



December  
2013

# Klickitat County Senior Services Senior Newsletter

Goldendale 773-3757  
White Salmon 493-3068

Inside this issue:

## Adverse Winter Weather may result in Meal Site Cancellations or schedule changes with Mt. Adams Transportation

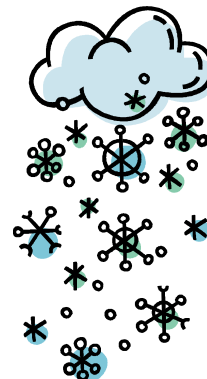
Please listen to your local radio stations, KLCK 1400AM, & KIHHR 1340AM, Y102 FM, KACI 1300AM to find out about a cancellation or call our senior services offices:

Goldendale 773-3757, White Salmon 493-3068

During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions.

Please keep in mind that our drivers' must be able to access your driveway safely. If you have questions about your trip or issues with access to your home please let us know.

Goldendale 773-3060, White Salmon 493-4662



Medicare	2-3
2014 Medicare	4
White Salmon Events	5
Goldendale Events	6
Menu	7
Support	8
PUD Discount	9
Volunteer	10-11



## Social Security Announces 1.5 Percent Benefit Increase for 2014

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014, the Social Security Administration announced.

The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January 2014. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$117,000 from \$113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2014 is available at [www.Medicare.gov](http://www.Medicare.gov).

# Medicare & the Health Insurance Marketplace

The Health Insurance Marketplace, a key part of the Affordable Care Act, will take effect in 2014. It's a new way for individuals, families, and employees of small businesses to get health coverage.

## **If I have Medicare, do I need to do anything?**

No. Medicare isn't part of the Marketplace, so you don't need to do anything. If you have Medicare, you're considered covered.

The Marketplace won't affect your Medicare choices, and your benefits won't change. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan (like an HMO or PPO), you'll still have the same benefits and security you have now. You won't have to make any changes.

**Note:** The Marketplace doesn't offer Medicare Supplement Insurance (Medigap) policies or Part D drug plans.

## **Can I get a Marketplace plan in addition to Medicare?**

No. It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan. This is true even if you have only Medicare Part A or only Part B.

If you want coverage designed to supplement Medicare, you can visit [Medicare.gov](http://Medicare.gov) to learn more about Medigap policies. You can also visit [Medicare.gov](http://Medicare.gov) to learn more about other Medicare options, like Medicare Advantage Plans.

## **Can I choose Marketplace coverage instead of Medicare?**

Generally, no. As noted above, it's against the law for someone who knows you have Medicare to sell you a Marketplace plan.

But, you can choose Marketplace coverage if you're eligible for Medicare but haven't enrolled in it (because you would have to pay a premium, or because you're not collecting Social Security benefits).

Before making this choice, there are 2 important points to consider:

1. If you enroll in Medicare after your initial enrollment period ends, you may have to pay a late enrollment penalty for as long as you have Medicare.
2. If you miss your initial enrollment period, generally, you can enroll in Medicare only during the Medicare general enrollment period (from January 1 — March 31). Your coverage won't begin until July of that year.

## Medicare & the Health Insurance Marketplace

### What if I become eligible for Medicare after I join a Marketplace plan?

You can get a Marketplace plan to cover you before your Medicare begins. You can then cancel the Marketplace plan once your Medicare coverage starts.

Once you're eligible for Medicare, you'll have an initial enrollment period to sign up. For most people, the initial enrollment period for Medicare starts 3 months before their 65th birthday and ends 3 months after their 65th birthday.

In most cases it's to your advantage to sign up when you're first eligible because:

- Once you're eligible for Medicare, you won't be able to get lower costs for a Marketplace plan based on your income.
- If you enroll in Medicare after your initial enrollment period ends, you may have to pay a late enrollment penalty for as long as you have Medicare.

### Will Medicare Advantage plans still be available after the Marketplace starts?

Yes. The Medicare Advantage program isn't changing as a result of the health care law.

