



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

2025

AARP Tax Aide appointments in White Salmon

AARP tax aide volunteers will have appointments available at the Pioneer Center, 501 NE Washington Street, White Salmon. You must call for an appointment. **(509) 493-3068**. Appointments will be on Tuesdays between 9am and 12pm from February 4th through April 11th.

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

Columbia Gorge AARP Foundation Tax Aide Program

Provides free tax return preparation services and counseling for taxpayers in the Columbia Gorge. They also offer Facilitated Self Assistance allowing you to prepare and electronically file your own return on site. They operate under the guidance and direction of sponsor, The AARP Foundation Tax-Aide Program.

Service is available by appointment only from February 03, 2025, through April 14, 2025.

(Mondays Only) Columbia Gorge Community College, Hood River Campus, 1730 College Way, Hood River, OR, 1:00PM-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.

To book an appointment online go to:

<https://gorgetaxaide.simplybook.me/v2/#>

Grief Share Classes in Lyle

Grief Share is a faith based grief and loss support group.

Grief Share classes will begin February 2, 1:30 to 3:00.

We will be meeting in the Fellowship Room at Lyle Celebration Center at 715 Washington Street in Lyle, Washington.

Classes will finish May 4th, there will be no class on Easter Sunday.

If you have questions please call Les Haarstad at 541-993-1126, or you can go online to griefshare.org.

We will have participants guide books available at the classes, our cost for the books is about \$22.00, if you can help with that cost it is appreciated, if you cannot afford that cost we consider it a gift to you.

Community Strength Training Program—Goldendale

Klickitat County Public health will be offering the Strong People Strong Bodies program, a 12-week exercise program for middle aged and older adults.

The series will be led by Juli Rising, Klickitat County Public Health Educator, who has recently been certified as a Strong People, Strong Bodies Leader and has many years of experience in health and human performance. This 12 week program is free to the public, but requires you to commit to attending 2 days a week for 12 weeks. The program will start with 10-15 individuals.

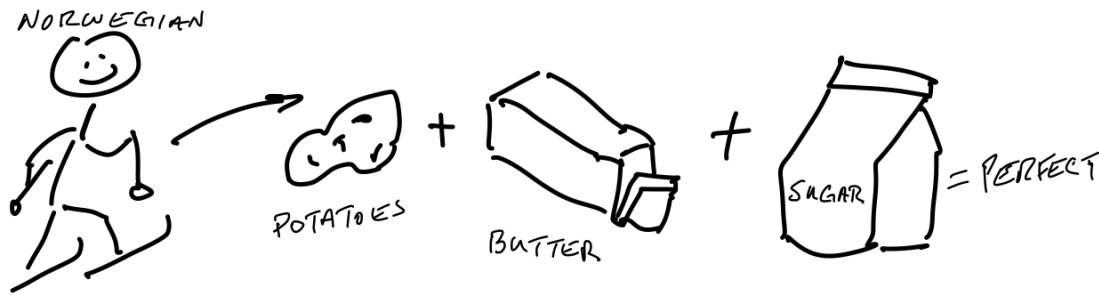
The Strong People Strong Bodies program is based upon years of research on how strength training and proper nutrition improve the health of adults of all ages.

For more information on the Strong People, Strong Bodies program beginning soon in Goldendale, please contact: Juli Rising at 509-773-2490

LET'S TALK

Let's Talk meeting group is **cancelled** for the month of February. The next meeting will take place in March 24th at 10am in the Bingen Meeting room at the Pioneer Center in White Salmon.

We have a Norwegian heritage in our family and we like to laugh at ourselves :)



If you ask a Norwegian “what is a good diet?” you will hear that anything with potatoes, butter and sugar is perfect :) There are a number of family recipes that are based on these three ingredients. They are surely tasty. Our family really likes Lefse, a traditional Scandinavian food. It is made from potatoes, flour, cream and eaten with butter, sugar and cinnamon. With a snarky smile we ask “What could possibly go wrong?” How do these foods work with your heart and brain arteries? **What is the data?**

A recent article in **British Medical Journal** (BMJ2023;380:e072003) looked at seven diets to determine if they had benefits. The seven diets were:

- | | |
|--------------------------------|---------------------------------------------|
| 1. Low Fat Diet | Fat content 20-30% of diet |
| 2. Very Low Fat Diet | Fat content 10-20% of diet |
| 3. Combined Low Fat/Low Sodium | Fat 20-30%, Sodium less than 2.4grams/day |
| 4. Modified Fat Diet | More Polyunsaturated fat than Saturated Fat |
| 5. Mediterranean Diet | More Fish, Fruit, Vegetables, and Olive oil |
| 6. Ornish Diet | Fat less than 10%, primarily plant based |
| 7. Pritikin Diet | Carbs 75%, Protein 15%, Fat 10%, more fiber |

This article reviewed 40 blinded studies involving **35,548 people**. The review looked for these three possible outcomes: 1) Deaths from any cause. 2) Death caused by Heart attack. 3) Heart Attacks or Strokes that did not cause a death.

