





Volunteers—Thank You for your loyal dedication and commitment.

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 volunteers 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.

## APRIL

- National Walking Day—Take a walk and explore your community!
- Earth Day—Participate in a recycling or trash cleanup activity in your community.
- National Library Week—Pick up a book and volunteer at your local library!
- National Volunteer Month—Explore local volunteer opportunities in your community!

Klickitat County Senior Services Volunteer Connection Program will be participating in the Lyle and Bingen/White Salmon Community Clean Up events in April.

If you are in need of some assistance with your home or are interested in participating as a volunteer please contact our Volunteer Coordinator, Isaias Garcia at 509-773-3757  
isaiasg@klickitatcounty.org.

Or our volunteer site:

<https://klickitatseniorservices.galaxydigital.com/>



## Lyle Community Clean Up

Friday, April 14th and Saturday, April 15th



Bingen & White Salmon

# Community Cleanup

April 21-22 FRI & SAT 9-5

Reuse  Repurpose  Recycle

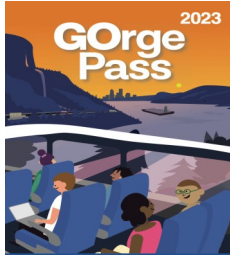
### Community Cleanup of Bingen - White Salmon NEEDS VOLUNTEERS

Contact Tammara Toppel for more info and to schedule your shift.  
509-493-3630 / [mtadamschamber@gmail.com](mailto:mtadamschamber@gmail.com)

## Annual GORge Pass Offers Unlimited Travel to and from Portland/Vancouver and Around the Columbia Gorge

Four Gorge transit providers have teamed up to offer unlimited, fixed route rides to riders with a GORge Pass:

- Columbia Area Transit (CAT), including the Columbia Gorge Express and the Gorge-to-Mountain Express in winter



- The Link Public Transit (The Link)
- Mt. Adams Transportation Service (MATS)
- Skamania County Transit

The GORge Pass provides local riders, commuters, tourists, adventurers, and everyone in between with an easy, affordable way to get from here to there. Transferring from one service to the next is as simple as showing your GORge Pass. For only \$40 per adult for year-long use (\$20 for youth under 17), the GORge Pass can be downloaded onto your smartphone via downloading the Token Transit app or purchased as a physical pass that fits in your wallet.

### HOW THE GORge PASS WORKS:

#### PRICE:

- \$40 Adults
- \* \$20 Youth under 17

#### WHAT YOU GET:

- An annual pass connecting Portland/Vancouver and the Columbia Gorge. The GORge Pass is good for the calendar year, ending on December 31.
- Unlimited fixed route rides on CAT (including the Columbia Gorge Express and the Gorge-to-Mountain Express), The Link, MATS, and Skamania County Transit buses.
- To relax and enjoy the scenery while we drive—and no driving or parking hassles!

#### HOW TO BUY:

1. Buy a virtual GORge Pass to download to your phone at [gorgepass.com](https://gorgepass.com).
2. Buy a printed GORge Pass at any of the offices for CAT, The Link, MATS and Skamania County Transit—details are available at [gorgepass.com](https://gorgepass.com).

Online schedules are available for all routes at [gorgepass.com](https://gorgepass.com), and printed schedules are available at all transit provider offices, on buses, at local Chambers of Commerce and various business locations throughout the Gorge. (For specific locations [gorgepass.com](https://gorgepass.com).)

For more information about GORge Pass visit [gorgepass.com](https://gorgepass.com) or call 833-3GO-PASS.833-346-7277

## Members Needed for Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1<sup>st</sup> Friday of each month at 10:30am in person rotating between Goldendale, White Salmon, and Dallesport or via zoom.

New members are needed. We currently have 2 vacant positions. If you are interested in applying or would like more information please contact: Sharon Carter, Director of Klickitat County Senior Services at 509-493-6228 or [sharonc@klickitatcounty.org](mailto:sharonc@klickitatcounty.org).

The current Advisory Board Members are:

