



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

2025

Klickitat County Senior Services will not be hosting a Summer senior picnic this year. We hope to have one for 2026.

Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2025

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. Spots fill up fast.

509-773-3757 Doreen in Goldendale

509-493-3068 Jill in White Salmon

Volunteer Drivers Needed: Help Make a Difference in Our Community!

Are you looking for a rewarding way to give back to your community? Do you enjoy driving and helping others? Klickitat County Senior Services/Mt. Adams Transportation Service is seeking volunteer drivers to help seniors and individuals with disabilities get to and from appointments and essential destinations.

How to Volunteer:

- **Complete a Volunteer Application:** Fill out our volunteer application form.
- **Complete a Criminal Background check, fingerprint check, and driver record check.**
- **Attend a Brief Orientation and training:** Learn more about our program, including safety guidelines and procedures.
- **Get Matched with Needs:** We will match you with ride requests that align with your availability and preferences.

Provide Transportation: Enjoy the satisfaction of helping those in need and connecting with your community.

If you are interested in becoming a volunteer driver, please contact Lisa King, Operations Manager or Sharon Carter, Director at 509-773-3060 or 509-493-4662.

Medicare Fall Open Enrollment runs from October 15 through December 7 each year. This period is also sometimes called the Annual Election Period. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. 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 still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes you can make include:

1. Joining a new Medicare Advantage Plan
 2. Joining a new Part D prescription drug plan
 3. Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts

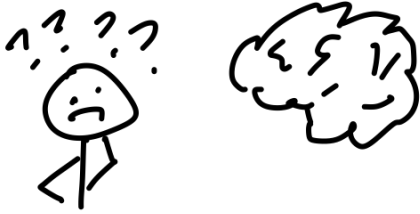


If you have Original Medicare, visit www.medicare.gov or read the 2026 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges.

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). 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)

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 are 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 individualized counseling OR call Klickitat County Senior Services and our SHIBA trained staff can assist.



Would you like to keep your brain?

A recent review in the Annals of Internal Medicine reports that hearing loss is associated with decline in brain function and Dementia. How much risk of Dementia is hearing loss associated with?

Mild hearing loss	2 times more risk of Dementia
Moderate hearing loss	3 times more risk of Dementia
Severe hearing loss	5 times more risk of Dementia

How does hearing loss have this effect? There is evidence of increased load on the brain function with hearing loss and a change in the processing of information. The brain is working harder to process and can't keep up. When we can not hear well we often withdraw from normal social situations like talking with friends, going to church, visiting with family, talking on the phone. The brain is like a muscle, so when we decrease its use, it gets weaker. This report in the Annals, stated that hearing loss is the "largest modifiable risk factor" for Dementia. In other words, if we want to keep our brains, this is the easiest way to help achieve that goal. It is the one risk factor that will effect the most people and that we can do something about. And yet this paper reports:

“Rates of Hearing Aid use are low and have remained stagnant for decades.”

When Veterans were studied at four months after starting treatment for their hearing loss, their ability to communicate, quality of life, thinking ability and incidence of depression all improved. This same group were checked again twelve months later, and the benefits were sustained.

What kind of hearing devices work well?

Behind the ear models work the best for seniors. They are powerful and easy to use and harder to lose. In the ear models are also good but harder to handle and use. My experience with using Apple AirPods or Samsung Earbuds with seniors has not been as successful because they fell out easier and were be lost more often. Their amplification was not as strong as what is available in the behind the ear models. What has been your experience? M. Garnett MD

Write to us at: kcssinfo@klickitatcounty.org

Members Needed for Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am. Meetings rotate locations between White Salmon, Dallesport, and Goldendale but members can also attend meetings via zoom.

New members are needed. We are specifically in need of a member for District 2.

If you are interested in applying or would like more information please contact: Sharon Carter, Director of Klickitat County Senior Services at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org.



SENIOR PROPERTY TAX

The Klickitat County Office of Assessor wants you to know that you may be eligible for an exemption on your property taxes if you are a low income senior citizen or disabled person living in Klickitat County.

