



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

2023

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I am excited as we head into Spring and see the trees and flowers blooming and enjoy our beautiful Columbia River Gorge.

I would like to encourage seniors that are interested in meeting new people or connecting with old friends to join us at the Pioneer Center in White Salmon for some of the activities that are taking place there. See page 6 for some of those options.

There also are several senior luncheon opportunities:

White Salmon at the Pioneer Center on Mondays and Wednesdays at 12-noon, Tuesdays and Thursdays in Goldendale at the Goldendale Grange Hall, and every Tuesday in Lyle at the Lyle Lions Community Center.

The Goldendale Senior Center is still closed at this time while it is under repair. We do not yet know when they will re-open. In the meantime their activities are taking place at other locations as noted on the events calendar on page 8.

The Goldendale Senior Center is owned and operated by their own non-profit Board of Directors and Klickitat County Senior Services leases space to operate a senior meal. While they are under repair, the senior meals are taking place at the Goldendale Grange.

We also have some courses coming up that are available for free: Chronic Disease Self-Management—Chronic Pain and Powerful Tools for Caregivers—see page 3 for details.

Mt. Adams Transportation, which is part of Senior Services, has a new updated schedule for the fixed route bus shuttle services that run between Goldendale and The Dalles and White Salmon/Bingen and Hood River. Copies of those schedules are available in our offices, online, or can be mailed to you. Just call or stop by our office for more information.

Be aware of Medicaid renewal scams

During the COVID-19 public health emergency (PHE) the Health Care Authority (HCA) extended coverage for all Apple Health (Medicaid) clients. This extension has now ended due to the Consolidated Appropriation Act of 2023 and HCA resumed normal operations on April 1, 2023.

Reports of fake texts and phone calls to Medicaid clients have been reported over the past couple weeks in other states. We're asking Apple Health clients to be aware of suspicious contact seeking money to maintain their health coverage.

HCA will never ask for money to enroll or re-enroll in Apple Health coverage. Clients should not share banking or credit card information with anyone claiming to be from HCA or Apple Health. If they receive a phone call or text message they think is a scam, they should hang up and report this to Apple Health customer service at 1-800-562-3022.

Sometime over the next 12 months, Apple Health clients will receive a renewal notice prior to the end of their renewal period based on their renewal date. HCA may text and call with a reminder that it's time to update their contact information or renew coverage. These will be generic in nature and will never ask for money to maintain their coverage.

To ensure you receive important notices about their health care coverage, Apple Health clients can update their contact information using one of the following options:

- For single adults, children, pregnant individuals, and parents/caretakers:
 - o Online: wahealthplanfinder.org or download the WAPlanfinder app
 - o Phone: 1-855-923-4633
- For individuals who are aged, blind, disabled, or eligible for Medicare:
 - o Online: washingtonconnection.org
 - Phone: 1-877-501-2233

For more information about changes to Apple Health continuous coverage, visit hca.wa.gov/phe.

Do You Have Chronic Pain? You Are Not Alone.

Our Living a Healthy Life with Chronic Pain Program can help you manage symptoms and find the support you need.



Virtual* workshop starting soon!

Wednesdays, June 28th - Aug 2nd
1:30 - 4:00 p.m.

Call Klickitat County Senior Services to register. Class size is limited.

Jill Parrott 509-493-3068 in White Salmon
Doreen Eckas 509-773-3757 in Goldendale.

Register by June 21st.

*Held on Zoom: Tablets, internet access and technical assistance are available upon request.

Learn New Ways To:

- Manage symptoms
- Solve problems
- Handle frustration, fatigue, pain, and isolation
- Build a support system
- Work with your doctor

Reward Yourself with the Gift of Health

Earn a \$50 gift card for attending the first session (June 28) and an additional \$100 gift card for completing the workshop series.



SWACH





Medicare Savings Programs

Save Money on Medicare

More than \$1,900 per year

Put money back in your Social Security check!

About the Medicare Savings Programs

There are four programs in Washington State:

Program 1

Qualified Medicare Beneficiary (QMB) Program

- Pays Part A and Part B premiums
- Pays deductibles
- Pays co-payments except for prescriptions

Program 2

Specified Low-Income Medicare Beneficiary (SLMB)

- Pays Part B premium

Program 3

Qualified Individual Program (QI-1)

- Pays Part B premium

Program 4

Qualified Disabled Working Individual (QDWI)

- Pays Part A premium

Find Out If You Qualify

Use this personal worksheet

Follow the easy steps below and compare totals to the chart below to find out if you may qualify for a Medicare Savings Program.

