



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

**Inside this  
issue:**

**3 Steps to Developing A Winter Emergency Plan for Seniors**  
**Winter Preparedness Checklist**  
 Seniors should put together a winter emergency kit that includes all of these items:

- Emergency blankets
- Flashlight with extra batteries and bulbs
- Food (2 week supply)
- Water (2 week supply)
- Medication (1 week supply)
- First aid kit
- Copies of personal documents (insurance cards, medication information, identification, etc.)
- Cell phone with extra battery and charger
- Battery-operated radio
- Manual can opener
- Supplies for pets

Rock salt for sidewalks

If you drive, it's important to keep an emergency kit in the car too. This kit should include an emergency blanket, gloves, flashlight with batteries, first aid kit, radio, food/water, and cell phone with charger.

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**Emergency Action Plan**

Communication is the key to ensuring safety during the winter. Seniors should know exactly what steps to take if something happens. Include these items in your emergency plan:

- Designated contact person
- Escape routes if damage to the house occurs or sidewalks are not navigable
- Transportation plans
- An alternative heat source

A backup plan for medical devices that require electricity

Seniors should also know how to stay safe at home during a winter storm, especially if the power goes out. This plan should include wearing layers of warm clothes, listening to a weather radio for updates, eating regularly to maintain body heat, staying hydrated, and communicating with family or care providers about their circumstances during the storm.

\* Post a list of contact numbers in a prominent place such as on the refrigerator or near the phone.

## 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. Couples 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

[https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

## **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.

Powerful Tools  
FOR Caregivers

## Gorge Tax Aide

Beginning February 01, 2024 and continuing through April 15, 2024 AARP Foundation is providing free tax assistance and preparation through its Gorge Tax Aide Program by appointment.

Appointments at The Pioneer Center located at 501 NE Washington St in White Salmon WA are scheduled by calling 509-493-3068. Appointments are available Tuesdays, February 6, 2024 through April 9, 2024 from 9-12 pm.

AARP Foundation Tax-Aide - Tygh Valley Community Center  
57594 Tygh Valley Rd, Tygh Valley, OR 97063  
Thursdays, February 8th - April 13th 9:00 AM - 12:00 PM  
Call 541-395-2598 for a drop-off appointment

AARP Foundation - Facilitated Self-Assistance (FSA) Columbia Gorge Community College Hood River campus, 1730 College Way, Hood River, OR 97031 Room 303  
Mondays, February 5th - April 15th 1:30 - 5:00 PM

FSA provides taxpayer access to free self-prep tax services at their convenience. No appointment required! FSA Remote combines the computer skills of the taxpayer, the intuitive programming of tax software, and the expertise of certified volunteers when/if needed to produce an accurate, self-prepared tax return. Under \$72000 Adjusted Gross Income taxpayers only!

The following location's appointments are available Feb 1 through April 15, 2024 via the link below:

(Mondays Only) Columbia Gorge Community College, Hood River Campus, Room 302, 1730 College Way, Hood River, OR, 1:30PM-5PM.

(Thursdays Only) Hood River Valley Adult Center, 2010 Sterling Pl, Hood River, OR, 2PM-5PM.

(Fridays Only) Mid-Columbia Senior Center, 1112 W. 9th St, The Dalles, OR, 3PM-6PM.

(Saturdays Only) Mid-Columbia Senior Center, 1112 W. 9th St, The Dalles, OR, 9AM-12PM.

*You may visit these sites during tax prep hours and the greeter can help you schedule the next available appointment.*

Book your appointment at <https://gorgetaxaide.simplybook.me/> or go to the scheduling site using this QR Code.



## **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 February 26th 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)



**FVRLibraries**  
FORT VANCOUVER REGIONAL LIBRARIES

Serving Clark, Skamania and Klickitat Counties, and  
Woodland and Yale Precinct in Cowlitz County

Join us at the Goldendale Community Library for programs and more

Monday, February 12th 11am to 12pm

## Welcome to Your Library

Want to know more about your library? Call for an appointment for yourself or a group for a tour of the building and our online resources. Not a good time for you? Let us know when you'd like a tour! All ages welcome.

Monday, February 5th 10am to 1pm by appointment

## One-On-One Tech Help

Would you like one on one help with your technology device? Phone, tablet, computer.

30-minute one-on-one technology help is available.

Sessions at 10 am; 10:45 am; 11:30 am; 12:15 pm.

Call the library at 509-773-4487 to schedule a time.

