

March

Klickitat County Senior Newsletter

Klickitat County Senior Services
Goldendale 509-773-3757
White Salmon 509-493-3068

2023

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The benefits of volunteering are wide and varied. The need to help others makes a positive difference on the volunteers themselves. 97% of senior volunteers feel that they are happier than those who do not volunteer, and volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life.

Volunteer!

It's good for your health.

Call Klickitat County Senior Services to discuss volunteer opportunities that are available. 509-773-3757 or 509-493-6228.

Klickitat County Senior Services is seeking volunteers for various positions with our Volunteer Connection Program.

- Meals on Wheels Drivers
- Culinary assistants
- Friendly Visitors
- Friendly Helpers
- Volunteer Drivers
- Helpers at Congregate Meal Sites

Call Volunteer Coordinator, Isaias Garcia,
For more information at:
509-493-3068 or 509-773-3757

V O L U N T E E R

All that's missing is U !



Healthy People 2030 Program Support Group



Open to all ages

(Limited to 20 people)

12 month program

**Meet twice a week on Monday and Wednesday from 1:30pm to 2:30pm
Pioneer Center Senior Dining Room, 501 NE Washington Street, White
Salmon, WA.**

Starting on Wednesday, March 1, 2023

Facilitator: Kristi Ridgeway, MN, RN Klickitat County Public Health

- Participants will set daily physical activity goals
- Participants will set and reach BMI goal within 3-6-12 months
- Participants will verbalize and document an increase in healthy eating habits that include an increase in fruit and vegetables

This program will:

- Promote Healthy Eating & Movement– through coaching or counseling
- Promote self-monitoring to record healthy eating, physical activity, and weight.
- Promote Goal Setting
- Obtain height during first visit to calculate BMI
- Provide weight checks
- Provide information on the importance of movement
- Provide information on the importance of a healthy diet
- Offer weekly blood pressure checks
- Social support from peers
- Educational tools and resources

Call Klickitat County Senior Services 509-493-3068 to sign up.

AARP Foundation Tax Aide Locations for 2023

Dates Open: 2/4/2023 - 4/15/2023

Additional locations can be searched on AARP Foundation Tax Aide Locator

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc.; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc. Photo ID and proof of Social Security numbers for everyone listed on the return. Husband & wives filing jointly **MUST** both be present unless due to disability. Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors

AARP TAX-AIDE WHITE SALMON

Appointment required. Call Klickitat County Senior Services to schedule

(509) 493-3068

501 NE Washington St, White Salmon, WA, 98672-1826

Tue, 09:00 am - 12:00 pm

MID COLUMBIA SENIOR CENTER

Call **(541) 296-4788**

1112 W 9th St, The Dalles, OR, 97058-1010

Sat, 9:00 am - 12:00 pm

HOOD RIVER Center of Columbia Gorge Comm College

1730 College Way, Hood River, OR, 97031

Mon, 02:00 pm - 05:00 pm

Appointments at: **GORGETAXAIDE.SIMPLYBOOK.ME**

AARP Tax Aide Locations for 2023

Dates Open: 2/4/2023 - 4/15/2023

Additional locations can be searched on AARP Foundation Tax Aide Locator
https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

HOOD RIVER VALLEY ADULT CTR

Appointment required. Call **(541)386-2060** to schedule

2010 Sterling Pl, Hood River, OR, 97031-9598

Thu, 2:00 pm - 05:00 pm

TYGH VALLEY COMMUNITY CENTER

Appointment required call **541 395-2598**

57594 Tygh Valley Rd, Tygh Valley, OR, 97063-8715

Thu, 09:00 am - 12:00 pm

HERITAGE UNIVERSITY

3240 Fort Rd, Toppenish, WA, 98948-9562

Sat, 09:00 am - 1:00 pm

Call (877) 211-5445 for appointments, Site Open 02/04/2023, 02/11/2023, 02/18/2023, 02/25/2023, 03/04/2023, 03/11/2023, 03/25/2023. 04/01/2023

STEVENSON COMMUNITY LIBRARY

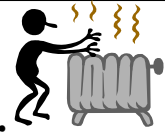
120 Nw Vancouver Ave, Stevenson, WA, 98648-6446

Sat, 11:00 am - 03:00 pm

In-Person. Walk-ins welcome. Appointments can be made by calling the Stevenson Library at **509-427-5471**. Bring photo identification for you and your spouse (if applicable) and social security cards or individual tax identification cards or letters for everyone listed on your return, including ALL dependents. We can assist with the new Washington Working Family Tax Credit. We also prepare Oregon returns for full year and non-residents but no part year returns or returns for other states. We do not prepare married filing separate returns. Additional out of scope situations will be

Senior Low Income Klickitat PUD Discount

If you are **62** or older and your **GROSS household annual income is under \$27,180 for a single occupant household or under \$36,620 for a two person household** you may qualify for the **Senior Klickitat County PUD discount**.



