



April 2019

Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068

Inside this issue:

April is National Volunteer Month

Klickitat County Senior Services Volunteers—

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.

Please take the time to recognize & thank the wonderful volunteers who work hard everyday to make Klickitat County a wonderful community.

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Please plan to join us in August for our Annual Senior Picnic in which we take time to provide thanks and recognition to Seniors and Senior Service Volunteers that provide so many thousands of hours of service to help in Klickitat County.



Dear Marci



Dear Marci,

I do not have a car of my own, and I wanted to learn more about how Medicare covers medical transportation. When does Medicare cover transportation in an ambulance? Does it cover ambulette transportation?

Paula (Fayetteville, AR)

Dear Paula,

Medicare Part B covers emergency ambulance services and, **in limited cases**, non-emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger and you cannot be transported safely by any other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency.

Part B covers **emergency ambulance services** if:

- An ambulance is medically necessary, meaning it is the only safe way to transport you
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care
- You are transported to and from certain locations, following Medicare's coverage guidelines
- And, the transportation supplier meets Medicare's ambulance requirements

To be eligible for coverage of non-emergency ambulance services, you must:

- Be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair)
- Or, need essential medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions

Original Medicare never covers the services of ambulettes, wheelchair vans, or litter-vans. These are wheelchair-accessible vans that provide non-emergency transportation. Medicare also does not cover ambulance transportation just because you lack access to alternative transportation.

Note that if you are receiving skilled nursing facility (SNF) care under Part A, most ambulance transportation should be paid for by the SNF. The SNF should not bill Medicare for this service.

Under Original Medicare, Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare-approved amount. In most cases, you pay a 20% co-insurance after you meet your Part B deductible (\$185 in 2019). All ambulance companies that receive Medicare payments must be participating providers who accept assignment in all cases.

Marci

24th Annual Cleanup

Community



Pride

of White Salmon & Bingen

April 26 & 27, 2019

Location:

Bring your loads to the Bingen Maintenance Shop on Marina Way.

Come off Hwy 14 on Maple, go past the SDS lumber sales office, go left onto Marina Way, the site is just ahead on your left.

Date/Time Information:

Friday and Saturday

April 26-27, 2019

9 - 5 pm

Contact Information:

509-493-3630

Fees/Admission:

Suggested \$10 donation per load

Tires are \$5 each to recycle

Home pickups available for the elderly, disabled or those without a vehicle must be reserved in advance by calling 509-493-3630. Only for residents of White Salmon and Bingen.

Golden Years in the Gorge

Gorge Community Members are invited to a conversation series hosted at:

Down Manor

1950 Sterling Place

Hood River, OR 97031

Getting Your Affairs In Order

Cathy Blair, MSW, LCSW

Providence Hood River Memorial Hospital

Tuesday, April 9, 2019 - 3:00 p.m.

Being Mortal

Patrick Rawson and Andrea Cano, Chaplains

Providence Hood River Memorial Hospital

Tuesday, May 14, 2019 - 3:00 p.m.

Atul
Gawande



Being
Mortal

Volunteer Hours

FEBRUARY HOURS

TRANSPORTATION	248 Hours
NUTRITION	263 Hours
NEWSLETTER	21 Hours
SR. EXERCISE	18 Hours
MUSICIANS	14 Hours

Goldendale Family Caregiver Support Group

Second Wednesday of the month, April 10th

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

White Salmon & Goldendale AARP Driver Safety Class

White Salmon: Jim & Penny will be the instructors

Call: 493.3068 to register (might want to bring snack/drink)

Date: April 18 & 19 9am to 1pm both days

Place: **White Salmon** Pioneer Center, 501 NE Washington Street.

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 & Penny will be the instructors.