Which diet performed best?

The best outcome came from the Mediterranean diet. It showed benefits in all three categories with less deaths, less fatal heart attacks, and less heart attacks or strokes without death. The Low Fat diet was second best with benefits of decreasing all deaths and decreasing non fatal heart attacks, but this same Low Fat diet **did not reduce** the risk of non fatal strokes or of fatal heart attacks.

Surprisingly the other five diets did not show benefits in any of the outcomes! Wow! I was surprised.

What makes Olive oil so good? What else is in the Mediterranean diet that makes it work? How can we find out more about this diet? More on those subjects next month.

I am curious if you have found ways to implement the Mediterranean diet in your life? Do you have a recipe to share?

Write: kcssinfo@klickitatcounty.org 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

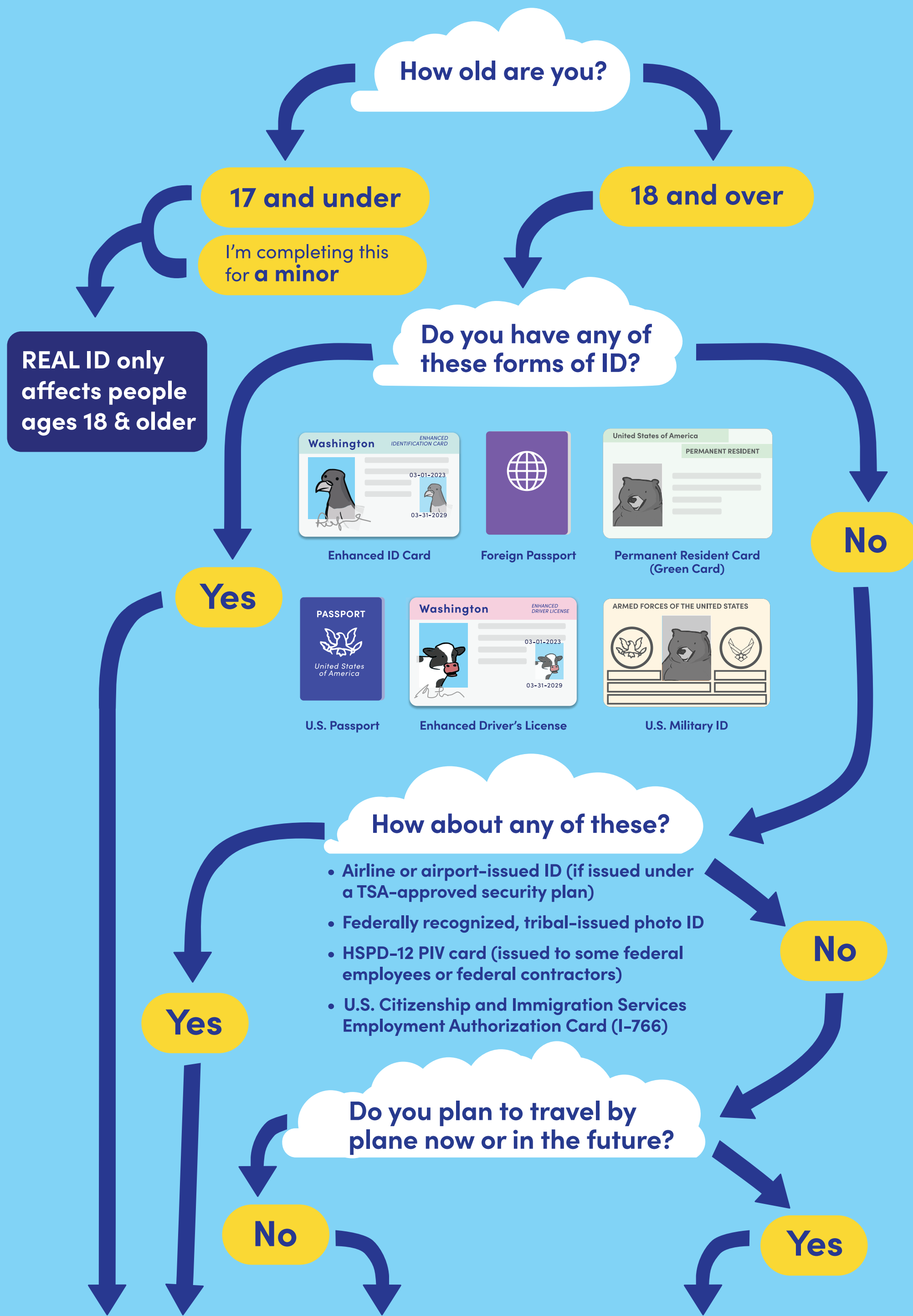
Rate Schedule: Low Income Elderly Rate

