



**Klickitat County  
Senior Newsletter**  
Klickitat County Senior Services  
Goldendale 773-3757  
White Salmon 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 and Sue from Senior Services will be there to process Klickitat County PUD electric Senior discounts (62 and older) at the following locations and dates in November.

### **Goldendale PUD public meeting room 1313 S. Columbus Avenue.**

Thursday, November 7th 9am to 1pm

### **White Salmon Pioneer Center, 501 NE Washington Street.**

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.**

#### **You will need to bring:**

- 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



COMMUNITY LIVING  
CONNECTIONS  
LINKING YOU TO  
Personalized Care & Support Options

# Washington Caregivers Learning Portal

Powered by Trualta

## Celebrating Caregiver Appreciation Month

**Running on Empty?  
Learn How to Recharge!**

**FREE Webinar: Healing  
Caregiver Burnout**

**Date: November 13th, 2024**

**Time: 12pm - 1pm PST**

**Addressing Caregiver Self-Care Needs**

Join us for a powerful webinar designed to help you recognize and combat caregiver burnout. Learn practical strategies to recharge, find balance, and take care of yourself while caring for others.

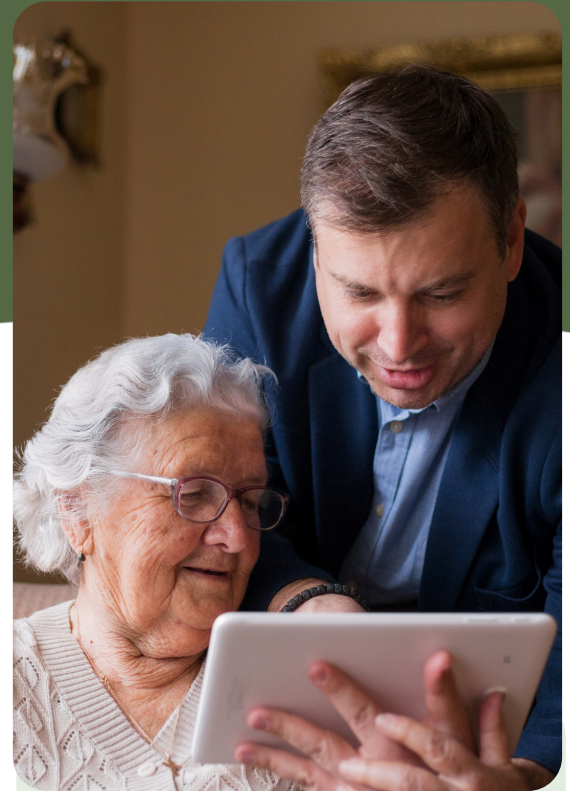
**Register Today!**

[https://us02web.zoom.us/webinar/register/WN\\_XazuOylORQKDJ-F6N0g\\_lw#/registration](https://us02web.zoom.us/webinar/register/WN_XazuOylORQKDJ-F6N0g_lw#/registration)



Get access to FREE online educational resources to help caregivers like you!

**WACaregivingJourney.com**



The Impact of Community

**94%**

reported feeling less isolated

After a 4-week support group, on average caregivers reported:

**40%**

increase in confidence

**45%**

increase in social support



## A Lifeline For Caregivers

“Being transparent, I am in a bit in of shock over how much that **improved my outlook on the day ahead**. This group hit the spot.”

“I’m kind of a private person, but this is a very lonely job. I’m feeling really isolated... so I thought I’d give it a try. I found that **these are people in my same situation pretty much and they understand**. So I find myself looking forward to the groups. It feels like it fills a gap.”



## Something for Every Caregiver

Get the support you need in the comfort of your own space.

### Support Groups

#### Specialty Support Groups

Targeted content for unique care

#### Drop-in Support Groups

Flexible options for busy caregivers

#### Anonymous Support Groups

Low-pressure high-impact support

#### Graduate Support Groups

Continuous peer support

#### Office Hours and Q&A Sessions

Personalized support combined with peer learning

### Additional Offerings for Washington Caregivers:

#### Webinars

Expert tips on key caregiving topics

#### Caregiver Education

##### Caregiver Training Library

Robust education for confident care on:

- Stress and burnout
- Chronic illness
- Personal care
- Mental health
- Caring for kids
- Meaningful activities
- Dementia care
- Fall prevention
- Hospital discharge
- Legal documents
- Grief and loss
- Heart and lung health

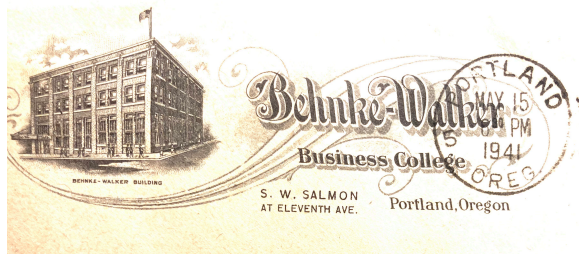


Get access to **FREE** online educational resources to help caregivers like you!

