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Annual Senior & Volunteer Recognition Picnic—Friday, August 17th Daubenspeck Park in Bingen

ALL SENIORS IN KLINKITAT COUNTY ARE WELCOME TO ATTEND OUR ANNUAL PICNIC.

Lunch will be served at noon.

Food, drinks, and place settings will be provided by Senior Services.

Bring your lawn chairs.

There will be entertainment provided by the Simcoe Boys! Our Klickitat County Senior Advisory Board will be recognizing our county volunteers and presenting Outstanding Volunteer Recognition Awards.



Please call the Goldendale or White Salmon Senior Services office to sign up for the picnic as we need a count of persons attending so Cindy & Jacki will be able to provide enough food. If you need transportation to the picnic please call your nearest Senior Services office to get on the bus list.

East End of Klickitat County Call Stacy at 773-3060, West end of Klickitat County call Lisa at 493-4662.



Social Security Scam Alert

Beware of suspicious calls demanding personal information

Here's the latest **identity theft scam**: suspicious phone calls that claim to be from the Social Security Administration.

In one case, an automated recording states that the person's Social Security number "has been suspended for suspicion of illegal activity" and the person should contact the provided phone number immediately to resolve the issue. The call concludes by stating if the person does not call the phone number, his or her assets will be frozen until the alleged issue is resolved.

In another case, a caller claims to be from "SSA headquarters" and waits for the person to provide personal information, such as an Social Security number, address and date of birth.

In January, the agency's Office of Inspector General shared similar information from the Federal Trade Commission, which reported an increase in reports of suspicious phone calls from people claiming to be SSA employees.

SSA employees occasionally contact citizens by telephone for customer-service purposes, but usually only in response to a consumer's application for benefits or other inquiry. In those cases, an SSA employee may request the citizen confirm personal information over the phone.

But if a person receives a suspicious call from someone alleging to be from SSA, they should report that information to the Office of Inspector General at 800-269-0271 or online at <https://oig.ssa.gov/report>.

Be aware of suspicious calls from unknown sources, and when in doubt, contact the official entity to verify the legitimacy of the call. Do not provide information such as your Social Security or bank account numbers to unknown persons over the phone or internet.

If you have questions about any communication — email, letter, text or phone call — that claims to be from SSA or the OIG, contact your local Social Security office or call Social Security's toll-free customer service number at 800-772-1213 to verify its legitimacy.

HEARING LOSS AND OLDER ADULTS

What is hearing loss?

Hearing loss is a sudden or gradual decrease in how well you can hear. It is one of the most common conditions affecting older and elderly adults. Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Having trouble hearing can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. It can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous.



Do I have a hearing problem?

Ask yourself the following questions. If you answer "yes" to three or more of these questions, you could have a hearing problem and may need to have your hearing checked by a doctor.

Do you sometimes feel embarrassed when you meet new people because you struggle to hear? YES NO

Do you feel frustrated when talking to members of your family because you have difficulty hearing them? YES NO

Do you have difficulty hearing when someone speaks in a whisper? YES NO

Do you feel restricted or limited by a hearing problem? YES NO

Do you have difficulty hearing when visiting friends, relatives, or neighbors? YES NO

Does a hearing problem cause you to attend religious services less often than you would like? YES NO

Does a hearing problem cause you to argue with family members? YES NO

Do you have trouble hearing the TV or radio at levels that are loud enough for others? YES NO

Do you feel that any difficulty with your hearing limits your personal or social life? YES NO

Do you have trouble hearing family or friends when you are together in a restaurant? YES NO

What should I do if I have trouble hearing?

Hearing problems can be serious. The most important thing you can do if you think you have a hearing problem is to seek professional advice. There are several ways to do this. You can start with your primary care physician, an otolaryngologist, an audiologist, or a hearing aid specialist. Each has a different type of training and expertise. Each can be an important part of your hearing health care.



An otolaryngologist (oh-toe-lair-in-GAH-luhjist), is a doctor who specializes in diagnosing and treating diseases of the ear, nose, and throat. An otolaryngologist will try to find out why you're having trouble hearing and offer treatment options. He or she may also refer you to another hearing professional, an audiologist (aw-dee-AH-luh-jist). An audiologist has specialized training in identifying and measuring the type and degree of hearing loss and recommending treatment options. Audiologists also may be licensed to fit hearing aids. Another source of hearing aids is a hearing aid specialist, who is licensed by a state to conduct and evaluate basic hearing tests, offer counseling, and fit and test hearing aids.

