

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068



May 2019

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MAY! Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

 ★ Klickitat Senior Meal Site celebrates it's Two Year Anniversary at
 ★ the Jerry Lynch Community Center. Thank you to all the
 ★ wonderful volunteers who make this meal possible!
 ★



Memorial Day

Thank you for your dedication and the work you do each day. We appreciate your contributions far more then words can say.



10 Steps to Writing a Will

While you may be inclined to put off thinking about your mortality, taking the time to prepare a well-written document that indicates how you would like your possessions and assets to be distributed after you die is key to avoiding strife among loved ones. And though you're acknowledging you won't live forever by drawing up a will, leaving behind a record of how you want your personal belongings and money to be allocated is important.

1. Decide if you want to get help or use a do-it-yourself software program. Consider either using an attorney or a reputable online software to help you write your will, rather than opting for a DIY will. There are too many horror stories of people who wrote out wills on their own – with financially devastating consequences, including saddling heirs with steep legal fees and hefty taxes.

If you're firmly in the middle class, and your financial portfolio is fairly simple, you can probably get away with writing a will using a legal online site. But if you are upper-middle class or worth millions, hire an estate attorney. While the price will depend on the intricacy of your financial situation, you can expect to pay a few thousand dollars to work with a reputable estate attorney to ensure your assets are protected.

2. Select your beneficiaries. When you die, someone is going to receive your money, your house and other belongings. You probably won't have to think long about the beneficiaries you designate, but it's key to ensure that who you select is up-to-date. If you go with a legal online site, there will be a place to identify beneficiaries on the last will and testament form; if you have an attorney, he or she will write your will for you.

3. Choose the executor for your will. This person will be tasked with making sure the wishes in your will are carried out, so you'll want to choose someone who is responsible. You may end up choosing your bank or an attorney as your executor, in which case you can expect to spend 2 to 4 percent of your estate's assets. If you're designating a family member or friend, experts still say they should be compensated, either through an hourly rate or a percentage of assets. After all, closing an estate can be an arduous task.

4. Pick a guardian for your kids. Do you need to get permission from your friend or family member before appointing them as guardian? No, you do not, according to experts. But if you don't, consider naming three guardians in order of your preference.

5. Be specific about who gets what. Do not be vague in your will. Do not hope that everyone will know what you want. This can be especially tricky when you've had multiple children, and you have your children and stepchildren in the mix.

6. Be realistic about who gets what

If there's more you want to say, attach a letter to the will. In television shows and movies, there's often a reading of the will where heirs come together and hear who will receive what. That doesn't often happen in real life, though some estate planners report that clients attach personal letters sometimes as a way to say goodbye and make your wishes clear and personal.

8. Other people need to sign the will. You will need witnesses to sign your will, and in many states, the witnesses can't be people who stand to inherit anything in the will. Your witnesses also need to be at least 18 years old. Ideally, they'll be people who are likely to be around when you aren't. If something goes wrong, and your will is contested in court, the judge may want to call a witness to testify.

(continued on page 3)

10 Steps to Writing a Will Continued

9. Find a place for your will. Don't write a will and then put it somewhere it will be forgotten. What if the worst happens? You don't want family members wondering if you wrote a will and then not be able to find it. Make sure someone you trust knows where to find your will as well as any other important papers and passwords to financial institutions like banks. It's also a good idea to store the original copy somewhere secure, like in a fire-proof safe.

10. Review and update your will. After drawing up your will, you'll also want to work on a power of attorney and a living will in case you're ever incapacitated. You'll also want to update your will, especially after any major life event, such as a marriage, divorce or a birth. Otherwise, you may find that you've left your assets to your ex-spouse, and none of your money and belongings are left to your children. Make sure to revisit and update the document every few years to reflect any necessary changes after any significant life event to ensure your personal belongings are distributed according to your wishes.

Senior Resource Day!

Wed. June 26, 2019 11am to 2pm @ Trout Lake Grange

Free informational event for senior citizens

Have questions about...

