

# January 2018

**HAPPY NEW YEAR**

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

## **New Year's Resolutions for 2018**

It's the New Year! That means the opportunity for a fresh start. Time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren or friends? Do you do enough to give back to your community?

Set a goal that focuses on bettering your overall health, both physically and mentally.

It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing.

Here are a few resolutions to consider:

1. Exercise for 10 minutes every day: Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting started, commit to 10 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week.

2. Explore new volunteer opportunities: Volunteering is a great way to give back to the community, but it also benefits your own health. It provides a sense of accomplishment, increases self-confidence and brings fulfillment to life. It also connects you with like-minded individuals, which is great for your mental well-being. Find an organization like the senior center to get involved with and reap the health benefits.

3. Revive an old friendship: It's not always easy remaining close to friends who don't live right down the street. But there are dozens of resources you can use to rekindle old friendships. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

## **Inside this issue:**

New Year's cont.	2
Benefits of Volunteering	3
Dear Marci	4
	5
White Salmon Events	
Goldendale Events	6
MENU	7
Volunteer Hours Support Group	8
Utility Discounts	9
Tax Aide	10
Winter Fall Protection tips	11

**One small  
positive  
thought in  
the  
morning  
can change  
your whole  
day!**

## **2018 Resolutions continued.....**

4. Spend more time with the grandkids: Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. Staying connected with your grandkids or friends on a regular basis will strengthen the bond.

This year, consider gathering with your loved ones every other week to catch up.

5. Make healthier dessert decisions: It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues. Make this your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate are great natural alternatives to satisfy a sweet craving.

6. Revisit an old pastime: When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or collection you used to be so passionate about.

Consider introducing it to your grandchild so you have something new to bond over!

7. Challenge your brain regularly: You know that physical activity is important, but giving your brain a "workout" is just as crucial. Give your brain a change in a more positive way by engaging in new learning that requires some additional effort. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that'll force your mind to work in overdrive. If you are accustomed to doing crossword puzzles to keep your brain active, increase the level of difficulty to challenge your brain to work even harder. Or, consider learning a new language.

8. Be conscious about your overall health: Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being. And take the advice and guidance he or she gives during your visit. Those tips will help you have a happy and healthy year.

## The Benefits of Volunteering

It appears that volunteering pays special dividends for seniors who have chronic health conditions such as arthritis, diabetes, depression, high blood pressure, dementia or Alzheimer's disease.

Volunteering past the traditional retirement age of 65 has the following benefits beyond good vibes:

1. **Strengthened Mission—99%** want to make a difference. Whether it's passing out lunches to the homeless or building a home for a family in need, nearly all senior volunteers want to make a difference.
2. **Improved Physical Health—98%** stay active and feel better physically. Recent research confirms what other studies have revealed: giving back pays special dividends in increased activity, which often results in improved health.
3. **Stronger Emotional Foundation—98%** feel better emotionally. Perhaps it's the idea of putting others' needs before one's own, but older volunteers almost always feel better emotionally.
4. **Renewed Spiritual Purpose—98%** gain a sense of purpose. Along with a need to make a difference, senior volunteers overwhelmingly want to gain a sense of purpose.
5. **Shared wisdom—90%** want to share their talents, skills and experience. Many older adults have spent a lifetime in careers or honing domestic and creative skills that they are more than happy to share with others.

The benefits of volunteering are wide and varied. The need to help others and make a positive difference on the volunteers themselves. 97% of senior volunteers feel that they are happier than those who do not volunteer, and volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life.

### Volunteer!

It's good for your health.



Dear Marci,

I think I need a power wheelchair to get around my home. How do I get one, and how do I get Medicare to cover it?

~Jacob (Concord, NH)

Dear Jacob,

The first step to getting a power wheelchair is to speak with your doctor. You may feel you need one, or your doctor might suggest it, but either way, you must have an office visit with your doctor before you get your wheelchair. This visit should take place no more than 45 days before the order is placed, and should address with the medical reasons you need the wheelchair. Your provider must sign an order or fill out a prescription that states:

- Your health makes it very hard to move around in your home, even with the help of a walker or cane
- You have significant problems in your home performing activities of daily living such as getting to the toilet, getting in and out of a bed or chair, bathing, and/or dressing
- You cannot use a manual wheelchair or scooter, but you can safely use a power wheelchair

Once you have the doctor's order or prescription, you must take it to the right kind of supplier in order to get your power wheelchair covered. The supplier you use depends on what kind of Medicare coverage you have and where you live.

