

2023



OCTOBER

Klickitat County Senior Newsletter

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

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Area Agency on Aging & Disabilities Area Plan Public Meeting

The Area Agency on Aging & Disabilities of Southwest Washington (AAADSW) and its Advisory Council invite all interested parties to attend the 2023-2027 Area Plan Public Meeting for Aging & Disability Services.

Location: Pioneer Center Senior Dining Room, 501 NE Washington Street, White Salmon

Date: Monday, October 9, 2023

Time: 1:30pm to 2:30pm

The 2024-2027 Area Plan guides AAADSW's development of community-based supports and programs and determines funding priorities for older adults, adults with disabilities and family caregivers in its 5-county service area. Those counties include Clark, Cowlitz, Klickitat, Skamania, and Wahkiakum.

Please come and provide feedback and input on the needs of seniors, adults with disabilities, and family caregivers.

Christina Marneris, Community Service Manager AAADSW
360-735-5728

Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2023

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year. Be sure to review your plan each year to make sure it will still meet your health and financial needs. Many insurers also will be raising less visible expenses, such as annual deductibles and drug coinsurance payments.

Klickitat County Senior Services staff are available to provide assistance with reviewing plan options during the Medicare Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

773-3757 Doreen in Goldendale

493-3068 Jill in White Salmon

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?

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

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.

Senior / Disabled Property Tax Exemption or Deferral

The 2023 Legislature passed Substitute House Bill 1355 (SHB 1355), which makes changes to the property tax exemption and deferral programs for senior citizens, persons with disabilities, and disabled veterans.

Beginning Aug. 1, 2023, the maximum income threshold for Klickitat County is \$47,000.00. The deferral income threshold is \$49,422.

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 \$47,000. 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 \$49,422, 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 \$49,422 or less.

Under this deferral program, the Washington State Department of Revenue pays the second installment of your property taxes due in October.

Do you need HELP With Winter Heating?

Washington Gorge Action Program (WAGAP) staff will process Energy Assistance applications for seniors 60 and older and Jill or Doreen from Senior Services will be there to process Klickitat County PUD electric Senior discounts (62 and older) at the following locations in October and November.

Goldendale PUD public meeting room 1313 S. Columbus Avenue.

Thursday, October 26th 10am to 1pm & Thursday, November 16th 10am to 1pm

White Salmon Pioneer Center, 501 NE Washington Street.

Monday, November 13th & Wednesday, November 15th 10am to 1pm

Lyle Lions Community Center 503 Lewis & Clark Hwy, Lyle .

Tuesday, November 14th, 10am to 1pm

Klickitat PUD Senior Discount

You will need to provide proof of gross annual household income and copy of PUD bill. Yearly income for single household must be \$29,160 or less and \$39,440 or less for 2 person household. 62 and older.

LIHEAP Low Income Energy Assistance for Seniors through WAGAP.

You will need to bring:

Proof of current household income which can be verified with your most recent bank statement or your current award letter.

Proof of physical address.

Copy of utility bill (that you are applying for help with)

SS cards for ALL household members

Try the Electric CarShare Available in White Salmon or Bingen for Free!

The City of White Salmon has arranged GoForth to provide 2 blue electric Chevy Bolts. They are plugged in and ready to go, one across from the White Salmon fire station and the other next to the skate park in Bingen.

I took one up to Mt Hood Meadows and on the drive back down the mountain the car charged itself back up! It has a range of almost 260 miles.

You download the 'MioCar' app on your phone and take a picture of your driver's license and give them your credit card and email. They will send you an email with a link to a 15 minute Zoom orientation within a few weeks.

The first 4 hours are free! After that \$4/hr or \$35/day.

Happy gas free driving! – Shelley Baxter, Senior Advisory Board.

Monthly Grief Group at the Pioneer Center in White Salmon

When? 2nd Monday of the month from 1:30-2:30pm (October 9th)

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).

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.

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 next meeting date will be Monday, October 30th at 10am.

