



Klickitat County Senior Newsletter

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

2018 Outstanding Senior Volunteer

The Klickitat County Senior Advisory Board selects nominees throughout the year of 60 + seniors that volunteer in Klickitat County to feature in our newsletter. Each year we recognize those volunteers as Outstanding Senior Volunteers at our Annual Senior Picnic. We also want to express appreciation to all of the volunteers who help to carry out the many programs for seniors in Klickitat County as well as those that volunteer their time and energy to make Klickitat County a wonderful community.

We are so fortunate to have so many dedicated volunteers who give of themselves everyday throughout Klickitat County.

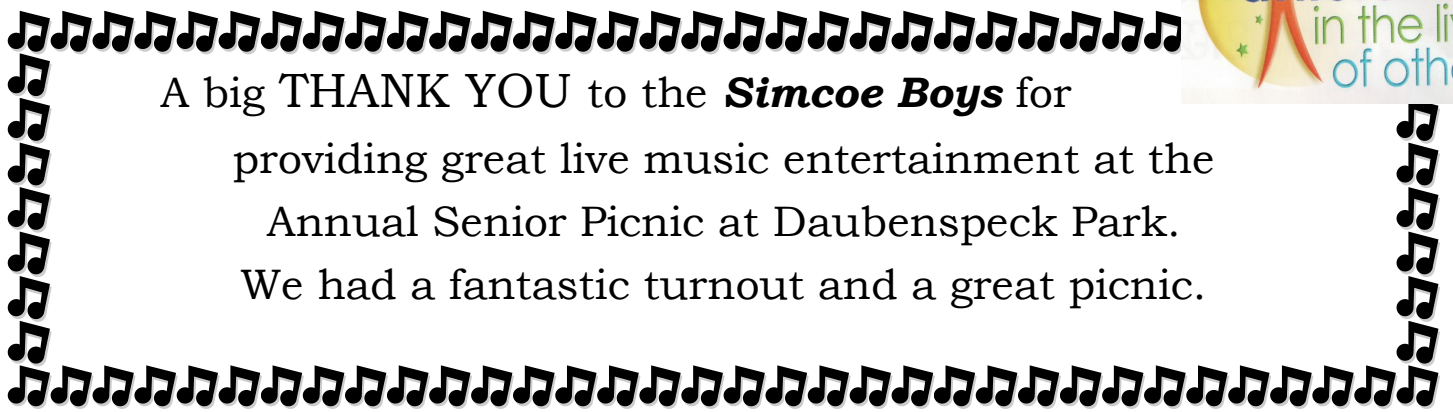
Outstanding Senior Volunteers recognized at our 2018 annual senior picnic that was held on Friday, August 17th at Daubenspeck Park in Bingen were:

Pamela Hylton & The Simcoe Boy's (Gregg, Floyd, & Jack)

Thank you!!!!

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A big THANK YOU to the **Simcoe Boys** for providing great live music entertainment at the Annual Senior Picnic at Daubenspeck Park. We had a fantastic turnout and a great picnic.

Dear Marci,

I'm enrolling in Medicare soon, and I have a very limited income. I take several prescription Medications, so I'm concerned about the costs of my drugs. What can I do?

Jean (Newport, RI)

Dear Jean,

There are several programs that are available to Medicare beneficiaries to help save money on drug costs. These include Extra Help and State Pharmaceutical Assistance Programs (SPAPs) (WPDP Washington Prescription Drug Plan).

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. If your monthly income is up to \$1,538 in 2018 (\$2,078 for couples) and your assets are below specified limits, you may be eligible for Extra Help. Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help, because certain types of income assets may not be counted. If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help.

Finally, Extra Help eliminates any Part D late enrollment penalty (LEP) you may have if you delayed Part D enrollment. Remember that Extra Help is not a replacement for Part D or a plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance.

If you do not have Medicaid, SSI, or an MSP, you can apply for Extra Help program through the Social Security Administration using either the print or online application. (If you have Medicaid, SSI, or an MSP, you should automatically be enrolled.) Be sure to complete the entire application and provide accurate information so you get all the benefits for which you qualify.

