



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

**2025**

**Klickitat County Senior Advisory Board is seeking new members**

**Are you 60 or better or interested in senior advocacy and services?**

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request. The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1<sup>st</sup> Friday of each month at 10:30am. Meetings rotate locations between White Salmon, Dallesport, and Goldendale but members can also attend meetings via zoom.

New members are needed from Commissioner District 2 which includes Lyle, Dallesport, Glenwood, . If you are interested in submitting your name for membership or would like more information please contact: Sharon Carter, Director of Klickitat County Senior Services

at 509-493-6228 or email at [sharonc@klickitatcounty.org](mailto:sharonc@klickitatcounty.org).

**Upcoming meeting dates:**

June 6 Goldendale

July 11 Dallesport

August 1 White Salmon

September 5 Goldendale

October 3 Dallesport

November 7 White Salmon



## Should I take Statin medication for Cholesterol?

Statin medications have been shown to cause muscle pain in 2-11% of patients depending on the study. How can I know if I should take it?

**Here are four steps to help know what to do:**

>The chance of muscle pain is very low when taking a low dose. **Ask if a low dose will work?** If so, then it is likely worth taking the medication.

>Statin medications are cleared from the body by the liver using an enzyme called cytochrome P450 3A. Other medications use that same enzyme pathway to be cleared from the body. Multiple medications trying to use the same enzyme pathway will cause a build up and possible muscle injury. **Ask your doctor what other medications am I taking that use that pathway?**

>If **you have already had a heart attack or are high risk for having one, evidence shows definite benefit in taking the statin.** There are calculators that take into account your habits and history and can predict your risk of having a heart attack. Ask your doctor what your risk is or use the calculator yourself. A good risk calculator is at hosted by Washington University at St. Louis: <https://siteman.wustl.edu/prevention/ydr/> If that URL does not work you can find it by Googling “Your Disease Risk.”

>Still unsure? **Get some real data by getting a Coronary Calcium score.** Remember that Cholesterol causes a build up of plaque which plugs the arteries going to the heart muscle and causes heart attacks. The amount of plaque build up can be easily measured by a CT scan which looks at the amount of Calcium in the plaque. Calcium builds up in the plaque and tells how much plaque is present throughout the heart arteries. This test is easily done with about 20 seconds in the CT machine. The score is revealing—a score of 0 to 100 is a low amount of plaque and calcium and shows little chance of developing a heart attack. A statin won't help much. A score of 100 to 400 shows a much higher level of plaque and calcium and a higher chance of heart attack in the next few years. A statin would be a good idea and has been shown to **lower the chance of heart attack significantly**. A score of 400 or more shows a high risk of heart attack in the next few years. Taking the statin helps a little. **Ask your doctor if a Coronary artery Calcium score would help you know what to do?**

M.Garnett MD, [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org) What has been your experience? Write to us and let us know.

Reference: Adapted from “Coronary artery Calcium scores and outcomes with statin therapy, UptoDate 2025”



IMPROVING QUALITY OF LIFE.

# Senior Financial Wellness Fair



**Friday, June 27, 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.

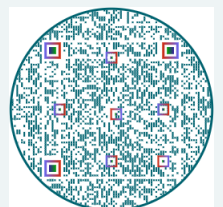
**Hands on help** setting up auto pay, organizing important records.

Call Mt. Adams Transportation at 509-493-4662 by 6/23.

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)





## LET'S TALK

Let's Talk meeting group will take place Monday, June 23rd 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)

### **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.

## **Are You OK? CDM Caregiving and the Area Agency on Aging & Disabilities of Southwest Washington collaborate on a “friendly caller” program in Clark, Skamania and Klickitat counties**

*By Patti Atkins, APR, Communications Coordinator, Area Agency on Aging & Disabilities of Southwest Washington*

Are you ok (RU OK)? That’s the name of a friendly caller program that will help ensure the independence of isolated older adults and adults with disabilities living in Clark, Skamania and Klickitat counties. It’s a relaunch of a free “friendly caller” program that began in the 1980s and experienced a resurgence during the height of the COVID-19 pandemic will help ensure the safety of isolated older adults living in Clark, Skamania and Klickitat counties. The program is funded for three years by the Area Agency on Aging & Disabilities of Southwest Washington (AAADSW) Area Plan Grant with CDM Caregiving Services – Clark County’s largest and longest running in-home care provider for older adults and adults living with disabilities.

