



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 November.

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 (Bingen Room)

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.** (If you missed an event date you can call Senior Services and make an appt)

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

Beginning **Monday, November 3, at 8:00 a.m.**, Washington Gorge Action Programs (WAGAP) will begin taking calls to schedule appointments for the Low-Income Energy Assistance Program (LIHEAP) for low-income residents in Skamania and Klickitat counties who need assistance paying their heating bills.

Energy Assistance Program at (509) 493-2662 extension 202

Get Me Through the Holidays: **Coping with loss on days that hold special meaning**

A free presentation, open to anyone in the community

Many people are filled with happy anticipation as the holidays approach. For those who have experienced a significant loss, this is often not the case. Aware that the person who died will not be with them, the holiday season can intensify feelings of sadness, isolation, anxiety, and loss for those who grieve. It can be difficult to decide what to do.

This seminar helps people who are grieving a loss through death to discover practical and meaningful ways to cope during the holidays. Many of these coping strategies can be used for other important days, such as birthdays and anniversaries. In addition, those who want to offer their support will discover tips for how to help someone who is grieving.

In-Person seminar offered in the Gorge:

Wednesday, November 19th 1:30-3pm

Pioneer Center: 501 NE Washington Street, White Salmon, WA 98672

Monday, December 15th 10-11:30am

Mid-Columbia Senior Center: 1112 W 9th St., The Dalles, OR 97058

Virtual seminar offered through Zoom *requires registration for zoom link

Thursday, November 13th 10-11:30am

Tuesday, December 9th 6-7:30pm

Monday, December 15th 1-2:30pm

The Providence Hospice Bereavement Program provides these presentations, which are offered free of charge to the community.

If you have questions or would like more information, please contact the Bereavement Team at 503-215-4622 or email Bereavement@providence.org



Free

COMMUNITY SCREENING

of *No Place to Grow Old*, a documentary capturing a growing crisis unfolding quietly across America: older adults aging into homelessness.

6
NOV

6.30PM
- End

The Granada
Theatre
221 E 2nd St,
The Dalles

Free Dinner

Discussion

Film



Mid-Columbia
Community
Action Council



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

White Salmon Events

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Senior Lunches include live music from local musicians.					1
2 	3 8:30 Strong People 12pm Senior Lunch	4 8:30 Yoga 2pm Strong People	5 8:30 Strong People 12pm Senior Lunch	6 8:30 Yoga 11 am Tai Chi 2pm Strong People	7 8:30 Strong People 	8
9	10 8:30 Strong People 12pm Senior Lunch	11 CLOSED Veteran's Day	12 8:30 Strong People 12pm Senior Lunch	13 8:30 Yoga 11 am Tai Chi 2pm Strong People	14 8:30 Strong People 1pm Lyle Lions Community Center Community Game Day	15
16	17 8:30 Strong People 12pm Senior Lunch	18 8:30 Yoga 2pm Strong People	19 8:30 Strong People 12pm Senior Lunch 1:30 to 3pm Seminar: Get Me Through the Holidays. Coping with Loss	20 8:30 Yoga 11 am Tai Chi 2pm Strong People	21 8:30 Strong People	22
23 	24 8:30 Strong People 10am Let's Talk (Bingen Room) 12pm Senior Lunch	25 8:30 Yoga 2pm Strong People	26 8:30 Strong People 12pm Senior Lunch	27 Office Closed Happy Thanksgiving	28 Office Closed	29
30						



Menu November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Sloppy Joes	4 Sloppy Joes Lyle: Beef Stroganoff	5 Quiche w/ Spinach	6 Quiche w/ Spinach	7	8
9	10 Chicken Fettuccine Alfredo	11 CLOSED Veteran's Day	12 Salisbury Steak	13 Salisbury Steak	14	15
16	17 Tuna Casserole w/ peas	18 Tuna Casserole w/ peas Lyle: Breakfast Egg Casserole	19 Taco Bean Soup	20 Taco Bean Soup	21	22
23	24 Beef Stroganoff	25 Thanksgiving Lunch	26 Thanksgiving Lunch	27 Happy Thanksgiving Office Closed	28 Office Closed	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 November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3	4 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	5 	6 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	7 Senior Shopping trip to Hood River call MATS to sign up 2pm Strong People Class	8 8am to 1pm KVH Holiday Bazaar 9am to 4pm Craft Fest American Legion
9	10 	11 CLOSED Veterans Day	12	13 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	14 2pm Strong People Class	15
16	17	18 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	19	20 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	21 2pm Strong People Class Senior Shopping trip to The Dalles call MATS to sign up	22
23	24	25 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	26	27 Office Closed Thanksgiving Day	28 Office Closed	29
30						

