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Turning 65 This Year?

For many, completing the task of enrolling in Medicare will seem to be very complicated. To guide those turning age 65 through the process the National Council on Aging developed a question guide to getting started with Medicare.

1. How do I enroll in Medicare? Is it automatic when I turn 65? To enroll in Medicare, most people will need to contact Social Security directly. You can also enroll online in Social Security and Medicare by going to [socialsecurity.gov/Medicare](https://www.socialsecurity.gov/Medicare) or by calling the national number at 1-800-772-1213. Some people, including early retirees receiving Social Security and those with Social Security disability or Railroad retirement benefits, are automatically enrolled in Medicare when they become eligible. Even if you feel you will be auto enrolled you should check with Social Security to verify that the process is underway. If you are still employed when you turn age 65 check with your employer about your Medicare enrollment (see question 3 below).
2. When do I have to enroll? You have a 7-month window around your 65th birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare but you may have to wait for a designated special/general enrollment period to do so. Start early to avoid delays or possible late enrollment penalties!
3. What if I'm still working and have insurance? As you approach age 65 if you are receiving health insurance coverage through your employer contact your human resources office about what you need to do. If you are working past 65 and carrying your own coverage, contact your insurance company to see what you should do. In most cases, Medicare Parts A and B will become your primary coverage and your own policy will move to what is called a Medigap or supplemental plan. The Senior Services office can help you with these issues as well as reviewing your options in the selection of a Part D prescription drug plan.
4. How do I pay for my Medicare? Medicare Part A is provided to all Social Security beneficiaries aged 65 and over and have worked the equivalent of 10 years full time and paid into the Medicare system. If you are receiving Social Security benefits at the time you enroll in Medicare Part B your premiums will be deducted from your monthly check. Remember, if you have any questions about Medicare Parts A or B, Part D drug coverage, Medicare supplemental plans call Klickitat County Senior Services offices and speak with Jill in White Salmon 509-493-3068 or Stacy in Goldendale 509-773-3757.

FREE AARP TAX ASSIST



Goldendale

Place: Goldendale New Grange
228 E Darland

Time: 9am to 11:30 am

Date: Beginning Friday, February 7st
Every Friday & Saturday till Saturday, April 11th

This is not a walk in site. Appointments can be scheduled by calling
509-773-3757

White Salmon Pioneer Center Senior Services

Place: 501 NE Washington

Time: 9am to Noon

Date: Begin Tuesday, February 4th and continue every Tuesday
morning through April 14th.

This is not a walk in site. Appointments can be scheduled by calling
509-493-3068.



The Area Agency on Aging & Disabilities Caregiver Corner

Protecting Your Marriage While Caregiving For Others by Barry J. Jacobs, Psy.D

No matter how devoted you are to the person for whom you're caring, it is important to be able to balance that commitment with other family responsibilities. That is especially true for your relationship with your partner. The quality of many marriages has been harmed when one spouse focused too much for an extended period of time on an aging parent's needs and the other spouse felt put on the shelf. This is even more true when the aging parent lives with the couple.

The challenge for the caregiver in these instances is to divvy up their time to try to give everyone attention without feeling guilty that they're neglecting anyone. It is also difficult to effectively protect time with your spouse when the aging parent may have pressing needs that can't wait for attention. The caregiver can then feel pulled in too many directions nearly all the time.

Here are some ideas for balancing marital and caregiving duties:

--Try the best you can to honor your parent or loved one, but continually nurture your marriage. Research shows that keeping marriages healthy requires daily positive exchanges between spouses. Even if you can't spend a lot of time with your partner, make sure that you greet them warmly, express appreciation, and inquire about their day. Even small gestures can foster a feeling of togetherness through trying times.

--Designate weekly relationship time that will be free of caregiving duties. Have a stroll or a cup of coffee together. Take in a movie. Try not to talk only about caregiving but instead converse about other parts of your lives. During those time periods, arrange for other family members or home health aides to spend time with your aging parent—even if that parent objects and wants you there instead. Trust that, by regularly making time for yourself and your relationship, you will be a better, re-energized caregiver.

