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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 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.

FREE AARP TAX ASSIST



Goldendale

Place: Goldendale New Grange
228 E Darland

Time: 9am to Noon

Date: Beginning Friday, February 1st
Every Friday & Saturday till Saturday, April 13th

This is not a walk in site. Appointments can be scheduled by calling
773-3757

White Salmon Center Senior Services

Place: 501 NE Washington

Time: 9am to Noon

Date: Begin Tuesday, February 5th and continue every Tuesday
morning through April 9th.

This is not a walk in site. Appointments can be scheduled by calling
509 493-3068.



9 Smart Ways to Protect Yourself from Falls This Winter

Don't let fear of slipping and hurting yourself keep you indoors.

1. Get physical

The stronger and fitter you are, the less likely you are to fall. Exercising can help prevent falls because it makes your muscles stronger and more flexible and helps to improve your balance.

2. Watch where you step

It may sound obvious to look at where you're going before you start moving, but we all can easily get distracted. Always assume that all wet and dark areas on pavements are slippery and icy. Just because you don't see ice doesn't mean it's not there. Test out potentially slick areas by tapping your foot on them first. If you must walk up or down a hill, consider walking along its grassy edge for better traction. Look in advance for something to grab onto in case you do start to fall.

3. Wear socks over your shoes

Go ahead and start a new winter fashion trend, all in the name of safety. Socks are not only good for keeping your piggies warm under your shoes or boots: a study published in the New Zealand Medical Journal found that wearing socks over shoes was an effective and inexpensive way to increase traction on icy footpaths and reduce your likelihood of slipping.

4. Do the shuffle

Now is not the time to maintain your regular, graceful gait. Instead, pretend you're a penguin. Take short, flat-footed baby steps, pointing your feet out slightly, while spreading your body weight as evenly as possible over the entire surface of your feet.

5. Keep your hands out of your pockets

Keeping your hands in your pockets might increase their warmth, but it decreases your center of gravity and balance. Better to extend your arms out to your sides—and wear gloves so you can break your fall if you do slip.

6. Stay out of the street

The street is usually the first to be cleared, so it may be tempting to walk there. But remember, trucks and cars slide, too, and you may put yourself in the path of an oncoming vehicle that is unintentionally heading right toward you

7. Choose your shoes wisely

First off, sneakers are comfortable, but sneakers and snow don't mix. Swap out your sneakers, shoes with smooth soles and heels, for footwear that provides traction, like boots made of non-slip rubber or neoprene. Grooved soles can improve traction between the walking surface and the sole, while flat leather or plastic-soled shoes give you minimal resistance

8. Carry kitty litter

Bring a little bag of kitty litter along with you on your walk. Sprinkling it on the ground can add traction to slippery surfaces.

9. Curb your fear

It's common to be afraid of falling again once you've fallen even if that fall didn't cause any injury. That fear might also cause you to stay at home away from all the things you like to do. But muscles and bones can weaken over time if you don't use them, and then you could become more, not less, likely to suffer a fall.

Be mindful of prescription—and over-the-counter!—medicines before you get behind the wheel.



Check out **AAA's Roadwise RX**, a free online tool that allows you to record your prescription and over-the-counter medications, and to receive personalized feedback about how drug side effects and interactions between medications may affect your ability to drive safely.

Roadwise RX



SeniorDriving.AAA.com
HELPING SENIORS DRIVE SAFER & LONGER

Eight out of ten senior drivers age 65 and older take medications on a regular basis. And despite high prescription and over-the-counter medication use, almost half of senior drivers using medications have never talked with their health care providers about how the drugs might affect their safe driving abilities.

Roadwise Rx is a free, confidential tool developed by the AAA Foundation for Traffic Safety that adults can use to explore how medications may affect safe driving.

How it works

Roadwise Rx offers a way for you to record all of your medications in one central location. It also provides customized feedback on how your prescription and over-the-counter drugs, herbal supplements and foods, as well as their interactions with each other, can affect safe driving.

Enter your Medications.



Learn How the medications you take effect your driving.

