



**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

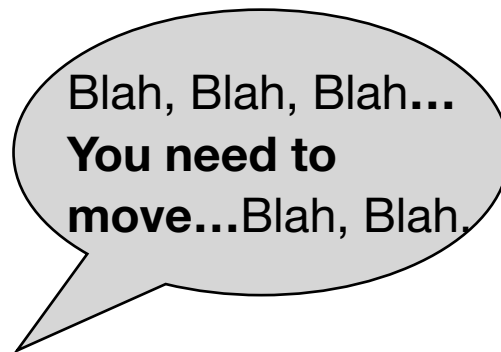
An Affidavit for eligibility must be completed.

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.



Will you hear this from someone in your future?



Friends and Patients would often ask me in clinic “Doctor, Why am I feeling like this?” Some times I had to answer with a wry smile that we are all getting “mature” and we cannot avoid the “A-G-E Disease”... myself included. **Some things happen to all of us and are out of our control.**

We can't control:

1. What disease may happen.
2. How our function will change in the future.
3. Loss of independence.
4. That we will need more help and support.

But what can we control:

1. How and where help is received.
2. The pace that we begin to receive support and care.
3. How much time we have to find the care that we like.

**So here are two important questions:**

**1. How would you like to receive care when the time comes?**

This question helps us clarify our preferences. Would you like care at home or to move in with a friend or relative? Are you interested in an Assisted Living or Adult care home?

**2. How will you know when it is time to get more care?**

What specific things will let you and your family/friends know it is time to get more care? Would it be when you are making medication errors, or having trouble toileting, or increasing falls? How will you know?

It is **normal** to have a time when we need more care. **But if we have this conversation about those needs now**, then we can **remain in control ourselves** and that feels good.

A helpful website: [planyourlifespan.org](http://planyourlifespan.org)

This material is adapted from a lecture given by Suvi Neukam DO, Assistant Professor of Internal Medicine and Geriatrics, OHSU on 4/10/25. Mike Garnett MD [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org)

## **Why Everyone Should Plan for Long-Term Care**

Research suggests that most Americans turning age 65 will need some form of assistance with everyday activities, known as long-term care, as they grow older. The amount of care needed will depend on many variables, including overall health, cognitive functioning, and home environment.

Age is a strong predictor of the need for help, and because women live longer on average, they are more likely than men to require long-term care. Regardless of gender, factors such as a disability, injury, or chronic illness also increase the chance that long-term care will be needed. For some people, the need for long-term care may occur suddenly as the result of illness or accident. For others, the need may grow slowly.

Make your decisions about long-term care before you have the need. These three simple steps can help start your planning.

### **1. Know what to expect**

Most people know they should save for retirement, but many don't know exactly what expenses to expect for help with everyday tasks such as bathing, dressing, or eating. While most of this care is provided by family members and friends, sometimes older adults and their families get these services from providers like home health agencies or area agencies on aging. Long-term care insurance can help to cover the cost of professional services provided in the home.

Understanding long-term care is the first step in creating a plan. Key things to know include:

- Most people prefer to receive long-term care at home; their odds of doing so may be improved by making home modifications to reduce the risk of falls.
- A person who lives alone is more likely to require long-term care than one who can rely on a spouse or partner for help with daily tasks.
- Long-term care is expensive and represents a major risk to your retirement savings.
- Medicare does not pay for long-term care services or supports (with some minor exceptions) and neither does your employer-based health insurance or Medigap.
- Many Americans say they do not want to rely on their children for care, but a lack of planning for paid care often leads to exactly that result.

### **2. Make your preferences known**

A choice to plan or not plan will likely have a big impact on family and friends who may also be informal caregivers. Statistics show that most long-term care is provided by family members or other loved ones. Research has also shown that caregivers can experience significant stress when they have caregiving responsibilities.

Take the time to make clear your preferences for what kind of help you value most and where you want to receive it. Family and friends will feel better knowing that you are thinking about your needs – and theirs – by planning for long-term care.

### **3. Get a plan in place**

Be proactive. Staying at home is great, especially if it has been modified to help you avoid an injury and continue to care for yourself. However, it won't happen without taking steps to ensure you can get the supports you need. Start thinking about ways to maintain your independence and safety as long as possible within your home and community.

For more information and resources to develop a care plan, visit [longtermcare.gov](https://www.longtermcare.gov).



