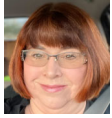


August 2022

Klickitat County Senior Newsletter

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



Message from Klickitat County Senior Services Director – Sharon Carter

Inside this issue:

While we would love to say COVID is in the past, it is not and we still need to be aware of the safety of those who are at high risk.

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

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

I have had questions about why we have not resumed music and dancing at the Pioneer Center. We are continuing to be cautious about COVID and physical distancing. Each month I have taken into consideration reports of COVID cases and there continue to be instances of upticks and spread with various community group events. Klickitat County is in a high transmission level again. We want to be cautious while still providing opportunities for good meals and socializing. The population at greatest risk, even those who are fully vaccinated and boosted, are seniors. That is the age group in which COVID is most deadly. We hope to be able to resume music and dancing in the near future. Please be patient and enjoy visiting with and meeting new people at the meal sites.

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

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

Goldendale office 509-773-3757

White Salmon office 509-493-3068

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White Salmon Pioneer Center Bunco

We will be taking the month of August off and resume Bunco in September. To reserve your spot in September (12 available) call Pat Roth at 541-490-9080. After the 12 spots are filled you will be put on a sub list. So call quickly, you don't want to miss the fun!

FRESH FRUITS & VEGETABLES

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

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

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

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

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

- You must be 60 years old or older (or 55+ if you are Native American/Alaska Native)

- Your income must be below 185% of Federal Poverty Level. That means:
 - o \$25,142 Annual or \$2096 Monthly Income for 1 person
 - o \$33,874 Annual or \$2823 Monthly Income for 2 people
 - o For larger households, add \$728 for each additional person

- You must be a resident of Washington State

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

Klickitat County vendors that accept these vouchers are:

Dickey's Farm Store in Bingen

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

Vouchers must be used by October 31, 2022.



Volunteer Connections

To Our Dear Community,

Volunteer Connections with Klickitat County Senior Services is a grant/donation based program.

Our volunteers have been doing great! Just this month they have given an estimated 9 cords of wood away after it had been removed from a home where it was a fire hazard. Another home had 3 pick up loads of excess stuff and trash taken to transfer station, and 7 homes had either grass/ weeds or other fire hazards removed or mitigated. Since we began doing work in April, we have removed up to 50 pick up loads of refuse that posed a fire hazard . This is on top of other fantastic work our volunteers are doing in our community.



Pictured above: Volunteer Steve S. working a project.

Unfortunately, we are getting more requests than what we have tools, equipment, supplies, manpower and funding to fill.

For Example, we have a few referrals that have weeds and grass up past my shoulder (I am 5'9") around their house. Our volunteers have been kindly using their own personal weed eaters but they are getting worn, broken, and using their own string/fuel. If we had a commercial weed eater, brush cutter, or wheeled weed eater the job would be faster, and less labor intensive for our volunteers, and we would not be wearing out our dear volunteer's tools. There are times where tools and or a truck is not available to do the job even when we have willing and available volunteers.

We have some clients that do not have either running water, fans, or someone/resources to fix or install grab bars, ramps, faucets, and etc. Sometimes the supplies cost \$5 to fix a leak, or \$25 to replace a faucet, or \$1 to buy 4 screws to secure grab/bar. Most clients are able to cover this as we ask for client to cover costs or/and give a minimum donation but if there are money, dementia/Alzheimer's, memory issues, or client just fell into hard times there are challenges where this can't be covered by our program or client —the job does not get done.

Next page...

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We at Klickitat County Senior Services Volunteer Connections appreciate the community's support for our new Volunteer Connections Program and we are trying our best to fill the most needs we can in our community. We have an awesome group of about 50 volunteers supporting our community of which about 10 are going out and doing chores, and visitor friend visits.

Thank you volunteers and community members for your support!

