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2016 Outstanding Senior Volunteer



The Klickitat County Senior Advisory Board takes time each year to recognize the Outstanding Senior Volunteer of the Year and express appreciation to all of the volunteers who help to carry out the many programs for seniors in Klickitat County.

Nominees for the Volunteer of the Year are requested throughout the County for 60 and better individuals and featured every other month in our Senior Newsletter. It is always difficult to select a single individual---especially when we are so fortunate to have so many dedicated volunteers who give of themselves everyday.

The Klickitat County Senior Advisory Board selected the Outstanding Senior Volunteer of the Year for 2016 and presented awards to the nominees at our annual senior picnic that was held on Friday, August 19th at Daubenspeck Park in Bingen.

Please join us in congratulating the following:

Nominees: Clara Carlock, Wayne Carlock, Evelyn Krenz, Harumi Erickson, and Barbara Sexton.

Volunteer of the Year for 2016 was awarded to:

Barbara Sexton of Lyle

A big THANK YOU to the **Simcoe Boys** for providing the great musical entertainment at the Annual Senior Picnic at Daubenspeck Park. We had a great turnout and a great picnic.



Do You Need a Dental or Oral Health Screening??

We often hear from seniors that they do not have regular dental cleanings or dental services because they are unable to afford it or cannot find a local provider that will accept their insurance. People often think if they have dentures they don't need to see a dentist but it is still important to have oral health screenings for possible cancer or other issues.

Dental/oral health is important to overall health so we have been working with other agencies such as the Area Agency on Aging & Disabilities of Southwest Washington (AAADSW), the Washington State Dental Foundation, New Day Dental, and Mobile Dental Services in the hope of getting resources and partner support in order to make oral health screenings and proper cleanings available in our senior centers.

Dental Hygiene Mobile Services in partnership with New Day Dental will be providing dental/oral health screenings and scheduling follow-up appointments for cleaning at the Pioneer Center Senior Center at 501 NE Washington Street, White Salmon.

Appointments are being scheduled for: Wednesday, September 21st ; Wednesday, September 28th and Wednesday, October 12th.

Please call the White Salmon Senior Services office to schedule your appointment.

Oral health screenings for seniors with no insurance will be \$10.00 (assistance is available if that is a hardship) and Dental Hygiene Mobile Services can also bill Provider One for those Seniors that have Washington State Apple Health. Cleaning appointments for non-insured seniors will be available for \$65.00 and that will include a periodontal assessment and fluoride treatment. More involved dental treatment and care will be coordinated with New Day Dental or your preferred dental provider. Those with dentures can have their oral health screening and professional denture cleaning at the screening appointment.

Call Senior Services at 509-493-3068 to schedule your appointment or for more information.

**KLICKITAT COUNTY SENIOR SERVICES
HELPING OLDER ADULTS MASTER AGING**



National Council on Aging

Klickitat County Senior Services is pleased to announce that we are the first in the area to offer an innovative new ten-week health and wellness program for 55 and over.

The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well. Klickitat County Senior Services was one of ten organizations in Washington State selected to offer AMP.

This is a wonderful opportunity for older adults and baby boomers to participate in, and reap the benefits of, this cutting edge program. We are currently recruiting adults, ages 55+ to participate in the ten-week educational program.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The program uses local professionals and will include a healthy lunch. The courses are:

- Navigating Longer Lives: The Basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Falls Prevention
- Medication Management
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Community Engagement

The series will be held on Wednesdays from 12pm to 1:30pm at the Goldendale Senior Center at 115 E. Main Street, Goldendale, Washington. The first presentation will begin on Wednesday, September 7th. Space is limited and this series has a \$99 value but will be offered for FREE.

If you are interested in participating in the program, call Senior Services at 509-773-3757 to register.



Four Questions to Ask During Medicare D Open Enrollment

National Council on Aging (NCOA) stated that everyone needs to consider the four “C” questions: **cost, coverage, convenience/access** and **customer service** when choosing a Part D drug plan. These are some of the most important questions beneficiaries need to consider when looking for a Part D drug plan for next year. The enrollment period for 2017 runs from October 15th through December 7th this year. This is the time to call the Klickitat County Senior Services Office at White Salmon 493-3068 or Goldendale 773-3757 for assistance in selecting the drug plan that is right for you. What questions should you ask to help make your selection of a drug plan? Let’s briefly look at each of the four areas outlined by the NCOA.

Cost: Cost should not be the only factor in making your decision, but it probably ranks first in the minds of most consumers. It is important to remember that the plan with the lowest premium may not be the best plan for you. Let’s look at a few cost related questions: What is the annual cost of the plan(s) being considered?

