you have to pay to win a “free prize” or enter a “contest”?
- Does the caller offer to send a courier to your house to pick up money or a check?
- Does the offer sound too good to be true?
- Are you buying something based only on what the caller tells you?

### REPORT IT!!!

Call the Attorney General's Office at 1 800-551-4636. Call the National Fraud Information Center at 1 800-876-7060.

In White Salmon area call Jill 493-3068 & in the Goldendale area call Virginia 773-3757.

## Medication Tip of the Month

Asking questions and understanding what each medication is for is an important part of good senior health. Talk to your doctor and your pharmacist about your medications, and get a good understanding of their effects, possible medication side effects, how and when you should take them, and anything else that you need to know — even what to do when you skip a dose by accident.



## Library Provides Free College-Level and Personal Interest Classes

There are a wide range of instructor-led courses that are taken entirely on-line and are free to Fort Vancouver Regional Library (FVRL) cardholders.

Ed2Go offers hundreds of highly interactive courses that are taken entirely on the Internet. Courses range from digital photography and basic college writing to medical technology and grant writing classes. All of the courses are free to those who have a Fort Vancouver Regional library card. Each six-week course is led by an expert instructor and new sessions begin every month.

Most courses last six weeks with two lessons per week, quizzes and a final exam. They include interactive time with an instructor. A certificate is awarded when the student passes a course. Individuals may be able to get a good head start on their Associate's Degree. (Credit for courses would be at the discretion of a student's college or degree program. FVRL cannot award credits.)

To start using Ed2Go you can go online to:  
<http://www.ed2go.com/1-fvrlmain/>

Or check at your local FVRL library.

Goldendale Community Library

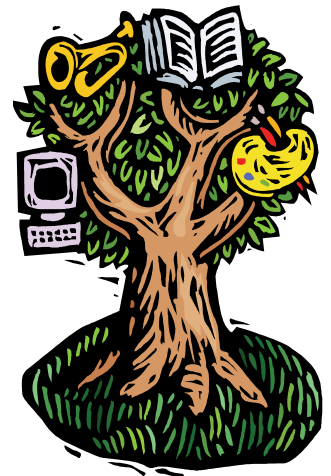
131 West Burgen Street  
Goldendale WA 98620  
509-773-4487

**Open:** Mon, Tue, Wed, Thu, Fri, Sat 10:00 am - 6:30 pm

White Salmon Valley Community Library

77 NE Wauna Avenue  
White Salmon, WA 98672  
509-493-1132  
Toll Free: 888-546-2707

**Open:** Tue 10:00 am - 8:00 pm; Wed, Thu, Fri, 10:00 am - 6:00 pm;  
Sat 9:00 am - 5:00 pm





## White Salmon Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for April 8th & 9th at the Pioneer Senior Center, 501 NE Washington St., White Salmon.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00 a.m. to 1:00 p.m. 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.

## Coming Soon!

### StrongWomen – Strength Training

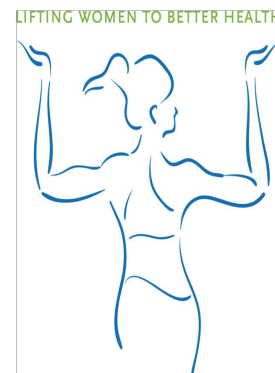
The StrongWomen Strength Training Program is a community based strength training program aimed at mid-life and older women.

The benefits of strength training for older women have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep and vitality

The StrongWomen Strength Training Program includes progressive resistance training, balance training, and flexibility exercises. Classes typically have eight to twelve participants and last approximately 45-60 minutes. The curriculum includes two sets of resistance training routines, each with eight to ten exercises that can be used within the program. Both routines begin with a five to ten minute warm up that may include walking, marching, or light calisthenics, e.g. toe touches. The resistance training exercises work all of the major muscles groups, utilizing a combination of dumbbells, adjustable ankle weights, and body weight. Classes conclude with a five to ten minute cool-down that includes upper and lower flexibility exercises.






