



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

2024

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 and dates in October and November.

Goldendale PUD public meeting room 1313 S. Columbus Avenue.

Thursday, October 24th and Thursday, November 7th 9am to 1pm

White Salmon Pioneer Center, 501 NE Washington Street.

Monday, October 28th & Wednesday, October 30th & Wednesday, November 13th from 9am to 1pm

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

Tuesday, November 5th, 9am 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 \$ 50,400 or less for 1 person household or \$57,600 or less for a 2 person household. 62 and older. If you did a tax return for 2023, please bring this with you.

LIHEAP Low Income Energy Assistance for Seniors through WAGAP.

- The following documentation is required when you apply for assistance (even if you have applied for energy assistance in previous years):
- ID for all adults in the household
- Social Security cards for ALL household members (adults and children)
- Income received in the prior month for ALL household members
- Proof of your physical address
- A copy of your heating bill



IMPROVING QUALITY OF LIFE.

Financial Wellness Fair



Tuesday, October 29, 2024
5:30-8 pm at the
Pioneer Center
501 NE Washington St, White Salmon, WA

Gain vital financial resources and support!

- Dinner provided
- Children are welcome
- Childcare available!



What's Offered?

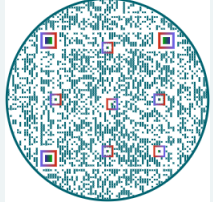
Financial Literacy
Financial literacy information (banking, savings, credit history), budgeting and saving.

Legal aid
Access legal aid services to navigate debt and credit repair with resource guidance and support.

Financial Goal Setting
Information on first-time homebuyer training, and business planning.

Gift Cards provided for the first 75 attendees!

To Register & Reserve a Gift Card:
Scan QR Code or email: pathways@wagap.org



What is Fall Open Enrollment?

Dear Marci,

I just enrolled in Medicare a few months ago, and now I am hearing about Fall Open Enrollment coming up. What is Fall Open Enrollment, and what should I do during this time?

-Doreen (Austin, TX)

Dear Doreen,

What an important question! Fall Open Enrollment begins October 15 and ends December 7 each year. (You also might hear it called Medicare's Open Enrollment Period or Annual Election Period.) During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year. 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 will meet your needs for the coming year.

If you have Original Medicare, visit www.medicare.gov or read the 2025 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). If you don't receive these notices by the end of September, contact your plan to request them. 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)

Additionally, 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're 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 unbiased counseling.

Even if you are happy with your current Medicare coverage, it's still a good idea 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 or lower prices. You can use Medicare's Plan Finder tool to compare your options and call your SHIP for assistance.

Best of luck to you this Fall Open Enrollment Period! Following the advice above, you can make sure your health coverage will meet your needs in 2025.

-Marci

Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2024

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.

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.

509-773-3757 Doreen in Goldendale

509-493-3068 Jill in White Salmon

LET'S TALK

Let's Talk meeting group will take place in October 28th at 10am in the Bingen Meeting room at the Pioneer Center in White Salmon.

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.

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 503-893-4669

dr.noellesavatta@gmail.com

Disabilities Resource Fair

Saturday, October 12th, 2024 from 2:00 PM - 4:00 PM

Located at Mt. Adams Elks Lodge

124 NE Church Ave., White Salmon, WA 98672

Join us to learn about resources for people with disabilities!

Resources for the whole family!

Questions? Contact Theresa Van Pelt.

Email: TheresaV@peacenw.org | Call/Text: 360-513-6682



Do You or Someone You Know Live with a Chronic Disease?



Living a Healthy Life with Chronic Conditions

A PROVEN Chronic Disease Self-Management Program

People who have taken this program say they are better able to manage their:



Heart disease



Arthritis



Diabetes



Depression



Asthma, bronchitis and emphysema



Other physical and mental health conditions

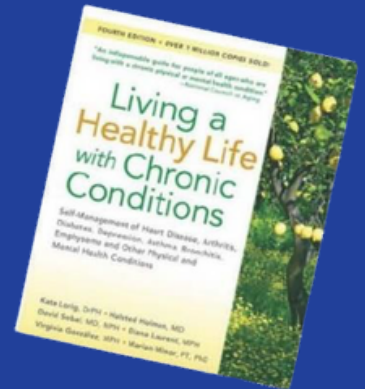
Virtual* workshop starting soon!

