



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

2023

**Inside this
issue:**

| | |
|--------------------------------|------|
| AARP Tax Aide Locations | 2, 3 |
| Healthy People Program | 4 |
| Senior Low Income PUD discount | 5 |
| White Salmon Events | 6 |
| Menu | 7 |
| Scam Alert | 8 |
| Library Events | 9 |
| Caregiver Corner | 10 |
| Caregiver Corner, continued | 11 |

January certainly flew by!!

We are excited about getting more programs and events scheduled through this year and are working on some evidenced based programs that we can offer to seniors in Klickitat County. There will be more to come... stay tuned.

Update on the Goldendale Senior Center and senior meal program.

The Goldendale Senior Center is in the process of repair after that cold snap resulted in a burst pipe and flooding. The Senior Center continues to be closed during clean up and while they have contractors come in and repair the damage. No word on when the center or store will re-open so various programs and activities are being held in other locations in Goldendale.

The senior meal that is sponsored by Klickitat County Senior Services has been temporarily relocated to the Goldendale Grange #49 located at 340 W. Darland Drive.

Klickitat County Senior Services will be renting the Goldendale Grange Hall on Tuesdays and Thursdays in order to hold our Noon Senior Meal and prepare and deliver the hot meals for our meals on wheels clients.

Our first meal at the Goldendale Grange was on Tuesday, January 24th and will continue on Tuesdays and Thursdays until further notice.

AARP Tax Aide Locations for 2023
Dates Open: 2/4/2023 - 4/15/2023

Additional locations can be searched on AARP Foundation Tax Aide Locator
https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc.; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc. Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability . Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors

AARP TAX-AIDE WHITE SALMON

Appointment required. Call Klickitat County Senior Services to schedule
(509) 493-3068

501 NE Washington St, White Salmon, WA, 98672-1826

Tue, 09:00 am - 12:00 pm

MID COLUMBIA SENIOR CENTER

Call **(541) 296-4788**

1112 W 9th St, The Dalles, OR, 97058-1010

Sat, 9:00 am - 12:00 pm

HOOD RIVER Center of Columbia Gorge Comm College

1730 College Way, Hood River, OR, 97031

Mon, 02:00 pm - 05:00 pm

AARP Tax Aide Locations for 2023

Dates Open: 2/4/2023 - 4/15/2023

Additional locations can be searched on AARP Foundation Tax Aide Locator

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

HOOD RIVER VALLEY ADULT CTR

Appointment required. Call **(541)386-2060** to schedule

2010 Sterling Pl, Hood River, OR, 97031-9598

Thu, 2:00 pm - 05:00 pm

TYGH VALLEY COMMUNITY CENTER

Appointment required call **541 395-2598**

57594 Tygh Valley Rd, Tygh Valley, OR, 97063-8715

Thu, 09:00 am - 12:00 pm

HERITAGE UNIVERSITY

3240 Fort Rd, Toppenish, WA, 98948-9562

Sat, 09:00 am - 1:00 pm

Call (877) 211-5445 for appointments, Site Open 02/04/2023, 02/11/2023, 02/18/2023, 02/25/2023, 03/04/2023, 03/11/2023, 03/25/2023. 04/01/2023

STEVENSON COMMUNITY LIBRARY

120 Nw Vancouver Ave, Stevenson, WA, 98648-6446

Sat, 11:00 am - 03:00 pm

In-Person. Walk-ins welcome. Appointments can be made by calling the Stevenson Library at **509-427-5471**. Bring photo identification for you and your spouse (if applicable) and social security cards or individual tax identification cards or letters for everyone listed on your return, including ALL dependents. We can assist with the new Washington Working Family Tax Credit. We also prepare Oregon returns for full year and non-residents but no part year returns or returns for other states. We do not prepare married filing separate returns. Additional out of scope situations will be screened for at the site.



Healthy People 2030 Program



Open to all ages

(Limited to 20 people)

12 month program

**Meet twice a week on Monday and Wednesday from 1:30pm to 2:30pm
Pioneer Center Senior Dining Room, 501 NE Washington Street, White
Salmon, WA.**

Starting on Wednesday, March 1, 2023

Facilitator: Kristi Ridgeway, MN, RN Klickitat County Public Health

- Participants will set daily physical activity goals
- Participants will set and reach BMI goal within 3-6-12 months
- Participants will verbalize and document an increase in healthy eating habits that include an increase in fruit and vegetables

This program will:

- Promote Healthy Eating & Movement– through coaching or counseling
- Promote self-monitoring to record healthy eating, physical activity, and weight.
- Promote Goal Setting
- Obtain height during first visit to calculate BMI
- Provide weight checks
- Provide information on the importance of movement
- Provide information on the importance of a healthy diet
- Offer weekly blood pressure checks
- Social support from peers
- Educational tools and resources

Call Klickitat County Senior Services 509-493-3068 to sign up.

