

December
2019

Klickitat County Senior Newsletter

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



Issue#122019

What Can Senior Services Do For You?

We are here for you. Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County-wide.

We provide the following programs & services:

Information & Assistance I&A serves as the main access point for information about resources for persons 60 years of age or over, adults with disabilities and family caregivers. We also provide hands-on assistance with completing applications for various programs and helping you to research options under your Medicare benefits. Do you need help identifying the type and options of long term care services and resources that would best meet your needs? We have staff that are familiar with the community resources and with long term care services and can help guide and suggest options to help you navigate your long term care options.

In-Home Assistance/Personal Care We have trained caregivers who provide a variety of services that assist eligible adults in their home with their activities of daily living ranging from bathing and personal hygiene to housekeeping and shopping.

Family Caregiver Support Program Are you a family member or friend providing care to a loved one and looking for information, education, support, resources, and/or respite care? We can help you locate and access available resources and supports.

Home Delivered Meals & Congregate Meals The Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are homebound as the result of illness, disability, or lack of transportation. The Congregate Meals Program provides hot nutritious meals and socialization at specific meal sites in our county and frozen home delivered meals are available throughout the county. See our meal site location and dates on the Menu page of this newsletter.

Transportation Services Transportation is vital to maximize independence and provide access to the community. Transportation to medical appointments, meal sites, and local grocery stores is available.

Adaptive Equipment for use in your home Examples of equipment include bath benches, raised toilet seats, commodes, and incontinent undergarments. (We also accept donations of equipment).

For more information on any of our programs please call 1-800-447-7858 or Stacy in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

Or email: kssinfo@klickitatcounty.org

We are here to help. Call us.

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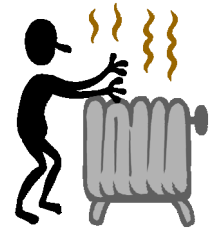
Senior Klickitat PUD Discount

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, 2018 through May 31st, 2019.

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 <u>less</u>
25% Discount	\$12,491-\$17,173
15% Discount	\$17,174-\$18,735
5% Discount	\$18,736-\$24,806



Holiday Blues: 7 Steps to Lift your Mood

Written by Dr. Bruce Kehr

Step 1: Be sure to set reasonable expectations for yourself. Organize your time and make things manageable by eliminating unnecessary or excessive activities.

Step 2: Take better care of yourself by trying not to overeat, getting enough rest, and monitoring your intake of alcoholic beverages.

Step 3: You don't have to fake joyful feelings. Be authentic inside. Find a way to remind yourself that just because it's the holidays, it doesn't mean that you must be "filled with joy and cheer". Any emotions that you experience, including sadness and anger over loved ones who have passed on, or annoyance with family members who are critical or judgmental, are valid.

Step 4: Look for enjoyable activities that are low-stress, like driving around at night to view holiday decorations or attending local choral events.

Step 5: If you can't be with your loved ones in person, find creative ways to be together. Try Facetime, Skype, or just a good old fashioned phone call.

Step 6: Try to surround yourself with those you care about, and if certain family members cause you emotional distress, limit the time you spend with them to a few hours, or at most a full day. There is no rule that says you need to spend several days visiting with toxic family members.

Step 7: If it suits your personality, perform random acts of kindness. Do something nice for someone else. Show more courtesy on the road to other harried motorists. Volunteer at a soup kitchen, donate to a toy box, or provide clothing to a homeless shelter. These types of activities may provide you a sense of meaning and purpose and mitigate some of those holiday blues.

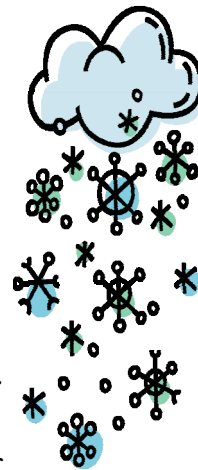
Be Prepared to Stay Safe and Healthy in Winter Weather

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is not a guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Have your heating system professionally serviced to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and carbon monoxide detector. Test batteries regularly.



Have a safe alternate heating source and alternate fuels available.

- Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery operated devices, such as flashlight, lamps, radio, extra batteries, first aid kit and extra medicine.





Many people spend time outdoors in the winter. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors. Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.

