



# Klickitat County Senior Newsletter

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

Issue #092021

# 2021

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We were so hoping to be able to say that our congregate senior meal sites would be open. Unfortunately with the substantial increase in COVID cases, breakthrough infection risk for those that are fully vaccinated, and the return to full masking we will not be able to re-open our in-person meal sites at this time.

To maximize protection from the Delta variant and prevent possibly spreading it to others, get vaccinated as soon as you can and wear a mask indoors in public.

We will keep you updated on reopening plans. While we continue to work on logistics of reopening our in-person dining program, we will continue to provide delivered and curbside pick-up meals for any who want them out of our White Salmon and Goldendale kitchens.

Please call our office if you would like to get those.

Goldendale: 509-773-3757    White Salmon: 509-493-3068

Toll Free: 1-800-447-7858

Thank you for your patience and understanding.

The Klickitat County Senior Advisory Board currently holds a regular monthly meeting on the 1<sup>st</sup> Friday of each month at 10:30am. Our next meeting is scheduled for Friday, September 3<sup>rd</sup> at the Dallesport Community Center. Commissioner Jacob Anderson will be in attendance. The public is welcome. Masks/face coverings and distancing are REQUIRED. If you would like more information please contact: Sharon Carter, Director at 509-773-3757 or 509-493-3068 or email at [sharonc@klickitatcounty.org](mailto:sharonc@klickitatcounty.org).

## **Klickitat County Seniors Represented by Local Residents**

Decades ago, when the US Congress created Medicaid and passed the Older Americans Act, they also mandated the creation of advisory councils to give input to the new agencies on aging, and to help educate the community on the services and programs available, in healthcare, nutrition, transportation among other services. Today, in Klickitat County, there are three positions representing the interests of seniors and persons with disabilities to the five-county Area Agency on Aging and Disability of Southwest Washington (AAADSW).

One of the representatives is John Miller, a longtime resident of Centerville and Goldendale. After 30 years in the Army in worldwide postings as a logistics officer, John and his wife returned to Goldendale, where they have lived since 1989. John is active in Kiwanis and has already made his mark in helping establish the county's palliative care unit, which helps people deal with pain, to be administered by Klickitat Valley Health. John helped secure a sizeable grant from AAADSW for the palliative care program. He currently serves as the primary caregiver for his wife.

Another representative to the AAADSW Advisory Council is Sandy DeMent, a retired elder law attorney who lives in Wahkiacus. She cared for her husband and mother as their primary caregiver until their deaths in 2012. She currently serves as chair of AAADSW's Planning and Allocation committee, helping the agency focus on better serving the needs of seniors in smaller counties such as Klickitat, Skamania and Wahkiakum.

The third position on the Advisory Council has just opened, as the recent occupant, a retired county public health official, is moving out of the area. Anyone interested in helping to represent the interests of seniors and those with disabilities in Klickitat County should contact Arnie Dyer. He will be happy to talk to interested people by phone 360-910-3696 or email [dyerarnold379@gmail.com](mailto:dyerarnold379@gmail.com). The Advisory Council meets monthly in Vancouver, and the agency pays the expenses of representatives.

## Volunteers Needed



Currently we are in need of :

**Meals on Wheels delivery drivers** for the Goldendale area.

**Volunteer drivers for medical and essential services appointments.**

If you are interested in volunteering, an application is available at Klickitat County Senior Services offices.

For more information you can call one of our offices

White Salmon 509-493-3068 or Goldendale 509-773-3757.

Drivers must pass criminal background checks, driver record checks. Volunteer drivers for meals on wheels or transportation receive mileage reimbursement.

