



# Klickitat County Senior Newsletter

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

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### Senior Meal Site Re-Opening???

Yes, we will be re-opening our congregate senior meal sites “soon” but things will not be the same as before COVID. “Soon” is difficult to define with a specific date at this time as it depends upon the state guidelines. If full reopening of the state does happen on June 30<sup>th</sup> then we anticipate we will be able to move toward resuming congregate meal site reopening in August or September.

It will still take some time for us to get back to that point. We are working on our meal site reopening plans as we get more clarification on the state guidelines.

Please understand that our main priority is YOU. Courtesy, respect, and kindness are the key to a successful reopening.

We appreciate that there are many differing opinions surrounding COVID-19. We are not here to argue about the decisions that have been made, whether the virus is real, whether the vaccine is good or bad, or how many people have or have not been vaccinated.

Our priority is bringing people back to our meal sites and indoor programming as safely and responsibly as we can as we follow the guidelines we are given.

New Policies & Procedures Upon Reopening will be implemented that are meant to help keep our facilities safe and clean.

Thank you again for all of the love and support. We will keep you updated and we hope to see you soon!



## **Senior Advisory Board Corner**

by Shelley Baxter

Greetings from your Klickitat County Senior Advisory Board!

We are a group of 9 seniors from across the county who are charged with advising about and advocating for the needs of our seniors to the County Board of Commissioners. The Advisory Board meets monthly and one of the commissioners joins us quarterly. We represent each of the 3 districts corresponding to our Commissioners' districts:

District #1 (West Side) Jake Anderson, Vice-Chair

Advisory members:

Shelley Baxter-White Salmon

Gracen Bookmyer-Snowden

Gavin Carmichael-Husum

District #2 (Middle) Dave Sauter, Chair

Advisory members:

Anita Wellenbrock-Glenwood

David Christian-Lyle

Linda Davis-Dallesport

Cindy Bluemel-Lyle

District #3 (East Side) Dan Christopher, Commissioner

Advisory members:

Arletta Parton-Goldendale

Pat Rager-Centerville

The advisory board wants to hear from you. What is important to you that we can advocate for with our commissioners? The commissioners have the final say on the budget as well as working in coalition with the towns and communities. We are also interested in hearing the stories about our seniors and what their challenges and triumphs are.

For example, my neighbor in White Salmon shared with me that she has finally found a flat spot on which to use her walker- the new paved path down at the Port of Klickitat. Another senior friend said that he can now ride his bike to the bakery and the store because he has a peddle-assist electric bike to help him get back up the hill (White Salmon is mostly hills). Being able to get out and about as we age is so important.

Please call or email us with your ideas and stories about seniors.

Shelley Baxter at [shelldolphin@gmail.com](mailto:shelldolphin@gmail.com) 509-637-4500.

## 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. The Advisory Board consists of a total of 9 members with at least two members 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 provides input and review of the annual budget of Senior Services.

The next scheduled Advisory Board meeting is on Friday, June 4th at 10:30am at the Dallesport Community Center.

The Advisory Board will be including a Senior Advisory Board corner in the future publications of the monthly Senior Newsletter in order to keep you informed on issues and items that effect seniors in Klickitat County.

All are welcome to attend the monthly Advisory Board meetings or to provide feedback or suggestions for discussion.

If you 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](mailto:sharonc@klickitatcounty.org).

# RESEARCH STUDY

People experiencing memory loss and their care partners in our pilot studies enjoy their time together and are experiencing better mobility, increased stamina and improvements in their quality of life

“It not only helps with the physical part, but it helps the way I think.”

*Joe, Participant with memory loss*



Helping people living with memory loss to maintain their independence

**Moving Together™ online** classes meet twice weekly together with a partner



**Moving Together™ online** classes combine gentle physical movements, mindfulness practices and opportunities for social connection

Learn more at [TogetherSeniorHealth.com](http://TogetherSeniorHealth.com)

## To qualify:

- You must be diagnosed with mild cognitive impairment or mild dementia
- Participate as a pair, which includes a person with memory loss and a care partner
- Have access to a device (such as a smart TV, desktop computer, laptop or tablet) with internet access
- You do NOT need extensive technology experience; if you can email, you can join us!

Although you will not be paid, you will be helping to create an engaging online community for people living with memory loss and their families.

**If you are interested and qualify, please let us know:**

On our website:

[www.TogetherSeniorHealth.com](http://www.TogetherSeniorHealth.com)

By phone: (415) 237-3327

By email: [info@TogetherSeniorHealth.com](mailto:info@TogetherSeniorHealth.com)

We hope to hear from you soon!

