



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

Happy New Year from Klickitat County Senior Services and Mt. Adams Transportation Service!

We are excited to welcome in the New Year and would like to express our gratitude for all of our volunteers, staff, and clients. 2024 seemed to fly by and we are looking forward to providing more services, support, education, and outreach in 2025.

We continue to see an increase in demand for services in many areas and hope to help to develop additional resources and services in Klickitat County.

We encourage you to call our office with questions or concerns and we will do our best to help connect you to resources and services that may meet your needs.

Starting on February 1, 2025 our nutrition program meal charge will be increasing.

We have not increased this amount in over 10 years but food, leases, and supply costs continue to rise.

Our new rate for Congregate and Home Delivered meals will be a suggestion donation for those 60 and older of \$4.00 per meal. For those under 60 the required cost will be \$7.00 per meal.

As a reminder suggestion donation for those 60 and older is exactly that—"suggested donation" which means an individual 60 and older provides a donation only if they are able to do so.

STRUGGLING WITH SLEEP?

If you are...

Over 60 years old

Having sleep problems

You may be eligible for...



FREE ONLINE SLEEP COACHING STUDY

receive \$90 for participating in three 60-minute sessions

we welcome those who have difficulty with memory

CONTACT US TODAY

510-575-9319



sleepandmemoryteamUCB@gmail.com



Lead Investigator: Allison Harvey, Ph.D.



Berkeley
UNIVERSITY OF CALIFORNIA

Grandpa has Covid!



What should we do?

Covid is here to stay and seems to make it's rounds regularly even with the vaccinations. There are medications for someone who gets ill with Covid, but are they worth taking? We know that severe complications and hospital admissions are rare for younger people in good health. But what about Grandpa? He is moving slower and has had some health problems. Should we take him in and get some treatment? What do we know?

Recent Study Results (Annals of Internal Medicine Vol. 176 No.10 October 2023)

In the journal known as the Annals of Internal Medicine, a recent article was published looking at blinded studies of treating Covid with different medicines. These studies looked at how these medicines influence the course of Covid in older individuals who often have other illnesses. The medications were studied using a blinded method. Blinded studies are studies where the patients take the medications but don't know which medication they are taking. Is it the real stuff or just a sugar pill (Placebo)? This is done to reduce bias. Even the doctors don't know if they are giving the real stuff or a Placebo. What were the findings?

Medications available for early Covid:

Paxlovid—Taking Paxlovid has reduced the chances of the illness advancing to hospitalization or death by 90%. This medication had the best outcomes and is probably worth it for Grandpa to take. It needs to be started within 5 days of getting ill.



There are some medications that should not be taken with Paxlovid, like Amiodarone and Carbamazepine. There are more on this list of medications that don't go well with Paxlovid, so check with your Doctor and Pharmacist.

Lagevrio (Molnupiravir)—This medication showed the best recovery rate at 28 days and also the fastest recovery rate. What it did not show was a reduction in deaths. It would likely help "Grandpa" but the benefit of reduced deaths from the Paxlovid sounds better.

Ivermectin—This medication has achieved legendary status, likely because it was the first treatment suggested when Covid broke out. Government officials were doing a lot of telling us what to do (Ugh). Taking Ivermectin was a way to gain some control of ourselves. As time has gone by, studies have shown that when people were given Ivermectin, the Ivermectin has not done better than Placebo. That does not mean that people did not get better with the drug. When people are sick, if you give them any treatment (sugar pills included), about 30% will improve. When people take the Ivermectin for Covid without knowing what it is, the drug works about 30% of the time. It is about as effective as a placebo. Ivermectin is much better at treating worms in the gut, Lice, Scabies and even Rosacea.

So Ivermectin may not do much for Gramp's Covid infection, but knowing Gramp's independent streak, he may want to take it anyhow :) I don't blame him for not wanting to listen to the Government about Ivermectin, when at the same time, saying shutting down the country was the right answer. Gramp's just might feel better with the Ivermectin (30% chance). Being 90% protected from serious complications by taking the Paxlovid would be better for him.

HAPPY GRAMPS



I have not heard from you on this column for the Senior newsletter. Email if you want to see more or see less:
kcinfo@klickitatcounty.org Thanks, Mike Garnett MD

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 **\$50,400** for a single occupant household or under **\$57,600** 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.

You must provide proof of income such as 2023 Tax return with schedules and PUD bill in your name with your account number.

Effective Date - Effective for billings issued December 2024 to May 2025.