### **District 1:**

Shelley Baxter –White Salmon

Gavin Carmichael—Husum

Ruth Shafer---White Salmon

### **District 2:**

Anita Wellenbrock-Glenwood

David Christian—Dallesport

Linda Davis---Dallesport

### **District 3:**

Terra McLeod—Goldendale

### **2023 Senior Advisory Board Meeting Schedule/Location**

April 7th Pioneer Center White Salmon

May 5th Goldendale Administrative Services Building--Mt. Adams Room

June 2nd Dallesport Community Center

July 7th Pioneer Center White Salmon

August 4th Goldendale Administrative Services Building-Mt. Adams Room

September 1st Dallesport Community Center

October 6th Pioneer Center White Salmon

November 3rd Goldendale Administrative Services Building-Mt. Adams Room

December 1st Dallesport Community Center

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



# White Salmon Events

## April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <b>12pm Senior Lunch</b>	4 8:30 to 9:30 Hatha Yoga  2pm Strong People	5 <b>12pm Senior Lunch</b>  1:30pm Healthy People 2030	6 8:30 to 9:30 Hatha Yoga  2pm Strong People	7	8
9	10 <b>12pm Senior Lunch</b> <b>1:30pm Grief Group</b>	11 8:30 to 9:30 Hatha Yoga  2pm Strong People	12 <b>12pm Senior Lunch</b>  1:30pm Healthy People 2030	13 8:30 to 9:30 Hatha Yoga  2pm Strong People	14	15
16	17 <b>12pm Senior Lunch</b>	18 8:30 to 9:30 Hatha Yoga  2pm Strong People	19 <b>12pm Senior Lunch</b>  1:30pm Healthy People 2030	20 8:30 to 9:30 Hatha Yoga  2pm Strong People	21 <b>Community Clean up</b>	22 Community Clean Up
23	24 <b>12pm Senior Lunch</b>	25 8:30 to 9:30 Hatha Yoga  2pm Strong People	26 <b>12pm Senior Lunch</b>  1:30pm Healthy People 2030	27 8:30 to 9:30 Hatha Yoga  2pm Strong People	28	29
30						



# April 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 WS Chicken A La King	4 GD & Lyle Chicken A La King	5 WS Sweet & Sour Pork	6 GD Sweet & Sour Pork	7	8 <b>Menu Subject to Change</b>
9 	10 WS County Steak	11 GD & Lyle Country Steak	12 WS Chicken Parmesan	13 GD Chicken Parmesan	14 	15
16	17 WS Swedish Meatballs	18 GD & Lyle Swedish Meatballs	19 WS Tuna Salad	20 GD Tuna Salad	21	22
23	24 WS	25 GD & Lyle	26 WS	27	<b>28</b>	29
30	Chicken Tenders	Chicken Tenders	Beef Lasagna	Beef Lasagna		

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

# KLICKITAT COUNTY RESOURCE FAIR



---

## COME LEARN ABOUT LOCAL RESOURCES

Join us in supporting our local youth as  
they promote health and wellness within  
our community

---

**APRIL 13, 2023**  
**10 AM TO 2PM**  
**KLICKITAT COMMUNITY CENTER**

Free entry and snacks

For more information contact Sheila at 509-316-9523 or email  
[klasacoalition@gmail.com](mailto:klasacoalition@gmail.com)



Washington State  
Health Care Authority

## 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.



## 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.

## 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](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

## **Monthly Grief Group at the Pioneer Center in White Salmon**

**When?** 2<sup>nd</sup> Monday of the month from 1:30-2:30pm (**April 10th**)

**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](mailto:maggie@maggieconverse.com) or by phone at [503-395-4738](tel:503-395-4738).



### **Healthy People 2030 Program Support Group**

**Open to all ages  
(Limited to 20 people)**

**12 month program**

**Meet once a week on Wednesday from 1:30pm to 2:30pm**

**Pioneer Center, 501 NE Washington Street, White Salmon, WA.**

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

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





The Goldendale Community Library hosts a number of programs for everyone throughout the year. Below are programs for April. **Adults**

1st Mondays One-on-One Tech Help by appointment 10:00AM - 1:00PM  
Call the library for an appointment

3rd Mondays Book Group 11:00 AM

April 6, 2023, 6:00 PM - 7:00 PM: Edible, Poisonous and Fascinating Spring Fungi of the Columbia River Gorge with local author, Michael Beug

**Children & Families**

Wednesday Family Storytime: 10:30 AM – 11:30 AM

1st Saturdays Family Storytime 10:30 - 11:30 AM

4th Wednesdays, 2:00 PM - 3:00: Learn & Play @ Goldendale Primary School Library, ages 0 - 6 and caregivers.

4th Fridays, 2:30 PM - 4:00 PM: Crafter Noon

\*\*Refreshments at programs sponsored by the Friends of the Goldendale Library\*\*

**WHITE SALMON VALLEY COMMUNITY LIBRARY 77 NE Wauna Ave • 509-493-1132**

**Wild About Nature X Series**

**April 7 • 5:30-8 pm (White Salmon Library}**

5:30-Artist Reception Northwestern Pond Turtles in the Columbia River Gorge

Carly Wickhem, Wildlife Biologist, Washington Department of Fish and Wildlife

Fisher Conservation in Washington: A Long, Exciting, and Ongoing Recovery Story of a Mysterious and Furry Critter, Jeff Lewis, Mesocarnivore Conservation Biologist, Washington Department of Fish and Wildlife

**April 14 • 6-8 pm (Mt. View Grange}**

Giant Sloths and Sabertooth Cats: The Extinct Ice Age Mammals of North America

Donald K. Grayson, Professor Emeritus, Department of Anthropology, University of Washington  
The Wolves in Washington, Gabriel Spence, Wolf Biologist, Washington Department of Fish and Wildlife

**April 21 • 6-8 pm (Mt. View Grange}**

Women Plant Explorers in North America at the Turn of the 20th Century

Brian R. Thompson, MLS. Manager and Curator of Horticultural Literature, Elisabeth C. Miller Library  
Flora of the North Pacific Rim, Professor Eric DeChai ne

**April 28 • 6-8 pm (Mt. View Grange}**

Watershed and Climate Resilience: The Many Benefits of Living With Beavers

Alexa Whipple, Director of the Methow Beaver Project  
Amphibians of the Columbia Gorge, Charlotte Corkran, Naturalist from the Northwest Ecological Research Institute

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 # 042023**