- **Healthcare**
- **Resources**
- **Transportation**



Let's see if we can help give you some answers!

Door prizes & Handouts!

Sponsored by CEKC and partners!



COMMUNITY
ENRICHMENT for
KLICKITAT
COUNTY



Klickitat County
Senior Services

Visit our website at: cekcwa.org/



Be cautious, Be Alert, Be Aware!

At least every week, if not several times per week, we are receiving calls from seniors in our community reporting bogus phone calls or attempted scams.

The frequency and number of calls keep increasing because these scammers and swindlers are making money off trusting people. You need to be extra diligent about protecting your personal information and don't be afraid to hang up because you don't want to be rude. These scammers are using advanced technology and they are very savvy. They are able to have their phone number appear like a local number or social security on your caller ID when actually they are fake.

Social Security and Medicare will NOT call you and ask you for your information over the telephone. If you get a call ask for the persons full name and then get the real Social Security number or Medicare and call it to see if they really contacted you.

Scams range from bogus investments to alleging that an electric bill is overdue and threatening to turn off the heat and power unless paid immediately. Sometimes callers tell seniors they have an unpaid traffic ticket and their driver's license will be revoked if they don't pay.

Congress, state regulators and lawmakers, and the financial services industry have approved new laws and rules recently to help safeguard seniors and their assets, based on the idea that financial institutions and professionals are on the front lines of spotting elder financial abuse. The changes are meant to protect seniors and to shield financial professionals from liability for reporting exploitation. Concerns over violating privacy laws by contacting law enforcement or adult protective services made reporting violations difficult in the past.

Guard your information well. It is better to be rude than to be ripped off, so demand validation, verification, and authentication before giving your information to anyone. If you still feel uneasy, say no and check further.

Watch out for scam targeting HCA Medigap Plan F members






A new phone scam has popped up locally here in Washington state targeting people enrolled in the Washington State Health Care Authority's Medigap Plan F offered through Premera Blue Cross. The caller says they represent Premera and that the beneficiary must change their Medigap plan. They then offer to transfer the beneficiary to a plan to sign up.

If you receive a call from 1-760-313-1263 or any other phone number, DO NOT give out any information! Premera is not calling clients and they do not need to change plans. If you do get a call, write down as much information as possible without providing any information to the caller, then hang up and report it to SHIBA at 1-800-562-6900.

If you want to confirm your enrollment with Premera, you should call the plan directly.

White Salmon Events May 2019




Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 5/1 Huskey Family 5/6 Simcoe Boys 5/8 Simcoe Boys	5/13 Old Time Friends 5/15 Andre & Band 5/20 Simcoe Boys 5/22 Simcoe Boys	5/27 CLOSED 5/29 Simcoe Boys 	1 9:30 Exercise	2 8:30—9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	3	4
5	6 9:30 Exercise 11am Live Music & Dancing	7 8:30—9:30 Hatha Yoga  2pm Strong Women	8 HR Shopping 9:30 Exercise	9 8:30—9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	10 	11
12 Mother's Day 	13 9:30 Exercise 11am Live Music & Dancing	14 8:30—9:30 Hatha Yoga  2pm Strong Women	15 9:30 Exercise 	16 8:30—9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	17 	18
19	20 9:30 Exercise 11am Live Music & Dancing	21 8:30—9:30 Hatha Yoga  2pm Strong Women	22 9:30 Exercise	23 8:30—9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	24 	25
26	27 OFFICE CLOSED Memorial Day 	28 8:15 Yoga  2pm Strong Women	29 9:30 Exercise 11am Live Music & Dancing	30 8:30—9:30 Hatha Yoga Noon Pinochle 2pm Strong Women	31	



