



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

2024

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AARP Tax Aide appointments in White Salmon

We have confirmed that AARP tax aide volunteers will have appointments available at the Pioneer Center, 501 NE Washington Street, White Salmon beginning Tuesday, February 6th.

You must call for an appointment. (509) 493-3068.

Appointments will be on Tuesdays between 9am and 12pm from February 6th through April 9th.

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc.; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc. Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability. Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors

Additional locations can be searched on AARP Foundation Tax Aide Locator and should be available by mid-January.

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

We will include additional locations in our February newsletter once those are available.



SIGN UP for Tai Chi

- A Great Way for Seniors to Improve Their Balance

Classes are 1-hour every Thursday Time: 11am to 12pm

Janet Essley is volunteering to continue Tai Chi classes 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, January 22nd 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

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**. *"Gross income", is defined as for households and individuals, gross income is the sum of all wages, salaries, profits, interest payments, rents, and other forms of earnings, before any deductions or taxes for all household members.



Rate Schedule: Low Income Elderly Rate

| | 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.

Filling gaps in Medicare coverage and getting help with Medicare costs

There are a number of ways to fill gaps in your Medicare coverage and/or to get assistance with Medicare costs:

Job-based insurance: If you or your spouse is still working, and you have insurance through that job, it may work with Medicare to cover your health care costs. You should find out whether your employer insurance is primary or secondary to Medicare. Primary insurance is health insurance that pays first on a claim for care. Secondary insurance pays after primary insurance—but may not pay at all in the absence of primary insurance.

Retiree insurance: Some employers provide health insurance to retirees and their spouses to fill in the gaps of Medicare coverage. Retiree insurance always pays secondary to Medicare.

Veterans Affairs (VA) benefits: If you are a veteran and qualify for VA benefits, health care and prescription drugs that you get through the VA may be the cheapest. The VA may also cover services that Medicare will not cover for you. VA benefits do not work with Medicare, and if you receive care outside of a VA facility you might need Medicare. Medicare does not pay for any care at a VA facility.

Supplemental insurance (Medigap): A Medigap policy provides insurance through a private insurance company and helps fill the cost-sharing gaps in Original Medicare, for instance by helping pay for Medicare deductibles, coinsurances, and copayments. Depending on where you live, you have up to 10 different Medigap plans to choose from: A, B, C, D, F, G, K, L, M, and N. (Note that plans in Wisconsin, Massachusetts, and Minnesota have different names.) Each type of Medigap offers a different set of benefits. Premiums vary, depending on the plan you choose and the company you buy it from.

Stand-alone Medicare private drug plan (Part D): If you have Original Medicare and want Medicare drug coverage, you need to sign up for a private drug plan (PDP). All Medicare drug plans have different costs and a different list of drugs that they cover (known as the formulary). Make sure the plan you choose covers the drugs you need at a cost you can afford. Also know that if you do not sign up for a Part D plan when you first become eligible, you may incur a premium penalty later on.

Medicare Advantage Plan: These plans contract with the federal government to provide Medicare benefits. They must provide at least the same set of benefits offered by Original Medicare, but may have different rules, costs, and restrictions. For instance, Medicare Advantage Plans may require that you see health care providers in their network, and/or that you get a referral from your doctor before seeing specialists. Some private health plans offer extra, Medicare-excluded benefits, such as vision or dental care. While premiums may be low, service costs may be higher than in Original Medicare for certain services (or vice-versa). You also may pay more for your care if you do not follow the plan rules. Medicare Advantage Plans must have annual limits on out-of-pocket costs. Although these limits are usually high, they should protect you from excessive costs if you need a lot of health care. Benefit packages may change every year, so it is important to review your current coverage and options annually.

There are also several programs for beneficiaries with limited incomes.

December 18, 2023

Why isn't my medication covered?

Dear Marci,

My pharmacist said my Part D plan won't cover my medication. Why would this happen?

-Tony (Plano, TX)

Dear Tony,

There are several reasons that your Part D plan might refuse to pay for your drug. Some of the most common reasons are:

- **Your drug is off formulary:** The drug is not on your plan's list of covered drugs.
- **Prior authorization:** You must get approval in advance from your plan before it will cover a specific drug.
- **Step therapy:** Your plan requires you to try a different (usually less expensive) drug first.
- **Quantity limits:** Your plan only covers a certain amount of a drug over a certain period (like 30 pills per month).

To find out the reason, you can contact the plan and request a coverage determination, or a formal decision about paying for the drug. Once you know the reason that your drug has been denied, you'll be able to work with your doctor to communicate with the plan. Your doctor may need to submit additional evidence or information. For example, if your drug is denied because of a step therapy requirement, your doctor may need to submit documentation that you've already tried the other, drugs the plan covers to treat your condition. If you and your doctor think that trying the alternative drugs would be dangerous or ineffective for you, you can request an exception to the step therapy rule by filing an appeal. Similarly, if the drug is denied because it is off formulary, you can ask your provider whether the formulary alternatives would be appropriate for you, and, if not, you can request a formulary exception.

There are some reasons that your drug might be denied where you are less likely to obtain a favorable decision through an appeal. In these situations, you still have the right to appeal, but the odds of a successful outcome are lower.

Your drug has been prescribed for an off-label use: "Off-label" is a term used to describe situations where a doctor has prescribed a drug for a reason other than the use(s) approved by the U.S. Food and Drug Administration (FDA) or listed in certain medical reference texts. If your doctor prescribes a medication on your plan's formulary for a reason other than the use approved by the FDA, your drug will probably not be covered unless it fits into certain narrow categories.

