



FEBRUARY

Klickitat County Senior Newsletter

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

2022

Inside this issue:

AARP Tax Aide to Provide Free Income Tax Assistance

FREE tax assistance will be available for residents of Klickitat County through the Tax Aide Program, sponsored by AARP Foundation in cooperation with IRS.

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. Husband & wives 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 and will be at the following locations:

- ♦ **White Salmon Pioneer Center**, 501 NE Washington Street. AARP Tax Aid appointments **begin Tuesday, February 8th** and continue every Tuesday morning through April 12th. Appointments will be between 9am and 12:00pm-noon. **An appointment is required. This is not a walk in site. Appointments can be scheduled by calling 509 493-3068.**

Appointments will be different due to COVID precautions. Client's will meet with a tax consultant for 15 minutes and then go out to their car or off site while the consultant is preparing their taxes. They will come back in to meet with the tax preparer an hour later when the return is complete.

*Please arrive 15 minutes prior to your scheduled appt. to complete the AARP form that is provided on site.

Information or additional site locations can be found at:
<https://taxaide.aarpfoundation.org/>

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AARP TAX AIDE 2022

Gorge Tax-Aide is announcing free tax in 2022 for tax year 2021, and earlier, primarily for low income and elderly members of our community.

Starting on February 18th, Mid-Columbia Senior Center, located at 1112 W 9th St, The Dalles will be held on Fridays from 3 - 6 PM. *Additional days/times may be added.*

All tax preparation will be handled on a drop off basis only, and by appointment, including a very brief meeting with a certified tax preparer to begin the process, and a brief meeting to pick up and sign your consent for Tax-Aide to file the return electronically.

All tax preparation meetings are by appointment only, no drop-ins without an appointment as previously allowed. Appointments will be set on a first request basis with an email to gorgetaxaide@gmail.com. If you do not have access to email, you can come into the Mid Columbia Senior Center from 9am - 1pm and we will try and find an alternative option.

When contacting gorgetaxaide@gmail.com please provide your contact information and tax prep location preference. See other locations below. Requests for specific times will be considered, but are not guaranteed.

Other available locations starting the week of February 14th:

Hood River Public Library, 502 E State St, Mondays 2 - 5 PM

Hood River Valley Adult Center, 2010 Sterling Pl, Thursdays 2 - 5 PM

Tygh Valley Thursdays 9 - 12 PM

White Salmon, Senior Services, 501 NE Washington, Tuesdays 9 - 12 AM

Information or additional site locations can be found at:

<https://taxaide.aarpfoundation.org/>

Klickitat County Senior Services now has a Volunteer Coordinator.

Please welcome Isaias Garcia. Isaias is our newly hired Volunteer Coordinator.

Klickitat County Senior Services applied for and received full grant funding from the Area Agency on Aging & Disability Services of Southwest Washington. This funding allowed for us to hire a full-time Volunteer Coordinator to develop our Volunteer Connection program.

Isaias will be based out of our Goldendale and White Salmon offices but will also travel to our small communities to meet and develop the volunteer resources and services.

Here is a little bit about Isaias Garcia

Q. Where I am from? A. I originate from south Texas and grew up in the late 80s-90s in a small town south of San Antonio surrounded by a large family that was into the restaurant business and farming. During the spring of 2006 I moved to the North West after closing a restaurant business and decided to take a long vacation in the Yakima valley, and I have been in WA ever since.

Q. What brought me to Goldendale? A. I have been living in Goldendale a little over 11 years, I got married and started off in the area as a Site Manager at the Crestview Apartments. As time passed, I have had my own business as a language translator/interpreter, tax preparer and also worked full time in The Dalles as an Interpreter. The plan was to stay a short while in Goldendale, but working in the volunteer ministry and getting to know the area and neighbors grew on us and time has flown by.

Q. What are my favorite things to do? A. Good question. I love spending time with my son and wife and doing outside stuff. I also enjoy reading, gardening, volunteering and spending time with my congregation.

Q. What brought me to work at Senior Services as a Volunteer Coordinator? A. Volunteering has been my lifelong mission in life. I saw the opportunity to get a job to do what I love and coordinate other like-minded volunteers and support my family and it was a no brainer for me.