Goldendale Events May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 5/9 Simcoe Boys 5/17 Jackie 5/25 Simcoe Boys			1	2 1pm Exercise	3 12pm Pinochle GD Garden &	4
5	6	7 1pm Exercise 	8 10:30am Caregiver Support Group	9 1pm Exercise 	10 Hood River Shopping 12pm Pinochle	11
12 Mother's Day 	13	14 1pm Exercise	15	16 1pm Exercise	17 Noon Pinochle	18 Senior Breakfast \$3pp
	20 	21 1pm Exercise	22	23 1pm Exercise 	24 The Dalles Shopping Noon Pinochle	25
26 	27 OFFICE CLOSED Memorial Day	28 1pm Exercise	29 	30 1pm Exercise	31 Noon Pinochle	

MAY MENU 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to Change			1 WS Taco Salad	2 GD Taco Salad	3 	4 Lyle Breakfast 7am- 10am \$7 Adults \$4 Children 6-12,
5	6 WS Baked Fish	7 GD & Lyle Baked Fish	8 WS BBQ Pork Ribs	9 GD: BBQ Pork Ribs	10	11
12 Mother's Day	13 WS Beef & Spanish Rice	14 GD & Lyle Beef & Spanish Rice	15 WS Baked Chicken	16 GD: Baked Chicken Klickitat: Asian Chicken salad	17 	18 GD SR Breakfast 9am \$3pp
19	20 WS Hungarian Goulash 	21 GD & Lyle Hungarian Goulash	22 WS Oriental Chicken Salad	23 GD Oriental Chicken Salad	24	25
26 	27 OFFICE CLOSED Memorial Day	28 GD & Lyle Salisbury Steak	29 WS Tator Tot Casserole	30 GD Tator Tot Casserole	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.

BICKELTON: The 2nd and 4th Tuesday at 11:30am at the Market Street Café.

TROUT LAKE: Thursday-May 9-Noon 5:30pm Trout Lake School.

KLICKITAT: 3rd Thursday-May 16-Noon at the Klickitat Community Center. Two year Anniversary

\$3.50pp requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouse at the senior rate. Non-seniors \$6.50 fee.

Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available. Call Senior Services for more information.

Goldendale 773-3757

White Salmon 493-3068

Volunteer Hours



March HOURS

TRANSPORTATION	691.75	Hours
NUTRITION	707	Hours
NEWSLETTER	25	Hours
SR. EXERCISE	24	Hours
MUSICIANS	18	Hours

Energizing Support Groups

Goldendale Support Group

Second Wednesday, May 8th
10:30am at the Goldendale
Senior Center 115 E. Main St.

City of Goldendale Clean-Up Day

City of Goldendale residents will be allowed **ONE FREE** pickup load of garbage, **IF** they present a coupon to the Goldendale Transfer Station on Saturday, May 4th between 9am to 5pm. **Coupons available at: City of Goldendale —limited supply—**

Seniors and disabled persons **MUST** contact Klickitat County Senior Services at 773-3757 for **FREE** curbside pickup of your **BRUSH/LIMBS ONLY**.

City of Goldendale Public Works Department will be picking up and hauling off brush/limbs for seniors and disabled persons within the city limits on **Monday, May 6th**. Brush may be up to 4 inches in diameter, no more than 10 feet in length, and must be stacked in a neat pile beside the sidewalk or in right-of-way. This service is being provided by the city as a courtesy. Please be considerate of others and limit the amount of brush you expect the city to haul off. **CALL EARLY. Limbs and Brush Only, no bagged leaves or bagged yard debris.**



YEAR-ROUND FREE MEDICATION DISPOSAL SITES:



Skyline Hospital 211 NE Skyline Dr., White Salmon, WA 98672

Klickitat Valley Hospital 310 S. Roosevelt Goldendale, WA 98620

Did you know medications not disposed of properly end up in our waterways? Let's work together to keep these substances away from youth and out of our waterways.

The Area Agency on Aging & Disabilities of Southwest Washington plans programs to help older adults (60 years of age and older) and adults with disabilities stay in their homes and to support unpaid family caregivers.