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

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

White Salmon Events

October 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	2 8:30 Strong People Class 12pm Senior Lunch	3 8:30 Hatha Yoga 2pm Strong People	4 8:30 Strong People Class 12pm Senior Lunch with live music	5 8:30 Hatha Yoga 2pm Strong People	6 8:30 Strong People Class	7
8	9 8:30-Strong People Class 12pm Senior Lunch 1:30-Grief Group (WhiteSalmonRoom)	10 8:30 Hatha Yoga 2pm Strong People	11 8:30 Strong People Class 12pm Senior Lunch with live music	12 8:30 Hatha Yoga 2pm Strong People	13 8:30 Strong People Class	14
15	16 8:30 Strong People Class 12pm Senior Lunch	17 8:30 Hatha Yoga 2pm Strong People	18 8:30 Strong People Class 12pm Senior Lunch with live music	19 8:30 Hatha Yoga 2pm Strong People	20 8:30 Strong People Class	21
22	23 8:30 Strong People Class 12pm Senior Lunch	24 8:30 Hatha Yoga 2pm Strong People	24 8:30 Strong People Class 12pm Senior Lunch with live music	26 8:30 Hatha Yoga 2pm Strong People	27 8:30 Strong People Class	28
29	30 8:30 Strong People Class 10am Let's Talk (Bingen Room) 12pm Senior Lunch	31 8:30 Hatha Yoga 2pm Strong People		Recovery Café in White Salmon Thursdays 10am to 2pm at Mt. View Grange downstairs 1084 Estes		



October 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Salisbury Steak	3 GD Salisbury Steak	4 WS Chicken A 'La' King	5 GD Chicken A 'La' King	6	7
8	9 Scalloped Potato w/ Ham	10 Scalloped Potato w/ Ham	11 Swedish Meatballs	12 Swedish Meatballs	13	14
15	16 Baked Fish	17 Baked Fish	18 Meatloaf	19 Meatloaf	20	21
22	23 Macaroni & Cheese w/Ham	24 Macaroni & Cheese w/Ham	25 Chili	26 Chili	27	28
29	30 Chicken Parmesan	31 Chicken Parmesan	November 1 Broccoli Beef	November 2 Broccoli Beef	Menu Subject to Change	GD= Goldendale WS= White Salmon

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 Senior Center, 115 E. Main Street, Goldendale meal is served at 12pm on Tuesdays and Thursdays.

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.

Goldendale Events October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	4	5 12pm Senior Lunch 1pm Exercise	6 Senior Shopping trip to Hood River Wal Mart	7
8	9	10 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	11	12 12pm Senior Lunch 1pm Exercise	13	14 Call MATS to sign up for shopping trips
15	16	17 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	18	19 12pm Senior Lunch 1pm Exercise	20 Senior Shopping trip to The Dalles call MATS to sign up	21
22	23	24 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	25	26 12pm Senior Lunch 1pm Exercise	27	28
29	30	31 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise			Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group meets at Goldendale Masonic Lodge	

Remarkably Bright Creatures

BY SHELBY VAN PELT

After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her 18-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over 30 years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.

ABOUT THE AUTHOR Born and raised in the Pacific Northwest, Shelby Van Pelt is now missing the mountains in the Chicago area with her husband and two children. *Remarkably Bright Creatures* is her debut novel.



Important Art Dates

DELIVERY
SEPTEMBER 16–22

PICKUP
NOVEMBER 1–4

KOOBDOOGA JR.
Octopus Extravaganza
FRIDAY, OCTOBER 13
3:30 PM

Octopus Tai Chi for Seniors

Traditional tai chi health exercises often refer to the movement of animals. Explore the benefits of Octopus movements with gentle directed exercises. For seniors and friends. May be done sitting or standing. Wear comfortable clothing. Come to one or to all four sessions. No registration required.

WEDNESDAY, OCTOBER 18
FRIDAY, OCTOBER 20
WEDNESDAY, OCTOBER 25
FRIDAY, OCTOBER 27
1–2 PM
In the Sprint/Baker Gallery
No registration required

PROGRAMS AND EVENTS

Programs below are in the Sprint/Baker Gallery from 6:30–8 pm
All programs are hybrid (in-person and online) and will be recorded.

