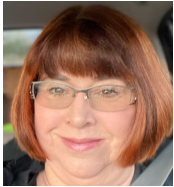




# Klickitat County Senior Newsletter

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

## 2022



Message from Klickitat County Senior Services Director – Sharon Carter

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It has been good news in the recent week in Klickitat County. Our COVID transmission rates have dropped and we are now in low risk category at this time.

I want to continue to remind everyone that if you are feeling at all ill—runny nose, cough, upset stomach, headache—please stay home until you are well.

We also have home test kits for COVID available at Senior Services so you can have those on hand at home to complete your own testing if you have symptoms or you have been exposed to someone who tested positive.

If we continue in the low risk transmission rate category we will plan to resume music at the Pioneer Center senior lunch. We will start with once per week as we have also had participants say they like opportunity to socialize and visit without music performances on occasion too.

Come and enjoy a great meal at our White Salmon, Lyle, & Goldendale meal site locations. It is great bargain for only a suggested donation of \$3.50.

Feel free to call if you have questions or would like additional information.

Goldendale office 509-773-3757

White Salmon office 509-493-3068

### Goldendale Senior (60+) Shopping Trips scheduled in September

There must be at least 6 seniors that sign up in order for the trip to take place. You must sign up the week prior to the trip.

On Friday, September 9th will be a trip to the WalMart in Hood River and Dickey’s Farm Store in Bingen (to use those great veggie vouchers). Bus will leave Goldendale about 10am and return by 4pm.

On Friday, September 23rd will be shopping in The Dalles with stops at Bi-Mart, Fred Meyer, and Grocery Outlet. Bus will leave Goldendale at about 10am and return by 4pm.

Call Alyssa our Transportation Coordinator in Goldendale at 509-773-3060 to sign up.



The Goldendale Community Library is hosting a Produce Swap from August 22 - October 15. For our gardeners who have too many zucchini or other produce, bring the excess to the library to share with the community and take something you like as well. All produce will be donated at the end of each week. Drop in any time from 10 am–6 pm, Monday through Saturday.

We are also preparing for more in-person programs this fall and are accepting donations of old children's dolls, action figures/Barbies, and gently used clothes and accessories for scarecrows. More information on what we will be doing with them to come!

The Aging in the Gorge Alliance/*Alianza de la Tercera Edad* invites you to join its 2022 reading campaign. The Community Book Reading kicked off in July with the libraries of The Dalles, Hood River, White Salmon, and Columbia Gorge Community College distributing books. Beginning in September there will be many book discussion opportunities exploring how loneliness and isolation impacts our communities.

In *Together: The Healing Power of Human Connection in a Sometimes Lonely World*, the U.S. Surgeon General and best-selling author, Dr. Vivek Murthy, addresses the importance of community and connection and offers practical solutions to the overlooked epidemic of social isolation.

The Aging in the Gorge Alliance/*Alianza de la Tercera Edad* (AGA/ATE) offers this opportunity to individuals and groups to explore the unique questions, challenges, and solidarity that come up when we discuss the hidden impact of loneliness on our health, and the social power of community. The COVID-19 pandemic has been a period of extreme difficulties, isolation, and loss. AGA/ATE recognizes the importance of sharing our stories to build understanding and support. This year's Community Book Reading campaign will give communities a platform to engage in challenging, insightful, and transformative conversations.

Thanks to Providence Hospital, the Salvador Foundation, and The Gorge Community Foundation, 70 copies of *Together* in English and 70 copies in Spanish are available through local libraries, Adult Centers, and other locations. We will conduct facilitated discussion groups and radio broadcasts throughout September.

If you would like to take part in a facilitated in-person group, contact Claire Culbertson at [claireculbertson@gmail.com](mailto:claireculbertson@gmail.com).

If you would like to take part in a virtual facilitated discussion group on Sep 26, 2022 at 05:30 PM, register here:

<https://us02web.zoom.us/meeting/register/tZYrc-yuqDgsE9SISdwrCl1DgD3TwVFN5-MO>

The Food and Drug Administration approved a long-awaited rule on Aug. 16 that will give millions of Americans a more affordable and more convenient solution to their hearing loss: over-the-counter hearing aids.

