



March
2015

Klickitat County Senior Newsletter

Klickitat County Senior Services

Goldendale 773-3757 White Salmon 493-3068

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Spring Plant Fundraiser Sale

Klickitat County Senior Services is having a Spring Plant Sale to raise funds for our senior programs.

We are selling flower and vegetable plants. Our sale will be running through the month of March. Orders are due by April 1st and plants will arrive to be picked up at our Senior Services offices on April 24th. In plenty of time for Mother's Day.

An order form is included in this newsletter if you are interested in participating. Payment is due upon order placement.

509-773-3757 or 509-493-3068

Please call if you have questions or would like additional order forms.



Outstanding Volunteer Recognition

Do you know a senior (60+) in Klickitat County who volunteers to help others in the community?

The Klickitat County Senior Advisory Board would like to take time in our monthly Senior Newsletters to recognize Seniors of Klickitat County who donate their time to our community.

To nominate a senior you can send in a letter noting their name, address, telephone number and the volunteer work they do, or you can submit a nomination form that is available at the Senior Services offices.

Nominations need to be submitted to Klickitat County Senior Services.

A volunteer will be selected every other month at the Senior Advisory Board Meeting and then they will be featured in the Monthly Klickitat County Senior Newsletter.



Caring for Your Loved One at Home
a workshop for family caregivers

Fridays April 10 through May 15, 2015
11:00 AM to 1:30 PM

@ Pioneer Center, Klickitat County Senior Services
501 NE Washington Street, White Salmon, WA 98672

Are you taking care of a loved one at home? Need a little help figuring it all out? Join us and learn about day to day care, lifting and moving your loved one, home safety, managing medications, nutrition, challenging behaviors, legal & financial issues, community resources and the importance of caring for you.

This class is open to spouses, partners, adult children and friends caring for a loved one at home. There is no cost to attend, but due to limited space, registration is required. For more information or to register, please call **Klickitat County Senior Services** at **509-493-3068** or **509-773-3757**.

A R E A A G E N C Y O N
Aging & Disabilities
O F S O U T H W E S T W A S H I N G T O N

www.HelpingElders.org

Dear Marci,

I recently went to my pharmacy, and my pharmacist told me that my prescription was not covered by my insurance. I asked my pharmacist how I might be able to get my prescription covered. She told me that I can appeal but before I start an appeal, she told me to ask for an exception request from my plan. What is an exception request?

Nancy (Madison, WI)

Dear Nancy,

An exception request is a formal request made to your stand-alone Part D plan or Medicare Advantage plan that asks the plan to make an exception to its normal rules and cover your drug. You must submit an exception request to your plan before starting the appeal process. If your exception request is denied, your plan will provide you with a written denial letter, which then allows you to start your formal appeal.

When your pharmacist told you your insurance would not cover your drug, you should have received a notice titled Medicare Prescription Drug Coverage and Your Rights. This notice provides a general set of options for you to potentially get your drug covered. This is not a formal denial notice. When you receive this notice, call your plan to ask why your drug was denied and share this information with your doctor who prescribed the drug. The drug may have been denied because it is not on your plan's formulary, or because it has restrictions like prior authorization, quantity limits, or step therapy. After reading this notice and speaking with your plan about the reason for denial, you should submit your exception request.

You must specifically state what kind of exception you are requesting. You and your doctor may request that the plan covers a drug that is not on the plan's formulary, or that the plan overrides a drug restriction, such as requiring step therapy before it will cover your drug.

Keep copies of all documents and records that you send to your plan. If you speak with a plan representative over the phone about the exception request, note the date, time, and representative's name.

If your plan approves your exception request, your drug will typically be covered for the rest of the calendar year. If your plan denies your exception request, you should get a letter titled Notice of Denial of Medicare Prescription Drug Coverage, which explains how to begin a formal drug appeal.

-Marci



For more than 40 years, the Washington State Legislature has offered a simple, easy way to contact our elected officials in Olympia—the toll-free Legislative Hotline. It's an important number for Washington state aging network advocates to know.