### Where can I get more information?

- To learn more about Medicare enrollment, coverage, and plan choices, visit [Medicare.gov](http://Medicare.gov) or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



### **Senate Aging Committee Launches Anti-Fraud Hotline and Web Form for Older Adults**

The U.S. Senate Special Committee on Aging has set up a new, toll-free hotline (1-855-303-9470) to help older adults who suspect fraud or a scam may be occurring.

The hotline will make it easier for older Americans to report suspected fraud and find assistance for themselves or for someone they know. A team of investigators will help figure out what steps to take to combat possible investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other consumer issues.

Anyone with information about suspected fraud should reach out to an investigator by telephone (9:00 a.m. - 5:00 p.m. EST)

## 2014 Medicare Premiums, Deductibles, and Cost-Sharing Amounts

### Part A (Hospital Insurance)

Hospital Deductible

**Beneficiary pays:**

\$1,216/benefit period

Hospital Copayment

\$304/day for days 61-90

\$608/day for days 91-150

Skilled Nursing Facility Copayment

\$152/day for days 21-100

Part A Premiums\*

\$426/month for those with fewer than 30 quarters of Medicare-covered employment

\$234/month for those with 30-39 quarters of Medicare-covered employment

### Part B (Medical Insurance)

**Beneficiary pays:**

Annual Deductible

\$147

Part B Premium for those with incomes below \$85,000 if single, \$170,000 if married\*\*

\$104.90/month

Most Part B covered services, including doctors' visits, outpatient therapy, durable medical equipment, and outpatient mental health services\*\*\*:

20% of amount Medicare approves

Updated November 2013

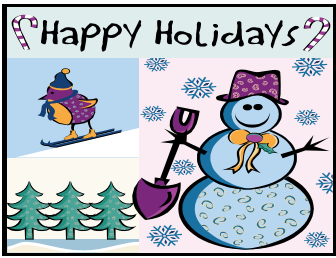
\* Most people with Medicare do not pay a monthly premium for Part A because they have (or a spouse has) 40 or more quarters of Medicare-covered employment (meaning they worked at a job where they paid into Medicare).

\*\* See October 30, 2013 Federal Register, Volume 78, pages 64945-64946 for Part B income-related monthly premium adjustment amounts (IRMAA) for people with higher incomes. Also note, Medicare Advantage plans may charge an additional monthly premium. \*\*\*See our publication Medicare Parts A and B for more on Part B services and cost-sharing amounts. Source: 2014 Part A and B amounts, available in Federal Register, October 30, 2013, Volume 78: pages 64953-64956 for 2014 Part A cost-sharing amounts; pages 64951-64953 for Part A premium amounts; and pages 64943-64951 for Part B cost-sharing amounts.

# White Salmon Events December 2013



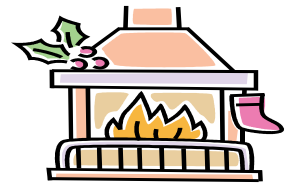
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Exercise  10am Bingo	3 8:15-9:45 Yoga  2pm Strong Women	4 9:30 Exercise	5  Noon Pinochle  2pm Strong Women	6  9:30 Exercise	7
8 	9 9:30 Exercise	10 8:15-9:45 Yoga  2pm Strong Women	11 Hood River Shopping Trip 9:30 Exercise	12  Noon Pinochle  2pm Strong Women	13  9:30 Exercise	14
15	16 9:30 Exercise  10am Bingo	17 8:15-9:45 Yoga  2pm Strong Women	18 9:30 Exercise  	19  Noon Pinochle  2pm Strong Women	20  9:30 Exercise	21
22	23 9:30 Exercise  	24 8:15-9:45 Yoga  2pm Strong Women	25 <b>CHRIST- MAS OFFICE CLOSED</b> 	26 Noon Pinochle  2pm Strong Women	27 9:30 Exercise  	28
29	30  9:30 Exercise  10am Bingo	31 8:15-9:45 Yoga  2pm Strong Women	<b>January 1</b>  <b>OFFICE CLOSED</b>  <b>HAPPY NEW YEAR</b>	<b>MUSIC</b> 12/2 Greg Rogholt 12/4 Strawberry Mtn. Band 12/9 Old Time Friends	12/11 Strawberry Mtn Band 12/16 Greg Rogholt 12/18 TBA	12/23 Truman Bohler 12/25 CLOSED 12/30 For the Good Times







