



FRESH FRUITS & VEGETABLES for Washington Seniors

Klickitat County Senior Services will again be distributing Senior Farmers Market Nutrition Program benefits for seniors in Klickitat County that qualify. They are not yet available but we hope to have them in mid to late June for distribution. There are changes to this program from previous years. They will no longer be a check/paper voucher, they will be a card that has the benefits loaded on electronically. They are limited in supply and available on first come – first serve basis for those who qualify.

If you are interested in applying to receive a benefit card you can call:
 Goldendale:509-773-3757 White Salmon:509-493-3068

The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands.

To be eligible for the SFMNP, you must meet all of the following:

- You must be 60 years old or older (or 55+ if you are Native American/ Alaska Native)
- Your income must be below 185% of Federal Poverty Level. That means:
 - o \$26,973 Annual or \$2248 Monthly Income for 1 person
 - o \$36,482 Annual or \$3040 Monthly Income for 2 people
 - o For larger households, add \$792 for each additional person
- You must be a resident of Washington State

An Affidavit for eligibility must be completed.

Klickitat County vendors that accept these benefits will be available on the list of approved vendors sometime in June.

Typically they are able to be used at the Goldendale and White Salmon Farmer’s Markets and the vendor will have a sign that indicates they accept Washington Senior Farmers Market benefits. Benefits must be used by October 31, 2023.

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Medicare Savings Programs – Reference Guide

1. What does the Medicare Savings Program (MSP) pay for?

Program	Coverage
QMB	Part A premiums, Part B premiums, coinsurance, deductibles, and Part B co-payments
SLMB	Part B premiums
QI-1	Part B premiums
QDWI	Part A premiums
State buy-in	Part B premiums, coinsurance, and deductibles (if not eligible for QMB, SLMB, QI-1, or QDWI)

2. What is the State Buy-In program and who is eligible?

State Buy-in is a state-funded program that pays for Part B premiums, coinsurance and deductibles for Apple Health (Medicaid clients who are not eligible for a federally funded MSP (QMB, SLMB, QI-1, and QDWI). A dual eligible client active on CN or MN coverage is automatically approved for the State to pay their Part B premiums until the Apple Health coverage ends. There is no coverage group for this in ACES as it happens behind the scenes. It takes approx. 60 days for the State to start paying the premiums and for SSA to reimburse clients for monies withheld from their SSA checks. When clients call about reductions in a recent SSA check or loss of Medicare B coverage, check to see if there has been a recent loss of CN/MN eligibility, especially Spenddown cases.

3. What about Medicare Part D premiums – who pays these?

The federal government (CMS) pays Part D premiums for low-income individuals. Part D pays for prescription drug coverage for clients who are entitled to receive Medicare. Apple Health does not cover the costs of prescription drugs for Medicare clients regardless of whether they have chosen to elect Part D coverage.

4. How does a client apply for help paying Part D premiums?

- The client may apply at the Social Security Administration for the LIS (low-income subsidy).
- All Apple Health eligible clients are automatically enrolled into a Part D plan via a monthly interface with the federal government (CMS).

5. What about Part D co-payments?

Clients who are eligible for the low-income subsidy pay a reduced amount for their drug co-payments. Co-payments are waived for those on an institutional program.

6. What is the donut hole or coverage gap?

The donut hole is a period during which a client bears the full cost of their prescription drugs. Apple Health clients and clients who receive coverage under an MSP do NOT have a donut hole.

7. Is there a penalty if a client does not accept Medicare when they are first eligible?

There is a penalty for individuals not receiving Apple Health coverage. However, clients who are eligible for Apple Health/MSP are not subject to the penalty or restricted to set enrollment periods. Apple Health enrollees should sign up for Medicare at the first opportunity.

