



**OLDER
AMERICANS
MONTH**

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

**May
2021**

COMMUNITIES OF STRENGTH: MAY 2021

**Inside this
issue:**

Older Americans Month: Communities of Strength *MAY 2021*

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we’ve seen this time and again in Klickitat County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year’s theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Klickitat County Senior Services will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future. Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can’t get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There’s a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that’s something to celebrate! Please join Klickitat County in strengthening our community.

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FRESH FRUITS & VEGETABLES

Senior Farmers Market Nutrition Program Vouchers will be available in June for distribution. Due to COVID-19 we will be arranging distribution by mail or appointment.

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 \$23,828 Annual or \$1986 Monthly Income for 1 person
 - o \$32,227 Annual or \$2686 Monthly Income for 2 people
 - o For larger households, add \$700 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 that have the sign that indicates they accept SFMP vouchers.



WAGAP receives \$2M in grant funds to prevent evictions

Renters and landlords in Skamania and Klickitat Counties may be eligible to apply

Skamania and Klickitat Counties, WA (March 22, 2019) - Two million dollars in grant funds have been made available to Washington Gorge Action Programs (WAGAP) to help prevent evictions of low income households affected by the COVID-19 pandemic in Skamania and Klickitat Counties. Funds come from the Federal Coronavirus Response and Relief Supplemental Appropriations Act.

“WAGAP is thrilled to bring these funds to our communities,” said Leslie Naramore, WAGAP’s executive director. “We know that many households have been struggling to pay rent in the midst of other ongoing hardships as well. These funds are unique in that landlords can apply on behalf of their tenants. We encourage anyone who needs assistance to reach out to determine eligibility. We’re here to help.”

The Treasury Rental Assistance Program (T-RAP) is being administered by Washington State Department of Commerce. According to T-RAP Guidelines (Version 1 March 2021), funds are intended to prevent evictions that would contribute to the spread of the virus by paying past due, current due, future rent, and utilities, targeting limited resources to those who have experienced financial hardship due to the COVID-19 outbreak and are at risk of experiencing homelessness or housing instability.

The program goals are to prevent evictions, target resources to very low income households who are unemployed, and promote equity in who is served. The focus on equity is for groups of people who historically have not been provided equitable access to rent assistance and those who have disproportionately been impacted by the COVID-19 outbreak.

Per the Guidelines, households must meet three criteria: 1. Have income that is at or below 80% of Area Median Income (AMI). 2. Be experiencing a financial hardship directly or indirectly due to the COVID-19 outbreak that threatens the household’s ability to pay the costs of the rental property when due. 3. Be at risk of experiencing homelessness or currently experiencing housing instability.

The program also provides assistance with rental payments that are past due, and with unpaid utility and home energy costs, including electricity, gas, water and sewer, trash removal and energy costs, such as fuel oil.

If a household has been temporarily or permanently displaced due to the COVID-19 outbreak, there are opportunities to request assistance for reasonable accrued late fees and for internet service provided to the rental unit which is in many cases a vital service that allows renters to engage in distance learning, telework, telemedicine, and to obtain government services.

Eligible households can receive up to 12 months of financial assistance. WAGAP has until December 31, 2021 to disburse the funds which can be used for lease agreements which were in place as early as March 13, 2020. To learn if you are eligible or to request an application contact WAGAP at (509) 493-2662 or email info@wagap.org.

Role Changes in Times of Loss and Challenge

By Kristoffer Lindstrom, MSW, LICSW

Skyline Health Behavioral Health Consultant

Each of us takes on many different roles as we travel through life. It might be the role of a spouse, parent, employer, parishioner, student or pet owner. As you may have experienced during this pandemic, we miss and mourn these roles due to the lack of normalcy.



Personal relationships are a large part of our everyday happiness and must we look at them with kindness and respect. In the absence of those dear to us who have passed away, moved on due to divorce or become estranged due to a falling out – this unique time requires we take on a new perspective. In his book “Grief is a Journey, Finding your Path Through Loss,” Dr. Kenneth J. Doka says in a disruptive time you may need to “Take on new roles, which were once done in partnership, and do things alone you once did together.” He goes on to say, “Even if your loss is not extreme, you struggle with other losses.” Whatever the loss, we become well aware of the absence of those we miss, what we miss and the awareness of changing roles.

