

# Klickitat County Senior Newsletter

Goldendale 773-3757  
White Salmon 493-3068

# May 2015

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## GET INTO THE ACT.

OLDER AMERICANS MONTH  
MAY 2015



Each May, the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act, we focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. This year's theme is "Get into the Act" and we hope you will join us in making this a month – and year – of action!

During Older Americans Month and throughout the year, help the older Americans in your life maintain their strength and mobility -- attend a yoga, water aerobics, or dance class together.

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.

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. 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! Make Klickitat County a better place through volunteer contributions either with seniors or other age groups in your local community.

## In Memory of America's Armed Forces

*For all  
who gave  
their yesterdays,  
a thank you  
today -  
on this  
Memorial  
Day.*



## **Planning Efforts Underway, Your Input Sought**

*The Area Agency on Aging & Disabilities of SW Washington (AAADSW) is seeking public input on programs and services for older adults (aged 60+), adults living with a disability and family caregivers in your county.*

*AAADSW is responsible to plan for and ensure delivery of services for older adults (60 years of age and older), family caregivers and adults living with a disability in five Southwest Washington Counties: Clark, Cowlitz, Klickitat, Skamania and Wahkiakum.*

*Your input is important because the answers you provide help determine what programs and services are available in your county.*

*You can provide your input through an on-line survey at [www.surveymonkey.com/s/AAADSW\\_Public](http://www.surveymonkey.com/s/AAADSW_Public) or a paper survey. Your responses are anonymous.*

*For a paper survey, please contact Mike Reardon, 1-360-735-5729. Copies have also been made available at Senior Meal Sites in Klickitat County and at the Klickitat County Senior Services offices.*

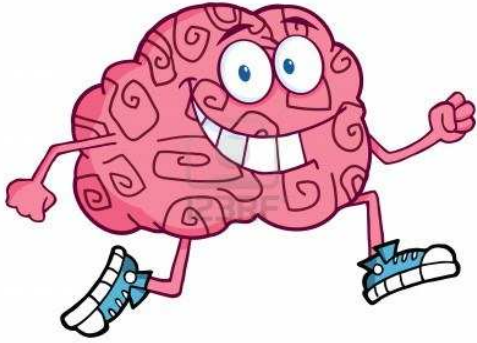
## **Caring for yourself as a Caregiver**

Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members and friends to help out, doing things you enjoy, getting help from a local home health care agency. Taking these actions can bring you some relief. It also may help keep you from getting ill or depressed.

### **How to Take Care of Yourself**

Here are some ways you can take care of yourself:

- Ask for help when you need it.
- Join a caregiver's support group.
- Take breaks each day.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as you can.



## Expert advice: Do 3 things to protect your aging brain

If you want to stay mentally sharp as you age, experts have three pieces of advice: Get more exercise, control your risks for cardiovascular disease and work with your doctor to head off medical conditions and drug side effects that might impair your thinking.

While you might also benefit from some other strategies — including staying socially active, getting enough sleep and engaging in stimulating activities from reading to music-making to formal brain-training games — the evidence for those approaches is not as strong. And there's no good evidence that any drug or supplement will help.

The best-studied ways to slow the decline:

- **Exercise.** Physical activity studies in middle-aged and older adults show that those who step up their exercise routines improve their scores on thinking tests. Still unclear: what kinds of exercise, in what doses, at what time of life, are best.
- **Improve cardiovascular health.** People with healthy hearts and blood vessels tend to maintain healthier brains and are at lower risk for strokes, a major cause of cognitive impairment. So control your blood pressure, cholesterol and weight, and don't smoke.
- **Watch out for medical conditions and medications that can impair thinking.** Conditions from diabetes to sleep apnea and medications such as some sedating antihistamines, sleeping pills and antidepressants, have been linked with cognitive decline. Many people also decline during hospitalization and after surgery. So work with your medical providers to limit the harm.

**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](http://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 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music 5/4 9 String Band 5/6 Huskey Family 5/11 Old Time Friends	5/13 Simcoe Boys 5/18 For The Good Times 5/20 Simcoe Boys 5/25 Closed	5/27 Simcoe Boys 			1	2
3	4 9:30 Exercise 10am BINGO	5 8:15 Yoga 2pm Strong Women	6 9:30 Exercise 	7 Noon Pinochle 2pm Strong Women	8 	9
10 Mother's Day 	11 9:30 Exercise 	12 8:15 Yoga 2pm Strong Women	13 9:30 Exercise Hood River Shopping Trip 	14 Noon Pinochle 2pm Strong Women	15	16
17	18 9:30 Exercise 10am BINGO	19 8:15 Yoga 2pm Strong Women	20 9:30 Exercise 	21 Noon Pinochle 2pm Strong Women	22 	23
24 31	25 <b>OFFICE CLOSED</b> <b>Memorial Day</b> 	26 8:15 Yoga 2pm Strong Women	27 9:30 Exercise 	28 Noon Pinochle 2pm Strong Women	29	30