How much are the monthly premiums and have they gone up for 2017? **What are** the extra costs of the plan, such as co-pays, co-insurance and deductibles? Have these changed for 2017? **Did you enter** the coverage gap, or donut hole, this year? If so, is there a plan with better coverage for the drugs you take? Depending on your income, **have you looked** into the low-income subsidy (LIS)/Extra Help that will reduce your costs? Counselors will help you answer all of these questions.

Coverage: In second place, and close behind cost, is coverage. Do the plans you are considering cover all the drugs you believe you will need to take in 2017? When you call or go in person to a counseling session make sure you have a list of all the drugs you have been prescribed by your physicians. The information should include strength, dosage and how they are administered.

If you received a formulary exception from your 2016 plan, for example to cover a drug that was not a regular part of the formulary, has the formulary been changed to cover that medication in 2017? If not, you may need to look for a new plan that covers that particular drug.

Convenience/access: A third thing to consider is convenience/access. Do the plans you are interested in restrict access to the medications you are taking or may need to take?

Can you use your plan at a preferred price at the pharmacy you normally use? Are you interested in obtaining your drugs through the mail? If so, does the drug plan you are interested in offer mail order delivery? If they offer this service, how do the mail order prices compare with those at your current pharmacy?

Customer Service: For most consumers this is not the highest priority area but, if you are having trouble deciding between two plans that appear to be equal, customer service might be used as the deciding factor.

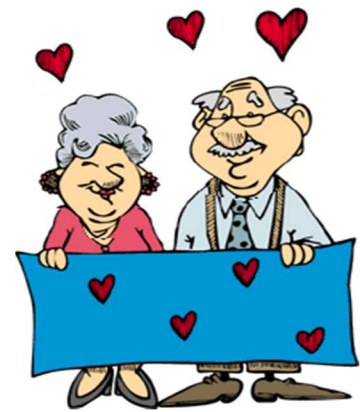
How easy is it to contact the plan and get quick and correct answers to your questions?

Does the plan send you refill reminders (if you want them)?

White Salmon Events

September 2016






(Chef Cindy's Menu
Subject to Change)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 9/5 CLOSED 9/7 Huskey Family 9/12 Old Time Friends	9/14 Simcoe Boys 9/19 Shades of Country 9/21 Simcoe Boys	9/26 Country Roads 9/28 Simcoe Boys 		1 8:15 Yoga with Joy Noon Pinochle 2pm Strong Women	2	3
4	5 OFFICE CLOSED Labor Day	6 2pm Strong Women 	7 9:30 Exercise 11:30EMS Blood pressure checks	8 8:15 Yoga with Joy Noon Pinochle 2pm Strong Women	9 Huckleberry Festival 	10 Huckleberry Festival
11 	12 9:30 Exercise	13 2pm Strong Women 	14 Hood River Shopping 9:30 Exercise	15 8:15 Yoga with Joy Noon Pinochle 2pm Strong Woman	16 	17
18 	19 9:30 Exercise	20 2pm Strong Women 	21 9:30 Exercise 11:30 EMS Blood pressure checks	22 Noon Pinochle 8:15 Yoga with Joy 2pm Strong Women	23	24
25	26 9:30 Exercise	27 2pm Strong Women	28 9:30 Exercise 	29 8:15 Yoga with Joy Noon Pinochle 2pm Strong Women	30	













Goldendale Events September 2016 (Chef Jacky's Menu subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm Exercise 1pm Bingo 	2	3
4	5 OFFICE CLOSED LABOR DAY 	6 11:30 EMS Blood pressure checks 1pm Exercise	7 12pm Aging Mastery Program GD Senior Center	8 1pm Exercise 1pm Bingo 1:30 Zumba 1:30 Song Circle at GD Library	9 Hood River Shopping Noon Pinochle	10
11 Grand-parent's Day 	12	13 10am Toe-nail Care  1pm Exercise	14 10:30am Caregiver Support Group 12pm Aging Mastery Program	15 1pm Exercise 1pm Bingo Members Only	16 Noon Pinochle	17 GD Senior Breakfast \$3pp
18	19 	20 11am EMS Blood pressure checks 1pm Exercise	21 12pm Aging Mastery Program GD Senior Center	22 1pm Exercise 1:30 Zumba  1pm Bingo	23 The Dalles Shopping Noon Pinochle	24
25	26	27 1pm Exercise 	28 12pm Aging Mastery Program GD Senior Center	29 1pm Exercise 1pm Bingo Must be a Senior Center Member	30 	

September Menu 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE				1 GD Soup & Sand- wich 	2 	3 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12) \$4, under 5 FREE
4	5 OFFICE CLOSED Labor Day	6 GD & Lyle Hot Dogs & Chili 	7 WS Meatloaf 	8 GD Meatloaf	9	10
11 Grandparent's Day 	12 WS Enchilada Casserole	13 GD & Lyle Enchilada Casse- role 	14 WS BBQ Beef Sandwich	15 GD BBQ Beef Sand- wich	16 	17 GD Senior Breakfast 9am \$3pp
18	19 WS Macaroni & Cheese	20 GD & Lyle Macaroni & Cheese	21 WS Baked Chick- en 	22 GD Baked Chicken	23	24
25	26 WS Country Steak	27 GD & Lyle Country Steak 	28 WS Spaghetti 	29 GD Spaghetti	30	

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: The 2nd & 4th Tuesday at 11:30am at the Market Street Cafe.