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.



You're ready.
These ID options will work for air travel when REAL ID goes into effect on May 7, 2025.

As long as you don't need to fly, you're covered.
If you decide to travel, you will need a new form of ID.

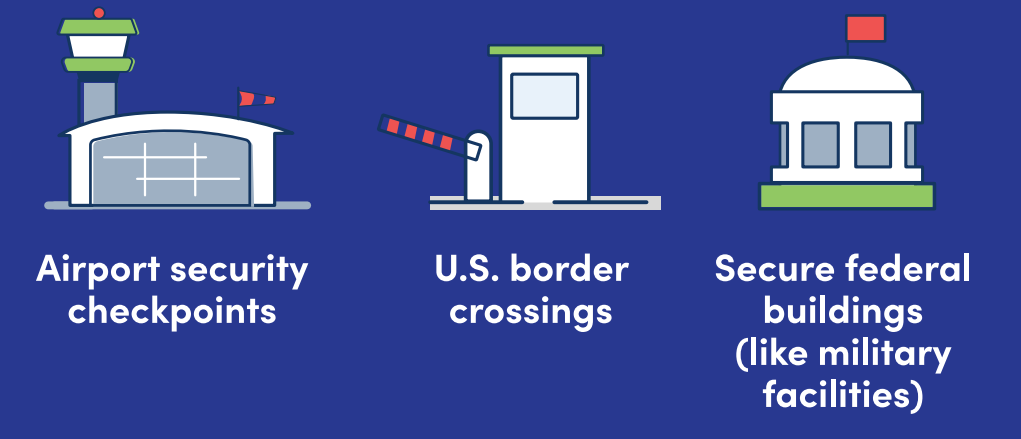
You need a new ID.
On May 7, 2025, the REAL ID Act will require more than a standard driver's license or ID card to travel by plane in the U.S.

What's ID2025?

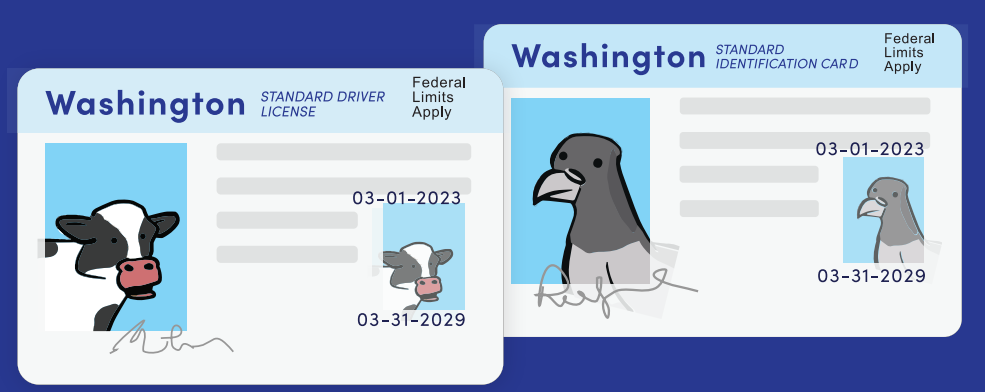
Congress passed the REAL ID Act in 2005 to help combat terrorism and identity theft. The law set new identification requirements for domestic air travel and to enter some federal facilities. To comply, states must create a secure, counterfeit-resistant ID that requires applicants to provide proof of identity and legal U.S. residency. All states must comply with the law before it takes effect on May 7, 2025.

Where will I need to be REAL ID-ready?

REAL ID will affect access to places controlled by the federal government.