~Marci

If you need further assistance call your nearest Klickitat County Senior Services. White Salmon 439-3068, Goldendale 773-3757



Four Questions to Ask During Medicare D Open Enrollment

National Council on Aging (NCOA) stated that everyone needs to consider the four “C” questions: **cost, coverage, convenience/access** and **customer service** when choosing a Part D drug plan. These are some of the most important questions beneficiaries need to consider when looking for a Part D drug plan for next year. The enrollment period for 2018 runs from October 15th through December 7th this year. This is the time to call the Klickitat County Senior Services Office at White Salmon 493-3068 or Goldendale 773-3757 for assistance in selecting the drug plan that is right for you. What questions should you ask to help make your selection of a drug plan? Let’s briefly look at each of the four areas outlined by the NCOA.

Cost: Cost should not be the only factor in making your decision, but it probably ranks first in the minds of most consumers. It is important to remember that the plan with the lowest premium may not be the best plan for you. Let’s look at a few cost related questions: What is the annual cost of the plan(s) being considered?

How much are the monthly premiums and have they gone up for 2019? **What are** the extra costs of the plan, such as co-pays, co-insurance and deductibles? Have these changed for 2019? **Did you enter** the coverage gap, or donut hole, this year? If so, is there a plan with better coverage for the drugs you take? Depending on your income, **have you looked** into the low-income subsidy (LIS)/Extra Help that will reduce your costs? Counselors will help you answer all of these questions.

Coverage: In second place, and close behind cost, is coverage. Do the plans you are considering cover all the drugs you believe you will need to take in 2019? When you call or go in person to a counseling session make sure you have a list of all the drugs you have been prescribed by your physicians. The information should include strength, dosage and how they are administered.

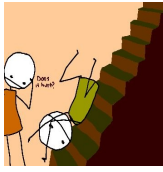
If you received a formulary exception from your 2018 plan, for example to cover a drug that was not a regular part of the formulary, has the formulary been changed to cover that medication in 2019? If not, you may need to look for a new plan that covers that particular drug.

Convenience/access: A third thing to consider is convenience/access. Do the plans you are interested in restrict access to the medications you are taking or may need to take? Can you use your plan at a preferred price at the pharmacy you normally use? Are you interested in obtaining your drugs through the mail? If so, does the drug plan you are interested in offer mail order delivery? If they offer this service, how do the mail order prices compare with those at your current pharmacy?

Customer Service: For most consumers this is not the highest priority area but, if you are having trouble deciding between two plans that appear to be equal, customer service might be used as the deciding factor.

How easy is it to contact the plan and get quick and correct answers to your questions?

Does the plan send you refill reminders (if you want them)?



FALL PREVENTION DAY

September 22nd

EASY STEPS ANYONE CAN TAKE TODAY

Begin a regular exercise program that include strength and balance training

- Lack of exercise leads to weakness and increases the chance of a fall

Ask your doctor or health care worker about the best exercises for you

Have your medications checked by a professional

- Make sure they check all medicines, even those purchased over the counter
- As you get older, the way some medicines work in your body can change

Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall

Have your vision checked by an eye doctor

- You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision

Poor vision can increase your chances of falling.

Make your home as safe as possible

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.



White Salmon Events 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 9/5 Huskey Family 9/10 Old Time Friends	9/12 Simcoe Boys 9/17 Simcoe Boys 9/19 Andre & Band	9/24 Simcoe Boys 9/26 Simcoe Boys				1 
2	3 CLOSED LABOR DAY HOLIDAY	4 8:30 to 9:30 Hatha Yoga 2pm Strong Women	5 9:30 Exercise 11am Live Music & Dance	6 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	7	8 Huckleberry Festival Bingen 
9 Grandparents Day 	10 9:30 Exercise 11am Live Music & Dance	11 8:30 to 9:30 Hatha Yoga 2pm Strong Women	12 9:30 Exercise 11am Live Music & Dance	13 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Woman	14 	15
16	17 9:30 Exercise 11am Live Music & Dance	18 8:30 to 9:30 Hatha Yoga 2pm Strong Women	19 9:30 Exercise 11am Live Music & Dance	20 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	21	22 
23 30	24 9:30 Exercise 11am Live Music & Dance	25 8:30 to 9:30 Hatha Yoga 2pm Strong Woman	26 9:30 Exercise 11am Live Music & Dance	27 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	28	29