TROUT LAKE: Thursday-September 8th 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

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

Grandparents Day, September 12th



Grandparents Day is a time to celebrate the contributions of grandparents to our nation. It's also a time for us to join together and reach for greater heights for our future. Grandparents are role models, and some of our oldest friends. As grandparents share wisdom, perspectives, and key civic values with us, let us take this day to appreciate and celebrate our original mentors.

FALL PREVENTION DAY

September 22nd

The theme of this year's event is *Ready, Steady, Balance: Prevent Falls in 2016.*

Fall is just around the corner, but *falls* shouldn't be just around the corner for older adults. That's why Klickitat County Senior Services is joining forces with the National Council on Aging (NCOA) and the Falls Free® Coalition to celebrate Falls Prevention Awareness Day on Thursday, September 22, 2016 – the first day of Fall.

The risk factors for a fall include fear of falling, gait and balance problems, certain medications, clutter in the home, and some health conditions.

What are some things you can do to prevent falls?

- ♦ Exercise regularly
- ♦ Know what medications you are taking and their side effects
- ♦ If you get dizzy, change your position slowly. Talk to your doctor about what may be causing the dizziness
- ♦ Keep your home well-lit and use night lights in the bathroom.



Energizing Support Groups

Goldendale Diabetes

4th Tues. 6-7pm, September 27, Goldendale Library Camplan Room~
541 965-0655



Goldendale Unpaid Caregiver Support Group

Second Wednesday,
Senior Center
September 14, 10:30am

Parkinson's Support Group

First Wednesday of each month,
September 7, 2pm Water's Edge
Conference Room, 2nd floor
(541 340-0142)

Volunteer Hours

July HOURS

TRANSPORTATION	670	Hours
NUTRITION	646	Hours
NEWSLETTER	17	Hours
SR. EXERCISE	11	Hours
MUSIC	16	Hours

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 it's 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 Medicaid ?

The next step is deciding whether to hire your own private caregiver or an agency caregiver.

HOME CARE AGENCY

Pros:

- Screening, hiring/firing, pay and taxes are handled by the agency. Note: There are also some agencies that will handle the paperwork (taxes, social security, etc.) if you hire a home care worker on your own.
- If the worker is sick, a substitute can be sent.
- Can provide individuals with a variety of skills to meet varying needs (e.g., skilled nursing care, physical therapy, occupational therapy, etc.).
- May be partially covered by Medicaid or private insurance.

Cons:

- Often several workers are used which can be confusing or distressing for the person receiving care.
- Less individual choice in workers.
- More expensive than privately hiring an individual.

PRIVATELY HIRED HOME CARE WORKER

Pros:

- A strong one-on-one relationship can develop between the worker and the person receiving care, although this can also happen through an agency when there is a commitment to continuity.
- Usually less expensive than going through an agency.
- You get to choose the person you think will be the best to provide care to your loved one.

Cons:

- If the home care worker is sick, no substitute is readily available.
- Screening, hiring/firing, pay and taxes must be handled by you.
- May not be covered by Medicaid or private insurance.

Call Klickitat County Senior Services if you have further questions regarding In Home Care. We can provide you with a list of home care agencies that serve Klickitat County and assist you in determining if you may be eligible for programs that provide some assistance to pay for in-home care services.

White Salmon 493-3068

Goldendale 773-3757

The 10 Ways Seniors Can Avoid Identity Theft

Guard your personal information: Never give your Social Security number, credit card number, checking or savings account numbers to anyone unless you initiate the contact. Also, do not carry your Social Security card around in your wallet or purse, and don't carry around your Medicare card either unless you're going to the doctor.

Get off mailing lists: Put a stop to preapproved credit-card offers, which is a gold mine for ID thieves. To do this visit optoutprescreen.com or call 888-567-8688 – they will ask for your Social Security number and date of birth. You can stop other junk mail at dmachoice.org, and reduce telemarketing calls at donotcall.gov.

Use strong passwords: To safeguard your personal data on your smartphone or tablet don't use a password that's easy to hack, like 1234 or 0000. Also, make your computer passwords more than 8 characters long, with uppercase and lowercase letters, numbers, and symbols like # and %, and use different passwords on different accounts. If it's hard to remember them, try a password manager service like dashlane.com, truekey.com or lastpass.com.