Call Senior Services at 773-3757 or 493-3068 to make an appointment to apply for your PUD discount. The discount runs Dec.1, 2022-May 31,2023(6 months).



Water/Sewer Senior Discounts

Goldendale

Call Doreen at Senior Services in Goldendale 509- 773-3757 to make an appointment to apply for the senior discount for Goldendale water/sewer. Applications are accepted between February 15th through April 15th.



To qualify for a discount you must be 62 or older and your annual household income must be \$21,400.00 or less. You need to bring your most recent water bill and proof of household income.

White Salmon/Bingen

Senior discounts for water/sewer for White Salmon and Bingen are processed by WAGAP. Contact WAGAP at 509-493-2662 for more information or to apply.

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 Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

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




White Salmon Events

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street</i>		1 12pm Senior Lunch 1:30pm Healthy People 2030	2 8:30 to 9:30 Hatha Yoga 2pm Strong People	3 	4
5	6 12pm Senior Lunch 1:30pm Healthy People 2030	7 8:30 to 9:30 Hatha Yoga 9am AARP Tax Aide by appointment 2pm Strong People	8 12pm Senior Lunch 1:30pm Healthy People 2030	9 8:30 to 9:30 Hatha Yoga 2pm Strong People	10	11
12	13 12pm Senior Lunch <u>1:30 Monthly Grief Support Group</u> 1:30pm Healthy People 2030	14 8:30 to 9:30 Hatha Yoga 9am AARP Tax Aide by appointment 2pm Strong People	15 12pm Senior Lunch 1:30pm Healthy People 2030	16 8:30 to 9:30 Hatha Yoga 2pm Strong People	17 	18
19 	20 12pm Senior Lunch 1:30pm Healthy People 2030	21 8:30 to 9:30 Hatha Yoga 9am AARP Tax Aide by appointment 2pm Strong People	22 12pm Senior Lunch 1:30pm Healthy People 2030	23 8:30 to 9:30 Hatha Yoga 2pm Strong People	24	25
26	27 12pm Senior Lunch 1:30pm Healthy People 2030	28 8:30 to 9:30 Hatha Yoga 9am AARP Tax Aide by appointment 2pm Strong People	29 12pm Senior Lunch 1:30pm Healthy People 2030	30 8:30 to 9:30 Hatha Yoga 2pm Strong People	31	



2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change			1 Chicken Teriyaki	2 Chicken Teriyaki	3	4
5	6 Red Beans & Rice w/ Kielbasa	7 Red Beans & Rice w/ Kielbasa	8 Sloppy Joes	9 Sloppy Joes	10	11
12 	13 Hungarian Goulash	14 Hungarian Goulash	15 Chicken Fettucine	16  Chicken Fettucine	17	18
19	20 Beef Stroganoff	21 Beef Stroganoff	22 BBQ Pork	23 BBQ Pork	24 	25
26	27 Chicken Cacciatore	28 Chicken Cacciatore	29 Baked Fish	30 Baked Fish	31	

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 Grange #49, 228 E. Darland Drive, Goldendale —meal is served at 12pm on Tuesdays and Thursdays (temporary location while Goldendale Senior Center is under repair).**

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

Monthly Grief Group at the Pioneer Center in White Salmon

When? 2nd Monday of the month from 1:30-2:30pm(first gathering will be 3/13)

Where? White Salmon Pioneer Center, 501 NE Washington Street (White Salmon meeting room)

Who? Anyone who is grieving a loss. It doesn't matter how far along you are in your grief.

These grief groups will meet once a month on the second Monday of the month. Anyone mourning the loss of someone (this includes humans and animals) is welcome to join.

Attendees will be given the opportunity to share about their grief. When we gather in community to share about our grief, it can make the loneliness of the grieving experience a little more palatable.

Maggie Converse is volunteering her time and will be facilitating these groups. Maggie is an end-of-life doula, a grief companion, and a death and grief educator. She lives in Hood River with her two beloved dogs and enjoys getting to spend time outside with them.

It would be helpful for us to know how many people may attend. Please call Klickitat County Senior Services 509-493-3068 to get on the attendance list.

If you have questions, please reach out to Maggie directly at maggie@maggieconverse.com or by phone at [503-395-4738](tel:503-395-4738).

Veterans Service Office

Frank Gilligan is the Klickitat County Veterans Service Officer. He is here to assist Veterans and widows of Veterans file claims with the U.S. Department of Veterans Affairs for:

- health care services;
- disability compensation;
- non-service connected pensions;
- aid and attendance;
- educational benefits;
- vocational rehabilitation;
- burial reimbursements.
- The VSO can also assist with benefit applications for other local, state and federal agencies.

