



Advocacy Alert

Ask your Representative to Support the Older Americans Act Reauthorization (OAA)

The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent—services like meals, job training, senior centers, caregiver support, transportation, health promotion, benefits enrollment, and more.

The Older Americans Act (OAA) should be reauthorized this year and just in the nick of time: the U.S. is experiencing an unprecedented wave of growth in the population of citizens over the age of 60. The Older Americans Act was originally established in 1965 with the goal of providing health and human services for Americans, particularly as they grow older.

The Act is overdue for reauthorization—and we're urging Congress to seize this opportunity to update and renew its commitment to these programs and those they serve.

Klickitat County Senior Services is dependent upon this funding to provide the wide array of services that are offered for seniors in our County.

Contact Your Legislators and ask them to Support the reauthorization of Older Americans Act.

U.S. Rep. Jaime Herrera Beutler (360) 695-6292

U.S. Senator Maria Cantwell (888) 648-7328

U.S. Senator Patty Murray Toll Free: (866) 481-9186

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Dear Marci,

My doctor told me that he would write me a prescription for a walker that I need. I need this walker to get around inside of my home. I have a Medicare Advantage plan. Will Medicare help pay for my walker?

Glen (Honolulu, HI)

Dear Glen,

Medicare can help pay for walkers and other types of medical equipment you use at home if they are considered to be Durable Medical Equipment (DME). According to Medicare rules, an item is considered to be DME if it:

- Serves a medical purpose;
- Can be used in the home;
- Can be used over and over again;
- Is likely to last for 3 years or more; and

Is prescribed by your doctor or other health care professional.

Other examples of DME include wheelchairs, power scooters, oxygen tanks, and diabetic testing supplies.

Keep in mind that rules are slightly different for those who get their Medicare benefits through Original Medicare, the traditional Medicare program administered directly through the federal government. In general, most people with Original Medicare are affected by the DME Competitive Bidding Program, a program that lowers the costs of many types of DME for certain people with Original Medicare. Those affected by the Competitive Bidding Program need to get specific types of DME from Medicare contract suppliers, which are qualified, accredited suppliers that have been selected by Medicare to provide DME at lower costs. Those who have Original Medicare and are not affected by the Competitive Bidding Program can generally get DME at the lowest cost if they use Medicare-certified suppliers that take assignment, meaning they accept the Medicare-approved amount for DME as full payment.

Contact your local Senior Service office, Goldendale 773-3757 or White Salmon at 493-3068 to learn more about the rules that people with Medicare need to follow in order to get Medicare to cover their DME request.

Marci

Living Trusts Scams



The living trust scam attempts to get you to purchase a trust. It plays on the fear that probate costs and estate taxes will erode the value of your estate. While living trusts can be a useful tool for some, many unscrupulous sales persons use it to simply get in the door and sell high-commission investments to consumers, whether or not it is the best thing for them.

The Opening Pitch

“Do you want to leave a legacy for your grandchildren and not have the government take all the money you have spent a lifetime saving? Come to a free seminar to learn how.”

The Presentation

You respond to such a mailer, phone call or advertisement by attending a workshop. Or you might call to find out about it and someone will come out to your home to present information. They will sign you up for a living trust by having you fill out forms that disclose all of your financial assets. Once they have seen your finances, they begin to recommend different investments, usually insurance type products like annuities, in order to earn high commissions off the sale of those products.

The Result

Sometimes the living trust document you buy is not filled out properly because lawyers are not doing it. If these documents are filled out improperly, you may end up going through probate anyway, the very thing you were told you could avoid. In addition, many older people end up buying investments that are not appropriate for them given their situation.

How to Avoid It

If you want to know if a living trust will truly help you, you should get the advice of an estate-planning attorney. You can find the name and phone number for such an attorney by calling your local bar association, lawyer referral service.

From the Washington State Attorney General Office

www.atg.wa.gov

Mahjong Game

Join us for Mahjong!

Volunteer, David Wade, will be in the Senior Services Craft room at the Pioneer Center (501 NE Washington Street) in White Salmon to teach and play Mahjong.



The first scheduled date will be **Wednesday, July 9th at 10am** and will continue each Wednesday at 10am.

American mahjong is a variation on the classic Chinese game and was standardized by the National Mahjong League of New York in 1937. It is played by four players and most closely resembles the card game gin rummy; instead of cards, players build sets of tiles



White Salmon Yoga Class

Joy Gohl, our wonderful volunteer Yoga instructor, will be taking the months of July and August off from teaching the Yoga class in White Salmon. Some of the participants may continue with Yoga at the usual time but using a video for the class.