Contacting Your Legislators

Getting Your Opinions to Your Legislators

Toll-Free Hotline

Do you want to send a message to your Senator or Representative? Call our HOTLINE at **1-800-562-6000 (TTY for Hearing Impaired 1-800-635-9993)**. Callers to the Hotline can leave a brief message for their district legislators or for the Governor or Lt. Governor on issues of concern or on questions they may have about bills or laws. These messages are forwarded electronically to the appropriate individuals. When leaving a message with the Hotline, please be prepared to give your name and street address. For non-English speaking callers they offer interpreter services for many languages.

The Hotline staff will also fulfill requests for bills and other legislative documents and can answer questions about meeting times and places, pending legislation and the legislative process.

During the Legislative session, the Hotline is open from 8AM to 8PM Monday through Friday.

When the Legislature is not in session the Hotline is open from 8AM to Noon and from 1PM to 4:30PM Monday through Friday.

We are meant to age, and it's logical to expect our state and local governments to plan for an aging population—creating livable communities and ensuring that elders get the long-term supports and services they need to live decently and with dignity.

White Salmon Events

March 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Exercise 10am Bingo	3 8:15 Yoga with Joy 9 to 12pm AARP Tax Aid 2pm Strong Women	4 9:30am Exercise	5 Noon Pinochle 2pm Strong Women	6	7 Daylight Savings
8 	9 9:30am Exercise	10 8:15 Yoga 9 to 12pm AARP Tax Aid 2pm Strong Women	11 Hood River Shopping 9:30am Exercise	12 Noon Pinochle 2pm Strong Women	13	14
15	16 9:30am Exercise 10 Bingo	 17 8:15 Yoga 9 to 12pm AARP Tax Aid 2pm Strong Women	18 9:30am Exercise 	19 Noon Pinochle 2pm Strong Women	20	21
22	23 9:30am Exercise 	24 8:15 Yoga 9 to 12pm AARP Tax Aid 2pm Strong Women	25 9:30am Exercise	26 Noon Pinochle 2pm Strong Women	27	28
29 	30 9:30am Exercise 10 Bingo	31 8:15 Yoga 9 to 12pm AARP Tax Aid 2pm Strong Women	MUSIC 3/2 9 String Band 3/4 Huskey Family 3/9 Old Time Friends	3/11 Simcoe Boys 3/16 For The Good Times 3/18 Simcoe Boys	3/23 9 String Band 3/25 Simcoe Boys 3/30 For the Good Times	









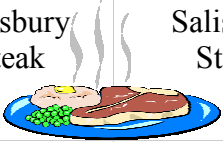

Goldendale Events

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 1pm Exercise 2pm Tai Chi 	4	5 1pm Exercise	6 Hood River Shopping Noon Pinochle Potluck	7 Daylight Savings 
8	9	10 10am Toe Nail Care 1pm Exercise 2pm Tai Chi	11 10:30am Caregiver Support Group	12 1pm Exercise 1:30pm Zumba	13 12pm Pinochle Potluck 	14 FREE Tax Assist Call 773-3757
15	16 	17 1pm Exercise 2pm Tai Chi St Patrick's Day	18	19 1pm Exercise	20 The Dalles shopping Noon Pinochle Potluck	21 Senior Breakfast \$3pp
22	23	24 1pm Exercise 2pm Tai Chi	25 	26 1pm Exercise 1:30pm Zumba	27 Noon Pinochle Potluck	28 FREE Tax Assist
29	30	31 1pm Exercise 2pm Tai Chi 		MUSIC 3/12 Simcoe Boys 3/19 Jackie 3/26 Simcoe Boys		

March Menu 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Swedish Meatballs 	3 GD & Lyle Swedish Meatballs	4 WS Sloppy Joes 	5 GD Sloppy Joes	6 	7 Lyle Break- fast 7am to 10am \$6 Adults, Children (6- 12) \$3, under
8	9 WS Chicken & Dumplings	10 GD & Lyle Chicken & Dumplings	11 WS Tuna Salad	12 GD Tuna Salad	13	14
15	16 WS Irish Stew 	17 GD & Lyle Irish Stew	28 WS Baked Chicken 	19 GD Baked Chicken	20 	21 GD Senior Breakfast 9am \$3pp
22	23 WS Salisbury Steak 	24 GD & Lyle Salisbury Steak	25 WS Sweet & Sour Pork 	26 GD Sweet & Sour Pork	27	28
29	30 WS Italian Bake	31 GD & Lyle Italian Bake	April 1 Country Steak			

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12 noon at the Goldendale Senior Center, 115 E Main Street.

