



2022

## What Can Senior Services Do For You?

We are here for you. Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County-wide.

We provide the following programs & services:

**Information & Assistance** I&A serves as the main access point for information about resources for persons 60 years of age or over, adults with disabilities and family caregivers. We also provide hands-on assistance with completing applications for various programs and helping you to research options under your Medicare benefits.

Do you need help identifying the type and options of long term care services and resources that would best meet your needs? We have staff that are familiar with the community resources and with long term care services and can help guide and suggest options to help you navigate your long term care options.

**Family Caregiver Support Program** Are you a family member or friend providing care to a loved one and looking for information, education, support, resources, and/or respite care? We can help you locate and access available resources and supports.

**Home Delivered Meals & Congregate Meals** The Home Delivered Meals Program (a.k.a. Meals on Wheels) provides nutritious meals to adults 60 years of age and older who are homebound as the result of illness, disability, or lack of transportation. The Congregate Meals Program provides hot nutritious meals and socialization at specific meal sites in our county and frozen home delivered meals are available throughout the county. See our meal site location and dates on the Menu page of this newsletter.

**Transportation Services** Transportation is vital to maximize independence and provide access to the community. Transportation to medical appointments, meal sites, and local grocery stores is available.

**Adaptive Equipment for use in your home** Examples of equipment include bath benches, raised toilet seats, commodes, and incontinent undergarments. (We also accept donations of equipment).

**Case Management** Do you need help identifying the type and options of long term care services and resources that would best meet your needs? We have case managers that are familiar with the community resources and with long term care services and can help guide and suggest options to help you navigate your long term care options.

For more information on any of our programs please call 1-800-447-7858 or Doreen in Goldendale at 773-3757 or Jill in White Salmon at 493-3068.

Or email: [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org) We are here to help. Call us.

### Inside this issue:

Winter Safety Tips	2
Volunteers Needed	3
PUD Discount	4
Medicare	5
White Salmon Events	6
Menu	7
Goldendale Events	8
Snow Clearing Vendors	9 10
10 Warning Signs of Alzheimer's Disease	11



## **Be Prepared to Stay Safe and Healthy in Winter Weather**

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is not a guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

### Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Have your heating system professionally serviced to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and carbon monoxide detector. Test batteries regularly.

### Have a safe alternate heating source and alternate fuels available.

- Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.

### Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery operated devices, such as flashlight, lamps, radio, extra batteries, first aid kit and extra medicine.

Many people spend time outdoors in the winter. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors. Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.

## **Members Needed for 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. Members are 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 currently holds a regular monthly meeting on the 1<sup>st</sup> Friday of each month at 10:30am rotating between Dallesport, White Salmon, and Goldendale as well as the option of meeting online via Zoom. Mileage reimbursement is provided to attend meetings. New members are needed. If you are interested in submitting your name for membership or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-493-6228 or email at [sharonc@klickitatcounty.org](mailto:sharonc@klickitatcounty.org)

## **Volunteers Needed**

Klickitat County Senior Services has multiple volunteer opportunities available: Lend a Hand Volunteers, Friendly Visitors, Kitchen/Dining Room help, etc. For more information please contact our office and speak with our Volunteer Coordinator—Isaias Garcia

### **Klickitat County Senior Services Volunteer Connections**

**Goldendale** 509-773-3757

**White Salmon** 509-493-3068

**Email:** [isaiasg@klickitatcounty.org](mailto:isaiasg@klickitatcounty.org)

**Web:** <https://klickitatseniorservices.galaxydigital.com>



# Do you need help with Winter electricity?

## Senior Low Income Klickitat PUD Discount

If you are **62 or older** and your **GROSS household annual income is under \$27,180 for a single occupant household or under \$36,620 for a two person household** you may qualify for the **Senior Klickitat County PUD discount**.

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



## Rate Schedule: Low Income Elderly Rate

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 \$27,180 per year or a 2-person household income of \$36,620, 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.

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

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Yearly Income	Yearly Income
35%	\$13,590 or less	\$18,310 or less
25%	\$13,591 - \$18,075	\$18,311 - \$24,352
15%	\$18,076 - \$20,385	\$24,353 - \$27,465
5%	\$20,386 - \$27,180	\$27,466 - \$36,620

**Effective Date** - Effective for billings issued December 2022 to May 2023.

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

Call Klickitat County Senior Services and speak with Doreen in our Goldendale office 509-773-3757 or Jill in our White Salmon office 509-493-3068 about an application for the Senior PUD Low Income Discount Program.

## Programs that help pay Medicare costs for people with limited incomes

Numerous programs may help reduce your health care and prescription drug costs if you meet the eligibility requirements.

