



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

2025

FRESH FRUITS & VEGETABLES for Washington Seniors

Klickitat County Senior Services is distributing Senior Farmers Market Nutrition Program benefits for seniors in Klickitat County that qualify. 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 for more information or to have an application mailed to you. You can also stop by our office in Goldendale or White Salmon during business hours.

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:

1. You must be 60 years old or older (55+ if you are Native American/ Alaska Native)
2. Your income must be below 185% of Federal Poverty Level. That means:
 - \$28,953 Annual or \$2,413 Monthly Income for 1 person
 - \$39,128 Annual or \$3,261 Monthly Income for 2 people
 - For larger households, add \$848 for each additional person
3. You must be a resident of Washington State

An Affidavit for eligibility must be completed.

Klickitat County vendors that accept these benefits are on a list that will be provided for those that receive the benefits.

Typically they are able to be used at the Goldendale and White Salmon Farmer's Markets and the vendor will have a sign that indicates they accept Washington Senior Farmers Market benefits. Benefits begin on June 1, 2025 must be used by October 31, 2025.





A Travel Training Workshop for Seniors White Salmon to Multnomah Falls!

Have you seen the white and blue Mount Adam's Transportation Services bus driving around town?! Curious about the Gorge regional bus system but have yet to try it out? Now's your chance to join transit experts Eve and Emily on a bus ride around the Gorge! We'll introduce you to our growing public bus system, answer any transit questions you may have, and give you a glimpse into how easy it can be to use the bus and make it work for your needs.

Join us for a **scenic, all-day travel training trip** to the stunning **Multnomah Falls** on **Friday, May 9th, 2025!** Departing from the **Pioneer Center Klickitat County Senior Services building** in White Salmon, this free trip includes **comfortable bus transportation** directly to the falls, **an optional add-on waterfall corridor shuttle tour, and a delicious provided lunch.** Over lunch, we'll share a brief presentation about the Gorge public bus system. There will be time to take plenty of pictures, peruse the gift shop, and enjoy lunch at the Lodge. Relax, enjoy the beautiful views, and spend time with friends — all at no cost! We will depart from the Pioneer Center in White Salmon promptly at 8:32am. Please arrive by 8:15 to check in. We'll return by 3:05pm. Bring comfortable clothes, sturdy footwear, water, and sunscreen. Space is limited, with only 6 spots available and dependent upon seat availability on the public bus, so be sure to sign up soon! Wheelchairs and mobility devices are welcome on a first-come, first-serve basis. **Contact the Klickitat County Senior Services office in White Salmon at 509-493-3068 to sign up today!**

Guided Bus Trip for Seniors to the Neon Sign Museum in The Dalles!

Have you seen the white and blue Mount Adam's Transportation Services bus driving around town?! Curious about the Gorge regional bus system but have yet to try it out? Now's your chance to join transit experts Emily and Eve on a bus ride around the Gorge! We'll introduce you to our growing public bus system, answer any transit questions you may have, and give you a glimpse into how easy it can be to use the bus and make it work for your needs.

Join us for a **scenic, all-day field trip** to the fascinating **National Neon Sign Museum** in The Dalles on **Friday, May 23rd, 2025!** Departing from the **Klickitat County Senior Services office in the Klickitat County Administrative Services building in Goldendale,** this free trip includes **comfortable bus transportation** to the museum and **a delicious provided lunch.** There will be plenty of time to explore the museum and enjoy lunch together; during lunch, we'll answer any transit questions you may have over a brief presentation on our bus system. Relax, enjoy the beautiful views, and spend time with friends — all at no cost!

We will depart from the Goldendale Klickitat County Senior Services office promptly at 10:30am. Please arrive by 10:15 to check in. We'll return by 4:19pm. Bring comfortable clothes, sturdy footwear and water. Anticipate an hour ride to The Dalles and back. Space is limited, with only 6 spots available and dependent upon seat availability on the public bus, so be sure to sign up soon! **Wheelchairs and mobility devices are welcome on a first-come, first-serve basis. Contact the Klickitat County Senior Services office in Goldendale at 509-773-3757 to sign up today!**

Community Coming Together

The Lyle Community Clean-Up is a time to come together as a town to celebrate Lyle!

