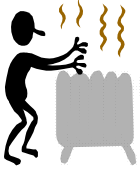


# Klickitat County Senior Newsletter

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

# October 2013



## Klickitat County PUD Senior Discount

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

**You may be eligible for a discount on your PUD bill.**

The discount percentage has changed. It is between 5% and 35% depending upon income and qualification. Discounts are applied between December 1, 2013 and May 31, 2014 and begin based on when application is submitted. There are no retroactive discounts.

Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment to apply for your PUD discount beginning Tuesday, October 21st.

You will need to bring your current PUD bill & proof of **TOTAL** annual household income.

### Inside this issue:

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**Jan with Washington Gorge Action Program will be meeting at  
the Senior Meal Sites to assist with Energy Assistance applications for  
those who need assistance with gas, oil, or wood heat.**

Pioneer Center in White Salmon (501 NE Washington Street):  
Nov 4th & 6th from 11am to 1pm

Lyle Lions Community Center : November 5th 11am to 1pm

Goldendale Senior Center (115 W. Main): Nov 7th & 12th  
10:30am—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 members
  - ◆ ID for all adults



# People with Medicare and the Health Insurance Marketplace

## *Frequently Asked Questions*

### **HOW WILL THE HEALTH INSURANCE MARKETPLACE THAT STARTS IN 2014 AFFECT MY MEDICARE COVERAGE?**

The Health Insurance Marketplace is designed to help people who don't have any health insurance. You have health insurance through Medicare. The Marketplace **won't** have any effect on your Medicare coverage.

Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.

The Marketplace provides new health insurance options for many Americans. If you have family and friends who **don't** have health insurance, tell them to visit [HealthCare.gov](http://HealthCare.gov) to learn more about their options.

### **DO I NEED TO DO ANYTHING WITH MARKETPLACE PLANS DURING MEDICARE OPEN ENROLLMENT (OCTOBER 15 – DECEMBER 7, 2013)?**

Medicare's Open Enrollment isn't part of the new Health Insurance Marketplace. It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

Medicare Open Enrollment (October 15 – December 7, 2013) is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage, including any changes in costs, coverage and benefits that will take effect next year. If you want to change your coverage for next year, this is the time to do it. If you're satisfied that your current coverage will continue to meet your needs for next year, you don't need to do anything. For more information on Medicare Open Enrollment, visit [Medicare.gov](http://Medicare.gov) or call 1-800-MEDICARE.

**NOTE:** The Health Insurance Marketplace Open Enrollment period (October 1, 2013 to March 31, 2014) overlaps with the Medicare Open Enrollment period (October 15 – December 7, 2013). Therefore, people with Medicare who are looking to make Medicare coverage changes should make sure that they are reviewing **Medicare plans** and **not Marketplace options**.

### **WHAT SHOULD I DO IF I'M CONTACTED ABOUT SIGNING UP FOR A HEALTH PLAN?**

- The Medicare open enrollment period is a time when there's a higher risk for fraudulent activities.
- It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.
- DO NOT share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan.
- Senior Medicare Patrol programs are teaching people with Medicare how to detect and report fraud, and protect themselves from fraudulent activity and identity theft.
- To learn more about health care fraud and ways to protect against it, visit [StopMedicareFraud.gov](http://StopMedicareFraud.gov) or the Senior Medicare Patrol (SMP) program in your area (locate your SMP at [SMPresource.org](http://SMPresource.org)).

**This information is provided by the United States Department of Health and Human Services.**

**Dear Marci,**

I heard Medicare covers preventive care services such as the Welcome to Medicare visit and Annual Wellness visits. What is the difference between the Welcome to Medicare visit and Annual Wellness visit?

Wallace (Charleston, SC)

**Dear Wallace,**

The Welcome to Medicare visit is a one-time visit with your doctor or other health care provider that maps out your health care needs and helps create a preventive care plan to keep you healthy. Medicare covers a Welcome to Medicare visit as long as it occurs within the first 12 months of your enrollment into Medicare Part B. If 12 months have passed since your enrollment into Part B, you can use your Medicare-covered Annual Wellness visit to create a preventive care plan.

The Annual Wellness visit, also known as the yearly wellness visit, is a yearly visit with your doctor that discusses your plan of preventive care for the coming year. The visit will include creating or updating a preventive care plan based on your health care needs. During your Annual Wellness visit, you should complete a Health Risk Assessment questionnaire that will help you develop a preventive care plan. Note that you cannot receive the Annual Wellness visit within the first year that you've enrolled into Medicare or within the same year of getting the Welcome to Medicare visit. Medicare covers the Annual Wellness visit every 12 months.