The new devices — designed for those with mild to moderate hearing loss — are expected to transform the hearing aid market. They will be sold at stores and online without a medical exam, prescription or special fitting by an audiologist.

The approved hearing aids could be available by mid-October, according to the FDA.

## **Who can use over-the-counter hearing aids?**

The over-the-counter hearing aids are not for everyone. They are specifically designed for adults who have perceived “mild to moderate hearing loss,” even if they have not had a hearing test.

According to the National Institute on Deafness and Other Communication Disorders, here are some signs your hearing loss may be mild to moderate:

- Speech or other sounds seem muffled.
- You have trouble hearing when you’re in a group, in a noisy area or on the phone, or when you can’t see who is talking.
- You have to ask others to speak more slowly or clearly, speak louder or repeat what they said.
- You turn up the volume higher than other people prefer when watching TV or listening to the radio or music.

If you have trouble hearing loud sounds such as noisy appliances or a loud truck driving by, if you struggle to hear conversations in quiet settings, or if your hearing loss is in just in one ear, then your hearing loss is considered more significant than over-the-counter aids are intended to address, experts say.

If that’s the case, you should work with an audiologist or hearing instrument specialist to find a hearing aid that will work for you.

Note: You should see a doctor quickly if you experience sudden hearing loss, pain or discomfort in your ear, severe dizziness with hearing loss, or tinnitus (ringing) in only one ear. Those can be signs you need medical treatment.

Because the effort to allow the devices has been in the works for years, some hearing aid manufacturers have over-the-counter hearing aids ready to go.

Any devices that the FDA approves as hearing aids will have to meet strict regulatory standards so consumers will know they are getting a quality product.

The over-the-counter hearing aids are expected to cost \$250 to \$1,000 or more for a pair — still expensive, but significantly less than the current average of about \$4,600 for a pair ordered through an audiologist.

The FDA rules set limits on noise levels, frequency, distortion and insertion depth for the over-the-counter aids, and requires them to include safety information on their labels.

If you’re shopping for a hearing aid, look for one with a generous return policy, a long warranty and a robust smartphone app.

## **Do You Have a Transportation Plan for Retirement?**

Most of us know that we need to have a financial plan as we age, but how many of us are putting together a *transportation* plan?

What happens when we can no longer drive a car or when we, acquire a visual or physical disability that limits our mobility? What if we still *can* drive when we retire, but don't *want* to?

A recent study by National Association of Area Agencies on Aging (n4a) found that transportation was the top reason seniors called its Eldercare Locator last year.

The report analyzed more than 270,000 calls to the referral service. "For older adults who can no longer drive and who live in suburban or rural communities without adequate public transit, a lack of transportation options can have a profound effect on overall quality of life," the n4a found. "Many callers express frustration because they can't do simple things like visit the doctor, buy food or socialize with peers because the options for getting from Point A to Point B are limited."

Having a transportation plan with multiple options for getting around without a car is a good way to make that transition a little easier.

### **Creating Your Transportation Plan**

How do you create a transportation plan for yourself or loved one who may need alternatives to driving?

Start by asking these questions about what you or your loved ones may need as transportation needs change:

- 1) Will there be a family member, friend/neighbor, or caregiver who can drive once you or your loved one stop driving? What is the backup plan, such as a taxi or volunteer service, if that person is not available?
- 2) Does the community have a shuttle or car service for residents?
- 3) Is public transit an option? If so, familiarize yourself with the bus routes and subway lines in the area and determine the best ways to get to the bus stop or train station if they're not walkable from home. Find out if your local transit agency has a travel training program.
- 4) How could you or your loved one get places if you are disabled and cannot use public transit? If you qualify under the Americans with Disabilities Act for para-transit services, you can arrange door-to-door transportation. Many communities also offer a low-cost Dial-a-Ride option for riders over age 60 and younger residents with disabilities.
- 5) How can transportation resources reach you if you live in an underdeveloped area or have roads or driveways that are difficult to access with standard vehicles? Many people don't think about their road or driveway access when they are able to drive themselves and have a 4x4 vehicle. The problem develops when you are no longer able to drive yourself. Most transportation services cannot access underdeveloped roads—especially during the winter when there is snow or ice.

