



**2019 Medicare Part D Questions?  
Medicare D Presentations**

- ♦ Who can buy Part D Plans?
- ♦ What do Part D plans cost?
- ♦ What if I can't afford Part D?
- ♦ Do I really need Part D?
- ♦ When can I join a Part D plan?
- ♦ I have Part D. It is not working for me. What can I do?

This is your opportunity to re-evaluate your existing coverage. This presentation is designed to make you aware of your options so that you can make timely and informed decisions. Making the right choices could save you hundreds-to-thousands of dollars a year. Come learn more about what you can do during Open Enrollment, tips for choosing Medicare Part D plans.

**~ Call Virginia in Goldendale for an appointment 773-3757**

October 16 Georgeville meal site at Noon

October 30 Goldendale Meal site at 1:30am to 1pm

November 13 Bickleton lunch at the Market Street Café 11:30am

**~ Call Jill in White Salmon for an appointment 493-3068**

October 9th Lyle Noon at the Lyle Lions Community Center

October 10th White Salmon Noon at the Pioneer Center

October 11th Trout Lake 5:30pm Trout Lake School

October 18th Klickitat Community Center at Noon

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## How to shop smart during Medicare annual enrollment

This is the time of year when everyone on Medicare can reevaluate features of their plans to see if they're getting the best coverage at the best price

The Medicare Annual Enrollment Period is fast approaching. The cycle starts Oct. 15 and ends Dec. 7, with coverage effective Jan. 1. This is the time of year when everyone on Medicare can reevaluate features of their contracts to see if they're getting the best coverage at the best price for their Medicare Part D plans.

Ninety percent to 95% of beneficiaries overspend on Medicare. Those are startling statistics. The most common reason beneficiaries overspend is they purchase Medicare Part D (prescription drug) plans that do not meet their individual health care needs. People tend to buy based on premium and overlook the benefits they use. They may think they can't do any better and fail to evaluate other plan options. Individuals may not realize what the full cost to them is until the new plan year has started and it is too late to make a change.

All plans announce new pricing and benefits every Fall. Just like folks check other aspects of their health every year, it's important to review Medicare coverage every year, too. Remember, the full cost includes both the premium and the other out-of-pocket costs such as co-payments and co-insurance. Cost increases can be hidden in the out-of-pocket costs, such as how much a specific drug will cost next year.

It's particularly important to perform the annual Medicare health insurance check-up if any of the following have happened this year:

- Prescription medications have changed
- Major health conditions have been diagnosed
- Medicare premiums and out-of-pocket costs are creeping up
- Customer service has been poor
- Carrier has discontinued the Medicare Part C or D plan (There are currently no Medicare Part C plans (Medicare Advantage Plans) available in Klickitat County.
- Legal residence has changed

## How to shop smart during Medicare annual enrollment — continued



### DO'S AND DON'TS

#### Do's

- Get organized early and compile a detailed list of medications and health care providers.
- Read the new plan benefit summary the insurance company sends each beneficiary in the end of September.
- Look at more than just the premium. See if co-payments, co-insurance, deductibles and other plan features will increase next year.
- Call the company or go online to find more information.
- Verify that medications, doctors, hospitals and other health care providers will be covered and at what price.

#### Don'ts

- Assume that a better plan is not available.
- Assume medications and care providers will be covered for the same cost next year.
- Don't wait until the last minute to shop — it's too important!

### HOW TO FIND FREE HELP

In Klickitat County call Senior Services and make an appointment with Jill in White Salmon at 509-493-3068 or Virginia in Goldendale at 509-773-3757 to review your Medicare Prescription Drug plan options.

**Medicare.gov** is a good place to start to learn the plans that are available in a particular area, medications coverage specifics, as well as which health care providers are in-network. People can call 800-MEDICARE (633-4227) 24 hours a day 7 days a week and speak to a representative. They need to have a list of medications ready for the representative who will use that information to customize plan recommendations.

**Eldercare.gov** is a public service of the U.S. Administration on Aging that connects people to services for older adults and their families. This free information and referral assistance, including Medicare consultation and education, is available in every U.S. county. Visit the eldercare locator database or call 800-677-1116 Monday-Friday, 9

# Do you need help with Winter heat?

Jan with Washington Gorge Action Program will be meeting at Several Senior Meal Sites in November to assist those who want to apply for the Low Income Energy Assistance Program (LIHEAP) Jill or Virginia from Klickitat County Senior Services will also be at these locations to assist with the Klickitat PUD Senior Electric Discount.

**White Salmon:** November 14th & 16th 9am to 1pm

**Lyle:** November 13th 9am to 1pm

**Goldendale:** November 8th & 15th 9am to 1pm



- ♦ **You will need to bring:** Proof of 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

## Senior Klickitat PUD Discount

If you are 62 or older and your household annual income is under **\$23,500** you may qualify for the Senior Klickitat County PUD discount.

Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment to apply for your PUD discount. The discount is effective from your application date and eligible months for reductions are for billings from December 1st, 2018 through May 31st, 2019.