Medicare covers both the Welcome to Medicare visit and Annual Wellness visit at no charge. However, keep in mind that costs may apply if you receive additional tests or services to address a new or existing health problem. For example, let's say you see your doctor for a Medicare-covered Annual Wellness visit and your doctor finds that you have a dangerous blood pressure reading. You've also let the doctor know that you've been feeling dizzy. Given the reading and your symptoms, your doctor may want to order further tests and provide you with immediate treatment. In this case, costs for the additional tests and treatment would apply.

Keep in mind that both the Welcome to Medicare visit and Annual Wellness visit are not routine head-to-toe physical exams. Instead, these visits are designed to create or update a preventive care plan for you to keep you healthy.

If you have Original Medicare, you pay nothing for the Welcome to Medicare visit or the Annual Wellness visits, as long as you see health care providers that accept Medicare and take assignment. If you have a Medicare Advantage plan, you need to see in-network providers to get the preventive visits covered in full. Contact your plan directly to learn more about your plan's rules.

**Marci**

# **FREE Presentation for those aging into Medicare or those that would like to get updates on Medicare**

Do you have questions regarding your Medicare Coverage choices?

SHIBA volunteers are here to help! Attend the free presentations for an overview of Medicare and new changes. State Health Insurance Benefits Advisors (SHIBA) is a free unbiased and confidential service provided through the Office of the Insurance Commissioner.

Tuesday, October 1st Noon at the Goldendale Senior Center, 115 W. Main.

Tuesday, October 8th 11:30am Bickleton Meal Site at the Bickleton Grange Hall.

Tuesday, October 8th at the Lyle Meal Site at Lyle Lions Community Center.

Wednesday, October 9th at the White Salmon Meal Site at the Pioneer Center.

Monday, October 21st 10:30 in Camplan Room at the Goldendale Library

Thursday, October 24th at the Goldendale Chamber Luncheon at Gee's Restaurant on East Main Street.

Thursday, November 14th at 5pm at the Trout Lake meal site at the Trout Lake School.

**Consultation:** For a personal review, sign up for an individual consultation. SHIBA volunteers are trained to help you make sense of confusing Medicare information, potentially find ways to save you money or make more informed choices about your healthcare. Advance reservations are required for the individual consultations call Senior Services to reserve your place.

SHIBA HELPLINE is a statewide network of trained volunteers who educate, assist, and advocate for consumers about their rights and options regarding health insurance, health care access, and prescription access, so they can make informed decisions. The service is sponsored by the Washington State Office of the Insurance Commissioner.

[www.insurance.wa.gov/consumers/SHIBA\\_HelpLine/](http://www.insurance.wa.gov/consumers/SHIBA_HelpLine/)

Goldendale Senior Services call 773-3757

White Salmon Senior Services 493-3068

Seniors cannot go to the market place (Health Marketplaces under the Affordable Care Act) and get a subsidy to help pay for any of their Medicare Coverage.

Medicare is not part of the Marketplace/Health Benefits Exchange!



# White Salmon Health Fair

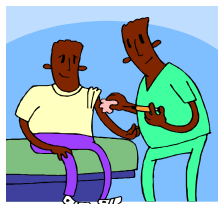
October 25th & 26th

7am to 11am

Skyline Hospital

211 Skyline Drive

White Salmon, WA 98672



## Free and Low Cost Health Screenings

- \* Blood Pressure, Height & Weight
- \* Men's PSA-Prostate (\$20)
- \* Flu Shots
- \* Blood Chemistry Screen (\$40)

