



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

**2023**

**Inside this  
issue:**

Tai Chi Let's Talk	2
Do you need help with Winter elec- tricity?	3
Medicare: Home Health Basics	4
Medicare vs HMO- Medicare Advantage Plans	5
White Salmon Events	6
Menu	7
Goldendale Events	8
Goldendale Library Events	9
Lock It Up	10
OHSU Pathfinder Study	11

During the holiday season it can be challenging for many to feel positive. These times often make us miss our loved one's who are no longer here to celebrate with us and many are struggling with personal and financial challenges.

It is important that we all work to try and bring brightness to others. That brightness does not have to be in the form of a physical present— it can be something as simple as a smile or words of praise and encouragement.

While it's not always easy, being grateful for the positives in life can have a profound impact on your mood, outlook, and overall well-being.

- **Take time to notice what's around you**
- **Be grateful for the small things we do every day**
- **Share your gratitude for others** (loved ones, friends, neighbors)

Simple and positive words can go far in making a person's day. A simple, "Thank you" or "You have a beautiful smile" can really make a difference.

**Volunteer Appreciation —Thank You Volunteers!!!!**

Our volunteers are the backbone of Klickitat County Senior Services. They dedicate their time and energy to make a difference in the lives of those we serve. As we celebrate the holidays, let's take a moment to express our heartfelt appreciation to our volunteers. They are the unsung heroes who make our programs and services possible.

## **SIGN UP for 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 2<sup>nd</sup> and will run through December 21<sup>st</sup> (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.

## **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, December 18th 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](mailto:dr.noellesavatta@gmail.com)

# Do you need help with Winter electricity?

## Senior Low Income Klickitat PUD Discount

If you are **62** or older and your **GROSS household** annual income is under **\$29,160** for a single occupant household or under **\$39,440** 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.



	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Yearly Income	Yearly Income
35%	\$14,580 or less	\$19,720 or less
25%	\$14,581 - \$19,391	\$19,721 - \$26,228
15%	\$19,392 - \$21,870	\$26,229 - \$29,580
5%	\$21,871 - \$29,160	\$29,581 - \$39,440

**Effective Date** - Effective for billings issued December 2023 to May 2024.

**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.



## Medicare Reminder

### **Home Health Basics**

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. Services covered by Medicare's home health benefit include intermittent skilled nursing care, therapy, and care provided by a home health aide. Depending on the circumstances, home health care will be covered by either Part A or Part B.

Medicare covers your home health care if:

You are homebound, meaning it is extremely difficult for you to leave your home and you need help doing so.

You need skilled nursing services and/or skilled therapy care on an intermittent basis.

Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and finite.

Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.

Skilled therapy services refer to physical, speech, and occupational therapy.

You have a face-to-face meeting with a doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This can be an office visit, hospital visit, or in certain circumstances a face-to-face visit facilitated by technology (such as video conferencing).

Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a plan of care for you and that the face-to-face meeting requirement was met.

Your doctor should review and certify your home health plan every 60 days. A face-to-face meeting is not required for recertification.

And, you receive care from a Medicare-certified home health agency (HHA).

Note: You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy. When your other home health needs end, you can continue receiving Medicare-covered occupational therapy under the home health benefit if you need it.

If you meet all the requirements, Medicare should pay for skilled care in your home and/or home health aide services. If you have questions or experience billing issues, call 1-800-MEDICARE.

## Comparison: HMOs and Original Medicare

There are several differences in costs and coverage between Original Medicare and Health Maintenance Organizations (HMOs). The table below compares these two ways of getting Medicare benefits. If you are interested in joining an HMO, make sure to speak to a plan representative for more information.

Remember, if you enroll in an HMO you cannot sign up for stand-alone prescription drug coverage. Make sure your HMO plan provides Part D coverage if you need it.

If you have Original Medicare, you also have the choice to purchase a supplemental insurance policy, or [Medigap](#). Medigap plans cover Medicare cost-sharing and offer other benefits, charging an additional premium for this coverage. You cannot enroll in a Medigap plan if you have Medicare Advantage.