We know that neighbors support neighbors throughout the year - picking up litter, lending supplies and offering an encouraging word. The clean-up is an opportunity to connect with neighbors and resources, lend a hand, complete needed projects and have some fun during the busy spring season!

Lyle Community Clean-Up
Apr 12 - Apr 13 9a - 4p

To sign up to volunteer or for more information go to:
<https://lylewa.com/community-clean-up>



White Salmon-Bingen COMMUNITY WIDE YARD SALES & BUSINESS SIDEWALK SALES April 11-13, 2025 -

Sign up for free to be on the map 509-493-3630. Businesses may offer sales inside also. We will include FREE PILES as well if you just have things to give away. *We need to reduce the amount of reusable goods being brought to Cleanup as much of it ends up in the landfill.

Community Cleanup April 25-26 2025 of Bingen-White Salmon

Join us for our annual spring cleanup event brought to you by the Rotary Club of White Salmon-Bingen, Republic Services 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.

Friday Apr 25, 2025

9:00 AM - 4:45 PM

Saturday

April 26, 2025

9 - 4:45 pm

Bring your loads to the Bingen Public Works Dept on Marina Way.
Come off Hwy 14 on Maple, turn in at the SDS lumber sales office.
FOLLOW THE ARROWS and SIGNS

Fees/Admission **Suggested \$10 donation per load**





IMPROVING QUALITY OF LIFE.

Senior Financial Wellness Fair



Friday, April 25, 2025
11:00 am - 2:00 pm at the
Pioneer Center
501 NE Washington St, White Salmon, WA

Gain vital financial resources and support!

- Lunch provided
- Meet with service providers
- Get help filling out paperwork

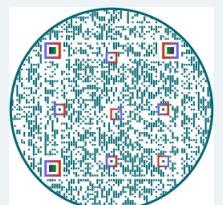
What's Offered?

- Financial literacy information (banking, savings, credit history), budgeting and saving.
- Know how to **Prevent Scams** and protect your personal information.
- Hands on help** setting up auto pay, organizing important records.



Gift Cards provided for the first 50 attendees or FREE Financial Planning kit!

 **To Register & Reserve a Gift Card:**
Scan QR Code or email: pathways@wagap.org





IMPROVING QUALITY OF LIFE.

Senior Financial Wellness Fair



Friday, May 9, 2025

11:00 am - 2:00 pm at the
Goldendale Senior Center
115 W Main, Goldendale, WA

**Gain vital financial resources
and support!**

- Lunch provided
- Meet with service providers
- Get help filling out paperwork

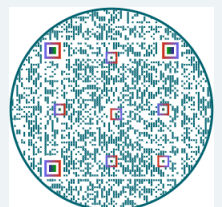
What's Offered?

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- Hands on help** setting up auto pay, organizing important records.

Gift Cards provided for the first 50 attendees or FREE Financial Planning kit!



To Register & Reserve a Gift Card:
Scan QR Code or email:
pathways@wagap.org



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

White Salmon Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Yoga 2pm Strong People	2 8:30 Strong People 12pm Senior Lunch	3 8:30 Yoga 11 am Tai Chi 2pm Strong People	4 8:30 Strong People	5
6	7 8:30 Strong People 12pm Senior Lunch	8 8:30 Yoga 2pm Strong People	9 8:30 Strong People 12pm Senior Lunch	10 8:30 Yoga 11 am Tai Chi 2pm Strong People	11 8:30 Strong People	12 Lyle Community Clean up
13 Lyle Community clean up	14 8:30 Strong People 12pm Senior Lunch	15 8:30 Yoga 2pm Strong People 5:30-7:30pm Suicide Prevention Awareness Training	16 8:30 Strong People 12pm Senior Lunch	17 8:30 Yoga 11 am Tai Chi 2pm Strong People	18 8:30 Strong People 1pm Lyle Lions Community Center Community Game Day	19
20	21 8:30 Strong People 12pm Senior Lunch	22 8:30 Yoga 2pm Strong People	23 8:30 Strong People 12pm Senior Lunch	24 8:30 Yoga 11 am Tai Chi 2pm Strong People	25 8:30 Strong People 11am to 2pm Senior Financial Fitness & Luncheon <i>Bingen/White Salmon Community clean up 9-4</i>	26 <i>Bingen/White Salmon Community clean up 9am to 4pm</i>
27 	28 8:30 Strong People 10am Let's Talk in the Bingen room 12pm Senior Lunch	29 8:30 Yoga 2pm Strong People	30 8:30 Strong People 12pm Senior Lunch	Recovery Café – a place where you can reach out for support. Downstairs Mt View Grange, 1084 NE Estes, Thursdays 1pm to 5pm. Jodene Stonebarger for more info (360) 203-6320	Senior Lunches also include live music from local musicians. Join in for some good tunes and dancing.	



