

Klickitat County Senior Newsletter

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

October 2016



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2017 Medicare Part D Questions? Medicare D Presentations

Rx

- **Who can buy Part D Plans?**
- **What do Part D plans cost?**
- **What if I can't afford Part D?**
- **Do I really need Part D?**
- **When can I join a Part D plan?**
- **I have Part D it is not working for me What can I do?**

This is your opportunity to re-evaluate your existing coverage. This presentation is designed to make you aware of your options so that you can make timely and informed decisions. Making the right choices could save you hundreds-to-thousands of dollars a year. Come learn more about what you can do during Open Enrollment, tips for choosing Medicare Part D plans. Although this is also a time to review Medicare Advantage Plans, we do not have any Medicare Advantage Plans available in Klickitat County.

~Call Jill in White Salmon for an appointment 493-3068

Lyle October 25 Noon at the Lyle Lions Community Ctr
White Salmon October 17 Noon at the Pioneer Center
Klickitat October 26 call Jill 493-3068 to schedule appt. at
the Klickitat Community Center.
Trout Lake November 10th 5:00pm Trout Lake School

~ Call Virginia in Goldendale for an appointment 773-3757

October 17 Camplan Room Goldendale Library 10:30am
October 13 Goldendale Senior Center at Noon
October 25 Bickleton lunch at the Cafe 11:30am
November 8 Georgeville Meal Site Noon

HELP for Seniors (60+)With Winter Heating WGAP

Klickitat PUD Senior (62+) Electricity Discount

The following dates and locations will have Senior Services staff assisting with Klickitat PUD Senior discounts & WGAP staff assisting with Winter Heating assistance.

October 13 & 18 Goldendale Senior Center 10am to 1pm

October 17 & 19 White Salmon 10am to 1pm

October 25 Lyle Meal Site 10am to 1pm



Things to bring when signing up for Winter Heating assistance:

- ID (driver's license, passport, etc)
- Proof of residence (utility bills, property tax statements rental agreement, etc.)
- Energy bill (PUD, AVISTA, NW Natural, etc.)
- Social security card for all people living in the home, including children.
- Documentation of household income total for all members of the home (payroll stubs, bank accounts, unemployment records, award letters, etc.)

*If SSA is Direct deposit, you need to only bring 1 bank statement

*Copy of heating bill

*Proof of residence (usually heating bill)

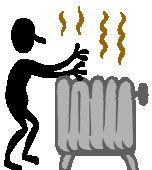
Senior Klickitat PUD Discount applications are now being processed for Winter 2016-2017

If you are 62 or older and have an annual household income under \$23,500. Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application.

Senior Klickitat PUD electric discounts must be re-applied for each year.

Please bring your current PUD bill & proof of **TOTAL** annual household income to your appointment.

The discount applies December through May.



Dear Marci,

What changes can I make during Fall Open Enrollment?

- Herman (Chattanooga, TN)

Dear Herman,

Fall Open Enrollment, also known as the Annual Election Period, runs from October 15 to December 7 each year. This is the time of the year when Medicare beneficiaries can make changes to their existing coverage.

If you are enrolled in a Medicare Advantage Plan or a stand-alone Part D plan, your plan should send you an Annual Notice of Change (ANOC) that lists any changes to your plan for 2017. These changes could be that the plan will charge a different monthly premium, cover different services, or change its formulary (the plan's list of covered drugs).

You should read this notice carefully to see if any of the changes affect you. For instance, if your ANOC tells you that your Part D plan will have an annual deductible next year, you may want to choose a new Part D plan that does not have a deductible.

There are a number of changes you can make during Fall Open Enrollment. You can:
Switch from Original Medicare to a Medicare Advantage Plan (also called Part C)

- Switch from a Medicare Advantage Plan back to Original Medicare
- Switch from your current Medicare Advantage Plan to a new one

Join a Part D prescription drug plan (if you do not have one)

- Switch from your current Part D prescription drug plan to a new one
- Do nothing and stay with your current coverage

Any changes you make will become effective January 1, 2017. You can make as many changes as you like during Fall Open Enrollment, but only the last change you make will be effective in January.

If you have questions about your coverage, plan options, or just need help in general, there are a number of resources you can use for assistance:

- **Call 1-800-MEDICARE.** You can call Medicare to learn about plan options in your area, confirm your current coverage, or change your coverage.

Visit www.medicare.gov/find-a-plan. You can use this online tool to search for and compare plans.

- **Call a Medicare Advantage Plan or a stand-alone Part D plan.** By calling your plan you can learn about coverage and costs for the upcoming year, request a copy of the plan's formulary, or enroll in the plan. Fall Open Enrollment is a time to consider all of your health care options and needs. Even if you decide not change how you receive your Medicare benefits, it is a good idea to review your coverage and any changes that the plan may put in place for 2017.

