

# MARCH

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

## 2024

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### AARP Tax Aide appointments in White Salmon

We have confirmed that AARP tax aide volunteers will have appointments available at the Pioneer Center, 501 NE Washington Street, White Salmon beginning Tuesday, February 6th.

You must call for an appointment. (509) 493-3068.

Appointments will be on Tuesdays between 9am and 12pm from February 6th through April 9th.

#### 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. Couples 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

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)

### Do you enjoy a good game of Cribbage?

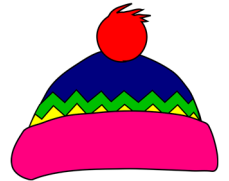
If you are interested in playing cribbage Mike Yarnell has organized a group of interested cribbage players to meet on Wednesdays at 1pm at the Pioneer Center in White Salmon after the senior lunch. Starts on Wednesday, March 6th at 1pm. Call the Senior Services office in White Salmon 509-493-3068 if you are interested in joining.



## **Volunteer & Learning Opportunity—Loom Knitting**

Cheri Michaelson is teaching loom knitting at the Pioneer Center in White Salmon after the Senior Lunch on Mondays and Wednesdays for those interested in learning.

Cheri is providing the loom and the yarn and teaching to knit hats to provide to WAGAP to distribute to those in need in the Fall.



If you have questions or are interested in learning and helping to make hats for those in need please call Cheri Michaelson at 503-314-9952 or come to the Pioneer Center on Mondays and Wednesdays after senior lunch (about 1pm).

## **LET'S TALK**

No meeting in March as Noelle will be out of town. Next meeting will be in April.

**Don't Forget to move your clocks forward one hour for Daylight Savings time.**

**Daylight saving time officially starts on Sunday, March 10 at 2 a.m.**



## Gorge Tax Aide

Beginning February 01, 2024 and continuing through April 15, 2024 AARP Foundation is providing free tax assistance and preparation through its Gorge Tax Aide Program by appointment.

Appointments at The Pioneer Center located at 501 NE Washington St in White Salmon WA are scheduled by calling 509-493-3068. Appointments are available Tuesdays, February 6, 2024 through April 9, 2024 from 9-12 pm.

AARP Foundation Tax-Aide - Tygh Valley Community Center

57594 Tygh Valley Rd, Tygh Valley, OR 97063

Thursdays, February 8th - April 13th 9:00 AM - 12:00 PM

Call 541-395-2598 for a drop-off appointment

AARP Foundation - Facilitated Self-Assistance (FSA) Columbia Gorge Community College Hood River campus, 1730 College Way, Hood River, OR 97031 Room 303

Mondays, February 5th - April 15th 1:30 - 5:00 PM

FSA provides taxpayer access to free self-prep tax services at their convenience. No appointment required! FSA Remote combines the computer skills of the taxpayer, the intuitive programming of tax software, and the expertise of certified volunteers when/if needed to produce an accurate, self-prepared tax return. Under \$72000 Adjusted Gross Income taxpayers only!

The following location's appointments are available Feb 1 through April 15, 2024 via the link below:

(Mondays Only) Columbia Gorge Community College, Hood River Campus, Room 302, 1730 College Way, Hood River, OR, 1:30PM-5PM.

(Thursdays Only) Hood River Valley Adult Center, 2010 Sterling Pl, Hood River, OR, 2PM-5PM.

(Fridays Only) Mid-Columbia Senior Center, 1112 W. 9th St, The Dalles, OR, 3PM-6PM.

(Saturdays Only) Mid-Columbia Senior Center, 1112 W. 9th St, The Dalles, OR, 9AM-12PM.

*You may visit these sites during tax prep hours and the greeter can help you schedule the next available appointment.*

Book your appointment at <https://gorgetaxaide.simplybook.me/> or go to the scheduling site using this QR Code.



# Do you need help with Winter electricity?

## Senior Low Income Klickitat PUD Discount

If you are **62 or older** and your **GROSS household annual income is under \$29,160 for a single occupant household or under \$39,440 for a two person household** you may qualify for the **Senior Klickitat County PUD discount**. \*"Gross income", is defined as for households and individuals, gross income is the sum of all wages, salaries, profits, interest payments, rents, and other forms of earnings, before any deductions or taxes for all household members.



## Rate Schedule: Low Income Elderly Rate

The Low-Income Elderly Rate is available for single-phase use to single family residential, farm, or tenant farm customers, age 62 or over, with a single household income of \$29,160 per year or a 2-person household income of \$39,440, or less. Certification will be made by Klickitat County Senior Services and requires annual enrollment. If customers move, they will need to re-apply.

### Service

Service may be furnished through one meter to a single-family residence only.

