



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

# 2025

One of the most important ways that you can help keep, develop, and expand programs for older adults and those with disabilities is to get involved in advocacy and communicate with your Legislative representatives about how important services are and what is needed.

The 2025 Washington State legislative session began on January 13, 2025 and is expected to end on April 27, 2025. The session will last 105 days, which is considered a long session because it's an odd-numbered year.

The Washington State Legislature's newly designed website, [leg.wa.gov](http://leg.wa.gov), allows you to easily find and track pending legislation, amendments, vote counts and more.

Search by bill number, topic or author, and you'll find the full text of bills, nonpartisan bill reports that explain what the law would do if passed, proposed amendments and a tracker of where the bill is in the process.

You can also sign up to track specific bills and get updates in your inbox.

If you're feeling strongly about a bill, let your legislators know.

You can find the legislators who represent your district and contact them directly by sending a message to their office through the Legislature's website.

You can also comment on a bill online or testify in a committee hearing in person or virtually.

2025 Klickitat County Senior Advisory Board Meeting dates. Meetings begin at 10:30am. The first Friday of each month. Locations rotate between Goldendale County Admin Building, White Salmon-Pioneer Center, and Dallesport Community Center.

For more information call: Sharon Carter, Klickitat County Senior Services 509-493-6228

January 3	ZOOM	July 11	Dallesport (moved to 2 <sup>nd</sup> Friday due to July 4 <sup>th</sup> Holiday falling on first Friday)
February 7	White Salmon	August 1	White Salmon
March 7	Goldendale	September 5	Goldendale
April 4	Dallesport	October 3	Dallesport
May 2	White Salmon	November 7	White Salmon
June 6	Goldendale	December 5	Goldendale

## Columbia Gorge AARP Foundation Tax Aide Program



Provides free tax return preparation services and counseling for taxpayers in the Columbia Gorge. They also offer Facilitated Self Assistance allowing you to prepare and electronically file your own return on site. They operate under the guidance and direction of sponsor, The AARP Foundation Tax-Aide Program.

Service is available by appointment only from February 03, 2025, through April 14, 2025.

(Mondays Only) Columbia Gorge Community College, Hood River Campus, 1730 College Way, Hood River, OR, 1:00PM-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.

To book an appointment online go to:

<https://gorgetaxaide.simplybook.me/v2/#>

## LET'S TALK



Let's Talk meeting group will take place Monday, March 24th 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)

The Klickitat County Office of Assessor wants you to know that you may be eligible for an exemption on your property taxes if you are a low income senior citizen or disabled person living in Klickitat County.

To qualify for the exemption, you must be at least 61 years of age on December 31 of the application year, unable to work because of a disability, or a disabled veteran with a service-connected evaluation of at least 80% or receiving compensation for the United States Dept. of Veterans Affairs at the 100% rate for a service-connected disability. You need to own your home, it must be your primary residence and your annual combined household gross income may not exceed \$47,000. Disposable income includes income from all sources, regardless of whether the income is taxable for federal income purposes. We allow deductions from your household income that include, but are not limited to, non-reimbursed prescription medications, Medicare Title XVIII insurance premiums, and non-reimbursed expenses for care received at home or in nursing facilities.

If you do qualify for the exemption, the value of your eligible residence and land are “frozen” in the year of your application. These means we will continue to establish your property market value, but you will be billed for taxes on the lower of the market value or the frozen value. In addition, if your annual income is less than \$47,000 you are exempt from paying excess levies and Part 2 of the state school levy. If your income is \$40,000 or less you are exempt from paying excess levies, Part 2 of the state school levy, and regular levies on \$50,000 or 35% of your assessed taxable value, whichever is greater (but not more than \$70,000.00 of the taxable value). If your income is \$33,000 or less you are exempt from paying excess levies, Part 2 of the state school levy and regular levies on \$60,000 or 60% of the assessed taxable value, whichever is greater.

Furthermore, Per House Bill 2375 (HB 2375), beginning June 6, 2024, accessory dwelling units (ADU’s) may be eligible for certain property tax assistance programs available to individuals. Accessory Dwelling Unit means a separate, autonomous residential dwelling unit that provides complete independent living facilities for one or more persons, and includes permanent provisions for living, sleeping, eating, cooking, and sanitation (RCW 84.36.383 (1)). This change applies to property taxes collected in 2025 and after.

If you would like additional information on the Senior Exemption Program, you can contact Candi Twohy, our Exemption Specialist at (509)773-3715. We do have additional information about the Senior Exemption Program and other programs available at our website: [www.klickitatcounty.org/assessor](http://www.klickitatcounty.org/assessor).

## **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 with schedules and PUD bill in your name with your account number.