**Call** 773.3757 to register (might want to bring snack/drink)

**Date:** Monday, April 15th 8:30am to 1pm  
& Tuesday, April 16th 9am to 1pm

**Place:** Goldendale Grange, 228 E Darland Street

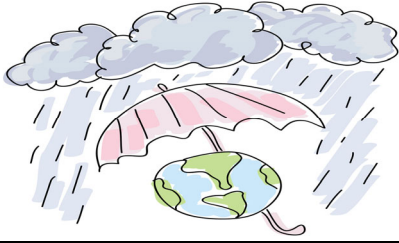
**Cost:** **AARP members \$15pp Non-member \$20pp**

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

### **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.





# White Salmon Events

## APRIL 2019

| Sun               | Mon                                                                                                                                       | Tue                                                                                                                                          | Wed                                                                                                                                     | Thu                                                                           | Fri                                                                                                            | Sat                                                                                   |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                   | 1<br>9:30am Exercise<br><br>11:30am Live Music & Dancing | 2<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women                                                                                         | 3<br>9:30 Exercise<br><br>11am Live Music & Dancing                                                                                     | 4<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women                          | 5                                                                                                              | 6                                                                                     |
| 7                 | 8<br>9:30 Exercise<br><br>11am Live Music & Dancing                                                                                       | 9<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women        | 10<br>9:30 Exercise<br><br>11am Live Music & Dancing   | 11<br>8:30 to 9:30 Hatha Yoga<br>Noon Pinochle<br><br>2pm Strong Women        | 12                                                                                                             | 13                                                                                    |
| 14<br>Palm Sunday | 15<br>9:30 Exercise<br><br>11am Live Music & Dancing                                                                                      | 16<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women                                                                                        | 17<br>9:30 Exercise<br><br>11am Live Music & Dancing | 18<br>8:30 to 9:30 Hatha Yoga<br>Noon Pinochle<br><br>2pm Strong Women        | 19<br>Good Friday<br><br> | 20                                                                                    |
| 21<br>Easter      | 22<br>9:30 Exercise<br><br>11am Live Music & Dancing<br><br>Earth Day                                                                     | 23<br>8:30 to 9:30 Hatha Yoga<br><br><br>2pm Strong men   | 24<br>9:30 Exercise<br><br>11am Live Music & Dancing                                                                                    | 25<br>8:15 Yoga<br>Noon Pinochle<br><br>2pm Strong Women                      | 26<br>Arbor Day<br><br>   | 27                                                                                    |
| 28                | 29<br>9:30 Exercise<br><br>11am Live Music & Dancing   | 30<br>8:30 to 9:30 Hatha Yoga<br><br>2pm Strong Women<br> | <b>Music</b><br>4/1 Simcoe Boys<br>4/3 Huskey Family<br>4/8 Old Time Friends                                                            | 4/10 Simcoe Boys<br>4/15 Simcoe Boys<br>4/17 Andre & Band<br>4/22 Simcoe Boys | 4/24 Simcoe Boys<br>4/29 Simcoe Boys                                                                           |  |













# Goldendale Events

## APRIL 2019

| Sun                                                                        | Mon                                                                                                                | Tue                                                                                                                                      | Wed                                                                                 | Thu                                                                                                              | Fri                                                                                                                                       | Sat                                                                                                                        |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>MUSIC</u></b></p> <p>4/2<br/>4/11 Simcoe Boys<br/>4/18 Jackie</p> | <p>4/25 Simcoe Boys</p>           | <p>2<br/>10am Toe Nail Care</p> <p>1pm Exercise</p>                                                                                      | <p>3</p>                                                                            | <p>4<br/>1pm Exercise</p>      | <p>5<br/>Hood River Shopping</p> <p>Noon Pinochle</p>                                                                                     | <p>6</p>                                |
| <p>7</p>                                                                   | <p>8</p>                          | <p>9<br/>10am Toe Nail Care</p> <p>1pm Exercise</p>                                                                                      | <p>10<br/>10:30am Caregiver Support Grp</p>                                         | <p>11<br/>1pm Exercise</p>   | <p>12<br/>Noon Pinochle</p>                            | <p>13</p>                                                                                                                  |
| <p>14<br/>Palm Sunday</p>                                                  | <p>15</p>                                                                                                          | <p>16<br/>10am Toe Nail Care</p> <p>1pm Exercise</p>  | <p>17</p>                                                                           | <p>18<br/>1pm Exercise</p>  | <p>19<br/><b>Good Friday</b><br/>The Dalles Shopping</p> <p>Noon Pinochle</p>                                                             | <p>20<br/>Senior Breakfast \$3pp</p>  |
| <p>21<br/><b>Easter</b></p>                                                | <p>22<br/><b>Earth Day</b></p>  | <p>23<br/>10am Toe nail Care</p> <p>1pm Exercise</p>                                                                                     | <p>24</p>                                                                           | <p>25<br/>1pm Exercise</p>   | <p>26<br/>Noon Pinochle</p> <p><b>Arbor Day</b></p>  | <p>27</p>                                                                                                                  |
| <p>28</p>                                                                  | <p>29</p>                                                                                                          | <p>30<br/>10am Toenail Care</p> <p>1pm Exercise</p>                                                                                      |  | <p>Goldendale Pool OPEN</p>                                                                                      |                                                                                                                                           |                                       |