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Yearly Income	Yearly Income
35%	\$14,580 or less	\$19,720 or less
25%	\$14,581 - \$19,391	\$19,721 - \$26,228
15%	\$19,392 - \$21,870	\$26,229 - \$29,580
5%	\$21,871 - \$29,160	\$29,581 - \$39,440

**Effective Date** - Effective for billings issued December 2023 to May 2024.

**Discounts are subject to funding limitations and may be suspended when limit is met.**

Call Klickitat County Senior Services and speak with Doreen in our Goldendale office 509-773-3757 or Jill in our White Salmon office 509-493-3068 about an application for the Senior PUD Low Income Discount Program.



Join us at the Goldendale Community Library for these upcoming programs and more!

1st Mondays: One-On-One Tech Help

10:00 AM - 1:00 PM

Call the library for a reservation

2nd Mondays: Welcome To Your Library

11:00 AM - 12:00 PM

Call for an appointment for yourself or a group for a tour of the building and our physical & digital resources.

3rd Mondays Book Group

11:00 AM - 12:00 PM

Attend in person or virtually

March 2, 2024: Growing Seeds & Other Gardening Tips 1:00 - 2:00 PM

Learn how to grow plants from seeds, best practices in planting, and further care with former Master Gardener Lorraine Fritsch.

March 9, 2024: Seed Swap 10:00 AM - 3:00 PM

Visit the library and give and/or take the perfect seeds for your garden this year. Create your own Egg Carton Seed Starter while supplies last.



March 26, 2024: Introduction to Social Security 5:30 - 6:30 PM

Learn Basic Rules and Claiming Strategies about Social Security benefits and how to maximize what you are legally entitled to receive. Presented by Jon Hancock of Hancock Advisors LLC.

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


# White Salmon Events

## March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i>		<i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.</i>		1 8:30 Strong People Class	2
3	4 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Loom Knitting	5 8:30 to 9:30 Hatha Yoga 2pm Strong People	6 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Cribbage 1pm Loom Knitting	7 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	8 8:30 Strong People Class	9
10 	11 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Loom Knitting	12 8:30 to 9:30 Hatha Yoga 2pm Strong People	13 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Cribbage 1pm Loom Knitting	14 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	15 8:30 Strong People Class	16
17 	18 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Loom Knitting	19 8:30 to 9:30 Hatha Yoga 2pm Strong People	20 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Cribbage 1pm Loom Knitting	21 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	22 8:30 Strong People Class	23
24	<b>25</b> 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Loom Knitting	26 8:30 to 9:30 Hatha Yoga 2pm Strong People	27 8:30 Strong People Class <b>12pm Senior Lunch</b> 1pm Cribbage 1pm Loom Knitting	28 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	29 8:30 Strong People Class	30
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# 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Menu Subject to Change</b>				1	2
3	4 WS Taco Salad	5 GD Taco Salad	6 WS Chicken Alfredo	7 GD Chicken Alfredo	8	9
10 Daylight Savings Begins	11 WS Sweet & Sour Chicken	12 GD Sweet & Sour Chicken	13 WS Meatloaf	14 GD Meatloaf	15	16
17 	18 WS Smothered Crack Dip Chicken Tenders	19 GD Smothered Crack Dip Chicken Tenders	20 WS Beef Lasagna	21 GD Beef Lasagna	22	23
24 — 31	25 WS Sloppy Joes	26 GD Sloppy Joes	27 WS Chicken Parmesan	28 GD Chicken Parmesan	29	30

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

## March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Recovery Café pop-ups held at the Masonic Lodge at 219 S Columbus on Mondays and Wednesdays from 10 a.m. to 2 p.m</i>				1 Senior Shopping trip to Hood River Wal Mart	2
3	4	5 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	6	7 12pm Senior Lunch 1pm Exercise	8	9
10 	11	12 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	13	14 12pm Senior Lunch 1pm Exercise	15 Senior Shopping trip to The Dalles	16 Call MATS to sign up for shopping trips 509-773-3060
17 	18	19 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	20	21 12pm Senior Lunch 1pm Exercise	22	23
24	25	26 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	27	28 12pm Senior Lunch 1pm Exercise	29	30
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## How to avoid the top scam of 2023

- Imposter scams were the most prevalent type of consumer fraud in 2023, according to the Federal Trade Commission.
- There are many forms, but they share a basic premise: Criminals pretend to be someone you trust, such as a romantic interest, government agent, relative or well-known business, to persuade you to send them money.
- The best way for consumers to counter imposter scams is by pausing and verifying that a communication is accurate, according to fraud experts.

Imposter scams come in many forms, but share a basic premise: Criminals pretend to be someone you trust to persuade you to send them money, or to get information that can later be leveraged for money.

People may falsely claim to be a romantic interest, the government, a relative in distress, a well-known business or a technical support expert, the FTC said in a recent report.

