



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

**2025**

## **Do you need HELP With Winter Heating?**

Washington Gorge Action Program (WAGAP) staff will process Energy Assistance applications for seniors 60 and older and Jill or Doreen from Senior Services will be there to process Klickitat County PUD electric Senior discounts (62 and older) at the following locations and dates in October and November.

**Goldendale PUD public meeting room 1313 S. Columbus Avenue.**

Thursday, October 23rd and Thursday, October 30th 9am to 1pm

**Lyle Lions Community Center 503 Lewis & Clark Hwy, Lyle .**

Tuesday, November 4th, 9am to 12:30pm

**White Salmon Pioneer Center, 501 NE Washington Street.**

Monday, November 17th & Tuesday, November 18th from 9am to 1pm

### **Klickitat PUD Senior Discount**

**You will need to provide proof of gross annual household income and copy of PUD bill.** (Total annual household income will include income from all sources, prior to any adjustment to gross, regardless of income source) **Yearly income for single household must be \$ 51,000 or less for 1 person household or \$58,000 or less for a 2 person household. 62 and older.**

### **LIHEAP Low Income Energy Assistance for Seniors through WAGAP.**

The following documentation is required when you apply for assistance (even if you have applied for energy assistance in previous years):

· PICTURE ID for all adults in the household

Documentation for citizenship verification for ALL household members (adults and children) (tax return can not be used)

- Social security cards
  - Tribal identification card with picture
  - Enhanced driver's license
  - U.S. Passport
  - U.S. Military card or Military dependents card
  - Birth certificate
- Income received in the prior month for ALL adult household members (tax return can not be used)
  - Proof of your physical address
  - A copy of your heating bill

# Medicare Part D Prescription Drug Plan Annual Enrollment

October 15—December 7, 2025

Every year, the costs and coverage of your Medicare health and/or prescription drug plan can change. Most plans make some form of change every year.

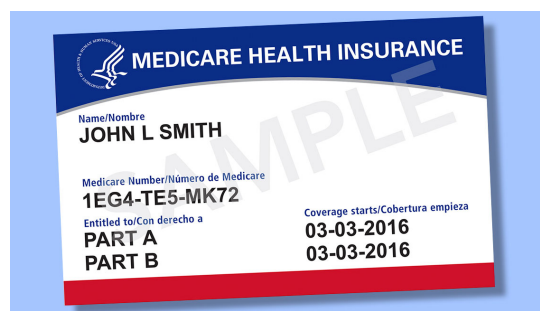
Be sure to review your plan each year to make sure it will still meet your health and financial needs.

Klickitat County Senior Services staff are available to provide assistance with reviewing plan options during the Medicare Annual Enrollment Period.

Contact Klickitat County Senior Services Information & Assistance to schedule an appointment for assistance.

509-773-3757 Doreen in Goldendale

509-493-3068 Jill in White Salmon



Fall Open Enrollment runs from October 15 through December 7 each year. This period is also sometimes called the Annual Election Period. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you're happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes you can make include:

1. Joining a new Medicare Advantage Plan
  2. Joining a new Part D prescription drug plan
  3. Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts

If you have Original Medicare, visit [www.medicare.gov](http://www.medicare.gov) or read the *2026 Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in:

- The plan's costs
- The plan's benefits and coverage rules
- The plan's formulary (list of drugs your plan covers)

Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance reviewing your options, contact your **State Health Insurance Assistance Program (SHIP)** for individualized counseling Call [800-562-6900](tel:800-562-6900) OR call Klickitat County Senior Services 509-773-3757 or 509-493-3068 and our SHIBA trained staff can assist.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there's another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

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

# White Salmon Events

## October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Senior Lunches Include live music from local musicians.	Dickeys Farm Store in Bingen is open daily and accepts the Senior Farmers Market Benefit Cards through the month of October.	1 8:30 Strong People <b>12pm Senior Lunch</b>	2 8:30 Yoga 11 am Tai Chi 2pm Strong People	3 8:30 Strong People	4
5	6 8:30 Strong People <b>12pm Senior Lunch</b>	7 8:30 Yoga 2pm Strong People	8 8:30 Strong People <b>12pm Senior Lunch</b> <i>Birthday Cake for October Birthdays</i>	9 8:30 Yoga 11 am Tai Chi 2pm Strong People	10 8:30 Strong People 	11
12	13 8:30 Strong People <b>12pm Senior Lunch</b>	14 8:30 Yoga 2pm Strong People	15 8:30 Strong People <b>12pm Senior Lunch</b>	16 8:30 Yoga 11 am Tai Chi 2pm Strong People	17 8:30 Strong People <b>1pm Lyle Lions Community Center Community Game Day</b>	18
19	20 8:30 Strong People <b>12pm Senior Lunch</b>	21 8:30 Yoga 2pm Strong People	22 8:30 Strong People <b>12pm Senior Lunch</b>	23 8:30 Yoga 11 am Tai Chi 2pm Strong People	24 8:30 Strong People	25
26 	27 8:30 Strong People <b>10am Let's Talk (Bingen Room)</b> <b>12pm Senior Lunch</b>	28 8:30 Yoga 2pm Strong People	29 8:30 Strong People <b>12pm Senior Lunch</b>	30 8:30 Yoga 11 am Tai Chi 2pm Strong People	31 8:30 Strong People	