## Senior Services is Hiring



**Do you love to cook?**

**Or do you know someone who is a good cook and is looking for a part-time job?**

**Part Time Cook – Senior Services Department, White Salmon, .5 FTE (20 Hrs), non-exempt. \$17.47/hr. Must pass pre-employment drug screen which includes testing for marijuana and criminal background check. Must have cooking experience. Work days are Mondays and Wednesdays from 8am to 3pm. Additional hours available for fill in work in Goldendale on Tuesdays & Thursdays. Visit [www.klickitatcounty.org](http://www.klickitatcounty.org) for details or an application or call the Personnel Dept. 509-773-7171**

## **WE ARE PROVIDING AN ARTICLE EACH MONTH FEATURING A PROGRAM SENIOR SERVICES OFFERS**



**'Information and Assistance' (I&A)** is the entry point of the Senior Services network.

Professionally trained and caring Information & Assistance (I&A) Specialists are available at each of our offices to confidentially answer questions and provide information, assistance, or referral to local, state and federal services and benefits available to older adults aged 60+, individuals with disabilities, and caregivers. Our goal is to help seniors live in their home with dignity, as long as safely manageable, and to enjoy the best quality of life possible.

We can assist in completing applications for benefits and find solutions for many complex issues including those listed below. Some programs are only available to those meeting certain income and/or asset limitations.

- *Affordable & Senior Housing*
- *Assisted & Supportive Living Facilities*
- *Property Tax Issues*
- *Help in the Home*
- *Legal Issues*
- *Utility Assistance*
- *Long Term Care Facilities*
- *Medicare Issues*
- *Prescription Drug Plan Assistance*

'Information' gives you just that – information. What do you need to know? Transportation schedules or services? How to find information about Medicare or Social Security? How to apply for food stamps or the P.U.D. discount? What in home or long term care services are available?

The 'Assistance' part of Information and Assistance is actually doing something for you. We may call and make an appointment for you, help you figure out your insurance billings, help to fill out your application for a benefit, help you review your Medicare prescription drug plan and look at options based on your current medication needs and affordability, or complete an assessment to determine eligibility for home delivered meals.

Information & Assistance Specialists also complete training and have ongoing training to assist individuals with understanding Medicare, Medicare Savings Programs, Low Income Subsidy programs and assistance with evaluating Medicare Prescription Drug plans to see what plan is most appropriate for them. Our specialists provide a lot of one on one assistance to individuals to navigate the various programs and services.

## SENIOR SERVICES PROGRAM, CONTINUED



Klickitat County Senior Services also serves as an Aging & Disability Resource Center (ADRC)

ADRCs serve as integrated points of entry into the long-term care and home or community-based service and support system and are designed to address the frustrations many consumers and their families experience when they need to obtain information and access to those services and supports.

Through integration or coordination of existing aging and disability service systems, we work to raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term and other supports, and help people more easily access public and private long term supports and services programs. These timely supports can also prevent or delay the need to access government paid services.

By linking consumers with services and supports that match their individualized priorities and preferences, we have the ability to assist individuals to remain at home or in their communities and thereby support individual self-empowerment and quality of life.

We rely on strong partnerships with other social services organizations; healthcare providers; and aging and disability advocates to create integrated networks.

Stacy Bryan is our Information & Assistance specialist in our Goldendale office and can be reached by calling 509-773-3757.

Jill Parrott is our Information & Assistance specialist in our White Salmon office and can be reached by calling 509-493-3068.

Please call them and discuss your individual situation or issue and they will work to provide the appropriate information, assistance, or referral resource.

Klickitat County Senior Services serves all of Klickitat County. Our office hours are Monday through Friday 8am to 5pm.

# Do you care for someone with memory loss?

A free workshop may help you!



The Rural Dementia Caregiver Project seeks to help caregivers of people with memory loss from rural or farming communities learn new skills and improve their health. It is a research study of the University of California, San Francisco

## If you join the study, you will receive, for free:

- Access to an 6-week online workshop—any time, day or night (no Zoom or video required)
- Workbook to keep—on skills and resources for caregivers
- Support from trained staff and other caregivers
- Up to \$80 in cash for completing 4 surveys

## Am I eligible?

You may be eligible if you:

- Are 18 years of age or older
- Able to access the internet
- Provide care for at least 10 hours per week

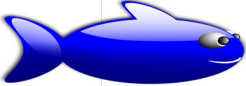


*By “care” we mean assistance with dressing, meals, transportation, medications, appointments, or similar support*