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center.

BICKLETON: The 2nd and 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: Thursday-March 12 at 5:30pm at Trout Lake School

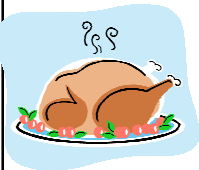
\$3.50 requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50 fee.

With the varied needs of seniors, flexibility is the key.

Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available –call Senior Services for more information.

Goldendale 773-3757
White Salmon 493-3068



FREE Dr. Ogden's Turkey Dinner

Come & enjoy an evening of great food and entertainment

Date: Saturday, March 7th

Time: 6pm

Music Selections from the 1920 to 1980s by a live five-piece orchestra.

Supper served at 6pm

Place: Goldendale Middle School

Matt Hoogland featured floor show entertainer

An accomplished pianist and second year optometry student at Pacific University

Donations accepted for Dr. Ogden's 2015 optometry trip to Cambodia March 25 to April 10

NO Admission Charge

The dinner and expenses of the program have been paid by the team, so all donations will go 100% to the project.

Free Transportation Call Ogden's Mopar Limo Service 773-4114 or 250-3794

Energizing Support Groups



Goldendale Diabetes

Fourth Tues. 6-7pm March 24,
Goldendale Library Camplan Room
541 965-0655

Goldendale Bereavement Meeting

call Susan Shipman at 773-0380

Goldendale Caregiver Support Group

Second Wednesday,
March 11th at 10:30am at the
Goldendale Senior Center

Parkinson's Support Group

First Wednesday of each month,
March 4, 2pm Water's Edge
Conference Room, 2nd Floor.

Volunteer Hours

January HOURS

TRANSPORTATION	738.5	Hours
NUTRITION	447.5	Hours
NEWSLETTER	18	Hours
SR. EXERCISE	24	Hours
MUSICIANS	16	Hours

SHIBA Volunteers

SHIBA (State Health Insurance Benefits Advisors) is looking for committed people interested in volunteering.

SHIBA is a statewide network of trained volunteers who educate, assist, and advocate for consumers about their rights and options regarding health insurance, health care access, and prescription access. So they can make informed decisions.

Training will be provided. You do not need a background in insurance.

Basic Update Training is 4th Thursday 9am at Goldendale Senior Center.

Questions Call

Goldendale 773-3757 White Salmon 493-3068

White Salmon & Goldendale AARP Driver Safety Class

White Salmon: Jim Bull will be the Instructor

Call: 493.3068 to register

Date: Monday, April 13 and Tuesday, April 14th 9am to 1pm both days

Place: White Salmon Pioneer Center, Craft Room

Cost: AARP members \$15pp Non-member \$20pp

(You Must participate both days) Members will have to provide their membership number when they sign in on the first day of class.

There are no tests and no driving is involved. Washington State has authorized auto insurance discounts for those who complete this course. Check with your insurance carrier for more information.

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**Goldendale:** Jim Bull is the instructor

**Call** 773.3757 to register

**Date:** Thursday, April 16 1pm to 5pm

Friday, April 17 9am to 1pm

## Why Take a Driver Safety Course?

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.



**Get Yourself Ready for Spring!**  
**Improve balance, strength, and joint mobility**  
**Tai Chi for Seniors**

Bethel Congregational Church in White Salmon

Wednesdays at 10am

Grace Hyde Room

Donations accepted

Call Janet 509-493-1029 for more information.



**Elder Fitness-An Exercise in Self-Confidence**

Elders who exercise frequently are really using their heads. Yes, just like most things in life, exercise seems to begin in your head. According to a new study reported by the Center for the Advancement of Health, self-confident elders seem more inclined to exercise than elders who are less confident. That means that an active lifestyle depends just as much on one's mind-set as on one's physical ability.

