

# 2024



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

## What Can Senior Services Do For You?

Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County-wide.

**WE ARE HERE FOR YOU.** Call our office with questions, comments, any needed assistance and we will assist you or connect you to available resources.

Klickitat County Senior Services is open Monday through Friday from 8am to 5pm. Staff are available to answer questions, direct individuals to available community resources, and assist with online applications for benefits, and navigate issues with Social Security or Medicare, etc.

For more information on any of our programs please call 1-800-447-7858 or Doreen in Goldendale at 509-773-3757 or Jill in White Salmon at 509-493-3068. Or email: [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org) We are here to help. Call us.

We had a suggestion from a local reader about adding to our newsletter information about costs increasing substantially for monthly telecommunications services with local phone companies. They wanted to share that they were able to call their phone company and get their monthly bill lowered from \$124/month to \$50/month. We have also had feedback from individuals having difficulty getting resolution to issues with their phone service or billing.

The Washington Utilities and Transportation Commission regulates many utilities that directly impact your life and community. The commission can help you with when it comes to your telecommunications services specifically the following: Local service providers—landline telephone only, In-state long distance telephone services, Network wiring up to the network interface device (box on home or building), Proper authorization of carrier change (slamming), Billing problems, Quality of service, Number portability, Pay phone price disclosure and operator services.

UTC Consumer Protection Specialists are available at 1-888-333-WUTC (9882) or by emailing [consumer@utc.wa.gov](mailto:consumer@utc.wa.gov).

# 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 **\$50,400** for a single occupant household or under **\$57,600** 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.

You must provide proof of income such as 2023 Tax return and PUD bill in your name with your account number.

	SINGLE PERSON HOUSEHOLD	2 PERSON HOUSEHOLD
DISCOUNT	Annual Income	Annual Income
Basic Fee & 15%	\$15,060 or less	\$20,440 or less
Basic Fee	\$15,061 - \$22,590	\$20,441 - \$30,660
\$10 Monthly	\$22,591 - \$50,400	\$30,661 - \$57,600

## Rate Schedule: Low Income Elderly Rate

**Effective Date** - Effective for billings issued December 2024 to May 2025.

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

# Upcoming Online Events In December



Washington Family Caregivers  
Learning Portal

Powered by Trualta

## December 6th, 2024

12:00 - 1:00 PM EST  
One-Time Event

Webinar:  
Grief in Caregiving

Explore the unique grief caregivers face—from anticipatory grief to the ongoing losses along the caregiving journey. Discover practical coping strategies, understand different grief types, and find support in a compassionate space.

## December 13th, 2024

4:00 - 5:00 PM EST  
One-Time Event

Webinar:  
When Caregiving Gets Hard

Connect with Trualta's Darci Henry and gerontologist Sam Craddock as they address the toughest aspects of caregiving—from setting boundaries to making life-changing decisions. Drawing from Sam's 23 years in home health, this webinar offers insights for handling challenging caregiving situations with confidence and compassion.

## December 18th, 2024

12:00 - 1:00 PM EST  
One-Time Event

Care & Share Show:  
Episode 4

Tune in for the Care & Share Show with Darci and Monique, "I Didn't Expect This, but Here We Are." Enjoy a discussion on managing expectations, with a focus on navigating the holiday season. With your camera and mic off, you can relax and share your thoughts via chat!

## December 19th, 2024

12:00 - 1:00 PM EST  
One-Time Event

Anonymous Talk:  
Surviving the Season

The holiday season can bring both joy and stress for caregivers. In a supportive space, share practical tips on balancing caregiving with holiday demands while finding comfort for yourself. Cameras and mics are off, so feel free to relax, participate, or just listen.



Register for these events at  
[wacaregivingjourney.com/event/list](https://wacaregivingjourney.com/event/list)

# Be Prepared to Stay Safe and Healthy in Winter Weather

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is not a guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

## Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Have your heating system professionally serviced to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and carbon monoxide detector. Test batteries regularly.

## Have a safe alternate heating source and alternate fuels available.

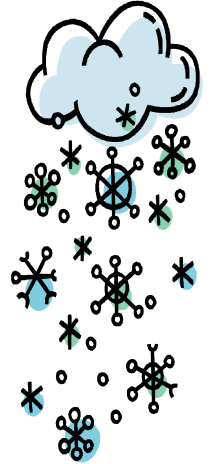
- Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
- Keep grills and generators out of the house and garage. Position generators at least 20 feet from the house.

## Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery operated devices, such as flashlight, lamps, radio, extra batteries, first aid kit and extra medicine.

Many people spend time outdoors in the winter. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors. Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.