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 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.

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

White Salmon Events

February 2023

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



Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-------------------------------|-----------------------------|-----------------------------|-------------------------------|-----|
| | | | 1 Hamburgers | 2 Hamburgers | 3 | 4 |
| 5  | 6 Macaroni & Cheese w/ Ham | 7 Macaroni & Cheese w/ Ham | 8 Sweet & Sour Meatballs | 9 Sweet & Sour Meatballs | 10 | 11 |
| 12 | 13 Spaghetti | 14 Spaghetti | 15 Meatloaf | 16 Meatloaf | 17 | 18 |
| 19 | 20 Office Closed For Presidents Day | 21 Tuna Casserole | 22 Tuna Casserole | 23 Broccoli Cheddar Soup | 24 | 25 |
| 26 | 27 Salisbury Steak | 28 Salisbury Steak | | | Menu Subject to Change | |

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

- Pioneer Center Klickitat County 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 Grange #49, 340 W. Darland Drive, Goldendale —meal is served at 12pm on Tuesdays and Thursdays (temporary location while Goldendale Senior Center is under repair).**

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



Beware of 'Free Genetic Testing' Medicare Scam

Over the past few years, DNA tests have become more popular across the country. However, unscrupulous people are taking advantage of the buzz around these tests to scam Medicare beneficiaries.

Scammers target Medicare beneficiaries through telemarketing calls, booths at public events, health fairs and door-to-door visits. They offer “free” genetic testing to help recipients avoid diseases or find the right medications.

The scammers claim the testing is covered by Medicare, and therefore is free to the beneficiary. In reality, Medicare only covers genetic testing in limited situations, and only when ordered by the beneficiary’s physician. If a company bills Medicare for genetic testing, and Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test, which can total around \$10,000.

In other cases, the scammers are simply trying to obtain Medicare numbers they can use to steal a beneficiary’s medical identity or to fraudulently bill Medicare for services they did not provide. Such fraud can hurt not just Medicare beneficiaries, but all American taxpayers who contribute to Medicare.

To avoid being scammed, the Administration for Community Living (ACL) offers this advice to beneficiaries:

Do not accept genetic testing services, including a cheek swab, from someone at a community event, local fair, farmer’s market, parking lot or other large event.

Always be cautious about giving out your personal information, including your Medicare number.

If you receive a genetic testing kit in the mail, don’t accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender and keep a record of the sender’s name and the date you returned the item.

Always review your Medicare Summary Notice or explanation of benefits. The terms “gene analysis” or “molecular pathology” may indicate questionable genetic testing.

If you received a cheek swab or screening that was not ordered by a trusted provider or have concerns about billing errors or possible fraud, contact your local Senior Medicare Patrol (SMP). The SMP program, funded by ACL, helps Medicare beneficiaries protect themselves from fraud, errors and abuse, and detect and report problems if and when they occur. To find your local SMP, visit smpresource.org or call 1-877-808-2468.



FVRLibraries
FORT VANCOUVER REGIONAL LIBRARIES

Serving Clark, Skamania and Klickitat Counties, and
Woodland and Yale Precinct in Cowlitz County

In celebration of a love of reading, libraries, and of the 50th anniversary of Klickitat County joining Fort Vancouver Regional Libraries, the Goldendale Community Library is happy to host a **Read In** on February 14, 2023.

Come by anytime during 9:00 AM and 6:00 PM and celebrate with us by reading what you choose, share what you are reading, and enjoy hot beverages and treats all day.

Schedule of special programs for our fun reading day:

10:30 - 11:30 AM Family Storytime

12:00 PM - 1:30 PM Baxter Black readings with Judy Bane

3:15 - 4:30 PM Reader's Theater for Kids & Teens

Other events in February to look forward to:

Adults

February 6, 2023: 1st Mondays One-on-One Tech Help by appointment 10:00AM - 1:00PM

Call the library for an appointment

February 23, 2023, 6:00 PM: The Raising of America documentary, followed by a Community Conversation on childcare.

February 27, 2023, 11:00 AM: Book Group. February's book discussion is Hotel on the Corner of Bitter and Sweet by Jamie Ford. Visit the library for a copy of the book.

Children & Families

Wednesday Family Storytime: 10:30 AM – 11:30 AM

February 4, 2023, 10:30 - 11:30 AM 1st Saturdays Family Storytime

February 22, 2023, 2:00 PM - 3:00 PM: Learn & Play @ Goldendale Primary School Library, ages 0 - 6 and caregivers.

February 24, 2023, 2:30 PM - 4:00 PM: 4th Friday Crafternoon

February 25, 2023, 10:30 AM - 12:00 PM: Build It! Brick building for all ages.

Goldendale Community Library Hours:

Tuesday & Thursday: 9:00 AM - 6:00 PM

Monday, Wednesday, Friday, Saturday: 10:00 AM - 6:00 PM

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

Healthy Living with Heart Failure

Your heart is a busy organ. It's about the size of your fist and beats 100,000 times a day. The heart's job is to supply all your other organs with blood so they can function properly and keep you healthy, active, and alive.

