

# January 2020



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

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## 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:

- ◆ **Goldendale Grange Hall**, 228 E Darland Street. AARP Tax Aid appointments **begin Friday, February 7 and runs every Friday and Saturday until April 11th.** Appointments are between 9am and 11:30. **An appointment is required. This is not a walk in site. Appointments can be scheduled by calling 509 773-3757.**
- ◆ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments **begin Tuesday, February 4th** and continue every Tuesday morning through April 14th. Appointments will be between 9am and 12:00pm-noon. **An appointment is required. This is not a walk in site. Appointments can be scheduled by calling 509 493-3068.**



# Smart Food Choices for Healthy Aging

You may need to make some changes in your food and beverage choices to achieve a healthy eating pattern. It's easier than you think!

A healthy eating pattern is not a rigid prescription. Rather, it is a framework that lets you enjoy food that meets your personal preferences and fits your budget. To encourage healthy eating patterns, the Dietary Guidelines suggests that you:

**Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, meet nutrient needs, and lessen the risk for chronic disease.

**Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

**Limit calories from added sugars and saturated fats, and reduce sodium intake.** Cut back on foods and beverages that are high in added sugars, saturated fats, and sodium. Aim for amounts that fit within healthy eating patterns.

**Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Choose foods you like to make these shifts easier to maintain.














**Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns, at home, school, and work and in communities.

## Here's a tip

Writing down what and how much you eat each day will help you keep track of your total daily calories and also help you see if you are making healthy choices. Try to choose mostly nutrient-dense foods. These foods give you lots of nutrients without a lot of extra calories.

# Healthy Food Shifts

You can move toward a healthier eating pattern by making shifts in food choices over time. Here are some ideas:

|  |  |   |
|--|--|---|
| <b>SHIFT FROM:</b><br>High-Calorie Snacks  |   | <b>SHIFT TO:</b><br>Nutrient-Dense Snacks   |
|   |  |   |
| <b>Fruit Products with Added Sugars</b>  |   | <b>Fresh Fruit</b>  |
|   |  |   |
| <b>Refined Grains</b>  |   | <b>Whole Grains</b>   |
|   |  |   |
| <b>Snacks with Added Salt or Sugars</b>  |   | <b>Snacks Without Added Salt or Sugars</b>  |
|   |  |   |
| <b>Solid Fats</b>  |  | <b>Oils</b>   |
|  |  |  |

## 100-Calorie Snacks

Another way to think about the idea of nutrient-dense and calorie-dense foods is to look at a variety of foods that all provide the same calories. Let's say that you wanted to have a small snack. You might choose:

- 7- or 8-inch banana
- 20 peanuts
- 3 cups low-fat popcorn
- 2 regular chocolate-sandwich cookies
- 1/2 cup low-fat ice cream
- 1 scrambled large egg cooked with fat
- 2 ounces baked chicken breast with no skin
- 1/2 of the average-size candy bar

These choices all have about 100 calories but provide different amounts of nutrients. The right choice for you may depend on what else you're eating throughout the day.

## 2020 Fresh Start for Resolutions

It is a New Year so that means the opportunity for a fresh start in 2020. Are you happy with your health? Are you spending enough time with your loved ones? Do you do enough to give back to your community?

In 2020, set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing. Here are a few New Year's resolutions to consider:

### **1. Exercise for 10 minutes every day**

Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting started, Harvard Health Publications recommended committing 10 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week.

### **2. Explore new volunteer opportunities**

Volunteering is a great way to give back to the community, but it also benefits your own health. It provides a sense of accomplishment, increases self-confidence and brings fulfillment to life. It also connects you with like-minded individuals, which is great for your mental well-being. This year, find an organization to get involved with to help your neighborhood and reap the health benefits.

Volunteering can provide a great sense of fulfillment in your life.

