



Klickitat County Senior Newsletter

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

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WE MOVED !

The **Goldendale** Senior Services/Mt. Adams Transportation office has moved back to 115 W. Court Street into the newly built County Services Building.

Our new Goldendale office mailing address will be:

115 W. Court Street, Box#101, Goldendale, WA 98620

Our new physical address will return to our old one and will be:

115 W. Court Street, Rm 101, Goldendale, WA 98620.

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

Need help paying for Medicare?

Call and speak with Jill 509-493-3068 or Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

The Centers for Medicare & Medicaid Services (CMS) announced the Medicare Part B standard monthly premium would be increasing by 15% (\$21.60) in 2022, from \$148.50 to \$170.10. While this significant jump is the largest in 15 years, for most beneficiaries, the 5.9% cost-of-living adjustment (COLA) to Social Security benefits in 2022—the largest COLA in 30 years—will absorb the increase.

Among the key reasons CMS cites for the premium spike is the need for a contingency reserve to cover the potential costs of the expensive and controversial Alzheimer's drug Aduhelm, for which a coverage decision is expected next year.



Getting Medicare right



Message from Klickitat County Senior Services Director –Sharon Carter

Happy Holidays to all!

As another year draws to a close our senior congregate meal programs remain closed but Jacky and Pam as well as our wonderful volunteers busily work to make and deliver nutritious meals on wheels.

We miss getting together and socializing but we need to be cautious with our re-opening as the COVID-19 community transmission rates are still in the High Category.

My hope is that we will be able to reopen in early 2022 — we should know more about a specific date as we get into the new year.

In the meantime our offices are open and we are still available by telephone and for in person one-on-one appointments for assistance with PUD low income discount applications, help with applying for other state programs and services. We are also working to recruit a Volunteer Coordinator under a new grant that we will be developing volunteer support service to help seniors throughout Klickitat County.



There is a new transportation connection which is available between Klickitat County and Skamania County.

On November 3rd Skamania County Transit started a new route that stops at the Bingen Park & Ride. Currently it stops 3 times a day Monday through Friday.

Anyone that would like to get to Skamania County, Cascade Locks, or Vancouver can now catch the Mt. Adams fixed route bus to the Bingen Park and Ride and then get on the Skamania County Transit Bus which can get you to Carson, Stevenson, Cascade Locks, North Bonneville, and Vancouver. Purchase a GOrge 2022 Annual Pass for \$40 and you can ride on Mt. Adams Transportation, Skamania County Transit, Columbia Area Transit, LINK fixed route services with this pass or you can pay cash on each service which ranges from \$1.00 to \$1.50 for each boarding. Passes can be purchased online or at any of the transit agency offices.

More information and schedules can be found at gorgetranslink.com or by calling Mt. Adams Transportation Services 509-493-4662 or Skamania County Transit at 509-427-3990.

The Klickitat County Senior Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am.

Our 2022 meeting schedule and locations as well as a Zoom link to attend remotely will be posted in our January newsletter and on our website. The public is welcome. Masks/face coverings and distancing are REQUIRED for in person attendance. If you would like more information please contact: Sharon Carter, Director at 509-773-3757 or 509-493-3068 or email at sharonc@klickitatcounty.org.

Member 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 via Zoom and in person at 3 rotating locations (White Salmon, Dallesport, Goldendale).

New members are needed. If you are interested in applying for the open position or would like more information please contact:

Sharon Carter, Director of Klickitat County Senior Services at 509-493-6228 or email at sharonc@klickitatcounty.org.

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).

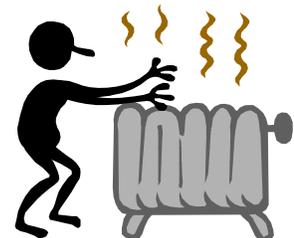
New applications are required for everyone.

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

	SINGLE PERSON HOUSE-HOLD	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.



Medicare Reminder

If you need to enroll in Medicare Part D for the first time, typically you will do so either during your Initial Enrollment Period (IEP), the Fall Open Enrollment Period, or if you qualify for a Special Enrollment Period (SEP). Additionally, you must:

- Have Part A and/or Part B
- And, live in the Part D plan's service area

Your Part D IEP is usually the same as your Medicare IEP: the seven-month period that includes the three months before, the month of, and the three months following your 65th birthday. For example, let's say you turn 65 in May. Your IEP runs from February 1 to August 31.

The date when your Part D coverage begins depends on when you sign up:

- Enrolling during the first three months of the IEP means coverage begins the first day of the fourth month.
- Enrolling during the fourth month of the IEP or any of the three months afterwards means coverage begins the month following the month of enrollment.