### **Programs that provide assistance with health care costs:**

Medicaid: If you have a low monthly income and few assets, you may be eligible for coverage through Medicaid to pay for Medicare costs, like copayments and deductibles, and for health care not covered by Medicare, such as dental care and transportation to medical appointments.

Medicare Savings Programs (MSP): If you have a low monthly income and limited assets, you may qualify for an MSP, a program that helps pay Medicare costs.

### **Programs that provide assistance with prescription drug costs:**

#### Extra Help:

Also known as the Part D Low-Income Subsidy (LIS), this federal program that helps individuals with low incomes pay for costs of Medicare prescription drug coverage. If you are enrolled in Medicaid, an MSP, or you receive Supplemental Security Income (SSI), you should get Extra Help automatically. You can apply for the Extra Help program through the Social Security Administration (SSA) or your local Medicaid office. Jill and Doreen at Senior Services can also help with this application.

#### Charity programs:

There may be charities that can help reduce your prescription costs. If you have Part D, in some cases the amount the charity pays counts toward your catastrophic coverage limit.

#### Patient Assistance Programs (PAPs):

You may be eligible to get free or low-cost drugs directly from the company that makes them, through a PAP. In most cases, your doctor must apply for you. Not all PAPs allow you to apply if you are eligible for Part D.

If you are enrolled in a PAP, you may be required to pay a copayment. PAP copays will count toward your Part D plan's out-of-pocket limit, but you will need to submit your receipts and any other required documentation to your plan. The amount your PAP pays for your prescription drugs will not count toward your out-of-pocket limit.


#### Prescription drug discount programs:

You may be able to get medications you need at a reduced price from national or local discount programs. Note that you cannot use a prescription drug discount program and Part D coverage at the same time: you must select between them at the pharmacy.

Call Klickitat County Senior Services and speak with Doreen in our Goldendale office 509-773-3757 or Jill in our White Salmon office 509-493-3068 about programs and assistance with applying.

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

# White Salmon Events December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless other-</i>			1 8:30 to 9:30 Hatha Yoga  2pm Strong People	2	3
4	5 <b>12pm Senior Lunch &amp; Live Music</b>	6 8:30 to 9:30 Hatha Yoga  2pm Strong People	7 <b>12pm Senior Lunch</b>	8 8:30 to 9:30 Hatha Yoga  2pm Strong People	9	10
11	12 <b>12pm Senior Lunch</b>	13 8:30 to 9:30 Hatha Yoga  2pm Strong People	14 <b>12pm Senior Lunch &amp; Live Music</b>	15 8:30 to 9:30 Hatha Yoga  2pm Strong People	16	17
18	19 <b>12pm Senior Lunch &amp; Live Music</b>	20 8:30 to 9:30 Hatha Yoga  2pm Strong People	21 <b>12pm Senior Lunch</b>	22 8:30 to 9:30 Hatha Yoga  2pm Strong People	23	24 Christmas Eve
25 Christmas Day 	<b>Office Closed</b>	27 8:30 to 9:30 Hatha Yoga  2pm Strong People	28 <b>12pm Senior Lunch &amp; Live Music</b>	29 8:30 to 9:30 Hatha Yoga  2pm Strong People	<b>30</b>	<b>31</b> <i>New Year's Eve</i>



# December 2022 Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Menu Subject to Change				1 GD & Lyle	2	3
4	5 WS Bean Soup w/ Ham	6 GD & Lyle Bean Soup w/ Ham	7 WS Tuscan Chicken	8 GD & Lyle Tuscan Chicken		
11	12 WS Sweet & Sour Pork	13 GD & Lyle Sweet & Sour Pork	14 WS Meatloaf	15 GD & Lyle Meatloaf	16	17
18	19 WS Beef w/ Spanish Rice	20 GD & Lyle Beef w/ Spanish Rice	21 WS Roast Pork	22 GD & Lyle Roast Pork	23	24 Christmas Eve
25 Christmas Day	26 <b>Office Closed</b>	27 GD & Lyle Monterey Chicken	28 WS Monterey Chicken	29 GD & Lyle Ham & Scalloped Potatoes	30	31 New Year's Eve

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 December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12pm Senior Lunch 1pm Exercise	2 Senior Shopping trip to Hood River call MATS to sign up	3
4	5	6 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	7 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	8 12pm Senior Lunch 1pm Exercise	9	10 Call MATS to sign up for shopping trips
11	12	13 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	14 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	15 12pm Senior Lunch 1pm Exercise	16 Senior Shopping trip to The Dalles call MATS to sign up	17
18	19	20 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	21 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	22 12pm Senior Lunch 1pm Exercise	23	24 Christmas Eve
25 Christmas Day 	26 Senior Services Office Closed	27 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	28 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	29 12pm Senior Lunch 1pm Exercise	30	31 New Year's Eve

Every year we receive calls requesting information on individuals or companies that provide snow removal services in Klickitat County. The following includes a list of vendors and individuals that have indicated they are available to do this service currently.

