

# Klickitat County Senior Newsletter

Klickitat County Senior Services  
 Goldendale 509-773-3757  
 White Salmon 509-493-3068

## 2021

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### WE'RE MOVING.....

The **Goldendale** Senior Services/Mt. Adams Transportation office will be moving back to 115 W. Court Street into the newly built County Services Building the week of November 15, 2021. Our physical office will be closed to the public that week while we move but we will continue to operate transportation and nutrition services as usual. There will be limited access to scheduling new rides on November 15th as we will not have computer or phone access for the Goldendale office. Calls will be forwarded and answered by our White Salmon office for urgent items.

Our new Goldendale office mailing address will be:

115 W. Court Street, Box#101, Goldendale, WA 98620

Our new physical address will return to our old one and will be:

115 W. Court Street, Goldendale, WA 98620.

**WE'RE MOVING!**



Please bear with us while we get moved and unpacked. We look forward to being back at our old location with new surroundings.

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

Please listen to your local radio stations, KVGDLP Goldendale FM100.1, KLCK 1400AM, & KIHR 1340AM, Y102 FM, KACI 1300 AM to find out about a cancellation or call our senior services office:

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

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 509-773-3060, White Salmon 509-493-4662.



## Message from Klickitat County Senior Services Director –Sharon Carter

Klickitat County Senior Services made the decision not to renew our Washington Home Care License that is due to expire in January and have informed our clients and staff that we will be ending that program December 31st.

The decision for this was very difficult and there was discussion with the Board of County Commissioners and our Senior Advisory Board. Klickitat County has a budget shortfall projected for 2022 and all Departments were required to make reductions.

Klickitat County Senior Services provides multiple programs and services for seniors in Klickitat County. Home Care is one of those services and we have 28 clients countywide on that service but the subsidy the County provides for that program has continued to increase each year. The cash subsidy from the County was in excess of \$150,000 and in-kind support of office space, materials, etc. is not included in that. We also have had a reduction in workforce with retirements, etc. and an inability to get any qualified applicants. We were down to 4 Full time and 2 part time staff. In reviewing the increase in cash support, in-kind support, and staffing challenges the decision was made that we would end the home care program provided by Klickitat County Senior Services and work to develop support through the other home care agencies, and the individual provider program.

We are actively working with clients to establish care through the other available options and/or having their caregiver as an individual provider for those caregivers and clients who choose to do so. The decision was made to not compete with existing private businesses that do provide home care services and direct some of the county resources to programs that benefit more seniors countywide. There are 3 other home care agencies that are licensed to serve Klickitat County residents. Chesterfield Home Care Services, Addus Home Care Services, and Bobbi's Way.

I am happy to answer questions from anyone about our programs and services and we continue to provide many services that benefit seniors but sadly with much of our funding dependent upon grants and subsidies we do have to make difficult decisions.

We have just received a fully funded grant to develop a Volunteer Connection program that will be working to expand support throughout Klickitat County to help seniors with support in their home in a number of ways and will be providing more information as this program develops.

In regard to the Senior Meal Programs.

Seniors can call and access meals on wheels or curbside pick up from our Goldendale or White Salmon office. We have not opened senior meal sites due to the increase in active COVID cases and requirements we must follow regarding masks and enforcement at our sites. Call our office if you would like to receive meals.

Our hope is that COVID 19 cases will decrease and we will be able to resume our in-person meal sites in the new year.

We are so sad to have to share the news that Stacy Bryan, Information & Assistance Coordinator in our Goldendale office will be leaving Senior Services on November 23rd.

Stacy has been with Senior Services since 2011. First as a Van Driver in Transportation, then Transportation Coordinator, and the last 2 1/2 years as Information & Assistance Coordinator.

**We are going to miss her greatly— but wish her the best in all her future endeavors!!!**

## **Lesson on Empathy**

**By Kristoffer Lindstrom, MSW, LICSW**

**Skyline Health Behavioral Health Consultant**



*Definition of empathy: The ability to understand and share the feelings of another.*

Research shows as we spend more time with others who are different from ourselves we will begin to develop a more empathic outlook toward others.

"We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know."

**-Carl Ransom Rogers**

Carl Rogers was one of the founders of the humanistic approach (client centered) in psychology. This is really about seeing the "whole person," in ourselves and in each other. As such, with this perception we are able to be and become more empathetic as we are more fully paying attention to who we are and who each other are.

As we continue to encounter the difficulties of our current situation with COVID and the general state of things, let us honor each other and ourselves as whole people recognizing we all share the full range of human experiences together.

If you or anyone you know would benefit from support, Skyline Behavioral Health Clinic is accepting new patients. To schedule an In-person or virtual appointment call 509-637-2810 or visit [myskylinehealth.org](http://myskylinehealth.org).

