

Klickitat County Senior Newsletter

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



2018

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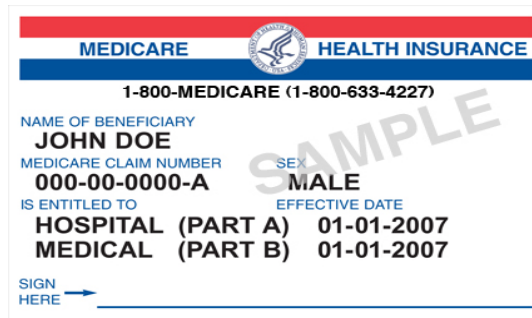
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New Medicare Cards

The Centers for Medicare & Medicaid Services (CMS) will begin issuing new Medicare cards in April 2018 that no longer include your Social Security number. The Social Security numbers will be replaced by a new Medicare Beneficiary Identifier (MBI). The cards will be mailed to your address on file with the Social Security Administration, so make sure your contact information is accurate.

It will take 12 months to mail new cards to all Medicare beneficiaries. During this time, keep in mind that Medicare will never request personal or private information, so be wary of anyone contacting you about the new card or MBI. Once you receive your new card, destroy the old card immediately.

- Your new card will automatically come to you. * You don't need to do anything.
- Your Medicare coverage and benefits will stay the same.



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.



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.

3 Strategies for Caregivers

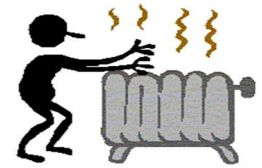
There are few responsibilities more emotionally and physically taxing than taking care of a loved one with Alzheimer's disease. These tasks include bathing and feeding them, keeping them safe, performing household chores, paying bills and communicating with other family members and the medical community. Most caregivers take on this responsibility out of a deep sense of love, duty and devotion, but the daily tasks can be so consuming that they often leave one critical task undone: taking care of the caregivers' own physical and emotional needs. This oversight can cause caregivers to become "secondary patients" of Alzheimer's, which puts them at higher risk for developing high-blood pressure, cardiovascular disease, metabolic syndrome and reduced immune function.

- ⇒ **Seek Help** Now this suggestion may seem like adding one more time-consuming task to your already teeming schedule, but this is a resource that provides the kind of practical tips, knowledge, insight and psychological support that will benefit both you and your loved one in immeasurable ways. You'll learn how others deal with problems associated with care giving.
- ⇒ **Assess yourself** Caregivers are so often focused on others that they tend to lose touch with their own needs. To become more aware of what is necessary to effectively care for yourself, take a quiet moment to sit down and write a list of the activities and interests that have always helped you feel energized and thrive.
- ⇒ **Take a break** When stress levels get too high or you're reaching your physical limits, consider professional help. There are a variety of new choices available. For example, there's respite care, a program that allows your loved one to stay in an assisted living or private pay on a regular basis to provide some extra personal care for your loved one or to simply help with housecleaning and other daily chores.

Choosing to personally care for a loved one with Alzheimer's can be a noble responsibility to take on, but it is also one that requires a marathoner's mentality. If you try to do this at a sprint without the requisite support and personal care you need, you won't be able to complete the journey -- or you'll end up limping along while suffering both emotional and physical pain. Find ways to take care of yourself along the way. You and your loved one will both be better off for your efforts.

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.



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.

White Salmon Events February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Music 2/5 Simcoe Boys 2/7 Huskey Family 2/12 Old Time Friends	2/14 Simcoe Boys 2/19 CLOSED 2/21 Andre & Friends 2/26 Simcoe Boys 2/28 Simcoe Boys		1 8:30to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	2 Groundhog's Day 	3
4	5 9:30 Exercise 11am Live Music & Dance	6 8:30 to 9:30 Hatha Yoga 2pm Strong Women	7 9:30 Exercise 11am Live Music & Dance	8 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	9 	10
	11 12 9:30 Exercise 11am Live Music & Dance	13 8:30 to 9:30 Hatha Yoga 2pm Strong Women 	14 9:30 Exercise 11am Live Music & Dance 	15 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	16 	17
18	19 OFFICE CLOSED President's Day	20 8:30 to 9:30 Hatha Yoga 2pm Strong Women	21 9:30 Exercise 11am Live Music & Dance	22 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	23	24
25	26 9:30 Exercise 11am Live Music & Dance	27 8:30 to 9:30 Hatha Yoga  2pm Strong Women	28 9:30 Exer  11am Live Music & Dance		<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated</i>	











Goldendale Events February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MUSIC 2/8 Simcoe Boys 2/15 Jackie Boys 2/22 Simcoe Boys			1 1pm Exercise 1pm Bingo	2 Groundhog's Day 	3
4	5	6 1pm Exercise 10am Toenail Care by Kit by appt. only	7	8 1pm Exercise 1pm Bingo	9 Hood River Shopping Trip 12pm	10
11	12	13 10am Toenail care 1pm Exercise	14 10:30am Caregiver Support Group 	15 1pm Exercise 1pm Bingo 	16 Noon Pinochle Chinese New Year	17 Senior Center Breakfast \$3pp
18	19 OFFICE CLOSED Presidents Day	20 1pm Exercise	21	22 1pm Exercise 1pm Bingo	23 The Dalles shopping Trip Noon Pinochle	24
25	26	27 1pm Exercise 	28	Shopping trips are provided by Mt. Adams Transportation, call MATS 773-3060 if you would like to sign up.	Goldendale Food bank is open Mon 9am to Noon & 1:00pm to 3:30pm for transportation call 773-3060	