## Resources to contact when developing your transportation plan

In Klickitat County you can contact Klickitat County Senior Services/Mt. Adams Transportation in Goldendale at 509-773-3060 or in White Salmon at 509-493-4662 to discuss transportation options and arrange for transportation to medical appointments, pharmacy, and grocery shopping.

If you are looking for resources outside of Klickitat County you may also contact the Eldercare Locator (*The Eldercare Locator, is a public service of the U.S. Administration on Aging connecting to services for older adults and their families.*) at 800-677-1116 for transportation resources in your area.



## Health Tip

While hydration is key in these summer months, it is crucial year-round. Water helps our bodies maintain a normal temperature, pump blood to our heart, lubricate and cushion joints, and protect our spinal cord and other sensitive tissues. As we get older and our body composition changes, it's even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of older adults may be chronically underhydrated. The National Council on Aging provides some tips to increasing water intake:

- Keep water with you always
- Change it up by adding cucumber or lemon to your water or having sparkling water (but remember that tea and coffee can actually be dehydrating)
- Avoid or reduce your alcohol intake
- Build hydration into your routine
- Choose foods with higher water content if drinking more water is a challenge

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

# White Salmon Events September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>			1	2	3
4	5 <b>Labor Day Holiday Senior Services/ MATS offices CLOSED</b>	6 8:30 to 9:30 Hatha Yoga 2pm Strong People	7 <b>12pm Senior Lunch</b>	8 8:30 to 9:30 Hatha Yoga 2pm Strong People	9 <b>1 pm Bunco</b> <i>Huckleberry Festival Bingen</i>	10  <i>Huckleberry Festival Bingen</i>
11 <i>Huckleberry Festival Bingen</i>	12 <b>12pm Senior Lunch</b>	13 8:30 to 9:30 Hatha Yoga 2pm Strong People	14 <b>12pm Senior Lunch</b>	15 8:30 to 9:30 Hatha Yoga 2pm Strong People	16 	17
18	19 <b>12pm Senior Lunch</b>	20 8:30 to 9:30 Hatha Yoga 2pm Strong People	21 <b>12pm Senior Lunch</b>	22 8:30 to 9:30 Hatha Yoga 2pm Strong People	23 <b>1 pm Bunco</b>	24
25	26 <b>12pm Senior Lunch</b>	27 8:30 to 9:30 Hatha Yoga 2pm Strong People	28 <b>12pm Senior Lunch</b>	29 8:30 to 9:30 Hatha Yoga 2pm Strong People	30	



# 2022 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menu Subject to Change</b>				1 Pork Ribs	2	3
4	5 <b>Labor Day Office CLOSED</b>	6 GD & Lyle Spaghetti	7 WS Sweet & Sour Pork	8 GD Sweet & Sour Pork	9	10
11	12 WS Country Steak	13 GD & Lyle Country Steak	14 WS Macaroni & Cheese	15 GD Macaroni & Cheese	16	17
18	19 WS Chicken Parmesan	20 GD & Lyle Chicken Parmesan	21 WS BBQ Beef Sandwich	22 GD BBQ Beef Sandwich	23	24
25	26 WS SW Chicken Wraps	27 GD & Lyle SW Chicken Wraps	28 Chili Baked Potato	29 Chili Baked Potato	<b>30</b>	

Klickitat County Senior Services has reopened 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 will continue to be provided to 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 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12pm Senior Lunch 1pm Exercise	2	3
4	5 <b><u>Labor Day</u></b> <b><u>Holiday</u></b> <b><u>Senior</u></b> <b><u>Services/</u></b> <b><u>MATS offices</u></b> <b><u>CLOSED</u></b>	6 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	7	8 12pm Senior Lunch 1pm Exercise	9 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	10
11	12	13 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	14 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	15 12pm Senior Lunch 1pm Exercise	16	17 Call MATS to sign up for shopping trips
18	19	20 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	21 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group	22 12pm Senior Lunch 1pm Exercise	23 Senior Shopping trip to The Dalles call MATS to sign up	24
25	26	27 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	28 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support Group	29 12pm Senior Lunch 1pm Exercise	30	27





## FRESH FRUITS & VEGETABLES

Senior Farmers Market Nutrition Program Vouchers are now available for distribution. Due to COVID-19 we will be arranging distribution by mail or appointment. Vouchers are limited in supply and available on first come—first serve basis.

