



**2025**

### **Create Your 'Go Bag'**

Be proactive with a well-prepared emergency supply kit.

#### **Assembling your wildfire-ready kit**

Get your emergency supply kit ready well before any wildfire or disaster. Make sure it's accessible for quick evacuation and prepare for the possibility of being away from home for a while.

Your 'Go Bag' should be easy to carry and access. Use backpacks to store items like essentials and personal documents. For food and water, consider a wheeled tub or chest for easier transport. Keep your bag light enough for comfortable lifting into your vehicle.

#### **Your 'Go Bag' checklist**

Ensure your wildfire 'Go Bag' includes:

- A 3-day supply of non-perishable food & 3 gallons of water per person
- A map with at least 2 evacuation routes
- Necessary prescriptions or medications
- A change of clothes & extra eyeglasses/contact lenses
- Extra car keys, credit cards, cash, or traveler's checks
- A first aid kit & sanitation supplies
- A flashlight & battery-powered radio with extra batteries
- Copies of important documents (birth certificates, passports, etc.)

Pet food & water

*Always have sturdy shoes and a flashlight near your bed, ready for sudden night evacuations.*

#### **Additional items if time allows**

If time allows, consider adding:

- Valuables that are easy to carry
- Family photos and irreplaceable items
- Personal computer data on hard drives and disks

Chargers for cell phones and laptops

For more information on emergency supplies, visit [www.ready.gov](http://www.ready.gov)

# DISASTER PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

## WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.



**Have you Signed Up for the Klickitat County Emergency Notification System ?**

**Klickitat County uses the Emergency Notification System to quickly inform residents about a pending or existing emergency, to include Evacuation Notifications.**

**You can sign up by going to the Klickitat County Emergency web page at:**

**<https://www.klickitatcounty.gov/249/Emergency-Management>**

**Or scan the QR code with your smartphone**

**SCAN ME**



**EMERGENCY NOTIFICATIONS**

**Or you can contact the Klickitat County DEM Emergency Management Program Coordinator, Frank Hewey, at (509) 773-0582, EXT 3 if you do not have a smart phone or internet connection and request to sign up for the notification system.**



All Ages

# Fiber Arts Exhibit

## July 2-30, 2025



There will be a silent auction for this beautiful handmade blanket specially created by our members. Proceeds to be donated to the Friends of the Library.

### Featuring an Exploration of the World of Fiber Arts

The open house will include:

- Hand knit and crocheted sweaters, hats, mittens, scarves, blankets and more
- Spinning demonstration on processing raw wool into yarn
- Tattling and Hardanger embroidery
- Temperature blanket
- Some items will be for sale
- Refreshments will be served

## Open House

### July 10 • 5:30-8pm

## **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.

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.



### **Senior Shopping Trips**

Friday, July 11th is the senior shopping trip from Goldendale to Hood River. Sign up by 7/9.

Friday, July 25th we will have a senior shopping trip from Goldendale to Winco in Yakima. Sign up by 7/23.

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.

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

# White Salmon Events

## July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Yoga 2pm Strong People	2 8:30 Strong People <b>12pm Senior Lunch</b>	3 8:30 Yoga 11 am Tai Chi 2pm Strong People	4 Closed Independence Day Holiday	5
6	7 8:30 Strong People <b>12pm Senior Lunch</b>	8 8:30 Yoga 2pm Strong People	9 8:30 Strong People <b>12pm Senior Lunch</b>	10 8:30 Yoga 11 am Tai Chi 2pm Strong People	11 8:30 Strong People	12 
13	14 8:30 Strong People <b>12pm Senior Lunch</b>	15 8:30 Yoga 2pm Strong People <b>5:30-7:30pm Suicide Prevention Awareness Training</b>	16 8:30 Strong People <b>12pm Senior Lunch</b>	17 8:30 Yoga 11 am Tai Chi 2pm Strong People	18 8:30 Strong People <b>1pm Lyle Lions Community Center Community Game Day</b>	19
20	21 8:30 Strong People <b>12pm Senior Lunch</b>	22 8:30 Yoga 2pm Strong People	23 8:30 Strong People <b>12pm Senior Lunch</b>	24 8:30 Yoga 11 am Tai Chi 2pm Strong People	25 8:30 Strong People	26
27 	28 8:30 Strong People <b>10am Let's Talk (Bingen Room)</b> <b>12pm Senior Lunch</b>	29 8:30 Yoga 2pm Strong People	30 8:30 Strong People <b>12pm Senior Lunch</b>	31 8:30 Yoga 11 am Tai Chi 2pm Strong People	Senior Lunches Include live music from local musicians. Join in for good tunes and dancing.	Recovery Café – a place where you can reach out for support. Downstairs Mt View Grange, 1084 NE Estes, Thursdays