**For Medicare Buy-in questions or issues relating to payment for Medicare premiums, contact:
Medicare Buy-In unit at 1-800-562-3022 Ext: 16129**

General Information

Medicare Savings Programs pay for cost sharing expenses for Medicare beneficiaries and include the following programs:

- QMB (SO3)
- SLMB (SO5)
- QI-1 (SO6)
- QDWI (SO4)
- State buy-in (not in ACES)

Cost sharing expenses include:

- Medicare Part A and Part B premiums
- Co-insurance charges
- Deductibles
- Some co-payments under Part B

Eff: 04/2023 The income limits (including \$20 income disregard) are:

Program	1 person	2 people
QMB	\$1,215	\$1,644
SLMB	\$1,458	\$1,972
QI-1	\$1,640	\$2,219
QDWI	\$2,430	\$3,387

What are the different parts to Medicare?

Part A – inpatient hospital insurance

Part B – outpatient physicians insurance

Part C (optional) – Medicare services delivered via a managed care plan

Part D – Prescription drug coverage

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



Senior / Disabled Property Tax exemption or deferral

Washington has a property tax exemption program that helps senior citizens and disabled citizens reduce their payment of property taxes.

To be eligible for an exemption you must be at least 61 years old on December 31 of the application year, or unable to work because of a disability, or a veteran with a 80 percent service connected disability.

Example: Your 61st birthday is in November 2022. You may file a 2022 application requesting an exemption on your 2023 taxes.

You must own the home for which the exemption is claimed in total, as a life estate or by contract purchase. The property must be your primary residence and you must occupy the home for more than six months each year.

Your annual household disposable income may not exceed \$40,000.

If you feel that you could qualify for this exemption program, please fill out the exemption application and bring the necessary documentation with you to the Klickitat County Assessor's office so that the Senior/ Disabled Exemption Coordinator can verify to the Department of Revenue that you meet the eligibility requirements of this program.

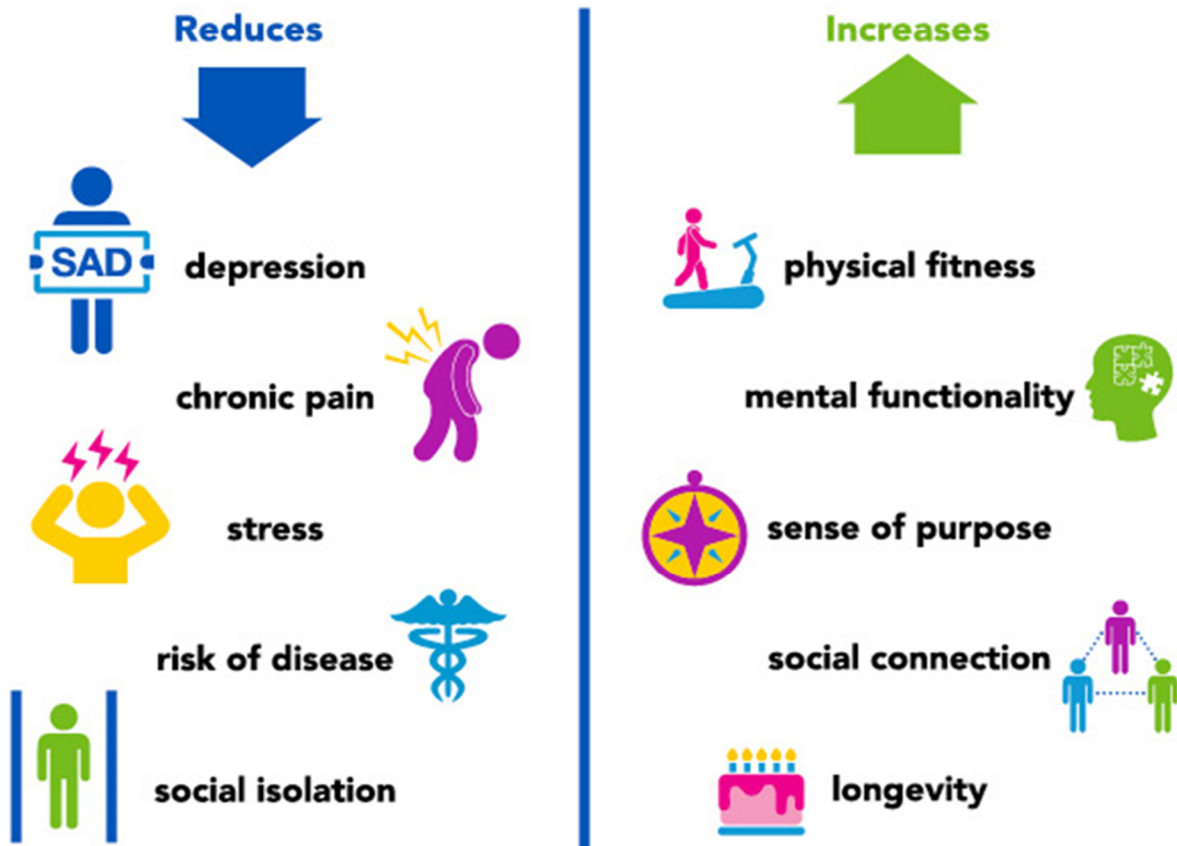
Property Tax Deferral for Senior Citizens and Disabled Persons If you are at least 60 years of age by December 31 of the year you apply, unable to work because of a disability or at least 57 years of age and the surviving spouse or domestic partner of a person who was receiving a deferral at the time of his/her death, own your home, it is your primary residence, and your household disposable income is less than \$45,773, the Department of Revenue may be able to help you pay your taxes.