## Wellness Information

Breast Cancer Awareness

Discounted Digital Mammograms

Affordable Health Care Information

## Drug Take Back (Saturday Only)

- ◆ Bring in your used or expired drugs

## Free Breakfast

*Compliments of the Skyline Foundation*

**Pre-Registration recommended** (drop-ins welcome) for Blood Chemistry, PSA, and Digital Mammograms.

*Checks or Cash only (your insurance will NOT be billed)*

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

**Pre-Register by Calling Skyline Hospital:**

**509 493-1101**

# Join Us for Live Music & Dancing

Thursday, October 3rd

6pm to 8pm

Senior Center at the Pioneer Center

501 NE Washington Street, White Salmon

Featuring



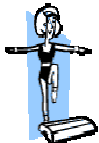
**Buck Smith & Company**



# White Salmon Events

## OCTOBER 2013



| Sun  | Mon  | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|--|--|--|--|--|--|
| <b>MUSIC</b><br>10/2 Barbara & Marlow<br>10/7 Old Time Friends<br>10/9 Truman Bohler<br>10/14 Strawberry Mountain Band | 10/16 Barbara & Marlow<br>10/21 Gregg Rogholt<br>10/23 Strawberry Mountain Band<br>10/28 For the Good Times<br>10/30 Cindy & Friends | 1<br>8:15-9:45 Yoga<br><br>2:pm Strong Women   | 2<br>9:30 Exercise<br><br>    | 3<br>9:30 Exercise<br>Noon Pinochle<br><br>2pm Strong Women<br><b>6pm to 8pm Live Music &amp; Dancing featuring Buck Smith &amp; Friends</b> | 4<br>9:30 Exercise<br><br>    | 5  |
| 6  | 7<br>9:30 Exercise<br><br>10am BINGO   | 8<br>8:15 -9:45Yoga<br><br>2pm Strong Women<br><br> | 9<br>Hood River Shopping Trip<br><br>9:30 Exercise   | 10<br>Noon Pinochle<br><br>2pm Strong Women<br><b>6pm DANCE</b>  | 11<br>9:30 Exercise<br><br>  | 12   |
| 13   | 14<br>9:30Exercise<br><br>9am to 1pm AARP Drivers Class  | 15<br>8:15-9:45 Yoga<br><br>9am to 1pm AARP Drivers Class<br>2pm Strong Women  | 16<br>9:30 Exercise<br><br> | 17<br><br>Noon Pinochle<br>2pm Strong Women  | 18<br>9:30 Exercise  | 19   |
| 20   | 21<br>9:30 Exercise<br><br>10am BINGO<br><br>     | 22<br>8:15-9:45 Yoga<br><br> 2pm Strong Women       | 23<br>9:30 Exercise  | 24<br><br>Noon Pinochle<br>2pm Strong Women  | 25<br>9:30 Exercise<br><br> | 26   |
| 27   | 28<br>9:30 Exercise  | 29<br>8:15-9:45 Yoga<br><br>2pm Strong Women   | 30<br>9:30 Exercise<br><br> | 31<br>Noon Pinochle<br>2pm Strong Women<br>Halloween   |                             | <i>WGAP Food Bank is open on Tuesdays &amp; Thursdays from 8:30 to 3:30pm call for MATS for transportation</i> |



# Goldendale Events

## OCTOBER 2013

| Sun  | Mon  | Tue  | Wed   | Thu   | Fri  | Sat   |
|--|--|--|---|---|--|---|
| <b>MUSIC</b><br>10/15 Greg & Gang<br>10/17 Jackie<br>10/22 Greg & Gang | 10/29 Greg & the Gang<br> | 1<br>11am Toe Nail Care<br><br>1pm Exercise<br>2:00 Tai Chi              | 2   | 3<br>1pm Exercise<br>1pm Bingo                      | 4<br>The Dalles Shopping Trip  | 5<br>Drive Maryhill Loops Road  |
| 6  | 7<br>                     | 8<br><b>SHIBA Bickleton Mealsite</b><br><br>1pm Exercise<br>2:00 Tai Chi | 9<br>10:30am Caregiver Support Group  | 10<br>1pm Bingo<br><br>1pm Exercise<br>1:30pm Zumba | 11<br>12pm Pinochle  | 12  |
| 13   | 14   | 15<br>1pm Exercise<br>2:00 Tai Chi                                       | 16  | 17<br>1pm Bingo<br>1pm Exercise                     | 18<br>The Dalles Shopping Trip<br><br>Noon Pinochle  | 19 <b>SR Breakfast \$3pp</b><br> |
| 20   | 21<br><b>SHIBA</b> Presentation<br>Library Camplan Room<br>10:30am   | 22<br>1pm Exercise<br>2:00 Tai Chi                                       | 23<br> | 24<br>1:pm Bingo<br>1pm Exercise<br>1:30 Zumba      | 25<br>Noon Pinochle<br> | 26  |
| 27   | 28   | 29<br>1pm Exercise<br>2:00 Tai Chi                                       | 30  | 31<br>1pm Bingo<br>1pm Exercise<br><br>Halloween    |                         | <i>GD Food Bank is open Mon/Tues &amp; Thursday 10am to 1pm. Call MATS for</i>  |