Upcoming Events—Save the date

**MAR 26 2024 TUE**

**[Intro to Social Security \(attend online or in-person\)](#)**

**5:30pm - 6:30pm**

**Goldendale Community Library**

**APR 18 2024 THU**

**[Don't Fall For It! Avoid Scams, Swindles, and Shady Schemes](#)**

**11:00am - 12:00pm**

**Goldendale Community Library**

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



# White Salmon Events

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



# February 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BBQ Pork Ribs	2	3
4	5 Macaroni & Cheese with Ham	6 Macaroni & Cheese with Ham	7 Baked Chicken Mashed Potatoes	8 Baked Chicken Mashed Potatoes	9	10
11	12 Spaghetti and Green salad	13 Spaghetti and Green salad	14 Scalloped Pota- toes with Ham	15 Scalloped Pota- toes with Ham	16	17
18	19 <b>CLOSED</b> <b>President's Day</b> <b>HOLIDAY</b>	20 Baked Fish	21 Meatloaf Mashed potatoes	22 Meatloaf Mashed potatoes	23	24
25	26 Chicken Teriyaki	27 Chicken Teriyaki	28 Chili with cornbread	29 Chili with cornbread	<b>Menu subject to change</b>	

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 February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>Recovery Café pop-ups held at the Masonic Lodge at 219 S Columbus on Mondays and Wednesdays from 10 a.m. to 2 p.m</i>		1 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	2 Senior Shopping trip to Hood River Wal Mart	3
4	5	6 <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	7	8 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	9	10 Call MATS to sign up for shopping trips 509-773-3060
11	12	13 <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	14	15 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	16 Senior Shopping trip to The Dalles call MATS to sign up	17
18	19 Senior Services Offices Closed Presidents Day Holiday	20 <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	21	22 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	23	24
25	26	27 <b>10am Foot Care w/ Kit</b>  <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	28	29 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>		

# 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**



## **Savvy Senior**

### **Does Medicare Cover Weight-Loss Treatments?**

*Dear Savvy Senior,*

*Does Medicare cover any weight-loss treatments for overweight retirees? I just turned 65 and need to lose about 100 pounds and would like to know if Medicare can help.*

*Overweight Owen*

Dear Owen,

Yes, traditional Medicare does indeed cover some weight-loss treatments like counseling and certain types of surgery for overweight beneficiaries, but unfortunately it doesn't cover weight-loss programs or medications. Here's what you should know.

### **Who's Eligible**

For beneficiaries to receive available Medicare-covered weight-loss treatments your body mass index (BMI), which is an estimate of your body fat based on your height and weight, must be 30 or higher.

A BMI of 30 or above is considered obese and increases your risk for many health conditions, such as some cancers, coronary heart disease, type 2 diabetes, stroke and sleep apnea. To find out your BMI, the National Institutes of Health has a free calculator that you can access online at [nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm).

### **What's Covered**

If you find that your BMI is 30 or higher, Medicare Part B will cover up to 12 months of weight-loss counseling conducted by a medical professional in a primary care setting (like a doctor's office).

Most counseling sessions entail an initial obesity screening, a dietary assessment and behavioral therapy designed to help you lose weight by focusing on diet and exercise.

Medicare also covers certain types of bariatric and metabolic surgery for morbidly obese beneficiaries who have a BMI of 35 or above and have at least one underlying obesity-related health condition, such as diabetes or heart disease. You must also show that you've tried to lose weight in the past through dieting or exercise and have been unsuccessful.

These procedures make changes to your digestive system to help you lose weight and improve the health of your metabolism.

Continued.....

Savvy Senior article continued.....

Some common bariatric surgical procedures covered include Roux-en-Y gastric bypass surgery, which reduces the stomach to a small pouch that makes you feel full even following small meals. And laparoscopic adjustable gastric banding, which inserts an inflatable band that creates a gastric pouch encircling the top of the stomach.

### **What's Not Covered**

Unfortunately, original Medicare does not cover weight-loss programs such as fitness or gym memberships, meal delivery services, or popular weight-loss programs such as Jenny Craig, Noom and WW (formerly Weight Watchers).

Medicare also does not cover any weight-loss drugs, but it does cover FDA approved diabetes drugs that have unintentionally become very popular for weight loss.

Medicare Part D plans cover Ozempic and Mounjaro for diabetes only, not for weight loss! So, your doctor will need to prescribe these medications for diabetes in order to get them covered.

Medicare also does not cover Wegovy or Zepbound because they're approved only for weight loss.

The reason behind the weight-loss drug omission is the Medicare Modernization Act, which specifically excluded them back when the law was written 20 years ago. They also excluded drugs used for cosmetic purposes, fertility, hair growth and erectile dysfunction.

Without insurance, weight-loss medications are expensive, often costing \$1,000 to \$1,300 a month. To help curb costs, Eli Lilly recently launched a new website ([LillyDirect.Lilly.com](http://LillyDirect.Lilly.com)) to give consumers direct access to the weight-loss drug Zepbound at a lower rate.

### **Medicare Advantage**

If you happen to be enrolled in a private Medicare Advantage plan, you may have coverage for gym memberships and some weight loss and healthy food delivery programs. These are considered expanded supplemental benefits and have gradually been added to some plans to provide coverage for nutrition, health and wellness. Contact your plan to see what it provides.

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

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

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**Issue # 022024**

## **Need help paying for Medicare?**

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

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.