Be wary of unknown emails: Never click on links in emails from strangers, or those that claim to be from the Social Security Administration, IRS or other government agencies, or from your bank, phone or credit card company warning of a "problem." This can result in identity-stealing malware being installed on your computer. To protect your computer from malware, install antivirus software (see avg.com and avast.com for free options) and set up automatic security updates and full weekly scans.

Secure your mail: Empty your home mailbox quickly or buy a locked mailbox to deter thieves. And mail outgoing payments from a U.S. Postal Service mailbox or the post office, not from your more vulnerable home mailbox.

Get safer credit cards: If you don't already have one, get an EMV chip credit card from your credit card provider. They're much more difficult for fraudsters to hack than magnetic strip cards.

Shred unneeded documents: Buy a crosscut paper shredder so you can shred all unneeded records, receipts, statements, preapproved credit offers or other papers you throw out that has your financial or personal information.

Monitor your accounts: Review your monthly bank and credit card statements carefully, and see if your bank or credit card issuer offers free alerts that will warn you of suspicious activity as soon as it's detected. If they do, sign up for them or use eversafe.com, which will do it for you for a small fee.

Watch your credit: Check your credit report at annualcreditreport.com or call 877-322-8228. You can receive one free report a year from each of the three major credit bureaus (Equifax, Experian and TransUnion), so consider staggering your request so you can get one free copy every four months.

Set up security freezes: If you don't plan to apply for new credit, loans, insurance or utility services, freeze your credit reports so crooks can't open up new accounts in your name. Rules vary by state, but the \$5 to \$20 fee is waived if you're 65 or older, or show proof of past ID theft. Security freezes are set up at all three credit bureaus at equifax.com, experian.com and transunion.com.

Dear Marci,

I am having heart valve replacement surgery soon and spoke with my primary care doctor about care after my surgery. She said that I should ask the hospital for a discharge plan before I leave so that I understand how to continue my care once I am home. I have never received a discharge plan before. Does Medicare require the hospital to provide a discharge plan to me as part of my hospital stay?

- Louise (Washington, DC)

Dear Louise,

Hospital discharge planning services are intended to make your move from the hospital to your home or other location as smooth and safe as possible, and aim to prevent additional trips to the hospital for you. Under specific circumstances, Medicare does require all hospitals to provide [discharge planning](#) services as part of a hospital stay. Let's see if those circumstances might apply to you.

Hospital discharge planning is only required if you are admitted to the hospital as an [inpatient](#). If you are considered a [hospital outpatient](#), Medicare does not require hospital staff to help you prepare for your care following a hospital stay. However, some states may provide you with greater rights to discharge planning services. Since you had heart valve replacement surgery, it is likely that you will be considered a hospital inpatient. Here are additional steps you can take to ensure that you leave the hospital with the plan you need.

You or your doctor should ask hospital staff for a comprehensive discharge planning evaluation.

Be aware that the hospital's main goal during your evaluation should be to return you to the place you left before your hospital stay (this may be your home or another facility).

Make sure hospital staff members consider your range of needs following your hospitalization.

Review which post-discharge services will be covered by Medicare and how much they will cost. If you have another type of insurance, such as [Medicaid](#), check what is covered by that insurance.

Tell the hospital discharge planning staff about your needs and preferences for care after your hospitalization. If you are eligible for a discharge plan, your needs and preferences must be incorporated into your plan of care.

Be sure the hospital prepares you for discharge. Before you leave the hospital, staff must educate and train you, your family, and/or your caregivers about your care needs. Hospital staff should also provide a clear list of instructions for your care and all medications you will need. The hospital must explain what to do if problems occur, including who to call and when to seek emergency help. The hospital must provide referrals as appropriate for other care, including referrals to home health, skilled nursing or hospice agencies, physicians, and medical equipment suppliers, among other supportive services.

Be sure to follow up with your primary care provider and other providers involved in your care after your hospitalization. The hospital should send your providers information about your medical condition no later than seven days after you leave the hospital. Keep in mind that Medicare now pays for your primary care provider to manage your care right after your hospital discharge.

Marci

**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

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“Return Service Requested “

Independent Living Program

Edith Bishel Center for the Blind and Visually impaired

Speaker: Shelia Turner

Sheila is looking forward to giving a presentation to Klickitat County residents in September:

Goldendale Senior Center (115 W. Main):

Noon, Tuesday, September 13

White Salmon Pioneer Center(501 NE Washington St.):

Noon, Wednesday, September 14

The Independent Living Program (ILP) helps individuals maintain and increase their independence in their home and community. Once our Rehabilitation Teacher receives a referral, a home visit is scheduled to assess his or her needs. Counseling, low vision aids, skills training, and other services help them adjust to their vision loss.

Call Sheila Turner: **509-735-0699**

1-855-735-8547