# OCTOBER MENU



| Sun                           | Mon  | Tue   | Wed   | Thu   | Fri  | Sat   |
|-------------------------------|--|---|---|---|--|---|
| <b>Menu Subject To Change</b> |  | 1<br>Goldendale & Lyle<br>Chicken A La King         | 2<br>White Salmon<br>Cook's Choice  | 3<br>Goldendale<br>Cook's Choice  | 4<br> | 5 Lyle Breakfast<br>7am to 10am \$6<br>Adults, Children<br>(6-12) \$3, under 6<br>FREE. Lyle<br>Lions |
| 6                             | 7<br>White Salmon<br>Ham Cheese<br>Noodle Bake | 8<br>Goldendale & Lyle<br>Ham Cheese<br>Noodle Bake | 9<br>White Salmon<br>Taco Salad   | 10<br>Goldendale<br>Taco Salad  | 11   | 12  |
| 13                            | 14<br>White Salmon<br>Country Steak            | 15<br>Goldendale & Lyle<br>Country Steak            | 16<br>White Salmon<br>Chicken<br> | 17<br>Goldendale<br>Chicken   | 18   | 19 Goldendale<br>Senior Center-<br>Breakfast 9am<br>\$3pp   |
| 20                            | 21<br>White Salmon<br>Pork                     | 22<br>Goldendale & Lyle<br>Pork                     | 23<br>White Salmon<br>Beef Stew   | 24<br>Goldendale<br>Beef Stew<br> | 25   | 26  |
| 27                            | 28<br>White Salmon<br>Tator Tot Bake           | 29<br>Goldendale & Lyle<br>Tator Tot Bake           | 30<br>White Salmon<br>Chili   | 31<br>Goldendale<br>Chili<br>     |     |   |

## 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 Bickleton Grange [Menu posted @ the Market Street Café].

**TROUT LAKE:** Thursday-October 10th at 5:00pm at Trout Lake School.

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

With the varied needs of seniors, flexibility is the key. 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



## Klickitat County Senior Advisory Board



Next meeting is Friday, October 4th at 10:30am at the Dallesport Community Center.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.



### Energizing Support Groups

#### Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting, call Susan Shipman at 773-0380

#### Goldendale Support Group

Second Wednesday, October 9

10:30am at the Goldendale Senior Center

### KLICKITAT MEAL

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

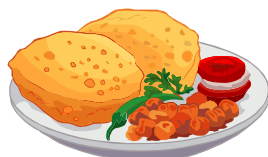
Any questions call 369-3985

**Dates:** 1st & 3rd Wednesday

**Time:** 1pm

**Place:** Grace Lutheran Church Parsonage

**This meal is not sponsored by KCSS.**



## Volunteer Hours

### August HOURS

|                |        |       |
|----------------|--------|-------|
| TRANSPORTATION | 941.5  | Hours |
| NUTRITION      | 801.75 | Hours |
| NEWSLETTER     | 14     | Hours |
| SR. EXERCISE   | 25     | Hours |
| MUSICIANS      | 16     | Hours |



## White Salmon Driver Safety Class

An AARP Driver Safety Class taught by Jim Bull is scheduled for October 14th & 15th 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.

## 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



## **Take Charge of Your Health! Free Living Well with Chronic Conditions Workshop**

The Living Well Workshop is a six-week self-management workshop designed at Stanford University to help people gain self-confidence in their ability to manage any type of ongoing health problem.

These health problems may include heart disease, lung disease, stroke, diabetes, arthritis, cancer, high blood pressure, being overweight, fibromyalgia, and others. The workshops combine group discussions and activities with short lectures on topics including eating healthy, managing medication and using distraction techniques to manage pain.

The workshop builds confidence around managing health, staying active, and enjoying life.

The workshop is Free and includes course book; the workshop is limited to 15 participants. So call now to reserve your seat.

Classes will be held on Wednesdays 1:30pm to 4:00pm —October 9, 16, 23, 30 and November 6 & 13 at Jonah Ministries at 31 Little Mountain Road in Trout Lake.

### **\*\*Pre-registration is required.**

For more information or to register call Jill or Norma at Klickitat County Senior Services in White Salmon at 509-493-3068. Limited transportation may also be available from surrounding areas, call for more information.



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

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**



## **“GREATEST GENERATION PROM”**

**Saturday, October 26th**

**2:00pm—4:00pm**

**At the Goldendale Middle School**

**520 East Collins**

**Live dance music with a 5 piece orchestra**

**Refreshments will be served**

**Free admission—No collection**

**Free transportation by Ogden's Mopar Limo Service**

**Call 773-4114 to arrange a ride or for further information.**