



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

**Inside this  
issue:**

**Great News!**

The Goldendale Senior Center has completed repairs from the Winter storm damage and will be reopening in July.

The senior lunches will move back to the Goldendale Senior Center from the Goldendale Grange in July. There is no senior meal on July 4th due to the holiday but we will have the Thursday, July 6th meal back at the Goldendale Senior Center, 115 E. Main Street.

The Senior Center Store will not be open yet but they hope to open that soon. They are planning a grand opening celebration later in July. We greatly appreciate the Goldendale Grange renting space to us to have the senior meals while the Goldendale Senior Center was being repaired.

As a reminder, the Goldendale Senior Center is run by an elected non-profit Board and it's members. Klickitat County Senior Services leases space at the senior center to operate the congregate and home delivered meal programs and also partner with the senior center for other special events or classes. You do not have to be a member of the senior center to participate in the senior meal program.

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## Do I qualify for Extra Help?

Dear Marci,

My friend mentioned they save money on their prescriptions through a program called Extra Help. How can I find out if I qualify for this program?

-Frank (Omaha, NE)

**Dear Frank,**

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS). Extra Help can:

Pay for your **Part D premium**

Lower the **costs** of your prescription drugs

- Let you switch Part D plans more often
- Eliminate your Part D **late enrollment penalty** if you have one

If your monthly income is up to \$1,843 in 2023 (or \$2,485 for couples) and your assets are below certain limits, you may be eligible for Extra Help. Even if your income or assets are above the eligibility limits, you could still be eligible for Extra Help because certain types of income and assets are not counted.

Also know that if you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you separately meet Extra Help's eligibility requirements. You should receive a purple-colored notice from the Centers for Medicare & Medicaid Services (CMS) informing you that you do not need to apply for Extra Help.

Remember that Extra Help is not a replacement for Part D or a plan on its own, though. You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan and you apply and qualify for Extra Help, you will in most cases be enrolled into one.

If you think you may be eligible, I recommend that you apply through the **Social Security Administration**. You can apply online or call or visit to get a paper application.

-Marci

Klickitat County Senior Services staff can help answer questions and assist in applying for Extra help or MSP.

Call Jill in White Salmon 509-493-3068 or

Doreen in Goldendale 509-773-3757.

## Savvy Senior

### Best Meal Delivery Services for Seniors Who Don't Cook

*Dear Savvy Senior,*

*Can you recommend some good healthy meal delivery options for seniors who don't cook or get out much? My 80-year-old father, who lives alone, has a terrible diet and I worry about his health.*

*Concerned Daughter*

Dear Concerned,

There are actually a wide variety of healthy meal delivery options that can help non-cooking seniors who live at home. Here are several top options to check into.

#### Community-Based Programs

A good place to start, is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit [MealsOnWheelsAmerica.org](http://MealsOnWheelsAmerica.org), which offers a comprehensive directory on their website, or call the area aging agency near your dad. Call the Eldercare Locator at 800-677-1116 to get the local number.

Most home delivered meal programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.).

Most of these programs typically charge a small fee (usually between \$2 and \$9 per meal) or request a donation, while some may be free to low-income seniors who qualify for Medicaid. There are also some Medicare Advantage plans that cover limited meal service benefits.

In Klickitat County you can call Klickitat County Senior Services and see if you qualify for meals on wheels services.

Goldendale 509-773-3757 White Salmon 509-493-3068

Article continued on next page.

## Savvy Senior Article, continued.

### Meal Delivery Service Companies

Another great option for your dad is to order him some pre-made meals online from a meal delivery service company. These companies provide a wide variety of tasty meal choices and will usually post the nutrition information for their meals right on their website.

Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free, and vegetarian options. Plus, the ordering process is very easy.

Depending on the company you choose, the food arrives either fresh or frozen and most deliver all across the U.S. Prices generally start at around \$8 to \$13 per meal, plus shipping, however many companies provide discounts or free shipping when you order meals in bulk. And most companies work with Medicaid and some Medicare Advantage plans to help reduce costs.

