



**Klickitat County Senior
Newsletter
Klickitat County Senior Council**

**October
2012**

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issue:

Health Fair 2012

October 12 & 13

7:00am to Noon

Skyline Hospital

In the Basement of our New Wing

211 Skyline Drive

White Salmon, WA 98672



Free and Low Cost Health Screenings (Cash or Check Only)

Height & Weight

Blood Pressure

Blood Chemistry Screen \$40

Breast Health Awareness

Men's PSA (Prostate) \$20

Other Health & Wellness Info.

(12 Hour Fast Required for Blood Screen!)

Blood Screen Includes:

Lipid Panel (Cholesterol, Triglycerides, HDL, Coronary Risk),

**Comprehensive Metabolic Panel, TSHS (Thyroid), Automated Blood
Count**

Pre-Register by Calling Skyline Hospital:

509 493-1101

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FREE Health Events

Heart Healthy Lecture: ABCs of Cardiovascular Disease

Presented by cardiologist, Kathy Grewe, M.D.

DATE: October 4th **TIME:** 6pm to 7pm

PLACE: Providence Down Manor
1950 Sterling Place, Hood River, OR

Get Moving, Without Hip Pain

Presented by orthopedic surgeons, John Durkan, M.D., and Kostas Economopoulos, M.D.

DATE: October 25, **TIME:** 6:30pm to 8pm

PLACE: Providence Down Manor
1950 Sterling Place, Hood River, OR

Both events are **FREE**, but registration is required. To register, call 503-574-6595 or go to www.providence.org/classes and search in the "class name" box.

If you have further questions or need assistance in registering please call Christina Vander Werf at 541- 387-6342

Dear Marci,

I have Original Medicare and my doctor told me that he doesn't take assignment. What does this mean?

-Walter
(Astoria, NY)

Dear Walter,

If your doctor doesn't take assignment, it means he may accept Medicare, but can charge you a little more for the health services you receive. Doctors who accept Medicare, but don't take assignment are called [non-participating doctors](#). Non-participating doctors can bill you a 20 percent [coinsurance](#) for Medicare-covered services, after you meet your yearly [deductible](#). Plus, they can bill you an extra 15 percent for the services you receive. This is called a [limiting charge](#). Altogether, that means you may be billed up to 35 percent of Medicare's approved amount for non-participating providers, after you've met your deductible.

Some states have stricter rules on what non-participating doctors are allowed to charge you. Call your [State Health Insurance Assistance Program \(SHIP\)](#) to find out more.

Most doctors who treat patients with [Original Medicare](#) do accept Medicare and take [assignment](#). These doctors are called [participating doctors](#). Participating doctors agree to accept the Medicare-approved amount as payment in full. The Medicare-approved amount is the amount Medicare has agreed to pay the doctor for services you receive. So, when you see a doctor who takes assignment, you will typically pay a 20 percent coinsurance after you meet your annual deductible.

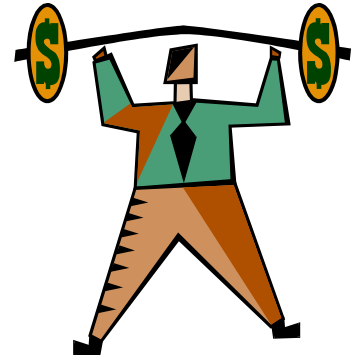
Finally, some doctors [opt out](#) of Medicare. These doctors are called [opt-out doctors](#) and can charge you whatever they want for health services. These doctors must give you a private contract that states you must pay for the full cost of the services they provide to you. Medicare will not pay for services you get from opt-out doctors, since opt-out doctors do not deal with Medicare and cannot bill Medicare at all. Call 800-Medicare (800-633-4227) or go online at www.medicare.gov to find out if your doctor is a participating, non-participating, or opt-out provider.

Don't forget that these types of doctors apply only when you have Original Medicare. If you're in a [Medicare Advantage Plan](#), you should see doctors and other health care providers in your plan's network.