Congestive heart failure (CHF) does not mean that the heart stops working (or is congested) -- it simply means that the heart can no longer circulate blood properly throughout the body. Heart failure can affect either the left, right or both sides of the heart.

An estimated 5 million people of all ages (including younger adults and children) have been diagnosed and treated for heart failure although the disease occurs most often in older people. It is the leading cause of hospitalization in people 65 and older.

Causes & Risk Factors

Congestive heart failure occurs when the heart muscle can no longer pump enough blood to supply the body with oxygen and nutrients. As a result, blood circulates more slowly and pressure within the heart increases. Over time poor blood circulation damages the kidneys, lungs, gastrointestinal tract, and other organs.

If an older family member has been diagnosed with any of the diseases listed below, he or she should have regular heart checkups to detect and treat possible heart failure:

- High blood pressure, coronary artery disease, irregular heartbeats, damaged or defective heart valves.
- Thyroid disease.
- Diabetes -- especially if blood sugar levels are poorly controlled.
- Sleep apnea -- the inability to breathe properly at night -- decreases blood oxygen levels.
- Excessive alcohol.

Kidney conditions that increase blood pressure and fluid retention.

Symptoms

Signs of congestive heart failure include:

- Shortness of breath
- Coughing
- Swelling of feet, ankles, or abdomen
- Weight gain
- Rapid pulse; heart palpitations
- Sleep disorders
- Fatigue, weakness, faintness

Loss of appetite, indigestion

These symptoms may also be signs of other diseases. If an older relative experiences any of these symptoms, caregivers should encourage him or her to schedule a complete physical exam to find out what is causing them.

Diagnosing Heart Failure

If your parent's physician suspects that he or she may have signs of heart failure they will refer him to a heart specialist for a variety of diagnostic tests and evaluation of his heart health including:

- Assessment of kidney and thyroid function
- Chest x-rays to measure heart and lung function
- Electrocardiogram to identify any heart damage caused by a previous heart attack
- Echocardiogram, ejection fraction, cardiac catheterization, and stress tests to determine the heart's ability to pump blood, Angiogram to identify blocked arteries

Treating Heart Failure

Like many chronic illnesses heart failure cannot be cured. However, the symptoms can be managed successfully, and a variety of treatments are available that will help your parent stay comfortable, healthy, and active. These include a variety of medications, pacemakers, implantable defibrillators, and other devices that help the heart function normally and prevent additional damage. Frequently prescribed medications include:

- Drugs that reduce blood pressure and increase the amount of blood pumped by the heart
 - Anticoagulants for people with a history of blood clots or have a history of stroke
 - Diuretics ("water pills") to increase urination and prevent fluid buildup in the body.
- If medications and lifestyle changes do not manage CHF symptoms effectively, your parent's doctor may suggest recommending surgery to improve heart function.

Living Well with a Failing Heart

Besides medical treatments lifestyle changes can also improve your relative's overall health– and yours too!

- Stop smoking. Smoking damages blood vessels especially in the heart. Find a "stop smoking" program to help your parent quit and discuss the importance of giving up tobacco.
 - Salt increases water retention which can make heart failure symptoms worse. Replace the saltshaker with herbs, spices, and salt substitutes. Check the sodium content of canned, frozen, and packaged foods.
 - Check weight regularly – even if your family member does not have a weight problem. An increase in weight may be a sign of fluid buildup caused by heart failure.
 - Enlist the help of a dietitian to develop a healthy eating and weight management plan for your parent.
 - Add moderate exercise to your parent's daily routine. Get the doctor's okay before he or she starts to work out. Hospital wellness centers often sponsor fitness programs for older adults.
 - Learn to relax and take it easy. Stress has a negative effect on the heart.
- Check with the doctor or pharmacist before your parent uses over-the-counter medications, vitamins, supplements, or medications prescribed by other doctors. They may interact with other medicines your parent takes or cause side effects.

Facing Up to Heart Failure

Living well with heart failure is a challenge for your older relative and for you as a care provider. Over time and with the help of your parent's doctor you both will learn how to manage this difficult disease and devise strategies for managing symptoms. Some days will be good days...others not so good. Make it a point to enjoy the good ones together!

Published in partnership with the Benjamin Rose Institute on Aging, www.benrose.org.
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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 #022023



Senior discounts for water/sewer for White Salmon and Bingen are processed by WAGAP. Contact WAGAP at 509-493-2662 for more information or to apply.

White Salmon/Bingen

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400.00 or less. You need to bring your most recent water bill and proof of household income.

Call Doreen at Senior Services in Goldendale 509-773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer. Applications are accepted between February 15th through April 15th.

Goldendale

Water/Sewer Senior Discounts