



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

2023

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Annual Senior (60+) & Senior Services

Volunteer Recognition Picnic

Friday, August 25th

Daubenspeck Park in Bingen

ALL SENIORS (60+) IN KLICKITAT COUNTY ARE WELCOME TO ATTEND OUR ANNUAL PICNIC.

Lunch will be served at noon.

Food, drinks, and place settings will be provided by Senior Services.

Bring your lawn chairs.

Please call the Goldendale or White Salmon Senior Services office to sign up for the picnic as we need a count of persons attending so we will be able to provide enough food. If you need transportation to the picnic please call your nearest Senior Services office to get on the bus list if you need transportation.

East End of Klickitat County Call Alyssa at 773-3060,
West end of Klickitat County call Lisa at 493-4662.

Strong People Strong Bodies Classes

Additional STRONG PEOPLE classes have been added in the Senior Dining Room at the Pioneer Center in White Salmon. Jane Palmer is the facilitator and classes that will be on Mondays, Wednesdays, and Fridays from 8:30am to 9:30am. You are welcome to stop in and chat with Jane if you are interested in joining.

Jill Parrott facilitates the Tuesday & Thursday afternoon classes. Call her at 509-493-3068 for more information.

StrongPeople Strong Bodies is a community-based strength training program aimed at mid-life and older individuals.

Disasters Happen - Are You Ready?

There are many easy and affordable ways for families, organizations, and communities to be prepared for emergencies.

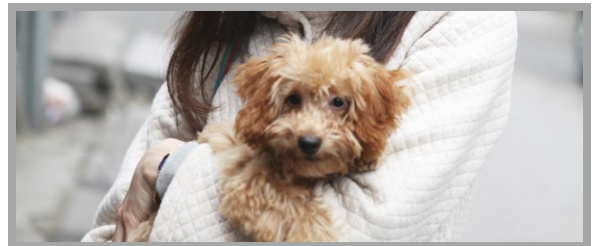
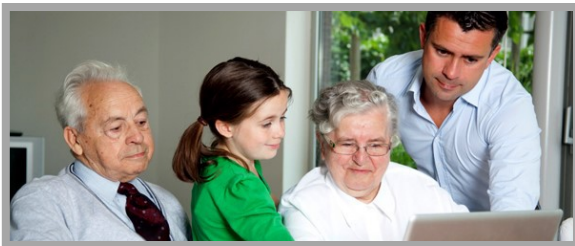
A few hours a month can make the difference—take action now!

1. Make a Plan 2. Build Your Kits 3. Get Connected 4. Become Involved

1. Make A Plan: Develop and test emergency communication plans

Your family may not be together if a disaster strikes, so it is important to think about the following situations and plan just in case. Consider the following questions when making a plan:

- How will my family/household get emergency alerts and warnings?
- How will my family/household get to safe locations for relevant emergencies?
- How will my family/household get in touch if cell phone, internet, or landline doesn't work?
- How will I let loved ones know I am safe?
- How will family/household get to a meeting place after the emergency?



2. Build Your Kits: Assemble or update emergency supply kits

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

- Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.
- You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for 14 days. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.
- Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.



3. Get Connected: Sign up for local alerts and warnings, download apps, and/or check access for wireless emergency alerts

- Federal Emergency Management Agency: FEMA/IPAWS: <https://www.fema.gov/integrated-public-alert-warning-system>
- Ready.Gov/alerts: <http://www.ready.gov/alerts>
- National Weather Service Email and SMS Weather Alert Services: <http://www.weather.gov/subscribe>
- American Red Cross Mobile Apps: <http://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps>
- WA State EMD - Alert & Warnings List: <http://mil.wa.gov/preparedness>

4. Become Involved: Plan with neighbors to help each other and share resources

- Map Your Neighborhood (MYN)
- Local Emergency Management Offices
- Search & Rescue Organizations
- Amateur Radio Clubs
- Citizen Corps:
 - * Community Emergency Response Teams (CERT)
 - * Fire Corps
 - * National Neighborhood Watch
 - * Medical Reserve Corps (MRC)
 - * Volunteers in Police Services (VIPS)
 - * Corporation for National and Community Service (CNCS): AmeriCorps, Senior Corps, Learn & Serve America

For more information visit:

Preparedness Videos: <https://www.youtube.com/user/EMDPrepare>



**Washington State
Emergency Management**

**[www.mil.wa.gov/
preparedness](http://www.mil.wa.gov/preparedness)**



FEMA: Ready

www.ready.gov



American Red Cross

www.redcross.org

Monthly Grief Group at the Pioneer Center in White Salmon

When? 2nd Monday of the month from 1:30-2:30pm (**August 14th**)

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).

LET'S TALK

Hi there! My name is Noelle Savatta and I am hosting a monthly session at the Pioneer Center Senior Center in White Salmon called *Let's Talk*.

It isn't counseling or therapy, but an opportunity to get some support or guidance about the challenges you may be facing in your life; to talk about relationships with family or friends, how you are feeling, or if you are sad, lonely, anxious, or having other struggles.