Isaias Garcia

Volunteer Coordinator

Klickitat County Senior Services Volunteer Connections

509-773-3757

Isaiasg@klickitatcounty.org

ITEMS NEEDED THAT MAY BE DONATED

Weed Eater

Brush Cutter

Lawn Mower

Loppers or

Pruners

Rakes

Shovels

Wheelbarrow

Truck or trailer

Snow Shovels

Pole Saw

Chainsaw

Garden Gloves

Money

Donations



**Call Isaias Garcia,
Volunteer
Coordinator
For more information.**



509-773-3757

509-493-3068

“Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds.”
William J. Clinton

VOLUNTEERS NEEDED

Goldendale Culinary Assistants

★

White Salmon Lend a Hand Friends

★

Dallesport Lend A Hand

Benefits

*Paid Mileage * Socializing* Physical
Activity* New Friends* Help Others*
Work on something you love* Give
Locally* New Focus * Much More*

Goldendale Senior (60+) Shopping Trips scheduled in August.

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

You must sign up the week prior to the trip.

On Friday, August 12th will be a trip to the WalMart in Hood River and Dickey's Farm Store in Bingen (to use those great veggie vouchers). Bus will leave Goldendale about 10am and return by 4pm.

On Friday, August 26th will be shopping in The Dalles with stops at Bi-Mart, Fred Meyer, and Grocery Outlet. Bus will leave Goldendale at about 10am and return by 4pm.

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

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

White Salmon Events

August 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--------------------------------|---|----------------------------------|-----|
| | <i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise indicated</i> | | | | | |
| | 1 12pm Senior Lunch | 2 8:30 to 9:30 Hatha Yoga 2pm Strong People  | 3 12pm Senior Lunch | 4 8:30 to 9:30 Hatha Yoga 2pm Strong People | 5 No Bunco For August | 6 |
| 7 | 8 12pm Senior Lunch | 9 8:30 to 9:30 Hatha Yoga 2pm Strong People | 10 12pm Senior Lunch | 11 8:30 to 9:30 Hatha Yoga 2pm Strong People | 12 | 13 |
| 14 | 15 12pm Senior Lunch | 16 8:30 to 9:30 Hatha Yoga 2pm Strong People | 17 12pm Senior Lunch | 18 8:30 to 9:30 Hatha Yoga 2pm Strong People | 19 No Bunco for August | 20 |
| 21 | 22 12pm Senior Lunch | 23 8:30 to 9:30 Hatha Yoga 2pm Strong People | 24 12pm Senior Lunch | 25 8:30 to 9:30 Hatha Yoga 2pm Strong People  | 26 | 27 |
| 28 | 29 12pm Senior Lunch | 30 8:30 to 9:30 Hatha Yoga 2pm Strong People | 31 | | | |

August 2022 Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---------------------------|----------------------------------|---------------------------------|---------------------------------|-------------------------------|-----|
| | 1 WS Chicken A La King | 2 GD & Lyle Chicken A La King | 3 WS Baked Fish | 4 GD Baked Fish | 5 | 6 |
| 7 | 8 WS Swedish Meatballs | 9 GD & Lyle Swedish Meatballs | 10 WS Hot Dogs & Baked Beans | 11 GD Hot Dogs & Baked Beans | 12 | 13 |
| 14 | 15 WS Chicken Salad | 16 GD & Lyle Chicken Salad | 17 WS Meatloaf | 18 GD Meatloaf | 19 | 20 |
| 21 | 22 WS Sloppy Joes | 23 GD & Lyle Sloppy Joes | 24 WS Turkey Wraps | 25 GD Turkey Wraps | 26 | 27 |
| 28 | 29 WS Chicken Pot Pie | 30 GD & Lyle Chicken Pot Pie | 31 WS Pork Ribs | | Menu Subject to Change | |

Klickitat County Senior Services has reopened congregate meal sites at the following locations:



- Pioneer Center Senior Services, 501 NE Washington Street, White Salmon meal is served at 12pm on Mondays and Wednesdays.
- Lyle Lions Community Center, 503 Lewis & Clark Hwy, Lyle meal is served at 12pm on Tuesdays.
- Goldendale Senior Center, 115 E. Main Street, Goldendale meal is served at 12pm on Tuesdays and Thursdays.

Home Delivered Meals will continue to be provided to Seniors (60+) and spouse or caregiver in home with Senior if qualified. Please contact our office for more information on eligibility for home delivered meals.