# WACaregivingJourney.com

Dr. Jim Ogden, Optometrist, recently retired after serving in Goldendale for 49 years. This is an oral history given to Michael Garnett MD.

Recently Dr. Jim and I were talking together and realized that both of our mothers had gone to the same “business college” in Portland at about the same time in the 1940’s. The building that housed the business college (known as the Behnke-Walker building) was later used as a church. I had gone to that church as a child and remembered that building in downtown Portland. That led to Jim and I to talking about his early life and how he got into the career of Optometry. Here is a bit the conversation we shared.



Jim spent his early life in Castle Rock, Washington. His father, farmed and worked with the County Road Department. His mother had been educated in Portland at the Behnke-Walker Business College and did accounting for several local businesses. Jim was the oldest child in his family and has one brother and one sister. Music was part of the family life and Jim

learned to play the piano from his mother. An early job was playing piano at the Pietro’s Pizza parlor in Longview to entertain the customers. He made three dollars an hour plus tips.

Jim began to think about a career as an Optometrist when he was 17. He talked with Dr. Wong who was an optometrist in Winlock and was encouraged to look at Pacific University in Forest Grove, Oregon. Jim visited Pacific and sat in a few classes and got a “vision” for his career (no pun intended although Jim is a fan of puns). The alternative to Optometry would have been to have a career in the local paper mill. While on his trip to Pacific he received help on what to take in his two years of pre-requisite classes. He began at a community college for one year, while living at home, and then moved on to Pacific.

Jim knew he needed some summer work and income to go to college. His desire was to get on with the County Road Department where his dad worked. The County did not wish to hire two people from the same family so he could not work there initially. Fortunately Jim had a great Aunt Helen who had connections at CrownZ and she was able to help Jim find summer work there. He worked four summers at CrownZ and finally got on with the County for two summers during his college years.

During his time in college, Jim signed up to enter the Navy after his schooling was complete. Jim felt that the Navy was a good place to start his career and remembered that “he had never been east of Lewiston, Idaho” and so looked forward to some travel. He was delighted to find, in his senior year at Pacific, that the Navy had begun a new program which would pay his tuition, books and give him a salary of \$300 month while in school. All this was in exchange for his two year commitment to the service, which he had already made. Jim felt like he was “living high on the hog.”

Jim did his basic training at the National Navel Medical Center in Bethesda. He said that as a Medical Officer he was given ten days of class which covered who to salute and what military law entailed. His training also included how many cards to leave when making a call at an officers house and other “important procedures.” There were no pushups. Then he was posted to the Naval shipyard dispensary in Charleston, South Carolina. His daily routine included one half day examining the workers in the Naval Yard and then one half day caring for active and retired military and their families. He worked with a civilian optician by the name of Mr. Parnell who taught him a great deal about glasses. His time there was a good experience and he treated all ages of patients. One time a retired Admiral came in and Jim felt he had to be really on his toes. His daily routine included being able to go home for lunch most days.

In his time off duty he would drive to downtown Charleston. He had a 1973 Nova that he had driven back to Charleston. His Nova did not have Air Conditioning but his family in Castle Rock had had an AC installed as a college graduation present. Jim drove the Nova home from Charleston when he was discharged from the military. Eventually he traded the car for his 1978 Chevrolet Pick Up. He purchased this truck from Jerry Sherman Chevrolet in Goldendale. He still drives this pickup and Jim reports that it now has 256 thousand miles on it. It has been through several motors.

While in Charleston, Jim recalls visiting some churches with “pulpit pounding preachers.” He eventually joined the Charleston United Methodist Church which did not have this feature. He enjoyed listening to the churches pipe organ and became part of the Youth Choir and New Disciples group at the church.

Near the end of his two year enlistment Jim thought about staying in the military. He eventually signed up for the Washington State Medical Board Exam and passed. He began to look for a place to practice in Washington State. He found an Optometric practice that was for sale in Goldendale and wrote to Mrs. Harm who had advertised the practice for sale. Dr. Harm had retired recently. Mrs. Harm wrote Jim back a ten page letter describing the practice and offered it for a generous price. Jim consulted with his old friend Dr. Wong from Winlock and was told to “go for it.”

