



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

2025

What Can Senior Services Do For You?

Klickitat County Senior Services has two offices, one in Goldendale and one in White Salmon but our services are available County-wide.

WE ARE HERE FOR YOU. Call our office with questions, comments, any needed assistance and we will assist you or connect you to available resources.

Klickitat County Senior Services is open Monday through Friday from 8am to 5pm. Staff are available to answer questions, direct individuals to available community resources, and assist with online applications for benefits, and navigate issues with Social Security or Medicare, etc.

For more information on any of our programs please call 1-800-447-7858 or Doreen in Goldendale at 509-773-3757 or Jill in White Salmon at 509-493-3068.

Or email: kcssinfo@klickitatcounty.org We are here to help. Call us.

During the holiday season it can be challenging for many to feel positive. These times often make us miss our loved one's who are no longer here to celebrate with us and many are struggling with personal and financial challenges.

It is important that we all work to try and bring brightness to others. That brightness does not have to be in the form of a physical present -- it can be something as simple as a smile or words of praise and encouragement.

While it's not always easy, being grateful for the positives in life can have a profound impact on your mood, outlook, and overall well-being.

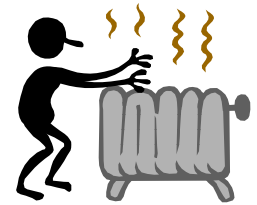
- **Take time to notice what's around you**
- **Be grateful for the small things we do every day**
- **Share your gratitude for others** (loved ones, friends, neighbors)

Simple and positive words can go far in making a persons day.

A simple, "Thank you" or "You have a beautiful smile" can really make a difference.

Do you need HELP With Winter Heating?

Klickitat PUD Senior Discount



Klickitat County Senior Services processes the applications for the PUD discount.

Call our office for an appointment. Goldendale 509-773-3757 White Salmon 509-493-3068. 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.**



WASHINGTON GORGE ACTION PROGRAMS

The Community Action Agency for Skamania and Klickitat Counties

P.O. Box 805, 115 W Steuben Street, Bingen, WA 98605 509.493.2662 | 800.755.1192 | wagap.org

WAGAP is here to help with LIHEAP | SHEAP | GREAT | AVISTA | LOCAL PUDs

Preparing for an Energy Assistance Program Appointment

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

1. ID for all adults in the household
2. Social Security cards for ALL household members (adults and children)
3. Income received in the prior month for ALL household members
4. Proof of your physical address
5. A copy of your heating bill

When calling to schedule an Energy Assistance Program Appointment

Leave your name, phone number, and the town you live in. You will be added to our waiting list. Please leave only one message unless there is a change in your contact info. We will not be able to tell you "where you are" on the waiting list.

LIHEAP: This is a first-come, first-served program; any calls before Monday, November 3, 2025, at 8:00 a.m. will not be added to the list. This is not an emergency program, and your name will not be moved ahead of others on the list. If you have a disconnect notice, please continue to work with your heat vendor.

NEW TO WAGAP? NEED HELP MORE HELP? Start with a client intake form at <https://www.wagap.org/start>



Do you enjoy playing Bridge?

If so, volunteer—Tom —is interested in getting a Bridge group going at the Pioneer Center in White Salmon in the new year.

If you are interested please sign up. We are looking at options for Monday or Wednesday or Friday afternoons.

Call Senior Services at 509-493-3068 and get on the list if you are interested.

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.


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

White Salmon Events December 2025

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



Menu December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WS Broccoli Cheddar Soup	2 GD Broccoli Cheddar Soup Lyle: Chicken Enchilada	3 WS Meatloaf	4 GD Meatloaf	5	6
7	8 WS Cheeseburger	9 GD Cheeseburger Lyle: Baked Chicken	10 WS Baked Chicken	11 GD Baked Chicken	12	13
14	15 WS Mac & Cheese w/ Ham	16 GD:Mac & Cheese w/ Ham Lyle:Broccoli Cheddar Soup	17 WS Loaded Baked Potato Soup	18 GD Loaded Baked Potato Soup	19	20
21	22 WS Christmas Lunch Ham	23 GD&Lyle Christmas Lunch Ham	24 WS Christmas Eve No Lunch Served	25 GD Office Closed Merry Christmas	26	27
28	29 WS Orange Chicken	30 GD:Orange Chicken Lyle: Pork Roast	31 WS Chicken Enchilada	1 Happy New Year CLOSED		

Klickitat County Senior Services operates congregate meal sites at the following locations: Join us for lunch. Seniors 60+ suggestion donation \$4.

