

Klickitat County Senior Newsletter

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



November 2018

Inside this issue:

Heating Energy Assistance	2
Medicare Open Enrollment	3
Medicare	4
White Salmon Events	5
Goldendale	6
Menu	7
Community	8
Medicare 2019	9
Fire Protection	10
Tai Chi For Better Balance	



November 11th Honoring Those who Fight to Keep Us Free

Celebrating Home of the Free because of the Brave!

Thank you to our Veteran's and those who are in service!

Veterans Day is a great way to remember the sacrifice our service men and women have made to keeping the United States free and it is also a great way to thank them for their service to the country.

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease and other health problems if it's not controlled.

Make it your time to take charge of your diabetes for a longer, healthier life. Preventive care for people with diabetes has improved significantly over the last 20 years, and people are living longer and better with the disease.



Good Management over a lifetime is the key.

- Make small changes, like moving more or eating smaller portions.
- Getting regular checkups.
- Every day: stay active, eat a healthy diet, and take your medication.
- Check your feet for redness, swelling, pain, or sores.
- Once a year: A1C test and dental checkup.
- Once a year: cholesterol test; kidney function test; podiatrist (foot doctor) and eye doctor visits.

Do you need HELP With Winter Heating?

Washington Gorge Action Program (WGAP) staff will be at the senior meal sites to process EAP's and Jill or Virginia from Senior Services will be there to process Klickitat PUD Senior discounts.

White Salmon Pioneer Center November 14 & 16 9am to 1pm

Lyle Lions Community Center Tuesday November 13th, 9am to 1pm

Goldendale Senior Center Thursday November 8, 9am to 1pm

Goldendale Senior Center Thursday November 15, 9am to 1pm



Klickitat PUD Senior Discount

1. The applicant's name must be on the Klickitat PUD Account.
2. You **MUST** be inhabiting your residence during the period the discount received.
3. You **MUST** be 62 or older.
4. Household income \$23,500 or less.

The discount is effective from your application date and eligible months for reductions are for billings from December 1st, 2018 through May 31st, 2019

LIHEAP Low Income Energy Assistance through WGAP.

You will need to bring:

Proof of household income for months of August, September & October.

Proof of physical address.

Copy of utility bill (that you are applying for help with)

SS cards for ALL household members

ID for all adults

Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2017

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year. Be sure to review your plan each year to make sure it will still meet your health and financial needs. Many insurers also will be raising less visible expenses, such as annual deductibles and drug coinsurance payments.

Klickitat County Senior Services staff are available to provide assistance with reviewing plan options during the Medicare Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

773-3757 Virginia in Goldendale

493-3068 Jill in White Salmon

Cost-of-Living Adjustment (COLA) Information for 2019

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits.)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$132,900.

The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$17,640. (We deduct \$1 from benefits for each \$2 earned over \$17,640.)

The earnings limit for people turning 66 in 2019 will increase to \$46,920. (We deduct \$1 from benefits for each \$3 earned over \$46,920 until the month the worker turns age 66.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

What You'll Pay for Medicare Part B in 2019

Single tax return	Married filing jointly	Monthly Part B premium (per person)
\$85,000 or less	\$170,000 or less	\$135.50 (may be less if covered by the hold-harmless provision)
\$85,001 to \$107,000	\$170,001 to \$214,000	\$189.60
\$107,001 to \$133,500	\$214,001 to \$267,000	\$270.90
\$133,501 to \$160,000	\$267,001 to \$320,000	\$352.20
\$160,001 to \$499,999	\$320,001 to \$749,999	\$433.40
\$500,000 or more	\$750,000 or more	\$460.50

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?

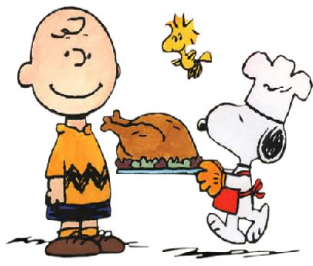
You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

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 November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/5 Simcoe Boys 11/7 Huskey Family 11/12 CLOSED 11/14 Simcoe Boys	11/19 Simcoe Boys 11/21 Andre Band 11/26 Simcoe Boys 11/28 Simcoe			1 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	2	3
4 Fall Back Daylight Saving Time Ends 	5 9:30 Exercise 11am Live Music & Dance	6 Election Day 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 Veterans Day	12 OFFICE CLOSED Veteran's Day observed	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 9:30 Exercise 11am Live Music & Dance	20 8:30 to 9:30 Hatha Yoga 2pm Strong Women	21 9:30 Exercise 11am Live Music & Dance	22 Thanksgiving Office Closed 	23 Holiday Office Closed	24
25	26 9:30 Exercise 11am Live Music & Dance	27 8:30 to 9:30 Hatha Yoga 2pm Strong Women	28 9:30 Exercise 11am Live Music & Dance	29 8:30 to 9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	30	