### **3. Revive an old friendship**

It's not always easy remaining close to friends who don't live right down the street. But there are dozens of resources you can use to rekindle old friendships. Make a telephone call, send an email or reach out to one of your childhood buddies via Facebook or another social media platform. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

### **4. Revisit an old pastime**

When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

Revisit an old hobby of yours this year.

### **5. Challenge your brain regularly**

You know that physical activity is important, but giving your brain a "workout" is just as crucial. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that'll force your mind to work in overdrive.

### **6. Be conscious about your overall health**

Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being. And take the advice and guidance he or she gives during your visit.

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

# White Salmon Events

## January 2020



| Sun   | Mon   | Tue   | Wed   | Thu   | Fri   | Sat |
|---|---|---|---|---|---|-----|
| Today's Chalet Senior Day every Friday 9-5<br><i>\$20 includes foot soak, toe scrub to clean cuticles, nail trim &amp; file</i> | <b>Music</b><br>1/6 Simcoe Boys<br>1/8 Huskey Family<br>1/13 Old Time Friends | 1/15 Simcoe Boys<br>1/22 Andre Boys<br>1/27 Simcoe Boys<br>1/29 Simcoe Boys | <b>1 OFFICE CLOSED HAPPY NEW YEAR!</b><br>               | 2<br>8:30 to 9:30 Hatha Yoga<br><br>Noon Pinochle<br>2pm Strong Women     | 3   | 4   |
| 5   | 6<br>9:30 Exercise<br><br>11am Live Music & Dancing                           | 7<br>8:30to 9:30 Hatha Yoga<br><br>2pm Strong Women                         | 8<br>9:30 Exercise<br><br><br>11am Live Music & Dance    | 9<br>8:30 to 9:30 Hatha Yoga<br><br>Noon Pinochle<br><br>2pm Strong Women | 10  | 11  |
| 12<br>                                       | 13<br>9:30 Exercise<br><br>11am Live Music & Dancing                          | 14<br>8:30-9:30 Hatha Yoga<br><br>2pm Strong Women                          | 15<br>9:30 Exercise<br><br>11am Live Music & Dance  | 16<br>8:30 9:30 Hatha Yoga<br>Noon Pinochle<br><br>2pm Strong Women       | 17<br> | 18  |
| 19<br>                                       | <b>OFFICE CLOSED</b><br><b>Martin Luther King, Jr. Holiday</b>                | 21<br>8:30to 9:30 Hatha Yoga<br><br>2pm Strong Women                        | 22<br>9:30 Exercise<br><br><br>11am Live Music & Dance | 23<br>8:30 to 9:30 Hatha Yoga<br>Noon Pinochle<br><br>2pm Strong Women    | 24  | 25  |
| 26<br>                                       | 27<br>9:30Exercise<br><br>11am Live Music & Dancing                           | 28<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women                       | 29<br>9:30 Exercise<br><br>11am Live Music & Dance  | 30<br>8:30 to 9:30 Hatha Yoga<br>Noon Pinochle<br><br>2pm Strong Women    | 31<br> |     |