- 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 December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	3	4 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	5 Senior Shopping trip to Hood River call MATS to sign up	6
7	8	9 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	10 	11 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	12 2pm Strong People Class	13 
14	15  <i>Lunch</i>	16 12pm Senior Lunch 1pm Exercise 2pm Strong People Class \$	17	18 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	19 2pm Strong People Class Senior Shopping trip to The Dalles call MATS to sign up	20
21	22	23 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	24	25 Office Closed Merry Christmas	26 2pm Strong People Class	27
28	29	30 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	31	1 Office Closed Happy New Year	2 	3

COMING SOON:

Health & Wellness, Lunch & Learn

WHAT: Join us each month for a themed Health & Wellness table featuring educational topics, free blood pressure checks, brochures, and helpful community resources.

WHEN: The first Tuesday of every month, 11:45-12:45

WHERE: Senior Center, Goldendale, WA

WHY: We care about our community and want to help you stay informed, healthy, and well!

December 2nd:

- Practical advice for cold weather and holiday wellness
- free blood pressure readings
- winter safety & fall prevention
- boosting immunity
- staying active indoors

**Presented By: Klickitat County Public
Health Department**



WAGAP Food Bank Network

Serving Klickitat and Skamania counties

FOOD BANK LOCATIONS

Bingen

115 W Steuben Street, Bingen
Open Tuesday & Thursday
9:00 am - 3:30 pm
(closed 12-1 pm for lunch)
509-493-2662, ext 208

Goldendale

112 East Main, Goldendale
Open Monday 9:00 am- 3:30 pm
(closed 12-1 pm for lunch)
Wednesday 12:30 pm - 4:30 pm
509-281-2203

Klickitat

92 Main Street, Klickitat
Open Wednesday
1:00 pm - 4:00 pm
509-493-2662, ext 208

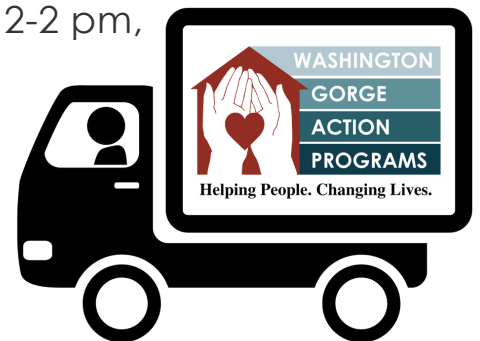
Stevenson

683 Rock Creek Drive, Stevenson
Open Tuesday & Thursday
9:00 am - 3:30 PM
(closed 12-1 pm for lunch)
509-281-0767

MOBILE FOOD BANK SCHEDULE

- 1st THURSDAY:** Wishram 9-11 am, Dallesport 12-2 pm
3rd THURSDAY: Trout Lake 9-11 am, Glenwood 12-2 pm,
BZ Corner 4-5 pm
4th THURSDAY: Roosevelt 9-11 am,
Bickleton 12:30-2:30 pm

Details: wagap.org/food-banks-nutrition



WAGAP is an equal opportunity provider

For more information on Food Banks and Nutrition programs, call:



Janeal Booren

(509) 493-2662, Ext 208

Toll Free: (800) 755-1192

janeal@wagap.org

(Updated October 28, 2025)

Klickitat County Upcoming Community Events

Holiday Wassail Saturday Dec 6, 2025 2:00 PM - 4:00 PM White Salm-on Valley Community Library 77 NE Wauna Ave.

In conjunction with "White Salmon Village Lights" downtown holiday celebration and tree/menorah lighting, the library invites you to the **50th annual Holiday Wassail** for an afternoon of music, art, refreshments and children's activities.

Christmas Tree and Menorah Lighting in the parking lot of Riverview Bank in White Salmon, Saturday, December 6th 5pm to 6pm.

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 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

Family Winter Craft Night

Photos with Santa. Make a gingerbread house or marshmallow snowman. Saturday, December 6th 6-8pm at the Goldendale Grange 228 E Darland, Goldendale.