Q. What are my plans with the Volunteer program? A. The plan is to develop a robust volunteer program where Klickitat County residents have an easy way to apply, either by paper or online, to volunteer and have plenty of opportunities to assist the elderly, disabled and their caregivers in non-medical services and resources to improve safety and quality of life. The goal is for volunteers to help our senior citizens either as a driver for Meals on Wheels, friendly telephone caller, friendly neighbor visits, cutting the grass, shoveling snow, sitting with someone, running errands, changing a light bulb, battery on smoke detectors and etc. This is a new grant position that I just stepped into so we are still in the planning and start up phase on how we are going to do that. More information will be released as the program progresses. This is a super exiting resource being developed for Klickitat County. I am most honored and humbled to work in this capacity along with big hearted volunteers and with the awesome seniors we have in our community.

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner

A Guide to Taking Care of Yourself

"The care you give to yourself is the care you give to your loved one," said a caregiver. Absolutely the easiest thing for someone to say and the hardest thing to accept is the advice to take care of yourself as a caregiver. It is often hard to see beyond the care tasks that await you each morning.

What is shown by study after study is that caregiving compromises health. About 60% of caregivers show signs of clinical depression, and caregivers take more prescription medications, including those for anxiety and depression, than others in their age group. Reluctance in asking for and accepting help is a major barrier to getting necessary respite and support. Who has time to think about breaks when there is a diaper that needs to be changed? Seventy-five percent of caregivers in America are women, some taking care of spouses/partners, some adult children taking care of parents, some parents taking care of adult children. What does taking care of yourself mean, why is it so hard to do, and how do you do it?

Support

Support and coping comes in many forms—prayer, talking to family, friends or professionals, saying "yes" to offers of help, taking walks, reading a book, eating hot fudge sundaes. But most caregivers end up withdrawing from friends and family and feeling isolated and as if no one understands. Support groups can be an important source of understanding and connection.

Guilt

Guilt that "I should" do this or be able to do it, guilt that your loved one won't get as good care if you aren't doing it, guilt that something will happen if you are away, guilt about having a good time when someone else is not. As there is no "perfect parent," there is no such thing as a "perfect" caregiver. And you are not selfish to sometimes think about yourself and your needs and feelings. Although caregivers feel guilty when they get angry or frustrated, these feelings are OK and a way to know how well you are coping. "How can I say it is difficult when I really love this person?" questioned the husband of a client.

Setting Limits

Learn to ask for help. The often-heard question, "Is there anything you need?" has but one answer: Yes. "Yes, I need a meal, I need someone to stay here so I can go out, I need some time by myself, I need flowers, I need help in the garden, I need some groceries." Learn to say "no" to requests that are draining rather than nurturing, such as hosting holiday meals. You can still make choices about your life and what is right for you and you do still have some control.

Continued

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner

A Guide to Taking Care of Yourself

Your Body

Not getting enough sleep is a major cause of illness and stress in caregivers. Exhaustion is one of the main complaints, leading to irritability and then inappropriate anger which then leads to more guilt. Talk with your physician about medication for either yourself or your loved one to help with sleeping through the night. Know the limits of your own endurance and strength. Make sure you have regular check ups and that those "little concerns" about your health are looked into. Exercise is even more important as it gives you a break, combats depression, and helps you maintain health. When I talk with caregivers, one of their fears is worrying about what will happen to their loved one if something happens to them. Worrying doesn't help. Taking better care of your health does.

Education

Learn as much as you can about the illness so that you can understand what is happening. Attend a workshop or support group, not just for emotional support but also to learn caregiving tricks to make caregiving easier. You can't know it all; this is a job you weren't trained to do. Contact someone who can help you connect with community resources and use them.

Emotional Health and Respite

Taking care of yourself may mean dealing with family problems. How can you make your siblings pull their weight? Possibly you cannot, and learning how to have a family meeting or work around them is essential for survival. One family actually has a chart and marks off what each does so no one can say, "You aren't doing your share." It is easy to become overwhelmed, thus the need for breaks. Without breaks, you begin to question yourself, feel inadequate, and experience burn out. Caregivers are often mourning the loss of the person "who used to be." Grief and loss need to be acknowledged.

One of the stressors of caregiving is seeing no end to the situation. Having a life and connections outside of caregiving helps you to maintain perspective, so that caregiving doesn't become one's only reality. You might be interested in the FCA's *Taking Care of YOU: Self-Care for Family Caregivers*, a guide to assist caregivers in facing day-to-day challenges.

Meanwhile, your best defense is a sense of humor. Find people or situations to laugh at daily. It refreshes the soul and renews your spirit.

Contact the Area Agency on Aging and Disabilities of Southwest Washington at 360-694-8144 or ClarkADRC@dshs.wa.gov to learn more about supports available to family caregivers. Article content is provided by Family Caregiver Alliance (www.caregiver.org).

