



April 2018

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068

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April is National Volunteer Month, when we celebrate the work that **volunteers** do year-round.

Volunteers—Thank You for your loyal dedication and unwavering commitment.

Thank you for your outstanding contributions toward our goals, and for making our organization stand above the rest.

We are so fortunate to have such amazing, dedicated, and hard-working volunteer staff in Senior Services. We would not be able to provide the level of assistance to members of our community without you.

Senior Services depends on 150 volunteer staff who assist with transportation, meal preparation, meal service, meal clean-up and delivery, social, fitness, and recreational activities, newsletter distribution, and advocacy in order to carry out our many programs that benefit seniors and adults with disabilities in Klickitat County.



Volunteer Hours

February HOURS

TRANSPORTATION	616.20	Hours
NUTRITION	664	Hours
NEWSLETTER	25	Hours
SR. EXERCISE	20	Hours
MUSICIANS	18	Hours



The Problem That Piles UP When Hoarding is a Disorder



Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them.

A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs.

Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Countertops, sinks, stoves, desks, stairways and virtually all other surfaces are usually piled with stuff. And when there's no more room inside, the clutter may spread to the garage, vehicles, yard and other storage facilities.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on your life, while in other cases it seriously affects your functioning on a daily basis.

People with hoarding disorder may not see it as a problem, making treatment challenging. But intensive treatment can help people with hoarding disorder understand how their beliefs and behaviors can be changed so that they can live safer, more enjoyable lives.

Symptoms

Getting and saving an excessive number of items, gradual buildup of clutter in living spaces and difficulty discarding things are usually the first signs and symptoms of hoarding disorder, which often surfaces during the teenage to early adult years.

As the person grows older, he or she typically starts acquiring things for which there is no immediate need or space. By middle age, symptoms are often severe and may be harder to treat.

Problems with hoarding gradually develop over time and tend to be a private behavior. Often, significant clutter has developed by the time it reaches the attention of others.

Signs and symptoms may include:

- Excessively acquiring items that are not needed or for which there's no space
- Persistent difficulty throwing out or parting with your things, regardless of actual value
- Feeling a need to save these items, and being upset by the thought of discarding them
- Building up of clutter to the point where rooms become unusable
- Having a tendency toward indecisiveness, perfectionism, avoidance, procrastination, and problems with planning and organizing

HOARDING, Continued

Excessive acquiring and refusing to discard items results in:

- Disorganized piles or stacks of items, such as newspapers, clothes, paperwork, books or sentimental items
- Possessions that crowd and clutter your walking spaces and living areas and make the space unusable for the intended purpose, such as not being able to cook in the kitchen or use the bathroom to bathe
- Buildup of food or trash to unusually excessive, unsanitary levels
- Significant distress or problems functioning or keeping yourself and others safe in your home
- Conflict with others who try to reduce or remove clutter from your home
- Difficulty organizing items, sometimes losing important items in the clutter

People with hoarding disorder typically save items because:

- They believe these items are unique or will be needed at some point in the future
- The items have important emotional significance — serving as a reminder of happier times or representing beloved people or pets
- They feel safer when surrounded by the things they save
- They don't want to waste anything

Hoarding disorder is different from collecting. People who have collections, such as stamps or model cars, deliberately search out specific items, categorize them and carefully display their collections. Although collections can be large, they aren't usually cluttered and they don't cause the distress and impairments that are part of hoarding disorder.

Hoarding animals People who hoard animals may collect dozens or even hundreds of pets. Animals may be confined inside or outside. Because of the large numbers, these animals often aren't cared for properly. The health and safety of the person and the animals are at risk because of unsanitary conditions.

When to see a doctor If you or a loved one has symptoms of hoarding disorder, talk with a doctor or mental health professional as soon as possible. Some communities have agencies that help with hoarding problems. Check with the local or county government for resources in your area.

As hard as it might be, if your loved one's hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, public health, child or elder protective services, or animal welfare agencies.

Causes

It's not clear what causes hoarding disorder. Genetics, brain functioning and stressful life events are being studied as possible causes.



Need help paying for Medicare?

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

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

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

Goldendale Alzheimer's Family Caregiver Support Group

Second Wednesday, April 11th

10:30am at the Goldendale Senior
Center, 115 E Main Street, Goldendale.