**If you have Original Medicare**, the kind of supplier you can use will depend on where you live. In many areas, called competitive bidding areas, Medicare will only pay for most durable medical equipment (DME) from a select group of suppliers known as contract suppliers. In other areas, you can use any supplier that has signed up with Medicare. To find out whether you live in a competitive bidding area and which Medicare suppliers you can use, call 1-800-MEDICARE or visit [www.medicare.gov/supplier](http://www.medicare.gov/supplier). The required visit with your doctor took place

Washington State is one of the 19 states that says if you have Original Medicare, your provider or supplier will need to ask Medicare for permission before you can get a power wheelchair or scooter. This is called prior authorization. You do have the right to an appeal if prior authorization is denied.











Marci

# White Salmon Events

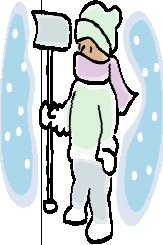

## January 2018



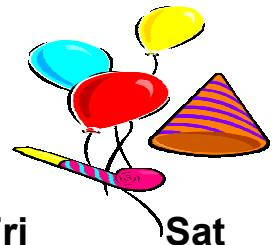
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>OFFICE CLOSED</b> <b>Happy New Year!</b> 	<b>2</b> 8:30 to 9:30 Hatha Yoga  2pm Strong Women	<b>3</b> 9:30 Exercise 11am Live Music & Dance 	<b>4</b> 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	<b>5</b> 	<b>6</b>
<b>4</b>	<b>5</b> 9:30 Exercise  11am Live Music & Dance	<b>6</b> 8:30 to 9:30 Hatha Yoga  2pm Strong Women	<b>7</b> 9:30 Exercise  11am Live Music & Dance	<b>8</b> 8:30 to 9:30 Hatha Yoga  Noon Pinochle  2pm Strong Women	<b>9</b> 	<b>10</b>
<b>11</b>	<b>12</b> 9:30 Exercise  11am Live Music & Dance	<b>13</b> 8:30 to 9:30 Hatha Yoga  2pm Strong Women	<b>14</b> 9:30 Exercise  11am Live Music & Dance	<b>15</b> 8:30 to 9:30 Hatha Yoga  Noon Pinochle 2pm Strong Women	<b>16</b> 	<b>17</b>
<b>18</b>	<b>19</b> <b>OFFICE CLOSED</b> 	<b>20</b> 8:30 to 9:30 Hatha Yoga  2pm Strong Women	<b>21</b> 9:30 Exercise  Music & Dance	<b>22</b> 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	<b>23</b>	<b>24</b>
<b>25</b> 	<b>26</b> 9:30 Exercise  11am Live Music & Dance	<b>27</b> 8:30 to 9:30 Hatha Yoga 2pm Strong Women	<b>28</b> 9:30 Exercise 11am Live Music & Dance	<b>29</b> 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	<b>30</b> 	<b>31</b>