## **Tai Chi - A Great Way for Seniors to Improve Their Balance and Reduce stress during the holidays!**

Classes are 1-hour every Thursday Time: 11am to 12pm

Place: Pioneer Center-Senior Dining Room 501 NE Washington Street, White Salmon

Cost: FREE for seniors 60 and better

Instructor: Janet Essley (Janet has been teaching Tai Chi to seniors for 30 years)

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

No materials required for the class. We suggest you wear loose fitting clothing for easy movement and comfortable, flat shoes (not slip-on).

Class is for seniors (and friends). Folks who are not safely ambulatory without assistance of canes or walkers can participate seated.

The focus of the class would be balance, flexibility, and stress reduction.

New participants always welcome, we are all "beginners" .

## **LET'S TALK**

Let's Talk meeting group will take place December 16th at 10am in the Bingen Meeting room at the Pioneer Center in White Salmon.

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.

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

[dr.noellesavatta@gmail.com](mailto:dr.noellesavatta@gmail.com)

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

# White Salmon Events December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 Strong People <b>12pm Senior Lunch</b>	3 8:30 to 9:30 Hatha Yoga 2pm Strong People	4 8:30 Strong People <b>12pm Senior Lunch</b>	5 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	6 8:30 Strong People	7
8	9 8:30 Strong People <b>12pm Senior Lunch</b>	10 8:30 to 9:30 Hatha Yoga 2pm Strong People	11 8:30 Strong People <b>12pm Senior Lunch</b>	12 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	13 8:30 Strong People	14 White Salmon Christmas Bazaar Masonic Building 146 W Jewett
15	16 8:30 Strong People 10am Let's Talk <b>12pm Senior Lunch</b>	17 8:30 to 9:30 Hatha Yoga 2pm Strong People	18 8:30 Strong People <b>12pm Senior Lunch</b>	19 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	20 8:30 Strong People	21
22	23 8:30 Strong People <b>12pm Senior Lunch</b>	24 8:30 to 9:30 Hatha Yoga 2pm Strong People	25 <b>Closed Merry Christmas</b>	26 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	27 8:30 Strong People	28
29	30 8:30 Strong People <b>12pm Senior Lunch</b>	31 8:30 to 9:30 Hatha Yoga 2pm Strong People	January 1 <b>Closed Happy New Year</b>	<i>Recovery Café White Salmon at the Mt. View Grange Thursdays from 1pm-5pm</i>		



# December 2024 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Tuna Casserole	3 GD Tuna Casserole	4 WS Orange Chicken	5 GD Orange Chicken	6	7
8	9 WS Minestrone Soup	10 GD Minestrone Soup	11 WS Broccoli Beef	12 GD Broccoli Beef	13	14
15	16 WS SW Chicken Wraps	17 GD SW Chicken Wraps	18 WS Meatloaf	19 GD Meatloaf	20	21
22	23 WS Roast Pork	Christmas Eve No Meal GD or Lyle	25 <b>CLOSED</b> Merry Christmas	26 GD Loaded Bake Potato	27	28
29	30 WS Tuscan Chicken	31 GD Tuscan Chicken Lyle-Closed	1 <b>CLOSED</b> Happy New Year	2 GD Country Steak	<b>Menu Subject to Change</b>	

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 December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 12pm Senior Lunch 1pm Exercise	4	5 12pm Senior Lunch 1pm Exercise	6 Senior Shopping trip to Hood River Wal Mart Call MATS 509-773-3060 to sign up	7
8	9	10 12pm Senior Lunch 1pm Exercise	11	12 12pm Senior Lunch 1pm Exercise	13	14 Goldendale Holiday Bazaar at the Goldendale Grange 9-3
15	16	17 12pm Senior Lunch 1pm Exercise	18	19 12pm Senior Lunch 1pm Exercise	20 Senior Shopping trip to The Dalles call MATS to sign up 509-773-3060	21
22	23	24 Christmas Eve No Senior Lunch	25 Closed Merry Christmas	26 12pm Senior Lunch 1pm Exercise	27	28
29	30	31 12pm Senior Lunch 1pm Exercise	January 1 Closed Happy New Year		Recovery Café Goldendale Masonic Lodge 210 S. Columbus 10am to 2pm Mon	

## Deepest, Darkest Africa and Klickitat County

I am writing this month from Uganda which isn't "deepest, darkest, Africa" but it does like to call itself "the Pearl of Africa." This is because it is near the center of Africa and is located just east of the Democratic Republic of Congo. This area is actually known as "East Africa" (Uganda, Kenya, Tanzania). Since Uganda was once a British colony, the official language is English and most people speak it along with their tribal language. I am here with a group based in Vancouver ([ourganda.org](http://ourganda.org)) who hires local Clinical Officers to do health care in remote villages. Clinical Officers are similar to Nurse Practitioners here in the states. Currently these Clinical Officers go to each of ten villages once a week and provide healthcare, medications and ultrasound for prenatal care. This is often done in a local church and in some villages, with a few plastic chairs and under the Cocoa trees for shade.