Why am I losing my hearing?

Hearing loss happens for different reasons. Many people lose their hearing slowly as they age. This condition is known as presbycusis (prez-buh-KYOO-sis). Doctors do not know why presbycusis affects some people more than others, but it seems to run in families. Another reason for hearing loss with aging may be years of exposure to loud noise. This condition is known as noise-induced hearing loss. Many construction workers, farmers, musicians, airport workers, yard and tree care workers, and people in the armed forces have hearing problems even in their younger and middle years because of too much exposure to loud noise. (Read the NIDCD fact sheets [Age-Related Hearing Loss](#) and [Noise-Induced Hearing Loss](#) for more information.)

Hearing loss can also be caused by viral or bacterial infections, heart conditions or stroke, head injuries, tumors, and certain medicines.

What treatments and devices can help?

Your treatment will depend on your hearing loss, so some treatments will work better for you than others. There are a number of devices and aids that can improve hearing loss. Here are the most common ones:

Hearing aids are electronic instruments you wear in or behind your ear. They make sounds louder. Things sound different when you wear a hearing aid, but an audiologist or hearing aid specialist can help you get used to it. To find the hearing aid that works best for you, you may have to try more than one. Ask your audiologist or hearing specialist whether you can have a trial period with a few different hearing aids. Both of you can work together until you are comfortable. (Read the NIDCD fact sheet [Hearing Aids](#) for more information.)

Cochlear (COKE-lee-ur) implants are small electronic devices surgically implanted in the inner ear that help provide a sense of sound to people who are profoundly deaf or hard-of-hearing. If your hearing loss is severe, your doctor may recommend a cochlear implant in one ear or both. (Read the NIDCD fact sheet [Cochlear Implants](#) for more information.)

Assistive listening devices include telephone and cell phone amplifying devices, smart phone or tablet "apps," and closed circuit systems (induction coil loops) in places of worship, theaters, and auditoriums. (Read the NIDCD fact sheet [Assistive Devices for People with Hearing, Voice, Speech, or Language Disorders](#) for more information.)

Lip reading or speech reading is another option that helps people with hearing problems follow conversational speech. People who use this method pay close attention to others when they talk, by watching how the speaker's mouth and body move.

White Salmon Events

August 2018













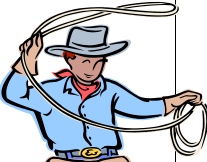

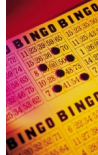

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/1 TBA 8/6 TBA 8/8 TBA	8/13 TBA 8/15 TBA 8/20 TBA	8/22 TBA 8/27 TBA 8/29 TBA	1 9:30 Exercise 11am Live Music & Dance	2 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	3	4
5	6 9:30 Exercise 11am Live Music & Dance	7 8:30—9:30 Hatha Yoga 2pm Strong Women	8 9:30 Exercise 11am Live Music & Dance	9 8:30 to 9:30 Hatha yoga Noon Pinochle 2pm Strong Women	10 	11
12 	13 9:30 Exercise 11am Live Music & Dance	14 8:30 to 9:30 Hatha Yoga 2pm Strong Women	15 9:30 Exercise 11am Live Music & Dance	16 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	17 Senior Picnic at Daubenspeck Park in Bingen	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 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	24 	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 Hatha Yoga Noon Pinochle 2pm Strong Women	31	



