



January 2014

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

Tax Aide to Provide Free Income Tax Assistance

FREE tax assistance will be available for residents of Klickitat County through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.



Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc.

Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability .

Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors and will be at the following locations:

- ◆ Klickitat, Thursday, February 6th
- ◆ Goldendale Grange Hall, 228 E Darland Street. AARP Tax Aid appointments will be made starting in January . **You Must** call Senior Services at 773-3757 to make an appointment.

Dates: Fridays & Saturdays starting February 7th & 8th and continue until April 12th

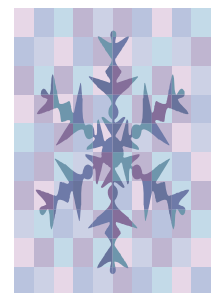
Friday: 9am to 12:00 noon

Saturday: 9am to 12:00 noon

- ◆ White Salmon Pioneer Center, 501 NE Washington Street. AARP Tax Aid appointments will begin on February 11th , **You Must** call Senior Services at 493-3068 to make an appointment.

Inside this issue:

Medicare	2
Strong Women	3
Emergency Kit	4
White Salmon Events	5
Goldendale Events	6
MENU	7
Support Groups	8





Dear Marci,

I was contacted by an unknown caller who said that he needed my Medicare number and bank account information due to changes in the Affordable Care Act. Are Medicare representatives allowed to call and ask me for that type of personal information?

- Ralph (Greenwich, CT)

Dear Ralph,

This is a very important question to ask, particularly since there is so much confusion surrounding the Affordable Care Act and Medicare. To answer your question, Medicare representatives will **never** call you and ask for personal information like your bank account number, Medicare number or Social Security number. People with Medicare do not have to give out their personal information to Medicare representatives as a result of the Affordable Care Act, also known as the health care law. In addition, Medicare private plans like Medicare Advantage plans and Medicare Part D plans cannot call and ask for your financial or personal information. In fact, plan representatives cannot call or email you if you have never been a member of the plan and you did not invite the plan to contact you.

In general, be wary of websites, callers or individuals that ask for personal information, like your bank account number or Social Security number. For example, you should be suspicious of callers who claim to work for Medicare and ask for your bank account information. Know that you should not give out your personal information to unidentified callers, as there have been many instances of people giving out their information to callers pretending to be government officials. You should also refrain from giving out your personal, health or financial information to strangers who come to your home uninvited. Remember, you can always call 1-800-633-4227, before giving out your personal information if you need to. It is very important that you safeguard your information closely to avoid becoming a victim of fraud or identity theft.

If you receive a suspicious call from someone asking for your personal information, take down the name of the person you spoke to, as well as the date and time of the call. You can report callers pretending to be Medicare representatives or government officials to 800-MEDICARE or to your local Senior Medicare Patrol. To locate your state Senior Medicare Patrol, you can go online and visit www.smpresource.org. If you feel that you are a victim of identity theft, you may also want to contact your local police department as soon as possible. You can also contact the United States Senate Special Committee on Aging Fraud Hotline by calling them at 1-855-303-9470 or by visiting them online at <http://www.aging.senate.gov/fraud-hotline>.

-Marci



Are you interested in joining our Strong Women Class?

The StrongWomen Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. Dr. Miriam E. Nelson and colleagues have developed and evaluated two curricula. The first is a strength training curriculum to help women maintain muscle mass, strength, and function as they age. The second is heart disease prevention curriculum that focuses on aerobic activity and nutrition.

StrongWomen envisions a diverse community of women who are fit, strong, and healthy; in turn these empowered women become agents of change for their families, communities, and beyond.

We will be continuing the StrongWomen Stay Young Program at Senior Services in White Salmon. Come to an **informational meeting Tuesday, January 14th at 11:00** at Senior Services in the Pioneer Center, 501 NE Washington, White Salmon. Come and receive your informational packet so that you can begin with this Strong Women program. We will discuss the program, the equipment, and the documentation to get started. The Strong Women Stay Young class meets on Tuesdays and Thursdays between 2:00 and 3:00 at the Pioneer Center in White Salmon.

For further information, contact Jill at 509-493-3068. We look forward to this continued opportunity at the Senior Center.

Klickitat County Senior Advisory Board

The December Meeting was cancelled due to inclement weather. The next meeting is Friday, January 3rd 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.

Outstanding Volunteer Recognition

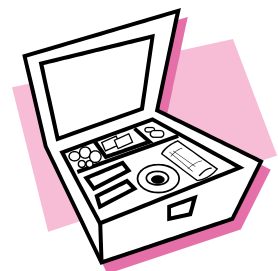
The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognized Seniors of Klickitat County who donate their time to our community. Nomination forms will be reviewed at the next Advisory Board Meeting and a volunteer will be selected and then they will be featured in the Monthly Klickitat County Senior Newsletter.