Jim began practicing Optometry in Goldendale in 1975. When he first came to Goldendale he spent two nights at the then BarChris motel. He started in the same building that he eventually retired from in downtown Goldendale. His first employee was Ruth McKinney.

In honor of Dr. Jim and his love for puns:

What happens to a rainbow that has “gone bad?”

It gets sent to prism, but only for a light sentence.

Do you have a memory of Dr. Jim you would like to share or a pun you would like to share with him? Write to: [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org)

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

# White Salmon Events

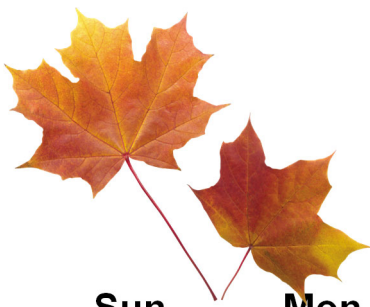
## November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless</i>				1 8:30 Strong People	2
3	4 8:30 Strong eople <b>12pm Senior Lunch</b>	5 8:30 to 9:30 Hatha Yoga  2pm Strong People	6 8:30 Strong People <b>12pm Senior Lunch</b>	7 8:30 to 9:30 Hatha Yoga  11am Tai Chi 2pm Strong People	8 8:30 Strong People	9
10	11 <b>CLOSED Veteran's Day Holiday</b>	12 8:30 to 9:30 Hatha Yoga  2pm Strong People	13 8:30 Strong People <b>12pm Senior Lunch</b>	14 8:30 to 9:30 Hatha Yoga  11am Tai Chi 2pm Strong People	15 8:30 Strong People	16
17	18 8:30 Strong People <b>12pm Senior Lunch</b>	19 8:30 to 9:30 Hatha Yoga  2pm Strong People	20 8:30 Strong People <b>12pm Senior Lunch</b>	21 8:30 to 9:30 Hatha Yoga  11am Tai Chi 2pm Strong People	22 8:30 Strong People	23
24	25 8:30 Strong People 10am Let's Talk <b>12pm Senior Lunch</b>	26 8:30 to 9:30 Hatha Yoga  2pm Strong People	27 8:30 Strong People <b>12pm Senior Lunch</b>	28 <b>Office Closed Happy Thanksgiving</b>	29 <b>Office Closed Thanksgiving Holiday</b>	30

### LET'S TALK

Let's Talk meeting group will take place Monday, November 25th 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*.



# November 2024 Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<b>Menu Subject to Change</b>				1	2
3	4 Spaghetti & Meatballs	5 Spaghetti & Meatballs	6 Scalloped Potatoes w/ ham	7 Scalloped Potatoes w/ ham	8	9
10	11 <b>CLOSED Veterans Day</b>	12 Taco Salad	13 Baked Chicken	14 Baked Chicken	15	16
17	18 Meatloaf	19 Meatloaf	20 Bean Soup w/ ham	21 Bean Soup w/ ham	22	23
24	25 Chicken Alfredo	26 Roast Turkey	27 Roast Turkey	28 <b>Happy Thanksgiving CLOSED</b>	29 <b>Closed Thanksgiving Holiday</b>	30

Klickitat County Senior Services has congregated 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 are available 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 November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 9:30-11:30 Games & Coffee  12pm Senior Lunch  1pm Exercise	6	7 9:30-11:30 Games & Coffee  12pm Senior Lunch  1pm Exercise	8 Senior Shop- ping trip to Hood River Wal Mart	9 Call MATS to sign up for shopping trips
10	11 <b>Senior Services offices CLOSED Veteran's Day</b>	12 9:30-11:30 Games & Coffee 12pm Senior Lunch  1pm Exercise	13	14 9:30-11:30 Games & Coffee 12pm Senior Lunch  1pm Exercise	15	16
17	18	19 9:30-11:30 Games & Coffee 12pm Senior Lunch  1pm Exercise	20	21 9:30-11:30 Games & Coffee 12pm Senior Lunch  1pm Exercise	22 Senior Shop- ping trip to The Dalles call MATS to sign up	23
24	25	26 9:30-11:30 Games & Coffee  12pm Senior Lunch  1pm Exercise	27	<b>28</b>  <b>Office Closed Happy Thanksgiving</b>	<b>29</b>  <b>Office Closed Happy Thanksgiving</b>	30

## **Medicare Reminder**

### Medicare and observation services

Observation services are short-term outpatient services received when you are in the hospital for monitoring purposes and/or to determine whether you should be admitted as an inpatient. It is important to know that if you are receiving observation services (sometimes referred to as under observation status), you have not been formally admitted to the hospital as an inpatient, even if you are given a room or stay overnight.