# Goldendale Events December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 11am Toe Nail Care 1pm Exercise 2 Tai Chi	4	5 1pm Exercise  2pm Bingo	6 The Dalles Shopping	7
8	9 	10 1pm Exercise  2pm Tai Chi	11 10:30 Support Group  1pm Computer Class	12 1pm Exercise 1:30pm Zumba 2pm Bingo	13	14
15	16	17 10:30 Stroke Survivor Support Grp 1pm Exercise	18 	19 1pm Exercise  2pm Bingo	20 Wishram Live Nativity 6pm to 8pm	21 <b>SR Breakfast \$3pp</b>  Wishram Live Nativity 6pm to 8pm
22	23	24 1pm Exercise  2pm Tai Chi  	25 <b>CHRISTMAS OFFICE CLOSED</b>  	26 1pm Exercise  1:30pm Zumba  2pm Bingo	27 The Dalles Shopping  	28
29	30	31 1pm Exercise  2pm Tai Chi  	<b>January 1 HAPPY NEW YEAR OFFICE CLOSED</b>			

# DECEMBER MENU 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Sloppy Joe's	3 GD & Lyle Sloppy Joe's	4 WS Turkey & Rice	5 GD Turkey & Rice	6	7 Lyle Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6, <b>FREE</b> . Lyle Lions Comm. Ctr
8	9 WS Italian Bake	10 GD & Lyle Italian Bake	11 WS Cook's Choice	12 GD Cook's Choice	13	14
15	16 WS Salisbury Steak 	17 GD & Lyle Salisbury Steak	18 WS Chicken	19 GD Chicken 	20	21 GD Senior Breakfast 9am \$3pp
22	23 Ham 	24 GD & Lyle Ham	25 <b>CHRISTMAS OFFICE CLOSED</b> 	26 GD Chicken Parmesan	27	28
29	30 WS Meatballs	31 GD & Lyle Meatballs	<b>January 1 Happy New Year OFFICE CLOSED</b>			<b>MEALS SUBJECT TO CHANGE</b>

## 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-December 12th 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



## Energizing Support Groups

### Goldendale Diabetes

Leslee LaFrantz 773-4022

**Goldendale Bereavement Meeting**,  
call Margaret Crowell at 773-0380

### Goldendale Caregiver Support Group

**SPECIAL SPEAKER:** Wayne Eames  
Second Wednesday, December 11th  
10:30am at the Goldendale Senior  
Center.

### Goldendale stroke Survivor Support Group

3rd Tuesday, December 17th,  
10:30am  
Goldendale Senior Center

Seventh Day Adventist Community  
Services Center

531 NE Tohomish, White Salmon

Tuesdays 9:30-2:30

Food & clothing resource.

## KLICKITAT MEAL

**Meals will be served at 1:00pm &  
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.**

## **Klickitat County Veteran's Service Officer**



Veteran's Service Officer, Roger Proctor,  
has office space and office hours to  
provide assistance to Veteran's and  
their families in Klickitat County.

Office hours are from 8:30am to 4:30pm

**Goldendale** on Wednesdays at the  
Courthouse on the bottom floor Room  
#10, 205 N. Columbus, Goldendale

509-773-2467

**White Salmon** on Fridays in the  
Pioneer Center, 501 NE Washington St.,  
White Salmon, front entrance  
reception area.

509-493-6031

Roger's wife Debra Proctor is also a  
Veteran's Service Officer and will also  
provide assistance.