This program is not an exemption but a deferral program which does place a lien on your property, but the interest rates are very reasonable and it may help you stay in your home. To be eligible for this program, you must meet the ownership, residency, income and equity requirements and you must pay the first installment of your taxes. Your annual household income must be \$45,773 or less. Under this deferral program, the Washington State Department of Revenue pays the second installment of your property taxes due in October.

More information can be obtained on the Klickitat County Assessor's site at www.klickitatcounty.org or by calling the Assessor's office at 800- 764-2235 or 509-773-3715.

Doing Good is Good for You

Volunteering



Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012
www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf

Klickitat County Senior Services is seeking volunteers for various positions with our Volunteer Connection Program.

- Meals on Wheels Drivers
- Culinary assistants
- Friendly Visitors
- Friendly Helpers
- Volunteer Drivers
- Helpers at Congregate Meal Sites

Call Volunteer Coordinator, Isaias Garcia,
For more information at:
509-493-3068 or 509-773-3757
Or on his mobile phone: 509-502-8027



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

White Salmon Events June 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 8:30 to 9:30 Hatha Yoga 2pm Strong People	2 	3
4 	5 12pm Senior Lunch	6 8:30 to 9:30 Hatha Yoga 2pm Strong People	7 12pm Senior Lunch 1:30pm Healthy People 2030	8 8:30 to 9:30 Hatha Yoga 2pm Strong People	9	10
11	12 12pm Senior Lunch 1:30pm Grief Group	13 8:30 to 9:30 Hatha Yoga 2pm Strong People	14 12pm Senior Lunch 1:30pm Healthy People 2030	15 8:30 to 9:30 Hatha Yoga 2pm Strong People	16	17
18 	19 CLOSED for Juneteenth Holiday	20 8:30 to 9:30 Hatha Yoga 2pm Strong People	21 12pm Senior Lunch 1:30pm Healthy People 2030	22 8:30 to 9:30 Hatha Yoga 2pm Strong People	23	24
25	26 10am Let's Talk 12pm Senior Lunch	27 8:30 to 9:30 Hatha Yoga 2pm Strong People	28 12pm Senior Lunch 1:30pm Healthy People 2030	29 8:30 to 9:30 Hatha Yoga 2pm Strong People	30	



2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change				1	2	3
4	5 WS Cheeseburger	6 GD Cheeseburger	7 WS Scalloped Potatoes w/ Ham	8 GD Scalloped Potatoes w/ Ham	9 	10
11	12 WS Salisbury Steak	13 GD Salisbury Steak	14 WS Chicken Pasta Salad	 15 GD Chicken Pasta Salad	16	17
18	19 Office Closed	20 GD Tuna Casserole w/ green peas	21 WS Meatloaf	22 GD Meatloaf	23	24
25	26 WS Creamy Tuscan Sausage Pasta	27 GD Creamy Tuscan Sausage Pasta	28 WS Turkey Wraps	29 GD Turkey Wraps	30	