In addition, individuals who received encouragement to exercise by family, friends, and doctors had great confidence in their ability to engage in physical activity. It's like the man said, "You can lead a horse to water, but you can't make him drink". I guess the same logic can be applied to elder fitness. You can take an elder to the gym but you can't make him exercise. Even if he can, that's not enough. He must **want** to exercise, and it is the **"wanting to"** that's all in your head. So, for those of you who have been thinking about doing some type of exercise, whether it is walking, stretching or riding a stationary bike, let's get moving. It's a great way to begin Spring.

**Burn More Calories** with a refreshing sipper. Vitamin C rich citrus fruits are so much more than pretty garnishes for your drinks. They can also help you lose weight! Researchers at the University of Arizona in Tucson found that people who consume adequate amounts of vitamin C burned up to 30% more fat while exercising and had a lower body-fat percentage. You can get a boost of the valuable vitamin by squeezing the juice of two lemons into a pitcher of water. For extra flavor, add a handful of mint.

**Klickitat County Senior Services Spring**

**Fundraiser**

**TRAY PACK ANNUAL FLOWERS**

Full Flat, 36 Plants Half Flat, 18 Plants  
**\$18.00** **\$9.00**

- \_\_\_\_\_ Alyssum, White \_\_\_\_\_
- \_\_\_\_\_ Cosmos, Mix \_\_\_\_\_
- \_\_\_\_\_ Dahlia, Dwarf Mix \_\_\_\_\_
- \_\_\_\_\_ Fibrous Begonia, Mix \_\_\_\_\_
- \_\_\_\_\_ Impatiens, Mix \_\_\_\_\_
- \_\_\_\_\_ Lobelia, Upright \_\_\_\_\_
- \_\_\_\_\_ Lobelia, Trailing \_\_\_\_\_
- \_\_\_\_\_ Marigold, Dwarf Mix \_\_\_\_\_
- \_\_\_\_\_ Marigold, Dwarf Yellow \_\_\_\_\_
- \_\_\_\_\_ Pansy, Large flower Mix \_\_\_\_\_
- \_\_\_\_\_ Petunia, Grandiflora Mix \_\_\_\_\_
- \_\_\_\_\_ Salvia, Victoria Blue \_\_\_\_\_
- \_\_\_\_\_ Snapdragons, Rocket Mix \_\_\_\_\_
- \_\_\_\_\_ Verbena, Dwarf Mix \_\_\_\_\_

\_\_\_\_\_ **Total full flats** **Total 1/2 flats** \_\_\_\_\_

**TRAY UNIQUE ANNUAL SAMPLER**

Full Flat, 32 plants Half Flat, 16 plants  
**\$22.00** **\$11.00**

\_\_\_\_\_ "Unique Annuals Sampler" \_\_\_\_\_

**TRAY ORGANIC VEGGIE SAMPLERS**

Full Flat, 32 plants Half Flat, 16 plants  
**\$25.00** **\$12.50**

\_\_\_\_\_ "Eat Your Veggies" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Beautiful Salad" Sampler \_\_\_\_\_

**ASSORTED 4"pot SAMPLERS**

Full Flat, 16 Plants Half Flat, 8plants

**\$39.00 ORGANIC HERB SAMPLER \$19.50**  
\_\_\_\_\_ "Herb" Sampler \_\_\_\_\_

**\$35.00 ORGANIC VEGETABLE SAMPLERS \$17.50**  
\_\_\_\_\_ "Garden Bounty" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Heirloom Tomato" Assortment \_\_\_\_\_

**\$37.50 PERENNIAL SAMPLERS \$18.75**  
\_\_\_\_\_ "Sunny Perennial" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Shady Perennial" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Cutting Garden" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Ground Cover" Sampler \_\_\_\_\_

**\$50.00 SPECIALTY ANNUAL SAMPLERS \$25.00**  
\_\_\_\_\_ "Hanging Basket" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Pretty For Pots" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Foliage Accents" Sampler \_\_\_\_\_