# APRIL 2019 MENU

| Sun                           | Mon                         | Tue                                                                                                                     | Wed                                                                                                           | Thu                                           | Fri                                                                                       | Sat                                                                                        |
|-------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Menu Subject to Change</b> | 1 WS<br>Chicken Pot Pie     | 2 Lyle & GD<br>Chicken Pot Pie<br>     | 3 WS<br>Macaroni & Cheese w/<br>Ham                                                                           | 4 GD<br>Mac & Cheese w/Ham                    | 5<br>  | 6 Lyle Breakfast<br>7-10am \$7pp<br>Adults<br>\$5 Child (6-12)<br>under 5 Free             |
| 7                             | 8 WS<br>Chicken Pasta Salad | 9 GD & Lyle<br>Chicken Pasta Salad<br> | 10 WS<br>Meatloaf<br>        | 11 GD & TL<br>Meatloaf                        | 12                                                                                        | 13                                                                                         |
| 14                            | 15 WS<br>Beef Stroganoff    | 16 GD & Lyle<br>Beef Stroganoff<br>    | 17 WS<br>Pork Roast<br>      | 18 GD:<br>Pork Roast<br>Klickitat:<br>Lasagna | 19<br> | 20 Goldendale Senior Breakfast 9am \$3pp                                                   |
| 21                            | 22 WS<br>Tuna Casserole     | 23 GD & Lyle<br>Tuna Casserole<br>    | 24 WS<br>Broccoli Beef<br> | 25 GD<br>Broccoli Beef                        | 26                                                                                        | 27<br> |
| 28                            | 29 WS<br>Chicken Parmesan   | 30 GD & Lyle<br>Chicken Parmesan                                                                                        |                                                                                                               |                                               |                                                                                           |                                                                                            |

## 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 Market Street Café.

TROUT LAKE: Thursday-April 11 at 5:30pm Trout Lake School.

KLICKITAT: 3rd Thursday-April 18-Noon at the Klickitat Community Center.

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

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

## **Tips for Avoiding Telemarketing Fraud:**

It is very difficult to get your money back if you have been cheated over the telephone. Before you buy anything by telephone, remember:

