



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

2025

Our thoughts and hearts go out to individuals, families, businesses and entire communities that are facing the devastating impacts of the Burdoin wildfire as well as other fires that have developed in Klickitat County.

We are grateful to all those who have been working and volunteering around the clock to protect and help in this challenging time.

We will continue to gather information on resources available and we will share information on how individuals can help those who have been impacted as those are determined.

Mt. Adams Transportation services continues to provide transport for medical needs and essential services with our dial-a-ride service. Be sure to update us on any temporary address location changes due to evacuation. Be prepared for possible delays or that trips may take longer due to deviations around road closures and areas that are off limits due to evacuation and firefighting.

Mt. Adams Transportation

Goldendale office 509-773-3060 White Salmon office 509-493-4662.

Emergency evacuations using MATS are coordinated through the Emergency Operations/Dispatch center to ensure safety.

Take care, be kind, offer help to neighbors and those in need of support during this stressful and challenging time.

Additional questions for locating resources and information can also be directed to on of our Klickitat County Senior Services offices

White Salmon 509-493-3068 and Goldendale 509-773-3757

We are here to help in any way we can and will assist to research and connect you to the help you may need.



NEW In-Person Grief Support Group forming in White Salmon Aug-Nov 2025.

If you are grieving due to the death of an important person, or people, Providence

Hospice of the Gorge offers free, professionally-facilitated grief support groups for adults who are grieving. These groups offer a chance to connect, discuss, and support one another while living with grief.

Registration required for all groups: In-Person, Outdoor, and Virtual group options available.

To register, or more information on the Washington-based group including dates, times, group availability, or for any other additional grief resources, please contact: Haley at 541-387-6449.

An important message to avoid the latest scam.

A message from Dr. Oz on the latest scam

Medicare.gov

Beware of scammers, sometimes posing as salespeople, offering "free" services or gifts. They may be trying to trick you into signing up for hospice care without your knowledge.

Here's how it works:

Scammers text, call, email, post fake ads, or even knock on your door.

They offer "free" gifts or in-home perks, like cooking or cleaning services, protein shakes, medical equipment, or groceries.

In exchange, they may ask for your Medicare Number and ask you to sign a paper.

They're tricking you into signing up for hospice care, so they can fraudulently bill Medicare for services in your name.

Remember: Never give out your Medicare Number and don't sign anything for free services — it's a scam.

If you think you may have experienced fraud, call 1-800-MEDICARE (1-800-633-4227) or report it online at [Medicare.gov/fraud](https://www.Medicare.gov/fraud).

Sincerely,

The Medicare Team

NOTE: Hospice care is for people who are terminally ill — and is a serious decision to be made only between you and your doctor.

GRIEF SUPPORT GROUPS

If you are grieving due to the death of an important person, or people, Providence Hospice of the Gorge offers free, professionally-facilitated grief support groups for adults who are grieving.

In-Person Grief Support Groups
White Salmon Group forming:
Aug-Nov 2025

An 8-week support group for people grieving a loss due to death. These groups offer a chance to connect, discuss, and support one another while living with grief.

Outdoor Walking with Grief Group
Spring, Summer, Fall

Now offering a seasonal outdoor support group. These groups invite members to explore grief in nature with movement and mindfulness.

Registration required for all groups.
For current dates, group availability, or for more information,
please contact: Haley at 541-387-6449

White Salmon Bakery Company Steps Forward to Help Senior Stay-at-Homes

Thanks to the White Salmon Baking Company, stay-at-home White Salmon seniors enrolled in the county's Senior Services 'Homebound Lunch Program' are now enjoying a special treat with their delivered meals. Twice each month, the local bakery is generously donating two full boxes of fresh-baked pastries, cookies and other baked goods for the enjoyment of west-end lunch recipients.