Klickitat County Senior Services has congregated 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 June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12pm Senior Lunch @ Goldendale Grange	2 Senior Shopping trip to Hood River call MATS to	3 Goldendale Community Clean Up Event
4	5 	6 12pm Senior Lunch @ Goldendale Grange	7 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	8 12pm Senior Lunch @ Goldendale Grange	9	10
11	12	13 12pm Senior Lunch @ Goldendale Grange	14 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	15 12pm Senior Lunch @ Goldendale Grange	16 Senior Shopping trip to The Dalles call MATS to sign up	17
18 	19 Klickitat County Offices closed for Juneteenth	20 12pm Senior Lunch @ Goldendale Grange	21 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	21 12pm Senior Lunch @ Goldendale Grange	23	24
25	26	27 12pm Senior Lunch @ Goldendale Grange	28 Recovery Café Pop up Café 10am to 2pm lunch, support group @ Goldendale Masonic Lodge	29 12pm Senior Lunch @ Goldendale Grange	30	Call MATS to sign up for senior shopping trips 773-3060

Klickitat County Veterans Service Office

Frank Gilligan is the Klickitat County Veterans Service Officer. He is here to assist Veterans and widows of Veterans file claims with the U.S. Department of Veterans Affairs for:

- health care services;
- disability compensation;
- non-service connected pensions;
- aid and attendance;
- educational benefits;
- vocational rehabilitation;
- burial reimbursements.
- The VSO can also assist with benefit applications for other local, state and federal agencies.

Goldendale: Monday/Tuesday
Klickitat County Courthouse
205 S Columbus Ave Room 203
Goldendale, WA 98620

509-773-2467

White Salmon: Wednesday/Thursday
Pioneer Center
501 NE Washington St
Room 103
White Salmon, WA 98672

509- 493-6031

Email:
frankg@klickitatcounty.org

Office Hours

8:30 A.M. - 5:00 P.M.
Closed 12:00 - 1:00 P.M.

GOLDENDALE COMMUNITY CLEAN UP

Saturday, June 3rd

9am to 3pm

Free transfer station fees—up to 1 load (3yards) Free.

Curbside pick up available for seniors and disabled.

Volunteers needed. Meet on courthouse lawn at 8:45am.

For more information call: 509-773-4448

LET'S TALK

Hi there! My name is Noelle Savatta and I am hosting a monthly session at the Pioneer Center Senior Center in White Salmon called *Let's Talk*.

It isn't counseling or therapy, but an opportunity to get some support or guidance about the challenges you may be facing in your life; to talk about relationships with family or friends, how you are feeling, or if you are sad, lonely, anxious, or having other struggles.

I will be available at the Pioneer Center Senior Center from 10 to 11am on the 4th Monday of the month. You can call ahead or just stop by. The meeting can be one on one or in small groups. Begins on Monday, June 26th.

A little more about me...I live and work in White Salmon and have been in the mental health field for over 20 years. I am currently a Licensed Psychologist with a private practice. When I'm not working I love hiking and biking with my red heeler named Ollie. I look forward to meeting you!

Noelle Savatta, PhD
Licensed Counseling Psychologist
503-893-4669
dr.noellesavatta@gmail.com

POWERFUL TOOLS FOR CAREGIVERS

The Powerful Tools for Caregiver educational series will be offered by Klickitat County Senior Services in a hybrid format which will include opportunity to come in person or join via Zoom. The sessions will run July 6th through August 10th, with classes meeting from 2pm to 3:30pm every Thursday.

You must pre-register by calling 509-773-3757 or 509-493-3068— 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 caregiving 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.



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.

Monthly Grief Group at the Pioneer Center in White Salmon

When? 2nd Monday of the month from 1:30-2:30pm (**June 12th**)

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).

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 #062023

HOPE & SUPPORT

•Caregivers – You are not alone
Alzheimer's Association support is available 24 hours a day, 7
days a week, 365 days a year
–Care Consultation
–Support Groups
–Local Community Education
–Early Stage Memory Loss Programs
-24/7 Hotline 800-272-3900