If you are interested in applying to receive vouchers you can call:

Goldendale:509-773-3757 White Salmon:509-493-3068

The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands.

To be eligible for the SFMNP, you must meet all of the following:

- You must be 60 years old or older (or 55+ if you are Native American/Alaska Native)
  
- Your income must be below 185% of Federal Poverty Level. That means:
  - o \$25,142 Annual or \$2096 Monthly Income for 1 person
  - o \$33,874 Annual or \$2823 Monthly Income for 2 people
  - o For larger households, add \$728 for each additional person
  
- You must be a resident of Washington State

An Affidavit for eligibility will be mailed for you to sign and return. Once the signed Affidavit is returned vouchers will be mailed to you. Vouchers are in \$4 increments with a total of \$40 in vouchers.

Klickitat County vendors that accept these vouchers are:

Dickey's Farm Store in Bingen

Vendors at the local farmers markets at the Goldendale and White Salmon Farmer's Market that have the sign that indicates they accept SFMNP vouchers.

# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**



**1**

## Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



**2**

## Talk to your health care provider

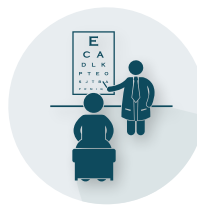
Ask for an assessment of your risk of falling. Share your history of recent falls.



**3**

## Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



**4**

## Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



**5**

## Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



**6**

## Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

## Does Medicare cover long-term care?



Dear Marci,

As my spouse and I grow older, it has been more difficult for me to help take care of him. It would be really helpful to have an aide come to our home and help with his personal care. Does Medicare cover long-term care?

-Remi (Point Marion, PA)

Dear Remi,

Unfortunately, Medicare usually does not cover long-term care (LTC) services.

LTC refers to a range of services and supports that help you perform everyday activities. LTC can be provided in your home, a nursing home, an assisted living facility, or other setting, and may include medical care, therapy, 24-hour care, personal care, and custodial care (homemaker services).

Just because something is not covered by Medicare, though, doesn't mean it isn't needed. There are other ways you can receive this help. Let's discuss a few:

Medicaid is a state and federal program that provides health coverage if you have a limited income. Medicaid is the country's largest payer of LTC services and will pay for nursing home care. Medicaid benefits also coordinate with Medicare. While Medicaid can vary from state to state, all states should have a Medicaid program that covers long-term care for those who need care at home and those who need long-term care in a nursing home. Call your local Medicaid office to learn if meet the eligibility criteria in your state.

An Area Agency on Aging (AAA) may be able to provide counseling and connect you with low-cost services in your area.

Local senior centers may have programs that can deliver meals, provide transportation and shopping assistance, and offer case management. To find senior centers in your area, call your local AAA or use the Eldercare Locator tool.

Faith-based organizations and charities may offer services, financial assistance, and/or referrals to other organizations in your area.

Geriatric care managers are health and human services professionals who work privately with you and your family to create a plan of care that meets your needs.

While Medicare does not cover long-term care, it does cover home health care. Under the home health benefit, Medicare pays in full for an aide if you require skilled care (skilled nursing or therapy services). A home health aide provides personal care services, including help with bathing, toileting, and dressing. However, Medicare will not pay for an aide if you only require personal care and do not need skilled care.

In other words, if your spouse needs skilled nursing care or therapy services in addition to personal care, Medicare may cover the cost of an aide. If you are unsure what kind of care your spouse needs, start by speaking with his health care provider.

I hope this helps with your and your spouse's situation. You can also contact your State Health Insurance Assistance Program (SHIP) for more counseling.

-Marci

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509 773-3757

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White Salmon, WA 98672  
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**Non-Profit Organization**

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**Issue# 092022**

**Medicare Part D Annual Enrollment**  
COMING SOON!!!

The Medicare Annual Enrollment Period which is a time to choose and join a Medicare health or prescription drug plan is just around the corner.

The Annual Enrollment Period will be:

October 15—December 7, 2022

Changes made during this time will take effect:

January 1, 2023

Contact Klickitat County Senior Services Information & Assistance for event dates and details or to schedule an appointment for assistance.

773-3757 Doreen in Goldendale

493-3068 Jill in White Salmon

Or toll free 1-800-447-7858