--Just like you, your spouse is likely making sacrifices on behalf of your parent. Check in with them from time to time about how they are feeling about that. Be alert for signs of distress and, possibly, resentment. Show a willingness to negotiate about how best to alter the caregiving arrangements to ease stress while still providing good enough care to your parent.

--Don't be too hard on yourself. It is very difficult to juggle multiple and different family responsibilities. The phrase "spreading yourself too thin" means exactly that—feeling as if you are doing more than you can comfortably handle. Don't let excessive guilt make your caregiving situation even more challenging. Give yourself credit for doing the best that you can to do your utmost for all family members.

Contact the Klickitat County Senior Services 509-773-3757 or 509-493-3068 or email kcssinfo@klickitatcounty.org to learn more about supports available to family caregivers.

Article content is provided by Active Daily Living.

Facts About Heart Disease in Women



Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.

Do you know what causes cardiovascular disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason. In this section, we'll arm you with the facts and dispel some myths – because the truth can no longer be ignored.

Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or light headedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath , nausea/vomiting and back or jaw pain.

White Salmon Events are held at the Pioneer Center Senior Services 501 NE Washington Street unless otherwise indicated.

White Salmon Events

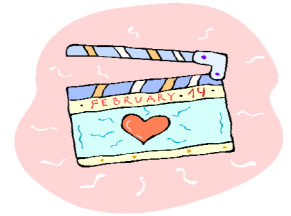
February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MUSIC 2/3 Simcoe 2/5 Huskey 2/10 OTF 2/12 Simcoe 2/17 Office Closed	2/19 Andre 2/24 Simcoe 2/26 Simcoe		<i>White Salmon events are held in the Senior Center at the Pioneer Center in WS unless otherwise indicated</i>		1
2 Ground Hog Day 	3 9:30 Exercise 11am Live Music & Dancing	4 8:30 to 9:30am Hatha Yoga 2pm Strong Women	5 9:30 Exercise  11am Live Music & Dancing	6 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	7 Go RED for Women 	8
9	10 9:30 Exercise 11am Live Music & Dancing	11 8:30 to 9:30 Hatha Yoga 2pm Strong Women	12 9:30 Exercise 11am Live Music & Dancing	13 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	14 	15
16 	17 OFFICE CLOSED President's Day	18 8:30 to 9:30 Hatha Yoga 2pm Strong Women	19 9:30 Exercise  11am Live Music & Dancing	20 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	21 	22
23	24 9:30 Exercise 11am Live Music & Dancing	25 8:30 to 9:30 Hatha Yoga 2pm Strong Women 	26 9:30 Exercise 11am Live Music & Dancing	27 8:30 to 9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women 	28	29 Happy Leap Year

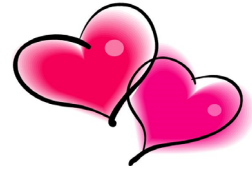
The Goldendale Senior Center is owned & operated by a non-profit Senior Center Board. Klickitat County Senior Services leases space at the Goldendale Senior Center for the Senior Meal and some special events.

Goldendale Events February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Music 2/13 Simcoe 2/27 Simcoe		GO RED For Women Protect Your Heart	1 
2	3	4 10am Toenail Care Donations gladly accepted 1pm Exercise 	5	6 1pm Exercise 	7 Hood River Shopping Trip 11am Gentle Yoga Noon Pinochle	8 
9 Shopping trips are provided by Mt. Adams Transportation, call MATS 773-3060	10	11 10am Toenail Care 1pm Exercise	12 10am Caregiver Support Grp	13 Valentine's Day 1pm Exercise 	14 11am Gentle Yoga Noon Pinochle	15 Senior Breakfast \$3pp 
16  <i>Washington</i>	17 OFFICE CLOSED President's Day  <i>Lincoln</i>	18 10am Toenail Care Donations gladly accepted 1pm Exercise	19	20 1pm Exercise 	21 The Dalles Shopping Trip 11am Gentle Yoga Noon Pinochle	22 
23 Goldendale Food Bank is open Monday 9am to 12pm 1pm to 3:30pm. Call MATS for transportation 773.3060	24	25 10am Toenail Care 1pm Exercise	26	27 1pm Exercise 	28 11am Gentle Yoga Noon Pinochle	29