-Marci



Financial Fitness Day
Saturday, October 6, 2012
Pioneer Center
501 NE Washington
White Salmon, WA
Registration starts at 8:30AM



FREE WORKSHOPS

- College savings
- Financial planning
- Credit report & debt repair
- First time home buyers
- Money habits and budgeting
- Predatory lending
- Earned Income Tax Credit
- Washington Gorge Action Programs
- Family finances
- Money Smart for Small Business
- Business startup
- ID theft & fraud
- Important life documents
- Coupon clipping
- Social security, Medicare/Medicaid

COMMUNITY RESOURCE FAIR

Free public education materials related to financial education

Parents/guardians and youth:

WSU-Klickitat County 4-H will lead fun age-appropriate educational activities for youth ages 6 years and older. The focus will be on the life skills of goal setting, planning, record keeping and financial management.

In addition to Challenge activities, participating youth will engage with portions of national 4-H financial education curricula. Please pre-register youth so that adequate materials will be available.

FREE lunch is available for participants who pre-register by Oct. 1.

Pre-register by calling the WSU-Klickitat County Extension office at 509-773-5817 or email klickitat@wsu.edu. Registrations will be taken at the door but a lunch is not guaranteed for those who register on site.

Sponsors: Paul Allen Family Foundation, WSU Extension, Community Enrichment for Klickitat County, Klickitat County Economic Development, Skamania County Economic Development Council, Washington State Department of Commerce, Klickitat/Skamania Asset Building Coalition and Klickitat County

**THE PAUL G. ALLEN
FAMILY FOUNDATION**



**WASHINGTON STATE UNIVERSITY
EXTENSION**



Klickitat County

Department of Commerce
Innovation is in our nature.

EDC SKAMANIA COUNTY
Economic Development Council

Partners: Prosperity Center, Washington Gorge Action Programs, Columbia Gorge Housing Authority, Lower Columbia CAPS, Wyers Law PC, Small Business Development Center, Skamania Klickitat Community Network, Washington State Department of Social and Health Services, Klickitat County Health Department, Klickitat County Senior Services, Washington State Department of Financial Institutions, Klickitat PUD, Columbia Bank, Riverview Community Bank, Sterling Savings Bank

WSU Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Persons with a disability requiring special accommodation while participating in Washington State University-Klickitat County Extension programs may call 509-773-5817 in advance of the program. If accommodation is not requested in advance, we cannot guarantee the availability of accommodation on-site.

KLICKITAT-SKAMANIA COUNTY ASSET BUILDING COALITION

Financial Fitness Day
Saturday October 6, 2012
Pioneer Center, White Salmon, WA

Registration: 8:30am – 9:00am
Welcome: 9:00am - 9:30 am

Sessions	Youth Glenwood Rm <small>(Upstairs)</small>	Money Matters Senior Rm A	Keeping More on Less Senior Rm B	Business Basics Mt Hood Rm	Senior Living White Salmon Rm
9:30am – 10:30am	Plan It! Lisa Harness & Susan Kerr	College, College Savings, Financial Planning Candi Jaeger	Changing Habits, Changing Your Budget Liz Myntti	Entrepreneur Robert Waymire	ID Theft, Fraud Lyn Peters
Break 10:30am – 10:45am	Break 10:30am – 10:45am	Break 10:30am – 10:45am	Break 10:30am – 10:45am	Break 10:30am – 10:45am	Break 10:30am – 10:45am
10:45am – 11:45am	Earn It! Lisa Harness & Susan Kerr	Credit Report and Debt Repair Joel Madsen (CGHA)	Predatory Lending (The Nasty Nines) Brian Wanless	Money Smart for Small Business' Liz Myntti	Social Security, Medicare, and Medicaid Jill Parrott
Lunch and Vendors 11:45-12:45	Lunch and Vendors 11:45-12:45	Lunch and Vendors 11:45-12:45	Lunch and Vendors 11:45-12:45	Lunch and Vendors 11:45-12:45	Lunch and Vendors 11:45-12:45
12:45pm – 1:45pm	Grow It! Lisa Harness & Susan Kerr	First Time Home Buyers Joel Madsen (CGHA)	WGAP Programs Family Fiscal Stability Bruce Bolme/Johanna Roe	Getting Started Mike Canon/Mary Merrill	Life Documents And Estate Planning Tips Teunis Wyers
Break 1:45pm - 2:00 pm	Break 1:45pm - 2:00 pm	Break 1:45pm - 2:00 pm	Break 1:45pm - 2:00 pm	Break 1:45pm - 2:00 pm	Break 1:45pm - 2:00 pm
2:00pm – 2:45pm					Senior Living White Salmon Rm
Panel Discussion Senior Rm A & B	Small Business Tips, Entrepreneurs, Workers Training, Broadband in Klickitat/Skamania Counties				Coupon Clipping Candi Jaeger

2:45pm – 3:15pm Wrap-Up and Door Prizes

President Obama is Not Offering to Pay Your Utility Bills

A new scam is sweeping the nation by claiming that President Obama will pay your utility bills through a new federal program. Customers of utility business FirstEnergy Corp. have reported the scam, and several other energy companies issued warnings to their customers about it.

