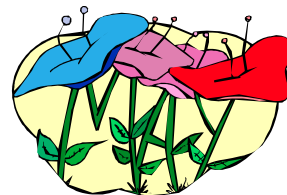


Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068



May 2013

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OLDER AMERICANS MONTH 2013

Unleash the Power of Age

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. This May, is a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help Older Americans improve their quality of life.

Klickitat County Senior Services encourages you to take part in the celebrations by sharing your Older Americans Month resolutions with the U.S. Administration on Aging. Post what you will do this May to unleash the power of age on the AoA Facebook page, www.facebook.com/AoA.gov, and follow up by sharing a picture or story about the experience later in the year.

While Klickitat County Senior Services provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show special appreciation! It is an opportunity to nominate a senior you know who is making Klickitat County a better place through their volunteer contributions either with senior or other age groups in your local community.

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May (“Older Americans Month”) began in 1963 as “Senior Citizens Month and has continued since that date, though the name was changed to “Older Americans Month” in 1980. The program is promoted by the Administration for Community Living and the Administration on Aging of the U.S. Department of Health and Human Services. The theme for 2013 is ‘UNLEASH the POWER of AGE.’ More information can be found at <http://www.olderamericansmonth.acl.gov/>

At its April 4, 2013 meeting, The Klickitat County Senior Services Advisory Committee decided to honor a Klickitat County organization that exemplified the spirit and theme of this year’s Older Americans Month. Trout Lake Care, Inc. was selected for this honor.

Trout Lake Care (TLC) began with a Steering Committee of nine older Trout Lake residents. They first met on October 18, 2012. At this meeting, they discussed objectives and created a to-do list. At the second meeting, they simplified their objectives to the following: Provide and/or facilitate services that enable the impaired, ill and physically limited to remain in or near their homes as long as possible.” TLC began by concentrating on goals that would give the “most bang for the buck”: Congregate Meals, Information & Education, Transportation, and an Equipment Lending Center.

Congregate Meals: TLC’s first senior community meal (in cooperation with Klickitat Senior Services) took place on February 14th, Valentine’s Day. More than 125 participants, including volunteers, attended. In the hour before dinner, attendees were entertained with music and singing. After dinner, the Trout Lake Robotics Club demonstrated with their Frisbee flinging robot. It was truly a community event. The second meal took place on March 14th and celebrated the upcoming St. Patrick’s Day. Once again there was music during the social hour before dinner. The April 11th meal followed the same format. If all continues well, meals will occur twice a month, then weekly.

Information & Education: Our efforts have mostly focused on encouraging people to get the excellent Klickitat County Senior Newsletter mailed to every older Trout Lake resident. This newsletter gives seniors useful advice and informs them about available services. Also included in this activity is a Caregiver Library. A growing number of books and magazines on health, nutrition and caregiving are available at a local medical office.

Transportation involves recruiting volunteer drivers for the Klickitat Senior Services transportation system. When TLC was formed, there were no Trout Lake volunteer drivers. There are now three. Two more have submitted applications and will transport “meals on wheels.” Drivers are trained and qualified by Senior Services.

The **Equipment Lending Center** is a collection of lift chairs, wheel & transfer chairs, walkers, canes, bathstools, elevated toilet seats, and other mobility equipment. It’s all available to loan for as long as needed at no cost.

Trout Lake Care’s success and continuing growth comes from the willingness of older and younger residents to volunteer time, materials, and skills. What an example of ‘Unleash (ing) the Power of Age’, all ages.

Advance Directives: Helping Your Family Plan

Have you spoken with your family about their end-of-life plans? Do they know your preferences for healthcare management in the event that you become too ill to express your wishes? Although these topics are difficult to consider, they are especially important for family members of advancing age.

Advance directives are plans you create, often with help of an attorney, listing specific wishes for your care in the event of devastating illness or injury. For example, would you choose to be on life support measures such as a respirator to help you breathe, or feeding through tubes to sustain your life? Who would you choose to be your “proxy” (substitute) in decision-making if you were unable to direct your own care?

As the field of medicine develops, we have so many more opportunities for health and longevity. With all of the modern benefits also comes the challenge of knowing our personal limits and expectations. It is important to know all your options, and to talk about them with family members. It is certainly not an easy discussion, but imagine the difficulty and stress left to adult children trying to cope with a sudden downturn in health of a parent, if the family has differing opinions about what level of life-sustaining measures should be taken.

Who are the experts? Well, a chat with your physician is a good start. Your doctor will provide you with a Physicians Order for Life Sustaining Treatment (POLST) which is a bright green page that provides your desires for treatment to emergency medical technicians (EMT) and to others who may be called on to help when you are unable to communicate your desires.

Columbia Legal Services and the Northwest Justice Project have a pamphlet available that explains powers of attorney more generally. It has forms that apply to financial decisions as well as medical-treatment decisions. The pamphlet is available on the web site of the Northwest Justice Project – www.nwjustice.org .