White Salmon Events December 2019



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Exercise 11am Live Music & Dance	3 8:30-9:30 Hatha Yoga 2pm Strong Women	4 9:30 Exercise 11am Live Music & Dance 2pm <i>GAMES</i> with students 4th grade class	5 8:30 –9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	6 	7
8	9 9:30 Exercise 11am Live Music & Dance	10 8:30-9:30 Hatha Yoga 2pm Strong Women	11 9:30 Exercise 11am Live Mu- sic & Dance	12 8:30-9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	13 	14
15 	16 9:30 Exercise 11am Live Music & Dance	17 8:30-9:30 Hatha Yoga 2pm Strong Women 	18 9:30 Exercise 11am Live Music & Dance 2pm <i>GAMES</i> with students 4th grade class	19 8:30-9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	20  <small>shutterstock - 316202471</small>	21
22	23 9:30 Exercise 11am Live Music & Dance	24 CHRISTMAS EVE Office Closes early at 12pm	25 OFFICE CLOSED CHRISTMAS DAY	26 8:30-9:30 Hatha Yoga 11:30 Pinochle 2pm Strong Women	27	28
29 	30 9:30 Exercise 11am Live Music & Dance	31 New Years Eve Office closes early at 4pm	MUSIC: 12/2 Simcoe Boys 12/4 Huskey Family 12/9 Old Time Friends 12/11 Simcoe Boys	12/16 Simcoe Boys 12/18 Andre & Band 12/23 Simcoe Boys 12/30 Simcoe Boys	Today's Chalet Senior Day every Friday 9-5 \$20 includes foot soak, toe scrub to clean cuti- cles, nail trim & file 493-3995	

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 December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 10am Toenail Care 1pm Exercise	4	5 1pm Exercise 1pm Bingo	6 Hood River Shopping 11 am Gentle Yoga	7 Lyle Breakfast 7am to 10am \$7 Adults, Children (6-12) \$4, under 5
8 Goldendale Food Bank is open Mon/9am Call MATS for transportation	9	10 10am Toenail Care 1pm Exercise	11 	12 1pm Exercise 1pm Bingo	13 11 an Gentle Yoga	14 Candy Cane Lane Christmas Parade 5pm to 7pm
15 	16	17 10am Toenail Care 1pm Exercise	18 10:30am Caregiver Support 	19 1pm Exercise 1pm Bingo	20 The Dalles Shopping 11 am Gentle Yoga 	21 SR Breakfast \$3pp 
22	23 	24 No toenail care No Senior Meal Goldendale Senior Services office closes at 12pm	25 CHRISTMAS OFFICE CLOSED 	26 1pm Exercise 1pm Bingo 	27 11 am Gentle Yoga	28
29	30	31 10am Toenail Care 1pm Exercise		Senior Center Christmas Bazaar	Goldendale Events typically take place at the Goldendale Senior Center 115 W. Main Street, unless noted	Shopping trips are provided by Mt. Adams Transportation, call to be placed on the list. 773-3060

DECEMBER MENU 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS BBQ Beef Sandwich	3 GD BBQ Beef Sandwich Lyle Meatloaf	4 WS: Chicken Cacciatore	5 GD Chicken Cacciatore	6 	7 Lyle Breakfast 7am to 10am \$7Adults, Chil- dren (6-12)\$4, un- der 5 FREE
8	9 WS Baked Fish	10 GD Baked Fish Lyle Hot Dogs	11 WS Meatloaf 	12 GD Meatloaf Trout Lake Macaroni and Cheese/ham	13	14
15	16 WS: Spaghetti	17 GD:Spaghetti Lyle Baked Ham	18 WS Baked Ham	19 GD: Baked Ham Klickitat: Pork Roast	20 	21 GD Senior Breakfast 9am \$3pp
22	23 WS:Country Steak	24 GD & Lyle CLOSED No meal sites or deliveries	25 WS CHRISTMAS DAY Office Closed	26 GD Hungarian Goulash	27 	28
29	30 WS: Black eyed Peas and Ham	31 GD: Black eyed Peas and Ham Lyle:Closed	60 and older suggested donation is \$3.50 per meal	Under 60 meal is \$6.50 unless spouse or caregiver	GD=Goldend ale WS=White Salmon	MEALS are Subject to Change

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 East 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: Every 2nd & 4th Tuesday at 11:30am at the Market Street Café.

TROUT LAKE: Thursday-December 12th at 5:30pm at Trout Lake School. Menu: Chicken Tator Tot Casserole

KLICKITAT: 3rd Thursday-December 19-Noon at the Klickitat Community Center.


Energizing Support Groups
Goldendale Caregiver Support Group
 Second Wednesday, December 11th
 10:30am at the Goldendale
 Senior Center.

Volunteer Hours



OCTOBER HOURS

TRANSPORTATION	376 Hours
NUTRITION	944 Hours
NEWSLETTER	23 Hours
SR. EXERCISE	23 Hours
MUSICIANS	22 Hours

 Each snowflake brings to mind how special you are. You're One of a Kind. Thank you volunteers!