# Menu July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 GD: Chicken Teriyaki Lyle: Hot Dogs & Baked Beans	2 WS: Sloppy Joes	3 GD: Sloppy Joes		5
6	7 WS: Macaroni & Cheese w/ Ham	8 GD: Macaroni & Cheese w/ Ham	9 WS: Meatloaf	10 GD: Meatloaf	11	12
13	14 WS: Scalloped Potatoes w/ Ham	15 GD: Scalloped Potatoes w/ Ham	16 WS: Fish Sandwich	17 GD: Fish Sandwich	18	19
20	21 WS: Chicken Alfredo	22 GD: Chicken Alfredo	23 WS: Chicken Enchilada	24 GD: Chicken Enchilada	25	26
27	28 WS: Salisbury Steak	29 GD: Salisbury Steak	30 WS: Cheeseburger	31 GD: Cheeseburger		

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 July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12pm Senior Lunch 1pm Exercise	2	3 12pm Senior Lunch 1pm Exercise	4 CLOSED July 4th Independence Day Holiday	5
6	7	8 12pm Senior Lunch 1pm Exercise	9	10 12pm Senior Lunch 1pm Exercise	11 Senior Shopping trip to Hood River Wal Mart & Dickey's Farm Store	12
13	14	15 12pm Senior Lunch 1pm Exercise	16 	17 12pm Senior Lunch 1pm Exercise	18	19
20	21	22 12pm Senior Lunch 1pm Exercise	23	24 12pm Senior Lunch 1pm Exercise	25 Senior Shopping trip to Winco call MATS to sign up	26
27	28	29 12pm Senior Lunch 1pm Exercise	30	31 12pm Senior Lunch 1pm Exercise		



Will you help support programs that feed our community?

Fill out the

# Gorge Food Access Survey



The 2015 Gorge Food Access survey helped bring in more than \$25 million to support people in our region to be healthy.

**20 people who fill out the survey will be chosen at random to get a \$50 gift card.**

The survey is open until July 18.

**Take the  
online survey**

Scan the QR code or visit  
[beav.es/GorgeFoodSurvey](http://beav.es/GorgeFoodSurvey)



Oregon State University  
Extension Service

COLUMBIA GORGE  
FOOD BANK



GORGE  
GROWN  
FOOD NETWORK



PacificSource  
Community Solutions

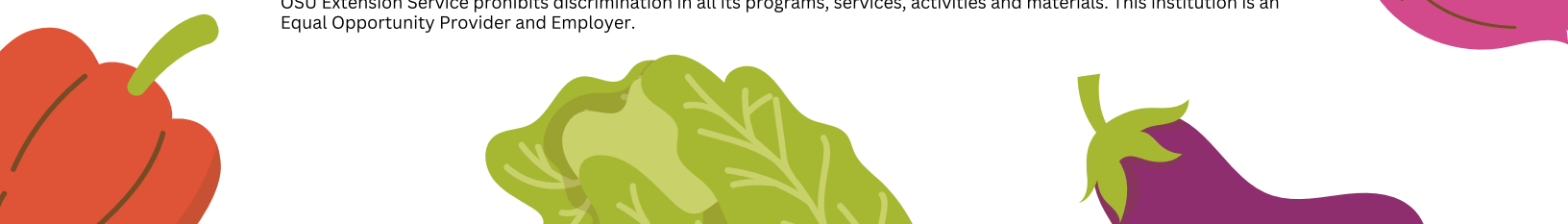
Oregon Department  
of Human Services

COLUMBIA GORGE  
HEALTH COUNCIL

BRIDGES TO HEALTH  
CONNECTING PEOPLE TO RESOURCES  
CONECTANDO A LAS PERSONAS CON RECURSOS

**For questions and concerns, contact  
[Lauren.Kraemer@oregonstate.edu](mailto:Lauren.Kraemer@oregonstate.edu) 541-386-3343 extension 38258**

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# Join the MIT AgeLab Caregiver Panel!

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The Massachusetts Institute of Technology AgeLab is a multidisciplinary research program that seeks to develop insights and innovations to help people achieve 100 good years of living. Our research on family caregivers will inform the development of new products, public policies, and services to help older adults and the people that care for them.

The MIT AgeLab is growing an online caregiver panel to learn about your experiences and thoughts as a current or former family caregiver. **If you are currently providing care to an adult family member, or have in the past**, you may qualify to be a member of our panel.

Once you join the panel, you will be contacted periodically with brief online surveys about various aspects of your life as a current or former caregiver. Additionally, there may be opportunities to participate in interviews, focus group and panel discussions.

<https://tinyurl.com/caregiverpanel>



Please share this with your friends, family or colleagues who are also providing care to an adult family member.

Your contribution will help advance our understanding of caregiving and improve the quality of life for caregivers. Please email [mit-caregiving@mit.edu](mailto:mit-caregiving@mit.edu) if you have any questions.





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 # 072025**

# Aging in the eerge

Trout Lake Grange – Wednesday, July 23, 2025

From 10:00 - 11:00 AM

Light refreshments will be served.

Content provided by Klickitat County Senior Services (KCSS) and Trout Lake Care. Discussion on programs and services that are available for seniors, adults with disabilities, loved ones of seniors or those with disabilities.