I will be available at the Pioneer Center Senior Center from 10 to 11am on the 4th Monday of the month. Please call ahead so Noelle knows how many plan to attend. The meeting can be one on one or in small groups. Held in the Bingen Meeting Room at the Pioneer Center, 501 NE Washington Street, White Salmon.

The next meeting date will be Monday, August 28th.

A little more about me...I live and work in White Salmon and have been in the mental health field for over 20 years. I am currently a Licensed Psychologist with a private practice. When I'm not working I love hiking and biking with my red heeler named Ollie. I look forward to meeting you!

Noelle Savatta, PhD
Licensed Counseling Psychologist
503-893-4669

FRESH FRUITS & VEGETABLES for Washington Seniors

Klickitat County Senior Services will again be distributing Senior Farmers Market Nutrition Program benefits for seniors in Klickitat County that qualify. There are changes to this program from previous years. They will no longer be a check/paper voucher, they will be a card that has the benefits loaded on electronically. They are limited in supply and available on first come – first serve basis for those who qualify.

If you are interested in applying to receive a benefit card 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 \$26,973 Annual or \$2248 Monthly Income for 1 person
 - o \$36,482 Annual or \$3040 Monthly Income for 2 people
 - o For larger households, add \$792 for each additional person
- You must be a resident of Washington State

An Affidavit for eligibility must be completed.

Klickitat County vendors that accept these benefits will be available on the list of approved vendors sometime in June.


Typically they are able to be used at the Goldendale and White Salmon Farmer's Markets and the vendor will have a sign that indicates they accept Washington Senior Farmers Market benefits. Benefits must be used by October 31, 2023.



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

White Salmon Events

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>	1	2 8:30-9:30 Strong People Class 12pm Senior Lunch	3 8:30 to 9:30 Hatha Yoga 2pm Strong People	4 8:30-9:30 Strong People Class	5
6	7 8:30-9:30 Strong People Class 12pm Senior Lunch	8 8:30 to 9:30 Hatha Yoga 2pm Strong People	9 8:30-9:30 Strong People Class 12pm Senior Lunch	10 8:30 to 9:30 Hatha Yoga 2pm Strong People	11 8:30-9:30 Strong People Class	12
12	14 8:30-9:30 Strong People Class 12pm Senior Lunch 1:30-Grief Group (WS Room)	15 8:30 to 9:30 Hatha Yoga 2pm Strong People	16 8:30-9:30 Strong People Class 12pm Senior Lunch	17 8:30 to 9:30 Hatha Yoga 2pm Strong People	18 8:30-9:30 Strong People Class	19
20	21 8:30-9:30 Strong People Class 12pm Senior Lunch	22 8:30 to 9:30 Hatha Yoga 2pm Strong People	23 8:30-9:30 Strong People Class 12pm Senior Lunch	24 8:30 to 9:30 Hatha Yoga 2pm Strong People	25 8:30-9:30 Strong People Class Annual Senior Picnic at Daubenspeck Park in Bingen	26
27	28 8:30-9:30 Strong People Class 10am Let's Talk (Bingen Room) 12pm Senior Lunch	29 8:30 to 9:30 Hatha Yoga 2pm Strong People	30 8:30-9:30 Strong People Class 12pm Senior Lunch	31 8:30 to 9:30 Hatha Yoga 2pm Strong People	Recovery Café in White Salmon Thursdays 10am to 2pm at Mt. View Grange downstairs 1084 Estes Ave, White Salmon	



August 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 GD Red Beans & Rice w/ Kielbasa	2 WS Baked Chicken	3 GD Baked Chicken	4	5
6	7 WS Baked Fish	8 GD Baked Fish	9 WS Country Steak	10 GD Country Steak	11	12
13	14 WS Sloppy Joes	15 GD Sloppy Joes	16 WS Spaghetti	17 GD Spaghetti	18	19
20	21 WS BBQ Pork	22 GD BBQ Pork	23 WS Chicken Waldorf Salad	24 GD Chicken Waldorf Salad	25 Senior Picnic at Daubenspeck Park in Bingen	26
27	28 WS Meatloaf	29 GD Meatloaf	30 WS Chicken Teriyaki	31 GD Chicken Teriyaki	Menu Subject to Change	

Klickitat County Senior Services has congregated 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 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	2 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group@Masonic Lodge	3 12pm Senior Lunch 1pm Exercise	4 Senior Shopping trip to Hood River Wal Mart	5
6	7 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group@Masonic Lodge	8 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	9 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @ Masonic Lodge	10 12pm Senior Lunch 1pm Exercise	11	12 Call MATS to sign up for shopping trips 509-773-3060
13	14 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group@Masonic Lodge	15 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	16 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group @ Masonic Lodge	17 12pm Senior Lunch 1pm Exercise	18 Senior Shopping trip to The Dalles call MATS to sign up	19
20	21 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group@Masonic Lodge	22 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	23 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support Group @ Masonic Lodge	24 12pm Senior Lunch 1pm Exercise	25	26
27	28 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support group@Masonic Lodge	29 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	30 Recovery Café Pop up Café 10am to 2pm lunch, crafts, support Group @ Masonic Lodge	31		

Living with Chronic Disease? You Are Not Alone.