Dear Marci,

I have Original Medicare and I recently received a Medicare Summary Notice. What is a Medicare Summary Notice?

-Pauline (Baltimore, MD)

Dear Pauline,

A [Medicare Summary Notice \(MSN\)](#) is a summary of health care services you recently received from doctors, hospitals or other health care [providers](#). Medicare will typically mail you this notice every three months (i.e. four times a year), if you have [Original Medicare](#), the traditional Medicare program directly administered by the government. The [MSN](#) lists the following:

- The health care service you received;
- Medicare's decision on whether the service you received is covered;
- The amount your provider charged Medicare for the health care service you received;
- The amount Medicare paid your provider for that service; and
- The amount you directly owe to your provider.

The MSN is not a bill, even though it may look like one. Instead, it gives you information on the charges made by your provider and the payments made by [Medicare](#). Whenever you receive a health care service, your provider submits a bill to Medicare for the service you received. Medicare then pays the provider a set amount for that service, called the [approved amount](#). After Medicare pays the approved amount to your provider, you may be responsible for a portion of the total health care service cost, which you should pay directly to your provider. The amount you are responsible for is generally called the [coinsurance](#) or [co-payment](#).

If you owe any remaining costs, you will receive a bill from the doctor or health care provider that provided you with the health care service or item. If you already paid your provider, make sure you paid the right amount for that service. This is the amount listed under the "Maximum You May Be Billed" column on your MSN. If you have any questions on the amount you owe to your doctor or health care provider, contact them, directly.

Keep in mind that if Medicare refused to pay for the health care service you received, you can ask Medicare to reconsider by filing an [appeal](#). You will know whether Medicare denied coverage of a service you received, if you see a "No" under the "Service Approved" column on your MSN. If you have Original Medicare and you need help understanding your MSN, you can call 800-MEDICARE for assistance. You can also download a sample MSN from www.medicare.gov.

Remember, if you have a [Medicare Advantage plan \(Medicare private health plan\)](#), as opposed to Original Medicare, you will not receive an MSN. Instead, you will generally receive the plan's version of the MSN, called an [Explanation of Benefits \(EOB\)](#). Like the MSN, the EOB is not a bill and just gives you information on the charges and payments related to the health care service you received. Your Medicare Advantage plan will typically mail you the EOB, after you receive a health care service. If you have a Medicare Advantage plan and you need help understanding your EOB, contact your plan, directly.

-Marci

White Salmon Events May 2013







Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 5/1 Barb & Marlow 5/6 Buck Smith 5/8 Strawberry Mt Band	5/13 Old Time Friends 5/15 For the Good Times 5/20 Buck Smith 5/22 Strawberry Mt Band	5/27 CLOSE 5/29 For the Good Times 	1 9:30 Exercise	2 8:15 Yoga Noon Pinochle 	3	4
5	6 9:30 Exercise 10am BINGO	7 8:15 Yoga 11am Strong Women Stay Young Information Meeting 	8 HR Shopping 9:30 Exercise	9 8:15 Yoga Noon Pinochle	10	11
12 Mother's Day 	13 9:30 Exercise 10am BINGO	14 8:15 Yoga 	15 9:30 Exercise 	16 8:15 Yoga Noon Pinochle	17	18
19	20 9:30 Exercise 10am BINGO	21 8:15 Yoga 	22 9:30 Exercise	23 8:15 Yoga Noon Pinochle 	24	25
26	27 OFFICE CLOSED Memorial Day 	28 8:15 Yoga 	29 9:30 Exercise	30 8:15 Yoga Noon Pinochle	31	











Goldendale Events

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 1pm Exercise 1pm Bingo	3 12pm Pinochle	4
5	6	7 11am Toenail Care 1pm Exercise 	8 10:30am Support Group	9 1pm Exercise 1pm Bingo	10 TD Shopping 12pm Pinochle	11
12 Mother's Day 	13	14 1pm Exercise 3pm Stroke Survivor	15	16 1pm Exercise 1pm Bingo 	17 Noon Pinochle	18 Senior Breakfast \$3pp
19	20	21 1pm Exercise 	22	23 1pm Exercise 1pm Bingo	24 HR Shopping Noon Pinochle	25
26 	27 OFFICE CLOSED Memorial Day	28 1pm Exercise 3pm Stroke Survivor	29 	30 1pm Exercise 1pm Bingo	31 Noon Pinochle	

MAY MENU 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to Change		WS=White Salmon GD=Goldendale	1 WS Meatballs	2 GD Meatballs	3 	4 Lyle Senior Breakfast 7am- 10am \$7 Adults \$3 Children
5	6 WS Chicken & Rice	7 GD & Lyle Chicken & Rice 	8 WS Taco Salad	9 GD Taco Salad Trout Lake Cook's Choice	10	11
12 Mother's Day 	13 WS Cook's Choice	14 GD & Lyle Cook's Choice 	15 WS Chicken	16 GD Chicken 	17 	18 GD SR Breakfast 9am \$3pp
19	20 WS Chili Bake	21 GD & Lyle Chili Bake	22 WS Pork	23 GD Pork	24	25
26 	27 OFFICE CLOSED Memorial Day	28 GD & Lyle Shepard's Pie	29 WS Salisbury Steak	30 GD Salisbury Steak 	31	

SENIOR MEAL SITE LOCATIONS

Goldendale: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 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.