**ZONAL GERANIUMS** variety is DYNAMO

**\$3.30 each – 4" Pot**

- \_\_\_\_\_ Red
- \_\_\_\_\_ Pink (Light)
- \_\_\_\_\_ Salmon
- \_\_\_\_\_ Lilac (Bright Pink)
- \_\_\_\_\_ White

\_\_\_\_\_ **Total number of Geraniums**

**Orders are due by: Wednesday, April 1st**

**Checks payable to: KCSS**

**Payment must be received at the time of the order**

**Plants will be available for pick up on Friday, April 24<sup>th</sup> in the afternoon @ Senior Services.**

**CUSTOMER** \_\_\_\_\_

**CUSTOMER EMAIL** \_\_\_\_\_

**CUSTOMER TELEPHONE** \_\_\_\_\_

**ORDER TAKEN BY** \_\_\_\_\_

**CHECK #** \_\_\_\_\_ **CASH** \_\_\_\_\_

**PLANTERS AND HANGING BASKETS**

**Flower Filled Planters – Plastic containers**

- \_\_\_\_\_ 9" Upright Urn Sun Planter **\$9.50** \_\_\_\_\_
- \_\_\_\_\_ 12" Round Sun Planter **\$21.50** \_\_\_\_\_
- \_\_\_\_\_ 12" Round Shade Plant **\$21.50** \_\_\_\_\_
- \_\_\_\_\_ 16" Oval Sun Planter **\$21.00** \_\_\_\_\_
- \_\_\_\_\_ 16" Oval Shade Planter **\$21.00** \_\_\_\_\_

\_\_\_\_\_ **Total Planters** \$ \_\_\_\_\_

**Hanging Baskets –plastic pot**

- \_\_\_\_\_ 12" Sun Basket @ **\$25.00** \_\_\_\_\_
- \_\_\_\_\_ 12" Shade Basket @ **\$25.00** \_\_\_\_\_

\_\_\_\_\_ **Total Hanging Baskets** \$ \_\_\_\_\_

***Subtotal Worksheet 2015 Plant Sale***

**TRAY Annual Flower Flats**

- \_\_\_\_\_ Full Flats, 36 plants @ \$18.00 \_\_\_\_\_
- \_\_\_\_\_ Half Flats, 18 plants @ \$ 9.00 \_\_\_\_\_

**TRAY Unique Annual Sampler Flats**

- \_\_\_\_\_ Full flats, 32 plants @ \$22.00 \_\_\_\_\_
- \_\_\_\_\_ Half Flats, 16 plants @ 11.00 \_\_\_\_\_

**TRAY Organic Veggie Sampler Flats**

- \_\_\_\_\_ Full Flats, 32 plants @ 25.00 \_\_\_\_\_
- \_\_\_\_\_ Half Flats, 16 plants @\$ 12.50 \_\_\_\_\_

**Organic Herb Sampler Flats**

- \_\_\_\_\_ Full flats, 16 plants @ \$39.00 \_\_\_\_\_
- \_\_\_\_\_ Half flats, 8 plants @ \$19.50 \_\_\_\_\_

**Organic Vegetable Sampler Flats**

- \_\_\_\_\_ Full flats, 16 plants @ \$35.00 \_\_\_\_\_
- \_\_\_\_\_ Half flats, 8 plants @ \$17.50 \_\_\_\_\_

**Perennial Sampler Flats**

- \_\_\_\_\_ Full flats, 16 plants @ \$37.50 \_\_\_\_\_
- \_\_\_\_\_ Half flats, 8 plants @ \$18.75 \_\_\_\_\_

**Specialty Annual Sampler Flats**

- \_\_\_\_\_ Full Flats, 16 plants @ \$50.00 \_\_\_\_\_
- \_\_\_\_\_ Half Flats, 8 plants @ \$25.00 \_\_\_\_\_