- Don't buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- Always ask for and wait until you receive written material about any offer or charity. If you get brochures about costly investments, ask someone whose financial advice you trust to review them. But beware—not everything written down is true.
- Always check out unfamiliar companies with your local consumer protection agency, Better Business Bureau, state attorney general, the National Fraud Information Center, or other watchdog groups. However, not all bad businesses can be identified through these organizations.
- Obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business. Some con artists give out false names, telephone numbers, addresses, and business license numbers—verify the accuracy of these items.
- Before you give money to a charity or make an investment, find out what percentage of the money is paid in commissions and what percentage actually goes to the charity or investment.
- Before you send money, ask yourself a simple question: "What guarantee do I really have that this solicitor will use my money in the manner we agreed upon?"
- Don't pay in advance for services; pay only after they are delivered.
- Be wary of companies that want to send a messenger to your home to pick up money, claiming it is part of their service to you. In reality, they are taking your money without leaving any trace of who they are or where they can be reached.
- Always take your time making a decision. Legitimate companies won't pressure you to make a snap decision.
- Don't pay for a "free prize." If a caller tells you the payment is for taxes, he or she is violating federal law.
- Before you receive your next sales pitch, decide what your limits are—the kinds of financial information you will and won't give out on the telephone.
- Be sure to talk over big investments offered by telephone salespeople with a trusted friend, family member, or financial advisor. It is never rude to wait and think about an offer.
- Never respond to an offer you don't understand thoroughly.
- Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or social security numbers to unfamiliar companies or unknown persons.
- Be aware that your personal information is often brokered to telemarketers through third parties.
- If you have been victimized once, be wary of persons who call offering to help you recover your losses for a fee paid in advance.
- If you have information about a fraud, report it to state, local, or federal law enforcement agencies.

**TRAY PACK ANNUAL FLOWER**

Full Flat, 36 Plants Half Flat, 18 Plants  
**\$21.00** **\$10.50**

- \_\_\_\_\_ 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  
**\$24.00** **\$12.00**

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

**TRAY ORGANIC VEGGIE SAMPLERS**

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

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

**ASSORTED 4"pot SAMPLERS**

Full Flat, 16 Plants Half Flat, 8 plants

**\$42.00** **ORGANIC HERB SAMPLER** **\$21.00**  
\_\_\_\_\_ "Herb" Sampler \_\_\_\_\_

**\$37.00** **ORGANIC 4" VEGGIE SAMPLER** **\$18.50**  
\_\_\_\_\_ "Garden Bounty" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Heirloom Tomato" Assortment \_\_\_\_\_

**\$43.50** **PERENNIAL SAMPLERS** **\$21.75**  
\_\_\_\_\_ "Sunny Perennial" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Shady Perennial" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Cutting Garden" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Ground Cover" Sampler \_\_\_\_\_

**\$55.00** **SPECIALTY ANNUAL SAMPLERS** **\$27.50**  
\_\_\_\_\_ "Hanging Basket" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Pretty For Pots" Sampler \_\_\_\_\_  
\_\_\_\_\_ "Foliage Accents" Sampler \_\_\_\_\_

**ZONAL GERANIUMS** variety is Elanos

**\$3.60 each - 4" Pot**

- \_\_\_\_\_ Red
- \_\_\_\_\_ Rose (light pink)
- \_\_\_\_\_ Salmon Chic (orange/ salmon)
- \_\_\_\_\_ Violet (shocking pink)
- \_\_\_\_\_ White

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

**Klickitat County Senior Services**

Orders are due by: **Monday, April 22nd**

Checks payable to: **KCSS**

Payment must be received at the time of the order

Plants will be available for pick up on **May 14th @**

**Senior Services.**

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

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

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

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

**PLANTERS AND HANGING BASKETS**

**Flower Filled Planters - plastic containers**

- \_\_\_\_\_ 10" Upright Sun Planter **\$12.75** \_\_\_\_\_
- \_\_\_\_\_ 12" Round Sun Planter **\$23.50** \_\_\_\_\_
- \_\_\_\_\_ 12" Round Shade Plant **\$23.50** \_\_\_\_\_
- \_\_\_\_\_ 16" Oval Sun Planter **\$23.50** \_\_\_\_\_
- \_\_\_\_\_ 16" Oval Shade Planter **\$23.50** \_\_\_\_\_

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

**Hanging Baskets - plastic pot w/ hanger**

- \_\_\_\_\_ 12" Sun Basket **\$26.75** \_\_\_\_\_
- \_\_\_\_\_ 12" Shade Basket **\$26.75** \_\_\_\_\_

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

**Subtotal Worksheet for Flats**

**TRAY Annual Flower Flats**

\_\_\_\_\_ Full Flats, 36 plants @ \$21.00 \_\_\_\_\_  
\_\_\_\_\_ Half Flats, 18 plants @\$ 10.50 \_\_\_\_\_