We are planning to offer a Strong Women Class in White Salmon at the Pioneer Center. Please contact Senior Services at 509-493-3068 if you are interested in participating.



# White Salmon Events

## March 2013







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Music</b> 3/4 Strawberry Mountain Band 3/6 Barbara & Marlow 3/11 Old Time Friends	3/13 Strawberry Mountain Band 3/18 For The Good Times 3/20 Barbara & Marlow	3/25 Strawberry Mountain Band 3/27 For The Good Times 			1	2
3	4 9:30am Exercise 10am Bingo	5 8:15 Yoga 	6 AARP Tax Aide by appointment only 9:30am Exercise	7 8:15 Yoga 12pm Noon Pinochle	8	9
10 	11 9:30am Exercise	12 8:15 Yoga	13 HR Shopping AARP Tax Aide by appointment only 9:30am Exercise	14 8:15 Yoga 12pm Noon Pinochle	15	16
17 St Patrick's Day 	18 9:30am Exercise 10am Bingo	19 8:15 Yoga 	20 9:30am Exercise AARP Tax Aide by appointment	21 8:15 Yoga 12pm Noon Pinochle	22	23
24 Palm Sunday 31 Easter	25 9:30am Exercise	26 8:15 Yoga	27 9:30am Exercise AARP Tax Aide by appointment	28 8:15 Yoga 12pm Noon Pinochle	29	30







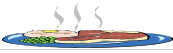

# Goldendale Events

## March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3/15 Jackie				1 Noon Pinochle 	2 FREE Tax Assist Call 773-3757
3 	4	5 11 Toe Nail Care 1pm Exercise 2pm Tai Chi 	6	7 1pm Exercise 2pm Bingo 4pm to 7pm GD Art Gallery	8 TD Shopping 12pm Pinochle 	9 FREE Tax Assist Call 773-3757
10 	11	12 1pm Exercise 2pm Tai Chi 3:30pm Stroke Survivor & Caregiver Support Grp	13 10:30 Caregiver Support Group	14 1pm Exercise 2pm Bingo	15 Noon Pinochle 	16 FREE Tax Assist Call 773-3757 <b>Senior Breakfast</b>
17 	18 	19 1pm Exercise 2pm Tai Chi	20 GD Library Song Circle 2pm 	21 1pm Exercise 2pm Bingo	22 HR Shopping Noon Pinochle	23 FREE Tax Assist Call 773-3757
24 <i>Palm Sunday</i>  31 <i>Easter</i>	25 	26 1pm Exercise 2pm Tai Chi 3:30pm Stroke Survivor & Caregiver Support Group	27	28 1pm Exercise 2pm Bingo 	29 Noon Pinochle 	30 FREE Tax Assist Call 773-3757

# March MENU 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menus subject to change</b>	GD= Goldendale WS= White Salmon	TL= Trout Lake			1 	2 Lyle Senior Breakfast 7am \$5pp at
3	4 WS Meatballs 	5 GD & Lyle Meatballs	6 WS Taco Salad	7 GD Taco Salad	8	9
10 	11 WS Salisbury Steak	12 GD & Lyle Salisbury Steak	13 WS Stew	14 GD: Stew TL: Corned Beef	15	16 GD Senior Breakfast 9am \$3pp
17 	18 WS Cook's Choice	19 GD & Lyle Cook's Choice 	20 21 WS Chicken	21 GD Chicken	22 	23
24 <i>Palm Sunday</i> 31 <i>Easter</i>	25 26 WS Pork	26 GD & Lyle Pork	27 28 WS Sloppy Joe's	28 GD Sloppy Joe's	29 <i>Good Friday</i>	30

## 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 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 5:00pm 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 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 & Frozen Home Delivered meals are available—call Senior Services for more information.