In the RUOK program, a CDM staff member will make calls daily or weekly as needed to check in with older adults and adults with disabilities.

“We see how they’re doing. Do they need a reminder to take their medications?” said Ginger Barnwell, CDM’s home care manager. “Our goal is to set it up with the client we’re calling to find out what works for them. Do we call each day? At a certain time of day? It’s on a case-by-case basis.”

“We’re just starting to get the word out that this program is in existence again,” Barnwell said. “We want to help people stay safely in their homes as long as they can.”

The aim of the program is to reduce social isolation for vulnerable adults in the community, assist case managers with an additional set of “eyes and ears,” and give peace of mind to family, friends and neighbors.

“I’ve been using the program and it’s so nice to have a friendly call each day, and it’s reassuring to have someone check in on me regularly” said a RUOK user, aged 77, who lives in Vancouver, WA. “I highly recommend that others try it as well.”



“This is a low-cost, potentially lifesaving service for people who don’t have any other safeguards in place. Say you have a neighbor who lives alone and their family lives in a different state and are working and maybe can’t call every day. We can do check-ins with that neighbor and ask things like, ‘How are you doing? Have you taken your meds? Have you made your doctor’s appointment?’ And we can, hopefully, catch things before it escalates to being unsafe for them,” Barnwell continued. “If we’re unable to get a hold of them after a certain amount of time, which will be different for every client, we will call their emergency contacts.”

To refer yourself or someone else to the RUOK program, you can use the form on the CDM Caregiving’s website at <https://www.cdmcaregiving.org/project/ruok/>, or call CDM Caregiving Services at 360-896-9695.

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

# White Salmon Events

## June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 Strong People <b>12pm Senior Lunch</b>	3 8:30 Yoga 2pm Strong People	4 8:30 Strong People <b>12pm Senior Lunch</b>	5 8:30 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 Yoga 2pm Strong People	11 8:30 Strong People <b>12pm Senior Lunch</b>	12 8:30 Yoga 11 am Tai Chi 2pm Strong People	14 8:30 Strong People	14 
15	16 8:30 Strong People <b>12pm Senior Lunch</b>	17 8:30 Yoga 2pm Strong People <b>5:30-7:30pm Suicide Prevention Awareness Training</b>	18 8:30 Strong People <b>12pm Senior Lunch</b>	19 Office Closed Juneteenth	20 8:30 Strong People <b>1pm Lyle Lions Community Center Community Game Day</b>	21
22 	23 8:30 Strong People <b>10am Let's Talk (Bingen Room)</b> <b>12pm Senior Lunch</b>	24 8:30 Yoga 2pm Strong People	25 8:30 Strong People <b>12pm Senior Lunch</b>	26 8:30 Yoga 11 am Tai Chi 2pm Strong People	27 8:30 Strong People 11-2 Senior Financial Wellness Event & Lunch	28
29	30 8:30 Strong People <b>12pm Senior Lunch</b>					Recovery Café – a place where you can reach out for support. Downstairs Mt View

# Menu June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Spaghetti & Meatballs	3 Spaghetti & Meatballs	4 Chicken Waldorf Salad	5 Chicken Waldorf Salad	6	7
8	9 Hot Dogs & Baked Beans	10 Hot Dogs & Baked Beans	11 Meatloaf	12 Meatloaf	13	14
15	16 Tuscan Chicken	17 Tuscan Chicken	18 BBQ Pork	19 Juneteenth Closed	20	21
22	23 Chili Baked Potato	24 Chili Baked Potato	25 Turkey Wraps	26 Turkey Wraps	27	28
29	30 Chicken Teriyaki	1 Chicken Teriyaki	2 Sloppy Joes	3 Sloppy Joes	4 Closed July 4th	

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 June 2025

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 & Dickey's Farm Store	7
8	9	10 12pm Senior Lunch 1pm Exercise	11	12 12pm Senior Lunch 1pm Exercise	13	14
15	16	17 12pm Senior Lunch 1pm Exercise	18 	19 Office Closed Juneteenth	20 Senior Shopping trip to Winco in Yakima call MATS to sign up	21
22	23	24 12pm Senior Lunch 1pm Exercise	25	26 12pm Senior Lunch 1pm Exercise	27 	28
29	30					





## Senior Shopping Trips

Friday, June 6th is the senior shopping trip from Goldendale to Hood River. Sign up by 6/3.