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 January 2020



| Sun  | Mon   | Tue  | Wed   | Thu                        | Fri   | Sat  |
|--|---|--|---|----------------------------|---|--|
| <p>Goldendale Food Bank is open Monday 9am. 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>Goldendale Events typically take place at the Goldendale Senior Center 115 E. Main Street</p> | <p><b>1 Office Closed Happy New Year!</b></p> | <p>2<br/>1pm Exercise</p>  | <p>3<br/>11am Gentle Yoga</p>   | <p>4</p>   |
|  | <p>6</p>  | <p>7<br/>10am Toenail Care<br/><br/>1pm Exercise</p>   | <p>8<br/>10:30am Caregiver Support Group</p>  | <p>9<br/>1pm Exercise</p>  | <p>10<br/>11am Gentle Yoga<br/>12pm Pinochle<br/><b>Hood River Shopping</b></p>           | <p>11</p>  |
| <p>12</p>  |   | <p>14<br/>10am Toenail Care Donations gladly accepted<br/><br/>1pm Exercise</p>                  | <p>15</p>                                     | <p>16<br/>1pm Exercise</p> | <p>17<br/>11am Gentle Yoga<br/><br/>Noon Pinochle</p>                                     | <p>18<br/><b>GD Senior Breakfast \$3.50 pp</b></p>           |
| <p>19</p>  | <p><b>20 OFFICE CLOSED</b><br/><br/><b>Recognition of Martin Luther King, Jr</b></p>                  | <p>21<br/>10am Toenail Care<br/><br/>1pm Exercise</p>  | <p>22</p>                                     | <p>23<br/>1pm Exercise</p> | <p>24<br/>11am Gentle Yoga<br/>Noon Pinochle<br/><br/><b>The Dalles Shopping Trip</b></p> | <p>25</p>  |
| <p>26</p>  | <p>27</p>   | <p>28<br/>10am Toenail Care Donations gladly accepted<br/>1pm Exercise</p>                       | <p>29</p>                                     | <p>30<br/>1pm Exercise</p> | <p>31<br/>11am Gentle Yoga</p>  | <p><b>Music 1/9</b><br/>Simcoe Boys 1/23<br/>Simcoe Boys</p> |

# January 2020 Menu



| Sun        | Mon  | Tue   | Wed  | Thu  | Fri        | Sat   |
|------------|--|---|--|--|------------|---|
|            | <b>MENU Subject to Change</b>                    | GD=Goldendale<br>WS=White Salmon<br>KL=Klickitat<br>TL=Trout Lake | 1<br><b>CLOSED</b><br><br>HAPPY NEW YEAR<br><br> | 2<br>GD<br>Beef Stroganoff<br><br>                         | 3          | 4 Lyle<br>Breakfast<br>7am to 10am<br>\$7Adults, Children (6-12) \$4,<br>under 5 FREE |
| 5<br><br>  | 6<br>WS<br>Sloppy Joes                           | 7<br>GD<br>Sloppy Joes<br>Lyle<br>Pork Roast                      | 8 WS<br><br>Taco Bean Soup                       | 9<br>GD<br>Taco Bean Soup<br>TL<br>Chili Cheese Casserole  | 10<br><br> | 11  |
| 12         | 13<br>WS<br>Turkey Sandwich and Lentil Soup      | 14 GD<br>Turkey Sandwich and Lentil Soup<br>Lyle<br>Ham Bean Soup | 15<br>WS<br>Baked Chicken<br><br>                | 16<br>GD<br>Baked Chicken<br>KL<br>Mac and Cheese With Ham | 17<br><br> | 18 GD<br>Senior Breakfast 9am<br>\$3.50 pp  |
| 19<br><br> | <b>20 CLOSED Martin Luther King, Jr. Holiday</b> | 21 GD<br>Ham and Scalloped Potatoes<br>Lyle<br>Fish Sandwich      | 22<br>WS<br>Hamburgers                           | 23<br>GD<br>Hamburgers<br><br>                             | 24         | 25  |
| 26         | 27 WS<br>Salisbury Steak                         | 28 GD<br>Salisbury Steak<br>Lyle<br>Pulled Pork                   | 29 WS<br>Chili Baked Potato                      | 30 GD<br>Chili Baked Potato                                | 31         |   |

## 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 Bickleton Market Street Café.**

**TROUT LAKE: Thursday-January 9 at 5:30pm at Trout Lake School Menu:**

**KLICKITAT: 3rd Thursday-January 16-Noon at the Klickitat Community Center**



## **GOLDENDALE WATER AND SEWER SENIOR CITIZEN DISCOUNT**

The City of Goldendale will be accepting applications for low income senior citizen water/sewer discounts from February 1<sup>st</sup> through April 15<sup>th</sup>. If you received this discount during the last year, your application needs to be renewed. If your annual household income is \$21,400 or less, please contact Klickitat County Senior Services to apply at 115 W Court St. Goldendale, WA. (509) 773-3757.