When did you last have your teeth cleaned?

Or an oral health screening?



We are very fortunate to have Theresa Marks travelling to Klickitat County to provide mobile dental hygiene services and oral health screening to seniors at the Pioneer Center in White Salmon.

Theresa has been a dental hygienist for over 20 years. Theresa began travelling here to provide mobile dental services at Senior Services Pioneer Center in White Salmon. She is providing affordable oral health screenings and proper cleanings available at affordable rates.

Appointments are available between 9am to 3:30pm

On the following dates: April 11th, May 9th, June 13th & July 18th


Please call the White Salmon Senior Services office to schedule your appointment at 509-493-3068. Oral health screenings for seniors with no insurance are \$10.00 (assistance is available if that is a hardship) and Dental Hygiene Mobile Services can also bill Provider One for those seniors that have Washington State Apple Health.

Cleaning appointments for non-insured seniors will be available for \$70.00 and that will include a periodontal assessment.

White Salmon Events

APRIL 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Easter</p> 	<p>2 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>3 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong Women</p> 	<p>4 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>5 8:30 to 9:30 Hatha Yoga</p> <p>Noon Pinochle</p> <p>2pm Strong Women</p>	<p>6</p>	<p>7</p>
<p>8</p> 	<p>9 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>10 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong Women</p> 	<p>11 WS Dental Bus 9:30</p> <p>Exercise</p> <p>11am Live Music &</p>	<p>12 8:30 AARP Driver class</p> <p>8:30 to 9:30 Hatha Yoga</p> <p>Noon Pinochle</p> <p>2pm Strong Women</p>	<p>13 9am AARP Driver Safety Class</p>	<p>14</p> 
<p>15</p> 	<p>16 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>17 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong Women</p>	<p>18 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>19 8:30 to 9:30 Hatha Yoga</p> <p>Noon Pinochle</p> <p>2pm Strong Women</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23 9:30 Exercise</p> <p>11am Live Music & Dance</p> 	<p>24 8:30 to 9:30 Hatha Yoga</p> <p>2pm Strong Women</p>	<p>25 9:30 Exercise</p> <p>11am Live Music & Dance</p>	<p>26 8:30 to 9:30 Hatha Yoga</p> <p>Noon Pinochle</p> <p>2pm Strong Women</p>	<p>27</p>	<p>28</p> 
<p>29</p> 	<p>30 9:30 Exercise</p> <p>11am Live Music & Dance</p>		<p>MUSIC</p> <p>4/2 Simcoe Boys</p> <p>4/4 Huskey Family</p>	<p>4/9 Old Time Friends</p> <p>4/11 Simcoe Boys</p> <p>4/16 Simcoe Boys</p>	<p>4/18 Andre</p> <p>4/23 Simcoe Boys</p> <p>4/25 Simcoe Boys</p> <p>4/30 Simcoe Boys</p>	



Goldendale Events

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter	2	3 10am Kit's Toenail Care 1pm Exercise	4	5 1pm Exercise  1pm Bingo	6 Hood River Shopping 12pm Pinochle	7
8	9 6:30pm Game Night at Senior Center 	10 10am Toenail care 1pm Exercise 	11 10:30am Caregiver Support Group	12 1pm Exercise  1pm Bingo	13 12pm Pinochle 	14 
15	16	17 Kit's 10am Toe Nail Care 1pm Exercise	18 	19 1pm Exercise 1pm Bingo 	20 Noon Pinochle 	21 9am Senior Breakfast \$3pp 
22	23 GAME Night 6:30pm at Senior Center	24 10am Kit's Toenail Care 1pm Exercise 	25	26 1pm Exercise  1pm Bingo	27 Noon Pinochle GD Garden Sportsman Show Noon to 6pm	28 Garden Show 10am to 6pm 
29 Last Day Garden Show 10am to 3pm 	30		MUSIC 	4/12 Simcoe Boys 4/17 Rick John- son 4/19 Jackie 4/24 Rick John- son	4/26 Simcoe Boys	