You should enroll in Part D as soon as you are eligible to avoid a potential late enrollment penalty (LEP) and gaps in coverage. If you do not enroll in Part D during your IEP, you can also enroll in or make changes to Part D coverage during the Fall Open Enrollment Period—but you may have a late enrollment penalty if you are using Fall Open Enrollment to enroll in Part D for the first time.

Under certain circumstances, you may have an SEP to enroll in a Part D plan, including if you:

Had creditable drug coverage

Have job-based drug coverage through your or your spouse's employment

Are eligible for Extra Help

Note: If you are enrolled in Medicare because of a disability and currently pay a premium penalty, once you turn 65 you will no longer have to pay the penalty. This is because you will qualify for a new Part D IEP when you turn 65.

Savvy Senior

Pill Splitting: When it's safe, and when it isn't

Dear Savvy Senior,

When is it safe, or not safe, to split pills? I have a cousin who cuts almost all her pills in half in order to save money, but I'm wondering if she's going overboard. What can you tell me about this?

Curious Cousin

Dear Curious,

Pill splitting – literally cutting them in half – has long been a popular way to save on medication costs, but your cousin, if she hasn't already done so, needs to talk to her doctor or pharmacist because not all pills should be split.

The reason pill splitting is such a money saver is because of the way drugs are manufactured and priced. A pill that's twice as strong as another may not be twice the price. In fact, it's usually about the same price. So, buying a double-strength dose and cutting it in half may allow you to get two months' worth of medicine for the price of one. But is it safe? As long as your doctor agrees that splitting your pills is OK for you, you learn how to do it properly, and you split only pills that can be split, there's really no danger.

Ask Your Doctor

If you're interested in splitting your pills, talk to your doctor or pharmacist to find out if any of the medicines you use can be safely split. It's also important to find out whether splitting them will save you enough money to justify the hassle.

The pills that are easiest to split are those with a score down the middle. However, not every pill that's scored is meant to be split. Pills that are most commonly split are cholesterol lowering drugs, antidepressants and high blood pressure medicines.

Use a Pill Splitter

Having the right equipment is very important too. Don't use a knife or scissors to cut your pills in half. This can cause you to split them unevenly resulting in two pieces with very different dosages, which can be dangerous. Purchase a proper pill cutter that has a cover and a V-shaped pill grip that holds the pill securely in place. You can find them at most pharmacies for \$5 to \$10.

For convenience, you might be tempted to split the whole bottle of pills at once. But it's best to do the splitting on the day you take the first half, and then take the other half on the second day or whenever you are scheduled to take your next dose. That will help keep the drugs from deteriorating due to exposure to heat, moisture, or air. It will also help ensure that any deviation in the size of one dose is compensated in the next. It's also important to know that pills are only safely split in half, and never into smaller portions such as into thirds or quarters.

Don't Split These Drugs

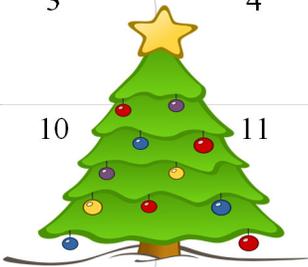
Some pills should never be split. Drugs that are time-released or long-lasting and tablets that contain a combination of drugs probably shouldn't be split, because it's difficult to ensure a proper amount of active ingredient in each half. Pills with a coating to protect your stomach, and pills that crumble easily or irritate your mouth shouldn't be split either, along with chemotherapy drugs, anti-seizure medicines, birth control pills and capsules containing powders or gels.

Again, your doctor or pharmacist will know which drugs can and cannot be split. If you're taking a medicine that can be split, you'll need to get a prescription from your doctor for twice the dosage you need. Then you can start splitting and saving, safely.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



December 2021 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change			1 WS Hungarian Goulash	2 GD Hungarian Goulash	3	4
5	6 WS Tomato Soup and Turkey Sandwich	7 GD Tomato Soup and Turkey Sandwich	8 WS Baked Chicken	9 GD Baked Chicken		
12	13 WS Salisbury Steak	14 GD Salisbury Steak	15 WS Ham and Black Eyed Peas	16 GD Ham and Black Eyed Peas	17	18
19	20 WS Ham and Scalloped Potatoes	21 GD Ham and Scalloped Potatoes	22 WS Kielbasa & Potato Bake	23 GD Cook's Choice Office closes at 12pm	24 Office Closed	25 
26	27 WS Macaroni & Cheese w/ ham	28 GD Macaroni & Cheese w/ ham	29 WS Sweet and Sour Meatballs	30 GD Sweet and Sour Meatballs	31 Office Closed	1 

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

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

Caregiving and the holidays: from stress to success!