Cynthia Benjamin, M.B.A., CEO, Together Senior Health  
Deborah Barnes, Ph.D., M.P.H., Professor, UCSF



University of California  
San Francisco



Dear Marci,

I have heard that some people don't have to pay their Medicare premiums because they enrolled in a Medicare Savings Program. Can you explain this program?

-Donald (Bozeman, MT)

Dear Donald,

Medicare Savings Programs (MSPs) help pay your Medicare costs if you have limited income and savings. There are three main programs, each with different benefits and eligibility requirements. To qualify for an MSP, you must have Medicare Part A and meet income and asset guidelines (note that these guidelines vary by state, and some states do not count assets when determining MSP eligibility).

Below are the benefits of each MSP, as well as the baseline federal income and asset limits. Most states use these limits, but some states have different guidelines.

- **Qualified Medicare Beneficiary (QMB)**

Benefits

Pays for Medicare Parts A and B premiums

Eliminates cost-sharing for Medicare-covered services

Eligibility

- ✦ Monthly income limit: \$1,094 for an individual or \$1,472 for a couple

- ✦ Asset limit: \$7,970 for an individual or \$11,960 for a couple

Note: If you owe a premium for Part A and are not yet enrolled, and you meet QMB eligibility guidelines, your state may have a process to allow you to enroll in premium Part A and QMB at the same time. Contact your State Health Insurance Assistance Program (SHIP) to learn more.

- ✦ **Specified Low-income Medicare Beneficiary (SLMB)**

Benefits

- ✦ Pays for Medicare Part B premium

Eligibility

- ✦ Monthly income limit: \$1,308 for an individual or \$1,762 for a couple

- ✦ Asset limit: \$7,970 for an individual or \$11,960 for a couple

- ✦ **Qualifying Individual (QI) Program**

Benefits

- ✦ Pays for Medicare Part B premium

Eligibility

- ✦ Monthly income limit: \$1,469 for an individual or \$1,980 for a couple

Asset limit: \$7,970 for an individual or \$11,960 for a couple

In addition to the above benefits, the three MSPs also:

- Allow you to enroll in Medicare Part B outside of usual enrollment periods

Eliminate your Part B late enrollment penalty, if you have one

Automatically enroll you in the Extra Help program Before applying for an MSP, you should call your local Medicaid office for application steps, submission information (online, mail, appointment, or through community health centers and other organizations), and other state-specific guidelines.

-Marci

**Call Senior Services for assistance. Stacy in Goldendale 509-773-3757  
Jill in White Salmon 509-493-3068.**

## A Matter of Perspective

By Kristoffer Lindstrom, MSW, LICSW

Skyline Health Behavioral Health Consultant



Have you ever heard the quote by Thoreau, “It’s not what you look at that matters; it’s what you see”? Or, the quote “Beauty is in the eye of the beholder”? We often struggle with a thought or a feeling. These thoughts and feelings may be provoked by a memory, a perceived slight or an experience we are having. If you are struggling to get “unstuck,” from a troublesome thought or feeling, try the following.

**Step 1:** Bring to mind an upsetting and recurring negative self-judgment, which takes the form of “*I am X*” such as “*I am incompetent,*” or “*I’m stupid.*” Hold this thought in your mind for several seconds and believe it as much as you can. Now notice how it affects you.

**Step 2:** Now take the thought “*I am X*” and insert this phrase in front of it: “*I’m having the thought of ...*” Now run the thought again, this time with the new phrase. Notice what happens.

In Step 2, most people notice a “*distance*” from the thought, such as it has much less impact. Notice there has been no effort to get rid of the thought, not to change it. Instead, the relationship with the thought has changed – it can be seen as just words.

This is cognitive defusion – an Acceptance and Commitment Therapy (ACT) technique. It is the act of learning how to look at our thoughts/feelings vs. looking from them. This requires a shift in our thinking or a change in our perspective. How we perceive things is often due to the lens through which we see. If we are looking at life, self and others from the lens of a negative thought, painful past memory, or busy and worried thoughts, all we see is through these filters. For a fresh look and a new perspective, try the above cognitive defusion technique.

If you are in need of behavioral health services, please call Skyline Health Medical Clinic at 509-638-2810 or visit [myskylinehealth.org](http://myskylinehealth.org). Same day appointments and virtual visits are available.