MENU February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENU's Subject to Change	LISTEN to the Radio for Weather Report for Meal Site Closures	KLCK & KODL & KIHR	GD=Goldendale WS=White Salmon KL=Klickitat TL=Trout Lake			1 Lyle Breakfast 7am to 10am \$7pp Adults Child(6-12) \$4,
2	3 WS Chicken Chow Mein	4GD Chicken Chow Mein Lyle Baked Chicken	5 WS Shepherd's Pie	6 GD Shepherd's Pie	7 	8 
9	10 WS Chicken Parmesan	11 GD Chicken Parmesan Lyle Pork Enchiladas	12 WS Meatloaf	13 GD Meatloaf Trout Lake Shrimp Melt	14 	15 GD Sr Breakfast 9am \$3.50pp
16	17 OFFICE CLOSED President's Day	18 GD Macaroni & Cheese Lyle Creamed Turkey	19 WS Baked Fish	20 GD Baked Fish Klickitat Chili Dogs	21	22 
23 	24 WS Sausage, Red Beans and Rice	25 GD Sausage, Red Beans and Rice Lyle Chicken Sausage Gumbo	26 WS SW Chicken Wraps	27 GD SW Chicken Wraps 	28	29

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 and 4th Tuesday at 11:30am at the Market Street Café.

TROUT LAKE: Thursday-February 13 at 5:30pm at the Trout Lake School Menu.

KLICKITAT: 3rd Thursday-February 20-Noon at the Klickitat Community Center.



Water/Sewer Senior Discounts **Goldendale**

Beginning February 1st call Stacy at Senior Services in Goldendale 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon

Senior discounts can be applied for in White Salmon, by contacting WGAP at 493-2662.

Bingen

Senior discounts can be applied for in Bingen by contacting WGAP 493-2662.



Goldendale Support Group for Unpaid Caregivers

Second Wednesday,
February 12th @10:30am at the Goldendale Senior Center

Senior Klickitat PUD Electricity Discount

If you are 62 or older and annual



household income is under \$24,806

Call Senior Services in Goldendale at

773-3757 or White Salmon at 493-3068 to make an appointment to apply for your PUD discount or for more information on the program.

You will need to provide your current PUD bill & proof of

TOTAL annual household income, and age verification.

Volunteer Hours

December HOURS

TRANSPORTATION	579.25 Hours
NUTRITION	802.25 Hours
NEWSLETTER	29 Hours
SR. EXERCISE	21 Hours
MUSICIANS	16 Hours



Winter Weather Closures

Your safety is our top concern and we don't want you out when roads are dangerous and the sidewalks icy. Please monitor the news and if the schools are closed, the Goldendale Senior Center will be closed. Please call us if we can help you during bad weather and family is not available to help. To find out more information, Goldendale call 773-3757 and in White Salmon 493-3068.

Expired Products: The do's and don'ts



Expiration dates can alert you to danger, but not all foods carry them.

FOOD AND DRINK:

While you can simply toss bad food, the tougher task is identifying what's bad.

Here's what to look for:

Do check the product dates. An “expiration” date shows the last date the food should be consumed. A “use by” date indicates the last day the product is likely to be at peak flavor. A “sell by” or “pull” date indicated the last day a product can be sold.

Do read the dates on your canned foods. High-acid canned foods, such as tomatoes can last 12 to 18 months. Low-acid food (fish, meat and most vegetables) can last 2-5 years.

Don't open a can that's bulging, dented or rusting because it can harbor harmful bacteria.

Do throw away perishable food that has been left un-refrigerated for more than 2 hours. Eat refrigerated, cooked leftovers within four days.

