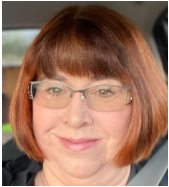


October 2022



Klickitat County Senior Newsletter

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



Message from Klickitat County Senior Services
 Director – Sharon Carter

It is hard to believe we are in the Fall Season already. This year is just flying by and the weather has stayed so warm it is hard to believe it is October.

As we head into Fall I want to remind everyone the importance of monitoring for symptoms of illness and staying home until you are well. Not only are we continuing to deal with COVID we are heading into Flu Season and hearing it may be a tough year with the flu.

New COVID Boosters are now available through Klickitat County Health Department and they are offering boosters on Thursdays in White Salmon and on Tuesdays in Goldendale. The Klickitat County Health Department can be reached if you call 773-4565 or 493-1558 to schedule an appointment or reach out to your medical provider. Flu shots are also available through the Health Department or your primary medical provider.

Governor Inslee announced that the COVID state of emergency for Washington will end on October 31st. That means that a number of the emergency orders for the pandemic will end. Specifically the emergency order eliminating the need to “qualify” for home delivered meals will change. Doreen and Jill will be reaching out to those receiving home delivered meals to complete the required nutritional and functional assessment to determine if individuals qualify for the home delivered meals. Those that do not qualify but still would like to have a meal will be given options for providers that do home delivered meal services that can be purchased. All seniors are also welcome to attend the Senior Meal Sites located in White Salmon, Goldendale, and Lyle. Our funding is limited and does not provide enough support to provide home delivered meals to those that do not qualify. Information regarding the qualification for home delivered meals is on page 11 of this newsletter.

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Do you need HELP With Winter Heating?

Washington Gorge Action Program (WGAP) staff will process Energy Assistance applications for seniors 60 and older and Jill or Doreen from Senior Services will be there to process Klickitat County PUD electric Senior discounts at the following locations in October and November.

White Salmon Pioneer Center, 501 NE Washington Street.

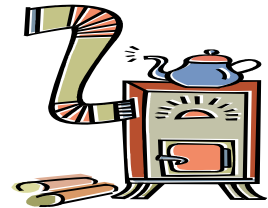
Wednesday, October 19th & Wednesday, November 16th 10am to 1pm

Lyle Lions Community Center 503 Lewis & Clark Hwy, Lyle .

Tuesday, October 18th, 10am to 1pm

Goldendale PUD public meeting room 1313 S. Columbus Avenue.

Thursday, October 20th 10am to 1pm & Thursday, November 17th 10am to 1pm



Klickitat PUD Senior Discount

As of the date of our newsletter printing we do not know the details of the Senior PUD electric discount qualifications are but will provide information in our November newsletter and at the posted events. You will need to provide proof of gross annual household income and copy of PUD bill.

LIHEAP Low Income Energy Assistance for Seniors through WAGAP.

You will need to bring:

Proof of current household income which can be verified with your most recent bank statement or your current award letter.

Proof of physical address.

Copy of utility bill (that you are applying for help with)

SS cards for ALL household members

ID for all adults

Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2022

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year. Be sure to review your plan each year to make sure it will still meet your health and financial needs. Many insurers also will be raising less visible expenses, such as annual deductibles and drug coinsurance payments.

Klickitat County Senior Services staff are available to provide assistance with reviewing plan options during the Medicare Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

773-3757 Doreen in Goldendale

493-3068 Jill in White Salmon

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?

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C). **currently there are no Medicare Advantage Plans available in Klickitat County.

Call and speak with Jill 509-493-3068 or Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

Do You or Someone You Know Live with a Chronic Disease?



Living a Healthy Life with Chronic Conditions

A PROVEN Chronic Disease Self-Management Program

People who have taken this program say they are better able to manage their:



Heart disease



Arthritis



Diabetes



Depression



Asthma, bronchitis and emphysema



Other physical and mental health conditions

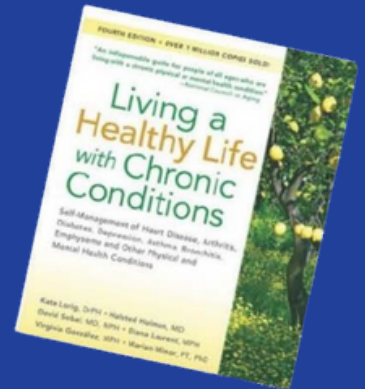
Virtual* workshop starting soon!

*Held on Zoom: Tablets, internet access and technical assistance are available upon request with support from our Goldendale and White Salmon Libraries. Transportation to those sites if needed provided by Mt. Adams Transportation.

October 19 - December 7

Wednesdays

1:30 - 4:00 p.m.



Space is limited!
Register by October 14

Please register in advance by calling Klickitat County Senior Services:

509-773-3757 or 509-493-3068

Monday - Friday 8:00 a.m. - 5:00 p.m.





