

Klickitat County Senior Newsletter

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



February 2021

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NOW ELIGIBLE FOR THE COVID-19 VACCINE: PHASE 1B-1

What that means:



You can get the vaccine if:

- You are **65 or older**
- You are **50 or older** and live in a multigenerational household (home where individuals from 2 or more generations live such as an elder and a grandchild).
- You were eligible within **Phase 1A**

Go to [FindYourPhaseWA.org](https://www.findyourphases.wa.gov) to confirm your eligibility and see where you can get the vaccine.

Vaccinate WA
CovidVaccineWA.org

Klickitat County Public Health Department is operating a COVID-19 vaccination clinic using the Senior Services Dining area at the Pioneer Center in White Salmon and a drive through clinic at the Health Department in Goldendale.

Klickitat County Seniors can call the Senior Services office 509-493-3068 or 509-773-3757 or the Health Department with their name, phone number and primary care provider and they will be placed on a list and someone will contact them to schedule a vaccine appointment.

North Shore is providing vaccinations for Skamania and Klickitat County residents that are 65 and older. To get on their list call 509-493-2133.

Skyline Health will be offering vaccination clinics for Klickitat County and Underwood, WA residents. To get on a waitlist for those who meet the criteria under Washington State Phase 1A or 1B call 509-493-1051

The KVH COVID Vaccine Registration Phone Line opened at 8 a.m. Friday, January 22nd. If you are eligible to register, call 509.773.4029 and a COVID patient access specialist will assist you with registration.

Call Mt. Adams Transportation if you need transportation to get your vaccine. Goldendale 509-773-3060 White Salmon 509-493-4662

WE ARE HERE FOR YOU

Call our office with questions, comments, any needed assistance and we will connect you to the available resources.

While our offices are not open to the public, Klickitat County Senior Services continues to provide telephone support Monday through Friday from 8am to 5pm.

Staff are available to answer questions, direct individuals to available community resources, and assist with online applications for benefits, issues with Social Security or Medicare, etc.

We also continue to offer home delivered meal service throughout Klickitat County.

Please call if we can be of assistance: Goldendale:509-773-3757
White Salmon:509-493-3068 OR Toll Free:1-800-447-7858

Seniors can also call if they need essential grocery delivery, prescription pick up, or if there is a need to have a food bank box delivered to their home.

Mt. Adams Transportation (MATS) Dial-A-Ride service is operating and provides transportation to essential medical services as well as assistance with grocery and prescription pick up and delivery.

MATS Goldendale: 509-773-3060 MATS White Salmon: 509-493-4662

How to wear a face covering:

Cover your nose and mouth.



Nope.



Not quite.



Try again.



That's the one!

How to Reduce the Salt in Your Diet

Most of us are eating much more sodium than we need, even if we never pick up the salt shaker. That's because more than 75 percent of the sodium we eat comes from packaged and restaurant foods. That can make it hard to control how much you eat, because it is already added to our food before we buy it.



I know that too much sodium hurts my health – what can I do to cut back?

At the store/while shopping for food:

Choose packaged and prepared foods carefully. Compare labels and choose the product with the lowest amount of sodium (per serving) you can find in your store. You might be surprised that different brands of the same food can have different sodium levels.

Pick fresh and frozen poultry that hasn't been injected with a sodium solution. Check the fine print on the packaging for terms like "broth," "saline" or "sodium solution." Sodium levels in unseasoned fresh meats are around 100 milligrams (mg) or less per 4-ounce serving.

Choose condiments carefully. For example, soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, capers, mustard, pickles, olives and relish can be sky-high in sodium. Look for a reduced or lower-sodium version.

Choose canned vegetables labeled "no salt added" and frozen vegetables without salty sauces. When you add these to a casserole, soup, or other mixed dish, there will be so many other ingredients involved that you won't miss the salt.

Look for products with the American Heart Association's Heart-Check mark to find foods that can be part of an overall healthy dietary pattern. Heart-Check is not a low-sodium program and the Heart-Check mark is not necessarily a sign that a product is "low-sodium", but it does mean that the food meets AHA's sodium criteria to have the Heart-Check mark. You can eat foods with varying amounts of sodium and still achieve a balanced and heart-healthy diet.

When preparing food:

Use onions, garlic, herbs, spices, citrus juices and vinegars in place of some or all of the salt to add flavor to foods.

Drain and rinse canned beans (like chickpeas, kidney beans, etc.) **and vegetables** – this can cut the sodium by up to 40 percent.

Combine lower-sodium versions of food with regular versions. If you don't like the taste of lower-sodium foods right now, try combining them in equal parts with a regular version of the same food. You'll get less salt and probably won't notice much difference in taste. This works especially well for broths, soups, and tomato-based pasta sauces.

Cook pasta, rice, and hot cereal without salt. You're likely going to add other flavorful ingredients to these foods, so you won't miss the salt.

Cook by grilling, braising, roasting, searing, and sautéing to bring out the natural flavors in foods – that will reduce the need to add salt.

