

Klickitat County Senior Newsletter

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

October 2017



Understanding Dementia



Guest speaker, Shanti Potts, will speak on
“Understanding Dementia”

Where: Pioneer Center 501 NE Washington Street, White Salmon

When: Friday, October 6th from 12pm to 2pm

Light lunch will be served at 12pm and presentation begins at 12:30.

In this presentation participants will explore what’s normal and what’s not normal as we age.

We will begin to define the term Dementia in the context of a Neuro Cognitive disorder that plagues us as we age.

We will consider the different types, risk factors to developing, and phases of dementia.

We will explore what it means to get a clear diagnosis and learn what each of us can do to remain sharp!

Inside this issue:

Aging Mastery Series	2
Open Enrollment	3
Medicare	4
Medicare	5
White Salmon Events	6
Golden-dale Events	7
MENU	8
PUD Sr. Discount	9
Family Caregiver	10
Dental	11

Outstanding Volunteer Recognition

Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.

To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices.

Nominations need to be submitted to Klickitat County Senior Services.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter.

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging

Klickitat County Senior Services will be running another Aging Mastery Program® with the first class starting on Tuesday, October 3rd!

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.

We are holding a 5-week series that will start in White Salmon at the Pioneer Center. It will be held on Tuesdays from 11:00am to 1:30pm and include a healthy lunch. Classes will run every Tuesday through the month of October.

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!



Register Now by contacting Klickitat County Senior Services at (509) 493-3068 or kcssinfo@klickitatcounty.org. This class is a \$99 value and we are offering it for FREE.

How to shop smart during Medicare annual enrollment

This is the time of year when everyone on Medicare can reevaluate features of their plans to see if they're getting the best coverage at the best price

The Medicare Annual Enrollment Period is fast approaching. The cycle starts Oct. 15 and ends Dec. 7, with coverage changes effective Jan. 1. This is the time of year when everyone on Medicare can reevaluate features of their contracts to see if they're getting the best coverage at the best price for their Medicare Part C and D plans.

Ninety percent to 95% of beneficiaries overspend on Medicare. Those are startling statistics. The most common reason beneficiaries overspend is they purchase Medicare Part C (Advantage) and Part D (prescription drug) plans that do not meet their individual health care needs. People tend to buy based on premium and overlook the benefits they use. They may think they can't do any better and fail to evaluate other plan options. Individuals may not realize what the full cost to them is until the new plan year has started and it is too late to make a change. **There are currently no Medicare Part C (Advantage Plans) available in Klickitat County.

All plans announce new pricing and benefits every fall. Just like folks check other aspects of their health every year, it's important to review Medicare coverage every year, too. Remember, the full cost includes both the premium and the other out-of-pocket costs such as co-payments and co-insurance. Cost increases can be hidden in the out-of-pocket costs, such as how much a specific drug will cost next year.

It's particularly important to perform the annual Medicare health insurance check-up if any of the following have happened this year:

- Prescription medications have changed
- Major health conditions have been diagnosed
- Medicare premiums and out-of-pocket costs are creeping up
- Customer service has been poor
- Carrier has discontinued the Medicare Part C or D plan
- Legal residence has changed

New to Medicare & Medicare Updates FREE Presentation

Presentation: Open Enrollment for Medicare Part D October 15 to December 7th. Do you have questions regarding your health care option choices? Klickitat County Senior Services is here to help! Attend the free presentations for an overview of Medicare and new changes.

Tuesday, October 10th 11:30am Bickleton at the Bickleton Café

Thursday, October 12th 5pm Trout Lake meal site at the Trout Lake School

Tuesday, October 17th Noon Georgeville Community Center

Thursday, October 19th Noon Klickitat meal site at the Klickitat Community Center

Consultation: For a personal review, sign up for an individual consultation. Klickitat County Senior Service staff are trained to help you make sense of confusing Medicare information, potentially find ways to save you money and make more informed choices about your healthcare. Advance reservations are required for the individual consultations — call Klickitat County Senior Services to make an appointment.