To qualify for the exemption, you must be at least 61 years of age on December 31 of the application year, unable to work because of a disability, or a disabled veteran with a service-connected evaluation of at least 80% or receiving compensation for the United States Dept. of Veterans Affairs at the 100% rate for a service-connected disability. You need to own your home, it must be your primary residence and your annual combined household gross income may not exceed \$47,000. Disposable income includes income from all sources, regardless of whether the income is taxable for federal income purposes. We allow deductions from your household income that include, but are not limited to, non-reimbursed prescription medications, Medicare Title XVIII insurance premiums, and non-reimbursed expenses for care received at home or in nursing facilities.

If you do qualify for the exemption, the value of your eligible residence and land are “frozen” in the year of your application. This means we will continue to establish your property market value, but you will be billed for taxes on the lower of the market value or the frozen value. In addition, if your annual income is less than \$47,000 you are exempt from paying excess levies and Part 2 of the state school levy. If your income is \$40,000 or less you are exempt from paying excess levies, Part 2 of the state school levy, and regular levies on \$50,000 or 35% of your assessed taxable value, whichever is greater (but not more than \$70,000.00 of the taxable value). If your income is \$33,000 or less you are exempt from paying excess levies, Part 2 of the state school levy and regular levies on \$60,000 or 60% of the assessed taxable value, whichever is greater.

Furthermore, Per House Bill 2375 (HB 2375), beginning June 6, 2024, accessory dwelling units (ADU’s) may be eligible for certain property tax assistance programs available to individuals. Accessory Dwelling Unit means a separate, autonomous residential dwelling unit that provides complete independent living facilities for one or more persons, and includes permanent provisions for living, sleeping, eating, cooking, and sanitation (RCW 84.36.383 (1)). This change applies to property taxes collected in 2025 and after.

If you would like additional information on the Senior Exemption Program, you can contact Candi Twohy, our Exemption Specialist at (509)773-3715. We do have additional information about the Senior Exemption Program and other programs available at our website: <https://www.klickitatcounty.gov/149/Assessor>

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

White Salmon Events September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Holiday Office Closed	2 8:30 Yoga 2pm Strong People 4-7pm White Salmon Farmers Market Rhinegarten Park	3 8:30 Strong People 12pm Senior Lunch	4 8:30 Yoga 11 am Tai Chi 2pm Strong People	5 8:30 Strong People Huckleberry Festival Daubenspeck Park in Bingen	6 Huckleberry Festival Daubenspeck Park in Bingen
7 Huckle- berry Festival Daubens- peck Park in Bingen	8 8:30 Strong People 12pm Senior Lunch	9 8:30 Yoga 2pm Strong People 4-7pm White Salmon Farmers Market Rhinegarten Park	10 8:30 Strong People 12pm Senior Lunch	11 8:30 Yoga 11 am Tai Chi 2pm Strong People	12 8:30 Strong People 	13
14	15 8:30 Strong People 12pm Senior Lunch	16 8:30 Yoga 2pm Strong People 4-7pm White Salmon Farmers Market Rhinegarten Park	17 8:30 Strong People 12pm Senior Lunch	18 8:30 Yoga 11 am Tai Chi 2pm Strong People	19 8:30 Strong People 1pm Lyle Lions Com- munity Cen- ter Commu- nity Game Day	20
21	22 8:30 Strong People 12pm Senior Lunch	23 8:30 Yoga 2pm Strong People 4-7pm White Salmon Farmers Market Rhinegarten Park	24 8:30 Strong People 12pm Senior Lunch	25 8:30 Yoga 11 am Tai Chi 2pm Strong People	26 8:30 Strong People	27
28 	29 8:30 Strong People 10am Let's Talk (Bingen Room) 12pm Senior Lunch	30 8:30 Yoga 2pm Strong People 4-7pm White Salmon Farmers Market Rhinegarten Park			Senior Lunches Include live music from local musicians. Join in for good tunes and dancing	