# 988: A Lifeline for Klickitat County During Mental Health Awareness Month

May is **Mental Health Awareness Month**, a time dedicated to breaking stigma, encouraging open conversations, and ensuring people know where to turn for help. In Klickitat County, where access to mental health services can be limited due to rural geography, it's essential for residents to know about **988**, the nationwide **Suicide & Crisis Lifeline** that provides immediate, confidential support 24/7.

## What is 988?

Launched in July 2022, **988** is a free and easy-to-remember number that connects people experiencing a mental health crisis with trained crisis counselors. It replaces the longer **National Suicide Prevention Lifeline (1-800-273-TALK)** and expands services to include **anyone in emotional distress**, whether they are suicidal or struggling with anxiety, depression, substance use, or other crises.

When you call or text **988**, you will be connected to a trained counselor who can:

- ✓ **Listen and provide support**
- ✓ **Assess the situation and offer coping strategies**
- ✓ **Connect you with local resources** if needed

## Why 988 Matters for Klickitat County

Klickitat County faces unique challenges when it comes to mental health services. Many residents live in remote areas, making in-person care difficult to access. Additionally, small communities often struggle with mental health stigma, making it hard for individuals to seek help.

988 serves as a **lifeline for those who may not have access to immediate in-person care** by providing crisis support over the phone, via text, or online chat. It's a vital resource for:

- **Rural residents** who may be far from mental health clinics
- **Young people** struggling with depression or anxiety
- **Veterans** dealing with PTSD or transition challenges
- **Individuals in crisis due to substance use or suicidal thoughts**

## Breaking the Stigma: How You Can Help

Mental health affects us all. During **Mental Health Awareness Month**, here's how you can make a difference in Klickitat County:

- ✓ **Share information about 988** – Let friends and family know it's available 24/7
- ✓ **Check in on loved ones** – A simple conversation can help someone in crisis
- ✓ **Encourage professional support** – Seeking help is a sign of strength
- ✓ **Practice self-care** – Prioritize mental well-being through mindfulness, exercise, and social connection

## You Are Not Alone

If you or someone you love is struggling, **help is just three digits away: 988**. This Mental Health Awareness Month, let's work together to support one another and build a healthier, more compassionate Klickitat County. For more information, visit [988lifeline.org](https://988lifeline.org).

## **Affordable Mental Health Counseling Services for Individuals, Couples, & Families**

In-Person & Online

Marissa Johnson, M.S. Clinical & Mental  
Health

Counseling, Eastern Oregon University

202 Oak Street, Suite 750

Hood River, OR 97031

Email: [marissajohnsoncounseling@gmail.com](mailto:marissajohnsoncounseling@gmail.com)

Phone: 541-390-5231



Marissa Johnson (she/her) is a clinical graduate student and provides a warm, non-judgmental space to explore personal challenges and promote mental well-being. Serving residents of Oregon and Washington, Marissa uses a holistic, integrative approach that combines traditional therapeutic methods with innovative techniques tailored to your unique needs.

With over 12 years of experience in psychology, wilderness therapy, outpatient programming, and clinical coordination, Marissa aims to guide you in exploring yourself and understanding the world around you in new and meaningful ways. Working under the supervision of John Sell (he/him), a licensed practicing counselor, Marissa is now accepting referrals for specialized counseling services.

My sliding scale rates are \$20-60/session.

## **LET'S TALK**

Let's Talk meeting group will take place Monday, May 19th 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

## May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Recovery Café – a place where you can reach out for support. Downstairs Mt View		1 8:30 Yoga  11 am Tai Chi  2pm Strong People	2 8:30 Strong People  10:30 Senior Advisory Board Meeting	3
4	8 8:30 Strong People  <b>12pm Senior Lunch</b>	6 8:30 Yoga  2pm Strong People	7 8:30 Strong People  <b>12pm Senior Lunch</b>	8 8:30 Yoga  11 am Tai Chi  2pm Strong People	9 8:30 Strong People	10
11	12 8:30 Strong People  <b>12pm Senior Lunch</b>	13 8:30 Yoga  2pm Strong People	14 8:30 Strong People  <b>12pm Senior Lunch</b>	15 8:30 Yoga  11 am Tai Chi  2pm Strong People	16 8:30 Strong People  <b>1pm Lyle Lions Community Center Community Game Day</b>	17
18 	19 8:30 Strong People  <b>10am Let's Talk (Bingen Room)</b>  <b>12pm Senior Lunch</b>	20 8:30 Yoga  2pm Strong People	21 8:30 Strong People  <b>12pm Senior Lunch</b>	22 8:30 Yoga  11 am Tai Chi  2pm Strong People	23 8:30 Strong People	24
25	26 <b>CLOSED MEMORIAL DAY</b>	27 8:30 Yoga  2pm Strong People	28 8:30 Strong People  <b>12pm Senior Lunch</b>	29 8:30 Yoga  11 am Tai Chi  2pm Strong People	30 8:30 Strong People	31