- Marci

Skyline Hospital's Community Health Fair

October 7 & 8, 2016 7am to 2pm

Where: Skyline Hospital's Meeting Space 211 Skyline Drive, White Salmon, WA



- Wellness information
- Low or No-cost health screenings
- Free Healthy Breakfast
- Health-Related Demonstrations

For more information call 509 637.2922 or www.skylinehospital.org

Health Screenings:

Blood pressure, height, weight & balance testing, FREE

Blood Chemistry Screening (\$40) a 12 hour fast is required

PSA—Prostate Screening (\$20) TSH-Thyroid Screening (\$20)

PAYMENTS will be accepted by cash or check ONLY. Insurance will not be billed.

Pre-Registration is recommended for any screening requiring a lab draw call 509 493-1101

Skyline Hospital Free Community Classes:

VARICOSE VEINS AND ITS TREATMENT - AM I A CANDIDATE?

5:30 to 7 p.m., Wednesday, Oct. 26, 2016 at Skyline Hospital's Meeting Space

DETAILS: Varicose veins are a common medical problem affecting both men and women. They can be unsightly - and uncomfortable, causing aching, throbbing and swelling. Whether you've been dealing with varicose veins for some time or just want to learn more, this forum is for you. Skyline Hospital's General Surgeon Seth Lambert, D.O., will cover the health implications of varicose veins, as well as new treatment options currently available. For more information or to register, call [509-637-2601](tel:509-637-2601).

PREVENTIVE APPROACHES TO ORTHOPEDICS








5:30 to 7 p.m., Thursday, Nov. 3, 2016, Skyline Hospital's Meeting Space

DETAILS: Preventive approaches to orthopedics often start with a patient being empowered with knowledge for maintaining bone and joint health. Orthopedic fractures are commonly known to occur from trauma, but what about fractures that happen without a major fall? This may be due to osteoporosis, an often silent disease. Fortunately, we can lower our risk for osteoporosis by staying informed on our options for optimal bone health. Skyline Hospital in partnership with Cascade Orthopedics and Sports Medicine Center will offer preventive approaches to promote wellness, avoid fracture and exercise safely. For information or to register, call [509-637-2601](tel:509-637-2601).



White Salmon Events

OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 10/3 Shades of Country 10/5 Huskey Family 10/10 Old Time Friends	10/12 Simcoe Boys 10/17 Shades of Country 10/19 Simcoe Boys	10/24 Country Roads 10/26 Simcoe Boys 10/31 Country Roads				1
2 	3 9:30 Exercise 11am Live Music & Dance	4 8:15 to 9:30 Hatha Yoga 2pm Strong Women 	5 9:30 Exercise 11am Live Music & Dance	6 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	7 	8
9	10 9:30 Exercise 11am Live Music & Dance	11 8:15 to 9:30 Hatha Yoga 2pm Strong Women	12 9:30 Exercise Hood River Shopping 11am Live Music & Dance	13 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	14	15
16	17 9:30 Exercise 11am Live Music & Dance 	18 8:15 to 9:30 Hatha Yoga 2pm Strong Women	19 9:30 Exercise 11am Live Music & Dance	20 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	21	22
23 30	24 9:30 Exercise 11am Live & Music & Dance 31 	25 8:15 to 9:30 Hatha Yoga 2pm Strong Women	26 9:30 Exercise 11am Live Music & Dance	27 8:15 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	28	29
						



Goldendale Events OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goldendale Events are held at the GD senior Center unless otherwise noted.	GD Food Bank is open Mon/& Thurs. call MATS for transportation 10am to 2pm Lutheran Church	10/13 Simcoe Boys 10/20 Jackie 10/27 Simcoe Boys				1
2	3	4 1pm Exercise 	5 12pm Aging Mastery 	6 1pm Bingo 1pm Exercise	7 Hood River Shopping 12pm Pinochle	8
9	10	11 10:00am Toenail Care 1pm Exercise	12 10:30 Caregiver Support Group 12pm Aging Mastery Program	13 WGAP EAP 1pm Bingo 1pm Exercise	14 Noon Pinochle	15
16	17 Medicare D Library 10:30am	18 1pm Exercise Medicare D	19 12pm Aging Mastery 	20 1pm Bingo 1pm Exercise	21 The Dalles Shopping Noon Pinochle	22 Senior Breakfast \$3pp 
23	24	25 1pm Exercise Medicare D Bickleton	26 12pm Aging Mastery Program	27 1pm Bingo 1pm Exercise 	28 Noon Pinochle 	29
30	31 					