Nomination forms are available by calling Senior Services.

Emergency Supply Kit Checklist

The more you do to prepare, the better off you will be in case of an emergency. Emergency planners suggest you should plan to make it on your own for at least three days following a crisis. They advise:

- φ Water for drinking and sanitation. (One gallon per person per day for at least three days)
- φ Food. (At least a three-day supply of non-perishable items and a can opener)
- φ Battery-powered radio
- φ Flashlight and extra batteries
- φ Blankets
- φ First Aid Kit
- φ Moist towelettes, plastic garbage bags and ties for personal sanitation
- φ Dust mask to filter contaminated air
- φ Plastic sheeting and duct tape to shelter-in-place
- φ Wrench or pliers to turn off utilities
- φ Medication supply (clearly labeled)
- φ Eyeglasses or hearing aids as needed
- φ Extra set of keys
- φ Phone list of both in-town and out-of-town contacts



Having access to important documents is advised. Important medical records, family records, health insurance information, any Powers of Attorney, Wills or health care directives should also be part of an emergency kit.

White Salmon Events











January 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 1/1 Office CLOSED 1/6 TBA 1/8 TBA 1/13 TBA	1/15 TBA 1/20 Office Closed 1/22 TBA 1/27 TBA 1/29 TBA		1 OFFICE Closed Happy New Year 	2 Noon Pinochle 2pm Strong Women	3 10:30 Senior Advi- sory Board Meeting @ Dallesport Community Center	4
5 	6 9:30 Exercise 10am BINGO Dancing	7 8:15 Yoga 2pm Strong Women	8 HR Shopping 9:30 Exercise 	9 Noon Pinochle 2pm Strong Women 5pm Trout Lake Senior Meal	10	11
12	13 9:30 Exercise 	14 8:15 Yoga 2pm Strong Women	15 9:30 Exercise 	16 Noon Pinochle 2pm Strong Women		18
19	20 OFFICE CLOSED 	21 8:15 Yoga 2pm Strong Women	22 9:30 Exercise 10am Pioneer Center Sr. Site Comm. Mtg.	23 Noon Pinochle 2pm Strong Women	24	25
26	27 9:30 Exercise 	28 8:15 Yoga 2pm Strong Women	29 9:30 Exercise 	30 Noon Pinochle 2pm Strong Women	31	

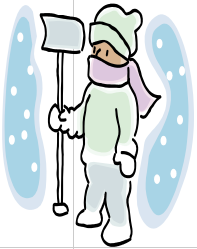
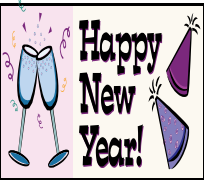






Goldendale Events January 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goldendale Food Bank is open Mon/Tues and Thursday 10am to 1pm Call MATS for transportation</p>	<p>Shopping trip is provided by Mt. Adams Transportation, call to be placed on the list. 773-3060</p>	<p>Listen to your Radio for Weather Updates</p>	<p>1 Happy New Year OFFICE CLOSED!</p> 	<p>2 1pm Exercise 1 Bingo</p>	<p>3 10:30 Sr. Advisory Board Mtg @ Dallesport Comm. Ctr. 12pm Pinochle</p>	<p>4</p>
<p>5</p> 	<p>6</p>	<p>7 11am Toe Nail Care 1pm Exercise 2pm Tai Chi</p>	<p>8 Computer Class</p>	<p>9 1pm Exercise 1 Bingo  1:30 Zumba</p>	<p>10 The Dalles Shopping 12pm Pinochle</p>	<p>11</p>
<p>12</p>	<p>13</p> 	<p>14 1pm Exercise 2pm Tai Chi</p>	<p>15 10:30 am Caregiver Support Group</p>	<p>23 1pm Exercise 1 Bingo</p> 	<p>17 Noon Pinochle</p> 	<p>18 SR Breakfast \$3pp</p>
<p>19</p>	<p>20 OFFCIE CLOSED</p> 	<p>21 10:30 Stroke Survivor Support Group 1pm Exercise 2pm Tai Chi</p>	<p>22 Computer Class</p> 	<p>23 1pm Exercise 1 Bingo 1:30 Zumba</p>	<p>24 The Dalles Shopping Noon Pinochle</p>	<p>25</p> 
<p>26</p> 	<p>27</p>	<p>28 1pm Exercise 2pm Tai Chi</p>	<p>29</p> 	<p>30 1pm Exercise 1 Bingo</p>	<p>31 TBS The Simcoe Boys</p> 	<p>MUSIC 1/7 TSB 1/21 TSB 1/16 Jackie</p>

