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Honoring Those who Fight to Keep Us

Free

Monday, November 11th

We Owe Them a Lot

On Veterans Day we remember again

Our men and women who served;

We honor them now for what they did then:

The liberties they preserved.

Let's never forget their sacrifice,

The hard, heavy work they have done;

They did what was asked, crucial needs they fulfilled,

With a telephone, pencil or gun.

We are happy and proud to honor them;

They gave so much more then they got.

Our heroes, our veterans, kept freedom safe;

All of us owe them a lot.

By Joanna Fuchs



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November is National Family Caregiver's Month



It is a time to thank, support, educate, and advocate for the more than 50 million family caregivers across the country. During Family Caregiver's Month, we will encourage family caregivers to take four steps every day to empower family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to health and well-being:

Believe in Yourself.

Protect your Health.

Reach out for Help.

Speak up for your Rights.



Klickitat PUD, Senior Services & WGAP are Hosting SENIOR DAYS

Who Should attend: Klickitat PUD senior customers (61+)

What's happening:

- Sign up for KPUD Senior Discounts for the 2017-2018 program.
- Sign up for Low Income Energy Assistance (LIHEAP) with WGAP.
- Learn about LIHEAP weatherization programs.
- Learn about KPUD programs and talk with our conservation specialist.

When and Where:

Tuesday, November 14th between 10am and 1pm at **White Salmon** Senior Services office in the Pioneer Center Building, 501 NE Washington Street, White Salmon, WA 98620.

Wednesday, November 22nd between 10am and 1pm at **Klickitat PUD** meeting room in **Goldendale**. (if you need transportation call Stacy 773-3060 for a ride).

Customers can receive enrollment help from Senior Services. Additionally, WGAP will be processing applications for low income energy assistance.

Bring documents to show household annual income.

Senior customers will learn about KPUD customer service programs and about LIHEAP energy assistance/weatherization programs. Coffee, juice and cookies will be served.



Flu Season is here! Veterans protect yourselves and get a **NO COST** flu shot!

The cold and flu season is upon us and the Department of Veterans Affairs has once again teamed up with Walgreens Pharmacies nationwide to allow all veterans who are currently enrolled in the VA healthcare system to be able walk into any of the over 8000 Walgreens nationally (and the Duane Reade pharmacies in the New York metropolitan area) to receive a vaccination **at no cost**. Vaccinations will be available through March 31, 2018.



Veterans wishing to receive the no cost vaccination simply need to present a Veterans Identification Card and a photo ID, at any participating Walgreens to receive the vaccination. The Group ID is: **VAFLU**

In addition, after the Walgreens pharmacist administers the vaccine Walgreens will transmit that information securely to VA where it becomes part of the patient's electronic medical record.

VA is committed to keeping Veteran patients healthy, and during this flu season, vaccination is the best way to prevent the spread of flu. No matter where you live, visit your local VA clinic or Walgreens to get a no cost flu shot.

To find your local VA, visit va.gov/directory/guide/home.asp.

To locate a Walgreens store near you, call 800-WALGREENS (800-925-4733).

To learn more about the partnership, call 1-877-771-8537 or visit

<https://www.va.gov/COMMUNITYCARE/programs/veterans/immunization.asp> .

The Klickitat County Senior Service Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are homebound as the result of illness, disability, or lack of transportation.

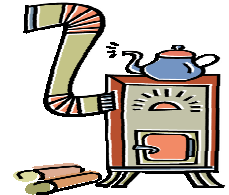
A hot nutritious meal can be delivered if you reside within a couple of miles of a specific meal sites in our county and frozen home delivered meals are available throughout the county. If you feel you are in need of a home delivered meal contact us to see if you qualify.



Please call 1-800-447-7858 or
Virginia in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

HELP With Winter Heating

Washington Gorge Action Program (WGAP) will be at the following Senior meal sites to process Low Income Energy Assistance Applications. Jill and Virginia from Klickitat County Senior Services will be at the sites processing Senior Klickitat PUD discount applications.



White Salmon Pioneer Center

Monday, November 6, 9am to Noon

White Salmon Senior PUD day Tuesday, November 14th 10am to 1pm

Lyle Lions Community Center

Tuesday, November 7, 9am to Noon

Goldendale Senior Center

Thursday, November 2, 10:30 to 1pm

Thursday, November 16, 10:30 to 1pm

Goldendale PUD

Goldendale Senior PUD day Wednesday, November 22nd 10am to 1pm

For the Energy Assistance application you MUST BRING: *SS card or an official document with the number on it ; heating bill; August, September, October income documents. *If SSA is Direct deposit, you need to only bring 1 bank statement.

For the Klickitat County PUD discount you must be 61 or older and bring proof of household income and your most recent PUD bill.