Your drug is excluded from Medicare coverage: Some drugs or specific uses of drugs are excluded from Medicare coverage.

Again, your first step should be to contact your plan to learn why it isn't covering your medication. Learning the reason for denial is important as you consider your next best step.

I hope this helps!

-Marci

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

White Salmon Events

January 2024

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



January 2024 Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|------------------------------|-----------------------------|-----------------------------|-----|-----|
| | 1 <u>CLOSED</u> <u>New Year's</u> | 2 Orange Chicken | 3 Beef Stroganoff | 4 Beef Stroganoff | 5 | 6 |
| 7 | 8 Sweet & Sour Meatballs | 9 Sweet & Sour Meatballs | 10 Tuna Casserole W/Peas | 11 Tuna Casserole W/Peas | 12 | 13 |
| 14 | 15 <u>Closed</u> <u>Martin Luther King, Jr. Day</u> | 16 Meatloaf | 17 Meatloaf | 18 SW Chicken Wraps | 19 | 20 |
| 21 | 22 Hot Dogs & Baked Beans | 23 Hot Dogs & Baked Beans | 24 Broccoli Cheddar Soup | 25 Broccoli Cheddar Soup | 26 | 27 |
| 28 | 29 Cheese-burger | 30 Cheese-burger | 31 BBQ Pork Ribs | | | |

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 January 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|-----------|---|---|----------|
| Call MATS to sign up for shopping trips 509-773-3060 | 1 <u>CLOSED for New Year's Day</u> | 2 10am Foot Care w/ Kit 12pm Senior Lunch | 3 | 4 12pm Senior Lunch 1pm Exercise | 5 Senior Shopping trip to Hood River Wal Mart Call MATS to sign up | 6 |
| 7 | 8 | 9 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 10 | 11 12pm Senior Lunch 1pm Exercise | 12 | 13 |
| 14 | 15 <u>CLOSED for Martin Luther King, Jr. Day</u> | 16 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 17 | 18 12pm Senior Lunch 1pm Exercise | 19 Senior Shopping trip to The Dalles call MATS to sign up | 20 |
| 21 | 22 | 23 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 24 | 25 12pm Senior Lunch 1pm Exercise | 26 | 27 |
| 28 | 29 | 30 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 31 | | Recovery Café Pop up Café Mon.& Wed 10am to 2pm lunch, crafts, support group @ Masonic Lodge | |

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 on Thursdays starting on February 8th, with classes meeting from 2pm to 3:30pm every Thursday for 6 weeks.

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.



Antivirals and COVID-19

Antivirals are an important tool for treating people with COVID-19 but are often underused. COVID-19 antivirals help reduce hospitalizations and deaths among people at higher risk, especially people 65 years and older and those with certain underlying conditions. COVID-19 antivirals need to be prescribed more often to people who are at risk for severe illness to reduce hospitalizations and save lives.

If You Get Sick with COVID-19, Antiviral Treatments Can Protect You Against Severe Illness

With COVID-19 hospitalizations on the rise, it is important that people who get sick and are at higher risk for severe illness get on treatment in the first days of illness, since symptoms can change and worsen quickly. While these antivirals are effective at preventing severe disease, not enough people are taking them.

Antivirals can provide additional protection, even if you are vaccinated, if:

- You are at least 50 years of age, especially 65 and older, OR
- You have certain underlying medical conditions, such as a weakened immune system, heart disease, obesity, diabetes, or chronic lung disease, regardless of your age

If you get sick with COVID-19, you should talk to a medical provider about getting treatment if you fall into either of these two categories.

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, Feb 21 - Mar 27 2024

1:30 - 4:00 p.m.

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

509-493-3068 in White Salmon

509-773-3757 in Goldendale.

Register by February 14th.

*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



SWACH



The benefits of volunteering are wide and varied. The need to help others can make a positive difference on the volunteers themselves. 97% of senior volunteers feel that they are happier than those who do not volunteer, and volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life.

Volunteer!

It's good for your health.

Call Klickitat County Senior Services and speak with Isaias Garcia our Volunteer Coordinator to discuss volunteer opportunities that are available. 509-773-3757 or 509-493-3068.

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

Volunteer Opportunity

Let's make hats and warm articles of clothing to give out to those less fortunate in our community.

Mt. Adams Elks in White Salmon is coordinating efforts.

Contact Cheri Michaelson at 503-314-9952 or leave a message at the Elks for Cheri Michaelson 509-493-1868.

Cheri will provide yarn. Items will be distributed next Fall through the Washington Gorge Action Program (WAGAP). Items can be knitted, crocheted, sewn, or ??

If you have yarn to donate Cheri can accept that as well.

V O L U N T E E R

*All that's missing is **U** !*

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

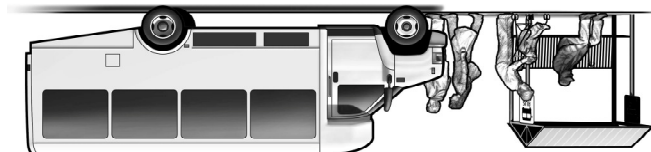
Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue #012024



The Gorge Pass allows for unlimited travel on fixed route public transit services in Hood River, Wasco, Klickitat, and Skamania Counties as well as to Vancouver, Portland, Multnomah Falls, and Troutdale on the fixed route services for \$40 Adults. Passes can be purchased at a transit office (Mt. Adams Transportation offices) or online at gorgetranslink.com or at gorgepass.com. Fixed route schedule are also available at the transit offices or online at gorgetranslink.com

**2024 Annual Gorge Pass Offers Unlimited Travel Around the
Columbia Gorge**