## Snow Clearing Vendors 2022-2023 for Klickitat County Area

Klickitat County Senior Services is not responsible for vendor contracting, negotiations, or vendor/client disputes. The client is to contact vendor and do their due diligence on vetting, agreeing to price, and scope of work. Klickitat County Senior Services has compiled this list of vendors from available search engines and other sources. We have put the list together with no preference for any vendor.

Klickitat County Senior Services is to be held harmless from any vendor/client disputes.

List of vendors is not exhaustive and provided for information purposes only.

### Goldendale and Surrounding Areas

**CWC Ground Clearing-** Scheduler Amanda Derschon 541-993-1310, Eric Derschon, 503-940-7658. <https://www.facebook.com/cwcgroundclearing> Grading, Plowing, Blowing

**John Carter-**Facebook message him

**Bob Maines-** 541-993-2349

**Berna Diaz-** 360-721-4898 Snow shoveling

**Gus** (Goldendale) 509-261-1066

**Riley Brothers** 509-773-5890

**Steve Batton-** 509-261-2467-Snow removal

**S & T S & T Construction & Earthworks LLC** 509-712-5875

**Aaron Kreps** 541-490-6780

### Dallesport Area

**Jose Aparicio-**541-993-3123

**Aaron Kreps** 541-490-6780

**James Dean Construction** 509-364-3537

### Glenwood Area

**Tom Arnold Logging** 509-493-4159

**Aaron Kreps** 541-490-6780

# Snow Clearing Vendors 2022-2023 for Klickitat County Area Continued

## White Salmon-Bingen Area

**Gorge Us Lawn Care-** 541-965-3752

Fall clean up-Gutter Cleaning-Soft/hard pressure washing-Leaf pick up/piling-Total yard clean up-Lawn maintenance -Tree pruning -Debris/junk removal-Edging-Aeration- Thatching-Mulching-Seeding -Snow Plowing-Salt spreading and so much more

**Earth Movers** 509-637-0994

**Reilly Lousignont-** 541-965-3752

**Aaron Kreps** 541-490-6780

**Billy Gross** 509-281-0666

**Taz** -503-329-0245

**Dominic Raether** -509-281-1597

**Spencer Karlson** 509-774-7843 (White Salmon/Bingen)-Snow Blower, no plow

**Juan Randall** 541-980-0521

## Volunteer Services

### Klickitat County Senior Services Volunteer Connections

**Goldendale** 509-773-3757

**White Salmon** 509-493-3068

**Email:** [isaiasg@klickitatcounty.org](mailto:isaiasg@klickitatcounty.org)

**Web:** <https://klickitatseniorservices.galaxydigital.com>

Suggested donation of \$10. Money goes to Volunteer Connections program to provide funding to cover costs of resources for our volunteers.

Volunteer services are not guaranteed and we always encourage clients to call vendors first if able to. If no vendor is available and/or you cannot afford to contract a vendor and this creates a health and safety concern then we will try to connect you with a volunteer if available.

Volunteers are not always available or able to perform certain tasks. Thank you for understanding and your patience. For services contact Volunteer Connections.

## **HAVE YOU NOTICED ANY OF THESE WARNING SIGNS?**

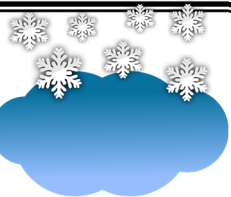
1. MEMORY LOSS THAT DISRUPTS DAILY LIFE. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.
2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What's a typical age-related change? Making occasional errors when balancing a checkbook.
3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE. People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.
4. CONFUSION WITH TIME OR PLACE. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What's a typical age-related change? Getting confused about the day of the week but figuring it out later.
5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving. What's a typical age-related change? Vision changes related to cataracts.
6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING. People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand clock"). What's a typical age-related change? Sometimes having trouble finding the right word.
7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS. A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.
8. DECREASED OR POOR JUDGMENT. People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. What's a typical age-related change? Making a bad decision once in a while.
9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES. A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.
10. CHANGES IN MOOD AND PERSONALITY. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you or someone you care about is experiencing any of the 10 Warning Signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future. The Alzheimer's Association can help. Visit [alz.org/10signs](http://alz.org/10signs) or call 800.272.3900 (TTY: 866.403.3073).

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 # 122022**



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

Please listen to your local radio stations to find out about a cancellation or call our senior services office:  
Goldendale 773-3757, White Salmon 493-3068.  
If roads are bad we will not have a meal as we do not want to risk safety of our volunteers and staff.  
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 773-3060, White Salmon 493-4662.