

# MAY 2024

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

## **Celebrating Older Americans Month: Powered by Connection**

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"It's not just about having someone to chat with". "It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being." By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### **How can community groups, businesses, and organizations mark OAM?**

Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.

Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.

Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.

Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.

Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

### **What can individuals do to connect?**

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.

Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official OAM website and follow ACL on X, Facebook, and LinkedIn. Join the conversation on social media using the hashtag #OlderAmericansMonth.



**POWERED BY CONNECTION: MAY 2024**



## 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. They are not yet available but we hope to have them in mid to late June for distribution. The benefits 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 \$27,861 Annual or \$2322 Monthly Income for 1 person
  - o \$37,814 Annual or \$3151 Monthly Income for 2 people
  - o For larger households, add \$829 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 Market and the vendor will have a sign that indicates they accept Washington Senior Farmers Market benefits. Benefits must be used by October 31, 2024.

Good nutrition — balanced meals, enough food, and the right nutrients — is vitally important to good health. But when it comes to our health, there’s a difference between eating well and sharing a meal with others.

While food fuels our bodies, connection fuels us in other equally important ways. Coming together over a meal can provide structure, a sense of belonging, and meaningful ways to bond over shared beliefs and cultural interests — which research has shown is also vitally important to good health.

Older adults are at increased risk of loneliness and social isolation, which studies show can negatively affect mental and physical health. A lack of social connection increases our risk for high blood pressure, heart disease, and cognitive decline. But there’s good news. Studies show that people who dine with others regularly eat healthier and report better quality of life.

Join others for a great meal and good conversation or live entertainment at one of the Congregate Senior Meal Sites in Klickitat County.

Mondays and Wednesdays at the Pioneer Center 501 NE Washington Street, White Salmon—lunch served at 12pm.

Tuesdays at the Lyle Lions Community Center 503 Lewis & Clark Highway, Lyle—lunch served at 12pm.

Tuesdays and Thursdays at the Goldendale Senior Center 115 W. Main Street in Goldendale—lunch served at 12pm.

## 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.

Held in the Bingen Meeting Room at the Pioneer Center, 501 NE Washington Street, White Salmon. **The next meeting date will be on Monday, May 20th 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 503-893-4669



## MT. ADAMS TRANSPORTATION SERVICE

Mt. Adams Transportation Services provides two types of transportation service. Dial-a-Ride & Fixed Route.

We continue to have our Dial-a-Ride Service that has been in existence for over 30 years and we have two fixed service routes between White Salmon and Hood River and Goldendale and The Dalles. Funding is provided through grants from Washington State Department of Transportation, Klickitat County, The Area Agency on Aging & Disabilities of SW WA

which includes Federal and State funds, United Way of the Columbia Gorge, various grants/donations.

**Dial-a-Ride Service** is designed to enable Klickitat County residents who lack transportation resources to meet their basic needs and provides door to door service.

- .. Medical appointments
- .. Employment (limited)
- .. Social service appointments
- .. Grocery shopping/food bank

We use small wheelchair accessible buses, and wheelchair accessible minivans, and private vehicles with volunteer drivers to provide transportation.

Mt. Adams Transportation operates out of two locations in Klickitat County's main population centers, one office in Goldendale and one office in White Salmon but our transportation service travels to all areas of Klickitat County.

We use paid and volunteer driver's to meet the transportation needs of Klickitat County residents. Both paid and volunteer drivers must pass specific criteria regarding driving history, insurance, criminal background, and training in order to provide transportation.

We also travel to The Dalles, and Hood River on a regular basis. We can travel to Portland, Vancouver, and Yakima for medical services.

Trips to non-essential destinations can be made on a space-available and resource available basis. Fares depend on the pick up location and destination of the trip and current fare listing for dial-a-ride service is available on our web site or by calling our office.

Our priorities for scheduling trips will give a preference to passengers needing rides to medical appointments, education, basic human services such as post office, banking, social services and basic shopping needs.

To request a ride, call in at least one business day in advance of your trip. Be prepared to give the transportation coordinator the following information:

- .. Name, address & phone number
- .. Your date of birth
- .. The date & time of your appointment
- .. The address of your destination.

