



Klickitat County Senior Newsletter

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

2024

Inside this issue:

The theme for the April 21-27, 2024 [National Volunteer Week](#) is *Celebrate Service* – an opportunity to shine a light on the people and causes that inspire us to serve.

Klickitat County Senior Services/Mt. Adams Transportation Services could not be its best without the volunteers who help carry out the many programs and services in Klickitat County.

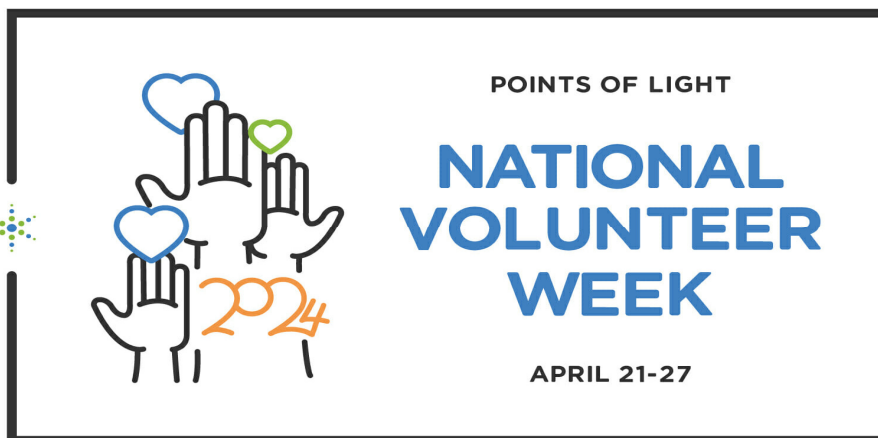
All senior service programs are dependent upon support from volunteers.

Our Volunteer Connection program also has specific volunteer opportunities for senior friendly visitor, friendly helper programs to help individual seniors around their home, shopping, social engagement, and essential supports to get wood for heat and clean up property for fire safety and access.

Total volunteer hours provided in 2023 in Senior Services was 8,856.5 hours. Those volunteer hours were used in supporting transportation, nutrition programs, volunteer connection programs, newsletter, and exercise programs.

Thank you to our volunteers—we would not be able to provide the support to help those in our community without your hard work and dedication.

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COOKIES!!!

Brownie Troop # 19001 will be coming to share Free cookies with seniors at the Pioneer Center.

When: Wednesday, April 10th

Time: 2pm

Place: Pioneer Center Senior Services, 501 NE Washington Street, White Salmon, WA.

Pioneer Senior Center lending library in White Salmon

Volunteers are currently working on the books in the library, grouping them by category (Westerns, Romance, Mystery, etc.).

When you return your books or donate books, please put them in the big basket labeled "Book Returns and Donated



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.

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 on Monday, April 22nd at 10am.

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

dr.noellesavatta@gmail.com

TOO MANY PILLS. WHAT CAN I DO?

A friend told me that he takes too many pills, but he feels it is ok. He smiles and says that he saves money on his food budget. "In the morning, I put them in a bowl and then I add milk and sugar and that's breakfast." I think he was kidding but I smiled back at him and said, "well, that is one possible strategy but not one I would recommend." His comments do bring up a common issue of our times.

Taking too many pills has a name and is called "Polypharmacy." We see Doctors and Nurse Practitioners over the years and collect prescriptions. Often we see different specialists who also prescribe to us. We add a few "over the counter" pills ourselves. It's hard to even get the timing right of when each medication should be taken. We are taking one medication that works against another. We are taking one medication that increases the effects of another. For example, many medications cause a little drowsiness. Now if you are taking two or even three that cause a small amount of drowsiness, that can add up. Then you are fatigued and sleepy. An even worse outcome is when we get a little sleepy and fall and break a hip.

What can you do? Here are some strategies:

1. Ask your Doctor or Nurse Practitioner "What medication can I stop now?"
2. Never go alone to your appointment. With two people at your appointment, you can ask more questions and get more information. Studies show that a patient, alone at an appointment, remembers about 16% of what is said.
3. When you go for an appointment, have an accurate list of what you are taking or take the pill bottles in with you to show the nurse who checks you in. When the nurse says "are you taking the same medications?" never answer simply "yes." By doing so you are endorsing a list which may be old or inaccurate, or leaves out medications you have gotten from other Doctors/Nurse Practitioners. Go over your list one by one or bottle by bottle.
4. One of the services provided by the Palliative Care service from Klickitat Valley health is "de-prescribing." We are good at helping people find medications they can stop. Ask your Doctor/Nurse Practitioner to refer you to Palliative Care. Our office number is 509 772 2691

What Are Social Security-Related Scams?

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information or money.

Scammers might call, email, text, write, or message you on social media claiming to be from the Social Security Administration or the Office of the Inspector General. They might use the name of a person who really works there and might send a picture or attachment as “proof.”

Four Basic Signs of a Scam

Recognizing the signs of a scam gives you the power to ignore criminals and report the scam.