Discounts are subject to funding limitations and may be suspended when limit is met.

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Annual Income	Annual Income
Basic Fee & 15%	\$15,060 or less	\$20,440 or less
Basic Fee	\$15,061 - \$22,590	\$20,441 - \$30,660
\$10 Monthly	\$22,591 - \$50,400	\$30,661 - \$57,600

Rate Schedule: Low Income Elderly Rate

Availability

The Low-Income Elderly Rate is available for single-phase use to single family residential, farm, or tenant farm customers, age 62 or over, with a total annual household income for a single person of \$50,400 or a 2-person household income of \$57,600, or less. Certification will be made by Klickitat County Senior Services and requires annual enrollment. Annual enrollment is required for eligible residential customers. This discount shall not be combined with other special PUD rate programs, such as customer generation.

Service

Service may be furnished through one meter to a single-family residence only.

Medicare Reminder

Medigap purchasing basics



If you wish to purchase a Medigap policy, you need to find out the best time to buy one in your state. In most states, insurance companies must only sell you a policy at certain times and if you meet certain requirements. If you miss your window of opportunity to buy a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a Medigap at all.

Under federal law, you have the right to buy a Medigap policy if you:

Are 65 and enrolled in Medicare

And, you buy your policy during a protected enrollment period

At times when you have the right to buy a Medigap policy, an insurance company cannot:

Deny you Medigap coverage

Or, charge you more for a policy because of past or present health problems

Before you buy a Medigap, check to see if your state offers additional protections. For instance, some states allow people to enroll in Medigaps outside federally protected periods. Residents of New York and Connecticut, for instance, can buy a policy throughout the year, not just at select times. These two states also require insurers to sell to people with Medicare who are under age 65.

Call your State Health Insurance Assistance Program (SHIP) or Department of Insurance to learn more about your right to purchase a Medigap policy in your state.

Even if you do not have the right to buy a Medigap in your state, you may still be able to buy a policy if a company agrees to sell you one.

However, know that companies can charge you a higher price because of your health status or other reasons.

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

White Salmon Events

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless other-</i>		1 Closed Happy New Year	2 8:30 Yoga 11am Tai Chi 2pm Strong	3 8:30 Strong People	4
5	6 8:30 Strong People 12pm Senior Lunch	7 8:30 to 9:30 Hatha Yoga 2pm Strong People	8 8:30 Strong People 12pm Senior Lunch	9 8:30 Yoga 11am Tai Chi 2pm Strong People	10 8:30 Strong People	11
12	13 8:30 Strong People 12pm Senior Lunch	14 8:30 to 9:30 Hatha Yoga 2pm Strong People	15 8:30 Strong People 12pm Senior Lunch	16 8:30 Yoga 11am Tai Chi 2pm Strong People	17 8:30 Strong People	18
19	20 Closed for MLK Jr. Holiday	21 8:30 to 9:30 Hatha Yoga 2pm Strong People	22 8:30 Strong People 12pm Senior Lunch	23 8:30 Yoga 11am Tai Chi 2pm Strong People	24 8:30 Strong People	25
26	27 8:30 Strong People 10am "Let's Talk" Bingen Room 12pm Senior Lunch	28 8:30 to 9:30 Hatha Yoga 2pm Strong People	29 8:30 Strong People 12pm Senior Lunch	30 8:30 Yoga 11am Tai Chi 2pm Strong People	31 8:30 Strong People	



January 2025 Menu

Sun Mon Tue Wed Thu Fri Sat

	Menu Subject to Change		1 WS Closed Happy New Year	2 GD Country Steak	3	4
5	6 WS Beef Stroganoff	7 GD Beef Stroganoff	8 WS Baked Fish	9 GD Baked Fish	10	11
12	13 WS Salisbury Steak	14 GD Salisbury Steak	15 WS Tomato Soup w/ Turkey Sandwich	16 GD Tomato Soup w/ Turkey Sandwich	17	18
19	20 Closed for MLK Jr. Holiday	21 GD Chicken Alfredo	22 WS Meatloaf	23 GD Meatloaf	24	25
26	27 WS Chicken Teriyaki	28 GD Chicken Teriyaki	29 WS Cheeseburger	30 GD Cheeseburger	31	