Menu September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Holiday Labor Day Office Closed	2 GD:SW Chicken Wraps Lyle: German Casserole	3 WS: Country Steak	4 GD: Country Steak	5	6
7	8 WS:Hot Dogs & Baked Beans	9 GD& Lyle: Hot Dogs & Baked Beans	10 WS: Meatloaf	11 GD: Meatloaf	12	13
14	15 WS: Spaghetti	16 GD: Spaghetti Lyle: Pork Adobo	17 WS: Baked Chicken	18 GD: Baked Chicken	19	20
21	22 WS: Chicken Cacciatore	23 GD:Chicken Cacciatore Lyle: Meatloaf & Mashed Potatoes	24 WS: Sweet & Sour Meatballs	25 GD: Sweet & Sour Meatballs	26	27
28	29 WS Taco Salad	30 GD: Taco Salad Lyle: SW Chicken Wraps w/ Spanish rice	1 WS Pork Adobo	2 GD Pork Adobo		

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 September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Holiday Office Closed	2 12pm Senior Lunch 1pm Exercise	3	4 12pm Senior Lunch 1pm Exercise	5 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	6 Goldendale Farmers Market <i>903 E Broadway Street 9am to 2pm</i>
7	 Lunch	9 12pm Senior Lunch 1pm Exercise	10	11 12pm Senior Lunch 1pm Exercise	12	13 Goldendale Farmers Market <i>903 E Broadway Street 9am to 2pm</i>
14	15	16 12pm Senior Lunch 1pm Exercise	17 	18 12pm Senior Lunch 1pm Exercise	19 Senior Shopping trip to Winco call MATS to sign up	20 Goldendale Farmers Market <i>903 E Broadway Street 9am to 2pm</i>
21	22	23 12pm Senior Lunch 1pm Exercise	24	25 12pm Senior Lunch 1pm Exercise	26	27 Goldendale Farmers Market <i>903 E Broadway Street 9am to 2pm</i>
28	29	30 12pm Senior Lunch 1pm Exercise				

FREE!



Family Solar Program

Only 35 spots available! First-come First-served
*Learn about the surface features and inner workings
of our local star, the SUN!*