APRIL MENU 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter 	2 WS Chicken Pot Pie 	3 GD & Lyle Chicken Pot Pie	4 WS Swedish Meatballs	5 GD Swedish Meatballs	6	7 Lyle Breakfast 7am to 10am \$7Adults, Children (6-12)\$4, under 5 FREE
8 	9 WS Sloppy Joes 	10 GD & Lyle Sloppy Joes	11 WS Chicken Pasta Salad 	12 GD Chicken Pasta Salad Trout Lake 5:30 BBQ chicken pie	13	14
15	16 WS Cook's Choice 	17 GD & Lyle Cooks's Choice	18 WS Broccoli Beef 	19 GD Broccoli Beef Klickitat: Beef Stew	20 	21 GD SR Breakfast 9am \$3pp
22	23 WS Macaroni & Cheese 	24 GD & Lyle Macaroni & Cheese	25 WS Kielbasa & Potato Bake 	26 GD Kielbasa & Potato Bake	27	28
29	30 WS Country Steak	May 1 GD & Lyle Country Steak 				

SENIOR MEAL SITE LOCATIONS

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 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 Market Street Café.

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

KLICKITAT: 3rd Thursday - April 19-Noon at the Klickitat Community Center

White Salmon AARP Driver Safety Class



An AARP Driver Safety Class taught by Jim & Penny is scheduled for April 12th & 13th at the Pioneer Senior Center, 501 NE Washington Street, WS.

This 8 hour class for adults 50+ years of age is completed in two sessions.

The class will run from 8:30am to 1:00pm on Thursday & 9:00am to 1:00pm Friday.

You **MUST** participate in both days. Participants will work through an interesting, interactive curriculum emphasizing defensive driving techniques. 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.

To register for the AARP Driver Safety Class call Jill Parrott, Klickitat County Senior Services, at 493-3068. You do not need to be an AARP member to enroll. A fee is charged to cover the cost of materials. The cost is \$15.00 for AARP Members and \$20.00 for non-members. Members will have to provide their membership number when they sign in on the first morning of class

City of Goldendale Will NOT be offering the One Free Curb side pick-up of garbage.

HOWEVER, Free Dump Coupons can be picked up at Goldendale City office to be used on Saturday, April 21st at the Goldendale Transfer Station.

BRUSH Only pick up is available for Seniors and disabled person but you MUST contact Klickitat County Senior Services at 773-3757 by Thursday, April 19th to sign up for the FREE CURB SIDE pickup of BRUSH ONLY. 4” 10’ long (no bagged leaves) Brush pick up will be picked up on Monday, April 23rd.

White Salmon-Bingen 23rd Annual Community Pride Week
April 27th and April 28th, 2018 Hours 9 to 5 • CLOSED SUNDAY

SENIOR CITIZEN PICK-UP ASSISTANCE: Community Pride volunteers have pick-up drivers available to assist you with your recycling needs. If you need help getting your items to the recycle site, please call: Mt. Adams Chamber of Commerce 509-493-3630. Forms are available @ the Senior Center which will be picked up to be added to our list. We look forward to hearing from you this year.

TRAY PACK ANNUAL FLOWER

Full Flat, 36 Plants **\$20.50** Half Flat, 18 Plants **\$10.25**

- | | | |
|-------|--------------------------|------------------------|
| _____ | 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 **\$23.00** Half Flat, 16 plants **\$11.50**

- _____ "Unique Annuals Sampler" _____

TRAY ORGANIC VEGGIE SAMPLERS

Full Flat, 32 plants **\$26.50** Half Flat, 16 plants **\$13.25**

- _____ "Eat Your Veggies" Sampler _____
 _____ "Beautiful Salad" Sampler _____

ASSORTED 4"pot SAMPLERS

Full Flat, 16 Plants Half Flat, 8 plants

- \$40.80 ORGANIC HERB SAMPLER \$20.40**
 _____ "Herb" Sampler _____
- \$36.00 ORGANIC 4" VEGGIE SAMPLER \$18.00**
 _____ "Garden Bounty" Sampler _____
 _____ "Heirloom Tomato" Assortment _____
- \$43.00 PERENNIAL SAMPLERS \$21.50**
 _____ "Sunny Perennial" Sampler _____
 _____ "Shady Perennial" Sampler _____
 _____ "Cutting Garden" Sampler _____
 _____ "Ground Cover" Sampler _____
- \$52.50 SPECIALTY ANNUAL SAMPLERS \$26.25**
 _____ "Hanging Basket" Sampler _____
 _____ "Pretty For Pots" Sampler _____
 _____ "Foliage Accents" Sampler _____