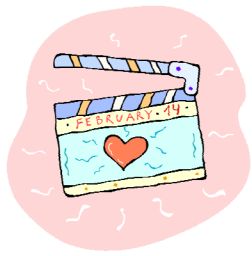
Take your confidential results to your doctor.

If you can't get the side effects under control and you must drive, talk with your physician. There might be other alternative medications or perhaps she can adjust the dosage. "The key is to be open with your physician."

White Salmon Events February 2019



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










Goldendale Events

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2/5 Ranger Lem 2/14 Simcoe Boys 2/21 Jackie 2/28 Simcoe Boys					1 GO RED For Women Protect Your Heart	2 
3	4 Chinese New Year 	5 10am Toenail Care Donations gladly accepted 1pm Exercise 	6	7 1pm Exercise 	8 Hood River Shopping Trip Noon Pinochle	9 
10	11	12 10am Toenail Care 1pm Exercise	13 10am Caregiver Support Grp	14 Valentine's Day 1pm Exercise 	15 Noon Pinochle	16 Senior Breakfast \$3pp 
17  <i>Washington</i>	18 OFFICE CLOSED President's Day  <i>Lincoln</i>	19 10am Toenail Care Donations gladly accepted 1pm Exercise	20	21 1pm Exercise 	22 The Shopping Trip Noon Pinochle	23 
24 Goldendale Food Bank is open Monday 9am to 12pm 1pm to 3:30pm. Call MATS for transportation 773.3060	25	26 10am Toenail Care 1pm Exercise	27	28 1pm Exercise 		Shopping trips are provided by Mt. Adams Transportation, call MATS 773-3060

MENU February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENU's Subject to Change					1 Go Red For Women Protect Your Heart	2 Lyle Breakfast 7am to 10am \$7pp Adults Child(6-12) \$4, under 5 Free
3	4 WS Chicken Chow Mein	5 GD & Lyle Chicken Chow Mein	6 WS Tator Tot Casserole	7 GD Tator Tot Casserole	8 	9 
10	11 WS Curried Chicken Salad	12 GD & Lyle Curried Chicken Salad	13 WS Baked Fish	14 GD Baked Fish 	15	16 GD Sr Breakfast 9am \$3pp 
17	18 OFFICE CLOSED President's Day	19 GD & Lyle Macaroni & Cheese	20 WS Meatloaf	21 GD Meatloaf	22	23
24	25 WS Salisbury Steak 	26 GD & Lyle Salisbury Steak	27 WS SW Chicken Wraps 	28 GD SW Chicken Wraps	LISTEN to the Radio for Weather Report for Meal Site Closures	KLCK & KODL & KIHR

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 and 4th Tuesday at 11:30am at the Market Street Café.

TROUT LAKE: Thursday-February 14 at 5:30pm at the Trout Lake School Menu.

KLICKITAT: 3rd Thursday-February 21-Noon at the Klickitat Community Center.



Water/Sewer Senior Discounts

Goldendale

Beginning February 19th call Virginia at Senior Services in Goldendale 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,000.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon

Senior discounts can be applied for in White Salmon, by contacting WGAP at 493-2662.

Bingen

Senior discounts can be applied for in Bingen by contacting WGAP 493-2662.



Goldendale Support Group for Unpaid Caregivers

Second Wednesday,
February 13th
10:30am at the Goldendale Senior Center

Senior Klickitat PUD Electricity Discount

If you are 62 or older and annual



household income is under \$23,500

Call Senior Services in Goldendale at

773-3757 or White Salmon at 493-3068 to make an appointment to apply for your PUD discount or for more information on the program.

You will need to provide your current PUD bill & proof of

TOTAL annual household income, and age verification.

Volunteer Hours

December HOURS

TRANSPORTATION	470.5	Hours
NUTRITION	776.5	Hours
NEWSLETTER	29	Hours
SR. EXERCISE	19	Hours
MUSICIANS	14	Hours



Winter Weather Closures

Your safety is our top concern and we don't want you out when roads are dangerous and the sidewalks icy. Please monitor the news and if the schools are closed, the Goldendale Senior Center will be closed. Please call us if we can help you during bad weather and family is not available to help. To find out more information, Goldendale call 773-3757 and in White Salmon 493-3068.