# Goldendale Events January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goldendale Food Bank is open Monday and Thursday 10am to 2pm Call MATS for transpor-</p>	<p><b>1</b> <b>OFFICE CLOSED</b> <b>HAPPY NEW YEAR</b></p> 	<p><b>2</b> 1pm Exercise</p>	<p><b>3</b></p>	<p><b>4</b> 1pm Exercise 1pm Bingo</p>	<p><b>5</b> Hood River Shopping 12pm Pinochle</p>	<p><b>6</b></p> 
<p><b>7</b></p> 	<p><b>8</b></p>	<p><b>9</b> 1pm Exercise 10am Toe-nail Care</p>	<p><b>10</b> 10:30am Caregiver Support Group</p> 	<p><b>11</b> 1pm Exercise 1 Bingo</p> 	<p><b>12</b> 12pm Pinochle</p> 	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b> <b>OFFICE CLOSED</b></p> 	<p><b>16</b> 1pm Exercise</p>	<p><b>17</b></p>	<p><b>18</b> 1pm Exercise 1 Bingo</p> 	<p><b>19</b> The Dalles Shopping Noon Pinochle</p> 	<p><b>20</b> <b>Senior Breakfast \$3pp</b></p>
<p><b>21</b></p> 	<p><b>22</b></p>	<p><b>23</b> 1pm Exercise</p>	<p><b>24</b></p> 	<p><b>25</b> 1pm Exercise 1 Bingo</p>	<p><b>26</b> Noon Pinochle</p>	<p><b>27</b></p>
<p><b>28</b></p> 	<p><b>29</b></p>	<p><b>30</b> 1pm Exercise</p>	<p><b>31</b></p> 	<p><b>Listen to your Radio for Weather Updates</b></p> 	<p><b>Listen to your Radio for Weather Updates</b></p>	

# January 2018 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office CLOSED 	2 GD & Lyle Cook's Choice	3 WS Taco Bean Soup 	4 GD Taco Bean Soup	5 	6 Lyle Breakfast 7am to 10am \$7Adults, Chil- dren (6-12) \$4, under 5 FREE
7	8 WS Curried Chicken Salad	9 GD & Lyle Curried Chicken Salad	10 WS Meatloaf 	11 GD Meatloaf	12	13
14 	15 OFFICE CLOSED!	16 GD & Lyle Soup & Sandwich	17 WS Baked Chicken 	18 GD Baked Chicken Klickitat: Bean & Beef Soup	19 	20 GD Senior Break- fast 9am \$3pp \$3pp
21	22 WS Beef Stroganoff	23 GD & Lyle Beef Stroganoff 	24 WS Chili Baked Potato	25 GD Chili Baked Potato 	26	27
28 	29 WS Chicken A 'La' King	30GD & Lyle Chicken A' La' King 	31 WS Shepherd's Pie 	Feb 1 Shepherd's Pie		<b>MENU SUBJECT TO CHANGE</b>

## **KLICKITAT COUNTY 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 and 4th Tuesday at 11:30am at the Bickleton Market Street Café.

TROUT LAKE: Thursday-January 11 at 5:30pm at Trout Lake School

KLICKITAT: 3rd Thursday-January 18 at 12-Noon at the Klickitat Community Center

**\*Our Meal Site Funding follows Older American Act standards. The funding is specific to Seniors 60 years old and older not disabled. Suggested donation for Senior \$3.50 other participants are required to pay \$6.50 for meal.**

## Volunteer Hours

### November HOURS

TRANSPORTATION	629.25	Hours
NUTRITION	744.5	Hours
NEWSLETTER	19	Hours
SR. EXERCISE	13	Hours
MUSICIANS	18	Hours


### Goldendale Caregiver Support Group

2nd Wed, January 10th at  
10:30am at the Goldendale Senior  
Center, 115 E. Main.  
For more information call Senior  
Services at 773-3757.

Klickitat County Senior Services &  
Mt. Adams Transportation Staff  
wish you **HAPPY NEW YEAR!**



## America Goes Red

 *Friday, February 2 is National Wear Red Day<sup>®</sup>*

Held annually on the first Friday in February, National Wear Red Day serves as a symbol of strength and unity in the movement to end cardiovascular diseases and stroke in women. Show your support for the movement by participating and unity in the movement to end cardiovascular diseases and stroke in women. Show your support for the movement by participating in **#WearRedAndGive** on February 2 and encouraging others to do the same.



## Bingen & White Salmon Water/Sewer

### Senior Discounts

If you have a senior discount for utilities with the City of White Salmon you need to re-apply for your discount or if you think you may qualify for the senior or disabled persons discount you need to apply with Washington Gorge Action Programs, located at 1250 E Steuben, Bingen, WA. 509 493-2662. They will help you with all your Low Income Home Energy assistance needs and questions.