Goldendale: Monday/Tuesday

Courthouse
205 S Columbus Ave Room 203
Goldendale, WA 98620

509-773-2467

White Salmon: Wednesday/Thursday

Pioneer Center
501 NE Washington St
Room 103
White Salmon, WA 98672

Ph: (509) 493-6031

Email:
frankg@klickitatcounty.org

Office Hours

8:30 A.M. - 5:00 P.M.
Closed 12:00 - 1:00 P.M.

WAGAP MOBILE FOOD BANK SCHEDULE

Fighting Hunger and Food Insecurity



- Low-income individuals and families are eligible.
- Includes one monthly Food Box of canned goods, fresh produce, bread and frozen meat.
- Choose the best Mobile Food Bank time and location.
- Or visit a WAGAP Food Bank in Bingen, Goldendale, Klickitat, or Stevenson (call or see website for hours)
- No prior registration is required.
- Drop in during scheduled times.

1ST THURSDAY

9-11 AM - WISHRAM SCHOOL

(135 BUNN STREET, WISHRAM, WA 98673)

12-2 PM - DALLESFORT COMMUNITY CENTER

(136 6TH AVENUE, DALLESFORT, WA 98617)

3-5 PM - LYLE LIONS CLUB

(503 LEWIS AND CLARK HIGHWAY, LYLE, WA 98635)

2ND THURSDAY

9:30-11:30 AM - SKAMANIA ELEMENTARY SCHOOL

(122 BUTLER LOOP ROAD, STEVENSON, WA 98648)

1-3 PM - MILL A - EVERGREEN COMMUNITY CHURCH

(432 JESSUP ROAD, MILL A, WA 98605)

3RD THURSDAY

9-11 AM - TROUT LAKE - MT. ADAMS BAPTIST CHURCH

(2366 WA-141, TROUT LAKE, WA 98650)

12-2 PM - BZ CORNER COMMUNITY BUILDING

(1256 WA-141, WHITE SALMON, WA 98672)

4TH THURSDAY

9 AM - 11 AM - ROOSEVELT - PUEBLO DEL RIO APARTMENTS

(403 CHINOOK STREET, ROOSEVELT, WA 99365)

12:30PM - 2:30 PM - BICKLETON - MARKET STREET CAFE

(106 GOLDENDALE BICKLETON RD, BICKLETON, WA 99322)

(509) 493-2662 EXT 208 | WAGAP.ORG/FOOD-BANKS-NUTRITION



Washington Assistive Technology Act Program

Technology for Independence

The Washington Assistive Technology Act Program (WATAP) provides resources and services to persons who face challenges related to disability and aging to help in the selection and use of assistive technology, also known as AT. AT helps make tasks easier or possible in school, at work, at home, and in the community. WATAP serves seniors and persons with disabilities, and their circle of support, including family members, caregivers, employers, service provider professionals, educators, and others seeking AT expertise.

If you live in Washington State, you can contact us at:

Washington Assistive Technology Act Program

University of Washington

UW Box 357920

Seattle, WA 98195-7920

(800) 214-8731 **Toll-Free Information and Assistance**

(866) 866-0162 **Toll-Free TTY**

(206) 543-4779 **Local Fax**

watap@uw.edu

WATAP provides assistive technology resources and expertise to Washington residents who face challenges related to disability and aging as well as family members, employers, and service providers in employment, healthcare, community living, and education.

WATAP partners with local, regional, and national organizations to bring valuable services to Washington State residents. Once individuals have made a decision about the assistive technology that will work best for them, finding a way to obtain the device is the next step. These programs are available to Washington residents to help them acquire devices through nontraditional funding sources.

WATAP is located at the University of Washington [Center for Technology and Disability Studies](#) (UWCTDS), within the [Center for Human Development and Disability](#) (CHDD). Our work is supported by a grant from the U.S. Department of Health and Human Services [Administration for Community Living](#), and other funding sources.

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

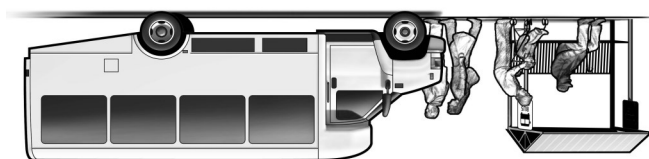
Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue #032023



**2023 Annual Gorge Pass Offers Unlimited Travel Around the
Columbia Gorge**
The Gorge Pass allows for unlimited travel on fixed route public transit
services in Hood River, Wasco, Klickitat, and Skamania Counties as well
as to Vancouver, Portland, Multnomah Falls, and Troutdale on the fixed
route services for \$40 Adults until the end of 2023. Passes can be
purchased at a transit office (Mt. Adams Transportation offices) or online at
gorgetranslink.com or at gorgepass.com
Fixed route schedule are also available at the transit offices or online at
gorgetranslink.com