# Menu October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WS:Pork Adobo	2 GD:Pork Adobo	3	4
5	6 WS: Chicken Chow Mein	7 GD: Chicken ChowMein Lyle: Chili Baked Potato	8 WS:Tater Tot Casserole <i>Birthday Cake</i>	9 GD:Tater Tot Casserole	10	11
12	13 WS: Swedish Meatballs	14 GD:Swedish Meatballs Lyle: BBQ Pork Sandwich	15 WS: Baked Fish	16 GD: Baked Fish	17	18
19	20 WS: Meatloaf	21 GD:Meatloaf Lyle: Tator Tot Casserole with bacon	22 WS: BBQ Pork	23 GD: BBQ Pork	24	25
26	27 WS: Chili Baked Potato	28 GD: Chili Baked Potato Lyle: Cooks Choice Fall Stew	29 WS: Red Beans & Rice w/ Sausage	30 GD: Red Beans & Rice w/ Sausage	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 October 2025

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



# Voter

  
*Klickitat County*  
*Senior Services*

## registration and information

WAGAP will be offering voter registration and election information during Klickitat County Senior Services lunches. It's a quick and easy way to register, update your info, or get answers to your voting questions

Oct 20<sup>th</sup> - White Salmon

Oct 21<sup>th</sup> - Lyle

Oct 23<sup>rd</sup> - Goldendale

10am-12:30pm



Recently I was helping treat some patients in Uganda. There is an NGO based in Vancouver that employs Ugandan's to go out to rural villages with a "mobil clinic." Clinic is usually set up under a few trees for shade and a few plastic chairs are

borrowed for the day from a nearby church. On one "clinic" day we saw a young woman in her thirties who has Diabetes along with seven children. Large families in Uganda are common for they are your farm work force and also your "social security" in these rural areas. It was once that way here in the USA as well. In Uganda farming cocoa, banana's and coffee are the "cash crops." To feed yourself and your family, they also grow potatoes, cassava, maize and tomatoes. Most families have chickens and a few goats. The "well to do" families have a few cows. The only farm equipment is your family members and a large bladed hoe that works as a shovel as well. As you might expect there are many of 40 and 50 year olds in clinic with low back pain, shoulder or knee pain from years working in the fields. This young woman who came in with Diabetes was remarkable because she was on pills for her diabetes and yet was still doing very poorly. She was tall but had lost much weight because her diabetes was so out of control. We were fearful that she would not get to see her children grow up unless she was started on Insulin. We made arrangements for her to get the Insulin she needed and a glucometer to measure her blood sugar.

There is a current paper published online in The Lancet Diabetes and Endocrinology journal (9/9/25) that addresses how well Diabetes is being diagnosed and treated overall in the world. What did the study find? World wide 56% of people with diabetes have been diagnosed. Once diagnosed 91% of these people are on treatment but only 42% have good control of their blood sugar. A conclusion might be that we are not very good at finding Diabetes since we find about half of them world wide. We are pretty good at getting people who are found with Diabetes onto treatment, and yet we still struggle to get their blood sugar under control. Things are improving with the GLP-1 medications (think Mounjaro and Ozempic) but their is still a lot of room for improvement. What about you? Do you have Diabetes?

How would you know? There is a simple blood test called a Hemoglobin A1c that measures how your blood sugar has been in the last few months. It is like getting an average for the last few months. If your value is 5.7 to 6.5, you likely have "Pre-diabetes." You don't have the full blown thing yet but you are headed that way. If your value is greater that 6.5, you have diabetes. Have you had this test recently? Untreated diabetes causes heart attacks, strokes, vision loss, neuropathy, kidney damage to name a few results. It would be worth it to find it if you have it. M.Garnett MD Contact us at [kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org)

? (smiley face) ? DO I HAVE DIABETES

# Powerful Tools for Caregivers



Healthy Generations

Home and Community  
Living Administration



*A free 6-week class about taking care of yourself while you care  
for a loved one ...*

Whether you provide care for a spouse, partner,  
parent, friend, neighbor, or a child with disabilities,  
this course is for caregivers like you!