Incorporate foods with potassium, like sweet potatoes, potatoes, greens, tomatoes and lower-sodium tomato sauce, white beans, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe. Potassium helps counter the effects of sodium and may help lower your blood pressure.

Frequently Asked Questions about the COVID-19 Vaccine

FAQs and Key Messages for Communities

1 Why should I get vaccinated for COVID-19?

COVID-19 can cause serious illness or even death. There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19 disease. Even if you still get infected after you get vaccinated, the vaccine may prevent serious illness.



2 Can the vaccine give me COVID-19?

No, the vaccine does not cause COVID-19. None of the approved COVID-19 vaccines contain the virus that causes COVID-19. It does take a few weeks after vaccination for your body to build up antibodies to protect you from the virus. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after getting the vaccine and still get sick.

3 Will the shot hurt or make me sick?

Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a few days. If you have any concerns, call your doctor or nurse.

4 Why do I need two COVID-19 shots?

Some COVID-19 vaccines need two shots. The first shot gets your body ready. If you are told you need two shots, make sure that you get your second shot at the time you are told, to make sure you have full protection.

5 Should I get vaccinated if I already had COVID-19?

Yes, you should still be vaccinated because you can become infected more than once. Although you may have some short-term natural protection (known as immunity) after recovering from COVID-19, we don't know how long this protection will last. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have terrible symptoms that continue for months. If you have had COVID-19, ask your doctor, nurse, or clinic when you should be vaccinated.

6 When will I be able to get the vaccine?

Although CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please [contact your local health department](#) for more information on COVID-19 vaccination in your area.

7 Do I have to pay for the vaccine?

No. The federal government is providing the vaccine free of charge to all people living in the United States.

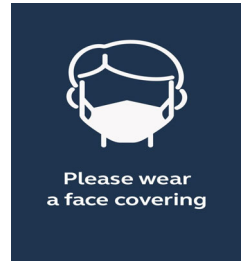
8 Do I still need to wear a mask and socially distance after getting the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like wearing a mask over your nose and mouth, washing your hands often, and staying at least 6 feet away from people who don't live with you. Together, COVID-19 vaccination and following CDC's recommendations for [how to protect yourself and others](#) will offer the best protection from getting and spreading COVID-19.



Continue to Wear Cloth Face Coverings

Even as vaccines are beginning to be distributed, it is important to continue practicing social distancing and wearing cloth face coverings in public settings.



While wearing a mask may protect you, it is more likely to protect others if you are a carrier of the virus without knowing it.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or can be inhaled into the lungs. Studies and evidence on infection control report that these droplets usually travel around six feet (about two arm's length).

Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

Stay well and help the other people around you stay well by wearing a mask.

Sources: CDC, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases, and Washington State Department of Health

Heart Attack Signs in Women

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 lightheadedness.



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.

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

Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 9-1-1.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car.

2021 Tax Preparation Senior Services is not accepting any tax appointments at this time. Goldendale does not have sufficient volunteers to assist in 2021. We do not yet know if there will be a location in the White Salmon area. We will get the word out as soon as we know more.

AARP Tax Aide will be back this year in The Dalles area, but as with most everything else, it will look different. This year all the assistance and returns will be prepared by appointment and only in a virtual environment. There will be no in-person service. To make an appointment in the Mid-Columbia with a trained Tax Aide volunteer, email Tax Aide at gorgetaxaide@gmail.com — except if you live in Skamania County, call 360-302-2641.

If your adjusted gross income is \$73,000 or less, you can log on to the [IRS.gov](https://www.irs.gov) website and click on “File Your Taxes for Free”. There you’ll find “Free File” where you can prepare and file your federal individual income tax return for free using brand-name tax-preparation-and-filing software.

Use IRS Free File

Beginning in January 2021, almost everyone can file electronically for free on IRS.gov or with the IRS2Go app.

The IRS Free File program, available only through IRS.gov, offers brand-name tax preparation software packages to use at no cost. The software does all the work of finding deductions, credits and exemptions for you. It’s free for those who earned \$72,000 or less in 2020. Some of the Free File packages also offer free state tax return preparation.

If you’re comfortable preparing your own taxes, you can use Free File Fillable Forms, regardless of your income, to file your tax returns either by mail or online.

Find a tax professional

You have several options to help find a tax preparer. One resource is Choosing a Tax Professional, which offers a wealth of information for selecting a tax professional. There are various types of tax return preparers, including enrolled agents, certified public accountants, attorneys and some who don’t have a professional credential.

The Directory of Federal Tax Return Preparers with Credentials and Select Qualifications can help you find preparers in your area who currently hold professional credentials recognized by the IRS, or who hold an Annual Filing Season Program Record of Completion. <https://irs.treasury.gov/rpo/rpo.jsf> .

Well Connected Community

Well Connected is a phone and online program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home.

Our community consists of participants, staff, facilitators, presenters, and other volunteers who care about each other, and who value being connected to engaging content, and to each other.

Well Connected members can play a game, learn a language, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country.

All groups are accessible by phone or online.

Well Connected is a Community Service of Covia and is **free** of charge to all participants and available to adults over the age of 60.

CONNECT FROM ANYWHERE

Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.