### **Goldendale Office**

115 W. Court #101  
Goldendale, WA 98620  
Phone: (509) 773-3060  
or 800 774-1699  
Fax: (509) 773-6965

### **White Salmon Office:**

P.O. Box 1877  
501 NE Washington Street  
White Salmon, WA 98672  
Phone: (509) 493-4662  
or 800 493-7606  
Fax: (509) 493-4109

**[www.klickitatcounty.org](http://www.klickitatcounty.org)**

## MT. ADAMS TRANSPORTATION SERVICE, continued



We receive grant funding from Washington State Department of Transportation and funds from Klickitat County to provide two fixed route services.

**Fixed Route Service** is designed to provide regional access for employment and education and reduce rural inaccessibility.

- The West End fixed route bus runs between White Salmon/Bingen to Hood River. There are multiple round trips that operate between 7am and 7pm Monday through Friday.
- The East End fixed route runs between Goldendale and The Dalles. There are 4 round trips that operate between 7am and 7pm Monday through Friday.
- There are no reservations that are needed to ride the fixed route service. You just need to get on at one of the designated stops on the route.
- The fare for the fixed route service is \$1.00 each time you board and you must have exact change as driver's cannot provide change and you must pay the fare in order to board the vehicle. Or you can purchase a GOrge annual pass for \$40 and ride the gorge area fixed route transportation services for the year.
- The fixed route service vehicles are equipped with a bike rack.
- The bus does not wait: you need to be at the designated stop 5 minutes before scheduled time and be visible to the driver.
- Carry-on bags are limited: No more bags than passenger can carry on at one time and placed under seat or in lap. Items may not be placed in aisle or in another seat. Limit 4. Drivers cannot assist with bags on the fixed route.

For more information or a copy of our current schedules please contact us at 509-773-3060 or 509-493-4662 or access the schedule online.

Email: [matsinfo@klickitatcounty.org](mailto:matsinfo@klickitatcounty.org)

<http://www.gorgetranslink.com>

### **ATTENTION:**

### **NEW SCHEDULES**

**START, MONDAY, April 29th  
FOR BOTH FIXED ROUTES.**

Mt. Adams Transportation operates Monday through Friday except for the following holidays: New Year's Day, Martin Luther King Jr Birthday, President's Day, Memorial Day, Juneteenth, 4th of July, Labor Day, Veteran's Day, Thanksgiving and the Friday following, and Christmas Day.

## **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 Portland, Multnomah Falls, and Troutdale for \$40. Passes can be purchased at a transit office or online at [gorgetranslink.com](http://gorgetranslink.com) or [gorgepass.com](http://gorgepass.com)*

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

# White Salmon Events

## May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.</i></p>	<p><i>Events take place at the Pioneer Center 501 NE Washington Street unless otherwise noted</i></p>	<p><i>Recovery Café White Salmon at the Mt. View Grange Thursdays from 1pm-5pm</i></p>	<p><b>1</b> 8:30 Strong People <b>12pm Senior Lunch</b> <i>Cribbage group on hold with resume in the Fall</i></p>	<p><b>2</b> 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p><b>3</b> 8:30 Strong People</p>	<b>4</b>
<b>5</b>	<p><b>6</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>7</b> 8:30 to 9:30 Hatha Yoga 2pm Strong People</p>	<p><b>8</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>9</b> 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p><b>10</b> 8:30 Strong People</p>	<b>11</b>
<b>12</b>	<p><b>13</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>14</b> 8:30 to 9:30 Hatha Yoga 2pm Strong People</p>	<p><b>15</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>16</b> 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p><b>17</b> 8:30 Strong People</p>	<b>18</b>
<b>19</b>	<p><b>20</b> 8:30 Strong People  10am "Let's Talk" Bingen Room <b>12pm Senior</b></p>	<p><b>21</b> 8:30 to 9:30 Hatha Yoga 2pm Strong People</p>	<p><b>22</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>23</b> 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p><b>24</b> 8:30 Strong People</p>	<b>25</b>
<b>26</b>	<p><b>27</b>  <b>Closed for Memorial Day</b></p>	<p><b>28</b> 8:30 to 9:30 Hatha Yoga 2pm Strong People</p>	<p><b>29</b> 8:30 Strong People <b>12pm Senior Lunch</b></p>	<p><b>30</b> 8:30 to 9:30 Hatha Yoga 11am Tai Chi 2pm Strong People</p>	<p><b>31</b> 8:30 Strong People</p>	