Outstanding Volunteer Recognition

Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.

To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices. Nominations need to be submitted to Klickitat County Senior Services.

A volunteer will be selected and they will be featured in the Monthly Klickitat County Senior Newsletter. We need nominees.



CANDY CANE LANE CHRISTMAS PARADE



Goldendale, WA

Saturday, December 14th, 2019

Celebrate a real hometown Candy Cane Lane Christmas Parade.

The parade kicks off at 5:00 p.m. on Saturday, December 14th, followed by pictures with Santa, Soup, and Hot Chocolate at the Masonic Lodge. There is no cost to enter the parade. However, they will accept donations to help cover the expense of awards, ribbons, trophies, advertising. Please contact Vance Law Office at 509-773-4567 or 509-840-0749 (evenings) for more information and to sign-up for the Parade.

Judging of homes and businesses December 12th, leave your lights on until 10 pm. Everyone with lights on within city limits are going to be judged.

ATTENTION SENIORS!!

Hello, our names are Mataya, Rubi and Elizabeth. We are doing a project in our fourth grade class to show great heart in our community and we'd like to play games with the seniors at the Pioneer Center.

We will bring some games, or we can learn a game from you.

We'll come to the Pioneer Center, Senior Services, 501 NE Washington Street, White Salmon on December 4th and 18th at 2:00pm to play games or do art.

Please join us if you'd like!



Members Needed for Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

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.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am at the Dallesport Community Center. Mileage reimbursement is provided to attend meetings. New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org

What You'll Pay for Medicare Part B in 2019

Single tax return	Married filing jointly	Monthly Part B premium (per person)
\$87,000 or less	\$174,000 or less	\$144.60 (may be less if covered by the hold-harmless provision)
\$87,001 to \$109,000	\$174,001 to \$218,000	\$202.40
\$109,001 to \$136,000	\$218,001 to \$272,000	\$289.20
\$136,001 to \$163,000	\$272,001 to \$326,000	\$376.00
\$163,001 to \$500,000	\$326,001 to \$750,000	\$462.70
\$500,001 or more	\$750,001 or more	\$491.60

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

Need help paying for Medicare?

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.

Programs that help pay Medicare costs for people with limited incomes

Numerous programs may help reduce your health care and prescription drug costs if you meet the eligibility requirements.

Programs that provide assistance with health care costs:

Medicaid: If you have a low monthly income and few assets, you may be eligible for coverage through Medicaid to pay for Medicare costs, like copayments and deductibles, and for health care not covered by Medicare, such as dental care and transportation to medical appointments.

Medicare Savings Programs (MSP): If you have a low monthly income and limited assets, you may qualify for an MSP, a program that helps pay Medicare costs.

Programs that provide assistance with prescription drug costs:

Extra Help:

Also known as the Part D Low-Income Subsidy (LIS), this federal program that helps individuals with low incomes pay for costs of Medicare prescription drug coverage. If you are enrolled in Medicaid, an MSP, or you receive Supplemental Security Income (SSI), you should get Extra Help automatically. You can apply for the Extra Help program through the Social Security Administration (SSA) or your local Medicaid office. Jill and Stacy at Senior Services can also help with this application.

Charity programs:

There may be charities that can help reduce your prescription costs. If you have Part D, in some cases the amount the charity pays counts toward your catastrophic coverage limit.

Patient Assistance Programs (PAPs):

You may be eligible to get free or low-cost drugs directly from the company that makes them, through a PAP. In most cases, your doctor must apply for you. Not all PAPs allow you to apply if you are eligible for Part D.

If you are enrolled in a PAP, you may be required to pay a copayment. PAP copays will count toward your Part D plan's out-of-pocket limit, but you will need to submit your receipts and any other required documentation to your plan. The amount your PAP pays for your prescription drugs will not count toward your out-of-pocket limit.

Prescription drug discount programs:

You may be able to get medications you need at a reduced price from national or local discount programs. Note that you cannot use a prescription drug discount program and Part D coverage at the same time: you must select between them at the pharmacy.

Call Klickitat County Senior Services and speak with Stacy in our Goldendale office 509-773-3757 or Jill in our White Salmon office 509-493-3068 about programs and assistance with applying.

**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

Issue # 122019



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

Please listen to your local radio stations, KVG.D.LP Goldendale FM100.1,
KLCK 1400AM, & KIH.R 1340AM, Y102 FM, KACI 1300 AM to find out about
a cancellation 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.