Klickitat County Upcoming Community Events

- **Father's House Fellowship**

509-773-4719 or 509-261-0935 – 207 S. Klickitat Avenue, Goldendale, WA, 98620

- Free Thanksgiving Dinner (Thursday, 11/27/2025, starts at Noon)
 - ✦ Call to register as soon as possible and to find out about delivery options

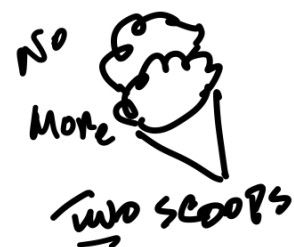
- **Dad's Sourdough Bakery**

509-250-8011 – Bakery Location: 604 S. Columbus Ave, Goldendale, WA, 98620

- Free Thanksgiving Dinner (Thursday, 11/27/2025, 12-6pm)
 - ✦ Dinner location: The Lodge, 210 South Columbus Ave, Goldendale, WA, 98260
 - ✦ Call in advance for delivery options: 509-250-8011

Gorgeous Music Concert Events Second Sundays through the end of the year At United Methodist Church in White Salmon-341 N. Main Ave, White Salmon

- November 9th at 3pm: Klezmer to Jazz to Classical. Dennis Williams-clarinet and Andrew Ehrlich-violin with David Kelly-piano and Tim Meyer-piano with his jazz trio, ALL JAZZ considered-Chic Preston on bass and Mike Grodner on drums.
 - December 14th at 3pm: Christmas Carols and Holiday Music
- For more information or to be added to the mailing list contact David Kelly, gorgeousmusicevents@gmail.com



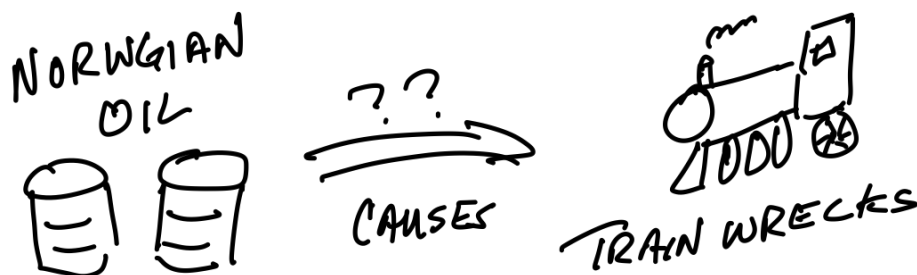
People eating more Ice Cream, is the cause of more Wild Fires.

A friend recently reported this conclusion to me. He told me that when you look at how much Ice Cream is eaten during each part of the year, you find that in the summer months, eating of Ice Cream greatly increases. Wild Fires increase significantly in the very same summer months that the increase in the intake of ice cream occurs. So therefore the conclusion was that when people eat more ice cream, they cause more wild fires. Right?

This is a funny conclusion but something like it, occurs often, in studies of Health. It is a classic example of how Correlation does not prove Causation. These two things (eating ice cream and increasing wild fires) are correlated in time but unrelated as a cause and effect. One does not cause the other even though they happen at about the same time. Where else in medicine can we see this kind of confusion of Correlation and Causation? A study was published in the prestigious New England Journal of Medicine in 1981. It claimed to show that drinking more coffee was associated with an increase in Pancreatic Cancer. When the data was examined more closely, it was found that drinking larger amounts of coffee was associated with people who smoked more. The increased smoking was the actual cause of the increased Pancreatic Cancer. Coffee intake did not prove to be a cause of Pancreatic Cancer. Glad of that!

Here is another example: When you look at the amount of oil imported from Norway, it correlates with drivers killed in collisions with trains. As the amount of oil coming from Norway has decreased over the years, the number of people killed in train accidents has decreased almost in lock step.