Goldendale Events November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 11/15 Jackie				1 1pm Exercise 1pm Bingo	2 Noon Pinochle	3
						
4 Fall Back Daylight Saving Time Ends	5	6 10am Toenail Care 1pm Exercise Election Day	7	8 1pm Exercise 1pm Bingo	9 Hood River Shopping Noon Pinochle	10
						
11 Veterans Day	12 OFFICE CLOSED Veteran's Day observed	13 10am Toenail Care 1pm Exercise	14 10:30am Caregiver Support Group	15 1pm Exercise 1pm Bingo	16 Noon Pinochle	17 SR Breakfast \$3pp
						
18	19	20 10am Toe Nail Care 1pm Exercise	21	22 Thanksgiving OFFICE CLOSED	23 OFFICE CLOSED	24
						
25	26	27 10am Toe Nail Care 1pm Exercise	28	29 1pm Exercise 1pm Bingo	30 The Dalles Shopping Noon Pinochle	
						

November 2018 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change				1 GD Beef Stew 	2	3 Lyle Breakfast 7am to 10am \$7Adults, Children (6-12)\$4, under 5 FREE
4 Fall Back Daylight Savings ends	5 WS Baked Fish 	6 GD & Lyle Baked Fish	7 WS Beef Stroganoff 	8 GD Beef Stroganoff Trout Lake Beef Stew	9	10
11 Veterans Day	12 OFFICE CLOSED Veteran's Day	13 GD & Lyle Broccoli Beef 	14 WS Spaghetti 	15 GD Spaghetti Klickitat Meatloaf	16	17 GD Senior Breakfast \$3pp
18	19 WS Chicken Patty Sandwich	20 GD & Lyle Roast Turkey	21 WS Roast Turkey 	22 Thanksgiving MEAL SITE CLOSED	23 OFFICE CLOSED	24
25	26 WS Ham & Scalloped Potatoes	27 GD & Lyle Ham & Scalloped Potato	28 WS Shepherds Pie	29 GD Shepherds Pie 	30	

SENIOR MEAL SITE LOCATIONS

- **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.**
- **Goldendale: Every Tuesday & Thursday at 12-Noon at the Goldendale Senior Center, 115 E Main Street.**
- **TROUT LAKE: Thursday-November 8th at 5:30pm at Trout Lake School.**
- **KLICKITAT: 3rd Thursday-November 15th-Noon at the Klickitat Community Center.**



Energizing Support Groups

Goldendale Support Group

2nd Wednesday, November 14th
at the 10:30am Goldendale Senior Center.

Volunteer Hours

September HOURS

TRANSPORTATION	719	Hours
NUTRITION	651	Hours
NEWSLETTER	27	Hours
SR. EXERCISE	24	Hours
MUSICIANS	26	Hours



6th Annual —Klickitat Trail Run

Marathon—Half Marathon & 5K

Saturday, November 3, 2018

8am to 3pm

**A Benefit Event for the : Klickitat & Lyle Community Centers
Building Strong Communities!!**

**Event will be held at Klickitat J. Lynch Community Center
92 Main Street, Klickitat, WA 98628**

For Online Registration & Detailed Race information:

<https://ultrasignup.com/register.aspx?did=54981>

Further questions contact race director: Lynda Esaacson 509-365-5380

Community Thanksgiving Dinner

You are invited to a Thanksgiving Dinner at:

Place: Father's House Fellowship 207 S. Klickitat Street

Date: Thursday, November 22nd,

Time: 12 Noon

Call for **FREE** Transportation Ogden's Mopar Limo Service, 773-4114 or 250-6147. Potluck is welcome, but not necessary. We will also do take out and delivery. Dr Ogden says: "Turkey will be sooo good you will want to "gobble it up"!"