Goldendale Senior Services 773-3757

White Salmon Senior Services 493-3068

SHIBA HELPLINE is a statewide network of trained volunteers who educate, assist, and advocate for consumers about their rights and options regarding health insurance, health care access, and prescription access, so they can make informed decisions. The service is sponsored by the Washington State Office of the Insurance Commissioner. Virginia & Jill with Klickitat County Senior Services are trained SHIBA advisors.

www.insurance.wa.gov/consumers/SHIBA_HelpLine/

Seniors cannot go to the market place (Health Marketplaces under the Affordable Care Act) and get a subsidy to help pay for any of their Medicare Coverage.

Medicare is not part of the Marketplace/Health Benefits Exchange!



Guard your Medicare card and avoid scams before new cards hit mailboxes in 2018

New Medicare cards — the ones that won't make it easy for ID thieves to steal your Social Security number — will find their way into wallets next year. But we're already hearing warnings about scams that are bubbling up before the big changeover.

The design for the new Medicare card is expected to be revealed in September. And TV ads have already begun talking about the new cards and featuring the tagline "Guard Your Card."

The Centers for Medicare and Medicaid Services will mail new cards to those receiving Medicare benefits beginning in April 2018 through April 2019. The new cards will use a unique, randomly assigned code — not your Social Security number.

Seniors do not have to do anything to get a new card.

The Medicare Access and CHIP Reauthorization Act of 2015 requires the agency to remove Social Security numbers from all Medicare cards by April 2019.

The new ID is called a Medicare Beneficiary Identifier, which is 11-characters in length. The unique ID will be made of numbers and uppercase letters.

Or maybe some fraudsters, as they have in the past, will say there's a fee connected to receiving a new Medicare card. There is no such fee.

Or scammers might threaten that you'd lose your benefits if you don't react to their demands right away, such as putting cash to pay a bill on a gift card.

The transition for the new Medicare cards will be happening in phases, so some seniors could be confused and wonder why they didn't get a new card yet.

"Medicare isn't going to call you. Social Security isn't going to call you."



White Salmon Events OCTOBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Exercise 11am Live Music & Dance	3 8:30 to 9:30 Hatha Yoga 11-1:30 Aging Mastery 2:pm Strong Women	4 9:30 Exercise MOBILE DENTAL 11am Live Music & Dance	5 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	6 10:30 Senior Advisory Board <u>12 to 2pm Dementia 101</u> <u>Guest speaker: Shanti Potts</u>	7
8	9 9:30 Exercise 11am Live Music & Dance 	10 8:30 to 9:30 Hatha Yoga 11-1:30 Aging Mastery 2pm Strong Women	11 9:30 Exercise 11am Live Music & Dance	12 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	13 	14
15	16 9:30 Exercise  11am Live Music & Dance	17 8:30 to 9:30 Hatha Yoga 11-1:30 Aging Mastery 2pm Strong Women	18 9:30 Exercise MOBILE DENTAL 11am Live Music & Dance	19 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong	20 	21
22	23 9:30 Exercise 11am Live Music & Dance 	24 8:30 to 9:30 Hatha Yoga 11-1:30 Aging Mastery 2pm Strong Women	25 9:30 Exercise 11am Live Music & Dance	26 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong	27 	28
29 	30 9:30 Exercise 11am Live Music & Dance	31 8:30 to 9:30 Yoga 11-1:30 Aging Mastery 2pm Strong Women Halloween	MUSIC 10/2 Simcoe Boys 10/4 Huskey Family 10/9 Old Time Friends	10/11 Simcoe Boys 10/16 Simcoe Boys 10/18 Andre 10/23 Simcoe Boys	10/25 Simcoe Boys 10/30 Simcoe Boys	