### **Community Strength Training Program—Goldendale**

Klickitat County Public health will be offering the Strong People Strong Bodies program, a 12-week exercise program for middle aged and older adults.

The series will be led by Juli Rising, Klickitat County Public Health Educator, who has recently been certified as a Strong People, Strong Bodies Leader and has many years of experience in health and human performance. This 12 week program is free to the public, but requires you to commit to attending 2 days a week for 12 weeks. The program will start with 10-15 individuals.

The Strong People Strong Bodies program is based upon years of research on how strength training and proper nutrition improve the health of adults of all ages.

For more information on the Strong People, Strong Bodies program beginning soon in Goldendale, please contact: Juli Rising at 509-773-2490

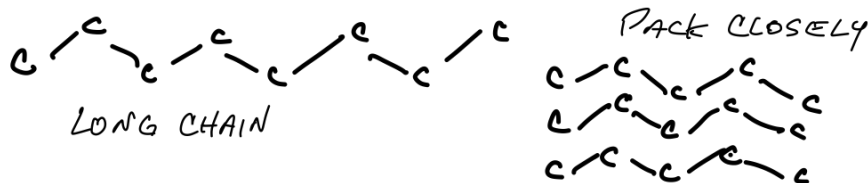
**STRONG** *People*™  
**STRONG BODIES**

### What is in the Mediterranean diet that makes it good for the heart?

Last month we talked about the Norwegian diet with it's butter, potatoes, cream. We reviewed a recent study comparing *seven diets* and their outcomes on heart attacks, deaths and strokes. That study concluded the Mediterranean diet was clearly the best and had the least heart attacks, strokes, and deaths. The Norwegian diet was not even in the running. Wouldn't Lutefisk help? Probably not :) There are **two things in this Mediterranean diet that help** and there is **one thing that is absent** that also helps. The two things that help are 1) Unsaturated Fats and 2) Polyphenols. The one thing that is absent is Saturated Fat. But what are Saturated Fats and Unsaturated Fats and Polyphenols? Where are they in the Mediterranean Diet? Let's take the Saturated Fat first.

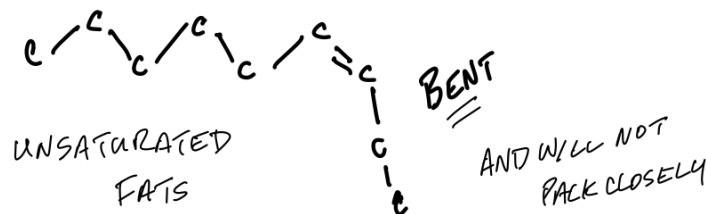
### How would I know what is a bad Saturated Fat? There is a very simple way to tell :)

Saturated fat molecules are long chains of Carbon atoms that are very straight. Because they are straight they pack closely together easily. When they pack together they become a solid at room temperature. So Saturated fats are solids at room temperature. It is pretty easy to recognize solid or semi solid fat. Examples of solid or semi-solid fats are butter, cheese, cream, fat on meat like bacon or hamburger, ice cream, palm oil, coconut oil, processed meats and sausage. Some of these have fat that is solid at room temperature but becomes liquid when heated. Bummer about the bacon :( Maybe just a little bacon is OK? Whine, whine :)



**But what makes them "Saturated?"** In Saturated fat, each of those Carbon atoms has two Hydrogen atoms connected to it. I didn't draw them but every one has two Hydrogen atoms attached to them. So we call it "full" or "saturated" with Hydrogen. We just shorten the name to "Saturated fat" instead of saying "carbon chains full of hydrogen atoms."

**Then how can you tell the good Unsaturated Fat?** Unsaturated fat has a few places in the chain that have double bonds between the string of Carbon atoms. These double bonds bump off some of the Hydrogen atoms and so the chain is not full of Hydrogen atoms. We say it is "Unsaturated fat" instead of saying it is "carbon chains not completely full of hydrogen atoms." These chains of Carbon atoms are also bent by the double bond and will not pack closely together. This bend in the carbon chain in these fats makes them stay liquid at room temp.