## GOLDENDALE Water & Sewer

### Senior Discounts

Beginning February 20th, call Virginia at Senior Services 773-3757 to make an appointment to apply for the senior discount for City of Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400 or less. You need to bring your most recent water bill and proof of household income.

## 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.



## Tax Aide to Provide Free Income Tax Assistance

**FREE tax assistance** will be available for residents of Klickitat County through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.

### **Taxpayers need to bring:**

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc.

Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability. Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors and will be at the following locations:

- ♦ **Goldendale Grange Hall**, 228 E Darland Street. AARP Tax Aid appointments will be on Fridays and Saturdays **starting Feb. 2nd through April 14th from 9am to 12-noon.** **You Must** call Senior Services at **773-3757** to make an appointment.
- ♦ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments will be on Tuesdays, beginning **February 6th, 9am to Noon.** **You Must** call Senior Services at **493-3068** to make an appointment.

## 9 Smart Ways to Protect Yourself from Falls This Winter

**Don't let fear of slipping and hurting yourself keep you indoors.**



### 1. **Get physical**

The stronger and fitter you are, the less likely you are to fall. Exercising can help prevent falls because it makes your muscles stronger and more flexible and helps to improve your balance.

### 2. **Watch where you step**

It may sound obvious to look at where you're going before you start moving, but we all can easily get distracted. Always assume that all wet and dark areas on pavements are slippery and icy. Just because you don't see ice doesn't mean it's not there. Test out potentially slick areas by tapping your foot on them first. If you must walk up or down a hill, consider walking along its grassy edge for better traction. Look in advance for something to grab onto in case you do start to fall.

### 3. **Wear socks over your shoes**

Go ahead and start a new winter fashion trend, all in the name of safety. Socks are not only good for keeping your piggies warm under your shoes or boots: a study published in the New Zealand Medical Journal found that wearing socks over shoes was an effective and inexpensive way to increase traction on icy footpaths and reduce your likelihood of slipping.



### 4. **Do the shuffle**

Now is not the time to maintain your regular, graceful gait. Instead, pretend you're a penguin. Take short, flat-footed baby steps, pointing your feet out slightly, while spreading your body weight as evenly as possible over the entire surface of your feet.

### 5. **Keep your hands out of your pockets**

Keeping your hands in your pockets might increase their warmth, but it decreases your center of gravity and balance. Better to extend your arms out to your sides—and wear gloves so you can break your fall if you do slip.

### 6. **Stay out of the street**

The street is usually the first to be cleared, so it may be tempting to walk there. But remember, trucks and cars slide, too, and you may put yourself in the path of an oncoming vehicle that is unintentionally heading right toward you

### 7. **Choose your shoes wisely**

First off, sneakers are comfortable, but sneakers and snow don't mix. Swap out your sneakers, shoes with smooth soles and heels, for footwear that provides traction, like boots made of non-slip rubber or neoprene. Grooved soles can improve traction between the walking surface and the sole, while flat leather or plastic-soled shoes give you minimal resistance

### 8. **Carry kitty litter**

Bring a little bag of kitty litter along with you on your walk. Sprinkling it on the ground can add traction to slippery surfaces.

### 9. **Curb your fear**

It's common to be afraid of falling again once you've fallen even if that fall didn't cause any injury. That fear might also cause you to stay at home away from all the things you like to do. But muscles and bones can weaken over time if you don't use them, and then you could become more, not less, likely to suffer a fall.



**Adverse Winter Weather may result in Senior Meal or Activity Cancellations or schedule changes with Mt. Adams Transportation**

Please listen to your local radio stations, KVGDLP Goldendale FM100.1, KLCK 1400AM, & KIHR 1340AM, Y102 FM, KACI 1300 AM to find out about a cancellation or call our senior services office:  
Goldendale 773-3757, White Salmon 493-3068.

During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions. Please keep in mind that our drivers must be able to access your driveway safely. We do not have all wheel drive vehicles. If you have questions about your trip or issues with access to your home please let us know.

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

115 W. Court St. MS-CH-21  
Goldendale, WA 98620  
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PO BOX 1877  
501 NE Washington Avenue  
White Salmon, WA 98672  
509 493-3068

**Klickitat County Senior Services**