In the following exercise, think about your role as you relate to the following areas:

- What role do you have in your family, social network, community, religious affiliation, etc.? Has your role changed?
- Do you take care of others or do they take care of you?
- Are you able to express what you need?
- Do those close to you honor your decisions and choices (e.g., eating healthy, following a healthy lifestyle, etc.)?
- With respect to role change, what could you start doing today to make sure you are paying attention to your changing needs and share these with your family, friends and others in an assertive way?

If you or anyone you know would benefit from some support, Skyline Behavioral Health Clinic is accepting new patients. To schedule an in-person or virtual appointment call 509-637-2810 or visit myskylinehealth.org.



May 2021 Menu



Sun

Mon






Tue

Wed

Thu

Fri

Sat

2 	3 WS Chicken Parmesan	4 GD Chicken Parmesan	5 WS Taco Salad	6 GD Taco Salad	7	8
9	10 WS BBQ Pork Ribs	11 GD BBQ Pork Ribs	12 WS Southwest Chicken Wraps 	13 GD Southwest Chicken Wraps	14	15
16	17 WS Meatloaf 	18 GD Meatloaf	19 WS Hot Dog & Baked Beans	20 GD Hot Dog & Baked Beans 	21	22
23	24 WS Swedish Meatballs	25 GD Swedish Meatballs	26 WS Hamburgers	27 GD Hamburgers 	28	29
30	31 Office Closed for Memorial					Menu Subject to Change

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

Frozen home delivered meals anywhere in Klickitat County

- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred. Please call at least 24 hours prior to the meal so the kitchen makes enough for those that want to pick up.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858



Fort Vancouver Regional Libraries have opened with limited in-branch services.

The Goldendale Community Library & White Salmon Community Library will be open for 30 minute visits that begin on the top of the hour and end at the bottom of the hour beginning at 10am, 11am, 12pm, 2pm, 3pm, 4pm.

The library will be cleaned each hour after patron visits. At this time, they are allowing up to five people at a time. Masks will be required, covering both nose and mouth, even if you have been vaccinated.

In Goldendale—Two computers available to use; six Chromebooks are available to check out to use for 2 hours in our parking lot or amphitheater--pick up and drop off will be at the table in front of the Camplan Room. Two visits can be reserved online, the other three visits are walk-up only. Use of the self-check stations are encouraged, or check out items with the FVRL App. Curbside services are still available.

If you can't make it to the library, you can order Books by Mail. Place a hold in the catalog. Select "Books by Mail" as your pick-up location. We'll mail the materials to you at no charge.

You'll need to either return items to book returns or pay the return postage. Extra library returns are available in Bickleton, Klickitat, and Lyle.

Need WIFI for a short period of time? Try checking out a Hotspot through the FVRL catalog. Supplies limited.

On the next page is a list of upcoming virtual events. Due to COVID restrictions, library programs are currently occurring virtually.

They also have monthly Experience Kits, which are fun crafts and activities that you can take home--many are for all ages. This May, Goldendale Library has prepared kits for you to create your own surreal monster, in celebration of Salvador Dali's birthday on May 11th, made available thanks to the Friends of the Goldendale Library. Just ask when you arrive for limited in-branch or curbside services. New kits every month!

Virtual programs

Do you miss story times, book groups, or other library events? Try FVRL's virtual programs!



Join live on platforms like Meet or Zoom for Conversation Circles, book groups, and more. Below are just a sampling of some of the online groups.

Sign up through the FVRL calendar: <https://fvrl.librarymarket.com/> to ensure your attendance.**To join programs online, you will need a computer, tablet or phone with a microphone. The link to join the event will be emailed to registrants. A phone number will be included to allow you to use a phone as speaker and microphone, if needed.

Gentle Yoga (recurring)

Tuesdays, 3:00pm-4:00pm

Join Sarah Nelsen for a yoga class focused on gentle strength and stretching as well as calming the nervous system. We will use gentle movement, breath and guided relaxation to relieve tension and stress. Class will include poses on the floor, seated, and standing and adaptations will be given to make class as accessible as possible.

YA For the Olds: Book Group (recurring)

Tuesday, May 4, 7:00pm - 8:00pm

Do you love a great teenage drama but are no longer, ahem, a teen? Then this book club is for you. Introducing YA for the Olds. Join us online the first Tuesday night of the month as we discuss some great YA titles.