Goldendale Events September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 9/13 Simcoe Boys 9/20 Jackie & Dr Ogden	9/27 Simcoe Boys					1 
2 	3 CLOSED LABOR DAY HOLIDAY	4 1pm Exercise 10am Kit's Toenail Care Donations gladly accepted	5	6 1pm Exercise 1pm Bingo 	7 Hood River Shopping Noon Pinochle	8
9 	10 7pm Jam Sessions in front of Dr Ogden's Office	11 10am Kits Toenail care 1pm Exercise	12 10:30am Caregiver Support Group 	13 1pm Exercise 1pm Bingo 	14 Noon Pinochle	15 Senior Breakfast \$3pp GD Sr. Center
16	17 7pm Jam Session Dr Ogden's Office	18 10am Kits Toenail Care Donations gladly accepted 1pm Exercise	19 	20 1pm Exercise 1pm Bingo	21 The Dalles Shopping Noon Pinochle	22 Fall Begins 
23 30	24 7pm Jam Session Dr Ogden's Office	25 10am Toenail Care Donations gladly accepted 1pm Exercise	26 	27 1pm Exercise 1pm Bingo	28 Noon Pinochle	29

September

Menu 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE						1 Lyle Breakfast 7-10am \$7pp Adults \$4Child
2  Grandparents Day	3 OFFICE CLOSED LABOR DAY	4 GD & Lyle Sausage, Red Beans & Rice	5 WS Baked Fish	6 GD Baked Fish	7	8
9	10 WS Chicken Enchilada Casserole	11 GD & Lyle Chicken Enchilada Casserole	12 WS Swedish Meatballs	 13 GD Swedish Meatballs	14	15 GD Senior Breakfast 9am
16	17 WS Macaroni & Cheese 	18 GD & Lyle Macaroni & Cheese	19 WS Baked Chicken	20 GD Baked Chicken Klickitat: Chicken Pasta Salad 	21	22
23 30	24 WS Country Steak 	25 GD & Lyle Country Steak	26 WS Sloppy Joes 	27 GD Sloppy Joes	28	29

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 11:30am at the Market Street Café.

TROUT LAKE: Thursday-September 20th at 5:30pm at Trout Lake School.

KLICKITAT: 3rd Thursday-September 20-Noon at the Klickitat Community Center.

Opiates and other Drugs of Abuse in Goldendale

Town Hall Meeting

WHEN: Thursday, September 6th, 2018

TIME: 6pm to 8pm

WHERE: Goldendale Senior Center

115 East Main Street

FREE Event

Speakers: Goldendale Police Department, Klickitat County Sheriff's Office Comprehensive Healthcare, Klickitat Valley Health, & KLASAC (Klickitat Lyle Against Substance Abuse Coalition)

Refreshments & snacks provided!

Sponsored by: Coalition for preventing abuse in
Klickitat County

For more information Call 509 773-3776

Email: courtneyc@klickitatcounty.org

Grandparents Day, Sunday, September 9th

“Grandparents Day” is an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer.



Energizing Support Groups

Goldendale Support Group

Second Wednesday,
September 12, 10:30am at the
Goldendale Senior Center
115 E Main Street, Goldendale

Volunteer Hours

July HOURS

TRANSPORTATION	552	Hours
NUTRITION	794	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	21	Hours
MUSICIANS	20	Hours

Goldendale & White Salmon Driver Safety Class



An AARP Driver Safety Class taught by Jim & Penny is scheduled for **September 6th & 7th at the Pioneer Senior Center**, 501 NE Washington St., White Salmon. Goldendale Drive class will be **September 17 & 18**. **This 8 hour class for adults 50+ years of age is completed in two** sessions. The class will run from 9:00 a.m. to 1:00 p.m. on both Monday and Tuesday. You must participate in both days. Participants will work through an interesting, interactive curriculum emphasizing defensive driving techniques. There are **no tests and no driving is involved**. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

To register for the AARP Driver Safety Class call Jill Parrott, Klickitat County Senior Services, at 493-3068. Goldendale call Virginia, KCSS at 773-3757. You do not need to be an AARP member to enroll. A fee is charged to cover the cost of materials. The cost is \$15.00 for AARP Members and \$20.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.