Some of the best meal delivery companies for seniors, as rated by Verywell Health for 2023 include:

Best Variety: Magic Kitchen ([magickitchen.com](https://www.magickitchen.com))

Best Value: Mom's Meals ([momsmeals.com](https://www.momsmeals.com))

Best for Nutrition Consultation: BistroMD ([bistromd.com](https://www.bistromd.com))

Best Plant-Based Meals: Mosaic ([mosaicfoods.com](https://www.mosaicfoods.com))

Best Gluten-Free: ModifyHealth ([modifyhealth.com](https://www.modifyhealth.com))

Best Chef-Prepared: CookUnity ([cookunity.com](https://www.cookunity.com))

Best for Customization: Snap Kitchen ([snapkitchen.com](https://www.snapkitchen.com))

For more information on this list and their testing methodology, visit [VerywellHealth.com](https://www.verywellhealth.com) and search "Best Meal Delivery Services for Seniors."

### Grocery Stores and Restaurants

Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery, or he could use a restaurant delivery service like [UberEats.com](https://www.ubereats.com), [DoorDash.com](https://www.doordash.com) or [GrubHub.com](https://www.grubhub.com).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.savvysenior.org). Jim Miller is a contributor to the *NBC Today* show and author of "*The Savvy Senior*" book.

## **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. 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.



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

# White Salmon Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>	<i>happy 4th JULY!</i>				1
2	3 <b>12pm Senior Lunch</b>	4 <b>Closed Independence Day Holiday 4th of July</b>	5 <b>12pm Senior Lunch</b> 1:30pm Healthy People 2030	6 8:30 to 9:30 Yoga  2pm Strong People	7	8
9	10 1:30pm Monthly Grief Group <b>12pm Senior Lunch</b>	11 8:30 to 9:30 Yoga  2pm Strong People	12 <b>12pm Senior Lunch</b> 1:30pm Healthy People	13 8:30 to 9:30 Yoga  2pm Strong People	14	15
16	17 <b>12pm Senior Lunch</b>	18 8:30 to 9:30 Yoga  2pm Strong People	19 <b>12pm Senior Lunch</b> 1:30pm Healthy People 2030	20 8:30 to 9:30 Yoga  2pm Strong People	21	22
22	24 10am Let's Talk <b>12pm Senior Lunch</b>	25 8:30 to 9:30 Yoga  2pm Strong People	26 <b>12pm Senior Lunch</b> 1:30pm Healthy People 2030	27 8:30 to 9:30 Yoga  2pm Strong People	28	29
30	31 <b>12pm Senior Lunch</b>					



# July 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 WS Beef Stroganoff	4 GD <b>CLOSED For 4th of July</b>	5 WS Pork Sausage Casserole	6 GD Pork Sausage Casserole	7	8
9	10 WS Chicken Alfredo	11 GD Chicken Alfredo	12 WS Meatloaf	13 GD Meatloaf	14	15
16	17 WS Sweet & Sour Pork	18 GD Sweet & Sour Pork	19 WS Taco Salad	20 GD Taco Salad	21	22
23	24 WS Hot Dogs w/ Baked Beans	25 GD Hot Dogs w/ Baked Beans	26 WS Chicken Enchiladas	27 GD Chicken Enchiladas	28	29
30	31 WS Red Beans & Rice with Sausage			Menu Subject to Change		

Klickitat County Senior Services has 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 St., Goldendale —meal is served at 12pm on Tuesdays and Thursdays.