OCTOBER MENU 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject To Change						1 Lyle Breakfast 7-10am \$7pp Adults \$4 Child 6-12 under 5 FREE Lyle Lions
2	3 WS Chicken A La King 	4 GD & Lyle Chicken a La King	5 WS Salisbury Steak 	6 GD Salisbury Steak	7	8
9	10 WS Sloppy Joes 	11 GD & Lyle Sloppy Joes	12 WS Cook's Choice	13 GD Cook's Choice	14	15
16	17 WS Sausage Gravy & Biscuits	18 GD & Lyle Sausage Gravy & Biscuits	19 WS Baked Chicken 	20 GD Baked Chicken	21 	22 GD Senior Breakfast \$3pp
23	24 WS BBQ Pork	25 GD & Lyle BBQ Pork 	26 WS Beef Stew	27 GD Beef Stew	28	29
30	31 WS Chili & Cornbread 					

SENIOR MEAL Site Locations

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 E 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: Every 2nd & 4th Tuesday at 11:30am at the Bickleton Market Street Cafe.

TROUT LAKE: Thursday-October 13th at 5:30pm at Trout Lake School.

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

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



Community Living Connections (CLC)

CLC is Washington State's online network to connect senior, caregivers, person's with disabilities to resources.

You access information about home based services such as home delivered meals; community based services such as locating senior centers or meal programs. The site also offers information Alzheimer and dementia, assisted living facilities, legal assistance and many other topics.

The website address is :

<https://washingtoncommunitylivingconnections.org/consumer/>

Volunteer Hours



August HOURS

TRANSPORTATION	738	Hours
NUTRITION	825.5	Hours
NEWSLETTER	15	Hours
SR. EXERCISE	16	Hours
MUSICIANS	20	Hours

Energizing Support Groups



Goldendale Diabetes

4th Tues. 6-7pm, October 25,
Goldendale Library Camplin Room ~~
541 965.0655

Goldendale Support Group

Second Wednesday, October 12
10:30am at the Goldendale Senior Center

Parkinson's Support Group

First Wednesday of each month,
October 5, 2pm Water's Edge Conference
Room, 2nd Floor
(541 340-0142)

Did You Know? Selecting an In-Home Care Provider

You have finally come to the decision that you need some help in your home. Whether its help with housework and errands or you need personal care, it is a big step inviting someone else into your home to help you. How do you go about selecting the right person? Should you go through an agency or hire that friend of a friend that was recommended to you? What exactly are your options?

The first thing you need to figure out is how you are going to pay for the help. Are you able to pay with savings or with help from family members? Do you have a Long-term Care insurance policy that can help pay for your care? Are you a war time veteran, you may qualify for the Aid & Attendance VA benefit? Do you have few resources and may qualify for State Medicaid Assistance? Review your options. Perhaps ask family member or a trusted friend for help and have a meeting to go talk over a plan to gain a realistic idea of what you can or can't afford and for how long?

The next step is deciding where to go for this assistance. Start your search by doing some comparison Agency Home Care Services shopping. Do they have a state license? Are their workers bonded and/or insured? Do they run criminal background checks for all workers? What kind of training do the workers have? Have a checklist of what you want to ask the agencies before you call them. Most agencies will in turn interview you about your needs and how they can help you.

Due to the cost and the increasing shortage of home care aides, many families seeking to hire in-home staff turn to private individuals rather than working through an agency. While at first glance this seems reasonable, it can also cause numerous problems and create unexpected liabilities for the individual or family, who becomes the employer. As a private employer, the individual or family is required to pay Social Security, unemployment and payroll taxes. Many home aides will represent themselves as independent contractors, ostensibly relieving the hiring individual of these tax obligations. However, it is the responsibility of the hiring individual to be sure that the aide truly is an independent contractor and is therefore paying their own taxes. In many instances, the aide will not meet the legal criteria as an independent contractor. If the aide has not met his or her tax obligations, this responsibility falls to the employer. This can be a serious obligation because it may involve interest on back taxes, civil fines and the possibility of criminal penalties. Potential private employers should seek the advice of a labor lawyer to assure appropriate hiring practices with respect to federal tax laws.

If you do choose to utilize a home care agency service, remember you must be comfortable with the assigned caregiver, so don't hesitate to let the agency know if you don't think they will work for you or your family member. If you are on a State Medicaid program you can choose to go through one of the agencies contracted with the state to provide personal care services or use a contracted individual provider.

Call your local Klickitat County Senior Services if you have further questions regarding In Home Care and would like assistance and resources in looking at the various options and programs that may assist with paying for those services.

White Salmon 493-3068 Goldendale 773-3757

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Medication Tip of the Month

Have a "Medicine Check-Up" at least once a year. Go through your medicine cabinet to get rid of old or expired medicines and also ask your doctor or pharmacist to go over all of the medicines you now take. Don't forget to tell them about all the Over the counter (OTC) medicines or any vitamins, dietary supplements, and herbals you take.