EMBRACE YOUR HEALTH

PRACTICAL TIPS YOU CAN USE RIGHT AWAY

- Receive support from people like you who are living with ongoing health conditions
- Learn relaxation and other strategies to deal with pain, fatigue and frustration
- Discover how healthy eating can improve your condition
- Create an exercise program that works for you
- Explore how to talk with your doctor and family about your health



ADDITIONAL INFORMATION

- Workshop is **available at no cost!**
- **Grocery gift cards** awarded upon workshop completion
- **Transportation assistance available** by request
- Let us know if you **need additional support** to participate

We are here to assist!



Events take place at the Pioneer Center 501 NE Washington Street, White Salmon unless otherwise indicated

White Salmon Events

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless other-</i>					1
2	3 12pm Senior Lunch	4 8:30 to 9:30 Hatha Yoga 2pm Strong People	5 12pm Senior Lunch	6 8:30 to 9:30 Hatha Yoga 2pm Strong People	7	8
9	10 12pm Senior Lunch	11 8:30 to 9:30 Hatha Yoga 2pm Strong People	12 12pm Senior Lunch	13 8:30 to 9:30 Hatha Yoga 2pm Strong People	14	15
16	17 12pm Senior Lunch	18 8:30 to 9:30 Hatha Yoga 2pm Strong People	19 10 to 1pm Senior Energy Assist Help 12pm Senior Lunch	20 8:30 to 9:30 Hatha Yoga 2pm Strong People	21	22
23	24 12pm Senior Lunch	25 8:30 to 9:30 Hatha Yoga 2pm Strong People	26 12pm Senior Lunch 1:30 to 4:30 Virtual Chronic Disease Self Management Class	27 8:30 to 9:30 Hatha Yoga 2pm Strong People	28	29
30	31 12pm Senior Lunch					

October 2022 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Chicken A la King	4 Chicken A la King	5 Beef Stroganoff	6 Beef Stroganoff	7	8
9	10 Chili	11 Chili	12 Baked Chicken	13 Baked Chicken	14	15
16	17 Red, Beans & Rice	18 Red, Beans & Rice	19 Meatloaf	20 Meatloaf	21	22
23	24 Chicken Fettuccine	25 Chicken Fettuccine	26 Hamburger	27 Hamburger	28	29
30	31 Baked Fish					

Klickitat County Senior Services has reopened congregate meal sites at the following locations:

- Pioneer Center Senior Services, 501 NE Washington Street, White Salmon meal is served at 12pm on Mondays and Wednesdays.
- Lyle Lions Community Center, 503 Lewis & Clark Hwy, Lyle meal is served at 12pm on Tuesdays.
- Goldendale Senior Center, 115 E. Main Street, Goldendale meal is served at 12pm on Tuesdays and Thursdays.

Home Delivered Meals will continue to be provided to Seniors (60+) and spouse or caregiver in home with Senior if qualified. Please contact our office for more information on eligibility for home delivered meals.

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

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 October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	5	6 12pm Senior Lunch 1pm Exercise	7 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	8
9	10	11 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	12 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	13 12pm Senior Lunch 1pm Exercise	14	15 Call MATS to sign up for shopping trips
16	17	18 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	19 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	20 10 to 1pm Senior Energy Assist Help At PUD 12pm Senior Lunch 1pm Exercise	21 Senior Shopping trip to The Dalles call MATS to sign up	22
23	24	25 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	26 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support Group 1:30 to 4:30 Virtual Chronic Disease Self Management Class	27 12pm Senior Lunch 1pm Exercise	28	29
30	31					

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner

Balancing Caregiving and Personal Relationships

Caregiving isn't just about you and your older loved one; it can also affect other people in your life. If you're dedicating significant time to your caregiving responsibilities, it's likely that you have to balance this role with your time together with your romantic partner, children, friends or other loved ones.

When this happens, it can feel like you're being made to "choose between" your older loved one and the other people you care about. When either choice means losing or growing distant from someone you love, it can feel unreasonable and unfair. Studies show that caregivers already have higher rates of stress, depression, and social isolation than noncaregivers. Strained relationships caused by caregiving often increase feelings of loneliness and stress. If you feel caregiving is hurting your personal relationships, consider these tips:

1. Communicate openly

If you notice difficulties in your relationships resulting from the time you spend caregiving, open up communication as soon as possible. Keeping it unspoken will only cause resentment and misunderstandings to build. Difficult conversations can often turn tense and accusatory, so pay attention to how you frame your comments. Instead of using "you" language—such as "Why are *you* so upset?" or "*You're* making this hard for me"—try using "I" language—"I want to feel more supported" or "I feel spread thin." When working for solutions together, you can then move into "we" language, since relationships are a team effort. "*We* should look for ways to spend more time together" and "*We* need to make a plan for this as a team."