Free Farmer's Market Cooking Class

On July 15th at 4pm we will be conducting a free Farmer's Market Cooking Class at the Pioneer Center in White Salmon (501 NE Washington).

The class will include a tour of the White Salmon Farmer's market, selection of fresh goods, and then a cooking class to prepare the wonderful locally grown items.

For more details or to register contact:

White Salmon Senior Services 493-3068



White Salmon Events

July 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSIC 7/2 Strawberry Mountain Band 7/7 Truman B 7/9 Simcoe Boys 7/14 Old Time Friends 7/16 Strawberry Mountain Band	7/21 For the Good Times 7/23 Simcoe Boys 7/28 Simcoe Boys 7/30 Strawberry Mountain Band	1 2pm Strong Women	2 9:30am Exercise 3:30 <i>Walk with Ease</i>	3 Noon Pinochle 2pm Strong Women	4 OFFICE CLOSED Celebrate Freedom!	5
6 	7 9:30 Exercise 10am Bingo 3:30 <i>Walk with Ease</i>	8 2pm Strong Women	9 Hood River Shopping 9:30 Exercise 10am Mahjong 3:30 <i>Walk with Ease</i>	10 Noon Pinochle 2pm Strong Women 	11 3:30 <i>Walk with Ease</i>	12
13 	14 9:30 Exercise 3:30 <i>Walk with Ease</i>	15 2pm Strong Women 4pm Cooking Class	16 9:30 Exercise 10am Mahjong	17 Noon Pinochle 2pm Strong Women	18	19
20	21 9:30 Exercise 10am Bingo	22 2pm Strong Women	23 9:30 Exercise 10am Mahjong	24 Noon Pinochle 2pm Strong Women	25 	26
27		29 2pm Strong Women	30 9:30 Exercise 10am Mahjong	31 Noon Pinochle 2pm Strong		

Goldendale Events

July 2014

Laughter is an instant vacation



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MUSIC</p> <p><u>7/10</u> Simcoe Boys</p> <p><u>7/17</u> Jackie</p>	<p><u>7/24</u> Simcoe Boys</p>	<p>1 1pm Exercise</p> <p>2pm Tai Chi</p> 	<p>2</p>	<p>3 1pm Exercise</p> <p>1pm Bingo</p> 	<p>4 OFFICE CLOSED Celebrate Freedom</p> 	<p>5 Goldendale Community Day Parade 773-3400</p>
6	7	<p>8 10am to 11am Toenail Care</p> <p>1pm Exercise</p> <p>2pm Tai Chi</p>	<p>9 10:30am Caregiver Support Group</p>	<p>10 1pm Exercise</p> <p>1pm Bingo</p> <p>5pm Trout Lake Senior</p>	<p>11 The Dalles Shopping</p> <p>12pm Pinochle</p>	<p>12 Goldendale Farmers Market Bus Trip</p>
13	14	<p>15 1pm Exercise</p> <p>2pm Tai Chi</p> 	<p>16 2pm Song Circle GD Library</p>	<p>17 1pm Exercise</p> <p>1pm Bingo</p> 	<p>18 12pm Pinochle</p> 	<p>19 NO Senior Breakfast</p>
20	21	<p>22 1pm Exercise</p> <p>1pm Board Meeting</p> <p>2pm Tai Chi</p>	<p>23</p> 	<p>24 1pm Exercise</p> <p>1pm Bingo</p>	<p>25 The Dalles Shopping</p> <p>12pm Pinochle</p>	<p>26 Goldendale Farmers Market Bus Trip</p>
27	<p>28</p> 	<p>29 1pm Exercise</p> <p>2pm Tai Chi</p>	<p>30</p>	<p>31 1pm Exercise</p> <p>1pm Bingo</p>		

MENU July 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>MENU SUBJECT TO CHANGE</i>		1 GD & Lyle Tuna Pasta Salad	2 WS Hamburgers	3 GD Hamburgers	4 OFFICE CLOSED Independence Day	5 Lyle Sr Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6 free.
6	7 WS Chicken Parmesan	8 GD & Lyle Chicken Parmesan	9 WS Ham & Cheese Sandwich	10 GD Ham & Cheese Sandwich	11	12
13	14 WS Country Steak	15 GD & Lyle Country Steak	16 WS Baked Chicken	17 GD Baked Chicken	18	19 No Goldendale Senior Breakfast
20	21 WS Pork Ribs	22 GD & Lyle Pork Ribs	23 WS Chicken Chow Mein	24 GD Chicken Chow Mein	25	26
27	28 WS Egg Salad Sandwich & Minestrone Soup	29 GD & Lyle Egg Salad Sand- wich & mine- strone Soup	30 WS Beef & Spanish Rice	31 GD Beef & Spanish Rice		

Senior Meal Site Locations

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 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 11:30am at the Grange Hall.