In May, we will be discussing *All American Boys* by Jason Reynolds and Brendan Kiely. Please register below. Those who register more than 10 days before the book discussion date will have a copy automatically sent to their chosen branch to be picked up. You will get a phone call when it is ready for you.

First Wednesday Morning Book Group

Wednesday, May 5, 9:00am - 10:00am

This month we will be discussing *The Feather Thief* by Kirk W. Johnson.

Please register online. Those who register more than 10 days before the book discussion date will have a copy automatically sent to their chosen branch to be picked up. You will get a phone call when it is ready for you.

Craft 'n Chat Wednesdays (recurring)

Wednesdays, 10:00am - 11:00am

Solo crafting got you down? Drop in weekly for our no-stakes craft sessions! Meetings are informal, and we welcome all projects and skill levels. This is a safe and inclusive space intended for creating and connecting (at a safe distance). This is a social group--not an instructional class. *Check out *Creative Bug* and other hobby-related resources here: <https://www.fvrl.org/resources-topic>

10 Tips to Protect Personal Information

1. Hang up on callers who want money or personal information to resolve a legal problem or pay you lottery winnings. Stay up to date on scams at oig.ssa.gov/scam.
2. Don't trust caller ID on your phone; government imposters will use legitimate numbers to mislead you. Be cautious with unknown callers, and if they threaten you, hang up.
3. Don't give your personal information over the phone or in an email. Social Security may contact you, but they won't threaten to arrest you. If you owe money, Social Security will send you a letter.
4. Don't carry your Social Security card in your wallet—keep it in a safe place at home.
5. Shred any piece of paper that contains personal information such as your name, birth date, and Social Security number.
6. Regularly check your financial accounts for suspicious transactions.
7. Request a free credit report from each of the three credit bureaus every year. Visit www.annualcreditreport.com.
8. Install and maintain strong anti-virus software on all of your electronic devices.
9. Make your passwords complicated so others cannot easily access your accounts.
10. Don't click on links sent in an unsolicited email or text message—type in the web address yourself. Only provide information on secure websites you trust.

Take Action If You Suspect Identity Theft

- Contact the Federal Trade Commission at www.identitytheft.gov.
- Place a fraud alert and/or a credit freeze on your records with one of the three credit bureaus: — Equifax (1-866-349-5191) — Experian (1-888-397-3742) — TransUnion (1-800-680-7289)
- Contact your financial providers (banks, credit card companies, etc.) to question or dispute irregular transactions.

Check your Social Security earnings statement online to make sure your reported wages are correct. Visit www.socialsecurity.gov/myaccount.



Memorial Day meaning

So why do we celebrate Memorial Day? Memorial Day is considered a federal holiday in the United States in which we honor and mourn members of the military who have passed while serving in the United States Armed Forces. Memorial Day honors military personnel who died in the service of their country. More specifically, it honors those who died in battle or as a result of wounds they sustained during battle.

Memorial Day traditions

There are a number of Memorial Day activities that families enjoy participating in every year, but there are also a few meaningful Memorial Day traditions that you can honor.

Memorial Day poppies: People wear poppies to honor America's war dead in a Memorial Day tradition that dates back to the poem "In Flanders Fields," written in 1915 by John McCrae. Inspired by the poem's image of red poppies scattered through cross-shaped grave markers, American Moina Michael and France's Anna E. Guerin started selling artificial poppies as a fundraiser for children affected by the war. Now, many Americans pin a poppy on their shirt as a sign of respect.

National Moment of Remembrance: To ensure the sacrifices of America's fallen heroes are never forgotten, President Bill Clinton signed into law "The National Moment of Remembrance Act" in December of 2000. The law encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation.

Hang your flag at half staff: Federal guidelines say the flag should be displayed at half-staff only until noon, then go up to full-staff until sundown.

Playing "Taps:" During the Civil War, a U.S. general thought the bugle call signaling bedtime could use a more melodious tune, so he wrote the notes for "Taps" in 1862. Another officer later used the bugle song for a funeral, fearing the traditional firing of rifles might sound like an attack. Now, "Taps" is a traditional part of Memorial Day celebrations.

Visit a local veterans cemetery: Some of the graves in a veteran cemetery are well maintained and decorated by families. Bring flowers and lay them by a grave that doesn't have any.

MT. ADAMS TRANSPORTATION SERVICE



Mt. Adams Transportation Service has two types of transportation service. Dial-a-Ride & Fixed Route.