1. Write down your **gross** monthly household income \$ _____
2. Deduct \$20 (one deduction per household) \$ _____
3. **Total Income** \$ _____
4. If your monthly income is at or below any of the levels on the chart above, you may qualify for one of the Medicare Savings Programs.

Medicare Savings Programs Income Standards

Type of Medicare Program	Monthly Income (Individual)	Monthly Income (Couple)
Program 1 QMB	Up to \$1,215	Up to \$1,644
Program 2 SLMB	Up to \$1,458	Up to \$1,972
Program 3 QI-1	Up to \$1,640	Up to \$2,219
Program 4 QDWI	Up to \$2,430	Up to \$3,387

Effective 4/1/2023

*The QDWI program for the working disabled has special earned income deductions so you will need to call for assistance in determining eligibility for this program.

How to Recognize Medicare Fraud



There have been recent reports of someone offering plastic Medicare cards to people who work with Medicare beneficiaries. These cards are not official replacement cards, but copies of the original paper card printed on durable plastic.

If you receive a call offering a plastic Medicare card, do not give out any personal information. The Office of Inspector General and the Centers for Medicare & Medicaid Services are investigating these incidents. Medicare fraud can occur when someone knowingly deceives Medicare to receive payment when they should not.

There are several things you can do to help prevent Medicare fraud and protect your identity.

1. Protect your Medicare number. Treat your Medicare card and number the same way you would a credit card number. Only give your Medicare number or your Social Security number to your doctors and other providers. Be careful when others ask for your Medicare number or offer free services if you provide your Medicare number. Medicare and Social Security will never contact you to ask for your Medicare number or other personal information.
2. Protect your medical information. Be cautious if people other than your doctors or other medical professionals want to see your medical records or recommend services.
3. Learn more about Medicare's coverage rules. Be careful if a provider tells you there is a way to get Medicare to cover a service that normally is not covered.
4. Do not accept services you do not need. If a provider is pressuring you into getting tests or other services you feel are unnecessary, turn down care or ask to get a second opinion from another physician.
5. Be skeptical. It does not hurt to be wary if a provider says Medicare will pay for services that do not sound medically necessary (mud treatments, Swedish massages, and dance classes are examples of services promised in past fraud cases). Use your best judgment and refer to Medicare's coverage rules as needed.

To report fraud, contact 1-800-MEDICARE (633-4227), the Senior Medicare Patrol (SMP) Resource Center (877-808-2468), or the Inspector General's fraud hotline at 1-800-HHS-TIPS (447-8477). Medicare will not use your name while investigating if you do not want it to.

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

May 2023

White Salmon Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
For more information on White Salmon Senior Events call Senior Services at 509-493-3068	1 12pm Senior Lunch	2 8:30 to 9:30 Hatha Yoga 2pm Strong People	3 12pm Senior Lunch 1:30pm Healthy People 2030	4 8:30 to 9:30 Hatha Yoga 2pm Strong People	5 	6
7	8 12pm Senior Lunch 1:30pm Grief Group	9 8:30 to 9:30 Hatha Yoga 2pm Strong People	10 12pm Senior Lunch 1:30pm Healthy People 2030	11 8:30 to 9:30 Hatha Yoga 2pm Strong People	12	13
14	15 12pm Senior Lunch	16 8:30 to 9:30 Hatha Yoga 2pm Strong People	17 12pm Senior Lunch 1:30pm Healthy People 2030	18 8:30 to 9:30 Hatha Yoga 2pm Strong People	19	20
21	22 12pm Senior Lunch	23 8:30 to 9:30 Hatha Yoga 2pm Strong People	24 12pm Senior Lunch 1:30pm Healthy People 2030	25 8:30 to 9:30 Hatha Yoga 2pm Strong People	26	27
28	29 Office Closed For Memorial Day 	30 8:30 to 9:30 Hatha Yoga 2pm Strong People	31 12pm Senior Lunch 1:30pm Healthy People 2030	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>		

May 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WS=White Salmon GD=Goldendale	1 WS SW Chicken Wraps	2 GD SW Chicken Wraps Lyle:	3 WS Sweet & Sour Meatballs	4 GD Sweet & Sour Meatballs	5	6
7	8 WS Fish Sandwich	9 GD Fish Sandwich Lyle:	10 WS Broccoli Beef	11 GD Broccoli Beef	12	13
14	15 WS Chili Baked Potato	16 GD Chili Baked Potato Lyle:	17 WS Baked Chicken	18 GD Baked Chicken	19	20
21	22 WS Orange Chicken	23 GD Orange Chicken Lyle:	24 WS Meatloaf	25 GD Meatloaf	26	27
28	29 Closed for Memorial Day	30 GD Chef salad Lyle:	31 WS Mac & Cheese w/ Ham		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 Grange #49, 228 E. 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

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. The Goldendale Senior Center is closed while under repair so activities are taking place at alternate locations until they re-open.