## **Support Groups**

### **Goldendale Caregiver Support Group**

2nd Wed, January 8

10:30am at the Goldendale Senior Center

## **Volunteer Hours**

### **November Volunteer Hours**

|                |              |
|----------------|--------------|
| TRANSPORTATION | 701.5 Hours  |
| NUTRITION      | 970.75 Hours |
| NEWSLETTER     | 27 Hours     |
| SR. EXERCISE   | 24 Hours     |
| MUSICIANS      | 20 Hours     |

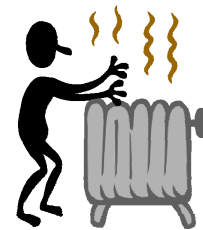


There will be no Bingo at the Goldendale Senior Center until further notice.

## **Senior Klickitat PUD Discount**

If you are **62** or older and your **household annual income is under \$24,806** you may qualify for the **Senior Klickitat County PUD discount**. Call Stacy at 773-3757 or Jill at 493-3068 to make an appointment to apply for your PUD discount. The discount is effective from your application date and eligible months for reductions are for billings from December 1st, 2019 through May 31st, 2020. Please bring your current PUD bill & proof of **TOTAL annual household income**. PUD bill must be in your name.

| Discount     | Yearly Income           |
|--------------|-------------------------|
| 35% Discount | \$12,490 or <b>less</b> |
| 25% Discount | \$12,491 - \$17,173     |
| 15% Discount | \$17,174 - \$18,735     |
| 5% Discount  | \$18,736 - \$24,806     |



## UPCOMING CHANGES.....

WE'RE MOVING!

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.



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

Please listen to your local radio stations, KVGDLP Goldendale FM100.1, KLCK 1400AM, & KIHHR 1340AM, Y102 FM, KACI 1300 AM to find out about a cancellation or check the [www.gorgetranslink.com](http://www.gorgetranslink.com) web site or call our senior services office: 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.

# January is National Bath Safety Month: Is Your Bathroom Safe?

By *onthehouse*



National Bath Safety Month, which is a great time to reflect on the safety of your bathroom and add in important products and features to limit potential injuries. This may include adding more traction to the floor and tub, raising toilet seats, and installing a walk-in tub. Here, we will share five easy ways to make your bathroom safer.

## 1) Install a Raised Toilet Seat

It can be hard for some seniors to sit as low as a standard toilet seat, and bending your knees to sit may cause falls. To prevent injuries, consider installing a raised toilet seat with handles to make using the restroom safer. Raised toilet seats make it easier to squat and provide more stability than traditional options. They are relatively inexpensive and can save you from a disastrous accident.

## 2) Put Essentials Within Reach

Your bath time essentials, such as shampoo, conditioner, and body wash, should be close enough to discourage reaching and bending. These motions can cause injury in the blink of an eye and make it harder for you to shower or bathe. To solve this problem, place a caddy within arm's reach with all your necessities, or consider wall dispensers instead of clunky bottles. These bottles can trip you or slip out of your hands, leading to potential accidents. Soap dispensers on the wall are easy to reach, inexpensive to install, and can be refilled easily by yourself or a caregiver.

## 3) Add Traction

One of the easiest changes you can make to ensure bathroom safety is to add increased traction to your tub and bathroom floor. Non-slip mats are great to add to the bottom of your bathtub and shower because they make it safer for you to stand, and non-slip rugs can serve as both decor and a safety feature outside of the tub. These additions will help minimize slips, falls, and injuries.

## 4) Install Grab Bars

If you have difficulty getting in and out of the shower or bath, grab bars can be a great addition. They are easy to install and can be placed strategically to save yourself from a fall or provide more stability. We suggest adding in actual bars, rather than relying on a towel bar or rack; towel racks aren't designed to hold much body weight.