White Salmon Events 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/1 Huskey Family 11/6 Simcoe Boys 11/8 Simcoe Boys	11/13 Old Time Friends 11/15 Simcoe Boys 11/20 Simcoe Boys	11/22 Andre & Band 11/27 Simcoe Boys 11/29 Simcoe Boys	1 9:30 Exercise 11am Live Music & Dance	2 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	3	4
5 Fall Back Daylight Savings Ends 	6 9:30 Exercise 11am Live Music & Dance	7 8:30 to 9:30 Hatha Yoga 2pm Strong Women 	8 Hood River Shopping 9:30 Exercise 11am Live Music & Dance	9 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	10 OFFICE CLOSED Observe Veteran's Day	11 VETERAN'S DAY 
12	13 9:30 Exercise 11am Live Music & Dance	14 8:30 to 9:30 Hatha Yoga 10am to 1pm Senior PUD Day 2pm Strong	15 9:30 Exercise 11am Live Music & Dance	16 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	17  	18
19 	20 9:30 Exercise 11am Live Music & Dance	21 8:30 to 9:30 Hatha Yoga 2pm Strong Women	22 9:30 Exercise 11am Live Music & Dance	23 Thanksgiving OFFICE CLOSED 	24 OFFICE CLOSED	25
26	27 9:30 Exercise 11am Live Music & Dance	28 8:30 to 9:30 Hatha Yoga 2pm Strong Women	29 9:30 Exercise 11am Live Music & Dance 	30 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women		29










Goldendale Events

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/9 Simcoe Boys 11/16 Jackie	11/30 Simcoe Boys	<i>Shopping trip is provided by Mt. Adams Transportation, call to be placed on the list. 773-3060</i>	1	2 1pm Exercise 1pm Bingo 	3 Noon Pinochle 	4
5 Fall Back  Daylight Savings Ends	6	7 1pm Exercise 	8 10:30 Caregiver Support Group	9 1pm Exercise 1pm Bingo	10 OFFICE CLOSED Observe Veteran's Day	11 Veteran's Day
12	13	14 10am Toenail Care  1pm Exercise	15	16 1pm Exercise 1pm Bingo 	17 Hood River Shopping 12pm Pinochle	18 SR Breakfast \$3pp
19	20	21 1pm Exercise 	22 10am to 1pm Senior Day at Goldendale PUD	23 THANKSGIVING DAY OFFICE CLOSED 	24 OFFICE CLOSED	25
26	27	28 1pm Exercise 	29	30 1pm Exercise 1pm Bingo Must be a member of the Senior Center		

November 2017 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change			1 WS Tuna Casserole 	2 GD Tuna Casserole	3 	4 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12)
5 Fall Back 	6 WS Chicken Pot Pie	7GD & Lyle Chicken Pot Pie	8 WS Beef Stroganoff 	9 GD: Beef Stroganoff 5:30pm Trout Lake: Sicilian Meat Roll	10 OFFICE CLOSED Observing	11 Veteran's Day
12	13 WS Meatloaf	14 GD & Lyle Meatloaf	15 WS Pork Ribs	16 GD: Pork Ribs Klickitat: Turkey Roast	17 	18 GD senior Breakfast \$3pp
19	20 WS Cook's Choice	21 GD & Lyle Thanksgiving Dinner	22 WS Thanksgiving Dinner	23 Office Closed THANKSGIVING 	24 OFFICE CLOSED	25
26	27 WS Ham & Scalloped Potatoes	28 GD & Lyle Ham & Scalloped Potatoes	29 WS Hungarian Goulash	30 GD Hungarian Goulash 		

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 Café.

TROUT LAKE: Thursday-November 9th at 5:30pm at Trout Lake School.

KLICKITAT: Thursday, November 16th at Noon at Klickitat Community Center.

Goldendale Senior Center Christmas Bazaar

Merry Christmas



Date: Saturday, December 2, 2017

Time: 9am 3pm

Place: Goldendale Senior Center,
115 E Main Street

Lunch begins at 11am

Raffle drawing at 2pm

Great Gift Ideas, Food, Crafts, & enjoy the Fellowship!

Goldendale Caregiver

Support Group



2nd Wednesday,
November 8th at the Goldendale
Senior Center, 115 E Main Street at
10:30am

If you have questions call 773-3757

Volunteer Hours

September HOURS

TRANSPORTATION	659	Hours
NUTRITION	699	Hours
NEWSLETTER	23	Hours
SR. EXERCISE	11	Hours
MUSICIANS	16	Hours

Alzheimer's Support Group:

Hood River Valley Adult
Center, 2010 Sterling
Place, Hood River.

2nd Wednesday of each
month from 2:30 to
3:30pm.