This donation is made possible by the bakery's new owner, Carey Ohnemus, who has long-time roots in Klickitat County. Carey's grandparents Omer and Margret Ohnemus were married in 1930, and moved to western South Dakota where they settled an abandoned homestead and raised cattle for many years. Subsequent to the Great Depression, the Dust Bowl and other hardships, the family was forced to make their way west to the Columbia River Gorge where Carey's grandfather eventually found work at the Broughton Mill. From this mill, logs and lumber were wrangled down the historic Broughton Flume to the company's mill in Underwood. Many readers will remember several episodes of the TV series "Lassie" that included Lassie's ventures around the mill, and her perilous trip down the flume to once again save the day. Later, Carey's grandfather went to work with SDS Lumber near the beginnings of its operations, and loaded the very first train car with lumber that was ever shipped by SDS!

So, thank you Carey, and all the other folks who work at the White Salmon Baking Company in downtown White Salmon.

Thank you for helping make the sometimes lonely and challenging lives of our homebound seniors so much better via sharing your bakery's bounties.

White Salmon Baking Company is located at 80 NE Estes Ave, White Salmon, Washington 98672

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



White Salmon Events

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Senior Lunches Include live music from local musicians.			1 8:30 Strong People	2
3	4 8:30 Strong People 12pm Senior Lunch	5 8:30 Yoga 2pm Strong People	6 8:30 Strong People 12pm Senior Lunch	7 8:30 Yoga 11 am Tai Chi 2pm Strong People	8 8:30 Strong People	9 
10	11 8:30 Strong People 12pm Senior Lunch	12 8:30 Yoga 2pm Strong People	13 8:30 Strong People 12pm Senior Lunch	14 8:30 Yoga 11 am Tai Chi 2pm Strong People	15 8:30 Strong People 1pm Lyle Lions Community Center Community Game Day	16
17	18 8:30 Strong People 12pm Senior Lunch	19 8:30 Yoga 2pm Strong People	20 8:30 Strong People 12pm Senior Lunch	21 8:30 Yoga 11 am Tai Chi 2pm Strong People	22 8:30 Strong People	23
24  31	25 8:30 Strong People 10am Let's Talk (Bingen Room) 12pm Senior Lunch	26 8:30 Yoga 2pm Strong People	27 8:30 Strong People 12pm Senior Lunch	28 8:30 Yoga 11 am Tai Chi 2pm Strong People	29 8:30 Strong People	30



Menu August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 WS: Beef Stroganoff	5 GD: Beef Stroganoff	6 WS: Orange Chicken	7 GD: Orange Chicken	8	9
10 	11 WS: Tuna Casserole	12 GD: Tuna Casserole	13 WS: Chef Salad	14 GD: Chef Salad	15 	16
17 	18 WS: Meatloaf	19 GD: Meatloaf	20 WS: Chicken Parmesan	21 GD: Chicken Parmesan	22	23
24 — 31	25 WS Sweet & Sour Chicken	26 GD Sweet & Sour Chicken	27 WS Broccoli Beef	28 GD Broccoli Beef	29 	30

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

August 2025

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



Senior Shopping Trips

Friday, August 8th is the senior shopping trip from Goldendale to Hood River. Sign up by 8/6.

Friday, August 22nd we will have a senior shopping trip from Goldendale to Winco in Yakima. Sign up by 8/19.

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.

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.

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.

Getting Back on Track After an Emergency or Disaster

Insurance Matters

- Understand exactly what your insurance company covers in the event of a disaster.
- Do not endorse and cash any payment from an insurance company that says “final” unless you are sure it is an adequate payment under your policy’s coverage.
- Call your mortgage company to see how reimbursements from your home insurance company will be handled.
- Consider mediation if you are not satisfied with negotiations with your insurance company. In many areas, there is a free public service offered by your state’s insurance commissioner.
- Consult an attorney; local bar associations working with FEMA often set up volunteer attorney sites.

Fraud and Scams

- Don’t pay cash to a contractor for home repairs and never give your credit card number unless you are paying the bill with it.
- Be sure you have a signed contract detailing the work you want to have done and don’t make a final payment until the work has been done to your satisfaction.
- Make sure that any contractors, plumbers, electricians or roofers are bonded licensed or registered in your state. You can check their license status with your state or Better Business Bureau.
- Try to get several bids before agreeing to any work; a one-third down payment is considered appropriate.
- Beware of home repair loan brokers who guarantee you a loan if you first pay a fee.
- If you suspect you have been taken advantage of, call your state attorney general’s office.