## 5) Invest in a Walk-In Tub

There's no reason why seniors should have to sacrifice the comfort and therapy of a bath due to mobility issues. Walk-in tubs are a safe option because they have a door and low threshold for easy access. With a walk-in tub, you don't have to risk stepping over a high bathtub rim and onto a slick, wet surface. Instead, you can simply enter your tub, take a seat, and wait for the water to submerge you in relaxation. When it's time to get out, just quickly drain the water and walk out easily and safely.

Celebrate National Bath Safety Month in January by taking a good look at the safety of your bathroom. Do you have enough traction to prevent slipping? Can you reach your toiletries without having to bend or stretch? Can you take a bath without risking a fall? All of these are great questions to ask yourself, and our recommendations will help keep you safe, comfortable, and independent!

## **3 Ways Medicare Will Cost You More Money in 2020**

Millions of seniors rely on Medicare to cover their health-related needs in retirement. But one major misconception about Medicare is that the program is entirely free. Seniors on Medicare can expect some rather notable changes going into 2020.

### **1. Higher Medicare Part B premiums**

Beginning in 2020, the standard monthly premium for Medicare Part B, which covers diagnostics, outpatient services, and preventive care, will climb to \$144.60 (it was \$135.50 in 2019). Single tax filers with incomes above \$87,000, or joint tax filers with incomes above \$174,000, pay what's known as an income-related monthly adjustment amount, or IRMAA, on top of the standard premium.

### **2. Higher Medicare Part B deductibles**

Enrollees are required to meet a deductible before Medicare covers their healthcare services. The annual deductible for Medicare Part B is rising to \$198 in 2020.

### **3. Higher hospital costs under Medicare Part A**

Most Medicare Part A enrollees don't pay a premium for that coverage. But like Part B, deductibles *do* come into play with Part A. Inpatient hospital services require them to pay a deductible of \$1,408 in 2020.

The amount of coinsurance hospital patients are liable for is also going up. Beginning in 2020, coinsurance will equal \$352 per day for Days 61-90, and then \$704 per lifetime reserve day. (Seniors get a limited number of reserve days in their lifetime; once depleted, they assume full costs themselves.)

### **Know your costs**

The fact that Medicare costs are increasing is hardly good news, but you're better off knowing what to expect in the coming year than being in the dark. If you're already on Social Security, your larger Part B premiums will be deducted automatically from those payments, but you'll need to fork over larger deductibles as you require healthcare services throughout the year. Remember, too, that the above increases apply to Parts A and B of Medicare only; your Part D drug plan premium may have increased as well, so check your plan to see what you'll be paying.

If you have funds sitting in a health savings account, you can use them to pay your Medicare premiums and deductibles. If not, you'll need to budget carefully so you're not left cash-strapped in light of these new numbers.

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums, Part B premiums, Copayments, Deductibles

Call and speak with Jill 509-493-3068 or Stacy 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

**Need help paying for Medicare?**

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 # 012020**

**Information:**

The Klickitat County Board of Adjustment will hold public hearings on Monday January 6, 2010 at 7:00 p.m. in the Klickitat County Courthouse, Commissioners Meeting Room, 205 S. Columbus, Goldendale, WA. The purpose of said hearings is to hear all interested parties who wish to testify for or against the following proposals: Conditional Use Application CUP2019-18. Applicant: Columbia Cascade Housing Corporation for a proposal to construct and operate a 52 unit assisted living facility with a memory care component. The proposed project location is a 6.1 acres parcel within a portion of Section 13, T3N, R10, W.M., Klickitat County, WA (White Salmon vicinity near the high school) on tax parcel 03101319110100.

If you are unable to attend the hearing and wish to communicate your stance on the Conditional Use Application you can send an email to: [planning@klickitatcounty.org](mailto:planning@klickitatcounty.org).