Goldendale 773-3757

White Salmon 493-3068

**Are you caring for a loved one?**

**Are you interested in participating in a Caregiver Support Group in White Salmon?**

**If so, please contact Senior Services at 509-493-3068.**

### **Energizing Support Groups**

#### **Goldendale Diabetes**

Leslee LaFrantz 773-4022

#### **Goldendale Bereavement Meeting**

call Margaret Crowell at 773-0380

#### **Goldendale Caregiver Support Group**

Second Wednesday,  
March 14th at 10:30am at the  
Goldendale Senior Center

#### **Goldendale Stroke Survivor Support Group**

2nd & 4th Tuesday at  
3:30pm at the Goldendale Senior Ctr

### **SHIBA Counselors**

The SHIBA volunteers & counselors are here to help you with your Medicare and other insurance questions. SHIBA is a free service provided by the Washington Office of the Insurance Commissioner. Our volunteers and counselors are here to guide you through your health care options if you live in Klickitat County. If you are new to Medicare or have questions regarding the choices you made during Open Enrollment, we can help. We assist thousands of individuals and their families every year. We can take the time to provide assistance to you, either by phone or you can make an appointment to see Jill or Virginia. Contact your local KCSS office.

If you would like to Volunteer for this rewarding program please contact the SHIBA help line at 1 800-562-6900 or contact Jill or Virginia to receive assistance in signing up for this program.

### **KLICKITAT**

**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

### **Volunteer Hours**

#### **January HOURS**

TRANSPORTATION	814.20	Hours
NUTRITION	707.5	Hours
NEWSLETTER	26	Hours
SR. EXERCISE	14	Hours
MUSICIANS	16	Hours

**Dear Marci,**

I went to pick up my medication at the pharmacy and was told that my drug was not covered under my Medicare prescription drug plan. Can I ask my plan to cover a drug that was denied at the pharmacy?

Abigail (San Antonio, TX)

**Dear Abigail,**

Yes, if your prescription was denied at the pharmacy, you or your doctor can ask your Medicare prescription drug plan (Part D) for an exception to the plan's coverage rules. If your plan is not paying for your drug, your pharmacist will tell you that your plan does not cover your drug and may give you the option of paying the full cost of your drug. Your pharmacist may also give you a notice called, "Medicare Prescription Drug Coverage and Your Rights." This notice will give you information on how to contact your plan to get coverage for your drug.

Before you ask your plan for an exception, call your plan to find out why your drug was denied at the pharmacy and share that information with your doctor. Your drug may have been denied by the plan for any of the following reasons:

- Your drug isn't on your plan's formulary (list of covered drugs).
- You have to get prior authorization, meaning that you must formally ask your plan for permission, before your plan will consider covering your drug.
- You have to try step therapy, meaning that you must try a different, less expensive drug first, before your plan will cover your drug.
- Your drug has a quantity limit, meaning that your plan will only cover a certain amount of your drug over a period of time.

After finding out why your plan did not cover your drug, you or your doctor should submit a formal request to your plan, asking your plan to cover the drug you need. This formal request is called an exception request and it can be a written or verbal request to your plan. In addition, your doctor must fill out a form called a Coverage Determination Request Form. You or your doctor can get this form by contacting your plan or by visiting your plan's website.

Oftentimes, your doctor will send these documents directly to the plan for you. If your doctor can't do this, you can send these documents in, yourself. Contact your plan to find out where to fax or mail these documents. Keep copies of everything that you send and use certified mail to confirm that your plan receives the information.

Your plan must give you or your doctor a decision, responding to the exception request within 72 hours of receiving your doctor's statement. If you need your drugs sooner, you can request a fast, or expedited, exception request and your plan should respond to your request within 24 hours.

If your plan approves your exception request, your drug will be covered. However, if your plan denies your request for an exception to their rule, your plan will send you a letter titled "Notice of Denial of Medicare Prescription Drug Coverage." This letter will explain how you can appeal the plan's decision. Remember, there are further steps within the appeals process. Even if your plan denies your exception request, you have the right to appeal again to try to get your drug covered.