We continue to have our Dial-a-Ride Service that has been in existence for over 30 years and we have two fixed service routes that began in 2018 to provide regional access for employment and education.

Dial-a-Ride Service is designed to enable Klickitat County residents who lack transportation resources to meet their basic needs and provides door to door service.

- .. Medical appointments
- .. Employment (limited)
- .. Social service appointments
- .. Grocery shopping

We use small wheelchair accessible buses, and wheelchair accessible minivans, and private vehicles with volunteer drivers to provide transportation.

Mt. Adams Transportation operates out of two locations in Klickitat County's main population centers, one office in Goldendale and one office in White Salmon but our transportation service travels to all areas of Klickitat County.

We use paid and volunteer driver's to meet the transportation needs of Klickitat County residents. Both paid and volunteer drivers must pass specific criteria regarding driving history, insurance, criminal background, and training in order to provide transportation.

We also travel to The Dalles, and Hood River on a regular basis. We can travel to Portland, Vancouver, and Yakima for medical services.

Trips to non-essential destinations are currently on hold due to COVID-19 but will hopefully be able to resume in the Fall. Fares depend on the pick up location and destination of the trip and current fare listing for dial-a-ride service is available on our web site or by calling our office.

Our priorities for scheduling trips will give a preference to passengers needing rides to medical appointments, education, basic human services such as post office, banking, social services and basic shopping needs.

To request a ride, call in at least one business day in advance of your trip. Be prepared to give the transportation coordinator the following information:

- .. Name, address & phone number
- .. Your date of birth
- .. The date & time of your appointment
- .. The address of your destination.

Goldendale Office

Annex II 115 W. Court
MS-CH-21 , 228 W. Main Street
Goldendale, WA 98620
Phone: (509) 773-3060
or 800 774-1699
Fax: (509) 773-6965

White Salmon Office:

P.O. Box 1877
501 NE Washington Street
White Salmon, WA 98672
Phone: (509) 493-4662
or 800 493-7606
Fax: (509) 493-4109

www.klickitatcounty.org

MT. ADAMS TRANSPORTATION SERVICE, continued



We just resumed our two fixed route service shuttles in April after services were suspended for the past year due to COVID. The current fixed route is on a temporarily modified schedule and can only travel at 50% capacity due to COVID-19 restrictions. We are also waiting to hear on grant funding to continue the fixed route service.

Fixed Route Service is designed to provide regional access for employment and education and reduce rural inaccessibility.

- The West End fixed route bus runs between White Salmon/Bingen to Hood River.
- The East End fixed route runs between Goldendale and The Dalles.
- There are no reservations that are needed to ride the fixed route service. You just need to get on at one of the designated stops on the route.
- The fare for the fixed route service is \$1.00 each time you board and you must have exact change as driver's cannot provide change and you must pay the fare in order to board the vehicle.
- The fixed route service vehicles are equipped with a bike rack.
- The bus does not wait: you need to be at the designated stop 5 minutes before scheduled time and be visible to the driver.
- Carry-on bags are limited: No more bags than passenger can carry on at one time and placed under seat or in lap. Items may not be placed in aisle or in another seat. Limit 4. Drivers cannot assist with bags on the fixed route.

Masks are required on all MATS transportation services at this time.

For more information or a copy of our current schedules please contact us at 509-773-3060 or 509-493-4662 or access the schedule online.

Email: matsinfo@klickitatcounty.org

<https://gorgetranslink.com/transit-agencies/mt-adams-transportation-services/>

Mt. Adams Transportation operates Monday through Friday except for the following holidays: **New Year's Day, Martin Luther King Jr Birthday,**

President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day,

Thanksgiving and the Friday following, and Christmas Day.

115 W. Court St. MS-CH-21
228 W. Main Street
Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue # 052021

It All Starts With a Phone Call

At one time or another, we all have been in need of help; but sometimes we're unsure what to ask or where to start.

Klickitat County Senior Services serves older adults and people with disabilities as well as their unpaid caregivers.

Need extra help caring for dad? Can't get to doctor's appointments? Feeling lonely and depressed? Whatever you're dealing with, we promise to really listen and help.

By getting to know you and your unique needs, we can offer you the guidance and support you need.

Contact one of our offices and we can provide you with information and assistance regarding programs and services, including:

Meals on Wheels, Transportation, Family Caregiver Support, Medicare Help, Home Care Services

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

OR Toll Free: 1-800-447-7858