### **What might this part of Africa have that could influence Klickitat County?**

In Uganda there is a high incidence of high blood pressure and diabetes. This is much like there is in Klickitat County. There is also Malaria and Typhoid but thankfully we don't have that here. Since many in Uganda have these two conditions, there is a high incidence of stroke. Each of

these conditions can contribute to a stroke and together they really lead to strokes.

### **What might be similar with High Blood Pressure treatment in Africa and Klickitat County?**

**First:** A recent study in Lancet showed that treating high blood pressure actually reduces the risk of developing Diabetes. Just a little bit of blood pressure reduction (5 mm) produced an 11% drop in the chance of developing Diabetes. This 11% drop can be increased by another 5 mm drop in pressure. Each 5mm drop produces 11% drop in chance of developing Diabetes. That is good news and should motivate us to treat our high blood pressure.

**But—Wait, Wait, Don't Tell Me:** This study also showed that some blood pressure medications actually contribute to developing Diabetes. What?  
**Treating one condition that can cause stroke can actually contribute to me having another condition that causes stroke?** True, see Lancet 2021;398:1803-1810

In Africa, a lot of Atenolol is used. This medication is from a class of drugs known as “Beta Blockers.” This was the class of medications that when used had the highest increase in developing Diabetes. The increase was **modest** but clearly present. Another class of medications, known as Thiazide diuretics had an even **more modest** increase in devolving Diabetes in patients who were taking them.

One drug class had little effect (Calcium Chanel Blockers) and two classes blood pressure of medication actually reduced the chance of having Diabetes (ARB medications and ACE medications).

### So what should I do?

**Don't stop your medications on your own. This is actually crazy!**

There actually are some conditions treated with these medications that would be very much worse if you stop the medications.



**Instead—talk directly to your prescribing provider while continuing the medication to find out what is best for you. Be wise and ask questions.**



Remember that my advice is to always take a second person to your appointments with your prescriber. Two can ask more questions and remember more of what the prescriber tells you. **So go ask before any changes are made.**

Dr. Mike Garnett

I will be home by the time you read this. Write and tell us what you think at: [kcinfo@klickitatcounty.org](mailto:kcinfo@klickitatcounty.org)

# WAGAP Food Bank Network

*Serving Klickitat and Skamania counties*

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## FOOD BANK LOCATIONS

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### Bingen

115 W Steuben Street, Bingen  
Open Tuesday & Thursday  
9:00 am - 3:30 pm  
(closed 12-1 pm for lunch)  
509-493-2662, ext 208

### Goldendale

112 East Main, Goldendale  
Open Monday 9:00 am- 3:30 pm  
(closed 12-1 pm for lunch)  
Wednesday 2:00 pm - 6:00 pm  
509-281-2203

### Klickitat

92 Main Street, Klickitat  
Open Wednesday  
2:00 pm - 5:00 pm  
509-493-2662, ext 208

### Stevenson

683 Rock Creek Drive, Stevenson  
Open Tuesday & Thursday  
9:00 am - 3:30 PM  
(closed 12-1 pm for lunch)  
509-281-0767

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## MOBILE FOOD BANK SCHEDULE

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- 1st THURSDAY:** Wishram 9-11 am, Dallesport 12-2 pm, Lyle 3-5 pm  
**2nd THURSDAY:** Mill A 1-3 pm  
**3rd THURSDAY:** Trout Lake 9-11 am, Glenwood 12-2 pm,  
BZ Corner 3-5 pm  
**4th THURSDAY:** Roosevelt 9-11 am, Bickleton 12:30 pm-2:30 pm

**Details:** [wagap.org/food-banks-nutrition](http://wagap.org/food-banks-nutrition)



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**WAGAP is an equal opportunity provider**

**For more information on Food Banks and Nutrition programs, call:**



*Janeal Booren*

(509) 493-2662, Ext 208  
Toll Free: (800) 755-1192  
[janeal@wagap.org](mailto:janeal@wagap.org)

(Updated November 1, 2024)

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 #122024**

**Adverse Winter Weather may result in Meal Site Cancellations or  
schedule changes with Mt. Adams Transportation**

Please listen to your local radio stations to find out about a cancellation or  
call our senior services office:

Goldendale 509-773-3757, White Salmon 509-493-3068.

If roads are bad we will not have a meal as we do not want to risk safety of  
our volunteers and staff.

During adverse weather we may also have to cancel transportation trips if the  
roads are very hazardous or change pick up times to accommodate for the  
weather or road conditions. Please keep in mind that our drivers must be  
able to access your driveway safely. If you have questions about your trip or  
issues with access to your home please let us know.  
Goldendale 509-773-3060, White Salmon 509-493-4662.