So lets quit buying oil from Norway so less people will die in train collisions!
Probably not the right conclusion :) Let's take an example of a current debate which is not yet settled. Does use of Tylenol during pregnancy cause Autism? Tylenol usage in pregnancy appears to correlate with the number of cases of Autism. Is it the Tylenol that is the cause of the Autism? Is it the Fever that comes with a viral illness and the use of Tylenol is incidental? Or is it the viral illness itself that causes the Autism? Or even something else that correlates with Tylenol use? Time will help us sort this one out: Correlation or Causation? We surely need to know as Autism is important to sort out. What do you think? Want more examples? See tylervigen.com and click on "More Spurious Correlations." Margarine and Divorce rates in Maine? Who knew? Write to us:
kcoss@info@klickitatcounty.org M.Garnett MD





Let's Talk

What is it?

Place for seniors to talk, listen, give and receive support, and meet other seniors in an informal, confidential setting.

All are welcome.

Topics may include relationships, family, health, caregiving, aging, or anything the group wants to discuss.

Meetings are facilitated by a mental health professional.

When is it?

4th Monday of the month, 10am

Where is it?

White Salmon Pioneer Center Senior center, 501 NE Washington Street in the Bingen meeting room back by West District Court.

Contact Senior Services or Noelle Savatta

(dr.noellesavatta@gmail.com; 503-893-4669) for more information.

Seven common fraud schemes during Medicare Open Enrollment

1. "New Medicare cards are being issued"

- Not true! In 2018, Medicare issued new cards with new numbers that no longer include social security numbers and there is no plan to issue new cards again.
- If you're new to Medicare, you'll receive a Welcome to Medicare packet with your card in it AFTER you enroll in Medicare.

2. "Your Medicare is about to be cancelled, and the caller needs to verify your ID and information"

- Scam callers use fear tactics to get you to provide your Medicare number, date of birth, even your social security number and banking information.
- If you're concerned about your Medicare coverage or benefits, call 1-800-633-4227 and talk to a Medicare representative. Or call SHIBA to ask for help setting up an online Medicare account to view your plan information.

3. "You're preapproved for a better, cheaper plan"

- This is a lure to try and get you to give up your personal and Medicare information.
- Even if they enroll you in a plan, it may not be the right plan for you or may not actually cover your doctors, prescription, or care.

4. "You're eligible for a refund for overpayment of benefits"

- If it sounds too good to be true, it is!
- This is a scheme to get your banking information for a "refund" you will never receive.

5. "You qualify for free medical supplies" (often offering back or knee braces, genetic testing, etc.)

- If you receive a call like this, hang up. Again, they want you to give them your Medicare ID to "supply" the items.
- You can contact your plan, such as an advantage plan, to find out if you qualify for free medical supplies.
- If you're on Original Medicare, you need a doctor's prescription and must go through a Medicare contracted supplier.

Open Enrollment is a time when Medicare beneficiaries shop for Medicare plan options. There's lots of activity, and sharing personal, health and ID information is often part of the process. But that doesn't mean you should share that information with anyone and everyone.

Continued on back

6. "Our plan is preferred by Medicare"

- Not true! This is a deceptive tactic to get you to enroll in a plan.
- Medicare and Medicaid DO NOT and CANNOT endorse any particular plan.

7. Be wary of "spoof" websites

- Spoof websites disguise their site as a real Medicare enrollment or plan site. What you don't see is that when you click on the link to open the site, it may take you to a scammer's site, even outside the U.S. From there you'd be prompted to give your name, address, date of birth, Medicare ID and more. All of it going right into the hands of criminals.

Marketing and agent behavior

During Open Enrollment, you may see TV and internet ads and receive phone calls - all trying to get you to switch to THEIR plan regardless of whether your doctors or pharmacies are covered by that plan.

Beware!

Open Enrollment marketing and high-pressure sales tactics that entice you to enroll in a plan the agent selects for you.

Medicare scam calls: Medicare will not call you to verify or update your Medicare number or to enroll you in a plan.

Someone offering cash or gifts to change your plan OR trying to charge you a fee for enrolling in a plan.

These activities are illegal and not allowed by Medicare.

If you suspect fraud or have questions, call our Insurance Consumer Hotline, and ask to speak with SHIBA (Statewide Health Insurance Benefits Advisors). SHIBA is Washington state's Senior Medicare Patrol project. We can help you prevent, detect and report Medicare and Medicaid fraud and abuse.

1-800-562-6900
insurance.wa.gov/medicare



This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$630,011.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



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 # 112025