Guard Against Identity Fraud

Before revealing any personal identifying information find out how it will be used. For example, if someone asks for your Social Security number, find out why they need it and how it will be used.

Secure personal information in your home. If you have roommates or outside help come into your home, be sure they do not have access to personal information.

Order a copy of your credit report from the three major credit card bureaus annually. By checking you report on a regular basis you can catch mistakes and fraud before they wreak havoc on your personal finances.

Do You Have a Transportation Plan for Retirement?

Most of us know that we need to have a financial plan as we age, but how many of us are putting together a *transportation* plan?

What happens when we can no longer drive a car or when we, acquire a visual or physical disability that limits our mobility? What if we still *can* drive when we retire, but don't *want* to?

A recent study by National Association of Area Agencies on Aging (n4a) found that transportation was the top reason seniors called its Eldercare Locator last year.

The report analyzed more than 270,000 calls to the referral service. "For older adults who can no longer drive and who live in suburban or rural communities without adequate public transit, a lack of transportation options can have a profound effect on overall quality of life," the n4a found. "Many callers express frustration because they can't do simple things like visit the doctor, buy food or socialize with peers because the options for getting from Point A to Point B are limited."

Having a transportation plan with multiple options for getting around without a car is a good way to make that transition a little easier.

Creating Your Transportation Plan

How do you create a transportation plan for yourself or loved one who may need alternatives to driving?

Start by asking these questions about what you or your loved ones may need as transportation needs change:

- 1) Will there be a family member, friend/neighbor, or caregiver who can drive once you or your loved one stop driving? What is the backup plan, such as a taxi or volunteer service, if that person is not available?
- 2) Does the community have a shuttle or car service for residents?
- 3) Is public transit an option? If so, familiarize yourself with the bus routes and subway lines in the area and determine the best ways to get to the bus stop or train station if they're not walkable from home. Find out if your local transit agency has a travel training program.
- 4) How could you or your loved one get places if you are disabled and cannot use public transit? If you qualify under the Americans with Disabilities Act for para-transit services, you can arrange door-to-door transportation. Many communities also offer a low-cost Dial-a-Ride option for riders over age 60 and younger residents with disabilities.
- 5) How can transportation resources reach you if you live in an underdeveloped area or have roads or driveways that are difficult to access with standard vehicles? Many people don't think about their road or driveway access when they are able to drive themselves and have a 4x4 vehicle. The problem develops when you are no longer able to drive yourself. Most transportation services cannot access underdeveloped roads—especially during the winter when there is snow or ice.

Resources to contact when developing your transportation plan

In Klickitat County you can contact Klickitat County Senior Services/Mt. Adams Transportation in Goldendale at 509-773-3060 or in White Salmon at 509-493-4662 to discuss transportation options and arrange for transportation to medical appointments, pharmacy, and grocery shopping.

If you are looking for resources outside of Klickitat County you may also contact the Eldercare Locator (*The Eldercare Locator, is a public service of the U.S. Administration on Aging connecting to services for older adults and their families.*) at 800-677-1116 for transportation resources in your area.



New Fixed Route Transportation Service with Mt. Adams Transportation (MATS)

Watch your newspaper and our future newsletters for information about our new fixed route public transportation service that will be starting in the upcoming month.

There will be a bus that runs from Goldendale to The Dalles Monday through Friday and a bus that runs from White Salmon/Bingen to Hood River Monday through Friday.

We are just kicking off the new routes and will provide the more details and schedules in our upcoming newsletters.

This service is provided through a Regional Mobility Grant we received from WSDOT to help our rural area access services, work, and education in the Gorge and connect with other transportation providers in The Dalles & Hood River.

For more information contact Mt. Adams Transportation in Goldendale at 509-773-3060 or in White Salmon at 509-493-4662

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

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

Medicare Part D Annual Enrollment

COMING SOON!!!

The Medicare Annual Enrollment Period which is a time to choose and join a Medicare health or prescription drug plan is just around the corner.

The Annual Enrollment Period will be:

October 15—December 7, 2018

Changes made during this time will take effect:

January 1, 2019

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance at the office closest to you.

773-3757 Virginia in Goldendale

493-3068 Jill in White Salmon

Or toll free 1-800-447-7858