Presentation by the Goldendale Observatory

**FREE BUS
TO THE
GOLDENDALE
OBSERVATORY**

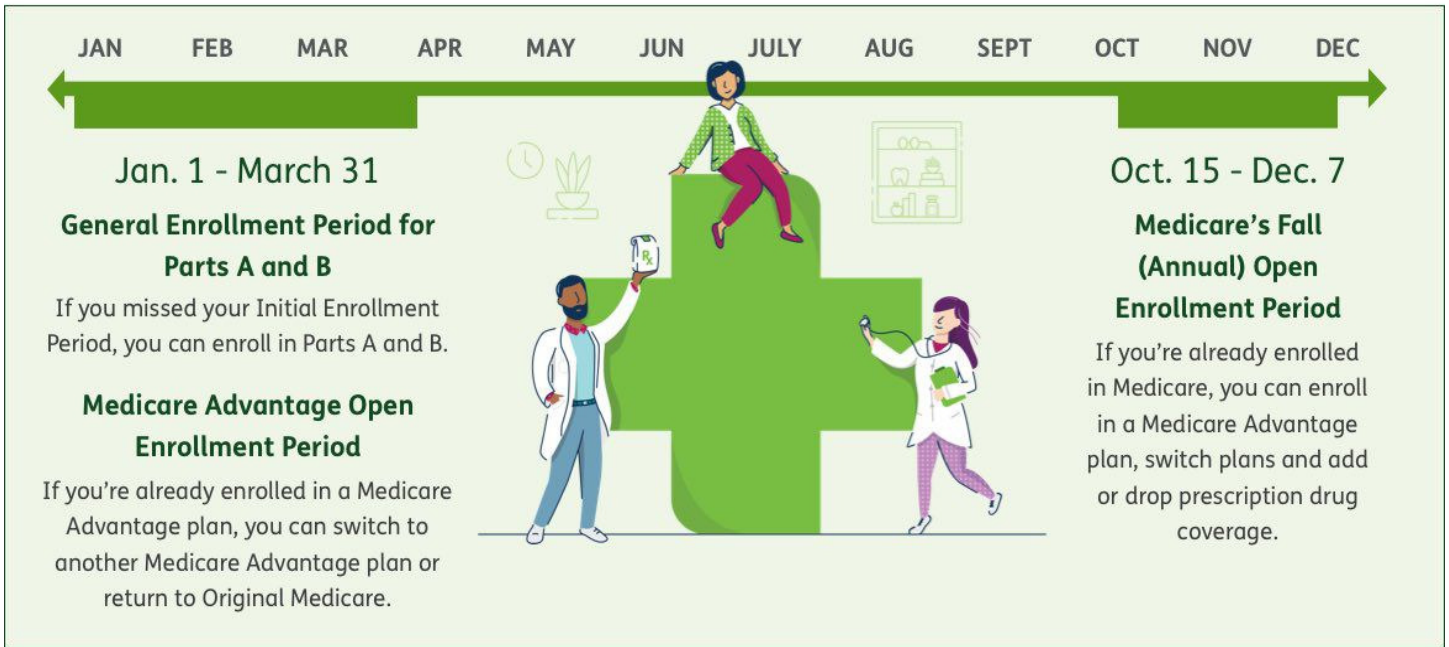
MEET AT THE COURTHOUSE LAWN
205 S COLUMBUS AVE
GOLDENDALE, WA 98620

**SATURDAY
SEPT 20, 2025
2:30-5 PM**

FOR MORE INFORMATION:
(509) 281-2330



Medicare enrollment periods calendar



Goldendale Senior Shopping Trips

Friday, September 5th is the senior shopping trip from Goldendale to Hood River. Sign up by 9/3.

Friday, September 19th we will have a senior shopping trip from Goldendale to Winco in Yakima. Sign up by 9/17.

Space is limited and sign ups are first come first serve. Call Mt. Adams Transportation at 509-773-3060 to sign up.



NEW In-Person Grief Support Group in White Salmon Aug-Dec 2025.

If you are grieving due to the death of an important person, or people, Providence

Hospice of the Gorge offers free, professionally-facilitated grief support groups for adults who are grieving. These groups offer a chance to connect, discuss, and support one another while living with grief.

Registration required for all groups: In-Person, Outdoor, and Virtual group options available.

To register, or more information on the Washington-based group including dates, times, group availability, or for any other additional grief resources, **please contact to register: Haley at 541-387-6449.**

Veterans Service Office

Michael Watts is the Klickitat County Veterans Service Officer. He is here to assist Veterans or dependents and survivors of veterans to file claims with the U.S. Department of Veterans Affairs for:

- health care services;
 - disability compensation;
 - non-service connected pensions;
 - aid and attendance;
 - educational benefits;
 - vocational rehabilitation; and
 - burial reimbursements.
- The VSO can also assist with benefit applications for other local, state and federal agencies.



Michael Watts, Klickitat County Veterans Service Officer

michael.watts@klickitatcounty.org

Mon & Tues: Administrative Services Building 115 W Court Room 102

Goldendale, WA 98620 509-773-2467 - Office 509-773-4244 - Fax

Wed & Thursday: Pioneer Building 501 NE Washington St Room 103

White Salmon, WA 98672 509-493-6031 - Office 509-493-6094 - Fax

Office Hours: 8am-5pm (closed for lunch 12-1pm)

Skamania & Klickitat County Veteran Standdown

September – 19-20, 2025 10:00am to 4:00pm

Skamania and Klickitat Counties are combining forces to do a Veteran standdown resource fair. Lunch will be provided.

Address

Skamania & Klickitat County Veteran Services & American Legions

American Legion Post 137

841 Wind River Hwy

Carson, WA 98610

United States

Contact Information

Shannon See

see@co.skamania.wa.us

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 # 092025

Medicare

Part A



Part A covers
hospital stays and
inpatient care

Part B



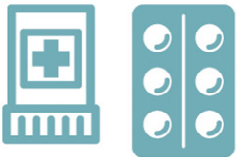
Part B helps pay
for doctor visits and
outpatient care

Part C



**Medicare Advantage
Plan (Part C)**
Includes
Part A + Part B

Part D



Part D
Prescription Drug
Coverage