Fraudsters, often part of sophisticated organized crime networks, may contact potential victims via channels such as e-mail, phone call, text, mobile apps, social media or traditional snail mail.

Government impersonators, for example, might suggest they work for the Social Security Administration, IRS, Medicare or even the FTC. Others may say they're from a company such as Amazon or Apple and claim there's something wrong with your account, or from your utility company threatening to turn off service. Others may say they're a close friend or family member and need money for an emergency.

Older victims were less likely than younger ones to report losing money to all types of fraud, but their typical loss was higher.

The FBI reported last year that a subset of imposter scam — a type of tech-support fraud known as a "phantom hacker" scam — was on the rise nationally, "significantly impacting" older Americans.

Such cybercrimes are multilayered: Initially, fraudsters generally pose as computer technicians from well-known companies and persuade victims they have a serious computer issue such as a virus, and that their financial accounts may also be at risk from foreign hackers.

## How to protect yourself from imposter scams

The most effective steps consumers can take to protect themselves from imposter scams are to pause and verify.

Fraudsters prey on fear and urgency, hoping to trigger a knee-jerk emotional reaction from victims.

Consumers who receive an unsolicited message from someone — even if it appears to be someone they know — asking them to move money or make a transaction should pause, think about the request and avoid being pressured into it. This may make a fraudster go off-script and remind consumers to engage their rational decision-making.

- Consumers should verify who they're communicating with.
- Don't respond to an unsolicited message. Instead, call the official number on your bill or the back of your bank card and ask the representative to verify the veracity of the initial communication.
- Don't click a link or call a number in an unsolicited message or pop-up window; independently seek out the respective official website or other communication channel.

**It's easy to think this wouldn't happen to you but everyone is susceptible to fraud. Fraudsters are very, very advanced.**

## Delayed-action sweepstakes scam

Sweepstakes scammers, who call or write to say that you've won a fabulous fortune, have been around for ages. But recently they've come up with a new variation on the old formula, according to Bruemmer. Instead of trying to get you to pay taxes or other fees in advance to collect the nonexistent prize, the scammers will ask for personal information so that they can validate you and set up the payout. "They'll say, just give us your banking information and your Social Security number, and we'll file with the IRS and we'll take care of everything," he explains. "But, boom, it's just another form of identity theft." Instead of quickly looting your bank account — what Bruemmer calls a "smash and grab" — the scammers may play a long game. They'll write small checks on your account to see whether you notice the fraudulent activity. If you don't, they'll continue to use the account to obtain credit cards and lines of credit in your name that they can siphon off, giving them a potentially bigger payday down the road.

**How to stay safe:** As with previous variations of the sweepstakes scam, remember that if it seems too good to be true, it probably is. If you get a call from someone claiming that you've won a huge prize, the safest bet is to just hang up. And never, ever provide any personal information.

## **Need More than "Take two Aspirin and call me in the morning?" Klickitat Valley Health has a new service called Palliative Care.**

### **What is Palliative Care?**

- The word "Palliative" is similar in meaning to the word "alleviating".
- Palliative Care is care whose goal is to alleviate problems, symptoms, and pain for people with longer term health challenges.
- With Palliative Care you can enjoy a relationship with a Nurse who can come to your home periodically for a visit to help.
- They are also available by phone for questions.
- Patients with longer health challenges are often focused on staying in their homes as long as possible, and we can help with that goal.
- Patients can be any age.

### **How can the Palliative Care Nurse help me to alleviate problems, and stay in my home?**

- The Nurse can be your "Insider" in the Health Care System. They can help you with your appointments, medications, and help with getting the care you need.
- Their phone has no phone tree, and won't ask you to listen to a list of possible options when you want to talk with someone. Your call goes directly to the Nurse.
- If you have a daily Caregiver, the Nurse can help your Caregiver with any questions they may have.
- If you need a daily Caregiver the Nurse can help you find one, or a place that does.
- Palliative Care has remote monitoring tools that can check your blood pressure or oxygen level, and send results immediately over the network to our Nurse. You don't even need your own Cell Phone for this to work.

### **How long will the Palliative Care Nurse be available to me?**

The Nurse can be available as long as they can help with your health needs, and you desire to continue. There is no time limit like in Home Health, or Hospice programs.

### **Do I have to be anticipating death, like in Hospice?**

Definitely not. Palliative Care is to help with whatever your health problems are now, and keep you in your home. This kind of care is years, or decades before you might need to consider Hospice.

### **How do I start Palliative Care?**

Ask your Klickitat Valley Health Provider to get you started.

### **Do you need more than "take two Aspirin and call me in the morning?"**

Join our service.

The Klickitat Valley Health Palliative Care Office is located at:

711 E Collins Street in Goldendale (the old Family Medicine Clinic)

The Office phone number is 509-772-2691

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#032024**

## **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 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.