**TRAY Unique Annual Sampler Flats**

\_\_\_\_\_ Full flats, 32 plants @ \$24.00 \_\_\_\_\_  
\_\_\_\_\_ Half Flats, 16 plants @ 12.00 \_\_\_\_\_

**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 @ \$42.00 \_\_\_\_\_  
\_\_\_\_\_ Half flats, 8 plants @ \$21.00 \_\_\_\_\_

**Organic Vegetable Sampler Flats**

\_\_\_\_\_ Full flats, 16 plants @ \$37.00 \_\_\_\_\_  
\_\_\_\_\_ Half flats, 8 plants @ \$18.50 \_\_\_\_\_

**Perennial Sampler Flats**

\_\_\_\_\_ Full flats, 16 plants @ \$43.50 \_\_\_\_\_  
\_\_\_\_\_ Half flats, 8 plants @ \$21.75 \_\_\_\_\_

**Specialty Annual Sampler Flats**

\_\_\_\_\_ Full Flats, 16 plants @ \$55.00 \_\_\_\_\_  
\_\_\_\_\_ Half Flats, 8 plants @ \$27.50 \_\_\_\_\_

\_\_\_\_\_ **Geraniums @ \$ 3.60** \_\_\_\_\_

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

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

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

## 2019 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, Anchusa, Arctotis, Aster, Celosia, Nigella, Rudbeckia, Scabiosa, Statice, Vinca, Zinnia, Signet Marigold, or other choice annuals.  
**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, Japanese Black Trifele, Moskovich, and San Maranzo.  
**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 Salvia, Echinacea, Coreopsis, Delphinium, Dianthus, Poppy, Monarda, Penstemon, or others.  
**Shady Perennial Sampler:** Eight perennial varieties for the shady border. May contain Astilbe, Aquilegia, Bergenia, Fuchsia, Heuchera, Lamium, Digitalis, Tricyrtus or others.  
**Cutting Garden Sampler:** Eight perennial varieties for cutting and arranging. May contain Campanula, Matricaria, Crocosmia, Delphinium, Dianthus, Gaillardia, Gypsophila, Rudbeckia, 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:** Verbena White, Petunia Pinkceptional, Calibrachoa Cabaret Lavender, Lobelia Lavender Pink  
**Pretty for Pots Sampler:** Angelwing Begonia Torch, Coleus Mariposa, Calibrachoa Deep Blue, Lantana Sunrise Lavender.  
**Foliage Accent Sampler:** Angel Wing Begonia Sinbad Pink, Coleus Meandering Linda, Ipomea Red Heart, Basket Grass.

### 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, calibrachos, 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](http://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 22nd : KCSS, P.O. Box 1877, White Salmon, WA 98672 or KCSS, 115 W. Court St. MS-CH-21, Goldendale, WA 98620**

# Are You Considering a Joint Replacement?



Friday, April 19 at 2pm

*at Goldendale Community Library, Caplan Room*

**All are welcome to attend this informative FREE discussion about total joint replacement with Dr. James Reardon.**

Dr. Reardon will walk you through the total joint shoulder, knee and hip replacement procedures and answer any questions you may have.

#### TOPICS INCLUDE:

- Common causes of joint pain
- What to expect before, during & after surgery
- Rehabilitation & recovery preparation



**James Reardon, MD**

*Before joining MCMC Sports Medicine & Orthopedic Surgery, Dr. Reardon practiced for 22 years in Kansas City and chaired the Orthopedic Division of a large Kansas City hospital. Dr. Reardon has performed thousands of the most common orthopedic procedures, from sports injuries to total hip and knee replacements.*

**For more information, please call  
Stephanie Bowen at 541.506.5704.**



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

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**Fifth 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 April 22nd. Orders are due by Monday, April 22nd and plants will arrive to be picked up at our Senior Services offices May 14th.

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

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

509-773-3757 or 509-493-3068