Expressing Ourselves – Hearing Others

By Kristoffer Lindstrom, MSW, LICSW

Skyline Health Behavioral Health Consultant

When communicating or attempting to communicate with others around difficult topics, sometimes we do not get it right the first time, or the second time – if we get it right at all. Reframing how we express ourselves while actively hearing others is the primary goal of Non-Violent Communication (NVC). Ideally, we interact with compassion toward others and ourselves – while seeking to communicate with honesty and clarity – in order to become more aware of our needs, as well as those of others.

The following are the two parts and four components to NVC:

Empathetically Listening

- Observation
- Feelings
- Needs
- Requests

Honestly Expressing

- Observation
- Feelings
- Needs
- Requests

- As you empathetically listen to another, the job is to **observe** non-judgmentally, without making comparisons to the past; become aware of your own feelings; identify what your need is, formulate a **request** based with kindness, sincerity and respect.
- As you honestly express yourself, the job is to **observe** non-judgmentally, without making comparisons to the past; become aware of your own feelings; identify what your need is, formulate a **request** based with kindness, sincerity and respect.

In NVC, all parties involved in the communication will benefit in using this guide to help with the process. The two parts and four components outlined here can be reviewed on the website: [The Center for Nonviolent Communication | Center for Nonviolent Communication \(cnvc.org\)](http://TheCenterforNonviolentCommunication.org).

NVC can offer guidance to us as we strive to connect with one other and ourselves in a heartfelt manner. Keep striving to communicate with one other in a positive and productive way – it is worth it!



Menu

Sun Mon Tue Wed Thu Fri Sat

		1 GD BBQ Pork Ribs	2 WS Chicken Chow Mein	3 GD Chicken Chow Mein	4	5
6	7 WS Baked Fish	8 GD Baked Fish	9 WS Meatloaf	10 GD Meatloaf	11	12
13 	14 WS Spaghetti Valentine's Day	15 GD Spaghetti	16 WS Chicken Parmesan	17 GD Chicken Parmesan	18	19
20	21 WS Closed President's Day	22 GD Red Beans & Rice w/ Sausage	23 WS Taco Salad	24 GD Taco Salad	25	26
27	28 WS Country Steak				Menu Subject to Change	

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858

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 \$25,760 for a single occupant household or under \$34,840 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.

The discount runs Dec.1, 2020-May 31,2021(6 months).

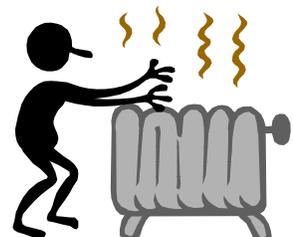
New applications are required for everyone.

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

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Yearly Income	Yearly Income
35%	\$12,880 or less	\$17,420 or less
25%	\$12,881 - \$17,130	\$17,241 - \$23,169
15%	\$17,131 - \$19,320	\$23,170 - \$26,130
5%	\$19,321 - \$25,760	\$26,131 - \$34,840

Effective Date - Effective for billings issued December 2021 to May 2022.

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



Water/Sewer Senior Discounts



Goldendale

Beginning February 1st call Doreen at Senior Services in Goldendale 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon

Senior discounts can be applied for in White Salmon, by contacting WGAP at 509-493-2662.

Bingen

Senior discounts can be applied for in Bingen by contacting WGAP 509-493-2662.

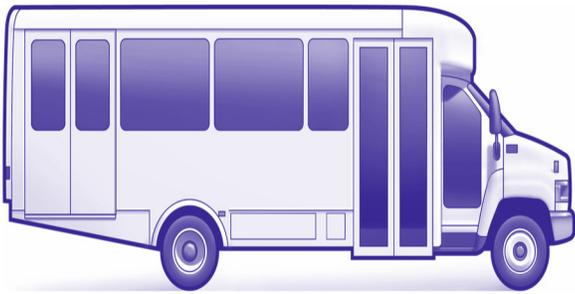
The Centers for Medicare & Medicaid Services (CMS) **announced** plans to make over-the-counter (OTC) COVID-19 tests available to people with Medicare at no cost by “early spring.”

According to the agency, “under the new initiative, Medicare beneficiaries will be able to access up to eight over-the-counter COVID-19 tests per month for free. Tests will be available through eligible pharmacies and other participating entities.”

Coronavirus testing

Coronavirus testing is covered under Medicare Part B. Your doctor can bill Medicare for tests provided after February 4, 2020. Medicare covers your first coronavirus test without an order from a doctor or other qualified health care provider. After your first test, Medicare requires you to get an order from your provider for any further coronavirus tests you receive.

Original Medicare covers coronavirus testing and associated provider visits at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance).



MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Service now has two types of transportation service. Dial-a-Ride & Fixed Route.

We continue to have our Dial-a-Ride Service that has been in existence for over 30 years and we have two fixed service routes between White Salmon and Hood River and Goldendale and The Dalles.

Dial-a-Ride Service is designed to enable Klickitat County residents who lack transportation resources to meet their basic needs and provides door to door service.

- .. Medical appointments
- .. Employment (limited)
- .. Social service appointments
- .. Grocery shopping

We use small wheelchair accessible buses, and wheelchair accessible minivans, and private vehicles with volunteer drivers to provide transportation.

Mt. Adams Transportation operates out of two locations in Klickitat County's main population centers, one office in Goldendale and one office in White Salmon but our transportation service travels to all areas of Klickitat County.

We use paid and volunteer driver's to meet the transportation needs of Klickitat County residents. Both paid and volunteer drivers must pass specific criteria regarding driving history, insurance, criminal background, and training in order to provide transportation.

We also travel to The Dalles, and Hood River on a regular basis. We can travel to Portland, Vancouver, and Yakima for medical services.

Trips to non-essential destinations can be made on a space-available and resource available basis. Fares depend on the pick up location and destination of the trip and current fare listing for dial-a-ride service is available on our web site or by calling our office.

Our priorities for scheduling trips will give a preference to passengers needing rides to medical appointments, education, basic human services such as post office, banking, social services and basic shopping needs.

To request a ride, call in at least one business day in advance of your trip. Be prepared to give the transportation coordinator the following information:

- .. Name, address & phone number
- .. Your date of birth
- .. The date & time of your appointment
- .. The address of your destination.

Goldendale Office

115 W. Court #101
Goldendale, WA 98620
Phone: (509) 773-3060
or 800 774-1699
Fax: (509) 773-6965

White Salmon Office:

P.O. Box 1877
501 NE Washington Street
White Salmon, WA 98672
Phone: (509) 493-4662
or 800 493-7606
Fax: (509) 493-4109

www.klickitatcounty.org

Be a Community Who Shares

MT. ADAMS TRANSPORTATION SERVICE, continued



We receive grant funding from Washington State Department of Transportation to provide two fixed route services.

Fixed Route Service is designed to provide regional access for employment and education and reduce rural inaccessibility.

- The West End fixed route bus runs between White Salmon/Bingen to Hood River. There are multiple round trips that operate between 7am and 7pm Monday through Friday.
- The East End fixed route runs between Goldendale and The Dalles. There are 3 round trips that operate between 7am and 7pm Monday through Friday and a Goldendale intercity service that runs between the trips to The Dalles.
- There are no reservations that are needed to ride the fixed route service. You just need to get on at one of the designated stops on the route.
- The fare for the fixed route service is \$1.00 each time you board and you must have exact change as driver's cannot provide change and you must pay the fare in order to board the vehicle. Or you can purchase a GOrge annual pass for \$40 and ride the gorge area fixed route transportation services.
- The fixed route service vehicles are equipped with a bike rack.
- The bus does not wait: you need to be at the designated stop 5 minutes before scheduled time and be visible to the driver.
- Carry-on bags are limited: No more bags than passenger can carry on at one

For more information or a copy of our current schedules please contact us at 509-773-3060 or 509-493-4662 or access the schedule online.

Email: matsinfo@klickitatcounty.org
<http://www.gorgetranslink.com>

Mt. Adams Transportation operates Monday through Friday except for the following holidays: **New Year's Day, Martin Luther King Jr Birthday, President's Day, Memorial Day, Juneteenth, 4th of July, Labor Day, Veteran's Day, Thanksgiving and the Friday following, and Christmas Day.**

2022 Annual GOrge Pass Offers Unlimited Travel Around the Columbia Gorge

This new innovative GOrge Pass allows for unlimited travel on fixed route public transit services in Hood River, Wasco, Klickitat, and Skamania Counties as well as to Portland, Multnomah Falls, and Troutdale for \$40 Adults until the end of 2022. Passes can be purchased at a transit office or online at gorgetranslink.com or gorgepass.com

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 # 022022

Adverse Winter Weather may result in Meal Delivery Cancellations or schedule changes with Mt. Adams Transportation

Please listen to your local radio stations to find out about a cancellation or call our senior services office:
Goldendale 773-3757, White Salmon 493-3068.

During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions. Please keep in mind that our drivers must be able to access your driveway safely. If you have questions about your trip or issues with access to your home please let us know.
Goldendale 773-3060, White Salmon 493-4662.