\_\_\_\_\_ **Geraniums @ \$ 3.30** \_\_\_\_\_

\_\_\_\_\_ **Total Planters** \_\_\_\_\_

\_\_\_\_\_ **Total Hanging Baskets** \_\_\_\_\_

**TOTAL DUE ALL ITEMS \$** \_\_\_\_\_

## 2015 PLANT VARIETY INFORMATION

- Alyssum:** 4" tall, fragrant white edging for borders or patio pots. Sun or shade. Likes consistent moisture.
- Cosmos Mix:** 24"- 30" tall for full sun. Pink, white, rose and magenta mixed. Full sun.
- Dahlia, Dwarf Mix:** 12" tall, full sun. A mixture of cheery colors for planters or beds. Full sun.
- Fibrous Begonia Mix:** 10" tall; pink, white, and red. Plant in light shade or sun; in pots or borders.
- Impatiens Mix:** 10" tall, colorful mixed colors for shade or morning sun; grow in rich, moist soil.
- Lobelia Upright:** Blue-purple bloom with compact foliage, upright form for pots or beds. Sun or shade.
- Lobelia Trailing:** Trailing brilliant blue for hanging baskets and rock walls. Sun or shade.
- Marigold Dwarf Mix:** 12" tall; yellow, orange, and rust blooms for sun. Great for patio pots! Full sun.
- Marigold Dwarf Yellow:** 12" tall, with clear yellow flowers. Plant in patio pots and flowerbeds. Full sun.
- Pansy Mix:** 8" tall plants, with bright colored blooms for sun or partial shade. Water deeply in hot weather.
- Petunia Mix:** 10" tall spreading, for sun. Pinch in early August for compact plants and fall flowers.
- Salvia Victoria Blue:** 16" tall blue spikes for dried and fresh bouquets, handsome behind petunias or dwarf marigolds.
- Snapdragon Tall Mix:** 18" - 24" tall spikes in assorted colors for cutting, trim back and fertilize for a second flowering.
- Verbena Dwarf Mix:** 10" tall, colorful mix. Perfect in window boxes, borders, or hanging baskets. Loves sun!

### SAMPLER ASSORTMENTS

- Unique Annual Tray Flowers:** Four varieties. May contain Aster, Amaranthus, Calendula, Carnation, Celosia, Cleome, Gaillardia, Statice, Nicotiana, Nigella, Zinnia or others.
- Tray Organic "Eat Your Veggies" Sampler** – Four varieties- broccoli, cauliflower, cabbage, and onions.
- Tray Organic "Beautiful Salads" Sampler** – Four varieties- leaf lettuce, butterhead lettuce, kale and swiss chard.
- Organic Herb Sampler:** Eight popular herbs. May contain Parsley, Sage, Marjoram, Oregano, Thyme, Basil, Lavender, Chives Rosemary or Mint.
- Organic "Garden Bounty" Sampler:** Each full sampler contains six hybrid slicing tomatoes, two cherry tomatoes, four sweet bell peppers, two slicing cucumbers, and two zucchini plants.
- Organic "Heirloom Tomato" Sampler:** Contains eight unusual varieties of tomatoes may contain Black Cherry, San Marzano, Black Prince, Brandywine, Cherokee Purple, Green Zebra, Valencia, Japanese Black Trifele.
- Perennial Samplers:** Eight perennial varieties (16 pots, 2 each) in a full flat sampler
- Sunny Perennial Sampler:** Eight perennial varieties for the sunny border. May contain Delphinium, Dianthus, Gaillardia, Leucanthemum, Lupine, Monarda, Phlox, Poppy, Penstemom or others.
- Shady Perennial Sampler:** Eight perennial varieties for the shady border. May contain Aquilegia, Campanula, Digitalis, Upright Fuchsia, Heuchera, Lamium, Phgelius, Hardy Geranium or others.
- Cutting Garden Sampler:** Eight perennial varieties for cutting and arranging. May contain Campanula, Crocosmia, Dianthus, Liatris, Achillea, Heliopsis, Helenium, Pyrethrum or others.
- Ground Cover Sampler:** Eight perennial varieties for ground cover. May contain Alyssum, Ajuga, Arenaria, Dianthus, Erodium, Iberis, Saponaria, Cerastium, Sedum or others.
- Specialty Annual Samplers:** Four annual varieties (16 pots, 4 each) in a full flat sampler for spectacular pots and baskets.
- Hanging Basket Sampler:** Petunia Ray Purple, Bidens Yellow Charm, Scaevola Fancy, Calibrachoa Noa Mega Violet.
- Pretty for Pots Sampler:** Dahlia Dalina Maxi Cadena, Perfectunia Pink Sugar, Verbena Estrella Pink Ballet and Coleus Glennis
- Foliage Accent Sampler:** Heuchera Crimson Curls, Coleus Hipster Zoey, Ipomea Blacky, Fancy Leaf Geranium.