**Free!**



**Who:** Family and friend caregivers

**When:** Wednesdays,  
Oct 22 – Nov 26, 2025 | 11:00am - 12:30pm

**Where:** Virtual via Zoom

**To learn more about the class, go to the [Goldsen Institute](https://goldseninstitute.org/events/event/powerful-tools-for-caregivers-class-series-virtual/)**

**<https://goldseninstitute.org/events/event/powerful-tools-for-caregivers-class-series-virtual/>**

**All class participants receive a free copy of the [Caregiver Helpbook!](#)**

**Space is limited, register soon!**

To register, email [goldseninstitute@uw.edu](mailto:goldseninstitute@uw.edu)  
Or call (206) 221-5514 (If leaving a  
voicemail, please mention Powerful Tools  
for Caregivers)

**Registration deadline is October 15<sup>th</sup>!**



Powerful Tools  
**FOR** Caregivers

# Drive-Thru Drug Take Back Event Saturday October 25, 2025 10 a.m. - 2 p.m.

Bring any prescription & over-the-counter medications for safe, FREE disposal



## East Klickitat County

**NO  
SHARPS**

**Take-Back Event Site:**  
Klickitat County Courthouse  
205 S. Columbus Street, Goldendale

Medicine take-back events in Southwest WA are funded in partnership by Washington State Health Care Authority. Medicine take-back programs are the only secure and environmentally sound way to dispose of leftover and expired prescription and over-the-counter medication. Thank you for taking part in keeping our community and environment safe and healthy. This event/activity is not sponsored or endorsed by local school districts.

### FREQUENTLY ASKED QUESTIONS

#### What safety guidelines will be followed?

For everyone's safety, participants will remain in vehicles & use a drive-thru process to dispose of unwanted & expired medication.

#### What medications will be accepted?

Any prescription & over-the-counter medications including pills, liquids & inhalers will be accepted. Removal of personal info on medication labels or packaging is not required.

#### What about sharps & syringes?

Sharps can be dropped off for free at all of the Clark County Transfer Stations during normal business hours. Use an approved sharps container or a rigid plastic container with a lid to transport (ex: plastic milk jug) & label the container:

**WARNING-SHARPS DO NOT RECYCLE**

#### Are vape pens & e-cigarettes being accepted?

YES! All event sites will collect vape pens & e-cigarettes **WITHOUT batteries** for disposal. If batteries aren't removable, ask electronic chain stores or local Hazardous Material Transfer Stations if they accept these devices for disposal & for extra guidance on proper disposal.

#### How are collected medications disposed of?

All prescription & over-the-counter medication collected at drug take back events are safely incinerated by the D.E.A.

## LOCKS SAVE LIVES



Ease of access is the #1 reason youth misuse prescription drugs. YOU can save a life by storing prescription medication at home in a locked location. It's easy & important!

A national study indicated 29% of parents with children 18 years-of-age and younger report storing medication safely in the home—in a latched or locked location. (Pediatrics, 2017)

**We can do better. Together, we can achieve 100%.**

**Did you know** the most common drugs misused by teens & adults come from family & friends' home medicine cabinets? 75 percent of opioid misuse starts with using medicine not prescribed for them. Proper disposal of unwanted & expired medication using a take back program reduces access & protects loved ones by preventing accidental poisonings, overdose & misuse that can lead to prescription drug addiction.

**Did you know** medications not disposed of properly end up in the environment? Let's work together to keep these substances out our landfills & waterways. Source: SAMHSA

**Locks Save Lives** is a local campaign developed by Clark County youth substance use prevention coalitions and their partners to encourage and inform about safe medication storage as well as proper disposal – two of the most effective deterrents to accidental poisonings, overdose, medicine theft, and misuse that can lead to prescription drug addiction.

To Learn More About Locks Save Lives:  
[lockssavelives.org](http://lockssavelives.org)

## EVERY DAY IS TAKE BACK DAY

If you missed DEA's National Prescription Drug Take Back Day, you can still drop off your old, unneeded, or unused medications year-round at one of the many pharmacies, hospitals, and police departments working to help you clean out your medicine cabinets throughout the year. In addition, many of these locations provide postage paid mail-back envelopes free of charge, upon request.



Find year-round & mail-back disposal:  
[medtakebackwashington.org](http://medtakebackwashington.org)  
or [bit.ly/DEATake-Back](http://bit.ly/DEATake-Back)

In Partnership with the following Youth Substance Misuse Prevention Coalitions:



Community partners include: Coalition for Preventing Abuse in Klickitat County (CPAC), Klickitat County Sheriff's Department, Washington Gorge Action Program, Klickitat Valley Health, Southwest Washington Accountable Community of Health, Washington State Health Care Authority, U.S. Department of Justice, Drug Enforcement Administration

**FREE!**



# HARVEST DINNER

*Community meal*  
*Chicken, soup, salad, and bread*

**LEARN ABOUT  
PRESERVING &  
STORING FOOD**

THE LODGE  
219 S. COLUMBUS AVE.  
GOLDENDALE, WA 98620

**SATURDAY  
OCTOBER 4, 2025  
3-6 PM**

FOR MORE INFORMATION:  
**(509) 281-2330**



**FVRLibraries**  
FORT VANCOUVER REGIONAL LIBRARIES



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 # 102025**

Farmer's markets in White Salmon and Goldendale finished in September but anyone with a Senior Farmer's Market Benefit Card can still use it at Dickey's Farm Store off HWY 14 in Bingen—they are open daily.



**Senior Shopping Trips**

Friday, October 3rd is the senior shopping trip from Goldendale to Hood River. Sign up by 10/1.

Friday, October 17th we will have a senior shopping trip from Goldendale to Winco in Yakima. Sign up by 10/15.

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.