## Flu & People 65 Years and Older

People 65 years and older are at higher risk of developing serious complications from flu compared with young, healthy adults.

Flu vaccination is especially important for people 65 years and older because they are at higher risk of developing serious flu complications. Flu vaccines are updated each season to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against flu. Because immunity may decrease more quickly in older people, it is especially important that this group is not vaccinated too early (in July or August). September and October are generally good times to be vaccinated for people 65 years and older.

Flu vaccines for 2021-2022 have been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination fully sets in after about two weeks.

## **FLU SHOTS—Klickitat County Health Department**

Flu shots will be offered beginning October 14th.

To schedule an appointment with the Klickitat County Health Department call:

Goldendale Tuesdays from 1pm to 4pm call 509-773-4565

White Salmon Thursdays from 1pm to 4pm call 509-493-1558

Flu shots will be \$40 unless you are covered by Medicaid, Medicare or Regence health.

## **Who is Eligible for a COVID-19 Booster Shot**

Certain people are now eligible to receive a COVID-19 booster shot, including those who received Moderna and Johnson & Johnson/Janssen COVID-19 vaccines. Eligible individuals may choose which vaccine they receive as a booster dose. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

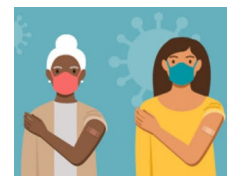
For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

65 years and older

Age 18+ who live in [long-term care settings](#)

Age 18+ who have [underlying medical conditions](#)

Age 18+ who work or live in [high-risk settings](#)



For the nearly 15 million people who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

Additional populations may be recommended to receive a booster shot as more data become available.

# COVID BOOSTER SHOT DRIVE



KLICKITAT COUNTY HEALTH DEPT, SKAMANIA COUNTY COMMUNITY HEALTH, SKYLINE HEALTH, KLICKITAT VALLEY HEALTH, AND NORTHSORE MEDICAL GROUP WILL BE JOINTLY COORDINATING A BOOSTER SHOT DRIVE.

**BOOSTERS AUTHORIZED AS OF 9/27: PFIZER  
BRING YOUR VACCINATION CARD!**

**11/2 TUES | 2-7pm** Stevenson, Hegewald Auditorium  
<https://prepmod.doh.wa.gov/>

**11/16 TUES | 2-7pm** Stevenson, Hegewald Auditorium  
<https://prepmod.doh.wa.gov/>

**11/2 TUES | 8:30-4pm** Goldendale, Klickitat County Health Dept

**11/16 TUES | 8:30-4pm** Goldendale, Klickitat County Health Dept

**11/4 THURS | 8:30-4pm** White Salmon, Klickitat County Health Dept,

**11/17 WED | 2-7pm** White Salmon schools

**11/9 TUES | 8:30-4pm** Goldendale, Klickitat County Health Dept

**11/30 TUES | 8:30-4pm** Goldendale, Klickitat County Health Dept

**11/10 WED |**  
Goldendale Fairgrounds

**11/30 TUES | 2-7pm** Stevenson, Hegewald Auditorium  
<https://prepmod.doh.wa.gov/>

**11/11 THURS | 8:30-4pm** White Salmon, Klickitat County Health Dept

Schedule your COVID-19 vaccination online!

We are now booking online COVID-19 vaccine appointments in both Goldendale and White Salmon.

<https://us1.quickscreen.health/klickitat-county-vaccination#/screening>

**NO INTERNET ACCESS? CALL**

**Klickitat County Health Dept, 509-773-4565 or 509-493-4025**

**Skamania County Community Health, 509-427-3850 | Klickitat Valley Health, 509-773-4029**

**NorthShore Medical Group, 509-493-2133 or 509-427-4212 | Skyline Health, 509-637-2810**

**NO COST | NO INSURANCE NECESSARY | BY APPOINTMENT ONLY**

# Do you need help with Winter electricity?

## Senior Klickitat PUD Discount

If you are **62 or older** and your **GROSS household annual income is under \$25,760 for a single occupant household or under \$34,840 for a two person household** you may qualify for the **Senior Klickitat County PUD discount**.

Call Senior Services at 509-773-3757 or 509-493-3068 to make an appointment to apply for your PUD discount.

The discount runs Dec.1, 2020-May 31,2021(6 months).

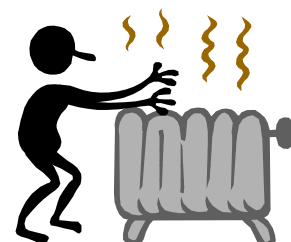
### New applications are required for everyone.

Service may be furnished through one meter to a single-family residence only.