# May 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menu Subject to Change</b>			1 WS Chicken A la King	2 GD Chicken A la King	3	4
5	6 WS  Chili Baked Potato	7 GD  Chili Baked Potato	8 WS  Mac & Cheese w/Ham	9 GD  Mac & Cheese w/Ham	10	11
12	13 WS  Baked Chicken	14 GD  Baked Chicken	15 WS  Hamburger	16 GD  Hamburger	17	18
19	20 WS  Chef Salad	21 GD  Chef Salad	22 WS  Meatloaf	23 GD  Meatloaf	24 WS	25
26	27 <b>Closed Memorial Day</b>	28 GD  Baked Fish	29 WS  Salisbury Steak	30 GD  Salisbury Steak	<b>31</b>	

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 May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm</b>		Call MATS to sign up for shopping trips <b>509-773-3060</b>	1	2 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	3 Senior Shopping trip to Hood River Wal Mart	4
5	6	7 <b>10am Foot Care w/ Kit</b> <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	8	9 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	10	11
12	13	14 <b>10am Foot Care w/ Kit</b> <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	15	16 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	17 <b>Senior Shopping trip to The Dalles call MATS to sign up</b>	18
19	20	21 <b>10am Foot Care w/ Kit</b> <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	22	23 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	24	25
26	27 <b>Closed Memorial Day</b>	28 <b>10am Foot Care w/ Kit</b> <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	29	30 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	31	

## SPRING CLEANING EVENTS

### **Goldendale Community Cleanup**

**Saturday, May 11th 9am to 3pm**

**Goldendale Transfer Station, 1205 W Broadway.**

**FREE transfer station fees, one load up to 3 yards**

**Curbside Pickup available to those who cannot haul.**

**Volunteers Needed!!**

**Call 509-773-4448**

**Volunteers meet at 8:45am at the County Courthouse**

**Hosted by Goldendale Community Enrichment in**

**Partnership with Republic Services and Klickitat County**

### **Dallesport Community Cleanup**

**May 17 & 18 (Fri/Sat) at the Dept of Natural Resources (DNR - at the old Dallesport Elementary School property on Sixth Ave in Dallesport)**

**For questions or to sign up as a volunteer contact**

**Ann Slead at 541-571-3485**

- No concrete,
- no boards over 8ft,
- no axles
- no household appliances.
- No hazardous waste (including batteries, propane bottles, paint, and household chemicals).
- No engines of any kind

# TELL YOUR STORY



Are you an older adult  
in the Columbia River Gorge?

**“Through the Eyes of An Elder”**  
is a monthly column in the  
**Columbia Gorge News** contributed  
by the **Aging in the Gorge Alliance**.

We would love to feature stories from  
Mid-Columbia’s older adults,  
their loved ones, and caregivers.

Contact Grace Wesson at  
[Grace.Wesson@OregonState.edu](mailto:Grace.Wesson@OregonState.edu)  
for details and column suggestions.



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 #052024**

**GOLDENDALE COMMUNITY LIBRARY May Events**

\* 1st Mondays: One-On-One Tech Help

10:00 AM - 1:00 PM Call the library for a reservation

\* May 20, 2024: Monthly Book Group 11:00 AM - 12:00 PM

Attend in person or virtually

\* May 16, 2024: Eye Mission Trip to Oaxaca 6:30-7:30 PM with

Jim Ogden, Larci Miller, Theresa Babler, and Betty Zesiger

\* May 19, 2024: Washington Humanities presents Hunting,

Fishing, and Native Sovereignty 5:30-6:30 attend in person or

virtually

\* May 30, 2024: Aviation Stressors 5:30-6:30 PM with Doug Herli-  
hy of Aviation Forensics, LLC