Please bring your current PUD bill & proof of **TOTAL annual household** income. PUD bill must be in your name.

Discount	Yearly Income
35% Discount	\$11,770 or <u>less</u>
25% Discount	\$11,771 - \$16,200
15% Discount	\$16,201 - \$17,660
5% Discount	\$17,661 - \$23,500

# White Salmon Events OCTOBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Exercise  11am Live Music & Dance	2 8:30 to 9:30 Hatha Yoga  2pm Strong Women	3 9:30 Exercise  11am Live Music & Dance	4 8:30 to 9:30 Hatha Yoga Noon Pinochle  2pm Strong Women	5 	6
7	8 9:30 Exercise  11am Live Music & Dance	9 8:30 to 9:30 Hatha Yoga  2pm Strong Women 	10 9:30 Exercise  11am Live Music & Dance	11 8:30 to 9:30 Hatha Yoga  Noon Pinochle  2pm Strong Women	12	13
14	15 9:30 Exercise  11am Live Music & Dance	16 8:30 to 9:30 Hatha Yoga  2pm Strong Women	17 9:30 Exercise  11am Live Music &	18 8:30 to 9:30 Hatha Yoga  Noon Pinochle 2pm Strong	19	20
21 	22 9:30 Exercise  11am Live Music & Dance	23 8:30 to 9:30 Hatha Yoga  2pm Strong Women 	24 9:30 Exercise  11am Live Music & Dance	25 8:30 to 9:30 Hatha Yoga  Noon Pinochle 2pm Strong Women	26	27 
28 	29 9:30 Exercise  11am Live Music & Dance	30 8:30 to 9:30 Hatha Yoga  2pm Strong Women	31 9:30 Exercise 11am Live Music  Halloween	<b>MUSIC</b> 10/1 Simcoe Boy's 10/3 Huskey Family 10/8 Old Time Friends	10/10 Simcoe Boy's 10/15 Simcoe Boy's 10/17 Andre & Band 10/22 Simcoe Boy's	10/24 Simcoe Boy's 10/29 Simcoe Boy's 10/31 Simcoe Boy's



# Goldendale Events OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MUSIC</b> 10/11 Simcoe Boys 10/18 Jackie Boys 10/25 Simcoe Boys	1 	2 10am Toe Nail Care 1pm Exercise	3 	4 1pm Exercise 1pm Bingo	5 <b>Hood River Shopping</b> <b>Don't forget to bring your shopping bags.</b>	6 
7 	8 Columbus Day	9 10am Toe Nail Care 1pm Exercise	10 10:30am Caregiver Support Group	11 1pm Bingo 1pm Exercise	12 12pm Pinochle	13
14	15 Thanksgiving Day Canada 	16 10am Toe Nail Care Donations gladly accepted 1pm Exercise	17	18 1pm Bingo 1pm Exercise	19 The Dalles Shopping Noon Pinochle	20 <b>SR Breakfast \$3pp</b> 
21	22	23 10am Toe Nail Care Donations welcome 1pm Exercise	24 	25 1:pm Bingo 1pm Exercise	26 Noon Pinochle 	27
28	29	30 10 Toe Nail Care Donations welcome 1pm Exercise	31 			

# OCTOBER MENU 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WS Chicken A La King 	2GD & Lyle Chicken A La King	3 WS Salisbury Steak 	4 GD Salisbury Steak	5 	6 Lyle Breakfast 7am to 10am \$7Adults, Children (6-12) \$4, under 5FREE. Lyle
7	8 WS Tuna Casserole	9 GD & Lyle Tuna Casserole	10 WS Taco Salad	11 GD Taco Salad	12	13
14	15 WS Meatloaf 	16 GD & Lyle Meatloaf	17 WS Chicken Pasta Salad	18 GD Chicken Pasta Salad Klickitat: Fish Sandwich	19	20 GD Senior Breakfast 9am \$3pp
21	22 WS Quiche 	23 GD & Lyle Quiche	24 WS Chili Baked Potato	25 GD Chili Baked Potato	26	27
28	29 WS Chef Salad 	30 GD & Lyle Chef Salad	31 WS Beef Stew 	Nov 1 Beef Stew 		

## 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 & 4th Tuesday at 11:30 at the Market Street Café.**

**TROUT LAKE: Thursday-October 11th at 5:30pm at Trout Lake School.**

**KLICKITAT: 3rd Thursday-October 18th-Noon at the Klickitat Community Center.**



## Situational Awareness Class

“Be Prepared not Paranoid”

Where: Goldendale Senior Center, 115 E. Main Street

When: Saturday, October 20th at 6PM

Cost: FREE

Instructor: Les Belford, Retired Police Officer

Situational Awareness Safety Instruction

Class is sponsored by community volunteers.