MENU February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meals are Subject to Change	LISTEN to the Radio for Weather Report for Meal Site Closures			1 GD Shepard's Pie	2 Groundhog Day 	3 Lyle Breakfast 7am to 10am Adults \$7 Children 6-12 \$4, 5 under
4	5 WS Country Steak 	6 GD & Lyle Country Steak	7 WS Baked Fish 	8 GD Baked Fish	9	10 
11 	12 WS Sausage, Red Beans & Rice 	13 GD & Lyle Sausage, Red Beans & Rice	14 WS Chicken Chow Mein	15 GD Chicken Chow Mein Klickitat: Baked fish	16 Chinese New Year 	17 GD Sr Ctr Breakfast 9am \$3pp
18	19 OFFICE CLOSED	20 GD & Lyle Cook's Choice	21 WS Baked Chicken 	22 GD Baked Chicken	23	24 
25	26 WS Chicken Parmesan	27 GD & Lyle Chicken Parmesan	28WS Hamburgers 	March 1 GD Hamburgers		

Klickitat County Senior Meal Site Locations

WHITE SALMON: Every Monday & Wednesday at noon @ the Pioneer Center 501 NE Washington Street.

LYLE: Every Tuesday at Noon @ Lyle Lions Community Center Hwy 14

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

GOLDENALE: Every Tuesday & Thursday at Noon @ Goldendale Senior Center 115 E. Main Street.

TROUT LAKE: Thursday-February 8 at 5:30pm at Trout Lake School

KLICKITAT: 3rd Thursday-February 15-Noon at the Klickitat Community Center

Volunteer Hours

Goldendale Support Group for Unpaid Caregivers

Second Wednesday, February 14th
10:30am at the Goldendale Senior
Center.

December HOURS

TRANSPORTATION	581.53	Hours
NUTRITION	623	Hours
NEWSLETTER	24	Hours
SR. EXERCISE	11	Hours
MUSICIANS	14	Hours

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, February 21st and Wednesday, March 14th.**

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.

How to Find Free Help for Seniors Struggling to Make Ends Meet

Your physical, mental, and nutritional well-being are too valuable to give up—and you don't have to! There are thousands of public and private programs that can help you pay for daily expenses if you are eligible.

It's easy to find these programs on BenefitsCheckUp®, a free service from the National Council on Aging. BenefitsCheckUp® takes the stress, time, and guesswork out of finding programs that can help you afford basic needs. In less than 15 minutes, you can complete a confidential online questionnaire that will connect you with programs to help pay for medicine, food, utilities, health care, and more. In many cases, you can even apply for the programs online.

The programs you will find on BenefitsCheckUp® can help pay for:

- Medications
- Food
- Utilities
- Legal services
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment training
- And much more



Since its launch in 2001, BenefitsCheckUp® has helped more than 5 million seniors find over \$17 billion in benefits! It's easy to get started. Visit BenefitsCheckUp® to take the questionnaire and receive a personalized report specific to your situation. If you're a friend, family member, or caregiver, you can complete the questionnaire with the seniors in your life. Go to:

<https://www.benefitscheckup.org>.

Or you can make an appointment with Klickitat County Senior Services to assist with this by calling Jill in White Salmon at 509-493-3068 or Virginia in Goldendale at 509-773-3757.



Aging Mastery Program®

National Council on Aging

Our state, along with Minnesota and Wisconsin, will now have the opportunity to test a new Aging Mastery Program® product, the Aging Mastery® Starter Kit (see below). The Starter Kit is an **at-home, self-directed product** that complements the original Aging Mastery Program®. The National Council on Aging (NCOA) is offering our state some kits – for free - to distribute to individuals in rural communities who are willing to commit to testing out the kit. The only expectation for participants is that they use the Kit – at their own pace – and complete a simple evaluation survey. The survey will be available online and also in paper format. If individuals fill out the paper survey, they may return it (in a self-addressed stamped envelope) to NCOA.

Klickitat County Senior Services has requested to receive some of the Starter Kits for Klickitat County. If you are interested in receiving a Kit, please call our office and we will sign you up to receive a kit. There are a limited number of kits being made available.

Kits will be available on a first-come, first-served basis and do require participants to return a simple evaluation of the kit.

**Call Klickitat County Senior Services if you are interested in getting a Kit.
Goldendale 509-773-3757 White Salmon 509-493-3068 or
1-800-447-7858.**

Aging Mastery® Starter Kit

The Starter Kit combines education with engaging activities to inspire and help people take actions to achieve autonomy, mastery, and purpose as they age. It is appropriate as a stand-alone entry to Aging Mastery® or as continued inspiration for those who have completed the community-based program.

Central to the kit is the Aging Mastery® Playbook, a guide to the philosophy of Aging Mastery® with practical tips for aging well across six dimensions:

Aging Mastery Starter Kit, continued

Gratitude and Mindfulness, Health and Well-Being, Finances and Future Planning, Connections and Community, Learning and Creativity, and Legacy and Purpose. Each dimension has specific guideposts, or actions, that people are encouraged to incorporate into their daily lives.

All components in the Starter Kit are designed to inspire individuals to make positive behavior changes across the six dimensions. Components include activity cards that support mindful actions, foundational exercise DVDs, a notepad for personal reflection and goal-setting, and postcards to express gratitude.

Just like the community-based program, the Starter Kit is a fun and innovative experience that empowers older adults to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others.

Aging Mastery® Starter Kit Components					
Aging Mastery® Playbook	Activity Cards & Dice	Exercise DVDs	Notepad	Gratitude Postcards	Magnet and Sticker
					



Aging Mastery Program®

National Council on Aging

NewsletterSenior

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



Distribution times beginning in February, will only be on Mondays from 9am to 12pm and 1pm to 3:30pm

Goldendale Food bank.

Washington Gorge Action Programs is now doing the distribution for the

Goldendale Food Bank NEW Hours