

Klickitat County Senior Newsletter

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



AUGUST 2016

Join Us for the Klickitat County Annual

SENIOR PICNIC

FRIDAY, AUGUST 19th

at Daubenspeck Park, Bingen, WA

**ALL SENIORS IN KLINKITAT COUNTY ARE WELCOME
TO ATTEND OUR ANNUAL PICNIC.**

Lunch will be served at noon. Food, drinks, and place settings will be provided by Senior Services.



Anyone who has lawn chairs if they would like to bring, please do so.

Live Music Entertainment provided by:

Simcoe Boys with Floyd Farrell on Steel Guitar

The Klickitat County Senior Advisory Board will be recognizing our county volunteers and presenting the Volunteer of the Year Recognition Award.

Please call the Goldendale or White Salmon Senior Services office to sign up for the picnic as we need a count of persons attending so Cindy & Jacky will be able to provide enough food. If you need transportation to the picnic please call your nearest Senior Services office to get on the bus list.

East End of Klickitat County Call Stacy at 773-3060,
West end of Klickitat County call Lisa at 493-4662.

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Dear Marci

Dear Marci,

Does Medicare pay for Ambulance services?

Janette

Dear Janette,

Yes, Medicare can cover emergency and non-emergency ambulance services if the following requirements are met:

- Ambulance transport is medically necessary, meaning that an ambulance is the only safe way to transport you, and the reason for your trip is to receive a service or return from a Medicare-covered service that you need;
- You are transported to and from certain locations; and
- The ambulance carrier or supplier meets Medicare ambulance requirements.

Keep in mind that Medicare defines an emergency as a situation in which your health is in serious danger and every second counts to prevent your health from getting worse.

Medicare may cover non-emergency ambulance services under limited circumstances. However, keep in mind that lack of access to alternative transportation alone will not justify Medicare coverage. Specifically, Medicare may cover non-emergency ambulance services if you are confined to your bed, meaning you are unable to get up from a bed without help, unable to walk or unable to sit in a chair. Medicare may also cover non-emergency ambulance services if you need vital medical services during your trip that are only available in an ambulance. An example of this includes the monitoring of vital functions.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, Medicare will pay 80 percent of its approved amount for Medicare-covered ambulance services. You or your supplemental insurance will be responsible for the remaining 20 percent coinsurance. If you have a Medicare Advantage plan, also known as a Medicare private health plan, contact your plan directly to learn how your plan covers ambulance services.

Lastly, know that Medicare will never pay for ambulette services. An ambulette is a wheelchair-accessible van that provides non-emergency transportation for people with disabilities.

-Marci

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging

Klickitat County Senior Services will be running the Aging Mastery Program® soon!

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

Our second 10 –week series will start in Goldendale at the Goldendale Senior Center-115 E. Main Street. It will be held on Wednesdays from 12pm to 1:30pm and include a healthy lunch.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Limited spots available: Sign up now!

This series will launch on September 7th, 2016, but participants have to be signed up by August 22nd.



Please RSVP to: Klickitat County Senior Services at (509) 773-3757 or kcssinfo@klickitatcounty.org by August 22, 2016 if you would like to enroll. This class is a \$99 value and we are offering it for FREE.



Do You Need a Dental Screening?? Do you have dental work that needs to be done but you cannot afford it?

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.

Dental 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 screenings and scheduling follow-up appointments for dental cleanings two days in August at the Pioneer Center Senior Center at 501 NE Washington Street, White Salmon.

Appointments are being scheduled from 8am to 3:45pm on Wednesday, August 17th and Wednesday, August 24th.

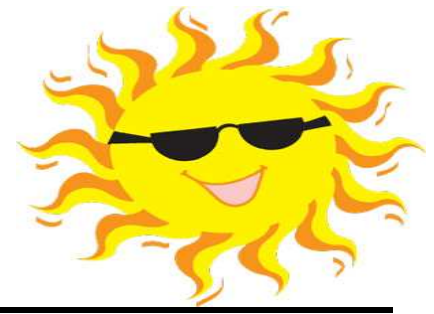
Please call the White Salmon Senior Services office to schedule your appointment.

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.

Call Senior Services at 509-493-3068 to schedule your appointment or for more information. All participants will be required to complete a Patient Information Packet to receive services.