# Menu May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 GD: SW Chicken Wraps	2	3
4	5 WS: Chef Salad	6 GD:Chef Salad Lyle: Lasagna	7 WS: Beef Stroganoff	8 GD: Beef Stroganoff	9	10
11	12 WS: Tuna Salad	13 GD:Tuna Salad Lyle: Baked Chicken	14 WS: Country Steak	15 GD: Country Steak	16	17
18	19 WS: Chicken Cacciatore	20 GD:Chicken Cacciatore Lyle: Beef Stroganoff	21 WS: Meatloaf	22 GD: Meatloaf	23	24
25	26 <b>CLOSED Memorial Day</b>	27 GD:Baked Chicken Lyle: Chicken Cacciatore	28 WS: Beef Lasagna	29 GD: Beef Lasagna	30	31

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 May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <b>Lunch</b>		1 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	2 Senior Shopping trip to Hood River Wal Mart	3 May 2-4 Goldendale Home and Garden Show <i>Seniors 55+: FREE Fairgrounds</i> 
4	5	6 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	7	8 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	9 Senior Financial Wellness and lunch event 11am to 2pm	10
11	12	13 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	14 	15 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	16 Senior Shopping trip to The Dalles call MATS to sign up	17
18	19	20 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	21	22 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	23	24
25	26	27 <b>12pm Senior Lunch</b>  <b>1pm Exercise</b>	28	29	30	31 <b>Goldendale Community Clean up 9am to 3pm</b>

## Goldendale City Wide Yard Sales

Fri. June 20-Sat. June 21 9am-4pm

Sign up online FREE, beginning May 2 through June 17 at 4pm at GoldendaleChamber.org or call 509-773-3400.

The Facebook page will open up May 2 also where more information will be posted there. Only addresses with Goldendale 98620 addresses will be allowed.



**CORRECTION: Date is Monday, May 19th**

### **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 **Monday, May 19th, 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!**



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?

Financial literacy information (banking, savings, credit history), budgeting and saving.

Know how to **Prevent Scams** and protect your personal information.

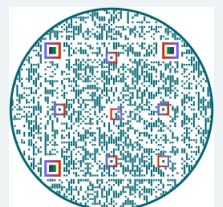
**Hands on help** setting up auto pay, organizing important records.

Call MATS to sign up for transportation 509-773-3060 to the event by 5/6.

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](mailto:pathways@wagap.org)





A big Thank you to the Klickitat County CattleWomen for their generous donation to Klickitat County Senior Services to purchase beef to use for our senior meals. We greatly appreciate their generosity in supporting nutrition for seniors in Klickitat County!

THANK YOU!!

GOLDENDALE COMMUNITY LIBRARY

131 W Burgen St • 509 773-4487



**May 5: One-On-One Tech Help**

10:00 - 1:00 PM

Call the library for a reservation

**May 10: Growing Through The Seasons: Wild Plant Identification & Foraging with Mike Lummio**

10:00 - 11:30 AM

Join us at the Goldendale Library or virtually through the [fvrl.org](http://fvrl.org) event calendar.

**May 12: Living Well Series 5:00 - 6:00 PM**

Yin Yoga for Stress Release

**May 13 & 27: Fiber Arts Social Circle**

1:30 - 2:30 PM

Knit, crochet, stitch & more as you socialize with the community (2nd & 4th Tuesdays).

**May 19: Adult Book Group (3rd Mondays)**

11:00 - 12:00 PM

Join in person or virtually for a lively discussion of a different title each month. May's discussion: *Afterlife* by Julia Alvarez

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 # 052025



Goldendale  
Community Enrichment

**CURBSIDE  
PICKUP  
AVAILABLE**  
Volunteers and  
vehicles needed to  
assist seniors &  
disabled persons  
unable to haul their  
own trash  
**VOLUNTEERS**  
Volunteers meet at  
County Courthouse  
at 8:45 am for  
briefing

# GOLDENDALE COMMUNITY CLEANUP

**HOSTED BY:**  
Goldendale Community Enrichment  
in partnership with:  
Republic Services  
& Klickitat County Solid Waste

**WHEN**  
May 31st 9am  
-3pm

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

**FREE TRANSFER STATION FEES**  
ONE LOAD --Up to 3 yards free!

For more information or to volunteer  
call: 509-773-4448