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
<b>DISCOUNT</b>	<b>Yearly Income</b>	<b>Yearly Income</b>
<b>35%</b>	\$12,880 or less	\$17,420 or less
<b>25%</b>	\$12,881 - \$17,130	\$17,241 - \$23,169
<b>15%</b>	\$17,131 - \$19,320	\$23,170 - \$26,130
<b>5%</b>	\$19,321 - \$25,760	\$26,131 - \$34,840

**Effective Date** - Effective for billings issued December 2021 to May 2022.

**Discounts are subject to funding limitations and may be suspended when limit is met.**



## 5 Reasons to Switch Medicare Part D Plans



How to decide when to move on to a new prescription drug plan.

Here's why you should shop around for a new Medicare Part D plan for 2022.

**Medication changes.** You may have selected your current Medicare Part D plan based on medications you were taking a year or more ago. If you started a new medication in 2021, or think you might in 2022, research which plan in your area covers your most likely array of medications in the most cost effective way. You can use the Medicare Plan Finder to research how the medications you are interested in will be covered by all the Part D plans offered in your area.

**Coverage changes.** Medicare Part D plans are allowed to change their formulary of covered medications each year, and many plans do. Even if the medications you use were covered in the past, that doesn't mean they will continue to be covered in 2022 or that the out-of-pocket costs for a given medication won't significantly change.

**Premium increase.** Medicare Part D premiums vary based on the plan you select and can change from year to year. If you are facing a significant premium increase in 2022, it's worth typing your medications into the Medicare Plan Finder to see if there is another option that will cover your medications at a more affordable price.

**High out-of-pocket costs.** Premiums aren't the only plan costs to consider. Medicare deductibles vary by plan, and some plans don't have deductibles at all. The annual deductibles range from \$0 to \$480. You might also have to pay a set copayment amount, such as \$10, or a percentage of the price of the drug, such as 25 percent, and these amounts vary by plan.

**Inconvenient preferred pharmacies.** Many Medicare Part D plans have preferred pharmacies, and beneficiaries pay lower out-of-pocket costs if they fill their prescriptions at these locations. However, if the pharmacy that is most convenient for you doesn't participate in the preferred pricing, you could face much higher costs to fill your prescriptions. Enrollees pay less for their prescriptions if they go to a pharmacy where the plan has negotiated certain preferred pricing arrangements.

## No-Cost Vaccine Clinic-Skyline Health

Skyline Health is offering no-charge vaccines for Klickitat and Skamania residents, as well as established Skyline Health patents. We are your partners in keeping you healthy – medically and financially.

### Available Vaccines

- Flu
- Diphtheria, Tetanus & Whooping Cough (DTAP)
- Pneumonia
- Shingles
- COVID-19

### Options for the whole family

Our compassionate team at Skyline Health Medical Clinic can provide vaccines to those 6 months and older. And, if you are in need of a primary care physician, you can easily make your annual appointment while visiting the clinic. Call 509-637-2810 to schedule an appointment.

### For your convenience

We recognize the need for a patient's convenience. So, if you or a family member have an appointment on Skyline Health's campus, consider stopping by Skyline Health Medical Clinic to receive your no-charge vaccine. No time?

Call 509-637-2810 to make an appointment.

## Buy the new 2022 \$40 unlimited GOrge Transit Pass— Nov 1!

Starting November 1, 2021, you can purchase and use the \$40 unlimited-ride annual GOrge Pass for fixed routes on CAT, The Link, MATS, & Skamania. Find out more at [GOrgepass.com](http://GOrgepass.com).

In mid-November Skamania County Transit will connect to MATS fixed route bus at the Bingen Park and Ride. This will allow passengers to connect and travel to Skamania County and Vancouver.

# November 2021 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WS Baked Fish	2 GD Baked Fish	3 WS Beef Stroganoff	4 GD Beef Stroganoff	5	6 
7 Daylight Saving Time Ends	8 WS  Chicken Parmesan	9 GD  Chicken Parmesan	10 WS  Sausage Gravy over Biscuits	11 GD Office Closed 	12	13
14 	15 WS  Chili	16 GD  Chili	17 WS  Meatloaf	18 GD  Meatloaf 	19	20
21	22 WS  Sweet & Sour Chicken	23 GD  Roast Turkey	24 WS  Roast Turkey	25  Thanksgiving Office Closed	26 Office Closed	27
28	29 WS Tuna Casserole	30 Tuna Casserole	GD Hungarian Goulash		<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 Klickitat County Senior Services to sign up: Goldendale: 509-773-3757  
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858



## MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Service now has two types of transportation service. Dial-a-Ride & Fixed Route.

We continue to have our Dial-a-Ride Service that has been in existence for over 30 years and we have two fixed service routes between White Salmon and Hood River and Goldendale and The Dalles.