# June 2021 Menu

Sun

Mon


Tue

Wed

Thu

Fri

Sat

		1 GD Tuna Salad	2 WS  Spaghetti	3 GD  Spaghetti	4	5
6	7 WS Sweet & Sour Pork	8 GD Sweet & Sour Pork	9 WS  Turkey Wraps	10 GD  Turkey Wraps	11	12
13	14 WS  Chef Salad	15 GD  Chef Salad	16 WS  Salisbury Steak	17 GD  Salisbury Steak	18	19
20 	21 WS Ham & Scalloped Potatoes	22 GD Ham & Scalloped Potatoes	23 WS  Orange Chicken	24 GD  Orange Chicken	25	26
27	28 WS  Chicken Pot Pie	29 GD  Chicken Pot Pie	30 WS BBQ Pork Ribs	1GD BBQ Pork Ribs	<b>Menu Subject to Change</b>	

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 AHEAD.

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



## Helping Households Connect During the Pandemic

The Emergency Broadband Benefit is a temporary [FCC program](#) to help families and households struggling to afford broadband internet service during the COVID-19 pandemic.

The Emergency Broadband Benefit provides:

- Up to \$50/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if they contribute more than \$10 but less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

### Who is Eligible?

A household is eligible if a member of the household meets one of the criteria below:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or [Lifeline](#);
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income or COVID-19 program.

Check out [www.fcc.gov/broadbandbenefit](http://www.fcc.gov/broadbandbenefit) for a **Consumer FAQ** and other program resources.

### Three Ways to Apply

1. **Contact your preferred participating broadband provider** directly to learn about their application process.
2. **Go to [GetEmergencyBroadband.org](http://GetEmergencyBroadband.org)** to apply online and to find participating providers near you.
3. **Call 833-511-0311 for a mail-in application**, and return it along with proof of eligibility to:  
Emergency Broadband Support Center  
P.O. Box 7081  
London, KY 40742

**Call 833-511-0311**

or find more information about the Emergency Broadband Benefit at [www.fcc.gov/broadbandbenefit](http://www.fcc.gov/broadbandbenefit)

# Communicating with Your Doctor

When was the last time you left a doctor visit feeling satisfied that your concerns were heard and responded to? Successful communication with your doctor demands effective two-way communication. Here are a few tips to consider:

- **Make a list of your concerns.** Start a few days in advance, if possible, to track symptoms or other concerns. Be thorough and honest; the details are important. Keeping the list to one page will help the doctor stay engaged. Mention your most important concerns first. Consider giving the doctor a copy of your list so she can follow along. This will help make the best use of the limited time you have for your appointment.
- **Speak up.** Doctors tend to prioritize diagnostic information and core concerns early in the office visit. Make sure you make your key concerns known at the onset of the visit to help prevent the doctor from jumping to conclusions about treatments or dismissing issues you believe are important.
- **Listen.** It is so easy to get rattled at a doctor's visit that it sometimes feels like the appointment is over in a blink of an eye and all you walk out with is the blurred memory of a meeting and a prescription. Take some deep breaths and focus on what the doctor is saying. Bring a tape recorder and ask the doctor if she wouldn't mind your recording the visit to help you better remember the information you discuss.
- **Ask questions.** Don't hesitate to ask when words the doctor is using are unfamiliar or his instructions are not clear to you. Question the assumptions behind proposed treatments that do not seem viable in your situation. And above all, you deserve to know what the cost to you may be for a proposed treatment. Doctors' recommendations are only as valuable as your interest and ability to put them into practice.
- **Don't minimize the symptoms or situation.** Remarks like "it's just a little cough" or "my mother being up all night really isn't a problem," might lead your doctor to the same conclusion. If your real fear is that your sister's lung cancer started with a similar cough, let the doctor know. If mom's being up all night is preventing you from getting any sleep, say so. A few reassuring words, an appropriate test or as-needed sleeping medication can put your mind at ease.
- **Share your knowledge.** The doctor knows medical care and you know family care. Share information with the doctor about valuable community resources that have helped you. The doctor and their staff appreciate patient recommendations. They, in turn, can use this information to help other caregivers and patients.



## Fruits and Vegetables: Keep Them Fresh to Keep You Healthy

Fresh produce is a great option for a quick snack or a nutritious meal.

**These tips on storing fresh fruits and vegetables will help you cut down on food waste and trips to the grocery store. You'll save money while keeping fresh food on hand for your whole family.**

Fruits and vegetables are key to good nutrition. Foods like apples, broccoli, and green beans have the vitamins, minerals, and fiber your body needs to stay strong and healthy.