*Held on Zoom: Tablets, internet access and technical assistance are available upon request.

October 16 - November November 20

Wednesdays

1:30 - 4:00 p.m.



Space is limited!
Register by October 14

Please register in advance with Klickitat County Senior Services:

509-773-3757 or 509-493-3068

Monday - Friday 8:00 a.m. - 5:00 p.m.



What can you do now to prevent Dementia?

Lancet Review: Just last month the respected British Medical Journal known as Lancet published a review of the causes of Dementia. Some of these causes can be avoided or modified to prevent Dementia. The Lancet had previously presented a list of 12 preventable or modifiable causes of Dementia in 2020. Now Lancet has added two more to make a total of 14 risk factors of Dementia. How many of the known 12 causes you can list without looking at the answers below?

Two New: What are the two new causes added to the list? The surprise new cause was decreased vision. Not so surprising was the addition of high LDL Cholesterol. Why would decreased vision affect your memory? With decreased vision, you are getting less input to your brain and some confusing input to your brain as well. Your brain struggles to understand the information it is receiving and gives up processing information. You stop “using it” and you “lose it.” Dementia sets in.

Now I see: It turns out seeing your eye doctor once a year has more to do with your health than you might think. Does your vision need correction with glasses? Do you have pressure build up in your eyes called Glaucoma? Do you have Macular Degeneration? What about a cataract? Cataracts can be removed. What is the advantage of waiting till you are developing Dementia to have your cataract removed?

The Fourteen: The Fourteen modifiable risk factors identified by the Lancet Commission are broken down by life stages of Early Life, Midlife and Late Life. If addressed, the commission is predicting a **45% reduction** of risk of developing Dementia. Here is their list of Dementia risk factors that can be addressed and modified:

Early Life

1. Less Education

Midlife

2. Hearing loss
3. High LDL Cholesterol
4. Depression
5. Traumatic Brain Injury
6. Physical Inactivity
7. Diabetes
8. Smoking
9. Hypertension
10. Obesity
11. Alcohol

Late Life

12. Social Isolation
13. Air Pollution
14. Visual Loss

The best strategy to prevent Dementia is something that you will actually do. Sometimes I get stuck in “**Analysis Paralysis**” and stay on the couch :) I can’t go back and get more education in my early life now, so I don’t need to do anything, right? Not right. Now we have seen the list. What one or two things will you do? How can we show some courage and action. Thanks, Michael Garnett

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



October 2024 White Salmon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 to 9:30 Hatha Yoga 2pm Strong People	2 8:30 Strong People 12pm Senior Lunch	3 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	4 8:30 Strong People	5
6	7 8:30 Strong People 12pm Senior Lunch	8 8:30 to 9:30 Hatha Yoga 2pm Strong People	9 8:30 Strong People 12pm Senior Lunch	10 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	11 8:30 Strong People	12
13	14 8:30 Strong People 12pm Senior Lunch	15 8:30 to 9:30 Hatha Yoga 2pm Strong People	16 8:30 Strong People 12pm Senior Lunch	17 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	18 8:30 Strong People	19
20	21 8:30 Strong People 12pm Senior Lunch	22 8:30 to 9:30 Hatha Yoga 2pm Strong People	23 8:30 Strong People 12pm Senior Lunch	24 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	25 8:30 Strong People	26
27	28 8:30 Strong People 10am Let's Talk 12pm Senior Lunch	29 8:30 to 9:30 Hatha Yoga 2pm Strong People	30 8:30 Strong People 12pm Senior Lunch	31 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People		



October 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 GD Macaroni & Cheese w/ Ham	2 WS Teriyaki Chicken	3 GD Teriyaki Chicken	4	5
6	7 WS Chili Baked Potato	8 GD Chili Baked Potato	9 WS Chicken Parmesan	10 GD Chicken Parmesan	11	12
13	14 WS Meatloaf	15 GD Meatloaf	16 WS BBQ Pork Slider	17 GD BBQ Pork Slider	18	19
20	21 WS Swedish Meatballs	22 GD Swedish Meatballs	23 WS Chicken Enchilada	24 GD Chicken Enchilada	25	26
27	28 WS Hungarian Goulash	29 GD Hungarian Goulash	30 WS Red Beans Rice w/ Sausage	31 GD Red Beans Rice w/ Sausage	Menu Subject to Change	

