



## Caregivers

One of the most challenging roles in the world is being a caregiver. You run errands, grocery shop, pay bills, help with personal care. It is easy to feel isolated and stretched to the limits of your resources and patience.

If you are caring for loved one age 60 or older in Klickitat County, we can support you in a variety of ways. We understand your care giving role.

**Reduce stress, stay healthy and improve your well-being for both you and your family.**

**Call Klickitat County Senior Services for information and resources about:**

- **Information about community resources**
- **One-on-one assistance to evaluate needs, identify options, and provide referrals**
- **Stress and behavior management**
- **Assistance with activities of daily living**
- **Problem-solving and caregiver support groups**
- **Temporary in-home respite care**

**Goldendale 773-3757  
White Salmon 493-3068**

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## Health Tip



**Regular exercise** can give you more energy, improve your balance, boost your mood, and prevent or delay some diseases. It is important to exercise safely to avoid injury and get meaningful benefits. The National Institute on Aging's Go4Life campaign has suggestions about how to exercise safely, which include:

- Begin your exercise program with low-intensity exercises.
- Wear appropriate shoes
- Warm up before exercising, and cool down after
- Pay attention to your surroundings, and dress appropriately for the weather when exercising outdoors
- Drink water before, during, and after you exercise.
- Discuss your exercise and physical activity plan with your doctor or health care provider.



**Dear Marci,**

I am enrolling in a Medicare Part D prescription drug plan soon, and I take several medications. I am concerned about what will happen if a drug is denied. Why would a prescription drug be denied by a Part D plan, and what can I do about it?

Eugene (Boise, ID)

**Dear Eugene,**

There are several reasons that your drug could be denied by your Part D plan. If this happens, the best way to find out why is to call your Part D plan and ask. Some of the most common reasons for denial are:

- **Prior authorization:** You must get prior approval from a plan before it will cover a specific drug.
- **Step therapy:** Your plan requires you to try a different (usually less expensive) drug first.
- **Your drug is off-formulary: The drug is not on your plan's list of covered drugs.**
- **Quantity limits: Your plan only covers a certain amount of a drug over a certain period (like 30 pills per month).**

Once you know the reason your drug has been denied, you will be able to work with your doctor to communicate with the plan. Your doctor may need to submit additional evidence—for example, if your drug is denied because you have not met step therapy requirements, your doctor may need to submit additional documentation that you have tried the other, lower tier drugs, or that trying them would be dangerous or ineffective for you. If your doctor cannot resolve this issue with the plan, you and your doctor can appeal for your plan to cover the drug. For more information about the appeals process, contact your SHIBA or Area Agency on Aging Information & Assistant Coordinator nearest you.

**Your drug is excluded from Medicare coverage:** some drugs are excluded from Medicare coverage. These include:

- Drugs used to treat anorexia, weight loss, or weight gain,
- Note: Part D may cover drugs used to treat physical wasting caused by AIDS, cancer, or other diseases.
- Fertility drugs
- Drugs used for cosmetic purposes or hair growth
- Note: drugs used for the treatment of skin diseases or conditions like psoriasis, acne, rosacea, or vitiligo are not considered cosmetic drugs and may be covered under Part D.
- Drugs that are only for the relief of cough or cold symptoms
- Drugs used to treat erectile dysfunction
- Prescription vitamins and minerals (except prenatal vitamins and fluoride preparations)
- Non-prescription drugs (over the counter drugs).

If the drug you are trying to access is an opiate, some additional restrictions may apply, including restrictions based on your personal history of opioid use. If this happens, talk to your pharmacist and doctor.

~Marci

# 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: July 18th, 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

Schedule an appointment: 503-494-8867

### 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.

## Turning 65 This Year?

For many, completing the task of enrolling in Medicare will seem to be very complicated. To guide those turning age 65 through the process the National Council on Aging developed a question guide to getting started with Medicare.