Art Reception: Celebrating A Good Book through Art

THURSDAY, SEPTEMBER 28

Experience a display of artistic responses to this year's featured book. Exhibit will be available throughout October during library open hours. Music provided by Charles Crozman. Refreshment provided by Beneventi's Catering.

Meet the Author: Shelby Van Pelt

THURSDAY, OCTOBER 5

Shelby Van Pelt, author of *Remarkably Bright Creatures*, joins us virtually for an interactive conversation about Tova and Marcellus and other aspects of her debut novel.

Aging in the Gorge

THURSDAY, OCTOBER 12

Sharon Carter, Klickitat County Senior Services/Mt Adams Transportation, will be sharing information on aging in the Gorge, including specific services for seniors, meals, transportation, and other resources.

Big Briches Theater presents excerpts from *Ripcord*, a play by David Lindsay-Abaire, to open and close the Aging in the Gorge program.

Giant Pacific Octopus

THURSDAY, OCTOBER 19

Marley Loomis will be sharing her love and knowledge of the giant Pacific octopus, both in the wild and in captivity. Over the last five years, Loomis has been the primary caretaker for multiple GPOs and a variety of other octopus species. You can expect some interesting facts and lots of fun pictures!

My Octopus Teacher & Artist Award Ceremony

THURSDAY, OCTOBER 26

Join us for a short award ceremony celebrating the artists who participated in this year's art show. This will be followed by a screening of *My Octopus Teacher*, the acclaimed 2020 documentary written and directed by Pipa Erlich and James Reed, highlighting the life lessons learned through a remarkable friendship between humans and octopus.

If attending virtually, register at fvrl.org

Fall Open Enrollment runs from October 15 through December 7 each year. This period is also sometimes called the Annual Election Period. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you're happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes you can make include:

1. Joining a new Medicare Advantage Plan
2. Joining a new Part D prescription drug plan
3. Switching from Original Medicare to a Medicare Advantage Plan
Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts

If you have Original Medicare, visit www.medicare.gov or read the *2024 Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in:

- The plan's costs
- The plan's benefits and coverage rules
- The plan's formulary (list of drugs your plan covers)

Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance reviewing your options, contact your **State Health Insurance Assistance Program (SHIP)** for individualized counseling OR call Klickitat County Senior Services and our SHIBA trained staff can assist.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there's another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

MIT

AGELAB

Study Opportunity: Social Robots & Caregivers



The MIT AgeLab is actively recruiting individuals aged 65+ with a diagnosis of dementia at an earlier stage and their family caregivers to participate in a virtual study to evaluate a new robot developed by a third-party company.

Eligible caregiver / care recipient duos will be invited to join a Zoom call, during which they will be presented with a short video clip demonstrating a social robot before participating in an interview. Caregivers will also complete a separate questionnaire.

If you are a caregiver interested in participating in the study, please complete the brief survey listed at the link below. If you are eligible to participate, a researcher may contact you about next steps for the study.



Access the survey:
agelab.mit.edu/social-robots-caregivers-study

Questions? Contact agelab-robot@mit.edu.

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 # 102023

Tai Chi - A Great Way for Seniors to Improve Their Balance
Classes are 1-hour every Thursday Time: 11am to 12pm
Classes will start on November 2nd and will run through December 21st (excluding Thanksgiving). If there is enough interest there may be additional classes offered in 2024.
Place: Pioneer Center-Senior Dining Room 501 NE Washington Street, White Salmon
Cost: FREE for seniors 60 and better
Instructor: Janet Essley (Janet has been teaching Tai Chi to seniors for 30 years)
Contact Klickitat County Senior Services 509-493-3068 to sign up.
No materials required for the class. We suggest you wear loose fitting clothing for easy movement and comfortable, flat shoes (not slip-on).
Class is for seniors (and friends). Folks who are not safely ambulatory without assistance of canes or walkers can participate seated.
The focus of the class would be balance, flexibility, and stress reduction.