How the Scam Works:

Consumers have been contacted in person and through fliers, social media and text messages with claims that President Obama is providing credits or applying payments to utility bills.

To receive the money, scammers claim they need the consumers' social security and bank routing numbers. In return, customers are given a phony bank routing number that will supposedly pay their utility bills. In reality, there is no money, and customers believe they have paid their bills when in fact they have not.

Tips to Avoid Falling for this Scam:

- Never provide your social security number, credit card number or banking information to anyone requesting it over the phone or at your home unless you initiated the contact and feel confident with whom you are speaking.
- If you receive a call claiming to be your utility company and feel pressured for immediate payment or personal information, hang up the phone and call the customer service number on your utility bill.
- Never allow anyone into your home to check electrical wiring, natural gas pipes or appliances unless you have scheduled an appointment or have reported a utility problem. Also, ask utility employees for proper identification.
- Always think safety first. Do not give in to high pressure tactics over the phone for information or in person to get into your home.

“The Greatest Generation Prom”

Sponsored by the Goldendale High School Leo’s Club

With Live “Big Band Era”

Music by a Five Piece Orchestra

Saturday, 27 October

Goldendale Middle School

2:00 - 4:00pm



Free Admission,

No Collection, Free Refreshments

FREE Transportation by

**Ogden’s Mopar Limo Service 773-4114 or call Mt. Adams
Transportation 773-3060 to get on the bus list.**

Call 773-4114 for Further Information

White Salmon Events

OCTOBER 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Exercise 10am BINGO	2 8:15 Yoga	3 9:30 Exercise	4 8:15 Yoga Noon Pinochle	5 9:30 Exercise	6 Financial Fitness Workshop 8:30 to 3pm
7	8 9:30 Exercise	9 8:15 Yoga 	10 Hood River- Shopping 9:30 Exercise	11 8:15 Yoga Noon Pinochle	12 9:30 Exercise	13
14	15 9:30Exercise 10am BINGO WS meal site Medicare D presentation	16 8:15 Yoga Lyle Meal Site Medi- care D pres- entation	17 9:30 Exercise	18 8:15 Yoga Noon Pinochle 	19 9:30 Exercise	20
21	22 9:30 Exercise 	23 8:15 Yoga 	24 9:30 Exercise	25 8:15 Yoga Noon Pinochle	26 9:30 Exercise 	27
28	29 9:30 Exercise	30 8:15 Yoga	31 9:30 Exercise Halloween	MUSIC 10/1 Buck Smith 10/3 Barbara & Marlow 10/8 Old Time Friends	10/10 For the Good Times 10/15 Straw- berry Mtn Band 10/17 Barbara & Marlow 10/22 Buck Smith	10/24 Wes & Derel Parker 10/29 For the Good Times 10/31 Straw- berry Mtn Band



Goldendale Events

OCTOBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 11am Toe Nail Care	3	4 Tai Chi Sr Center 2:30pm GD Library Powerful Tools for Caregivers	5 TD Shopping	6 Drive Maryhill Loops Road
7	8 Thanksgiving Day CANADA 	9 1pm Exercise 	10	11 1pm Bingo 1pm Exercise Tai Chi 2:30pm	12 12pm Pinochle	13
14	15	16 1pm Exercise SHIBA Georgeville Congregate	17 10:30am Caregiver Support Group	18 1pm Bingo 1pm Exercise Tai Chi 2:30pm	19 Hood River Shopping Noon Pinochle	20 SR Breakfast \$3pp 
21	22 SHIBA Presentation Library Camplan Room 10:30am	23 SHIBA Bickleton 1pm Exercise 	24	25 1:pm Bingo 1pm Exercise Tai Chi 2:30pm	26 Noon Pinochle 	27
28	29	30 1pm Exercise	31 			