White Salmon Events

August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Exercise	2 2pm Strong Women 	3 9:30 Exercise 11:30EMS Blood pressure checks	4 Noon Pinochle 12 pm Aging Mastery 2pm Strong Women	5 10:30 Klickitat County Sr. Advisory Board Meeting in Dallesport	6
7	8 9:30 Exercise	9 2pm Strong Women	10 Hood River Shopping Trip 9:30 Exercise	11 Noon Pinochle 2pm Strong Women	12	13
14	15 9:30 Exercise 	16 2pm Strong Women	17 9:30 Exercise 11:30EMS Blood Pressure checks	18 Noon Pinochle 2pm Strong Women	19 Annual Senior Picnic in Bingen Daubenspeck Park Lunch at 12pm	20 
21	22 9:30 Exercise 	23 2pm Strong Women	24 9:30 Exercise 	25 Noon Pinochle 2pm Strong Women	26 	27
28	29 9:30 Exercise 	30 2pm Strong Women	31 9:30 Exercise 	MUSIC 8/1 Shades of Country 8/3 Huskey Family 8/8 Old Time Friends 8/10 Simcoe Boys	8/15 Simcoe Boys 8/17 Simcoe Boys 8/22 Shades of Country 8/24 Simcoe Boys	8/29 Country Roads 8/31 Simcoe Boys




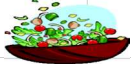




Goldendale Events

August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/11 Simcoe Boys 8/18 Jackie 8/25 Simcoe Boys	1 	2 11am EMS Blood pressure checks 1pm Exercise	3 	4 1pm Exercise 1pm Bingo 	5 Pinochle 	6
7	8 	9 10am Toenail Care 1pm Exercise	10 10:30am Caregiver Support Group	11 1pm Exercise 1pm Bingo 1:30pm Zumba	12 Hood River Shopping 12 Pinochle	13 Dufur Threshing Bee 10am Parade
14 	15	16 11am EMS Blood pressure checks 1pm Exercise	17 	18 1pm Exercise 1pm Bingo GD Library Ice Cream Social 6:30pm 	19 Senior Picnic Daubenspeck Park 12 Pinochle	20 No Senior Breakfast
21	22	23 1pm Exercise 	24	25 1pm Exercise 1pm Bingo 1:30pm Zumba 5pm BBQ Klickitat Co	26 The Dalles Shopping 12 pinochle	27 Fair Parade
28 Klickitat County Fair & Rodeo 25-28 	29	30 1pm Exercise 	31			

August 2016 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change	1 WS Chicken Pot Pie 	2 GD & Lyle Chicken Pot Pie	3 WS Ham & Scaloped Potatoes	4 GD Ham & scaloped Potatoes	5  snapobjects	6 Lyle Breakfast 7am to 10am \$7 Adults, Children 6-12, \$4, Under 5 Free
7	8 WS Salisbury Steak 	9 GD & Lyle Salisbury Steak	10 WS Spinach Salad w/ Chicken 	11 GD Spinach Salad w/ Chicken	12	13
14	15 WS Cook's Choice	16 GD & Lyle Cook's Choice	17 WS Baked Chicken	18 GD Baked Chicken	19 Senior Picnic Daubenspeck Park BINGEN	20 No Goldendale Senior Breakfast
21	22 WS Taco Salad 	23 GD & Lyle Taco Salad	24 WS Chicken Salad	25 GD Chicken Salad	26 	27
28	29 WS Beef Stroganoff	30 GD & Lyle Beef Stroganoff 	31 WS Soup & Sandwich	September 1 GD Soup & Sandwich 		

Senior Meal Site Locations

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

GOLDENDALE: Every Tuesday & Thursday at 12pm-noon at the Goldendale Senior Center, 115 E Main Street

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

TROUT LAKE: Thursday, August 11, at 5:30pm, at Trout Lake School

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

HEALTH TIP

Helpful
Tips

Stroke, a disease that occurs when the brain does not get the blood and oxygen it needs in order to function, is among the leading causes of death and disability in the United States. Strokes affect women more than men, and risk factors and symptoms present differently between the sexes. While high blood pressure and smoking increase both men and women's risk of stroke, pregnancy, lupus, migraine headaches, birth control pills, and hormone replacement therapy are risk factors unique to women. There are also certain stroke symptoms that are only seen in women. Knowing the warning signs of a stroke can help you or your loved one seek care in a timely manner.

Symptoms seen in both men and women:

- Numbness or weakness of the arm, face, or leg on one side of the body
- Trouble speaking or understanding speech
- Trouble seeing in one or both eyes
- Dizziness, loss of coordination
- Severe headache without known cause

Symptoms specific to women:

- Sudden face and limb pain
 - Sudden hiccups, nausea, general weakness
 - Sudden chest pain, shortness of breath, or palpitations
- Altered mental status, meaning disorientation, confusion, or hallucination

Stroke –
there's treatment if you act **FAST**.



National Do Not Call List

If you have begun to receive calls from telemarketers and would like to be put on the “No Call List” there are 2 options.

1. Call 1-888-382-1222. You must be calling from the number you wish to register. You will get an automated recording that is very simple to use; just a few choices are asked and the process is complete. The request will be good for five years.
2. If you would like to do it online go to www.donotcall.gov.