Goldendale Events May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goldendale Senior Center is temporarily closed while under construction	1	2 12pm Senior Lunch @ Goldendale Grange	3 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	4 12pm Senior Lunch @ Goldendale Grange	5 Senior Shopping trip to Hood River Wal Mart	6 Home & Garden Show Klickitat County Fairgrounds 5th & 6th
7	8	9 12pm Senior Lunch @ Goldendale Grange	10 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	11 12pm Senior Lunch @ Goldendale Grange	12	13
14 	15	16 12pm Senior Lunch @ Goldendale Grange	17 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	18 12pm Senior Lunch @ Goldendale Grange	19 Senior Shopping trip to The Dalles call MATS to sign up	20
21	22	23 12pm Senior Lunch @ Goldendale Grange	24 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	25 12pm Senior Lunch @ Goldendale Grange	26	27
28	29 Senior Services Office Closed For Memorial Day	30 12pm Senior Lunch @ Goldendale Grange	31 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge			Call MATS to sign up for senior shopping trips 773-3060

Monthly Grief Group at the Pioneer Center in White Salmon

When? 2nd Monday of the month from 1:30-2:30pm (**May 8th**)

Where? White Salmon Pioneer Center, 501 NE Washington Street (White Salmon meeting room)

Who? Anyone who is grieving a loss. It doesn't matter how far along you are in your grief.

These grief groups will meet once a month on the second Monday of the month. Anyone mourning the loss of someone (this includes humans and animals) is welcome to join.

Attendees will be given the opportunity to share about their grief. When we gather in community to share about our grief, it can make the loneliness of the grieving experience a little more palatable.

Maggie Converse is volunteering her time and will be facilitating these groups. Maggie is an end-of-life doula, a grief companion, and a death and grief educator. She lives in Hood River with her two beloved dogs and enjoys getting to spend time outside with them.

It would be helpful for us to know how many people may attend. Please call Klickitat County Senior Services 509-493-3068 to get on the attendance list.

If you have questions, please reach out to Maggie directly at maggie@maggieconverse.com or by phone at [503-395-4738](tel:503-395-4738).



Healthy People 2030 Program Support Group

**Open to all ages
(Limited to 20 people)**

12 month program

Meet once a week on Wednesday from 1:30pm to 2:30pm

Pioneer Center, 501 NE Washington Street, White Salmon, WA.

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

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





MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Services provides 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. Funding is provided through grants from Washington State Department of Transportation, Klickitat County, The Area Agency on Aging & Disabilities of SW WA

which includes Federal and State funds, United Way of the Columbia Gorge, various grants/donations.

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/food bank

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 at least one business day in advance of 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

Be a Community Who Shares

MT. ADAMS TRANSPORTATION SERVICE, continued



We receive grant funding from Washington State Department of Transportation and funds from Klickitat County 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 4 round trips that operate between 7am and 7pm Monday through Friday.
- 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 for the year.
- 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 and placed under seat or in lap. Items may not be placed in aisle or in another seat. Limit 4. Drivers cannot assist with bags on the fixed route.

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

<http://www.gorgetranslink.com>

ATTENTION:

NEW SCHEDULES

**START, MONDAY, MAY 1ST
FOR BOTH FIXED ROUTES.**

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, Juneteenth, 4th of July, Labor Day, Veteran's Day, Thanksgiving and the Friday following, and Christmas Day.

2023 Annual GOrge Pass Offers Unlimited Travel Around the Columbia Gorge

This new innovative GOrge Pass allows for unlimited travel on fixed route public transit services in Hood River, Wasco, Klickitat, and Skamania Counties as well as to Portland, Multnomah Falls, and Troutdale for \$40. Passes can be purchased at a transit office or online at gorgetranslink.com or gorgepass.com

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 # 052023

You must pre-register by calling 773-3757 or 493-3068—space is limited and available on a first-come, first-serve basis.

Taking Care of You: Powerful Tools for Caregivers (PTC) was developed as an educational program to provide family caregivers with the tools to increase their self-care and their care giving ability and confidence. Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as a problem. They often feel that they have no control over events, and that feeling of powerlessness has a significant negative impact on caregiver's physical and emotional health.



POWERFUL TOOLS FOR CAREGIVERS

The Powerful Tools for Caregiver educational series will be offered by Klickitat County Senior Services via Zoom. The sessions will run July 6th through August 10th, with classes meeting from 2pm to 3:30pm every Thursday.