Our Living a Healthy Life with Chronic Disease Program can help you manage symptoms and find the support you need.



Virtual* workshop starting soon!

Wednesdays, Sept. 20 - Oct. 25
1:30 - 4:00 p.m.

To register, contact
509-493-3068 in White Salmon,
509-773-3757 in Goldendale.

Register by Sept. 18th.

*Held on Zoom: Tablets, internet access and technical assistance are available upon request.

Learn New Ways To:

- Manage symptoms
- Solve problems
- Handle frustration, fatigue, pain, and isolation
- Build a support system
- Work with your doctor

Reward Yourself with the Gift of Health

Earn a \$50 gift card for attending the first session (Sept. 20) and an additional \$100 gift card for completing the workshop series.



SWACH





Washington S

Office of the Attorney General

Internet Safety for Seniors

Information exposure and seniors

Seniors generally buy into a few myths about information exposure online. The first myth is that if you don't use a computer you aren't exposed online. In reality, just because YOU didn't put information online doesn't mean it isn't there – virtually everyone has information online that has been placed there by several sources.

Here are a few examples:

- Publicly available government records will show if you own a home, vote, have a criminal record (or speeding ticket), and much more.
- Your home is listed online and its image is available through any Internet mapping service.
- Unless you have been very careful to ensure your phone number isn't in a phone book, it's online. Even if you have been careful, type it into any browser window and see if it brings back your information – chances are that it will.
- If you donate to a charity without doing so anonymously the charity's website probably lists you among all their donors as a thank you.
- If you volunteer with an organization, belong to a church group, sports group, action committee, and so on, chances are they list you on their website.
- If your grandchild has a blog (an online journal) your name, location, and income may have been mentioned online.
- If a relative enjoys genealogy, your name and your relatives names may be online.

The second myth is that if you haven't fallen for an Internet scam you won't be the victim of an Internet crime. The truth is that you may never know what the Internet connection is (or even if there was one) in most crimes. For example, information found online may give a criminal the incentive and means to rob your home or steal your identity.

The third myth is that the information you post online will only be looked at by people who you know. Actually everything on the Internet is being copied and referenced – constantly. Even if you take your information off the Internet, a copy of it may still be there. Reduce exposure by removing personally identifiable information from anything you or family members post online.

The Internet provides numerous opportunities for seniors to meet people, conduct business, plan travel, access records, stay in touch with friends and family, and support hobbies and entertainment interests. You can learn how to take advantage of the opportunities without falling prey to predators so you can have peace of mind when you go online.

Tips for seniors to stay safer online

- Never trust a link sent to you by someone you don't know. By clicking the link you may be taken to a site that may look like your bank or credit card company, but isn't. One thing a criminal can't fake is the actual website address of a company or bank. Instead of clicking a link in an e-mail, search for the Web address using a search engine to find the real one. Use that to ask the company about the message you received, or call using the number listed on your statements. Mark the real site as a favorite in your browser so that one click brings you there safely every time.
- Never trust an e-mail that asks for your personal or account information (called a phishing scam). These usually seem convincing (the shabby ones have spelling errors, but the high quality scams look impeccable). No bank or reputable company is going to send you an e-mail asking you to correct your information, validate your identity, re-enter your password, and so on.
- The smarter scams often contain text warning you against fraud. They do this because many people believe that an e-mail that warns them to be careful must be legitimate. That is not always true. This also extends to sites that claim they have protections in place for your privacy and security. Anybody can make these claims, but only certain sites protect you.
 - Never respond – or even open an e-mail with a deal that is too good to be true unless it is from a company that you know well and expect to get these kinds of offers from them. Scammers want you to react without taking time to think things through, so their e-mails frequently sound urgent, such as:
- ...“if we don't hear by tomorrow your account will be closed” (and you'll notice that the date of “tomorrow” never is listed).
- ...“this offer won't last, order now to ensure”...
- Never believe that someone you don't know is going to give you money.
- Do not believe a person from another country who just needs you to “help transfer funds” and they need your bank account number to do so. Such scammers promise to give you a huge amount of money for helping them out. The result is an empty bank account.
- If you never entered a lottery, you did not win the lottery. Such scams ask you to provide your information and bank account number so they can transfer your prize money. Don't. The result is an empty bank account.
- Don't believe a really rich, famous person just wants to help you out... and that the celebrity also mysteriously needs your address, phone number, bank account information to do so. The result is an empty bank account.

Guard your information well. It is better to be rude than to be ripped off, so demand validation, verification, and authentication before giving your information to anyone. If you still feel uneasy, say no or check further.

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 # 082023

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 its 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 Nutrition 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.