1. How do I enroll in Medicare? Is it automatic when I turn 65? To enroll in Medicare, most people will need to contact Social Security directly. You can also enroll online in Social Security and Medicare by going to [socialsecurity.gov/Medicare](https://www.socialsecurity.gov/Medicare) or by calling the national number at 1 800-772-1213. Some people, including early retirees receiving Social Security and those with Social Security disability or Railroad retirement benefits, are automatically enrolled in Medicare when they become eligible. Even if you feel you will be auto enrolled you should check with Social Security to verify that the process is underway. If you are still employed when you turn age 65 check with your employer about your Medicare enrollment (see question 3 below).
2. When do I have to enroll? You have a 7-month window around your 65th birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare but you may have to wait for a designated special/general enrollment period to do so. Start early to avoid delays or possible late enrollment penalties!
3. What if I'm still working and have insurance? As you approach age 65 if you are receiving health insurance coverage through your employer contact your human resources office about what you need to do. If you are working past 65 and carrying your own coverage, contact your insurance company to see what you should do. In most cases, Medicare Parts A and B will become your primary coverage and your own policy will move to what is called a Medigap or supplemental plan. The Senior Services office can help you with these issues as well as reviewing your options in the selection of a Part D prescription drug plan.
4. How do I pay for my Medicare? Medicare Part A is provided to all Social Security beneficiaries aged 65 and over and have worked the equivalent of 10 years and paid into the Medicare system. If you are receiving Social Security benefits at the time you enroll in Medicare Part B your premiums will be deducted from your monthly check. Remember, if you have any questions about Medicare Parts A or B, Part D drug coverage, Medicare supplemental plans call Klickitat County Senior Services offices and speak with Jill in White Salmon 509-493-3068 or Virginia in Goldendale 509-773-3757.

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

**Need help paying for Medicare?**

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.

# White Salmon Events

## July 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Exercise  11am Live Music & Dance	3 8:30 to 9:30 Hatha Yoga  2pm Strong Women	4 OFFICE CLOSED Happy 4th FREEDOM! 	5 8:30 to 9:30 Hatha Yoga  Noon Pinochle  2pm Strong Women	6	7 
8 	9 9:30 Exercise  11 Live Music & Dance	10 8:30 to 9:30 Hatha Yoga  2pm Strong Women	11 9:30 Exercise  11am Live Music & Dance	12 8:30 to 9:30 Hatha Yoga  Noon Pinochle 2pm Strong Women	13 	14
15 	16 9:30 Exercise  11am Live Music & Dance	17 8:30 to 9:30 Hatha Yoga  2pm Strong Women	18 Dental Care At Pioneer center  9:30 Exercise 	19 8:30 to 9:30 Hatha Yoga  Noon Pinochle 2pm Strong Women	20 	21
22 	23 9:30 Exercise  11am Live Music & Dance	24 8:30 to 9:30 Hatha Yoga  2pm Strong Women	25 9:30 Exercise 11am Live Music & Dance	26 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	27 	28
	30 9:30 Exercise  11am Live Music & Dance	31 8:30 to 9:30 Hatha Yoga  2pm Strong Women		<b>MUSIC</b> 7/2 Simcoe Boys 7/4 CLOSED 7/9 Old Time Friends 7/11 Huskey Family 7/16 Simcoe Boys 7/18 Andre & Friends	7/23 Simcoe Boys 7/25 Simcoe Boys 7/30 Simcoe Boys	



# Goldendale Events

## July 2018

Laughter is an instant vacation













Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7pm Dr Ogden's Jam Session At Dr Ogden's Office	3 10am Kit's Toenail Care Donations gladly accepted 1pm Exercise	4 <b>OFFCIE CLOSED Celebrate Freedom!</b> 	5 1pm Exercise 1pm Bingo Members Only	6 Hood River Shopping Trip 12 Pinochle	7 <b>Goldendale Community Day Parade</b> 773-3400 <b>Show N Shine Car show</b>
8 	9 7pm Jam Session at Dr Ogden's Office	10 10am Kit's Toenail Care 1pm Exercise 	11 10:30 Support Group	12 1pm Exercise 1pm Bingo Members Only	13 12pm Pinochle	14
15	16 7pm Jam Session At Dr Ogden's Office	17 10:00am Toe Nail Care 1pm Exercise	18 	19 1pm Exercise 1pm Bingo Members only	20 The Dalles Shopping 12pm Pinochle	21 <b>NO Senior Breakfast</b>
22 	23 7pm Jam Session at Dr. Ogden's Office	24 10am Kit's Toenail Care Donations gladly accepted 1pm Exercise	25 	26 1pm Exercise 1pm Bingo Members Only	27 12pm Pinochle 	28
29	30 7pm Jam Session at Dr. Ogden's Office Bring instruments & voice	31 10am Kit's Toenail Care Donations gladly accepted 1pm Exercise			<b>MUSIC</b> 7/12 Simcoe Boys 7/19 Jackie & Dr Ogden 7/26 Simcoe Boys	