Menu April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 GD: Orange Chicken Lyle: South-west Chicken Wraps	2 WS: Chicken Parmesan	3 GD: Chicken Parmesan	4	5
6	7 WS: Chicken A La King	8 GD: Chicken A La King Lyle: Meatloaf	9 WS: Salisbury Steak	10 GD: Salisbury Steak	11	12
13	14 WS: Baked Fish	15 GD: Baked Fish Lyle: Baked Fish	16 WS: Meatloaf	17 GD: Meatloaf	18	19
20	21 WS: Taco Salad	22 GD: Taco Salad Lyle: Pork Roast	23 WS: Pork Roast	24 GD: Pork Roast	25	26
27	28 WS: Cheese-burger	29 GD: Cheese-burger Lyle: Chicken Pot Pie	30 WS: SW Chicken Wrap		Menu Subject to Change	

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

April 2025

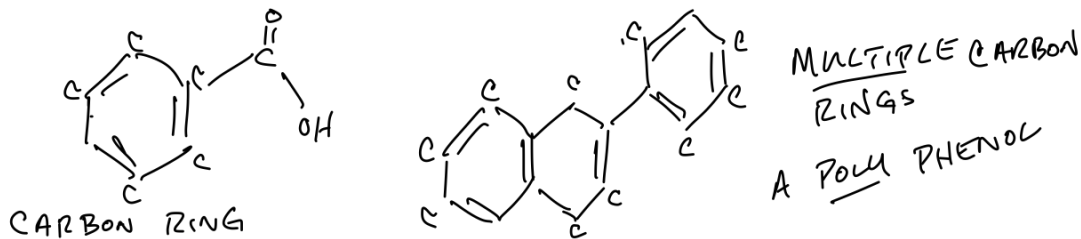
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12pm Senior Lunch 1pm Exercise	2	3 12pm Senior Lunch 1pm Exercise	4 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	5
6	7	8 12pm Senior Lunch 1pm Exercise	9	10 12pm Senior Lunch 1pm Exercise	11	12
13	14	15 12pm Senior Lunch 1pm Exercise	16 	17 12pm Senior Lunch 1pm Exercise	18 Senior Shopping trip to The Dalles call MATS to sign up	19
20	21	22 12pm Senior Lunch 1pm Exercise	23	24 12pm Senior Lunch 1pm Exercise	25 	26 10am-2pm Free Community Planting Day at the Goldendale Pool 401 King Street
27	28	29 12pm Senior Lunch 1pm Exercise	30	Recovery Café Goldendale Masonic Lodge 210 S Columbus 10am-2pm Mon & Wed		

Remember in the book “The Hobbit” Frodo gets into a riddle contest with Gollum. After a couple of rounds Frodo can’t think of a good riddle and is puzzled. He then touches the One Ring in his pocket. He absently blurts out “What have I got in my pockets?” Gollum can’t guess. Frodo wins.



So here’s a Riddle to start: **What has One thing missing and Two things good?** If you read last month’s column you will know that the answer to the Riddle is the Mediterranean Diet. Last month we explored the Mediterranean Diet and talked about Saturated Fat and Unsaturated Fat. It turns out people who live in the Mediterranean area, naturally choose Olive Oil as one of the main fats in their diet. Olive oil is an unsaturated fat and so helps lower the bad LDL cholesterol in our blood and in that way helps our hearts. So the “One thing missing” is Saturated Fat and one of the two good things that are present in the Mediterranean diet is Unsaturated fat. Remember the **key lesson: Saturated or bad fats are solids or nearly solids at room temperature.** Examples are: butter, shortening, cheese, cream, fats from meat. You can **see the difference.** So the “One thing missing” in the Mediterranean Diet is Saturated Fat. One of the two good things that are good in the Mediterranean diet is Unsaturated fat.