### PATIO PLANTERS AND HANGING BASKETS

- Patio Pots for Sun** may contain lobelia, alyssum, marigolds, petunias, phlox, geraniums, pansies, or other sunloving plants.
- Patio Pots for Shade** may contain lobelia, alyssum, fuchsias, impatiens, coleus, begonias, vining plants, or browallia for shade.
- Hanging Baskets for Sun** may contain trailing petunias and verbenas, ivy geraniums, lobelia, or other novelty plants.
- Hanging Baskets for Shade** may contain fuchsias, tuberous or fibrous begonias, coleus, lobelia, impatiens or New Guinea impatiens, lamium or other interesting plants suitable for shade hanging baskets.

#### ALL FUNDRAISER PLANTS ARE GUARANTEED IF REPORTED TO YOUR FUNDRAISER CHAIR WITHIN 48 HOURS.

*If you would like to exchange your plants, or wish a cash refund, you have 48 hours to notify your fundraiser chair and request exchange or refund. After 48 hours, we consider that conditions beyond our control may have affected the plants.*

**You can view our many fundraiser plants at our website : [www.newleafgreenhouse.com](http://www.newleafgreenhouse.com)**  
**Orders can be dropped off at the Klickitat County Senior Services offices with payment or mailed to our office by April 1st: KCSS, P.O. Box 1877, White Salmon, WA 98672 or KCSS, 115 W. Court St. MS-CH-21, Goldendale, WA 98620**

**Outstanding Senior Volunteer**  
**Ed Weddle**



Congratulations to Ed Weddle. He was selected by the Klickitat County Senior Advisory Board as an outstanding volunteer. Ed retired from the US Navy in 1968 and moved his family to Goldendale. The first week he was in Goldendale he became Scout Master of BSA Troop 551. He stayed as a volunteer with them in different jobs for over 40 years. He was awarded the Silver Beaver, Scouting's highest award for adult leaders.

During this time he became a volunteer for the Goldendale Observatory making parts and doing repairs as needed. Before the Observatory became a State Park he worked on the fund raiser to help keep it open. There were trips to Olympia to plead for help and as we all know it finally became a State Park.

Ed was a Goldendale Police Officer for 14 years. He volunteered to be in charge of the Reserves. He also became Chairman of the Policy Council for Head Start. In his spare time he made them a sand box, ramp for wheelchairs, and did repairs.

In 1977 he headed to the Primary School to help in the HOSTS reading program. He was transferred to the Middle School and is now back at the HOSTS program at the Primary School helping with Math. He is now 87 years old and still goes in four morning a week.

He has been a volunteer in Goldendale since 1968. He has also driven for Dr. Ogden and help a friend who is 100 years old. His family is very proud. Thank you Ed for your outstanding volunteer service!

**Senior Newsletter Edited by  
Virginia Dunham  
and Jill Parrott**

115 W. Court St. MS-CH-21  
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**

## **FREE AARP TAX ASSIST**

**Goldendale**

**Place:** Goldendale New Grange 228 E Darland

**Time:** 9am to Noon

**Date:** Beginning Friday, February 6th

Every Friday & Saturday till Saturday, April 11th

You **MUST CALL** Senior Services for an appointment. No walk-ins

773-3757

**White Salmon Pioneer Center Senior Services**

**Place:** 501 NE Washington

AARP Tax Aid appointments will begin on Tuesdays, February 10th through April 7th, 9am to 1pm. You **MUST Call** Senior Services for an appointment.

No Walk-ins.