So look for liquid fats that are good for your heart. Here is where the Olive oil comes in. Other good sources are: Canola oil, Safflower oil, Chia seeds, Pine nuts, Walnuts, Avocados and others. More next month on Polyphenols. Mike Garnett MD [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org)

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

# White Salmon Events


## March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:30 Strong People <b>12pm Senior Lunch</b>	4 8:30 to 9:30 Hatha Yoga 2pm Strong People	5 8:30 Strong People <b>12pm Senior Lunch</b>	6 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	8:30 Strong People	8
9 	10 8:30 Strong People <b>12pm Senior Lunch</b>	11 8:30 to 9:30 Hatha Yoga 2pm Strong People	12 8:30 Strong People <b>12pm Senior Lunch</b>	13 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	14 8:30 Strong People	15
16 	17 8:30 Strong People <b>12pm Senior Lunch</b>	18 8:30 to 9:30 Hatha Yoga 2pm Strong People	19 8:30 Strong People <b>12pm Senior Lunch</b>	20 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	21 8:30 Strong People 1pm Game Day at Lyle Lions Club	22
23	24 8:30 Strong People 10am <b>Let's Talk</b> in the Bigen Meeting room <b>12pm Senior Lunch</b>	25 8:30 to 9:30 Hatha Yoga 2pm Strong People	26 8:30 Strong People <b>12pm Senior Lunch</b>	27 8:30 to 9:30 Hatha Yoga 11 am Tai Chi 2pm Strong People	28 8:30 Strong People	29
30	31	<i>Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.</i>		Recovery Café White Salmon at the Mt. View Grange Thursdays from 1pm-5pm		



# March 2025 Menu

**Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat**

2	3 Chili Baled Potato	4 Tuna Casserole	5 Chili Baled Potato	6 Tuna Casserole		8
9	10 Mac & Cheese w/ Ham	11 Mac & Cheese w/ Ham	12 Meatloaf	13 Meatloaf	14	15
16 	17 Corned Beef & Cabbage	18 Corned Beef & Cabbage	19 Scalloped Potato w/ Ham	20 Scalloped Potato w/ Ham	21	22
23	24 Sweet & Sour Pork	25 Sweet & Sour Pork	26 Swedish Meatballs	27 Swedish Meatballs	28	29
30	31 Orange Chicken	April 1 Orange Chicken	2 Chicken Parmesan	3 Chicken Parmesan	<b>Menu Subject to Change</b>	

Klickitat County Senior Services operates 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 are provided to homebound 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 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	1	4 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	5	6 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	Senior Shopping trip to Hood River Wal Mart	8
9 	10	11 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	12	13 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	14	15 6 to 8pm St. Patrick's Bingo Night at the Masonic Lodge
16	17 	18 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	19	20 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	21 <b>Senior Shopping trip to The Dalles call MATS to sign up</b>	22
23	24	25 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	26	27 <b>12pm Senior Lunch</b> <b>1pm Exercise</b>	28	29
20	31			<b>Recovery Café Goldendale Masonic Lodge</b>	<b>210 S Columbus 10am- 2pm Mon &amp; Wed</b>	

Are you concerned about someone you love harming themselves or dying by suicide?

## THIS IS FOR YOU

- Youth
- Parents
- Grandparents
- Veterans
- Educators
- Friends

Come and learn how to



Childcare and dinner provided!

**Join us for an interactive suicide awareness/prevention training sponsored by Our Klickitat and the Veterans Administration:**

- Lyle Activity Center - Tues March 11th
- Klickitat Community Center - Mon March 17th
- White Salmon Senior Services - Tues April 15th
- Goldendale Library - Thurs April 17th
- Glenwood School - Tues April 22nd
- Trout Lake School - Wed May 14th

**All sessions are from 5:30 - 7:30 pm**

Questions? email [dfc@wagap.org](mailto:dfc@wagap.org) or 503-863-7763



**FREE!**



**ST. PATRICK'S**

**Bingo**  
**NIGHT**



**RAFFLE  
PRIZES  
SNACKS  
DRINKS**

MASONIC LODGE  
219 S. COLUMBUS AVE.  
GOLDENDALE, WA 98620

**SATURDAY  
MARCH 15,  
2025  
6-8 PM**

FOR MORE INFORMATION:  
**(509) 281-2330**





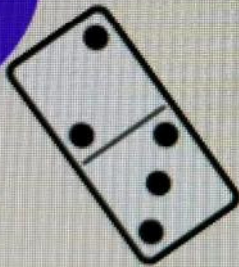
LYLE LIONS CLUB



come join us for some fun



EVERYONE IS INVITED TO JOIN



# COMMUNITY GAME DAY

Every Third Friday of the Month



Time: 1:00pm -  
Place: Lyle Lions Club



Games to Play

**BOARD GAMES, CARD GAMES, CRIBBAGE, DOMINOS, OR BRING YOUR OWN.**



hosted by the Lyle Lions Club




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

**U.S. Postage Paid**  
**White Salmon, WA 98672**  
**Permit #4**  
**Issue #032025**

**Klickitat Valley Health**  
**Toenail Clipping Clinic**



**KVH**  
Klickitat Valley Health

Every Friday 8am to 12-noon.  
Schedule your appointment today.  
Call KVH Surgical Services 509-773-1057  
Cost \$35 pay at registration  
Located at Surgical Services at KVH