

# MARCH

## 2022

### Klickitat County Senior Newsletter

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

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Message from Klickitat County Senior Services Director –Sharon Carter

### Updates and Senior Meal Site Reopening

We are currently planning for a May restart for our in-person dining for our Senior Meal sites. The recent announcements that cases are decreasing and mask mandates are being lifted has made us hopeful that will continue and we anticipate having our in person meals take place again starting in May.

In the meantime, if you are in need of hot or frozen home delivered meals or to sign up for pick up please call our office.

Goldendale: 509-773-3757  
Toll Free: 1-800-447-7858

White Salmon: 509-493-3068

Our offices continue to be open. The lending library, TV, and pool table are currently still open for use at the Pioneer Center in White Salmon.

Please welcome our new Volunteer Coordinator, Isaias Garcia. He is currently working on recruitment of new volunteers and our new Volunteer Connection Program. Feel free to call him if you are interested in discussing volunteer opportunities.

Senior Services currently has an opening for a part time cook in White Salmon. If you, or someone you know is interested please call me for more information.

We are excited to be moving in a more “normal” direction and hope to be able to re-establish more in-person program activities over the upcoming months and see everyone’s smiling faces.

## **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.

Volunteer counselors are trained by IRS certified instructors and will be at:

- ♦ **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/>

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](mailto: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.



## Medicare Reminder

### How to enroll in Medicare if you are turning 65

Most people become eligible for Medicare when they turn 65. Your Medicare enrollment steps will differ depending on whether or not you are collecting retirement benefits when you enter your Initial Enrollment Period (IEP).

If you are receiving Social Security retirement benefits or Railroad Retirement benefits, you should be automatically enrolled in both Medicare Part A and Part B and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

If you are not receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare either online at [SSA.gov/medicare](http://SSA.gov/medicare) or over the phone at 800-772-1213.

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

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.

**Need help paying for Medicare?**

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

### **What The First-Time Caregiver Needs To Know**

Everyone ages, and there comes a time when older or ailing loved ones need help. Oftentimes friends or family members rise to the occasion to assist them. If you're one of those first-time family caregivers, you are not alone. If you're caring for a grandparent, parent or other loved one for the first time, there will be both challenges and rewards in the months ahead. It can be difficult, and you might not even be sure where to start. Don't despair, though. Here is what you need to know.

#### **Managing the Day to Day**

One of the first challenges you'll face is keeping track of everything your loved one needs while managing your own daily life. This means juggling doctor appointments and prescriptions, arranging transportation to and from doctor's offices, and refilling and picking up medications. Then, there are the regular day-to-day chores to consider: doing laundry, planning and cooking meals, shopping for groceries, and cleaning the house or apartment.

#### **Here are some tips to help you through the challenging months ahead:**

- **Familiarize yourself.** Learn as much as you can about your loved one's medical conditions. Know what to expect as they grow older and the conditions progress. It's vital to be able to make informed decisions about the care your loved one will receive and whether it will require outside help.
- **Share the responsibility.** Don't try to go it completely alone. Enlist a network of friends and family who can help with some of the many responsibilities of caregiving. It doesn't have to involve major tasks. It could mean helping out with everyday duties like preparing a few meals a week or doing the grocery shopping.
- **Consider respite care.** You're only human, and you will need to take a break now and then. Consider the possibility of hiring a professional in-home caregiver to relieve you for a few hours each week in order to run errands or just spend some quality time relaxing.
- **Join a support group.** It's easier to deal with the challenges of caregiving if you have someone to talk to. Consider joining a caregiver support group. This will let you discuss frustrations and problems with people who understand where you are coming from because they have been there too.

**Lean on technology.** Human memory is unreliable, especially in busy or stressful circumstances. There are smartphone apps that can help with daily caregiving tasks by providing medication and appointment reminders, helping create schedules with family members or professional caregivers, or taking notes.

## **Caregiver Corner, continued**

### **Taking Care of Yourself**

As a caregiver, absorbed in the task of caring for a loved one day in and day out, it can be hard to remember your own needs. Eventually, this can damage your emotional and physical health as exhaustion and stress mounts.

The Cleveland Clinic defines caregiver burnout as: "... a state of physical, emotional and mental exhaustion. It may be accompanied by a change in attitude, from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, physically or financially. Many caregivers also feel guilty if they spend time on themselves rather than on their elderly loved ones. Caregivers who are 'burned out' may experience fatigue, stress, anxiety and depression."

Watch for the signs of burnout. But it's even better to set boundaries and care for yourself from the start. Make sure to eat healthy, get enough sleep, enjoy hobbies and downtime and, as the pandemic fades, socialize when possible.

### **Don't Lose Perspective**

Whatever else happens, don't forget that your loved one is an individual with their own wants and needs. Involve them in caregiving decisions, especially those that involve their health, living situation, or finances. When it can be done safely, allow them the independence to perform the daily tasks they are capable of. Give them a say in their own affairs. It will make the process smoother and reduce frustrations on both sides. In the end, be patient with yourself and the loved one you are caring for. Prioritize your own health and don't try to do everything yourself. Enjoy your time with your loved one and don't despair. Help is available if you ask for it.

Published in partnership with Caregiver.com. Written by [Carol Nelson, RN, BSN, MBA](#), Staff Writer.

Contact the Area Agency on Aging and Disabilities of Southwest Washington at 360-694-8144 or [ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov) to learn more about supports available to family caregivers. Article content is provided by Active Daily Living.