### Original Medicare

### Medicare HMO

#### Original Medicare

#### Medicare HMO

See any provider and use any facility that [accepts Medicare](#) (participating or non-participating)

See only [in-network providers](#)

Visit doctors anywhere in the U. S.

Visit doctors only in your plan's service area, except in emergencies or when care is urgently needed

Do not need referrals for specialists

Typically need referrals for specialists

Does not cover vision, hearing, or dental services

May cover additional services, including vision, hearing, and dental (additional benefits may increase your premium or other out-of-pocket costs)

Sign up for a stand-alone prescription drug plan (Part D)

In most cases, plan provides prescription drug coverage (you may be required to pay higher premium)

Charged for standardized [Part A](#) and [Part B](#) costs (premiums and other cost-sharing for Part D vary depending on plan)

[Cost-sharing varies](#) depending on plan


No out-of-pocket limit

Annual out-of-pocket limit for in-network care (maximum is \$8,300 in 2023)

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

# White Salmon Events

## December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>		<i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.</i>		1 8:30 Strong People Class	2
3	4 8:30 Strong People Class  12pm Senior	5 8:30 to 9:30 Hatha Yoga  2pm Strong People	6 8:30 Strong People Class  12pm Senior	7 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	8 8:30 Strong People Class	9
10	11 8:30 Strong People Class  12pm Senior	12 8:30 to 9:30 Hatha Yoga  2pm Strong People	13 8:30 Strong People Class  12pm Senior	14 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	15 8:30 Strong People Class	16
17	18 8:30 Strong People Class 10am Let's Talk (Bingen Room)	19 8:30 to 9:30 Hatha Yoga  2pm Strong People	20 8:30 Strong People Class  12pm Senior	21 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	22 8:30 Strong People Class	23
24 Christmas Eve	25 <b>CLOSED Merry Christmas</b>	26 8:30 to 9:30 Hatha Yoga  2pm Strong People	27 8:30 Strong People Class  12pm Senior Lunch	28 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	29 8:30 Strong People Class	30
31						



# December 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Menu Subject to</b>				1	2
3	4 Sweet & Sour Pork	5 Sweet & Sour Pork	6 Meatloaf	7 Meatloaf	8	9
10	11 Country Steak	12 Country Steak	13 Bean Soup w/ Ham	14 Bean Soup w/ Ham	15	16
17	18 Beef Spanish Rice	19 Beef Spanish Rice	20 Roast Pork	21 Roast Pork	22	23
24 Christmas Eve	25 <b>Office Closed Merry Christmas</b>	26 Tuscan Chicken	27 Tomato Soup w/ Turkey Sandwich	28 Tomato Soup w/ Turkey Sandwich	<b>29</b>	30
31						

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

# Goldendale Events December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Recovery Café Pop up Café Mon.& Wed 10am to 2pm lunch, crafts, support group @ Masonic Lodge		1 Senior Shop- ping trip to Hood River Wal Mart Call MATS to sign up	2
		 <b>December</b>				
3	4	5 10am Foot Care w/ Kit  12pm Senior Lunch  1pm Exercise	6	7  12pm Senior Lunch  1pm Exercise	8	9
10	11	12 10am Foot Care w/ Kit  12pm Senior Lunch  1pm Exercise	13	14  12pm Senior Lunch  1pm Exercise	15 Senior Shop- ping trip to The Dalles call MATS to sign up	16 Call MATS to sign up for shopping trips
17	18	19 10am Foot Care w/ Kit  12pm Senior Lunch  1pm Exercise	20	21  12pm Senior Lunch  1pm Exercise	22	23
24 Christmas Eve 	25 Office Closed Merry Christmas	26 10am Foot Care w/ Kit  12pm Senior Lunch  1pm Exercise	27	28  12pm Senior Lunch  1pm Exercise	29	30
31						



Join us at the Goldendale Community Library for programs and more this December. Ask to see Yvonne Pepin-Wakefield's exhibit in the Camplan room for the first half of December.

Children & Families

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

1st Saturdays Family Storytime: 10:30AM-11:30AM

*\*\*Storytimes on hiatus 12/17/23-1/2/24\*\**

4th Wednesdays: Learn & Play: 2:00-3:00PM

Fun and learning for you and your little ones! Enjoy stories, songs, and activities together. For children ages 0-5 and their parents or caregivers.