Wait, Wait: Weren’t there two good things? **What is the other good thing in the Mediterranean Diet?** The second good thing has a big name. It is called **Polyphenols.** Remember last month we drew carbon atoms in long strings to illustrate carbon in fats? Polyphenols are carbon atoms that are made into a **ring.** We call them **Poly**-phenols because they often have many rings of Carbon atoms linked together:
Why are these carbon atoms, arranged in a ring, so good?



In the process of making energy, our body uses Oxygen. Remember that Oxygen molecules have a center (nucleus) and some electrical particles called “electrons” spinning around the nucleus. In the process of using Oxygen some of it breaks down and turns into an Oxygen molecule that is missing one of its electrons. These are called “Free Radicals.” These Oxygen molecules with one missing electron are dangerous. They damage cells and this damage is called “**Oxidative Stress.**” Here is simple example. We have Iron in our bodies to help us carry Oxygen in our blood to all our tissues. If an Iron molecule encounters one of these Oxygens missing an electron, it will combine with it and share an electron. This combined compound is called Iron Oxide which is the chemical name of **Rust.** So think of that brownish rust building up in our bodies. Someone said “it is better to wear out than to rust out.” It turns out that “rusting out” is going on in our bodies all the time. Not good. Here is where the Polyphenols come in. Those rings of carbon will combine with the Iron (and other things that are missing an electron) and will share one of their electrons. This combination does not do any damage. Polyphenols are the good guys with White hats helping to clean up our bodies. You might consider them “the One Ring to rule them all.” Gollum doesn’t want you to have these rings :)

So where are the Polyphenols in the Mediterranean Diet? You can see them, like the fats. Fruits and Veggies that are brightly colored have Polyphenols. MGarnett MD
 Ref: <https://doi.org/10.1155/2017/8416763>. Thoughts to kcinfo@klickitatcounty.org

Join the adventure!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!



Participating in this program, you will:

- 1** Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- 2** Get REAL incentives and rewards for taking small steps that can improve your well-being.
- 3** Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

will be running the Aging Mastery Program® soon!

Limited spots available: Sign up now!

The program will launch on _____,

but participants have to be signed up by _____

Please RSVP to: _____

by _____

Don't answer that call! How to spot and stop Medicare scam attempts

What happens with a Medicare scam?

Criminals pretend to be calling from Medicare or another known organization or government agency. They try to gain the trust of the person they're calling so they can trick them into sharing their Medicare or Social Security Number. This information is valuable to criminals because they can use it to commit identity theft. Scammers use stolen information to submit fake Medicare claims using the beneficiary's name and ID. When Medicare pays for these false claims, the criminals make a lot of money. Over the course of six months, in some cases, criminals using just one person's information were paid more than \$30,000 for catheters that beneficiaries did not need, order or receive.

One more layer to this well devised con is that scammers "spoof" the number that appears on the recipient's caller ID so the incoming call appears to be from Medicare or the agency they are pretending to be calling from. Spoofing is a common tactic used to make the call seem to be coming from a local number or even from the actual number of a government agency like Medicare. It can be hard to tell if an incoming call is spoofed.

What you can do to avoid being becoming a victim of a scam caller

- Don't answer calls from unknown numbers. Let the call go to voicemail. You may want to let friends and family know you are screening your calls so they may want to leave a message.
- Be very careful about responding to ANY request for personal identifying information.
- If you answer and the caller – or a recording – asks you to hit a button to stop getting the calls, just hang up. Scammers use this trick to identify potential targets.
- If you answer and it's not who you expected, don't hang on, hang up!
- Never assume an unexpected call is legitimate. Hang up and call back using a number you can verify on a bill, a statement or an official website.
- Be suspicious. Con artists can be very convincing: They may ask innocuous questions, or sound threatening or sometimes seem too good to be true.
- Don't give out personal information like account numbers, Social Security numbers or passwords, or answer security questions.
- Ask your phone company about call blocking tools for landlines or apps for mobile devices.
- Report spoofing scams to law enforcement, the FCC and the FTC.

If you or someone you know is a victim of Medicare fraud, noticed suspicious claims on their health insurance, or had their personal information stolen, submit a fraud report to the [Washington State Senior Medicare Patrol](#) or call 1-800-562-6900. Ask to speak with SHIBA, Washington state's Senior Medicare Patrol

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 # 042025



**Klickitat Valley Health Goldendale
Toenail Clipping Clinic**

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