## **Volunteer Hours**

### OCTOBER HOURS

TRANSPORTATION	475.5	Hours
NUTRITION	856.75	Hours
NEWSLETTER	20	Hours
SR. EXERCISE	27	Hours
MUSICIANS	18	Hours



# WISHRAM LIVE NATIVITY SCENE

**December 20, 21, 22**

**6pm to 8pm** on Railroad Avenue in the 300 block directly  
behind the Wishram Community Church



**Goldendale area seniors can sign up for a Bus trip to see the Nativity scene on Friday, December 20th at 6pm. You must sign up by December 13th.**

**Please call MATS 773-3060 to get on the list.**

The town of Wishram will have it's Annual Drive through Nativity Scene event. ***The Community is broadening the Gate to accommodate our MATS van.***

Refreshments will be available.

## Klickitat PUD Electricity Senior Discount

Senior Services is accepting applications for the Senior Electric Discount provided by the Klickitat PUD.

### Requirements are:

1. The applicant's name must be on the Klickitat PUD Account.
2. The applicant **MUST** be inhabiting the residence during the discount is received.
3. The applicant must be 62 or older.
4. Annual household income is at or below \$21, 600.



Call Virginia in Goldendale at 773-3757 or Jill in White Salmon 493-3068 for assistance.

## What's on Your Plate? Smart Food Choices for Healthy Aging

The National Institute on Aging released an updated, easy-to-navigate online resource on older adult nutrition. "What's on Your Plate? Smart Food Choices for Healthy Aging" explores healthy lifestyles, plans for healthy eating, food safety, nutrients to know, shopping tips, and common questions.

You can access this information at: [www.nia.org](http://www.nia.org) or contact Senior Services for a copy of the printed material.

---

# **Klickitat County Senior Advisory Board**

**Next meeting is Friday, November 1st 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.**

All are welcome to attend. If you have questions or would like additional information please contact Sharon Carter, Klickitat County Senior Services Director at 509-493-6228.

## **Outstanding Volunteer Recognition**

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognized Seniors of Klickitat County who donate their time to our community. A nomination form will be included in the monthly Senior Services newsletter and they will be available in the community for citizens to nominate those 60 and older whom they feel should be recognized as an Outstanding Senior Volunteer.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter. The Advisory Board will also use the nomination forms to select a Volunteer of the Year in 2014.

Please use the nomination form that is included or if you would like call Senior Services in White Salmon at 509-493-3068 or in Goldendale at 509-773-3757 and we can send one to you.

Please submit your nomination form by the end of the month in order to be one that may be selected for the following month feature article.

---

Sponsored by the Klickitat County Senior Advisory Board

**KLICKITAT COUNTY**  
**OUTSTANDING SENIOR VOLUNTEER**  
**RECOGNITION AWARD**

Please nominate a senior you know who is making Klickitat County a better place through their volunteer contributions either with seniors or other age groups in our community.

The nominee must be at least age 60 and actively engaged in a volunteer activity.

I nominate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**PLEASE ATTACH A SHEET the answers to the following:**

1. Explain how this volunteer enhances the well-being of another individual or group. Give specific examples.
2. What special qualities, skills, talents and/or career experience does this volunteer possess that makes him/her so successful in helping others?
3. How does this volunteer meet challenges and/or make personal sacrifices to help others without regard for personal gain or recognition?

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please mail this form or drop off to:

Klickitat County Senior Services, 501 NE Washington , P. O. Box 1877, White Salmon, WA 98672

OR

Klickitat County Senior Services, 115 W. Court Street, MS-CH-21, Goldendale, WA 98620

\*\*\*Volunteers will be selected by the Senior Advisory Board every other month and featured in the Klickitat County Senior Services Monthly Newsletter.

---

**Klickitat County Senior  
Services**

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 Meal Site Music & Dancing**

Despite what you may have heard through the rumor mill— the live music and dancing will continue to take place at the White Salmon Senior Center.

Unfortunately, there have been rumors that music has been cancelled. This is NOT accurate. We have been trying to work with being good neighbors to the other departments that conduct business at the Pioneer Center by controlling the volume of the music. The Board of County Commissioners are checking into some options for possibly providing sound insulation in the Pioneer Center above the Senior Dining Room to help with the sound.

We will not be having our evening Music & Dancing events for December & January but will resume those in February.

If you have any questions, please feel free to call the Senior Services Director, Sharon Carter at 509-493-3068.