When you stock up on canned or frozen fruits and vegetables, buy items made without added sugar, fat, and sodium. They make much healthier options!

You can buy all kinds of fruits and veggies: canned, dried, or frozen. These options can be easy to find and are great for stocking your pantry and freezer. Fresh produce is also a great choice but storage can be difficult. The challenge with fresh foods is keeping them fresh.

Anything fresh can spoil quickly. Think about the last time you bought bananas. They may have seemed to turn brown overnight. Not to worry! Fresh foods can last longer if you store them right. Check out our top 6 tips for keeping your fruits and vegetables ready to eat.

### 1. Soak Up Extra Water

Too much moisture can cause fresh foods to spoil. Some items, like lettuce, naturally give off moisture over time. To keep some foods from spoiling, don't let their liquids collect. It's best to store foods like lettuce and leafy greens with something to soak up extra water. This could mean putting greens in a container with a paper towel. You could also use a cloth vegetable bag. Either way, make sure you store leafy greens in the refrigerator so they last longer.

### 2. Limit Air

Air makes some fruits and vegetables turn brown. Apple slices are one example. It won't hurt you to eat browning produce, but most people don't prefer it. Lemon juice can help foods keep their color. Squeeze some lemon juice over sliced fruits and veggies to protect them from the air. You don't have to worry about a sour taste either. When you're ready to eat, just rinse off the lemon juice.

If you enjoy on-the-go snacks, try raw carrots or cucumbers. They are easy to pack in a backpack or purse.

### 3. Stop Water Loss

While water can cause some fresh foods to spoil, it can help others stay crisp. You can cut hardy vegetables like celery and carrots into bite-sized pieces for a healthy snack. Once they're cut, place them in a bowl of water and store everything in the fridge.

This will keep your vegetables from losing moisture and becoming wilted.

For fresh berries, water and a little vinegar can keep them from getting mushy. Wash berries in a mixture of 1 part vinegar to 3 parts water. For example, 1 cup of vinegar and 3 cups of water. The vinegar and water mix helps remove grime, spores, and bacteria. Make sure you rinse your berries with clean water to remove any leftover vinegar. Pat them dry and store your berries in the fridge.



### 4. Separate Certain Foods

Some fruits and vegetables give off gases, like ethylene, as they ripen. These gases can cause other foods to age faster than usual. Fruits and vegetables that release gases include mangos, peaches, and pears. Other foods like cucumbers, raspberries, and strawberries can be affected by the gases and ripen too fast. To stop foods from aging too quickly, it's best to separate certain items. Try storing gas-releasing foods on a shelf separate from gas-sensitive ones.



### 5. Purchase Underripe Fruits and Veggies

When grocery shopping, everything you buy doesn't have to be ready to eat. Things like tomatoes, avocados, and cantaloupe continue to ripen after they're picked. Try purchasing some items when they're still a little firm. They will soften over time, and you'll have fresh produce for weeks on end.

### 6. Pick the Right Temperature

When it comes to storing fresh foods, temperature matters. The best storage temperature depends on the item you want to preserve. Most fruits and veggies do best in the refrigerator. Your refrigerator should be set to 40°F or less. You can use a crisper drawer to keep items fresh. The crisper helps fruits and vegetables get the right amount of air and keeps them from losing too much water. The crisper also keeps excess water from collecting. Remember, extra water can cause some foods to spoil.

Not all fresh foods need to be in the cold, though. You shouldn't refrigerate things like underripe bananas and avocados. The cold can interrupt fruits' ripening process and give fruit an unappealing look and texture. Store these fruits at room temperature.

Healthy eating is an important part of caring for your body. Fruits and vegetables have many of the vitamins and minerals your body needs. Fresh produce is a great option for a quick snack or a nutritious meal. Stored the right way, some fresh fruits and vegetables can last for weeks. With the tips above, you can keep lots of fresh foods on hand. You'll also cut down on food waste and trips to the grocery store, saving you time and money!

115 W. Court St. MS-CH-21  
228 W. Main St. Rm 140  
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 #062021**



Volunteer drivers must pass a criminal background check, have a current driver's license and insurance. Volunteers are reimbursed for mileage.

509-493-3068 or 509-773-3757.

If you are interested in volunteering please call one of our offices for an application

area.

**Currently we are in need of Meals on Wheels delivery drivers to deliver meals in Klickitat County. Currently we need volunteers in the White Salmon and Goldendale**

## **Volunteers Needed**