Scams come in many varieties, but they all work the same way:

1. Scammers **pretend** to be from an agency or organization you know to gain your trust.
2. Scammers say there is a **problem** or a prize.
3. Scammers **pressure** you to act immediately.
4. Scammers tell you to **pay** in a specific way.

Known Tactics Scammers Use

Scammers frequently change their approach with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

These are red flags; you can trust that Social Security will *never*

- **Threaten** you with arrest or legal action because you don't agree to pay money immediately.
- **Suspend** your Social Security number.
- Claim to need **personal information or payment** to activate a cost-of-living adjustment (COLA) or other benefit increase.
- **Pressure** you to take immediate action, including sharing personal information.
- Ask you to **pay with** gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.
- **Threaten** to seize your bank account.
- Offer to **move your money** to a “protected” bank account.
- **Demand** secrecy.
- **Direct message** you on social media.

Scams continued...

Be skeptical and look for red flags. If you receive a suspicious call, text message, email, letter, or message on social media, the caller or sender may not be who they say they are. Scammers have also been known to:

- Use legitimate names of Office of Inspector General or Social Security Administration employees.
- “Spoof” official government phone numbers, or even numbers for local police departments.
- Send official-looking documents by U.S. mail or attachments through email, text, or social media message.

Fraudsters create imposter social media pages and accounts using Social Security-related images and jargon. This helps them appear as if they’re associated with or endorsed by Social Security. The imposter pages could be for the agency or Social Security and OIG officials. The user is asked to send their financial information, Social Security number, or other sensitive information. Social Security will never ask for sensitive information through social media as these channels are not secure.

Here are some ways to spot an imposter page:

- Number of followers.
- Incorrect punctuation or spelling.
- Links to pages not on ssa.gov.
- Advertisements for forms or other SSA documents.
- Incorrect social media handle.

To view the list of Social Security’s official social media channels, we encourage you to visit www.ssa.gov/socialmedia

It is illegal to reproduce federal employee credentials and federal law enforcement badges. Federal law enforcement will never send photographs of credentials or badges to demand any kind of payment, and neither will federal government employees.

Report the scam.

Report the scam to the Office of the Inspector General at oig.ssa.gov/report

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

White Salmon Events

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 Strong People Class 12pm Senior Lunch	2 8:30 to 9:30 Hatha Yoga 2pm Strong People	3 8:30 Strong People Class 12pm Senior Lunch 1pm Cribbage	4 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	5 8:30 Strong People Class	6
7	8 8:30 Strong People Class 12pm Senior Lunch	9 8:30 to 9:30 Hatha Yoga 2pm Strong People	10 8:30 Strong People Class 12pm Senior Lunch 1pm Cribbage	11 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	12 8:30 Strong People Class	13
14	15 8:30 Strong People Class 12pm Senior Lunch	16 8:30 to 9:30 Hatha Yoga 2pm Strong People	17 8:30 Strong People Class 12pm Senior Lunch 1pm Cribbage	18 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	19 8:30 Strong People Class	20
21	22 8:30 Strong People Class 10am "Let's Talk" 12pm Senior Lunch	23 8:30 to 9:30 Hatha Yoga 2pm Strong People	24 8:30 Strong People Class 12pm Senior Lunch 1pm Cribbage	25 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People	26 8:30 Strong People Class White Salmon-Bingen Community Clean Up	27 White Salmon-Bingen Community Clean Up
28	29 8:30 Strong People Class 12pm Senior Lunch	30 8:30 to 9:30 Hatha Yoga 2pm Strong People	<i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.</i>		<i>Recovery Café Pop-ups White Salmon at the Mt. View Grange Thursdays from 1pm-5pm</i>	

April 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WS Beef Stroganoff	2 GD Beef Stroganoff	3 WS Orange Chicken	4 GD Orange Chicken	5	6
7	8 WS Tuscan Chicken w/ Spinach	9 GD Tuscan Chicken w/ Spinach	10 WS Country Steak	11 GD Country Steak	12	13
14	15 WS Sweet & Sour Meatballs	16 GD Sweet & Sour Meatballs	17 WS Tuna Casserole w/ Peas	18 GD Tuna Casserole w/ Peas	19	20
21	22 WS Meatloaf	23 GD Meatloaf	24 WS BBQ Pork Slider	25 GD BBQ Pork Slider	26	27
28	29 WS Broccoli Beef	30 GD Broccoli Beef	May 1 WS Chicken A la King	May 2 GD Chicken A la King	Menu Subject to Change	

Klickitat County Senior Services sponsors 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 April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	3	4 12pm Senior Lunch 1pm Exercise	5 Senior Shopping trip to Hood River Wal Mart	6
7	8	9 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	10	11 12pm Senior Lunch 1pm Exercise	12	13 Call MATS 509-773-3060 to sign up for shopping trips
14	15	16 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	17	18 12pm Senior Lunch 1pm Exercise	19 Senior Shopping trip to The Dalles call MATS to sign up	20
21	22	23 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	24	25 12pm Senior Lunch 1pm Exercise	26	27
28	29	30 10am Foot Care w/ Kit 12pm Senior Lunch 1pm Exercise	<i>Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm Mon & Wed</i>			

How to Avoid a Scam

Protect yourself, friends, and family — If you receive a suspicious call, text, email, social media message, or letter from someone claiming to be from Social Security:

1. **Remain calm.** If you receive a communication that causes a strong emotional response, take a deep breath. Talk to someone you trust.
2. **Hang up or ignore the message.** Do not click on links or attachments.
3. **Protect your money.** Scammers will insist that you pay with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
4. **Protect your personal information.** Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize, even if the caller has some of your personal information.
5. **Spread the word** to protect your community from scammers.