Klickitat County Senior Services operates 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 are provided to homebound 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 January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed Happy New Year	2 12pm Senior Lunch 1pm Exercise	3 Senior Shopping trip to Hood River Wal Mart	4
5	6	7 12pm Senior Lunch 1pm Exercise	8	9 12pm Senior Lunch 1pm Exercise	10	11 Call MATS to sign up for shopping trips 509-773-3060
12	13	14 12pm Senior Lunch 1pm Exercise	15	16 12pm Senior Lunch 1pm Exercise	17 Senior Shopping trip to The Dalles call MATS to sign up	18
19	20 Closed Martin Luther King Jr. Day	21 12pm Senior Lunch 1pm Exercise	22	23 12pm Senior Lunch 1pm Exercise	24	25
26	27	28 12pm Senior Lunch 1pm Exercise		30	31	

Coming Soon: A FREE Falls Prevention Exercise Program in Goldendale!

- Exercise to improve your balance!
- Significantly reduce your risk of falling!
- We are also looking for additional 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.

We are planning for classes to begin in Mid-February.

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.

In a Medicare Advantage Plan? You can still make a change!

From January 1 – March 31, if you're in a Medicare Advantage Plan, you can switch plans or return to Original Medicare and join a separate Medicare drug plan.

Costs in the coverage gap

Through 2024, most Medicare drug plans have a coverage gap (also called the "donut hole"). This means there's a temporary limit on what the drug plan will cover for drugs.

Because of the prescription drug law, the coverage gap ends on December 31, 2024.

New for 2025: \$2,000 cap on covered Part D drugs

Starting in 2025, all Medicare plans will include a \$2,000 cap on what you pay out-of-pocket for prescription drugs covered by your plan. If your out-of-pocket spending on covered drugs reaches \$2,000 (including certain payments made on your behalf, like through the Extra Help program), **you'll automatically get "catastrophic coverage."** That means you won't have to pay out-of-pocket for covered Part D drugs for the rest of the calendar year.

Items that count toward (and through) the coverage gap

- Your yearly deductible, coinsurance, and copayments
- The discount you get on brand-name drugs in the coverage gap
- What you pay toward the pharmacy dispensing fee

What you pay in the coverage gap

Items that don't count toward and getting through the coverage gap

- The drug plan premium
- What the plan pays toward the pharmacy dispensing fee

What you pay for drugs that aren't covered

If you think you should get a discount

If you think you've reached the coverage gap and you don't get a discount when you pay for your brand-name prescription, review your next "Explanation of Benefits" (EOB). If the discount doesn't appear on the EOB, contact your drug plan to make sure that your prescription records are correct and up-to-date.

If your drug plan doesn't agree that you're owed a discount, you can file an appeal.

2025 Premiums and Deductibles for Medicare Parts A and B

Centers for Medicare & Medicaid Services (CMS) released information about Medicare costs in 2025, including the 2025 premium, deductible and coinsurance amounts for Medicare Part A and Part B. The agency also announced the income-related monthly adjustment amounts (IRMAA) for Part B and Part D for people with income above a certain amount; roughly 8% of people with Medicare pay these higher premiums.

In 2025, the standard monthly premium for Medicare Part B will be \$185, an increase of \$10.30 from the 2024 amount. The deductible for Part B services will be \$257, a \$17 increase from the deductible of \$240 in 2024. CMS attributes the increases to "projected price changes and assumed utilization increases that are consistent with historical experience."

The Part A premium is \$0 for the vast majority of beneficiaries. The full premium, which only enrollees over age 65 who have fewer than 30 calendar quarters (7.5 years) of work in a job where they or their spouse paid Social Security taxes and certain younger beneficiaries eligible for Medicare due to disability who have exhausted other benefits pay, will be \$518 a month. Some people over 65 who have fewer than 40 but more than 30 quarters of coverage will pay a reduced rate of \$285 per month.

The Part A inpatient hospital deductible will increase \$44 to \$1,676 in 2025, and the coinsurance for hospital inpatient days 61-90 will be \$419 per day, up from \$408. For skilled nursing facility stays, the daily coinsurance for days 21-100 will be \$209.50, an increase over the 2024 level of \$204.

LET'S TALK

Let's Talk meeting group will take place January 27th 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

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Non-Profit Organization
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Permit #77
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Be prepared for Winter weather. Keep in mind that transportation services or meal sites may have cancellations due to inclement weather as we want to ensure the safety of staff, volunteers, and clients. If road conditions become too hazardous we may cancel. Also, Mt. Adams Transportation vehicles are not special off road vehicles. Keep in mind that roads and driveways need to be accessible in order to reach you.