Your business tag line

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Menu Subject To Change	1 WS Chicken A La King	2 GD & Lyle Chicken A La King	3 WS Ham Cheese Noodle Bake	4 GD Ham Cheese Noodle Bake	5	6 Lyle Senior Breakfast 7am \$5pp at Lions Club
7	8 WS Country Steak	9 GD & Lyle Country Steak	10 WS Taco Salad	11 GD Taco Salad	12	13 
14	15 WS Cook's Choice	16 GD & Lyle Cook's Choice	17 WS Chicken 	18 GD Chicken	19	20 GD Senior Breakfast 9am \$3pp
21	22 WS Pork	23 GD & Lyle Pork	24 WS Vegetarian Chili	25 GD Vegetarian Chili	26	27
28	29 WS Tator Tot Bake	30 GD & Lyle Tator Tot Bake	31 WS Stew 	Nov 1 Stew 		

Meal Site Schedule

- **White Salmon** Meals are Mondays & Wednesdays at noon @ the Pioneer Center
- **Lyle** Meals are Tuesdays at Noon @ Lyle Lions Community Center
- **Bickleton** Meal is on the 2nd & 4th Tuesday at 11:30am (Menu, posted at Market Street Café) @ Bickleton Grange Hall
- **Goldendale** Meals are Tuesdays & Thursdays at Noon @ Goldendale Senior Center

Meals include milk, coffee, or tea. Call MATS for transportation to Meal Sites Goldendale 773-3060, White Salmon 493-4662.

KCSS NUTRTION—\$3.50 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.

Hot-delivered meals are available to homebound; call Senior Services for an assessment.

Klickitat County Senior Council

Friday, October 5 at the Dallesport Community Center. Please join us for the meeting and potluck at 12-noon. Senior Council is a meeting open to anyone interested in attending. Transportation is available from both ends of the county. Call your local senior service office to get on the bus list. Goldendale 773-3060 or White Salmon 493-3068.



**Senior Klickitat PUD
Discount**

**If you are 62 or older
and the household
income is under
\$21,600**



Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application.

Please bring your current PUD bill & proof of **TOTAL** annual household income.

Energizing Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting,

Call Susan Shipman at 773-0380

Goldendale Support Group

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

Volunteer Hours

August HOURS

TRANSPORTATION	941.75	Hours
NUTRITION	801.5	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	26	Hours
MUSIC	18	Hours

KLICKITAT MEAL

Meals will be served at one & there is a charge of \$3 per person

Any questions call 369-3985

Dates: 1st & 3rd Wednesday

Time: 1pm

Place: Grace Lutheran Church Parsonage

This meal is not sponsored by KCSS.

Medication Tip of the Month

Only Take Your Medications

Many times, people will take medications not prescribed to them. This is not only dangerous, it is illegal. You may have a health condition that may react negatively with the medication, resulting in serious, if not fatal, side effects.

Medicare D Prescription presentations

SHIBA presentations October

Monday, October 15th SHIBA presentation at the Pioneer Center in White Salmon (501 NE Washington St.) at 12pm.

Tuesday, October 16th SHIBA presentation at Lyle meal site 12pm @ Lyle Lions Community Center

Monday, October 22nd SHIBA presentation at 10:30am at the Goldendale Library.

Tuesday, October 23rd SHIBA presentation at the Grange Hall in Bickleton at 11:30am.

Tuesday, October 30th SHIBA presentation at 12 noon at the Goldendale Senior Center (115 Main Street).

For more information call SHIBA at 1-800-562-6900 or Senior Services.

Medicare Part D Annual Enrollment

October 15—December 7, 2012

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.

Klickitat County Senior Services partners with SHIBA Volunteers to provide Medicare Awareness Events prior to and during the Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance.

773-3757 Virginia in Goldendale

493-3068 Jill in White Salmon

Klickita Cunty

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 Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for October 8th & 9th at the Pioneer Senior Center, 501 NE Washington St., White Salmon.

This 8 hour class for adults 50+ years of age is completed in two sessions. The class will run from 9:00 a.m. to 1:00 p.m. on both Monday and Tuesday. 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 \$12.00 for AARP Members and \$14.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class.

Goldendale Driver Safety Class coming in NOVEMBER.