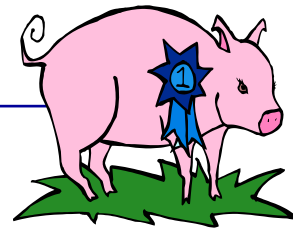
Goldendale Events August 2018

Take Time to Savor all the joys of Summer



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 8/9 Simcoe Boys 8/16 Jackie & Dr Ogden	8/23 Simcoe Boys		1	2 1pm Exercise 1pm Bingo 	3 Noon Pinochle 	4
5	6 7pm Jam Sessions in front of Dr Ogden's Office	7 10am Kit's Toe Nail Care Donations gladly accepted 1pm Exercise	8 10:30am Caregiver Support Group	9 1pm Exercise 1pm Bingo 	10 The Dalles Shopping Noon Pinochle 	11
12 	13 7pm Jam Sessions in front of Dr. Ogden's Office	14 10am Toenail Care 1pm Exercise	15 	16 1pm Exercise 1pm Bingo	17 Senior Picnic At Daubenspeck  pinochle	18 No Senior Breakfast
19	20 7pm Jam Session in front of Dr. Ogden's Office	21 10am Kit's Toenail Care 1pm Exercise	22 	23 1pm Exercise 1pm Bingo 5pm BBQ Klickitat Co Fair	24 Hood River Shopping Noon pinochle Klickitat County Fair	25 GD Parade 10am 
26 Klickitat Co Fair 	27 7pm Jam Session in front of Dr. Ogden's Office	28 10am Kit's Toenail Care Donations gladly accepted 1pm Exercise	29 	30 1pm Exercise 1pm Bingo	31 12 Pinochle 	

August 2018 Menu



Being happy doesn't mean that everything is perfect.. It means that you've decided to look beyond the imperfections.

Author unknown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menus subject to change			1 WS Chicken A-la King	2 GD Chicken A-la King 	3	4
5	6 WS Spaghetti 	7 GD & Lyle Spaghetti	8 WS Meatloaf 	9 GD Meatloaf	10	11
12	13 WS Kielbasa 	14 GD & Lyle Kielbasa	15 WS Chicken Spinach Salad	16 GD Chicken Spinach Salad 	17 Sr Picnic Daubenspeck Park 	18 No GD Senior Center Breakfast
19	20 WS BBQ Beef Sandwich	21 GD & Lyle BBQ Beef Sandwich	22 WS Chicken Quesadillas 	23 GD: Chicken Quesadillas Klickitat: Sloppy Joes Klickitat Co Fair BBQ 5pm	24 Klickitat County Fair	25 
26 	27 WS Chicken Pot Pie	28 GD & Lyle Chicken Pot Pie	29 WS Salisbury Steak	30 GD Salisbury Steak 	31 	

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 Bickleton Market Street Café.

TROUT LAKE: Thursday-August 16th at 5:00pm at Trout Lake School.

KLICKITAT: 3rd Thursday-August 16th Noon at the Klickitat Community Center

Volunteer Hours

June HOURS

TRANSPORTATION	661.5	Hours
NUTRITION	908	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	18	Hours
MUSICIANS	16	Hours

National Do Not Call List

If you have begun to receive calls from telemarketers and would like to be put on the "No Call List" there are 2 options.

1. Call 1-888-382-1222. You must be calling from the number you wish to register. You will get an automated recording that is very simple to use; just a few choices are asked and the process is complete. The request will be good for five years.
2. If you would like to do it online go to www.donotcall.gov.

Also, Virginia & Jill are able to assist with this request.

Energizing Support Groups

Alzheimer's Association Support Group For Unpaid Caregivers

Second Wednesday, August 8th
10:30am at the Goldendale Senior Center

BRAIN BOOST FOR BOOK LOVERS

People often say that the book is better than the movie. Scientist who study brain functions agree. Research shows processing information by reading it gives you more of a mental workout than simply watching it unfolding on the screen.

Reading activates your imagination and insight. Exercise yours on National Readers Day August 9.



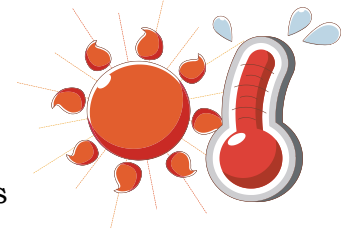
SHIBA Volunteers Needed

RSVP (Retired and Senior Volunteers) of Yakima County needs volunteers for the SHIBA (Statewide Health Insurance Benefits Advisors) Helpline Program. This would be a local Klickitat County position.