BICKELTON: The 2nd and 4th Tuesday at 11:30am

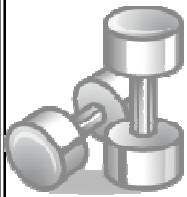
\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouse at the senior rate. Non-seniors \$6.50 fee.

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



Hand and Ankle Weights Needed

Senior Services is in need of small hand weights and ankle weights. We are looking for weights in the 1lb to 10 lb range that have a cleanable surface.

If you have weights that you are willing to donate please drop them off at Senior Services offices in White Salmon for Goldendale or give us a call.

Goldendale Motor sports Association (G.M.A.) presents

Vintage Tractor Pull 2013

Sat & Sun May 25th & 26th

Admission FREE

Breakfast Sunday 9am . Food Available on site all weekend.

Pulling begins at 1pm both days

Pull & Show at Joe Sellers Track, 1.5 miles north of GD, turn left on Hanging Rock Rd, 1.7 miles to event

PLEASE bring your own seating.

KLICKITAT

Meals will be served at 1pm & 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.

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz

773-4022

Goldendale Bereavement Meeting, call Susan Shipman at 773-0380

Goldendale Stroke Survivor Support Group

Second & Fourth Tuesday

May 14th & 28th

3:00pm at GD Sr Center

Alzheimer's Association Support Group: Goldendale Support Group

Second Wednesday, May 15th

10:30am at the Goldendale Senior Center

Hood River Valley Adult Center

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

Hood River Valley Adult Center - Board Room

2010 Sterling Place

Hood River, OR 97031

Contact: Tom Yates

Phone: 541-387-6246

Email address:

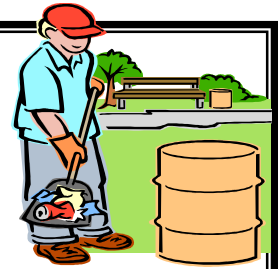
thomas.yates@providence.org

Volunteer Hours

March HOURS

TRANSPORTATION	691.75	Hours
NUTRITION	707	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	27	Hours
MUSICIANS	18	Hours

City of Goldendale Clean-Up Day



City of Goldendale residents will be allowed **ONE FREE** pickup load of garbage, **IF** they present a coupon to the Goldendale Transfer Station on Saturday, May 4th between 9am to 5pm.

Coupons available at: City of Goldendale, Chamber of Commerce, Goldendale Sentinel and KCSS office.

Seniors and disabled person **MUST** contact Klickitat County Senior Services at 773-3757 by Monday, April 29th, no later than 4pm to secure a **FREE** curbside pickup of your garbage and brush. City of Goldendale Public Works Department will be picking up and hauling off brush for seniors and disabled persons within the city limits on Monday, May 6th. Brush may be up to 4 inches in diameter, no more than 10 feet in length, and must be stacked in a neat pile beside the sidewalk or in right-of-way. This service is being provided by the city as a courtesy. Please be considerate of others and limit the amount of brush you expect the city to haul off. **CALL EARLY.**

Goldendale Health Fair

Date: Saturday, May 18th

Place: Goldendale High School gym.

Time: 7am to 12pm

This annual event offers a variety of screening examinations, many of them free to the public. Skin, Breast Exams, Hearing, Lab Work Consultations and Vascular Screenings will be conducted from 7am to 12pm.

Blood test requires a 12 hour fast for accuracy.

CBC, CMP, Lipid Panel \$30

Prostate Specific Antigen (PSA) \$16

Thyroid Stimulating Hormone (TSH) \$16

Glycohemoglobin (HbA1c) \$16



Questions? Contact Klickitat Valley Health at code@kvhealth.net or call 509 773-1063

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

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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 Service Requested”



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 starting a *Strong Women Stay Young Program* at Senior Services in White Salmon. Come to an informational meeting Tuesday, May 7th at 11:00 at Senior Services in the Pioneer Center, 501 NE Washington, White Salmon. Come and receive your informational packet so that we can get this Strong Women class going. We will discuss the program, the equipment, and the documentation to get started.

For further information, contact Jill at 509-493-3068. We look forward to bringing this opportunity to the White Salmon Senior Center.