Important Websites and Phone Numbers to Have on Hand

FEMA (toll-free): 1-800-621-FEMA (3362); www.fema.gov

American Red Cross (toll-free): 1-800-RED CROSS (733-2767); www.redcross.org

For more information on preparing for an emergency, visit www.ready.gov.

Medicine is moving toward “Digital Health Technologies.” Is that a good move?
There is good news and bad news.



Digital Health Technologies (DHT) are devices and apps that would help you and your Doctor manage your health. They work by recording, tracking and visualizing health parameters. They can communicate with peers or professionals, help maintain motivation, and some provide “just in time” therapeutics. Think of things like the Apple smart watch which can call 911 when you fall or can track where you are in case you wander off and your family can’t find you. That can be helpful when caring for someone having memory issues. There are many devices now which will monitor your step count and distance walked. Another example are smart monitors for blood sugar which can now come in either a stand alone sensor on the skin of an arm or use a smart ring as a sensor. When I was working with a Palliative Care team in Goldendale, we had blood pressure monitors that would report over the cell network to a provider to monitor a daily blood pressure. Recently the University of Washington reported an ear ring which has monitoring capabilities. These all seem like great new additions to what we can do for health. Recently JAMA OPEN published an article showing 148 possible Digital Health Technologies. 96 of these were devices and 52 were apps.

The article in JAMA OPEN showed one problem. Most of the apps and devices were designed for help with one diagnosis. Only 3.4% were designed to help with two diagnosis’s. 82% of patients with Diabetes have a second chronic condition. 50% of people with any chronic condition will have other chronic conditions. So to test things out the paper proposed a patient who had five diagnosis’s which commonly run together. They were: COPD, Hypertension, Type 2 Diabetes, Osteoarthritis and Osteoporosis. What were the findings? They found that the patient would need 7 devices with 13 apps. Even then, only 3 of 5 professionals who should be getting information, would be getting the relevant information. Most of the apps and devices are being produced in a “siloesd” fashion. They will only address one problem. I have to confess, I like my Apple watch. It tells me where my phone is and where my wife is and with an airtag, where my car is. It motivates me to walk and checks my heart rhythm. I hope it can learn from some of these other apps and devices and begin to combine things into one. Sounds like that is needed. M.Garnett MD kcssinfo@klickitatcounty.org

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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 # 082025

The infographic is divided into three vertical columns, each representing an evacuation level. Each column has a circular icon at the top: a car for Level 3, a person with a backpack for Level 2, and a checklist for Level 1. The text in each column is oriented vertically, reading from bottom to top. The Level 3 column has a red border and a red circle with 'LEVEL 3'. The Level 2 column has a yellow border and a yellow circle with 'LEVEL 2'. The Level 1 column has a green border and a green circle with 'LEVEL 1'. To the right of these columns is a dark blue vertical banner with the WEM logo at the top, followed by the text 'BE READY, BE SET, GO NOW!' in large white letters, and a paragraph of smaller white text at the bottom.

LEVEL 3
GO NOW!
LEAVE IMMEDIATELY!
EXTREME DANGER IN THE AREA
Leave without delay.
It is unsafe to stay.
Do not stop to gather belongings or protect your home.
Do not return until officials announce the area is safe.

LEVEL 2
BE SET
BE SET TO EVACUATE
AT A MOMENT'S NOTICE
SIGNIFICANT DANGER IN THE AREA
Follow your evacuation plan & grab your go-kit.
Check news & radio for updates.
Conditions change rapidly. Leave if you feel unsafe.

LEVEL 1
BE READY
PREPARE TO EVACUATE
BE AWARE OF DANGER IN THE AREA
Stay informed.
Have your plan & go-kit ready.
Act early if you or your loved ones can't move quickly.

WEM
BE READY, BE SET, GO NOW!
Know evacuation levels and follow advice of emergency officials. Make the best decision for your safety. Don't wait to evacuate if you feel unsafe!