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

The Goldendale Senior Center is owned & operated by a non-profit Senior Center Board. Klickitat County Senior Services leases space at the Goldendale Senior Center for the Senior Meal and some special events.

Goldendale Events August 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|---|---|
| <i>Events take place at the Goldendale Senior Center at 115 E Main Street, Goldendale unless otherwise indicated</i> | | | | | | |
| | 1  | 2 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 3 | 4 12pm Senior Lunch 1pm Exercise | 5 | 6 |
| 7 | 8 | 9 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 10 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group | 11 12pm Senior Lunch 1pm Exercise | 12 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store | 13 Call MATS to sign up for shopping trips |
| 14 | 15 | 16 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 17 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group | 18 12pm Senior Lunch 1pm Exercise | 19  | 20 |
| 21 | 22 | 23 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 24 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group | 25 12pm Senior Lunch 1pm Exercise | 26 Senior Shopping trip to The Dalles call MATS to sign up | 27 |
| 28 | 29 | 30 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise | 31 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group | | | |

Goldendale Senior Center

There is often confusion about the difference between the Goldendale Senior Center and Klickitat County Senior Services.

The Goldendale Senior Center is a non-profit entity that has it's own Board of Directors and has Senior Center membership with annual dues of \$10. They own and operate the Senior Store as well.

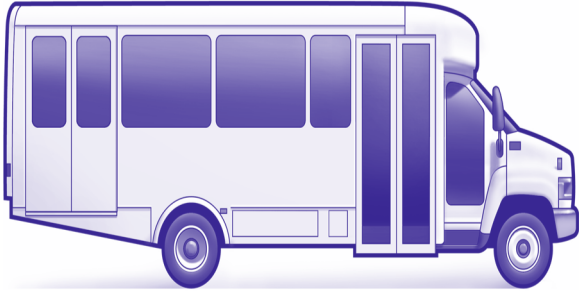
Klickitat County Senior Services is a department of Klickitat County and leases space at the Goldendale Senior Center for our Senior Meal Program. We pay a monthly lease to rent the kitchen and dining room space to have a senior meal on Tuesdays and Thursdays at 12-noon and also generate and deliver meals on wheels to seniors in Klickitat County.

You do not have to be a Goldendale Senior Center member to enjoy the senior lunch. You do need to be 60 or older or a friend, caregiver, family member of a senior to attend. 60 and older is a suggested donation of \$3.50 for the meal, those under 60 are required to pay the \$6.50 fee.

There are other activities and events held at the Goldendale Senior Center and are part of the Senior Center membership and operated directly by the Senior Center Board.

Klickitat County Senior Services does and has in the past partnered with the Goldendale Senior Center to provide special classes or group events as well.

For more information about the Goldendale Senior Center and their membership as well as their Board you can contact them through the Senior Store they operate at 509-773-5663.



MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Service now 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 between White Salmon and Hood River and Goldendale and The Dalles.

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 can be made on a space-available and resource available basis. 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

115 W. Court #101
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 receive grant funding from Washington State Department of Transportation to provide two fixed route services.

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. There are multiple round trips that operate between 7am and 7pm Monday through Friday.
- The East End fixed route runs between Goldendale and The Dalles. There are 4 round trips that operate between 7am and 7pm Monday through Friday.
- 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. Or you can purchase a GOrge annual pass for \$40 and ride the gorge area fixed route transportation services.
- 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.

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 at klickitatcounty.org or gorgetranlink.com

Email: matsinfo@klickitatcounty.org

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, Juneteenth, 4th of July, Labor Day, Veteran's Day, Thanksgiving and the Friday following, and Christmas Day.**

2022 Annual GOrge Pass Offers Unlimited Travel Around the Columbia Gorge

GOrge Pass allows for unlimited travel on fixed route public transit services in Hood River, Wasco, Klickitat, and Skamania Counties as well as to Portland, Multnomah Falls, and Troutdale for \$40 Adults until the end of 2022. Passes can be purchased at a transit office or online at gorgetranslink.com or gorgepass.com

115 W. Court St. #101
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

Issue # 082022



Klickitat County Fair & Rodeo
August 18-21st in Goldendale
“PARTY TIL THE COWS COME HOME”
Stop by Senior Services Booth