All ages

2nd Mondays: Welcome To Your Library 11:00 AM - 12:00 PM

Want to know more about your library? Call for an appointment for yourself or a group for a tour of the building and our many resources.

December 8, 2023: Community Appreciation Night 5:30 - 7:00 PM

Gather with us for an evening of appreciation with cocoa, a craft suitable for all ages, and snacks. Community members are encouraged to bring their instruments to play a jaunty tune as well.

\$

Teens

1st & 3rd Fridays Gamernoon 3:30-5:30PM

Adults

1st Mondays: One-On-One Tech Help 10:00 AM -1:00 PM

Call the library for a reservation

3rd Mondays Book Group 11:00 AM - 12:00 PM

Attend in person or virtually

December 2, 2023, 2:00-4:00PM:

Author Talk: Tea with Jane Kirkpatrick Zoom Party

Attend virtually or at the Goldendale Library for a Zoom Party. Bring a pillow, enjoy tea, hot cocoa, and a great talk with this amazing author!

# LOCK IT UP!



Keeping Medications out of reach of children reduces accidents.  
**Keeping Medications under lock just makes sense.**

## Get your free lock box or lock bag while supplies last!

Use a lock box or a lock bag for  
prescriptions and common  
household medications.



**Available from CPAKC:**

**Coalition for Preventing Abuse in Klickitat County**

104 S Grant Street, Goldendale, WA 98620

*Call or email for alternative pickup options*



Washington State  
Health Care Authority



509-281-2330 | <https://www.cpakc.org> | [cpwi@wagap.org](mailto:cpwi@wagap.org)

# JOIN THE PATHFINDER 2 STUDY!

**Too often, cancer is not found until it is already very serious. Thinking about cancer can feel scary, but trying to find cancer early can help you feel more in control of your health. Early detection increases the chances of surviving cancer.**



KNIGHT  
CANCER  
*Institute*

GRAIL

## **1 What is the Pathfinder 2 Study?**

The PATHFINDER 2 Study looks at how well a new test called Galleri can find cancers early. Galleri is designed to find many types of cancer using a simple blood test. Right now, this test is still being studied and has not been approved or cleared by the Food and Drug Administration (FDA). It is still important to follow your healthcare provider's recommendations about cancer screening tests, such as colonoscopies or mammograms.

## **2 What is Galleri?**

The Galleri test looks at a sample of blood for any signs of possible cancer. While it can find the possibility of cancer in blood samples, it cannot tell you your genetic risk of having cancer in the future.

## **3 Can I join the study?**

If you are 50 years or older, meet our rules for eligibility, and get care at one of our participating health systems, then you can be part of the PATHFINDER 2 Study. Individuals who currently have cancer or have had cancer in the last 3 years, you will not be able to join this study.

## **4 What will I need to do?**

- Read and sign an informed consent form that fully explains the study.
- Provide your medical history and allow access to your medical records.
- Get 40 mL of blood drawn by a medical professional.
- Fill out survey(s) at different times during the study.

Contact us to learn more  
or join the study!

541.399.9059 [Gorgepathfinder@ohsu.edu](mailto:Gorgepathfinder@ohsu.edu)  
[www.ohsu.edu/pathfinder-study](http://www.ohsu.edu/pathfinder-study)



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 #122023**

**Adverse Winter Weather may result in Meal Site Cancellations or  
schedule changes with Mt. Adams Transportation**

Please listen to your local radio stations to find out about a cancellation or  
call our senior services office:  
Goldendale 773-3757, White Salmon 493-3068.  
If roads are bad we will not have a meal as we do not want to risk safety of  
our volunteers and staff.  
During adverse weather we may also have to cancel transportation trips if  
the roads are very hazardous or change pick up times to accommodate for  
the weather or road conditions. Please keep in mind that our drivers must be  
able to access your driveway safely. If you have questions about your trip or  
issues with access to your home please let us know.  
Goldendale 773-3060, White Salmon 493-4662.