This survey will help determine which programs are available in **your** county, and how funding is spent.

The survey takes less than eight minutes to complete. Your responses are anonymous.

Section A: Demographic

In which county do you live? Clark Cowlitz Klickitat Skamania Wahkiakum

Are you? Female Male

Do you? Live alone Live with spouse Live with someone else

Section B: To remain living at home, how important to you are the needs listed below? Circle your answer.

		Most Important			Least Important	
		1	2	3	4	5
1.	Transportation	1	2	3	4	5
2.	Help with personal care and household chores	1	2	3	4	5
3.	Paying for basic necessities (food, shelter, utilities, prescription medications)	1	2	3	4	5
4.	Paying for supplies and equipment (incontinence, grab bars, hand-held shower, shower chair)	1	2	3	4	5
5.	Making modifications to my house (wheelchair ramp, walk-in shower, doors widened, handrails installed)	1	2	3	4	5
6.	Help with home repair (leaky roof, holes in floor, plumbing, electrical)	1	2	3	4	5
7.	Home-delivered meals	1	2	3	4	5
8.	Senior community meals	1	2	3	4	5
9.	Grocery delivery	1	2	3	4	5
10.	Dental care	1	2	3	4	5
11.	Having a primary care physician	1	2	3	4	5
12.	Information on managing chronic diseases (diabetes, heart, Alzheimer's, Parkinson's, arthritis)	1	2	3	4	5
13.	Information on frauds/scams	1	2	3	4	5
14.	Other: _____	1	2	3	4	5

STOP

If you provide care (such as help with personal care, shopping, household chores, or transportation) to a friend, spouse, partner or other family member, complete Section C. If not, go to **Section D: Healthy Aging**.

Section C: How important to you are the needs listed below? Circle your answer.

		Most Important			Least Important	
1.	Respite care (a break from caregiving)	1	2	3	4	5
2.	Educational classes on caregiving	1	2	3	4	5
3.	Caregiver support group	1	2	3	4	5
4.	Counseling services for caregiver	1	2	3	4	5
5.	Information on chronic disease(s) (diabetes, heart, Alzheimer's, Parkinson's, arthritis)	1	2	3	4	5
6.	Printed or internet-based caregiving resources (on-line educational classes, websites)	1	2	3	4	5
7.	Help providing personal care to a friend, spouse, partner or other family member	1	2	3	4	5
8.	Help with household chores, running errands, transportation	1	2	3	4	5
9.	Paying for supplies and equipment (incontinence, grab bars, hand-held shower, shower chair)	1	2	3	4	5
10.	Home-delivered meals	1	2	3	4	5
11.	Other:	1	2	3	4	5

Section D: Healthy Aging

1. Which wellness programs are you aware of in your county? (Check all that apply)

- Exercise groups (walking, yoga) Managing chronic illness Memory improvement
- Support groups (caregiver, grief, stroke, Alzheimer's disease)
- Other(s):

2. Which wellness programs do you think are needed in your county? (Check all that apply)

Exercise groups (walking, yoga) Managing chronic illness Memory improvement

Support groups (caregiver, grief, stroke, Alzheimer's disease)

Other:

3. What keeps you and your friends from participating in wellness programs? (Check all that apply)

No transportation Too far to travel Lack of knowledge about available programs

Cost No programs available

Other:

Section E: Comments/Questions/Suggestions

In the space provided, please write your comments, questions or suggestions.

**Senior Newsletter Edited
by Virginia Dunham and
Jill Parrott**

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Area Plan Survey

The Area Agency on Aging & Disabilities of Southwest Washington plans programs to help older adults (60 years of age and older) and adults with disabilities stay in their homes and to support unpaid family caregivers. This survey (on the last 3 pages of the newsletter) will help determine which programs are available in our county, and how funding that is provided to Klickitat County Senior Services is spent.

Please return your survey to Klickitat County Senior Services office in Goldendale or White Salmon before May 17th.