Expired Products: The do's and don'ts



Expiration dates can alert you to danger, but not all foods carry them.

FOOD AND DRINK:

While you can simply toss bad food, the tougher task is identifying what's bad.

Here's what to look for:

Do check the product dates. An “expiration” date shows the last date the food should be consumed. A “use by” date indicates the last day the product is likely to be at peak flavor. A “sell by” or “pull” date indicated the last day a product can be sold.

Do read the dates on your canned foods. High-acid canned foods, such as tomatoes can last 12 to 18 months. Low-acid food (fish, meat and most vegetables) can last 2-5 years.

Don't open a can that's bulging, dented or rusting because it can harbor harmful bacteria.

Do throw away perishable food that has been left un-refrigerated for more than 2 hours. Eat refrigerated, cooked leftovers within four days.

Consumer Report on Health

Social Security Scam Alert

The Social Security Administration (SSA) is reporting scammers are impersonating SSA employees and calling citizens. The scammers use threatening language to warn unknown victims that they'll face arrest or other legal action if they fail to call a phone number the scammer provides or press the number indicated in the message to address the issue.

In some instances, the scammers switch tactics and communicate they want to help the individual with activating their suspended Social Security Number. SSA is not making these calls - these calls are a scam.

If you or someone you know should get such a call, do not provide any information and just hang up.

Report the call to SSA's Inspector General at 1-800-269-0271 or <https://oig.ssa.gov/report>. For more information on how to report this type of activity, read the Social Security Matters blog (blog.ssa.gov).

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: February 13th

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.

Senior / Disabled Exemption Tax

Washington has a property tax exemption program that helps senior citizens and disabled citizens reduce their payment of property taxes

To be eligible for an exemption you must be at least 61 years old on December 31 of the application year, or unable to work because of a disability, or a veteran with a 100 percent service connected disability. Example: Your 61st birthday is in November 2017. You may file a 2017 application requesting an exemption on your 2018 taxes. You must own the home for which the exemption is claimed in total, as a life estate or by contract purchase. The property must be your primary residence and you must occupy the home for more than six months each year.

Your annual household disposable income may not exceed \$40,000. If you feel that you could qualify for this exemption program, please fill out the exemption application and bring the necessary documentation with you to the Klickitat County Assessors office so that the Senior/ Disabled Exemption Coordinator can verify to the Department of Revenue that you meet the eligibility requirements of this program.

Property Tax Deferral for Senior Citizens and Disabled Persons

If you are at least 60 years of age by December 31 of the year you apply, unable to work because of a disability or at least 57 years of age and the surviving spouse or domestic partner of a person who was receiving a deferral at the time of his/her death, own your home, it is your primary residence, and your household disposable income is less than \$40,000, the Department of Revenue may be able to help you pay your taxes.

This program is not an exemption but a deferral program which does place a lien on your property, but the interest rates are very reasonable and it may help you stay in your home.

Property Tax Deferral for Homeowners with Limited Income

To be eligible for this program, you must meet the ownership, residency, income and equity requirements and you must pay the first installment of your taxes. Your annual household income must be \$57,000 or less. Under this deferral program, the Washington State Department of Revenue pays the second installment of your property taxes due in October.

More information can be obtained on the Klickitat County Assessors web site at www.klickitatcounty.org or by calling the Assessors office at 800-764-2235 or 773-3715.

Celebrate National Wear Red Day February 1, 2019

Go Red For Women wants to remind you of some easy ways you can Go Red this year. What does it mean to Go Red? It means supporting women just like you in the fight against heart disease, the No. 1 killer of women. Show your support for women with heart disease to increase funding, education and awareness with these ideas:

7 Ways to Go Red

1. Know your Heart Score

2. Live Healthy

3. Know the Signs of a Heart attack

4. Start Walking

5. Wear Red

6. Help Your Community to Go Red

7. Shop for the Cause

There's never been a better reason to shop on line! Go to [Shop Heart](#) to purchase products, apparel and more that features the Go Red or American Heart Association logo. One hundred percent of our net proceeds goes toward education about heart disease and stroke.



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

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