# MENU July 2018



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
1 	2 WS Hot Dogs 	3 GD & Lyle Hot Dogs	4 <b>OFFICE CLOSED Cel- ebrate FREE- DOM!</b>	5 GD Beef Pot Pie 	6	7 Lyle 7am to 10am Breakfast \$7 Adults, Chil- dren (6-12) \$4, under 5 Free
8	9 WS Sweet N Sour Meatballs 	10 GD & Lyle Sweet N Sour Meatballs	11 WS Quiche 	12 GD Quiche	13	14
15	16 WS Taco Salad 	17 GD & Lyle Taco Salad	18 WS Butter Chicken 	19 GD Butter Chicken	20	21
22	23 WS Country Steak 	24 GD & Lyle Country Steak	25 WS Turkey Wraps 	26 GD Turkey Wraps	27	28
29	30 WS BBQ Pork Ribs 	31 GD & Lyle BBQ Pork Ribs	August 1 WS Chicken A'La King	August 2 GD Chicken A'La King		<b><i>MENU SUB- JECT to CHANGE!</i></b>

## SENIOR MEAL SITE LOCATIONS

**GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 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 Cafe.**

**TROUT LAKE: Thursday, July 12 at 5:30pm, at Trout Lake School.**

**KICKITAT: 3rd Thursday-July 19-Noon at the Klickitat Community Center.**

## Healthy Aging Tips

Healthy aging means continually reinventing yourself, finding new things to enjoy, adapting to change, and staying physically and socially active. Preventive measures like healthy eating, exercising and managing stress can help reduce the risk of chronic disease.

- **Focus on the things for which you are grateful.** The longer you live, the more people and things you lose. At the same time, life becomes more precious. Take time to enjoy and appreciate what you do have.
- **Acknowledge and express your feelings.** Talk with a friend or write in a journal.
- **Accept the things you cannot change.** Focus on how you choose to react to problems. Face limitations with dignity and a sense of humor.
- **Look for the silver lining.** See challenges as occasions for personal growth.
- **Take daily action to deal with life's challenges.** Ignoring a problem won't make it go away. Take things one step at a time. You are not powerless.
- **Nourish your spirit.** Learn something new, find a new (or old) hobby, play with grandchildren, spend time in nature, take a class, join a club, or enjoy the arts.

### Goldendale Caregiver

### Support Group

Second Wednesday,  
July 11th 10:30am at the  
Goldendale Senior Center  
115 E. Main Street, Goldendale

## Volunteer Hours

### MAY HOURS

TRANSPORTATION	661.5 Hours
NUTRITION	908 Hours
NEWSLETTER	20 Hours
SR. EXERCISE	26 Hours
MUSICIANS	20 Hours



## Klickitat County Fair "75 Years of Celebration"

August 23 to 26

Thursday, August 23 Enjoy the Kick off  
BBQ at 5pm



## **Outstanding Senior Volunteer**

### **Pamela Hylton**



Congratulations to Pamela Hylton. Pamela was selected by the Klickitat County Senior Advisory Board as an outstanding Klickitat County senior volunteer.

Pam, a resident of Klickitat, not only volunteers in her town, but in other areas of Klickitat County.

In Klickitat: She started a once a month senior meal site in May 2017 that is volunteer run. She is a member of the Klickitat PTO. She helps with food prep in October for "Home for Heroes". She attends and helps with community council projects and helps with the Mill Museum.

In Klickitat County: She is a member of Lyle Lions Club and helps with projects. She volunteers at the meal sites in White Salmon, Goldendale, and Lyle. Pam is a member of KLASAC (Klickitat Lyle Against Substance Abuse Coalition) and CEKC (Community Enrichment for Klickitat County). Pam has lived in the White Salmon/Gorge area since 1966. She graduated from Columbia H.S. in White Salmon and has 3 grown children, 7 grandchildren who all live in the area and is expecting her first great grandchild soon. She has been living in the town of Klickitat for over 10 years.

When asked why does she volunteer? "I feel good when I can get out and do something for other people." "Joan and Jim Titus have been a big inspiration to me in seeing their volunteerism over the years." "I just like to put a smile on someone's face and hopefully be a positive part of their day.

When asked if she has any advice to give others? "Try to make a difference in others lives for the better."

Thank you Pam for your outstanding volunteer service!



115 W. Court St. MS-CH-21  
 Goldendale, WA 98620  
 509 773-3757

PO BOX 1877  
 501 NE Washington St.  
 White Salmon, WA 98672  
 509 493-3068

**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**



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 & Jacky 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. Goldendale, call Stacy at 773-3060 and White Salmon, call Lisa at 493-6230

Lunch will be served at noon.  
 Food, drinks, and place settings will be provided by Senior Services. Anyone who has lawn chairs they would like to bring, please do so. There will be entertainment by the Simcoe Boys and the Klickitat County Senior Advisory Board will be recognizing our county volunteers and present the Volunteer of the Year Recognition Award.

**ALL SENIORS IN KLICKITAT COUNTY ARE WELCOME TO ATTEND OUR ANNUAL SENIOR & VOLUNTEER APPRECIATION PICNIC .**

**Senior Picnic—Friday, August 17th**  
**At Daubenspeck Park, Bingen, WA**