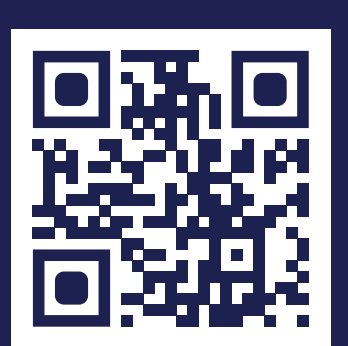


Can I still use a standard driver's license or ID card?



Yes. REAL ID only affects people who travel by plane or access certain federal facilities. You can continue to use your standard driver's license to drive, or use your standard ID to travel by train or state ferry, vote, and access health services.

Discover your options:
REALIDWA.com



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

White Salmon Events February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless other-</i>			<i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing</i>		1
2	3 8:30 Strong People 12pm Senior Lunch	4 8:30 to 9:30 Hatha Yoga 2pm Strong People	5 8:30 Strong People 12pm Senior Lunch	6 8:30 Yoga 11am Tai Chi 2pm Strong People	7 8:30 Strong People	8
9	10 8:30 Strong People 12pm Senior Lunch	11 8:30 to 9:30 Hatha Yoga 2pm Strong People	12 8:30 Strong People 12pm Senior Lunch	13 8:30 Yoga 11am Tai Chi 2pm Strong People	14 8:30 Strong People	15
16	17 CLOSED President's Day	18 8:30 to 9:30 Hatha Yoga 2pm Strong People	20 8:30 Strong People 12pm Senior Lunch	21 8:30 Yoga 11am Tai Chi 2pm Strong People	22 8:30 Strong People	23
24	25 8:30 Strong People 12pm Senior Lunch	26 8:30 to 9:30 Hatha Yoga 2pm Strong People	27 8:30 Strong People 12pm Senior Lunch	28 8:30 Yoga 11am Tai Chi 2pm Strong People		<i>Recovery Café White Salmon at the Mt. View Grange Thursdays from 1pm-5pm</i>

LET'S TALK

There will be no "Let's Talk" Group for the month of February.



February 2025 Menu

Sun Mon Tue Wed Thu Fri Sat

	Menu Subject to Change		Suggested Donation for Seniors 60+ is \$4 Cost for those under 60 is \$7			1
2	3 WS Hot Dogs & Baked Beans	4 GD Hot Dogs & Baked Beans	5 WS Broccoli Cheddar Cheese Soup	6 GD Broccoli Cheddar Cheese Soup	7	8
9	10 WS Sweet & Sour Meatballs	11 GD Sweet & Sour Meatballs	12 WS Baked Chicken	13 GD Baked Chicken	14	15
16	17 Closed for Presidents Day Holiday	18 GD Sloppy Joes	19 WS Chicken Enchilada	20 GD Chicken Enchilada	21	22
23	24 WS Spaghetti	25 GD Spaghetti	26 WS Meatloaf	27 GD Meatloaf	28	

Klickitat County Senior Services operates 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 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. 60+ suggested donation is \$4 per meal.

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 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 12pm Senior Lunch 1pm Exercise	5	6 12pm Senior Lunch 1pm Exercise	7 Senior Shopping Trip Hood River Wal Mart	8 Call MATS to sign up for shopping trips 509-773-3060
9	10	11 12pm Senior Lunch 1pm Exercise	12	13 12pm Senior Lunch 1pm Exercise	14	15
16	17 CLOSED President's Day Holiday	18 12pm Senior Lunch 1pm Exercise	19	20 12pm Senior Lunch 1pm Exercise	21 Senior Shopping trip to The Dalles call MATS to sign up	22
23	24	25 12pm Senior Lunch 1pm Exercise	26	27 12pm Senior Lunch 1pm Exercise	28	Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm Mon & Wed

Don't answer that call! How to spot and stop Medicare scam attempts

What happens with a Medicare scam?

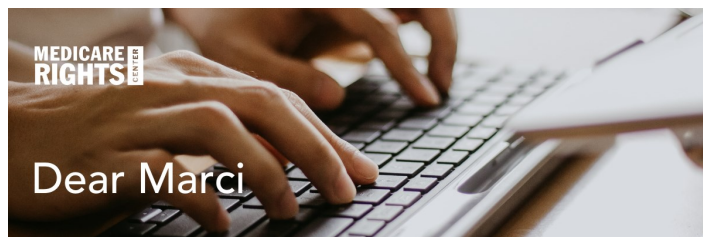
Criminals pretend to be calling from Medicare or another known organization or government agency. They try to gain the trust of the person they're calling so they can trick them into sharing their Medicare or Social Security Number. This information is valuable to criminals because they can use it to commit identity theft. Scammers use stolen information to submit fake Medicare claims using the beneficiary's name and ID. When Medicare pays for these false claims, the criminals make a lot of money. Over the course of six months, in some cases, criminals using just one person's information were paid more than \$30,000 for catheters that beneficiaries did not need, order or receive.

