



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

2023



Inside this issue:

| | |
|--------------------------------|--------|
| Senior Low Income PUD discount | 2 |
| 988 Crisis Lifeline | 3 |
| Savvy Senior | 4 5 |
| White Salmon Events | 6 |
| Menu | 7 |
| Social Security | 8 |
| Medicare | 9 |

Well we sure are hoping 2023 is going to bring better days. Unfortunately our rough Winter weather has resulted in a suspension of our Goldendale Senior Meal Services due to damage and closure of the Goldendale Senior Center. The severe cold resulted in frozen and then broken pipes at the Goldendale Senior Center that caused ceiling damage and flooding. The Senior Center is currently closed until further notice while they determine damage and arrange for repairs. In the meantime, we are looking at possible temporary locations in Goldendale to host our senior meal and will keep everyone updated as soon as that can be determined.

Please keep in mind during the Winter months that there may be cancellation of other meal sites and meal deliveries as well as transportation services due to severe weather. We want to keep our volunteers, staff, and you safe so we will cancel if conditions are hazardous.

We also hope to have information in our February newsletter regarding dates and locations for AARP Tax Aid Help.

Klickitat County Senior Services & Mt. Adams Transportation Staff wish you HAPPY NEW YEAR!

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. The discount runs Dec.1, 2022-May 31,2023(6 months).



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

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.



There is hope.



If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**



Savvy Senior

How to Buy Over-the-Counter Hearing Aids

Dear Savvy Senior,

I'm interested in getting some of the new over-the-counter hearing aids that just became available a few month ago. Can you offer any tips to help me with this?

Straining to Hear

Dear Straining,

The new FDA approved over-the-counter (OTC) hearing aids that started rolling out this fall are a real game changer for the roughly 48 million Americans with hearing loss. Adults with impaired hearing can now walk in and buy hearing aids at a pharmacy, big box chain, consumer electronics store or online, without a prescription and without consulting an audiologist.

The U.S. Food and Drug Administration approved this new class of hearing aids to lower prices and improve their availability.

About a third of people ages 65 to 74 and half of those over age 75 have hearing loss severe enough to affect their daily life. Yet about 80 percent of people who would benefit from hearing aids don't wear them, according to the National Institutes of Health, primarily because of the hefty price tag.

Traditional hearing aids ordered through an audiologist cost anywhere from \$1,000 to \$7,000 a pair and are not covered by most private insurers and traditional Medicare. The new OTC hearing aids range from \$200 up to \$3,000.

Who Should Get Them?

OTC hearing aids are specifically designed for adults (18 and older) who have mild to moderate hearing loss. You don't need a hearing exam or prescription to buy them, and they are designed so you can fit and tune them yourself.

Do you have mild to moderate hearing loss? The specific signs are having trouble hearing or understanding conversations, especially in noisier environments, over the phone, or if you can't see who's talking. Or, if you need a higher volume of TV, radio or music than other people, or have to ask others to speak more slowly, louder or repeat what they said.

Savvy Senior

How to Buy Over-the-Counter Hearing Aids , continued

If, however, your hearing problem is more severe than that, for example, if you also have trouble hearing loud sounds such as power tools or motor vehicles, or if you struggle to hear conversations in quiet settings, then your hearing loss is considered more significant than over-the-counter aids are intended to address.

To help you get a basic sense of your hearing problem, you can take an app-based test like Mimi (*mimi.health*) or SonicCloud (*soniccloud.com*).

If you find that your hearing loss is significant, you'll need to work with an audiologist or hearing instrument specialist to find a hearing aid that works for you.

What to Look For

To help you choose a good OTC hearing aid that meets your needs and preferences, here are some important points to keep in mind.

Return policy: It can take weeks for your brain to adjust to hearing louder sounds through a hearing aid, so be sure to choose a brand that offers at least a 30-day free trial period, or money back return policy. The FDA requires manufactures to print their return policy on the package.

Set up: Many OTC hearing aids require a smartphone or computer to adjust and operate the devices to your specific needs, while others have the controls on the device. This will also be labeled on the box. Choose one that fits your preference and comfort level.

Battery: The package also should tell you what kind of battery the device uses. Some of the older versions of hearing aids have replaceable batteries, but many of the newer ones have rechargeable batteries that come in a charging case, where you charge them up every night.

Customer support: Some companies offer unlimited customer support to help you adjust or fine-tune your hearing aids, while others might limit support or charge extra. Be sure you check.

For more information, including product reviews, see the National Council on Aging's OTC hearing aids buyer's guide at [NCOA.org/adviser/hearing-aids/over-the-counter-hearing-aids](https://www.ncoa.org/adviser/hearing-aids/over-the-counter-hearing-aids).