Consumer Report on Health

Social Security Scam Alert

The Social Security Administration (SSA) is reporting scammers are impersonating SSA employees and calling citizens. The scammers use threatening language to warn unknown victims that they'll face arrest or other legal action if they fail to call a phone number the scammer provides or press the number indicated in the message to address the issue.

In some instances, the scammers switch tactics and communicate they want to help the individual with activating their suspended Social Security Number. SSA is not making these calls - these calls are a scam.

If you or someone you know should get such a call, do not provide any information and just hang up.

Report the call to SSA's Inspector General at 1-800-269-0271 or <https://oig.ssa.gov/report>. For more information on how to report this type of activity, read the Social Security Matters blog (blog.ssa.gov).

FREE Sewing, Mending, Hemming

Joyce Graff has kindly offered her wonderful sewing skills to help with mending, hemming, sewing projects for Seniors every Wednesday between 10am and 12pm at the Pioneer Center Senior Services (501 NE Washington St. White Salmon).

She will have her sewing station set up starting in February and be available between 10am and 12pm



WE'RE MOVING!

UPCOMING CHANGES.....

The Goldendale Senior Services/Mt. Adams Transportation office will be moving to a new temporary location in March 2020.



Our office will need to be relocated temporarily while the current Goldendale Senior Services office is demolished to begin work on the new Klickitat County Services Building.

We anticipate our temporary re-location will be taking place in March 2020 and will last approximately two years.

Our temporary location will be in the County Annex 1 which is located in the same building as the public health Department at 228 W. Main Street. That currently is where the WSU extension office is—they will be moving to the fairgrounds temporarily while the new county services building is under construction.

After the new County Services Building is completed we will be moving into that completed building which will be across from the courthouse on the corner of Columbus and Court Street.

We will keep everyone updated as we get closer to our moving date in March.

Property tax exemption program for senior citizens and disabled persons



Available To:

Taxpayers who meet one of the following requirements as of December 31 of the year before the taxes are due:

- at least 61 years of age or older
 - retired from regular gainful employment due to a disability
 - veteran of the armed forces of the United States receiving compensation from the United States Department of Veterans Affairs at one of the following:
 - combined service-connected evaluation rating of 80% or higher
- total disability rating for a service-connected disability without regard to evaluation percent

Program Benefits:

The qualifying applicant receives a reduction in the amount of property taxes due. The amount of the reduction is based on the applicant's income, the value of the residence, and the local levy rates.

Qualifying Activity:

Own and occupy a primary residence in the State of Washington and have combined disposable income of *Income Threshold 3* or less. Beginning in 2020, *Income Threshold 3* is based on the county median household income of the county where the residence is located. Income thresholds can be found at dor.wa.gov/incomethresholds. Klickitat County Threshold 3 for 2020-2024 is \$40,000.

Reporting/Documentation Requirements:

Completion of Application for Senior Citizen and Disabled Persons Exemption from Real Property Taxes

Disabled person must provide written acknowledgment by Social Security or Veterans Administration – OR – Proof of Disability Affidavit

Renewal required at least once every six years as determined by local assessor

Must report Changes in Status affecting program eligibility and/or benefit level.

More information can be obtained on the Klickitat County Assessors web site at www.klickitatcounty.org or by calling the Assessors office at 800-764-2235 or 773-3715.

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

Issue # 022020



Celebrate National Wear Red Day February 7, 2020

Go Red For Women wants to remind you of some easy ways you can Go Red this year. What does it mean to Go Red? It means supporting women just like you in the fight against heart disease, the No. 1 killer of women. Show your support for women with heart disease to increase funding, education and awareness with these ideas:

G: GET YOUR NUMBERS Ask your doctor to check your blood pressure and cholesterol.

O: OWN YOUR LIFESTYLE Stop smoking, lose weight, exercise, and eat healthy.

R: REALIZE YOUR RISK We think it won't happen to us, but heart disease kills one of three women.

E: EDUCATE YOUR FAMILY Make healthy food choices for you and your family.

D: DON'T BE SILENT Tell every woman you know that heart disease is our No. 1 killer.