One more layer to this well devised con is that scammers "spoof" the number that appears on the recipient's caller ID so the incoming call appears to be from Medicare or the agency they are pretending to be calling from. Spoofing is a common tactic used to make the call seem to be coming from a local number or even from the actual number of a government agency like Medicare. It can be hard to tell if an incoming call is spoofed.

What you can do to avoid being becoming a victim of a scam caller

- Don't answer calls from unknown numbers. Let the call go to voicemail. You may want to let friends and family know you are screening your calls so they may want to leave a message.
- Be very careful about responding to ANY request for personal identifying information.
- If you answer and the caller – or a recording – asks you to hit a button to stop getting the calls, just hang up. Scammers use this trick to identify potential targets.
- If you answer and it's not who you expected, don't hang on, hang up!
- Never assume an unexpected call is legitimate. Hang up and call back using a number you can verify on a bill, a statement or an official website.
- Be suspicious. Con artists can be very convincing: They may ask innocuous questions, or sound threatening or sometimes seem too good to be true.
- Don't give out personal information like account numbers, Social Security numbers or passwords, or answer security questions.
- Ask your phone company about call blocking tools for landlines or apps for mobile devices.
- Report spoofing scams to law enforcement, the FCC and the FTC.

If you or someone you know is a victim of Medicare fraud, noticed suspicious claims on their health insurance, or had their personal information stolen, submit a fraud report to the [Washington State Senior Medicare Patrol](#) or call 1-800-562-6900. Ask to speak with SHIBA, Washington state's Senior Medicare Patrol.



What are the new Medicare costs for 2025?

Dear Marci,

I'm turning 65 early this year and will be signing up for Medicare. I want to know what I can expect to pay for health insurance in 2025. Can you help?

-Marla (Waco, TX)

Dear Marla,

Medicare costs change from year to year, so I'm glad that you asked! Below, you'll find an overview of the Medicare costs you can expect once you sign up in 2025:

Part A (Hospital insurance)

Part A premium:

Free if you've worked 10 years or more

\$285 per month if you've worked 7.5 to 10 years

\$518 per month if you've worked fewer than 7.5 years

Part A hospital deductible:

\$1,676 each benefit period

Part A hospital coinsurance:

\$0 for the first 60 days of inpatient care each benefit period

\$419 per day for days 61-90 each benefit period

\$838 per lifetime reserve day after day 90 in a benefit period

(You have 60 lifetime reserve days that can only be used once. They're not renewable.)

Skilled nursing facility (SNF) insurance:

\$0 for the first 20 days of inpatient care each benefit period

\$209.50 per day for days 21-100 each benefit period

Medicare Marci Continued

Part B (Medical insurance)

Part B premium: \$185

If your annual income is higher than \$106,000 for an individual (\$212,000 for a couple), you will pay a higher Part B premium

Part B deductible: \$257 per year

Part B coinsurance: 20% for most services Part B covers

Part D (Prescription drug coverage)

National average Part D premium: \$36.78 per month

Part D maximum deductible: \$590 per year

Out-of-pocket limit: \$2,000

Keep in mind that if you choose to buy a Medigap policy or enroll in a Medicare Advantage Plan, your costs will look a bit different. If you enroll in a Medigap, you will pay a monthly premium for your Medigap policy, which in turn pays part or all of your out-of-pocket costs for Medicare-covered services. Medigap premiums vary throughout the country, but in general, they range from \$100 to \$300 per month.

If you choose to enroll in a Medicare Advantage Plan for 2025, you'll typically still have to pay the Part B monthly premium. Some Medicare Advantage Plans may also charge an additional monthly premium. If the Medicare Advantage Plan includes Part D (most do), the premium for the Part D coverage will be combined with the premium for the Medicare Advantage portion of the plan. Before you sign up for a Medicare Advantage Plan, you will want to review the plan's costs, covered services, and rules by contacting the plan directly. Each year in September, you should get an Evidence of Coverage (EOC) notice explaining any changes for the upcoming year. Review this notice to understand what changes to expect in 2026.

I hope this is helpful!

-Marci

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

U.S. Postage Paid
White Salmon, WA 98672
Permit #4
Issue #022025

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

- Exercise to improve your balance!
- Significantly reduce your risk of falling!

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 MARCH 2025.