January 2014 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year OFFICE CLOSED!	2 GD Macaroni & Cheese-Ham	3 	4 Lyle Senior Breakfast 7am to 10am \$5ppAdult, \$3Child
5	6 WS Chicken Broccoli Cas- serole	7 GD & Lyle Chicken Broccoli Casserole	8 WS Sweet & Sour Pork	9 GD Sweet & Sour Pork 5pm Trout Lake	10	11
12	13 WS Tuna Bake	14 GD & Lyle Tuna Bake	15 WS Hamburgers 	16 GD Hamburgers	17 	18 GD Senior Breakfast 9am \$3pp
19	20 OFFICE CLOSED 	21 GD & Lyle Beef Stroganoff	22 WS Chicken 	23 GD Chicken	24	25
26	27 WS Country Steak	28 GD & Lyle Country Steak 	29 WS Beef Pot Pie	30 GD Beef Pot Pie	31	MENU SUBJECT TO CHANGE

SENIOR MEAL SITE LOCATIONS

GOLDNE DALE: 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 and 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: The 2nd Thursday of the month at 5:00pm at the Trout Lake School.

\$3.50 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 & or Frozen Home Delivered meals are available—call Senior Services for more information.

Goldendale 773-3757
White Salmon 493-3068



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 period 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.

Health Care Scam Alert

With the Affordable Care Act in the news, scammers are on the prowl.

Someone contacts you, offering to help you navigate the Health Insurance Market place for a fee, or that you need a new insurance card now or you'll pay a penalty. Regardless of the set-up,, their goal is to get your bank account or credit card number. Certified Navigators or Assisters are not allowed to charge you. What's more, you don't need to buy a special insurance card, or pay any penalties for not buying one, either. Bottom line: Never give your money or your information to anyone who contacts you.

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.

Support Groups

Goldendale Diabetes

Leslee LaFrantz 773-4022

Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

Goldendale Caregiver Support Group

2nd Wed, January 8

10:30am at the Goldendale Senior Center

Goldendale Stroke Survivor Support Group

3rd Tuesday, January 21, 10:30am
at the Goldendale Senior Center

White Salmon Seventh Day Adventist Community Center

531 NE Tohomish, White Salmon

Tuesdays 9:30am -2:30pm

Food & Clothing Resource.

Parkinson's Support Group

First Wed each month, 2 p.m.

Water's Edge conference Room, 2nd Floor, Info: Chad Swanson, 541.340.0142

Volunteer Hours

November HOURS

TRANSPORTATION	467.75	Hours
NUTRITION	640.25	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	24	Hours
MUSICIANS	12	Hours



Klickitat County Senior Services & Mt. Adams Transportation Staff

During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible. And in this spirit we say, simply but sincerely, Thank You and Best Wishes for the Holiday Season and a

Happy New Year!

EXTRA HELP

If you are covered by Medicare and have limited income and resources, you may be eligible for *Extra Help* — available through Social Security — to pay part of prescription drug monthly premiums, annual deductibles, and prescription co-payments. The *Extra Help* is estimated to be worth about \$4,000 per year.

That means putting \$4,000 in your pocket without having to spend a dime!

To figure out whether if you are eligible, Social Security needs to know your income and the value of your savings, investments and real estate (other than the home you live in). To qualify for the *Extra Help*, you must be receiving Medicare and have:

Income limited to \$17,235 for an individual or \$23,265 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if you and your spouse support other family members who live with you or if you have earnings from work.

Resources limited to \$13,300 for an individual or \$26,580 for a married couple living together. Resources include such things as bank accounts, stocks, cash, and bonds. We do not count the value of a house or car as a resource.

Social Security has an easy-to-use online application that you can complete quickly. You can find it at www.socialsecurity.gov/prescriptionhelp. To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020). Or go to the nearest Social Security office.

You can also contact Senior Services for assistance and speak with Virginia in Goldendale at 509-773-3757 or Jill in White Salmon at 509-493-3068.

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

“Return Address Requested”



Jim Ogden Winter Concert

DATE: Sunday, January 19th

TIME: 2pm

PLACE: Goldendale Senior Center

Jim will be playing your favorites from 1920's to 1970's

NO ADMISSION

NO COLLECTION

FREE TRANSPORTATION

Free Refreshment

Call Ogden's Mopar Limo
773-4114 or 250-6147