ZONAL GERANIUMS variety is Fantasia

\$3.45 each – 4" Pot

- _____ Red
 _____ Pink (medium pink)
 _____ Coral
 _____ Purple (bright pink w/red eye)
 _____ White
- _____ **Total number of Geraniums**

2018 Spring Plant Sale

Klickitat County Senior Services

Orders are due by: **Friday, April 13th**

Checks payable to: **KCSS**

Payment must be received at the time of the order

Plants will be available for pick up on **May 8th @ Senior Services.**

CUSTOMER _____

CUSTOMER TELEPHONE _____

ORDER TAKEN BY _____

CHECK _____ **CASH** _____

PLANTERS AND HANGING BASKETS

Flower Filled Planters – plastic containers

- | | | | |
|-------|-------------------------|----------------|-------|
| _____ | 10" Upright Sun Planter | \$12.50 | _____ |
| _____ | 12" Round Sun Planter | \$22.50 | _____ |
| _____ | 12" Round Shade Plant | \$22.50 | _____ |
| _____ | 16" Oval Sun Planter | \$22.00 | _____ |
| _____ | 16" Oval Shade Planter | \$22.00 | _____ |

_____ **Total Planters** **\$** _____

Hanging Baskets – plastic pot w/ hanger

- | | | | |
|-------|------------------|----------------|-------|
| _____ | 12" Sun Basket | \$26.25 | _____ |
| _____ | 12" Shade Basket | \$26.25 | _____ |

_____ **Total Hanging Baskets** **\$** _____

Subtotal Worksheet for Flats

TRAY Annual Flower Flats

- | | | |
|-------|----------------------------------|-------|
| _____ | Full Flats, 36 plants @ \$20.50 | _____ |
| _____ | Half Flats, 18 plants @ \$ 10.25 | _____ |

TRAY Unique Annual Sampler Flats

- | | | |
|-------|---------------------------------|-------|
| _____ | Full flats, 32 plants @ \$23.00 | _____ |
| _____ | Half Flats, 16 plants @ 11.50 | _____ |

TRAY Organic Veggie Sampler Flats

- | | | |
|-------|----------------------------------|-------|
| _____ | Full Flats, 32 plants @ 26.50 | _____ |
| _____ | Half Flats, 16 plants @ \$ 13.25 | _____ |

Organic Herb Sampler Flats

- | | | |
|-------|---------------------------------|-------|
| _____ | Full flats, 16 plants @ \$40.80 | _____ |
| _____ | Half flats, 8 plants @ \$20.40 | _____ |

Organic Vegetable Sampler Flats

- | | | |
|-------|---------------------------------|-------|
| _____ | Full flats, 16 plants @ \$36.00 | _____ |
| _____ | Half flats, 8 plants @ \$18.00 | _____ |

Perennial Sampler Flats

- | | | |
|-------|---------------------------------|-------|
| _____ | Full flats, 16 plants @ \$43.00 | _____ |
| _____ | Half flats, 8 plants @ \$21.50 | _____ |

Specialty Annual Sampler Flats

- | | | |
|-------|---------------------------------|-------|
| _____ | Full Flats, 16 plants @ \$52.50 | _____ |
| _____ | Half Flats, 8 plants @ \$26.25 | _____ |