Shine Local-Tinsel Trail

Enjoy the sights and sounds of the holidays as you stroll through the Lighted Interactive Park, sip from the Hot Cocoa Bar, and take part in festive fun for all ages. From cheerful Christmas music and hands-on holiday crafts to the always entertaining Ugly Sweater Contest, Shine Local is your invitation to slow down, connect, and celebrate the spirit of community. Friday, December 12th & Saturday, December 13th

5:00 PM – 9:00 PM at the Greater Goldendale Chamber Grounds

Free admission | Family-friendly | Open to everyone

Goldendale Farmers Market Holiday Bazaar Saturday, December 13
9am to 3pm at the Goldendale Grange.

Candy Cane Lane Parade and festivities on Saturday, December 13th in Goldendale.

Gorge Winds Concert Band December 19th 7pm December 20 3pm at the First Christian Church 909 Court Street, The Dalles.

Protecting Yourself from Misleading Marketing & Marketing Violations



Health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The Centers for Medicare & Medicaid Services (CMS) has rules for marketing Medicare Advantage plans and Part D plans, though. These rules protect Medicare beneficiaries from aggressive or misleading marketing.

Watch out for people who:



Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll. Someone can use this information to enroll you in a plan without your permission.



Say they represent Medicare. Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials.



Send you unsolicited text messages or phone calls. Plans must provide you with the option to opt out of communications. It must be done annually and in writing.



Pressure you to enroll in their plan. You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early for a plan, and you will not lose your Medicare coverage if you don't pick a plan.



Offer you gifts to enroll in their plan. Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.





Plans must provide you with the option to opt out of communications (mail, calls, text messages, etc.) about Medicare products. It must be done annually and in writing. Also, before enrolling you, plan representatives must explain the plan's effect on your current coverage. For example, if you have a Medigap, a plan representative must explain how you will lose that Medigap if you enroll in Medicare Advantage.





Tips for avoiding unwanted enrollment: Never provide your Medicare information to anyone but your trusted health care providers. Confirm everything that a plan agent tells you before making a final decision about a plan. Ask for everything in writing. Call your doctors to make sure they are in network for the plan you want to join. You can also call your local SHIP for unbiased answers to coverage questions.

 Plans can	 Plans cannot
<ul style="list-style-type: none">✓ Send you mail✓ Have educational exhibits at public events✓ Call or email you about other health plans and products, as long as you are already a plan member and haven't asked them not to call or email✓ Schedule an appointment to discuss plan options with you, but:<ul style="list-style-type: none">• Before the appointment, you must formally decide which topics will be discussed• The appointment must occur 48 hours or more after it is scheduled (unless you walk into their office or it's the very end of the Open Enrollment Period)• The plan agent must stick to the topics you have agreed on in advance• The plan agent may not use your appointment or the time before or after to market or sell plans to other people in your building or neighborhood	<ul style="list-style-type: none">✗ Call, send text messages, or leave voicemail messages, unless you are already a plan member or you gave the plan permission✗ Email you or call you (even if you are a plan member) if you opt out of this communication✗ Ask for your personal information or try to sell you a plan at an educational exhibit✗ Approach you in public areas, such as a parking lot, hallways, or sidewalks✗ Give you prizes or gifts worth over \$15<ul style="list-style-type: none">• Cannot be in the form of cash• Cannot require enrollment or an appointment to get the gift✗ Conduct promotional activities worth over \$15 per expected event attendee. (For example, a raffle prize at an event for 10 people must be valued at or below \$150.)✗ Provide full meals at sales/marketing events

Report potential marketing violations to your Senior Medicare Patrol (SMP), toll-free at 1-877-808-2468, or State Health Insurance Assistance Program (SHIP), toll-free at 1-877-839-2675.

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 # 122025



Adverse Winter Weather may result in Meal Site Cancellations or schedule changes with Mt. Adams Transportation

Please listen to your local radio stations to find out about a cancellation or call our senior services office:
Goldendale 509-773-3757, White Salmon 509-493-3068.
If roads are bad we will not have a meal as we do not want to risk safety of our volunteers and staff.
During adverse weather we may also have to cancel transportation trips if the roads are very hazardous or change pick up times to accommodate for the weather or road conditions. Please keep in mind that our drivers must be able to access your driveway safely. If you have questions about your trip or issues with access to your home please let us know.