See privacy information at: <https://caregiverproject.ucsf.edu/have-questions>

**Check if you are eligible! [caregiverproject.ucsf.edu](https://caregiverproject.ucsf.edu)**

For other questions call toll free at 1-833-634-0603

# September 2021 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Menu Subject to Change</b>	1 WS Chicken Cacciatore	2 GD Chicken Cacciatore	3	4
5	6 <b>Labor Day</b>  <b>Office Closed</b>	7 GD  Sausage, Red Beans and Rice	8 WS  Baked Fish 	9 GD  Baked Fish	10	11
12	13 WS  Meatloaf	14 GD  Meatloaf	15 WS  Baked Chicken	16 GD  Baked Chicken	17	18
19 	20 WS  Chicken Quesadilla	21 GD  Chicken Quesadilla	22 WS  Swedish Meatballs	23 GD  Swedish Meatballs	24	25
26	27 WS  BBQ Pork	28 GD  BBQ Pork	29 WS  Hamburger	30 GD  Hamburger		

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



## Savvy Senior

### How to Handle Your Medicare Coverage if You Move

*Dear Savvy Senior,*

*My husband and I are moving to a different area of the country to be near our daughter. Will this affect our Medicare benefits? Will we need to adjust our coverage or re-enroll in a new plan?*

*Moving Away*

Dear Moving,

Moving can indeed affect your Medicare benefits depending on the type of coverage you have and where you move to.

If you and your husband are enrolled in “original Medicare” Part A and Part B, you’ll be happy to know that you won’t need to change your plans when you move because they’re the same throughout the U.S. You will, however, need to notify the Social Security Administration of your change of address, which you can do at

*SSA.gov/myaccount/change-of-address.html* or by calling 800-772-1213.

But, if you’re enrolled in a Medicare (Part D) prescription drug plan, or a Medicare (Part C) Advantage plan and you move out of your plan’s service area, you’ll need to choose a new plan that serves your new area. Here’s a breakdown of what you’ll need to do depending on the type of coverage you have.

**If you have a Part D plan:** If you’re enrolled in original Medicare and have a stand-alone Medicare Part D prescription drug plan, you’ll need to contact your Part D plan to find out if it will work in the area you’re moving to. If it doesn’t, you’ll need to enroll in a new plan that provides coverage in your new location.

You can make this switch the month before you move and up to two months after the move. Otherwise, you’ll need to wait until the next open enrollment (in the fall) and could be penalized for having no acceptable prescription drug coverage.

## Savvy Senior

### How to Handle Your Medicare Coverage if You Move (Continued)



**If you have a Medicare Advantage plan:** If you're enrolled in a Medicare Advantage plan, again, contact your plan to find out if it will serve your new area. If it doesn't, you'll need to enroll in a new plan that does. To shop for new Advantage and/or Part D prescription drug plans in your new location, see [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare).

You can switch Advantage plans the month before you move and up to two months after you move.

But be aware that if you relocate out of your Medicare Advantage plan's service area and fail to enroll in a new plan in your new area, you'll automatically be switched to original Medicare. This will happen when your old Medicare Advantage plan is forced to disenroll you because you don't live within its service area anymore.

**If you have a Medigap policy:** If you're enrolled in original Medicare and have a supplemental (Medigap) policy, you'll need to notify your provider that you're moving, but you should not need to change insurance companies or plans. (Note: there also are Medicare Select plans, which are Medigap plans that are network-based and are available in a few states. These plans may require you to change.)

Medigap plans are standardized across the country; for example, Medigap Plan F offers the same coverage in one state as it does in another state (Massachusetts, Minnesota, and Wisconsin have waivers from the federal government allowing them to standardize Medigap plans differently, so plan designs are different in those three states).

But be aware that Medigap costs vary by location, so your monthly Medigap policy premium may be higher or lower depending on the cost of medical care in your new area.

Call your provider and tell them the new ZIP code, and they'll let you know the cost. Sometimes you'll be pleasantly surprised that it's lower.

If it's not, you could look for a cheaper policy. However, you may have to undergo medical underwriting. Medigap policies come with their own rules for enrolling, and some states have different enrollment standards than others.

**Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.SavvySenior.org). Jim Miller is a contributor to the NBC *Today* show and author of "*The Savvy Senior*" book.**

**2021 COVID Summer Low Income Elderly Discount program** is a new one-time program that is similar to KPUD's existing Low Income Elderly Discount program.

The new COVID discount would apply to customer bills from June 2021 through November 2021.

- Residential customer age 62 or over.
- Single household income of \$25,520 per year or less.
- Two- person household income of \$34,480 or less.

Discount ranges from 5% to 35% depending on yearly income range.

Customer who received the KPUD Low Income Elderly Discount will automatically requalify and to not need to reapply.

**New applications are being accepted by Klickitat County Senior Services.**

Call Stacy in Goldendale at 509-773-3757 or Jill in White Salmon at 509-493-3068 and they will be able to assist with the application.

**The Klickitat County PUD also has a COVID Residential Customer Assistance Program** that will provide one-time grants to customers negatively impacted by COVID-19.

The one-time grant amount is based on services provided by Klickitat PUD to customer.

- Must be active residential customer.
- Electric customers may be eligible for \$300.
- Combined service customers may qualify for \$500.

The one-time grant will be applied directly to customers utility account between June 2021 and December 2021.

Applications for this program are completed directly through Klickitat PUD by calling and requesting an application or completing the application online on the PUD web site is: [www.klickitatpud.com](http://www.klickitatpud.com).

**KPUD customer service can be reached at 800-548-8357 or 800-548-8358.**

## Walk About Lyle - Community Fundraiser

### **Let's Walk About Lyle -- Everyone is Welcome!!**

DATE: September 25th, 2021 from 9-3pm.

LOCATION: All activities start at the Lyle Activity Center Hwy 14th and 3rd Street

### **Mark your calendars, and tell your friends!**

“Walk About Lyle” is a community fundraiser, sponsored by the Lyle Community Council and organized by community members to promote healthy exercise and eating habits, celebrate the beauty and history of Lyle, and meet neighbors and community members for fun times!

Activities include:

- > Children's parade (for children under 12)
- > Senior Walkathon
- > Walking tour of the birds of the area, led by Wild Life Biologist, Bill Weiler
- > History tour of Lyle, led by the Lyle Museum
- > Hikes on nearby trail heads

Seniors for the Walkathon: Please register by clicking the **SENIOR WALKATHON ENTRY FORM** button on the [lylewa.com](http://lylewa.com) web site . You can print the form, and get your sponsors signed-up to sponsor you per lap, then bring the filled-in form to the Walkathon event.

No registration needed for other activities.

Other notes about this event:

- > For purchase: Healthy snacks
- > For donation: Delicious pulled pork sandwich lunch plate
- > This event will help raise funds for the Lyle Council's community work
- > Masks and social distancing are encouraged
- > Bring your own water bottle

### **Fixed route shuttle UPDATE**

Mt. Adams Fixed Route will have a schedule change due to The Dalles Bridge Construction. The Goldendale to The Dalles fixed route shuttle bus will not stop in Wishram and Dallesport on Fridays beginning, Friday-September 10th through May 2022. The Friday Goldendale to The Dalles fixed route service will cross at the Biggs Bridge and continue the usual stops in The Dalles and Goldendale on Fridays. Construction bridge closures begin on Thursday night September 9th. The Dalles Bridge will be closed Thursday nights through Monday mornings starting the week after Labor Day. If you have questions about Mt. Adams transportation Service please call us at: 509-773-3060 or 509-493-4662.

Mailing:

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 # 092021**

**Medicare Part D Annual Enrollment**

COMING SOON!!!

The Medicare Annual Open Enrollment Period—which is a time to choose and join or change prescription drug plans is just around the corner.

The Annual Open Enrollment Period will be:

October 15—December 7, 2021

Changes made during this time will take effect:

January 1, 2022

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance.

509-773-3757 Stacy in Goldendale

509-493-3068 Jill in White Salmon

Or toll free 1-800-447-7858