Medicare 2019 costs at a glance

Part A premium	<p>Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to \$437 each month. If you paid Medicare taxes for less than 30 quarters, the standard Part A premium is \$437. If you paid Medicare taxes for 30-39 quarters, the standard Part A premium is \$240.</p>
Part A hospital inpatient deductible and coinsurance	<p>You pay:</p> <ul style="list-style-type: none"> • \$1,364 deductible for each benefit period • Days 1-60: \$0 coinsurance for each benefit period • Days 61-90: \$341 coinsurance per day of each benefit period • Days 91 and beyond: \$682 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) • Beyond lifetime reserve days: all costs
Part B premium	<p>The standard Part B premium amount is \$135.50 (or higher depending on your income).</p>
Part B deductible and coinsurance	<p>\$185 per year. After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment (dme)</p>
Part C premium	<p>The Part C monthly premium varies by plan. (Not currently available in Klickitat County)</p>
Part D premium	<p>The Part D monthly premium varies by plan (higher-income consumers may pay more).</p>



**American
Red Cross**

American Red Cross Cascades Region

Free Smoke Alarm Installation

The Red Cross responds to an average of two home fires every day in our region.

You may have as little as 2 MINUTES

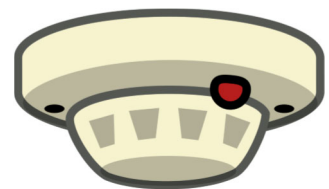
to escape a burning home before it's too late.

A working smoke alarm can cut the risk of death from a home fire in half.

The Red Cross Home Fire Campaign aims to reduce death and injury by installing free smoke alarms in homes that need them.

There are three easy ways to get free smoke alarms installed by trained Red Cross volunteers:

1. Call: 509-365-2500
2. Online: FirePrevention@lylefire.com
3. E-mail: to schedule an appointment
FirePrevention@lylefire.com



Provide your Name, Address, contact info, Fire District you live in, #of bedrooms in home, one story or two Story home, # of people that live in home.

This is for all of Klickitat County.

In Oregon, this campaign is in partnership with the Office of the State Fire Marshal.

TAI CHI: MOVING FOR BETTER BALANCE

Moving for Better Balance is an evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

The movements of the Chinese martial art Tai Chi can help some seniors reduce the risk of falling, increase balance, and increase flexibility. This class teaches participants ways to improve their overall mind, body and spirit through a series of slow continuous movements. It does not matter how strong, flexible, or active you are as Tai Chi is designed for people of all levels of health.

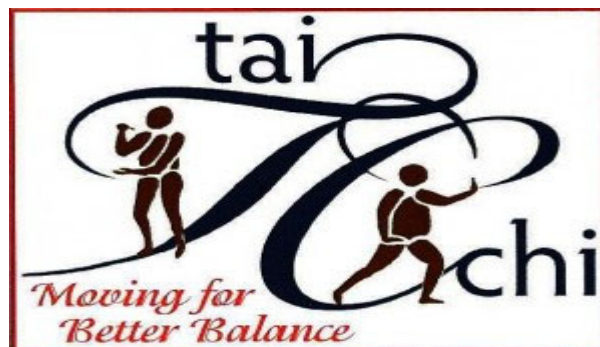
Where: Skyline Hospital Community Education & Meeting Space
211 Skyline Drive, White Salmon, WA 98672

When: 12:30 to 1:30 Tuesdays & Thursdays
November through May

Cost: \$150 (A sliding scale is available)

To participate in the program you must be 65 or older and physically mobile. Participant should not use an assistive device or have limited cane use.

How to Sign Up—Call Erika Sullivan at 509-493-5119



Klickitat County Senior Services
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

Newsletter Issue # 1118

Family Caregivers Matter!

Family caregivers are the unacknowledged backbone of the nation's long-term care system. They provide daily assistance to manage health care and personal care, while enabling their loved ones to stay in the community longer.

Family caregivers matter in so many important ways:



- **Family caregivers matter to their loved ones**, spending an average of 20 hours per week providing care – and many caring for their loved ones around the clock.
- **Family caregivers matter in making sure that medications are taken and that doctor appointments are kept.** More often than not, family caregivers are the managers of their loved one's medication regimen, seeing to it that medicines are taken on time and that different medicines prescribed by different doctors are properly reconciled.

Family caregivers matter in reducing health care costs and avoiding hospital readmissions. Family caregivers provide the lion's share of care and support for those with chronic care needs – approximately \$450 billion of unpaid care each year.

Family caregivers matter to each other. Family caregivers so often feel isolated and alone. Just knowing that there are 65 million other family caregivers they can reach out to who are going through many of the same challenges can be a source of great consolation. **That's why National Family Caregivers Month is the ideal time to recognize that family caregivers really do matter!**