_____ **Geraniums @ \$ 3.45** _____

_____ **Total Planters** _____

_____ **Total Hanging Baskets** _____

TOTAL DUE ALL ITEMS \$ _____

2018 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 Amaranthus, Anchusa, Arctotis, Aster, Nigella, Rudbeckia, Scabiosa, Statice, Vinca, Zinnia or others.
Tray Organic "Eat Your Veggies" Sampler – Four veggies- broccoli, cauliflower, cabbage, and Walla Walla sweet onions.
Tray Organic "Beautiful Salads" Sampler – Four salad ingredients - leaf lettuce, butterhead lettuce, kale and swiss chard.
Organic Herb Sampler: Eight popular herbs. May contain Basil, Chives, Lavender, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Thyme.
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, Brandywine, Cherokee Purple, Green Zebra, Juane Flame, and Japanese Black Trifele, Moskovich, San Marzano.
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 Agastache, Carnation, Coreopsis, Delphinium, Penstemon, Poppy, Shasta Daisy, Sweet William, or others.
Shady Perennial Sampler: Eight perennial varieties for the shady border. May contain Alchemilla, Aquilegia, Bergenia, Fuchsia, Heuchera, Lamium, Nepeta, Tricyrtus or others.
Cutting Garden Sampler: Eight perennial varieties for cutting and arranging. May contain Campanula, Carnation, Crocosmia, Delphinium, Dianthus, Gaillardia, Geum, Shasta Daisy, or others.
Ground Cover Sampler: Eight perennial varieties for ground cover. May contain Ajuga, Arenaria, Armeria, Aubretia, Leptinella, Saginella, Sedum, Vinca, or others.
Specialty Annual Samplers: Four premium annual varieties (16 pots, 4 each) in a full flat sampler for spectacular pots and baskets.
Hanging Basket Sampler: Petunia Colorblitz Bright Red, Ipomea Spotlight Black, Calibrachoa Yellow, Verbena Blue Velvet.
Pretty for Pots Sampler: Petunia Double Wave Pink, Osteo Dark Purple, Dahlia Lavender Swirl, Coleus Florida Sun Rose.
Foliage Accent Sampler: Alternanthera Red Thread, Coleus French Quarter, Plectranthus Nico, Dahlia Red Flower Dark Leaf.

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, or other plants for shade.
Hanging Baskets for Sun may contain trailing petunias and verbenas, calibrachoa, lobelia, or other novelty plants.
Hanging Baskets for Shade may contain fuchsias, diascias, coleus, lobelia, impatiens or New Guinea impatiens, lamium or other interesting plants suitable for shade hanging baskets.

ALL FUNDRAISER PLANTS ARE GUARANTEED

DISSATISFACTION MUST BE 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 and on our Face Book page: New Leaf Greenhouse

Orders can be dropped off at the Klickitat County Senior Services offices with payment or mailed to our office before April 13th : KCSS, P.O. Box 1877, White Salmon, WA 98672 or KCSS, 115 W. Court St. MS-CH-21, Goldendale, WA 98620

Annual 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 Friday, April 13th and plants will arrive to be picked up at our Senior Services offices May 8th just in 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



Bingen & White Salmon Water/Sewer Senior Discounts



If you have a senior discount for utilities with the City of White Salmon you need to re-apply for your discount or if you think you may qualify for the senior or disabled persons discount you need to apply with Washington Gorge Action Programs, located at 1250 E Steuben, Bingen, WA. 509 493-2662. They will help you with all your Low Income Home Energy assistance needs and questions.

GOLDENDALE Water/Sewer Sr. Discounts

Beginning February 20th, call Virginia at Senior Services 773-3757 to make an appointment to apply for the senior discount for City of Goldendale water/sewer.

To qualify for a discount you must be 62 or older and your annual household income must be \$21,400 or less. You need to bring your most recent water bill and proof of household income.

Senior Klickitat PUD Discount

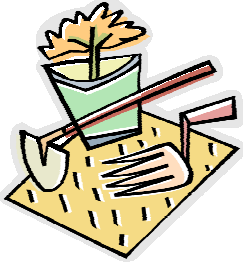
If you are 61 years old or older and your household income is at or below \$23,500 you may be eligible for a PUD electric bill discount.

Call Virginia at 773-3757 or Jill at 493-3068 to make an appointment for your PUD discount application. PUD senior electricity discounts must be reapplied for every year or if you move. You must be 61 or older and meet household income qualifications. Discounts will run from December 1st or application qualification date through May 31st.

Please bring your current PUD bill & proof of **TOTAL** annual household income.



Annual Home, Garden & Sportsman's Show



The Goldendale Regional Home & Garden Show will feature a broad range of solutions for those looking to improve their home interiors, exteriors, lawns & gardens.



Entrance Fee: FREE

Date: April 27-29, Friday through Sunday

Place: Klickitat County Fairgrounds

903 N. Fairgrounds Rd

Parking: FREE

Time: Friday Noon to 6pm

Saturday 10am to 6pm

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Senior Newsletter

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