By Family Caregiver Alliance

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will.

Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy.

Following are some suggestions that may help make the holidays more enjoyable for you and your loved ones. Keep in mind that the holidays can, in fact, provide unique opportunities to seek better communication, connection and support from family and friends.

An opportunity for communication

It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Whom do you tell? How much do you tell? Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Holiday greetings and a brief note

Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. This can be a nonthreatening way to inform distant or uninvolved relatives about the realities of the caregiving situation. If written in a tone that's not accusatory or guilt-inducing, family members may be more forthcoming with assistance or, at least, have a better understanding of the effort you are putting into providing care.

Let sleeping dogs lie?

It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" in caregiving responsibilities. If this holds true for you, and your goal is to enjoy the holidays, you must decide how much and when to communicate this disappointment. Consider clearing the air before the holidays or perhaps resolve within yourself to put those feelings on hold, with the intention to discuss the matter after the holiday season passes. In the meantime, enjoy the holiday!

Be clear about your energy level

Let family members know that your caregiving duties are keeping you very busy and that you only have so much energy for holiday preparation and hosting duties.

Accept the need to adapt

Caregivers often have to adapt their traditional role or experience of the holidays. This may mean allowing another family member to host more time-intensive festivities. You may need to modify the amount of time away from home to match the comfort level of your impaired loved one. You may also have to choose which events to attend based on which would be the simplest, least exhausting and most enjoyable for the person for whom you provide care—and for you.

Area Agency on Aging Caregiver Corner, continued

The visit room

Don't expect the person with cognitive impairment to be able to adapt to all situations; you may need to adapt the environment to their needs. See if you can arrange to have another room in the house designated as a quiet place for the impaired person. Many people with dementia find multiple conversations and background noise disturbing. To avoid this anxiety, the person may benefit from time in a quieter room with less stimulus where family members could take turns visiting with them.

Share your wish list

- **Respite:** some caregivers ask for time off from caregiving duties as a gift for the holidays. This could mean another family member gives you a break. Sometimes asking for a Saturday off "in the next three months" is more accepted, as family members can then schedule it into their calendars. If this is not possible, perhaps they would consider paying for a home care worker or a stay at a respite facility. Your FCA Family Consultant can help you locate these resources in your area.
- **Home repairs:** Do light bulbs need changing, or grab bars need installation? That maddening pile of junk in the garage needs to go to the dump? Tasks such as these may be the perfect way for a family member to help out if providing personal care is too uncomfortable for them.
- **Care for you!** How about a gift certificate for a massage, facial or manicure? How about an opportunity to spend the day fishing or a walk in the outdoors?

Book your homecare worker early! Speak with your home care worker or home care agency early about your holiday plans!

Schedule one-on-one time

While caregiving, it is easy to get caught up in all the tasks of personal care and homemaking chores. Make a point of setting some time aside this holiday season to enjoy the person you care for in a relaxed, one-on-one context. The best activities are those which take advantage of long-term memory—usually less impaired in people with dementia. Try looking through family photo albums or unpacking holiday decorations, which may stimulate memories.

Reflect on the rewards

Reflecting on the rewards of caregiving can help maintain your self-esteem. It may feel very rewarding to know that you are fulfilling a vow or promise you have made to the person for whom you provide care. Your caregiving may be an expression of living up to your personal ideals or religious beliefs. You may also be experiencing a great deal of growth as you learn new skills and meet challenges in ways you never imagined possible.

A little thank you goes a long way

After the holidays, write a thank you note to family members or friends who spent time with your loved one. Emphasize the positive impact their visit or brief time spent with your loved one had on them. This may reinforce positive feelings from their visit and diminish any discomfort they experienced. They may then be more encouraged to visit again or be more supportive of your efforts.

Contact Klickitat County Senior Services or ksccinfo@klickitatcounty.org to learn more about supports available to family caregivers. Article content is provided by Family Caregiver Alliance (<https://www.caregiver.org/resource/caregiving-and-holidays-stress-success/>).

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#122021



Volunteer drivers must pass a criminal background check, have a current driver's license and insurance. Volunteers are reimbursed for mileage.

509-493-3068 or 509-773-3757.

If you are interested in volunteering please call one of our offices for an application

throughout Klickitat County.

Currently we are in need of Meals on Wheels delivery drivers to deliver meals

Volunteers Needed