It's important to speak openly when making decisions about your loved one, too, especially when the decisions effect other people. For example, you should talk to your partner before making decisions about your loved one's living situation, and make sure they're on board before taking action.

2. Ask for help

Taking on everything by yourself can leave you with little time for anything else. Even if you feel obligated to do so as your loved one's caregiver, taking on too many responsibilities is neither healthy nor realistic. Write down your current schedule. If you have barely any time for other people between work and caregiving, it's time to consider a change.

It's not a sign of weakness to reach out to family, friends and others in the community for support when you need it. There are also many different types of community services available to help older adults and caregivers—meal delivery services, adult day programs, senior centers, home care, care coordination, transportation services and financial assistance, just to name a few. If you don't know where to start your search for support, the Administration for Community Living's Eldercare Locator can help you find what resources are available in your area.

3. Include yourself as a priority

Your wellness may not seem like it has anything to do with your relationships. But if you're tired, stressed, depressed, moody or overwhelmed, that tends to affect the people around you whether you mean it to or not. Consider what would make you happier and healthier—such as more sleep, more time to dedicate to hobbies, three balanced meals a day—and make realistic goals to improve your wellness. If you're in a better place physically, mentally and emotionally, you'll be in better condition to positively interact with the people you love.

4. Look into counseling

If you're still struggling with relationships, it may help to reach out to professional counseling services. Counseling can help you address the multiple layers of your situation, from your caregiving responsibilities to how they may be affecting your work and personal lives.

Written By: Julie Hayes, MS, Content Manager at Benjamin Rose Institute on Aging

Contact Klickitat County Senior Services at 509-493-3068 or 509-773-3757 or kcinfo@klickitatcounty.org for supports available to family caregivers. Article content is provided by Active Daily Living.

There are a number of self-pay programs that offer refrigerated/frozen meals delivered to your door for a purchase and delivery price. If you do not qualify under Klickitat County Senior Services Older Americans Act Home Delivered Meal Program or state program and just want to purchase meals for yourself or a loved one a few options are listed below:

1. Mom's Meals www.momsmeals.com. 1-877-508-6667
2. Silver Cuisine www.silvercuisine.com 1-844-404-3663
3. Top Chef Meals www.topchefmeals.com 1-800-616-8044

To be eligible for Home Delivered Meals (Meals on Wheels) through Klickitat County Senior Services individuals must be aged 60 or older.

AND

1. Homebound. (Note: Homebound is defined as normally unable to leave home unassisted, and for whom leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short, infrequent absences for non-medical reasons, such as a trip to the barber or to attend religious services.)

AND

2. Unable to prepare meals for themselves because of:

- a. A disabling condition, such as limited physical mobility, cognitive or psychological impairment, sight impairment; or
- b. Lack of knowledge or skills to select and prepare nourishing and well balanced meals; or
- c. Lack of means to obtain or prepare nourishing meals; or
- d. Lack of incentive to prepare and eat a meal alone.

AND

3. Meet the vulnerability criteria outlined below. A person is considered vulnerable if they:

a. Are unable to perform one or more of the activities of daily living (ADL's) or instrumental activities of daily living (IADL's) listed below without assistance due to physical, cognitive, emotional, psychological or social impairment.

Activities of daily living include eating, dressing, bathing, toileting, transferring in and out of bed/chair, walking.

Instrumental activities of daily living include preparing meals, shopping, medication management, managing money, using the telephone, doing housework, transportation, has behavioral or mental health problems that could result in premature institutionalization, or is unable to perform the activities of daily living listed above, or is unable to provide for his/her own health and safety, primarily due to cognitive, behavioral, psychological/emotional conditions which inhibit decision-making and threaten the person's ability to remain independent.

AND

b. Lacks an informal support system. Has no family, friends, neighbors or others who are both willing and able to perform the service(s) needed, or the informal support system needs to be temporarily or permanently supplemented.

OR *Qualify for Home Delivered Meals under COPES/FCSP/MTD program.*

Call Klickitat County Senior Services and speak with Jill in White Salmon 509-493-3068 or Doreen in Goldendale 509-773-3757 if you would like additional information on our home delivered meal program.

115 W. Court St. #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 # 102022

Goldendale Senior (60+) Shopping Trips scheduled in October

There must be at least 6 seniors that sign up in order for the trip to take place. You must sign up the week prior to the trip.

On Friday, October 7th will be a trip to the Walmart in Hood River and Dickey's Farm Store in Bingen (to use those great veggie vouchers). Bus will leave Goldendale about 10am and return by 4pm.

On Friday, October 21st will be shopping in The Dalles with stops at Bi-Mart, Fred Meyer, and Grocery Outlet. Bus will leave Goldendale at about 9am and return by 4pm.

Call Alyssa our Transportation Coordinator in Goldendale at 509-773-3060 to sign up.