# Goldendale Events

## May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 5/14 Simcoe Boys 5/21 Jackie 5/28 Simcoe Boys					1 12pm Pinochle	2
3	4	5 1pm Exercise 2pm Tai Chi 	6	7 1pm Exercise  1pm Bingo (GD Senior Center Members only)	8 Hood River Shopping  12pm Pinochle	9
10 <b>Mother's Day</b> 	11	12 10am Toe Nail Care  1pm Exercise  2pm Tai Chi	13 10:30am Caregiver Support Group	14 1pm Exercise 1pm Bingo 	15  Noon Pinochle	16
17	18	19 1pm Exercise  2pm Tai Chi	20 	21 1pm Exercise  1pm Bingo (Members Only)	22 The Dalles Shopping  Noon Pinochle	23
24  31 	<b>25 OFFICE CLOSED</b> <b>Memorial Day</b>	26 1pm Exercise  <b>2pm Tai Chi</b>	27	28 1pm Exercise 1pm Bingo (Members Only)	29 Noon Pinochle	30

# MAY MENU 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to Change					1 	2 7am –10 Lyle Breakfast \$6Adults, Children (6-12)\$3, under FREE
3	4 WS Tex-Mex Bake	5 GD & Lyle Tex-Mex Bake 	6 WS Baked Fish	7 GD Baked Fish	8	9
10 <b>Mother's Day</b> 	11 WS Chicken Caesar Salad	12 GD & Lyle Chicken Caesar Salad	13 WS Meatloaf	14 GD Meatloaf 	15	16
17	18 WS Spaghetti	19 GD & Lyle Spaghetti	20 WS BBQ Chicken	21 GD BBQ Chicken	22	23 GD Senior Breakfast
24 31	<b>25 OFFICE CLOSED</b> <b>Memorial Day</b>	26 GD & Lyle Cheeseburgers 	27 WS Sweet & Sour Meatballs	28 GD Sweet & Sour Meatballs 	29	30

## 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 at the Bickelton Grange (Menu posted @ the Market Street Café).

**TROUT LAKE:** Thursday, May 14 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.

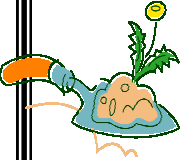
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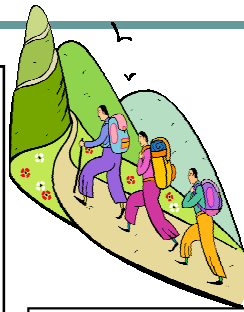
## Tips, Tidbits, Humor & Events

Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!

-Author Unknown

### Spring Clean-Up

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1. Pull weeds, trim trees and shrubs.
  2. Start your lawn mower / get it in working condition.
  3. Need a new trash can(s)? Be sure your trash is being picked-up weekly.
  4. Clean out your old stuff through recycling, sales, or haul it away.
  5. Properly store and license inoperable / unused vehicles, parts and accessories.
  6. Plant flowers.
  7. Clean and clear sidewalk (s).
  8. Start Now.



### Energizing Support Groups

#### Goldendale Diabetes

Fourth Tues. 6-7pm May 26,  
Goldendale Library Camplan  
Room 541 965-0655

Goldendale Bereavement Meeting,  
call Susan Shipman at 773-0380

#### Goldendale Support Group

Second Wednesday, May 13th  
10:30am at the Goldendale Senior  
Center

#### Parkinson's Support Group

First Wednesday of each month, May 6,  
2pm Water's Edge Conference Room,  
2nd Floor.

**The Goldendale Senior  
Center is independently  
owned and operated. Senior  
Services does rent space for  
the senior meals and some  
senior activities. Other  
activities require a  
MEMBERSHIP**

**If you are interested in joining  
the Goldendale Senior Center-  
membership dues are \$10 a year.**

**Submit your check or cash to  
someone at the Senior Center  
Store S.T.O.R.E**

## Volunteer Hours

### March HOURS

TRANSPORTATION	575 Hours
NUTRITION	881.5 Hours
NEWSLETTER	18 Hours
SR. EXERCISE	24 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 9th between 9am to 5pm.



### Coupons available **ONLY** at: City of Goldendale Office

Seniors and disabled person **MUST** contact Klickitat County Senior Services at 773-3757 by Monday, May 4th, no later than 4pm to secure a **FREE** curbside pickup of your **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 11th. 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.**

## Tips for Safer Microwaving

- Remove food from packaging before defrosting or cooking. Plastic wrap, freezer cartons and Styrofoam trays are not heat stable. (Note: you can cover containers with plastic wrap, but don't let it touch the food.)
- Don't reheat leftovers in containers intended for cold foods.
- Containers that come with microwavable convenience foods, like frozen dinners, are intended for one use only. Don't reuse.
- Glass, wax paper, parchment, and oven cooking bags are generally safe. (Check manufacturers' directions.)
- Use plastic containers labeled "safe for microwave use".