-Marci

## How's My Driving? Staying Safe Behind The Wheel



### Should I Stop Driving?

Do other drivers often honk at you? Have you had some accidents or traffic tickets? Are you getting lost even on well known roads? Have family members or friends said they were worried about your driving? Do you drive less because you are not as confident as you once were?

If you answered yes to any of these, you probably should think seriously about whether or not you are still a safe driver. If you have questions about your driving ability, talk to your doctor.

### What Happens When Someone Gives Up Driving?

If you choose to give up driving you can still obtain a Washington Identification card from the Washington State Department of Licensing.

### What Happens When Someone Reports Me?

The Department of Licensing will review the information to determine the next step:

- Often, we'll send the driver a medical or vision certificate asking for more information from a physician or eye care practitioner.
- We may require the driver to complete a re-examination of driving knowledge and skills. Depending on the skill level demonstrated by the driver, we may take action such as requiring equipment to accommodate impairments.

If we determine that the driver is a threat to public safety, we may cancel his or her driving privilege.

### Confidentiality

Under Washington State law, information we receive about unsafe drivers isn't confidential and will be provided to drivers or their attorneys upon written request.

### How Will I Get Around?

Family members and friends can help. Klickitat County Senior Services has Mt. Adams Transportation which provides dial-a-ride services to do grocery shopping, get to medical appointments, and attend senior center functions.

### Can I Be A Better Driver?

Older drivers are most at risk while yielding right of way, turning — especially left turns — changing lanes, passing, and using freeway ramps. Pay extra attention at those times. If there is not a left-turn arrow, look for alternate routes that do provide such lights. Avoid difficult situations such as driving at night, on highways, during rush hour, and in bad weather. Limit your trips to lower the chances of a crash. Stick to streets you know. Leave a big space between your car and the one in front. Don't drive when you are tired. Take a driving refresher class. Some car insurance companies reduce your payment if you pass such a class.



## New service from Social Security



Social Security is pleased to announce expanded services available with a new, personalized *my* Social Security account.

More than 60 million Social Security beneficiaries and SSI recipients with a *my* Social Security account can go online and get an official benefit verification letter instantly. The benefit verification letter serves as proof of income to secure loans, mortgages and other housing, and state or local benefits. Additionally, people use the letter to prove current Medicare health insurance coverage, retirement or disability status, and age. People can print or save a customized letter.

Social Security processed nearly nine million requests for benefit verification letters in the past year. This new online service allows people to conduct business with Social Security without having to visit an office or make a phone call, and very often wait for a letter to arrive in the mail. It also will reduce the time spent by employees completing these requests and free them to focus on other workloads.

People age 18 and older can sign up for an account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Once there, they must be able to provide information about themselves and answers to questions that only they are likely to know. After completing the secure verification process, people can create a *my* Social Security account with a unique user name and password to access their information.

People age 18 and older who are not receiving benefits can sign up for a *my* Social Security account to get a personalized online Social Security Statement (these will no longer be mailed.) The online Statement provides eligible workers with secure and convenient access to their Social Security earnings and benefit information, and estimates of future benefits they can use to plan for their retirement. In addition, the portal also includes links to information about other online services, such as applications for retirement, disability and Medicare.

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”**

## **FREE Dr. Ogden’s Turkey Dinner**

**Come & enjoy an evening of great food and entertainment**

**Date:** Saturday, March 2nd

**Time:** 5:40pm

**Supper served at 6pm**

**Place:** Goldendale Middle School

Sweet Adeline’s from Mid Columbia

Piano music will be played by Nathan, Micah, Hannah, & Havilah Reimche-Vu

Donations accepted for Dr. Ogden’s & Dr. Reimche-Vu

2013 dental & optometry trip to Cambodia

Donations will be collected to benefit this optometric/dental mission. The dinner and expenses of the program have been paid by the team, so all donations will go

100% to the project.

**Free Transportation Call Ogden’s Mopar Limo Service 773-4114 or 250-3794**