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

White Salmon Events January 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------|-----|-----|
| 1  | 2 Office Closed | 3 8:30 to 9:30 Hatha Yoga 2pm Strong People | 4 12pm Senior Lunch | 5 8:30 to 9:30 Hatha Yoga 2pm Strong People | 6 | 7 |
| 8 | 9 12pm Senior Lunch | 10 8:30 to 9:30 Hatha Yoga 2pm Strong People | 11 12pm Senior Lunch | 12 8:30 to 9:30 Hatha Yoga 2pm Strong People | 13 | 14 |
| 15 | 16 Office Closed Martin Luther King, Jr. Day | 17 8:30 to 9:30 Hatha Yoga 2pm Strong People | 18 12pm Senior Lunch | 19 8:30 to 9:30 Hatha Yoga 2pm Strong People | 20 | 21 |
| 22 | 23 12pm Senior Lunch | 24 8:30 to 9:30 Hatha Yoga 2pm Strong People | 25 12pm Senior Lunch | 26 8:30 to 9:30 Hatha Yoga 2pm Strong People | 27 | 28 |
| 29 | 30 12pm Senior Lunch | 31 8:30 to 9:30 Hatha Yoga 2pm Strong People | | | | |
| | | | | <i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i> | | |

JANUARY

2023 Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------|----------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----|
| 1 | 2 Office Closed | 3 Baked Chicken | 4 Beef Stroganoff | 5 Beef Stroganoff | 6 | 7 |
| 8  | 9 Tomato Soup w/ Turkey Sandwich | 10 Tomato Soup w/ Turkey Sandwich | 11 Swedish Meatballs | 12 Swedish Meatballs | 13  | 14 |
| 15 | 16 Office Closed Martin Luther King Jr. Day | 17 BBQ Pork Ribs | 18 SW Chicken Wraps | 19 SW Chicken Wraps | 20 | 21 |
| 22  | 23 Baked Fish Sandwich | 24 Baked Fish Sandwich | 25 Chili Baked Potatoes | 26 Chili Baked Potatoes | 27 | 28 |
| 29 | 30 Chicken Parmesan | 31 Chicken Parmesan | February 1 Hamburgers |  | Menu Subject to Change | |

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 Site On Hold until further notice due to Senior Center damage and closure.**

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

Cost-of-Living Adjustment (COLA) Information for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200.

The earnings limit for workers who are younger than "full" retirement age (see Full Retirement Age Chart) will increase to \$21,240. (We deduct \$1 from benefits for each \$2 earned over \$21,240.)

The earnings limit for people reaching their "full" retirement age in 2023 will increase to \$56,520. (We deduct \$1 from benefits for each \$3 earned over \$56,520 until the month the worker turns "full" retirement age.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

What should I do if I get a call claiming there's a problem with my Social Security number or account?

If there is a problem with your Social Security number, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us, but we will never:

Threaten you with arrest of legal action.

Suspend your Social Security number (SSN).

Demand immediate payment from you.

Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.

Ask for gift card numbers over the phone or to wire or mail cash.

Ask for personal details or banking information to give you a cost-of-living adjustment (COLA).

Fraudsters pretend to be government employees and claim there is identity theft or another problem with your SSN, account, or benefits. These criminals continue to evolve and find new ways to steal your money and personal information.

To learn more about fraud prevention and reporting go to the [Protect Yourself from Social Security Scams and Scam Alert | Office of the Inspector General](#) pages.

NEW! Change to Medicare Part D insulin costs starting January 1, 2023.

- Plans can't charge you more than \$35 for a one-month supply of each Medicare Part D-covered insulin you take, and can't charge you a deductible for insulin.
- Because this is a brand-new benefit, the new \$35 cap may not be reflected in your estimated total costs when you review and compare plans.

What if I get a 60- or 90-day supply of insulin?

Your costs can't be more than \$35 for each month's supply of each covered insulin. For example, if you get a 60-day supply of a Part D-covered insulin, you'll generally pay no more than \$70.

Note: Starting July 1, 2023 similar caps on costs will apply for insulin used in traditional insulin pumps (covered by Medicare Part B).

If you take insulin, you should get help comparing plans and costs for 2023:

- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Contact your local State Health Insurance Assistance Program (SHIP) to get free personalized health insurance counseling.

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?

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.

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 #012023

Address Service Requested

Please take the time to recognize & thank the wonderful staff and volunteers who work hard everyday to make Klickitat County a wonderful community.

We are so fortunate to have such amazing, dedicated, and hard-working staff and volunteers in Senior Services. We would not be able to provide the level of assistance to members of our community without you.



I would like to say Thank You to our wonderful staff and volunteers for their loyal dedication and unwavering commitment to helping others. Thank you for your outstanding contributions toward our goals, and for making our organization stand above the rest.