## The Benefits of Volunteering



It appears that volunteering pays special dividends for seniors who have chronic health conditions such as arthritis, diabetes, depression, high blood pressure, dementia or Alzheimer's disease.

Volunteering past the traditional retirement age of 65 has the following benefits beyond good vibes:

1. **Strengthened Mission—99%** want to make a difference. Whether it's passing out lunches to the homeless or building a home for a family in need, nearly all senior volunteers want to make a difference.
2. **Improved Physical Health—98%** stay active and feel better physically. Recent research confirms what other studies have revealed: giving back pays special dividends in increased activity, which often results in improved health.
3. **Stronger Emotional Foundation—98%** feel better emotionally. Perhaps it's the idea of putting others' needs before one's own, but older volunteers almost always feel better emotionally.
4. **Renewed Spiritual Purpose—98%** gain a sense of purpose. Along with a need to make a difference, senior volunteers overwhelmingly want to gain a sense of purpose.
5. **Shared wisdom—90%** want to share their talents, skills and experience. Many older adults have spent a lifetime in careers or honing domestic and creative skills that they are more than happy to share with others.

The benefits of volunteering are wide and varied. The need to help others and make a positive difference on the volunteers themselves. 97% of senior volunteers feel that they are happier than those who do not volunteer, and volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life.

**Volunteer!**

**It's good for your health.**

**Call Klickitat County Senior Services to discuss volunteer opportunities that are available. 509-773-3757 or 509-493-6228.**

# MARCH

# Menu



Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1 GD Country Steak	2 WS Beef Stroganoff	3 GD Beef Stroganoff	4	5
6	7 WS  Baked Chicken	8 GD  Baked Chicken	9 WS  Swedish Meatballs	10 GD  Swedish Meatballs	11	12
13	14 WS Quiche w/ ham & broccoli	15 GD Quiche w/ ham & broccoli	16 WS  Corned Beef	17 GD  Corned Beef	18 	19
20	21 WS  Sloppy Joes	22 GD  Sloppy Joes	23 WS  Tuna Salad	24 GD  Tuna Salad	25	26
27	28 WS Beef Lasagna	29 GD Beef Lasagna	30 WS Chicken Pot Pie	31 GD Chicken Pot Pie	<b>Menu Subject to Change</b>	

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

## **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 1<sup>st</sup> Friday of each month at 10:30am.

New members are needed. If you are interested in submitting your name for membership 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](mailto:sharonc@klickitatcounty.org).

Klickitat County Senior Advisory Board Meetings for 2022. March 4th Dallesport Community Center

April 1st Pioneer Center White Salmon

May 6th Goldendale County Services building

June 3rd Dallesport Community Center

July 1st Pioneer Center White Salmon

August 5th Goldendale County Services building

September 2nd Dallesport Community Center

October 7th Pioneer Center White Salmon

November 4th Goldendale County Services building

December 2nd Dallesport Community Center

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any age, any time — and everyone needs to know the warning signs.

On average, 1.9 million brain cells die every minute that a stroke goes untreated.

Stroke is an EMERGENCY.

Call 911 immediately.

Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

**Stroke Symptoms** By learning and sharing the F.A.S.T. warning signs, you just might save a life from stroke.

Call 911 if these signs are present

F.A.S.T. Warning Signs

**Use the letters in F.A.S.T to spot a Stroke**

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?

**T = Time to call 911**

Other Stroke Symptoms

**Watch for Sudden:**

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

## 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-	2 PERSON HOUSEHOLD
<b>DISCOUNT</b>	<b>Yearly Income</b>	<b>Yearly Income</b>
<b>35%</b>	\$12,880 or less	\$17,420 or less
<b>25%</b>	\$12,881 - \$17,130	\$17,241 - \$23,169
<b>15%</b>	\$17,131 - \$19,320	\$23,170 - \$26,130
<b>5%</b>	\$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.

## **Technology Can Help Make Medication Management Easier**



**There are several simple computer or smart phone app solutions that can help with medication management.**

- Setting a calendar entry (no app required) or downloading a medication reminder app can help users avoid missing their medication.
- Free apps, like Pill Reminder (iPhone) and PillsOnTime (Android) also track missed doses.
- Tracker by Medisafe (iPhone and Android), not only reminds you when it's time for a refill but enables you to track vitals like blood pressure.
- Davis' Drug Guide (iPhone) even contains detailed drug information for patients who have questions about a drug, the possible side effects, or its interactions with other medications.

**Medication dispensing pre-packaged containers can help with complex regimens.**

For some individuals, a plastic 7-day pill container provides enough structure. But if problems occur as a result of not taking doses, technology-enabled containers are designed to help prevent both missing a dose or taking the wrong pill.

These units are easily connected to the Internet for communication to caregivers about whether the unit was opened at the right time. They include PillPack (recently acquired by Amazon) which delivers the packaged medication doses and has an accompanying app to track information about them. Then there is MedMinder, an automated dispensing box that can be preloaded by the pharmacy.

PillPack and MedMinder charge just the co-pay medication cost.

There are also several companies that provide Automated Medication Dispensing Service, in which a caregiver loads up to 40 days of doses which are dispensed in small cups per dose and the companies can also call and provide a reminder to the individual. Some of those companies that provide this service are: Assured Independence, Global Medical Alert, LifeStation, Link to Life, Safe@Home Elder Option. These run between \$45 and \$75 per month.

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 #032022**

- Daylight saving time begins Sunday, March 13th; turn your clocks one hour ahead to start enjoying more evening sunlight!
- Happy St. Patrick's Day on Thursday, March 17th
- Hooray, spring starts Sunday, March 20th!