SOMETHING FOR EVERYONE

Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect.

HOW DOES IT WORK?

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants.

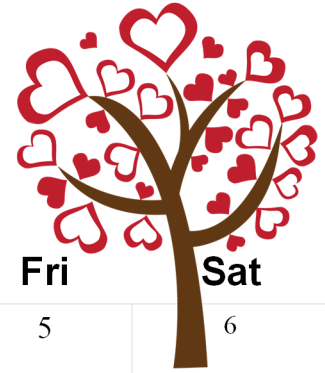
Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.


READY TO GET INVOLVED?

If you're ready to register, please contact us at 877.797.7299, or coviaconnections@covia.org.

You can also volunteer to lead your own Well Connected group.

Menu February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change	1 WS Chicken Ala King	2 GD Chicken Ala King	3 WS Tater Tot Casserole	4 GD Tater Tot Casserole	5	6
7	8 WS Chicken Parmesan	9 GD Chicken Parmesan	10 WS Turkey Sausage Red Beans & Rice	11 GD Turkey Sausage Red Beans & Rice	12	13
14 Valentine's Day	15 OFFICE CLOSED Presidents Day	16 GD Mac and Cheese with Ham	17 WS Baked Fish	18 GD Baked Fish	19	20
 21	22 WS Salisbury Steak	23 GD Salisbury Steak	24 WS Chicken Alfredo	25 GD Chicken Alfredo	26	27
28						

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858

Economic Impact Payment Cards



Is this a scam?

If you qualify for an Economic Impact Payment (EIP), you may receive a prepaid Visa® debit card issued by MetaBank, even if you received your last stimulus payment as a check or direct deposit. EIP Cards arrive in a white envelope that displays the U.S. Treasury seal and says “Economic Impact Payment Card” in the return address.

What if my EIP Card was lost, stolen, or destroyed?

Call MetaBank Customer Service and select the “Lost/Stolen” option. Your card will be deactivated to prevent anyone from using it and, if you request, a replacement card will be provided to you at no cost.

How do I activate my EIP Card?

Call the phone number on the EIP Card. You will be asked to input your card number, last 6-digits of your social security number, and the 3-digit security code from the back of your card. You might be asked to answer more questions to prove your identity. You will also create a 4-digit PIN. For cards with more than one name, only the primary cardholder (listed first on the card) may activate it.

Where can I make purchases?

You can use your EIP Card anywhere that takes Visa®.

At Stores: Once you are ready to pay, insert your EIP Card into the card reader and follow the prompts on the screen. You can choose to sign for the transaction or enter your 4-digit PIN.

Online: You will need to enter your 16-digit card number, expiration date, and 3-digit code from the back of the card. For cards with more than one name, the primary cardholder name (listed first on the card) may be required to complete the online purchase.

Can I transfer the funds to my bank? Can I get cash?

After activating your card, you can transfer funds three ways: at EIPCard.com, by using the Money Network Mobile App, or by calling MetaBank Customer Service. You'll need the routing and account numbers for your bank account to complete the transfer.

There are several ways to get cash, too. After activating your EIP Card, you can get cash from an ATM, as cash-back at stores that accept Visa®, or at any bank or credit union. Fees may apply.

How do I check my balance?

You can check your balance three ways: at EIPCard.com, by calling MetaBank Customer Service, or on the Money Network Mobile App (available at the App Store® or on Google Play™).

For More Information

visit: EIPCard.com

call: MetaBank Customer Service at 800-240-8100 (TTY: 800-241-9100)



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

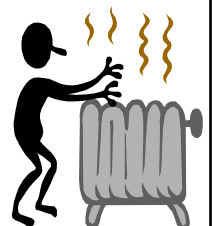
Senior discounts can be applied for in Bingen by contacting WGAP 493-2662.

Senior Klickitat PUD Discount

If you are 62 or older and your household annual income is under \$25,520 for a single occupant household or under \$34,480 for a two person household you may qualify for the Senior Klickitat County PUD discount.

Call Stacy at 773-3757 or Jill at 493-3068 to make a telephone appointment to apply for your PUD discount. Enrollment begins October 1st. The discount runs Dec.1, 2020-May 31,2021(6 months). Due to COVID restrictions, applications will be done over the phone and by mail. Seniors approved last year with NO income change, DO NOT need to reapply this year

The Low-Income Elderly Rate is available for single-phase use to single family residential, farm, or tenant farm customers, age 62 or over, with a single household income of \$25,520 per year or a 2-person household income of \$34,480, or less. Certification will be made by Klickitat County Senior Services and is valid for 2 years, before re-enrollment is required. If customers move, they will need to re-apply.



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

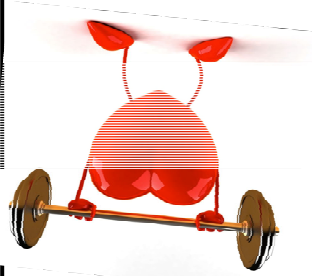
Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue #022021



Ten Commandments for a Healthy Heart

1. Know your risk factors for heart disease.
2. Talk to your doctor about reducing your risk of heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These include total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most or all days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.