For more information contact:

Rosie 509-773-6420 or Jan 509-773-3491



## Volunteer Hours

### Energizing Support Groups

#### Goldendale Support Group

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

### August HOURS

TRANSPORTATION	565.5	Hours
NUTRITION	839.5	Hours
NEWSLETTER	29	Hours
SR. EXERCISE	21	Hours
MUSICIANS	20	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:**



# 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 509-637-5119





## MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Service now has two types of transportation service. Dial-a-Ride & Fixed Route.

We continue to have our Dial-a-Ride Service that has been in existence for over 30 years and now we have two new fixed service routes to provide regional access for employment and education.

**Dial-a-Ride Service** is designed to enable Klickitat County residents who lack transportation resources to meet their basic needs and provides door to door service.

- .. Medical appointments
- .. Employment (limited)
- .. Social service appointments
- .. Grocery shopping

We use small wheelchair accessible buses, and wheelchair accessible minivans, and private vehicles with volunteer drivers to provide transportation.

Mt. Adams Transportation operates out of two locations in Klickitat County's main population centers, one office in Goldendale and one office in White Salmon but our transportation service travels to all areas of Klickitat County.

We use paid and volunteer driver's to meet the transportation needs of Klickitat County residents. Both paid and volunteer drivers must pass specific criteria regarding driving history, insurance, criminal background, and training in order to provide transportation.

We also travel to The Dalles, and Hood River on a regular basis. We can travel to Portland, Vancouver, and Yakima for medical services.

Trips to non-essential destinations can be made on a space-available and resource available basis. Fares depend on the pick up location and destination of the trip and current fare listing for dial-a-ride service is available on our web site or by calling our office.

Our priorities for scheduling trips will give a preference to passengers needing rides to medical appointments, education, basic human services such as post office, banking, social services and basic shopping needs.

To request a ride, call in at least one business day in advance of your trip. Be prepared to give the transportation coordinator the following information:

- .. Name, address & phone number
- .. Your date of birth
- .. The date & time of your appointment
- .. The address of your destination.

### Goldendale Office

Annex II 115 W. Court  
MS-CH-21  
Goldendale, WA 98620  
Phone: (509) 773-3060  
or 800 774-1699  
Fax: (509) 773-6965

### White Salmon Office:

P.O. Box 1877  
501 NE Washington Street  
White Salmon, WA 98672  
Phone: (509) 493-4662  
or 800 493-7606  
Fax: (509) 493-4109

**[www.klickitatcounty.org](http://www.klickitatcounty.org)**

## MT. ADAMS TRANSPORTATION SERVICE, continued



We received a grant to provide two fixed route services. Those services began in September.

**Fixed Route Service** is designed to provide regional access for employment and education and reduce rural inaccessibility.

- The West End fixed route bus runs between White Salmon/Bingen to Hood River. There are 10 round trips that operate between 7am and 7pm Monday through Friday.
- The East End fixed route runs between Goldendale and The Dalles. There are 4 round trips that operate between 7am and 7pm Monday through Friday.
- There are no reservations that are needed to ride the fixed route service. You just need to get on at one of the designated stops on the route.
- The fare for the fixed route service is \$1.00 each time you board and you must have exact change as driver's cannot provide change and you must pay the fare in order to board the vehicle.
- The fixed route service vehicles are equipped with a bike rack.
- The bus does not wait: you need to be at the designated stop 5 minutes before scheduled time and be visible to the driver.
- Carry-on bags are limited: No more bags than passenger can carry on at one time and placed under seat or in lap. Items may not be placed in aisle or in another seat. Limit 4. Drivers cannot assist with bags on the fixed route.

For more information or a copy of our current schedules please contact us at 509-773-3060 or 509-493-4662 or access the schedule online.

Email: [matsinfo@klickitatcounty.org](mailto:matsinfo@klickitatcounty.org)  
<http://www.gorgetranslink.com/transit-klickitat.html>

Mt. Adams Transportation operates Monday through Friday except for the following holidays: **New Year's Day, Martin Luther King Jr Birthday,**

**President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day, Thanksgiving and the Friday following, and Christmas Day.**

**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

Newsletter Issue #1018

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

**Skyline Hospital Offers Discounted Lab Tests in October**

For many years, Skyline Hospital has hosted a one or two day health fair in its downstairs meeting space. However, due to the renovation of its meeting space, there will be no health fair event this year. Instead, the hospital will use this opportunity to try something different.

**For 2018, Skyline is excited to offer community members discounted lab tests from October 8 – 31. No appointment is needed and this service is available Monday – Friday, 7 a.m. – 5:30 p.m. Lab test results can be sent to the patient's primary care provider if specified. Anyone without a primary care provider is welcome to make an appointment for a free 15-minute lab test review with Erica Didier, M.D. or Jenna Newcomb, P.A.-C at the Skyline Family Medicine clinic. For more information call 509.637.2601.**

Lab tests include basic metabolic panel, cholesterol panel and diabetes screening (\$40). Additional add-on tests include thyroid stimulating hormone (TSH) for \$20 and prostate-specific antigen (PSA) for \$20.

The community is invited to attend an open house for Skyline's newly remodeled Community Meeting Space, dining area and kitchen on November 13 from 5 – 7 p.m.