Also, Virginia & Jill are able to assist with this request.

Energizing Support Groups

Goldendale Diabetes:

4th Tues. 6-7pm, August 23, Goldendale Library Camplin Room~541 965-0655

Goldendale Bereavement Meeting:

call Margaret at 773-0380

Alzheimer's Association Support Group For Unpaid Caregivers

Second Wednesday, August 10th

10:30am at the Goldendale Senior Center

Parkinson's Support Group:

First Wednesday of each month, August 3, 2pm Water's Edge Conference Room, 2nd floor (541 340-0142)

IN MEMORY OF

**Thank you to the
Kerber family and friends
for their generous
donation in Memory of
Wayne Kerber. The
donation will be used to
help purchase a meat
slicer for the Pioneer
Center kitchen.**



Volunteer Hours

June HOURS

TRANSPORTATION	720.5	Hours
NUTRITION	659	Hours
NEWSLETTER	15	Hours
SR. EXERCISE	13	Hours
MUSICIANS	18	Hours

Klickitat County Fair

August 25 to 28, "Star Spangled Celebration"

Thursday, August 25th, 11am The Grounds entertainment begins, 5pm County Products & Produce Kick-Off Barbecue \$8pp

Jimmy & Jimmy with Mary Jo Olson singing at 7pm

Repertoire covers the 1920s to 1980s.



Ogden Mopar Limo Service to the Klickitat County Fair

Don't let a need for transportation keep you from attending the fair. Folks driving in from the country can also call Ogden's Mopar and get a ride from one of the Churches' parking lot. The taxi will take you to the fair and then bring you back to your car when you are ready to go home. The taxi loads and unloads right behind the Fair Office, which is a short walk to the grandstand, exhibit halls, and the cattle barn.

August 25 to 27 Hours: 9am to 7pm

Sunday, August 28 9am to 5pm





Goldendale & White Salmon

VOLUNTEERS NEEDED

Volunteers are needed in Senior Services in positions from volunteer driving to helping with meal preparation and clean up at the meal site.

We currently are looking for volunteers in Goldendale who would be interested in helping in the kitchen on Tuesdays and Thursdays or in manning the front desk at the meal site. In White Salmon volunteers who are interested in helping on Mondays and Wednesdays with home delivered meal delivery or helping with manning the front desk at the meal site.

We have many volunteers who dedicate a lot of time and energy and we would like to have some additional support when those volunteers are wanting to travel or take a break.

If you are interested in volunteering to help in the kitchen please

Call

Goldendale: 773-3757 or stop by our office (115 W. Court Street) to pick up a volunteer application.

White Salmon: 493-3068 or stop by our office (501 NE Washington Street) to pick up a volunteer application.

Members Needed for Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am at the Dallesport Community Center. Mileage reimbursement is provided to attend meetings. New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org

Outstanding Senior Volunteer : Harumi Erickson



Congratulations Harumi Erickson!

Harumi was selected by the Klickitat County Senior Advisory Board as an outstanding volunteer after receiving multiple nominations from those who see all that she does.

Harumi was born in China and then grew up in Japan. She worked in Tokyo until 1968 when she married and came to the United States. She was living in California with her husband and they were on vacation in 1975 in the Columbia River Gorge, they thought it was beautiful so they found a place and moved to Hood River, Oregon where they bought a small apple and pear orchard. They raised her husband's three children and operated the orchard. Harumi also did sewing and antiques and collectibles out of her home and then in a shop in Hood River and Bingen. Her husband became ill in 1994 and she cared for him until he passed away in 2007. She heard about the Senior Center from her friend, Teresa Carli, she was telling her she had time on her hands and wanted something to do to keep busy so she came to the Pioneer Center Senior Center and began volunteering and has been here ever since.

Harumi has been volunteering at the White Salmon Senior Center—Pioneer Center since 2007. Harumi is very humble about everything she does to help. It is information from other seniors and staff at the Senior Center that we know how much she does. She helps on Mondays and Wednesdays at the White Salmon Pioneer Center meal site from about 9am to 1:30pm. She helps with food preparation, cooking, serving, kitchen cleaning and organizing, and wherever needed. Harumi has also spearheaded recycling at the senior center and said recycling and the environment is very important to her.

When asked—Why Volunteer? Harumi said, “It makes me feel good to do something and to help others—I’m still kicking so why not help people and keep busy.”

Thank you Harumi for all the work you do!!

Senior Newsletter

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

GET HELP PAYING FOR MEDICARE

You may qualify for extra help paying for your Medicare premium and your Part D plan.

Call Senior Services for more information.

Virginia in Goldendale: 773-3757

Jill in White Salmon: 493-3068