Volunteers will receive training from the Washington State Insurance Commissioners Office, and then attend monthly updates. Advisors answer questions regarding Medicare, Medicaid, Long-Term Care, Individual Insurance, Prescription Coverage, COBRA Plans and much more. If you are interested, call Deborah Wilson, RSVP Director in Yakima at 409 574-1932

Stay Cool

Getting Too Hot Can Be Dangerous



Many people love the warm summer months. But hot and humid days can sometimes be dangerous. It's not good for the body to be too hot for too long. Too much heat can damage your brain and other organs. It's important to keep your cool when the days are hot. Your body has its own natural cooling system. Sweating is key to cooling when hot weather or exercise causes your body temperature to climb. When sweat dries, it carries heat away from your body's surface and lowers your temperature. When sweating isn't enough to help you cool down, you're at risk for a heat-related illness called hyperthermia.

Air conditioning is the best way to protect against hyperthermia. If you don't have air conditioning, go to places that are cool on hot and humid days. Try community centers, shopping malls, movie theaters, libraries or the homes of friends and family.

Heat-related illness is preventable. Still, hundreds of deaths from extreme heat events occur in the United States each year. It's important to be aware of who's at greatest risk so you can take steps to help beat the heat.

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Heat Stroke Signs and Symptoms

The signs and symptoms of heat stroke include the following, according to the National Institutes of Health:

- An increase in body temperature, generally to over 104 degrees
- Confusion or combativeness
- A rapid, strong pulse
- Dry, flushed skin
- Feeling faint
- Staggering
- Coma

Call 911 if someone you know is showing these signs; they require immediate medical attention. While waiting for help, immerse the person in a tub or stream of cool water, cover with a wet sheet and give water — not sugary or alcoholic beverages — to drink.

Affordable Dental Options

**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. 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 the following dates: August 15th, September 12th, October 10th

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.

OHSU Dental Clinic is located in the Skourtes Tower, part of the Collaborative Life Sciences Building next to the Tilikum Crossing Bridge. The patient entrance is on the bottom floor at the corner of S.W. Moody Avenue and S.W. Meade Street.

OHSU Dental Clinics
2730 S.W. Moody Avenue
Portland, OR 97201



Initial screening

The initial comprehensive oral health screening visit at our student clinics includes x-rays so that your overall health needs can be determined. This appointment could last up to 3 hours. Patients should come prepared to pay up to \$47.00 for the initial screening exam and necessary x-rays. Patients that come to their appointment without payment will be asked to re-schedule.

Costs and insurance

OHSU Dental Clinics accepts most dental insurance plans, including Oregon State Medicaid/Oregon Health Plan and Washington State Medicaid/Apple Health. We cannot provide free care, but our prices are significantly lower than area private practices, making OHSU Dental Clinics a great option for patients without insurance or those who want to make their insurance dollars go farther. Payment is due at the time of service. We also offer payment plans through CareCredit.

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

Call and speak with Jill 509-493-3068 or Virginia 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

Need help paying for Medicare?

If you're enrolling in Medicare, don't miss this deadline

You get an initial six-month period when you are guaranteed coverage by a Medigap policy.

After that window, you typically must go through medical underwriting, which could result in paying more or being denied coverage.

Make sure you understand what each policy covers so you can choose wisely.

If you're signing up for Medicare and are considering supplemental insurance, be aware that the clock is ticking for you to get guaranteed coverage.

When you first enroll, you get six months to purchase what's known as a Medigap policy — which helps cover the cost of deductibles, co-pays and co-insurance associated with Medicare — without an insurance company nosing through your health history and deciding whether to insure you.

While a number of companies offer Medigap insurance, they can only offer policies from a list of about 10 standardized plans. Each is simply assigned a letter: A, B, C, D, F, G, K, L, M and N. Some states also offer a high-deductible version of Plan F.

This standardization means that, say, Plan A at one insurance company is the same as Plan A at another. However, not every plan is available in all states.

The plans differ on what is covered. For instance, Plan F pays your Medicare deductibles while Plan A does not.

Or, some plans cover 100 percent of your deductibles and co-insurance, while others might only pay a portion of those costs. The Centers for Medicare and Medicaid Services has a chart on its website that shows the differences. You also can use the agency's search tool to find available plans in your ZIP code.

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

White Salmon AARP 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 Street, White Salmon.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 8:30am to 1:00pm on Thursday & 9:00am to 1:00pm Friday. 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. 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.