Home Delivered Meals are available 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 July 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <b>Happy 4th of July</b>				1
2	3	<b>4</b> <b>CLOSED for 4th of July Holiday</b>  <b>Happy Independence Day</b>	<b>5</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>6</b> <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	<b>7</b> <b>Senior Shopping trip to Hood River call MATS to sign up</b>	8
9	<b>10</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>11</b> <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	<b>12</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>13</b> <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	14	15
16	<b>17</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>18</b> <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	<b>19</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>20</b> <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	<b>21</b> <b>Senior Shopping trip to The Dalles call MATS to sign up</b>	22
23	<b>24</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>	<b>25</b> <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	<b>26</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support Group @Masonic</b>	<b>27</b> <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	28	29
30	<b>31</b> <b>Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @Masonic Lodge</b>				<b>Call MATS to sign up for shopping trips 509-773-3060</b>	



## VisionAware

Are you or a family member having difficulty seeing? Or perhaps been diagnosed with an eye condition such as macular degeneration, cataracts, glaucoma, or diabetic retinopathy?

If the answer is yes, you're not alone: vision problems affect 25 million Americans and they are on the rise.

VisionAware is a free, easy-to-use informational service for adults with vision loss, their families, caregivers, healthcare providers, and social service professionals.

According to a study published by the Centers for Medicare and Medicaid Services Studies, individuals with low vision problems often do not hear about low vision rehabilitation services from their ophthalmologists and other medical providers. VisionAware fills in this gap.

Visitors to VisionAware will find:

- Free, practical tips and resources for adults with vision loss, their families, friends, caregivers, and related professionals
- Information on eye diseases and disorders
- Different ways to connect, including social media channels like Twitter and Facebook
- VisionAware blog
- Visually Impaired, Now What? Blog by our Peer Advisors
- Searchable, free Directory of Services

**www. <https://visionaware.org/>**

Need Help?

Call us at 1-800-232-5463

M-F, 8:00AM-8:00PM ET

or email us at [connectcenter@aph.org](mailto:connectcenter@aph.org)

## Health Tip

**Regular exercise** can give you more energy, improve your balance, boost your mood, and prevent or delay some diseases. It is important to exercise safely to avoid injury and get meaningful benefits. The National Institute on Aging's Go4Life campaign has suggestions about how to exercise safely, which include:

- Begin your exercise program with low-intensity exercises.
- Wear appropriate shoes
- Warm up before exercising, and cool down after
- Pay attention to your surroundings, and dress appropriately for the weather when exercising outdoors
- Drink water before, during, and after you exercise.
- Discuss your exercise and physical activity plan with your doctor or health care provider.

## **Monthly Grief Group at the Pioneer Center in White Salmon**

**When?** 2<sup>nd</sup> Monday of the month from 1:30-2:30pm (**July 10th**)

**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](mailto:maggie@maggieconverse.com) or by phone at [503-395-4738](tel:503-395-4738).

## **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. Please call ahead so Noelle knows how many plan to attend. The meeting can be one on one or in small groups. Held in the Bingen Meeting Room at the Pioneer Center, 501 NE Washington Street, White Salmon.

**The July meeting date will be Monday, July 24th.**

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](mailto:dr.noellesavatta@gmail.com)

NIA (National Institute on Aging) [www.Alzheimers.gov](http://www.Alzheimers.gov), has a website designed to educate and support people whose lives are touched by Alzheimer's disease and related dementias. The website serves as a federal government portal for dementia information and resources.

Whether you are living with dementia, a family member or friend, health care professional, researcher, or advocate, Alzheimers.gov is designed for you. Explore the website to find:

- Information about Alzheimer's disease and related dementias, including causes, symptoms, diagnosis, and treatment
- Tips and resources for caregivers and people living with dementia
- Updates on what the federal government is doing to address Alzheimer's and related dementias
- Clinical trials and studies you can join to help advance research into ways to treat and prevent dementia
- Resources for health care providers, community and public health workers, and researchers

We welcome everyone to explore the new Alzheimers.gov website!

**Visit : [www.Alzheimers.gov](http://www.Alzheimers.gov)**

The Alzheimer's Association is also here to help. Call our 24/7 Helpline (1.800.272.3900) or attend one of our support groups being held over the phone. We are always here when you need us!

## **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.**

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 #072023**



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2023 is on Tuesday, July 4, 2023.

## **Fourth of July—Independence Day**