Friday, June 20th we will have a senior shopping trip from Goldendale to Winco in Yakima. Sign up by 6/16.

Space is limited and sign ups are first come first serve.

We are also looking for a couple of volunteers who would be interested in participating in the shopping trip to help with bagging and loading and unloading items for seniors.

Call Mt. Adams Transportation at 509-773-3060 to sign up.

## Volunteer Drivers Needed: Help Make a Difference in Our Community!

Are you looking for a rewarding way to give back to your community? Do you enjoy driving and helping others? Klickitat County Senior Services/Mt. Adams Transportation Service is seeking volunteer drivers to help seniors and individuals with disabilities get to and from appointments, errands, and essential destinations.

How to Volunteer:

- **Complete a Volunteer Application:** Fill out our volunteer application form.
- **Complete a Criminal Background check, fingerprint check, and driver record check.**
- **Attend a Brief Orientation and training:** Learn more about our program, including safety guidelines and procedures.
- **Get Matched with Needs:** We will match you with ride requests that align with your availability and preferences.
- **Provide Transportation:** Enjoy the satisfaction of helping those in need and connecting with your community.

Volunteers use their own vehicles and are reimbursed mileage. Vehicles must be insured and in good working order.

If you are interested in becoming a volunteer driver, please contact Lisa King, Operations Manager or Sharon Carter, Director at 509-773-3060 or 509-493-4662.



## **Falls Prevention Program in Goldendale**

We apologize for the delay in the originally planned Falls Prevention Exercise Program in Goldendale. We are currently looking at an established evidenced based program that we can adopt and carry out here. There are several beneficial programs that we are considering and will reach out once we have a set date to begin. Thank you for your patience.

## **Need help paying for Medicare?**

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

Call and speak with Jill 509-493-3068 or Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.

AARP has a free virtual community center for those who have online access and are interested in some free online classes.

**<https://local.aarp.org/virtual-community-center/>**

Examples of some of the free online courses are:

Cooking classes, Yoga and exercise classes, Scam prevention courses, advance care planning, and writing.



## Catholic Charities

Catholic Charities out of Yakima is now offering a Senior Companion Program in Klickitat County.

Senior Companion Volunteers that are over 55 and have income within 200% of the federal poverty guidelines (after medical expense deductions) and are able to serve at least 5 hours a week, pass a background check, and attend a monthly meeting can get paid a small stipend and mileage reimbursement for the time they volunteer with Catholic Charities Senior Services.

Seniors that would like to be clients and would like to be connected with a Catholic Charities Senior Companion **509-965-7100** can call to get set up with services. There is an intake form, home assessment, and then they are matched to a senior companion.

### **AmeriCorps Senior Companions**

Senior Companion (SCP) volunteers provide direct support to seniors and those with limited mobility due to disabilities to help them stay in their homes. SCP volunteers are a vital source of companionship and assistance for seniors in need. With your compassionate presence and support, you can help seniors maintain their independence, improve their quality of life, and foster lasting friendships.

Volunteers who qualify can receive an hourly (nontaxable) stipend and earn up to an extra \$8,320 per year plus mileage reimbursement. Most importantly, thanks to Section 404 of the Domestic Volunteer Services Act of 1973, any stipend or mileage earned will not impact your eligibility for income-based housing, food stamps, or other benefits you may receive because payments to AmeriCorps participants cannot be treated as wages or compensation for any government purposes.

SCP is available in Benton, Franklin, Walla Walla, Klickitat, Yakima, Kittitas, Chelan, Douglas, and Grant Counties.

### **Volunteer Eligibility**

**Eligibility:** 55+ years of age

**Commitment:** 5-40 hrs. weekly, Pass background check, 20 hrs. pre-services training

**Contact:** Call or contact, [blambert@catholiccharitiescw.org](mailto:blambert@catholiccharitiescw.org) **509-965-7100**

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 # 062025**



**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