Goldendale Events

OCTOBER 2017

Why do Mummies have trouble keeping friends?
They're so wrapped up in themselves.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 Edith Bischel for the Blind & Visually Impaired 1pm Exercise	4	5 1pm Exercise 1pm Bingo	6 Hood Riv- er Shopping 12pm Pi- nochle	7 Harvest Fes- tival Ekone Park Car is King Maryhill Loops 773.3733
8	9 Canada Thanks- giving Day 	10 10am Toenail Care SHIBA Bickleton Mealsite 1pm Exercise	11 10:30am Caregiver Support Group	12 1pm Bingo  1pm Exercise	13 12pm Pinochle 	14
15	16	17 Georgeville SHIBA 1pm Exercise 	18	19 1pm Bingo 1pm Exercise 	20 The Dalles Shopping Noon Pinochle	21 SR Breakfast \$3pp
22	23 	24 1pm Exercise SHIBA Medi- care at GD Meal Site	25 	26 1:pm Bingo 1pm Exercise	27 Noon Pinochle 	28 
29	30	31 1pm Exercise  Halloween		MUSIC 10/12 Simcoe Boys 10/19 Jackie 	10/26 Simcoe Boys	

OCTOBER MENU 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Chicken A La King	3 GD & Lyle Chicken A La King	4 WS Salisbury Steak 	5 GD Salisbury Steak	6	7 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12) \$4, under
8	9 WS Sloppy Joes 	10 GD & Lyle Sloppy Joes	11 WS Taco Salad 	12 GD Taco Salad 5:30pm Trout	13	14
15	16 WS Cook's Choice	17 GD & Lyle Cook's Choice	18 WS Chicken Pasta Salad	19 GD: Chicken Pasta Salad Klickitat:	20 	21 GD Senior Breakfast 9am \$3pp
22	23 WS Sausage Gravy & Biscuits	24 GD & Lyle Sausage Gravy & Biscuits	25 WS Beef Stew 	26 GD Beef Stew	27	28
29	30 WS Chili 	31 GD & Lyle Chili 				MENU SUBJECT TO CHANGE

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 11:30 at the Market Street Café.

TROUT LAKE: Thursday-October 12th at 5:30pm at Trout Lake School.

KLICKITAT: Thursday, October 19th at 12-Noon at the Klickitat Community Center.



Senior Klickitat PUD Discount

If you are 61 years old or older and your household income is at or below \$23,500 you may be eligible for a PUD electric bill discount.

Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application. PUD senior electricity discounts must be reapplied for every year or if you move. You must be 61 or older and meet household income qualifications. Discounts will run from December 1st or application qualification date through May 31st.

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

Energy Assistance through WGAP will be in November. We do not yet have any dates from them for appointments but will provide information once we receive it in our November newsletter.



Volunteer Hours

Goldendale Family Caregiver Support Group

Second Wednesday of each month. Next meeting is

October 9th at
10:30am at the
Goldendale Senior
Center



August HOURS

TRANSPORTATION	719	Hours
NUTRITION	889.5	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	13	Hours
MUSICIANS	18	Hours

Family Caregiver —Handling Troubling Behavior

Some of the greatest challenges of caring for a loved one with dementia are the personality and behavior changes that often occur. You can best meet these challenges by using creativity, flexibility, patience, and compassion. It also helps to not take things personally and maintain your sense of humor.

To start, consider these ground rules:

We cannot change the person. The person you are caring for has a brain disorder that shapes who he has become. When you try to control or change his behavior, you'll most likely be unsuccessful or be met with resistance. It's important to:

- *Try to accommodate the behavior, not control the behavior.* For example, if the person insists on sleeping on the floor, place a mattress on the floor to make him more comfortable.

Remember that we can change our behavior or the physical environment. Changing our own behavior will often result in a change in our loved one's behavior.

Check with the doctor first. Behavioral problems may have an underlying medical reason: perhaps the person is in pain or experiencing an adverse side effect from medications. In some cases, like incontinence or hallucinations, there may be some medication or treatment that can assist in managing the problem.

Behavior has a purpose. People with dementia typically cannot tell us what they want or need. They might do something, like take all the clothes out of the closet on a daily basis, and we wonder why. It is very likely that the person is fulfilling a need to be busy and productive. *Always consider what need the person might be trying to meet with their behavior—and, when possible, try to accommodate them.*

Behavior is triggered. It is important to understand that all behavior is triggered—it occurs for a reason. It might be something a person did or said that triggered a behavior, or it could be a change in the physical environment. *The root to changing behavior is disrupting the patterns that we create.* Try a different approach, or try a different consequence.