**Dial-a-Ride Service** is designed to enable Klickitat County residents who lack transportation resources to meet their basic needs and provides door to door service.

- .. Medical appointments
- .. Employment (limited)
- .. Social service appointments
- .. Grocery shopping

We use small wheelchair accessible buses, and wheelchair accessible minivans, and private vehicles with volunteer drivers to provide transportation.

Mt. Adams Transportation operates out of two locations in Klickitat County's main population centers, one office in Goldendale and one office in White Salmon but our transportation service travels to all areas of Klickitat County.

We use paid and volunteer driver's to meet the transportation needs of Klickitat County residents. Both paid and volunteer drivers must pass specific criteria regarding driving history, insurance, criminal background, and training in order to provide transportation.

We also travel to The Dalles, and Hood River on a regular basis. We can travel to Portland, Vancouver, and Yakima for medical services.

Trips to non-essential destinations can be made on a space-available and resource available basis. Fares depend on the pick up location and destination of the trip and current fare listing for dial-a-ride service is available on our web site or by calling our office.

Our priorities for scheduling trips will give a preference to passengers needing rides to medical appointments, education, basic human services such as post office, banking, social services and basic shopping needs.

To request a ride, call in advance of your trip as we often get booked up, the more advance notice the more ability we have to schedule your trip. Be prepared to give the transportation coordinator the following information:

- .. Name, address & phone number
- .. Your date of birth
- .. The date & time of your appointment
- .. The address of your destination.

### **Goldendale Office**

115 W. Court #101  
Goldendale, WA 98620  
Phone: (509) 773-3060  
or 800 774-1699  
Fax: (509) 773-6965

### **White Salmon Office:**

P.O. Box 1877  
501 NE Washington Street  
White Salmon, WA 98672  
Phone: (509) 493-4662  
or 800 493-7606  
Fax: (509) 493-4109

**[www.klickitatcounty.org](http://www.klickitatcounty.org)**

## MT. ADAMS TRANSPORTATION SERVICE, continued



We receive grant funding from Washington State Department of Transportation to provide two fixed route services.

**Fixed Route Service** is designed to provide regional access for employment and education and reduce rural inaccessibility.

- The West End fixed route bus runs between White Salmon/Bingen to Hood River. There are multiple round trips that operate between 7am and 7pm Monday through Friday.
- The East End fixed route runs between Goldendale and The Dalles. There are 3 round trips that operate between 7am and 7pm Monday through Friday and a Goldendale intercity service that runs between the trips to The Dalles.
- There are no reservations that are needed to ride the fixed route service. You just need to get on at one of the designated stops on the route.
- The fare for the fixed route service is \$1.00 each time you board and you must have exact change as driver's cannot provide change and you must pay the fare in order to board the vehicle. Or you can purchase a GOrge annual pass for \$40 and ride the gorge area fixed route transportation services.
- The fixed route service vehicles are equipped with a bike rack.
- The bus does not wait: you need to be at the designated stop 5 minutes before scheduled time and be visible to the driver.
- Carry-on bags are limited: No more bags than passenger can carry on at one time.

For more information or a copy of our current schedules please contact us at 509-773-3060 or 509-493-4662 or access the schedule online.

Email: [matsinfo@klickitatcounty.org](mailto:matsinfo@klickitatcounty.org)

<http://www.gorgetranslink.com/transit-klickitat.html>

Mt. Adams Transportation operates Monday through Friday except for the following holidays: **New Year's Day, Martin Luther King Jr Birthday,**

**President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day,**

**Thanksgiving and the Friday following, and Christmas Day.**

### TRANSPORTATION

Masks Are Still Required Traveling on Public Transportation per Federal requirement (which includes our transportation buses). A person's risk of getting and spreading COVID-19 increases by bringing people in close contact with others. Masks will still be required to be worn at all times while using our transportation services. Please be kind to our Driver's and Staff.

115 W. Court St. Box#101  
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 # 112021**

**It's that time of the year again—Medicare Part D Prescription Drug Plan Open Enrollment 2022 Medicare Part D Questions?**

◆ Who can buy Part D Plans? What do Part D plans cost?

◆ What if I can't afford Part D? Do I really need Part D?

◆ When can I join a Part D plan? I have Part D. It is not working for

me. What can I do?

This is your opportunity to re-evaluate your existing coverage. Jill and Stacy

with our office are available by telephone to answer your questions about

Medicare Part D. They can help you explore your options so that you can make timely and informed decisions.

Making the right choices could save you hundreds-to-thousands of dollars a year.

Part D open enrollment runs from October 15 through December 7th and takes effect January 2022.

~ Call Stacy in Goldendale for an appointment 509-773-3757

~ Call Jill in White Salmon for an appointment 509-493-3068