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

\$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

With 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

Volunteer Opportunities for Volunteer Chore Services

Helping another person brings a wonderful feeling of joy and satisfaction. Through Volunteer Chore Services, your assistance means that an elder or adult with a disability can stay in his/her home. Volunteer Chore Services is committed to helping elders and adults with disabilities remain living independently through a network of caring community –minded volunteers of all ages. Volunteers provide a variety of in-home services that these individuals are no longer able to do for themselves. The hours are flexible and the work is simple.

When we share our time and talents we:

- Solve problems
- Strengthen communities
- Improve lives
- Connect to others
- Transform our own lives



It's a fact studies show that people who volunteer two or more hours a week live longer!
Contact Volunteer Chore Services to Volunteer and for more information at 773-4345
Bringing Community Home

Energizing Support Groups



Goldendale Diabetes

4th Tues. 6-7pm, July 22, Goldendale Library Camplan Room~
541 965.0655

Goldendale Bereavement Meeting, call Susan Shipman 773.0380

Alzheimer's Association Support Group

For Unpaid Caregivers

Second Wednesday, July 9, 10:30am at the Goldendale Senior Center

Parkinson's Support Group

First Wednesday of each month, July 2nd, 2pm Water's Edge Conference Room,
2nd floor,

Peppy Polkas Properly Played on the Presby Porch



Dr J. Ogden is inviting the community to attend an accordion concert at the Presby Mansion

Date: Thursday, July 24

Time: 7pm

Mary Jo Olson will be singing several sets and Jimmy Wells is scheduled to play the string bass with Dr Ogden and Paul Schneider.

Come & Bring your Friends

No Admission Charge

No Collection

FREE refreshments will be served

FREE Transportation call Ogden's Mopar Limo Service

773-4114 or 250-6147

to arrange a ride or for further information.

KLICKITAT Meal

Meals will be served at 1pm and there is a charge of \$3 per person

Any questions call 509 369-3985

Dates: 1st & 3rd Wednesday

Time: 1pm

Place: Grace Lutheran Church Parsonage



Volunteer Hours

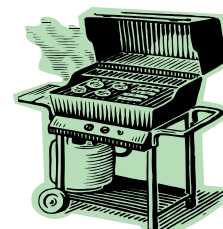
MAY HOURS

TRANSPORTATION	501.75	Hours
NUTRITION	713	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	28	Hours
MUSICIANS	18	Hours



Klickitat County Fair "Rock with the Stock" August 21 to 24

Thursday, August 21 Enjoy the Kick off BBQ at 5pm



Are YOU a Caregiver?



Klickitat County Senior Services will be offering The Powerful Tools for Caregivers Course for FREE in Goldendale this Fall.

Please contact Senior Services to register 509-773-3757.

Taking Care of You: Powerful Tools for Caregivers (PTC) was developed as an educational program to provide unpaid family caregivers with the tools to increase their self-care and their care giving ability and confidence.

Class 1: Taking Care of You

Class 2: Identifying and Reducing Personal Stress

Class 3: Communicating Feelings, Needs, and Concerns

Class 4: Communicating in Challenging situations

Class 5: Learning from our Emotions

Class 6: Mastering Care giving Decisions

Transportation to Goldendale Farmer's Market



Call Mt. Adams Transportation

Goldendale 773-3060

**To Sign up for transportation to the Goldendale Farmer's
Market trips for:**

Saturday, July 12th or July 25th

From 9am to 12pm

Klickitat County Senior Advisory Board

July Advisory Board Meeting is cancelled due to 4th of July Holiday.

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. Nomination forms are available by calling or stopping by the Senior Services offices 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 —you can request a form by calling 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.

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

SAVE THE DATE

Senior Picnic—Friday, August 8th

at Ekone Park, Goldendale, WA

**ALL SENIORS IN KLICKITAT COUNTY ARE WELCOME
TO ATTEND OUR ANNUAL PICNIC.**



Lunch will be served at noon.

Food, drinks, and place settings will be provided by Senior

Services. Anyone who has lawn chairs they would like to bring, please do so.

There will be entertainment and we will be recognizing our county volunteers and presenting the Volunteer of the Year Recognition Award.

Please call the Goldendale or White Salmon Senior Services office to sign up for the picnic as we need a count of persons attending so Cindy & Lola will be able to provide enough food. If you need transportation to the picnic please call your nearest Senior Services office to get on the bus list. Goldendale, call Stacy at 773-3060 and White Salmon, call Patty at 493-3068.