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 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm Mon & Wed</i>	1 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	2	3 9:30-11:30 Games & Coffee 12pm Senior Lunch	4 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	5 Call MATS to sign up 509-773- 3060
6	7	8 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	9	10 9:30-11:30 Games & Coffee 12pm Senior Lunch	11	12
13	14	15 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	16	17 9:30-11:30 Games & Coffee 12pm Senior Lunch	18 Senior Shopping trip to The Dalles call MATS to sign up	19
20	21	22 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	23	24 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	25	26
27	28	29 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise	30	31 9:30-11:30 Games & Coffee 12pm Senior Lunch 1pm Exercise		

Are you interested in a FREE Falls Prevention Exercise Program in Goldendale!

- Exercise to improve your balance!
- Significantly reduce your risk of falling!
- We are also looking for volunteer peer coaches & will provide training!

Evidence-based falls prevention programs have been proven to reduce falls and fall-related injuries among high-risk older adults. It boosts strength and balance, offering significant advantages for older adults. Additionally, it increases the independence of older adults in their communities.

- Each session is 30 minutes of flexibility, strength, and standing balance activities.
- The strengthening component uses adjustable ankle cuff weights.
- The trained exercise leader will progress with exercises as the participant is able.

*To successfully participate, the individual must still be able to walk independently with or without an assistive device.



If you are interested in participating in a program in Goldendale please call Klickitat County Senior Services office at 509-773-3757 to sign up.

Once we know we have participants interested, we will work out time, days, and location for these classes.

If you are interested in becoming a volunteer trained instructor please let us know so we can get you onboarded as a Volunteer.

We are partnering with the Klickitat Valley Health Physical Therapist, Chris Bjornberg, who will provide the training and curriculum for the exercise program.

CMS notifies people potentially impacted by a data breach

The Centers for Medicare & Medicaid Services (CMS) and Wisconsin Physicians Service Insurance Corporation (WPS) are notifying people whose protected health information or other personally identifiable information (PII) may have been compromised in connection with Medicare administrative services provided by WPS. WPS is a CMS contractor that handles Medicare Part A/B claims and related services for CMS.

CMS and WPS are notifying 946,801 people on Medicare via US Mail whose personally identifiable PII may have been exposed. The letter informs beneficiaries of the breach and explains actions being taken in response.

CMS and WPS are not aware of any reports of identity fraud or improper use of PII as a direct result of this incident. However, they are taking this opportunity to notify beneficiaries so that, if they wish to do so, they can take advantage of the information and resources referenced in the notice.

Those who receive a notice from CMS and WPS are advised to enroll in Experian Identity Protection Monitoring Services and obtain a free credit report.

The Washington state Senior Medicare Patrol strongly encourages beneficiaries to review all Medicare and health insurance statements in the event their Medicare ID is fraudulently used. Beneficiaries can continue using current their Medicare card unless fraud is detected, at which point the beneficiary can request a new card. When receiving a new Medicare card, beneficiaries should:

- Follow the instructions in the letter that comes with your new card.
- Destroy your old Medicare card.
- Inform your providers that you have a new Medicare card.

For questions about this incident, beneficiaries can call the Experian dedicated and confidential toll-free response line at **833-931-5700**. This response line is staffed with professionals familiar with this incident who can share what to do to help protect against misuse of information. The response line is available Monday through Friday from 8 am – 8 pm Central Time (excluding major U.S. holidays). Beneficiaries should be prepared to provide engagement number: B130492.

For any general Medicare questions or concerns, beneficiaries can also call 1-800-MEDICARE (1-800-633-4227).

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 #102024

**A huge Thank You to
Bootleg Barney & The Strays
For sharing their musical talents at the
Annual Senior Picnic in Bingen last month.
We had a great turnout with great music, food, and
socializing.
Thank you!!!**