You can always ask hospital staff about your status. The hospital must also provide you with a notice if you receive observation services for more than 24 hours. This is called the Medicare Outpatient Observation Notice (MOON). The MOON notifies you that you are receiving observation services and explains why you are an outpatient. Your doctor should explain this notice to you in person.

Because observation services often involve an overnight stay in the hospital, they may look no different than inpatient services. However, it is very important to know whether you are an inpatient or an outpatient because this determination affects how Medicare pays for your care.

Part A pays for care received at the hospital by an inpatient.

Part B pays for care received at the hospital by an outpatient under observation status.

You typically pay more when Part B covers your hospital care. For example: You may have multiple copayments. While each individual copay must be lower than the Part A deductible (\$1,632 in 2024), your total copay costs may be higher than the Part A deductible.

Part B does not cover medications you routinely take. Instead, you will need to use your Part D plan for prescription drug coverage. If the hospital's pharmacy is out of your plan's network, you may pay more for your drugs.

Medicare will not cover skilled nursing facility (SNF) care if you have not had a three-day inpatient stay. This means that if you have been under observation status and your provider suggests you receive SNF care, you may have to pay out of pocket for all SNF costs.

# Get help paying for Medicare

See if you qualify for a Medicare Savings Program and/or Extra Help!

## Two programs that may help you save on Medicare

If you're enrolled in Medicare, you may qualify for programs to help you save money whether you have Original Medicare or a Medicare Advantage plan -- and applying is easy:

### 1. The Medicare Savings Programs

If you qualify, Medicare Savings Programs may cover:

- Part A premiums
- Medicare copayments
- Part B premiums
- Medicare deductibles

#### Medicare Savings Programs for help with Medicare Parts A & B costs (Effective April 1, 2024)

	INCOME less than:
Single person	\$1,752 per month
	\$21,024 per year
Couple	\$2,371 per month
	\$28,452 per year

NOTE: There is no resource/asset test for the MSPs. This means you won't be asked to verify any resources such as bank account balances.

### 2. Extra Help (also called Low-Income Subsidy)

If you qualify, Extra Help for Medicare Part D prescription drug coverage covers:

- Premiums
- Some copay costs
- Deductibles
- Donut hole/coverage gap

#### Extra Help for Medicare Part D (Effective February 2024)

	INCOME less than:	RESOURCES less than:
Single person	\$1,903 per month	\$17,220
	\$22,836 per year	
Couple	\$2,575 per month	\$34,360
	\$30,900 per year	

NOTE: People who work may have even higher incomes than what these charts show. For both programs, resources do not include the home you live in and one car.

#### Want to apply or need more information?

Call our Insurance Consumer Hotline at: 1-800-562-6900

Ask to speak with a Statewide Health Insurance Benefits Advisors (SHIBA) volunteer in your local county - we're a free and unbiased service.

You can also visit us on the web: [www.insurance.wa.gov/shiba](http://www.insurance.wa.gov/shiba)

#### Need help in other languages?

We have staff who speak:

- Spanish
- Filipino/Tagalog

We may have SHIBA volunteers in your local area who speak other languages in addition to English.

We also use Language Link<sup>®</sup>, a telephone interpreter service for more than 150 languages.

Continued on back

## Medicare Part B preventive benefits

If you have Medicare Part B, take advantage of some of Medicare's preventive benefits with no out-of-pocket costs to you. Here are just some of the preventive services Medicare offers:

- Annual Wellness visit
- Bone mass measurements
- Breast cancer screening
- Cardiovascular screening
- Colorectal cancer screening
- Diabetes self-management training
- Flu shots
- Obesity screening and counseling
- Smoking and tobacco-use cessation counseling

See [Medicare.gov](https://www.medicare.gov) or your Medicare & You book for a full list of preventive benefits.

**NOTE:** Additional provider tests or services could add costs. You must meet coverage criteria, so be sure to check with your medical provider for more information before you run these or other tests and services.

## About SHIBA

SHIBA is part of the Washington state Office of the Insurance Commissioner's consumer protection services. We provide free, unbiased and confidential help with Medicare and health care choices. We do not sell anything.

**Call us today!**

**1-800-562-6900**

**[www.insurance.wa.gov/shiba](https://www.insurance.wa.gov/shiba)**



**SHIP**  
State Health Insurance  
Assistance Program  
Navigating Medicare

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**Non-Profit Organization**

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**White Salmon, WA 98672**

**Permit #77**

**Issue # 112024**

**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