What works today, may not tomorrow. The multiple factors that influence troubling behaviors, and the natural progression of the disease process, mean that solutions that are effective today may need to be modified tomorrow—or may no longer work at all. The key to managing difficult behaviors is being creative and flexible in your strategies to address a given issue.

Get support from others. You are not alone—there are many others caring for someone with dementia. Locate your nearest Area Agency on Aging, the local chapter of the Alzheimer's Association, Klickitat County Senior Services, or visit the Family Care Navigator (www.caregiver.org/family-care-navigator) to find support groups, organizations, and services that can help you. Expect that, like the loved one you are caring for, you will have good days and bad days. Develop strategies for coping with the bad days.

When did you last have your teeth cleaned?

Or an oral health screening?



We are very fortunate to have Theresa Marks travelling to Klickitat County to provide mobile dental hygiene services and oral health screening to seniors at the Pioneer Center in White Salmon.

Theresa has been a dental hygienist for over 20 years. "I have learned the importance of good oral health and how it interacts with medicine and systemic diseases. My goal is to advocate and provide access to oral health care to patients that live with disabilities and medically compromised issues."

Theresa is the Executive Director of Dental Hygiene Mobiles Services, PLLC, a Mobile Dental Hygiene Company that serves Washington in providing dental hygiene services in long term care / specialty facilities, group homes, assisted living facilities, retirement communities and private homes.

Theresa began travelling here to provide mobile dental services at Senior Services Pioneer Center in White Salmon. She is providing affordable oral health screenings and proper cleanings available at affordable rates.

Appointments are available between 9am to 3:30pm on

Wednesday, October 4th and Wednesday, October 18th.

Please call the White Salmon Senior Services office to schedule your appointment at 509-493-3068.

Oral health screenings for seniors with no insurance are \$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 \$70.00 and that will include a periodontal assessment.

SKYLINE HOSPITAL'S ANNUAL HEALTH FAIR SCHEDULED FOR OCTOBER 20

WHITE SALMON—Skyline Hospital is celebrating its 35th year of providing low and no-cost health screenings to communities throughout the Gorge. This year's community health fair will be held Friday, October 20 from 7 – 11 a.m., in the hospital's downstairs meeting space.

Free screenings include blood pressure, height, weight and balance testing. For a \$40 fee participants can have blood drawn for testing that includes a blood chemistry screening and lipid panel. Men can include a test for prostate specific antigen (PSA) for an additional \$20. Also, a thyroid stimulating hormone (TSH) test can be included for an additional \$20. All fees must be paid by check, cash or credit card (insurance will not be billed) and a 12-hour fasting is recommended for those having blood drawn.

Pre-registration is strongly recommended for the blood chemistry screening by calling 509-493-1101 by October 13. Drop-ins are welcomed on a first come, first serve basis.

A healthy breakfast will be served, as well as nutritious snacks. The health fair will also feature local organizations who will provide educational information on a variety of health-related topics.

For those community members who are unable to attend the health fair, the low-cost health screenings will be available at the hospital until October 31.



What is #DisruptAging?

DisruptAging.aarp is a place to have a new conversation — often funny, sometimes raw, always honest — about how we want to live and age.

We will celebrate all those who own their age. We will hold a mirror up to the ageist beliefs around us. We will feature new ways of living and aging, and the products and solutions that make this possible.

We will partner with companies and communities to create new solutions that work for all of us at any age. And we will get this story — our story — out there. It's time to change the conversation.

#DisruptAging

Real-time news and lively conversation about age-defying people and ideas

- Facebook <https://www.facebook.com/aarp>
- Pintrest <https://www.pinterest.com/AARP>
- Twitter <https://www.twitter.com/AARP>
- Subscribe on YouTube <https://www.youtube.com/AARP>

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672

115 W. Court St. MS-CH-21
Goldendale, WA 98620
509 773-3757

Senior Newsletter Edited by
Virginia Dunham and
Jill Parrott

Non-Profit Organization
U.S. Postage Paid
White Salmon, WA 98672
Permit #77