541-386-2060

Sunshine Club: Alzheimer's Support
Day Care at the Hood River Alliance
Church, 2560 Montello, Hood River.

Call 541-645-5195 for more
information.

Tuesday, Wednesday, & Thursday
from 9:30am to 4:30pm.

Full Day rate: \$18 per hour

1/2 Day rate: \$20 per hour

Drop in rate: \$25 per hour

Community Thanksgiving Dinner

You are invited to a Thanksgiving Dinner at:

Place: Father's House Fellowship 207 S. Klickitat Street

Date: Thursday, November 23rd

Time: 12 Noon

Call for FREE Transportation Ogden's Mopar Limo Service,
773-4114 or 250-6147. Potluck is welcome, but not necessary.
We will also do take out and delivery.



Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2017

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year. Be sure to review your plan each year to make sure it will still meet your health and financial needs. Premiums will be 9 percent higher in 2018 than in 2017, the Kaiser Family Foundation reported, and will average more than \$43 a month. However, there will be an enormous range of plan costs, with bare-bones plans costing little and others charging \$100 monthly premiums. Many insurers also will be raising less visible expenses, such as annual deductibles and drug coinsurance payments.

Klickitat County Senior Services partners with SHIBA Volunteers to provide assistance with reviewing plan options during the Medicare Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

773-3757 Virginia in Goldendale

493-3068 Jill in White Salmon



Medicare Rx

5 Reasons to Switch Medicare Part D Plans

How to decide when to move on to a new prescription drug plan.

Here's why you should shop around for a new Medicare Part D plan for 2018.

Medication changes. You may have selected your current Medicare Part D plan based on medications you were taking a year or more ago. If you started a new medication in 2017, or think you might in 2018, research which plan in your area covers your most likely array of medications in the most cost effective way. You can use the Medicare Plan Finder to research how the medications you are interested in will be covered by all the Part D plans offered in your area.

Coverage changes. Medicare Part D plans are allowed to change their formulary of covered medications each year, and many plans do. Even if the medications you use were covered in the past, that doesn't mean they will continue to be covered in 2018 or that the out-of-pocket costs for a given medication won't significantly change.

Premium increase. Medicare Part D premiums vary based on the plan you select and can change from year to year. If you are facing a significant premium increase in 2018, it's worth typing your medications into the Medicare Plan Finder to see if there is another option that will cover your medications at a more affordable price.

High out-of-pocket costs. Premiums aren't the only plan costs to consider. Medicare deductibles vary by plan, and some plans don't have deductibles at all. The annual deductibles range from \$0 to \$405. You might also have to pay a set copayment amount, such as \$10, or a percentage of the price of the drug, such as 25 percent, and these amounts vary by plan.

Inconvenient preferred pharmacies. Many Medicare Part D plans have preferred pharmacies, and beneficiaries pay lower out-of-pocket costs if they fill their prescriptions at these locations. However, if the pharmacy that is most convenient for you doesn't participate in the preferred pricing, you could face much higher costs to fill your prescriptions. Enrollees pay less for their prescriptions if they go to a pharmacy where the plan has negotiated certain preferred pricing arrangements.



1st Annual Family Caregiver Appreciation Day

A free day of rest and rejuvenation for family caregivers in the Gorge.

Do you care for a loved one?

Maybe you help with errands, manage medication, provide emotional support, or keep their house clean. If you don't get paid for this assistance, then you are a family caregiver. Caregiving is a challenging and rewarding role that affects your health and well-being.

Respite care for your loved one is available on site or in their home (screening required).



RSVP online at <https://www.eventbrite.com/e/1st-annual-caregiver-appreciation-day-tickets-37463570548> or by calling [541-298-4101](tel:541-298-4101).

November 4, 2017
10 am to 4 pm
Registration begins at 9:30 am
Hood River Valley Adult Center
2010 Sterling Place, Hood River

Proudly Sponsored By...

DeHart Excavation Inc.



Pampering and education for family caregivers including:

- Massage, beauty products, self-care workshops
- Education on common caregiving topics
- Catered lunch
- Connections to local resources for you and your loved one



Keynote Speaker: Elizabeth Eckstrom, MD, MPH, author of The Gift of Caring





**Home Care Aide Week
November 12-18, 2017
Caring in Action**

During November the home care and hospice community honor the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and join with the National Association for Home Care & Hospice (NAHC) by celebrating November as Home Care and Hospice Month.

Home Care Aide Week takes place this year on November 12-18, 2017. For over 15 years, NAHC has used the second full week in November to highlight the many aides whose contributions are second to none as they bring personal warmth to the daily work of giving personal care. They play an invaluable role for their patients as caregivers, companions, and friends.

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PO BOX 1877

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Goldendale, WA 98620
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**Senior Newsletter Edited by
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