Report the scam to the Office of the Inspector General at oig.ssa.gov/report.

How to Report

When you report a scam, you are providing us with powerful data that we use to inform others, identify trends, refine strategies, and take legal action against the criminals behind these scam activities.

If you are unsure about the type of scam, but want to report it, visit USA.gov's [Where To Report a Scam](#). The tool will help you to find the right place to report a scam.

What to Do if You Were Scammed

Recovering from a scam can be a long and difficult process. Here are some reminders:

- Do not blame yourself. Criminal behavior is not your fault.
- Stop contact with the scammer. Do not talk to them or respond to their messages.

Notify the three major credit bureaus: Equifax, Experian, and TransUnion to add a fraud alert to your credit report.

Protect your Social Security Number.

Request a replacement SSN card or new SSN, if necessary.

The Federal Trade Commission's "What To Do if You Were Scammed" article has information about what to do if you paid someone you think is a scammer or gave a scammer your personal information or access to your computer or phone.

Additionally, the Federal Trade Commission provides assistance in multiple languages. The Federal Trade Commission's "New Help for Spotting, Avoiding, and Reporting Scams in Multiple Language" and "Consumer Education in Multiple Languages" has information about reporting and avoiding scams in your preferred language.

Klickitat County Senior Advisory Board

The Klickitat County Senior Advisory Board is a Board of 9 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 1st Friday of each month at 10:30am in person rotating between Goldendale, White Salmon, and Dallesport or via zoom.

New members are needed. If you are interested in serving on the board or would like more information please contact: Sharon Carter, Director of Klickitat County Senior Services at 509-493-6228 or sharonc@klickitatcounty.org.

The current Advisory Board Members are:

District 1:

Shelley Baxter –White Salmon

Gavin Carmichael—Husum

Ruth Shafer----White Salmon

Darold Ward—Husum

District 2:

Anita Wellenbrock-Glenwood

David Christian—Dallesport

Linda Davis---Dallesport

District 3:

Terra McLeod—Goldendale

Sunday Sutton—Goldendale

2024 Senior Advisory Board Meeting Schedule

April 5 White Salmon—Pioneer Center—501 NE Washington Street

May 3rd Goldendale—County Admin Building 115 W Court Street

June 7 Dallesport—Community Center 136 6th Avenue

July 5 White Salmon—Pioneer Center—501 NE Washington Street

August 2 Goldendale—County Admin Building 115 W Court Street

September 6 Dallesport—Community Center 136 6th Avenue

October 4 White Salmon—Pioneer Center—501 NE Washington Street

November 1 Goldendale—County Admin Building 115 W Court Street

December 6 White Salmon —Pioneer Center—501 NE Washington Street



A recent addition to the Gorge's regional public transit team, Eve Elderwell (she, ella) is the Travel Trainer for Klickitat and Skamania Counties.

As a Travel Trainer, she can help people learn how to access and use the growing Gorge bus system. She can also work with community partners and businesses to help get bus passes into the hands of those who need them most. For well over a decade, she's worked with rural, Latino, and Polynesian communities around the North and South Pacific to identify and bridge gaps to health and resources. With a background in education, advocacy and social services, she is passionate about connecting people with the resources they need to thrive. When not exploring the Gorge via public transit, she can be found remodeling her 1970's dome home, hiking, or watching shows at the local theater as much as she can.

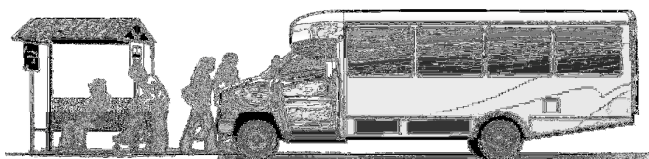
You can fill out a travel training request online at:
<https://gorgetranslink.com/travel-training/>

Or call Eve at (808) 769-8061

Have you thought that you would like to ride public transit but are unsure of how to plan your trip? Call Eve and she can help.

2024 Annual Gorge Transit Pass Offers Unlimited Travel Around the Columbia Gorge

The Gorge Transit 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. 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



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#042024

Community Cleanup 2024 of Bingen-White Salmon April 26 & 27

Annual spring cleanup event brought to you by the White Salmon/Bingen Rotary Club and other community partners.

Community Cleanup is a fantastic way to spruce up the area and bring our community members together in a service oriented event. Volunteer for a couple hours and help make this event continue.

Home pickups available for the elderly, disabled or those without a vehicle must be reserved in advance by calling 509-493-3630. Only for residents of White Salmon and Bingen.