



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

**2026**

**Happy New Year from Klickitat County Senior Services  
and Mt. Adams Transportation Service!**

**New Year's Resolutions for Your Mental Health**

Mental health New Year's resolutions are a fun way to work towards greater mental health, stability, and joy.

**Find a fun way to work out, and do it once a week.**

**Try three new things.**

**Do something uncomfortable once a month.**

**Start a self-care routine.**

**Decrease screen time by 10%.**

**Go on a social media diet.**

**Try a mindfulness exercise.**

**Deep clean one room a month.**

**Compliment yourself once a day.**

**Try journaling weekly.**

**Romanticize your life.**

**Connect with friends once a month.**

**Commit to a healthier sleep routine.**

**Get outside daily.**

**AARP Tax Aide appointments in White Salmon Starting in February.**

AARP tax aide volunteers will have appointments available at the Pioneer Center, 501 NE Washington Street, White Salmon. You must call for an appointment.

(509) 493-3068. Appointments will be on Tuesdays between 9am and 12pm from February 3rd through April 14th.

As we find out about other tax aide locations in the Gorge we will add to our February newsletter.

Taxpayers need to bring:

Income statements, W2 forms; Interest and Dividend forms 1099-Int and 1099-Div; 1099-Misc.; 1099-R Pension; 1099-G Unemployment; Form SSA 1099 Social Security, etc. Photo ID and proof of Social Security numbers for everyone listed on the return. Couples filing jointly MUST both be present unless due to disability. Assistance is available to persons of all ages with low to moderate income and those who qualify for Earned Income credit. Volunteer counselors are trained by IRS certified instructors

Additional locations can be searched on AARP Foundation Tax Aide Locator  
[https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

## SCAMS

Unfortunately scams are very prevalent and scammers specifically target seniors and they are making a lot of money doing it.

We recently had a report from a senior telling us they had received a phone call which showed on their caller ID as being from the local medical clinic. The caller knew a number of details about the individual such as their birthdate and said their medical provider had ordered some supplies for them. They knew some general information and with that attempted to get the individual to disclose more personal information as well as their full Medicare number. Fortunately the individual sensed something was not right and hung up and called the clinic and verified they had not called them. This scammer was clearly trying to get information to bill Medicare and/or scam them out of money. Scammers can seem to be legitimate as they can get information such as addresses and birthdates, etc. on line. Be cautious and if you feel at all uneasy hang up and call the clinic or trusted source directly.

### How To Avoid a Scam

**Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted text messages.

**Don't give your personal or financial information in response to a request that you didn't expect.** Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

**Resist the pressure to act immediately.** Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

**Know how scammers tell you to pay.** Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.

**Stop and talk to someone you trust.** Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

## **Four Signs That It's a Scam**

### **1. Scammers PRETEND to be from an organization you know.**

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

### **2. Scammers say there's a PROBLEM or a PRIZE.**

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer.

Some scammers say there's a problem with one of your accounts and that you need to verify some information.

Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

### **3. Scammers PRESSURE you to act immediately.**

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

### **4. Scammers tell you to PAY in a specific way.**

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

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

# White Salmon Events January 2026

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

# Menu January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Office Closed Happy New Year	2	3
4	5 Chicken & Dumpling Soup	6 Chicken & Dumpling Soup	7 Sweet & Sour Meatballs	8 Sweet & Sour Meatballs	9	10
11	12 Chicken Cordon Blue	13 Chicken Cordon Blue	14 Fish Sandwich	15 Fish Sandwich	16	17
18	19 Office Closed MLK Jr. Day	20 Meatloaf	21 Meatloaf	22 BBQ Pulled Pork Sandwich	23	24
25	26 Chicken Teriyaki	27 Chicken Teriyaki	28 Beef Stew	29 Beef Stew	30	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 January 2026

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

## **Lunch & Learn**

### **Healthy Habits for a Healthy New Year**

**Kick off the new year with confidence! Join us for a helpful Lunch & Learn focused on setting realistic health goals, understanding which checkups and screenings matter most, and making sense of common lab results. We'll also talk about simple steps you can take now to stay ahead with preventive care. Free blood pressure checks and easy-to-understand 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!**

**January 6<sup>th</sup>, 2026**

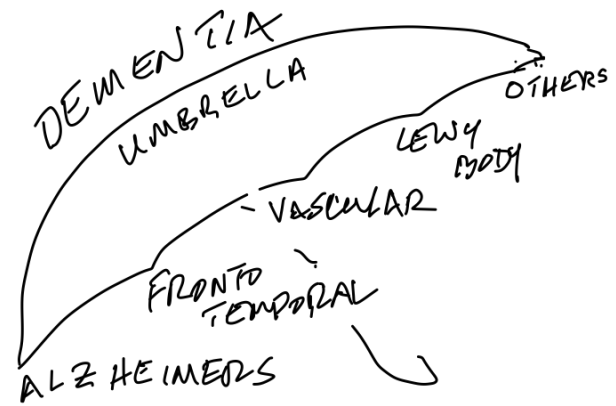
- **Preventive care**
- **Free blood pressure readings**
- **Setting health goals**
- **Understanding lab results**

**Presented By: Klickitat County Health Department**



## Blood Test for Alzheimer's Dementia-Good or Bad?

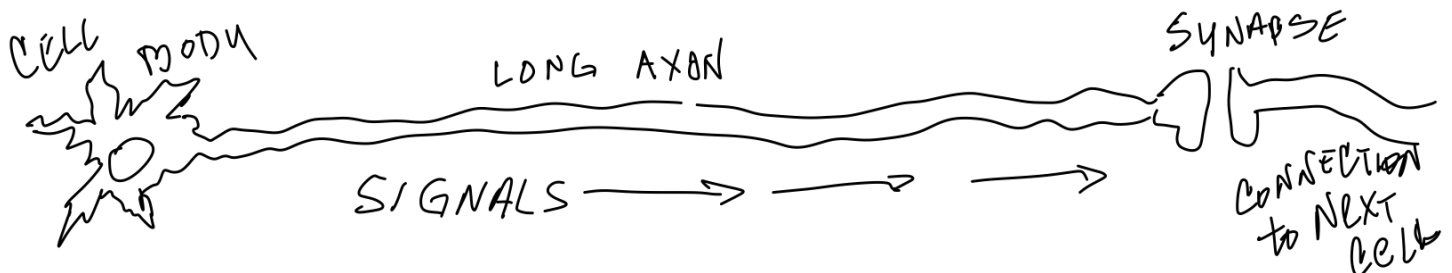
Dementia describes loss of memory and reasoning ability. There are many different types of Dementia. They all fit under the category or “umbrella” of Dementia but they have many causes. The most common form of Dementia is Alzheimer's. It appears in 5% of 65 year olds, 13% of 75 year olds and 33% if 85 year olds. Up until now the testing for Alzheimer's that Doctors have used are memory tests like the Mini-Mental-Status-Exam (MMSE) and sometimes combined with a MRI brain scan. A Mini-Mental-Status-Exam is easily done in a Doctors office but an MRI brain scan is not an easy procedure and relatively expensive.



What's New? Recently a blood test for Alzheimer's has been developed. It is expensive (\$350) but is certainly easier than an MRI scan and equally effective. It also has some predictive ability when run on people with normal memory. It is called a p-Tau217 blood test. “Tau” rhymes with the word “Pow”.

How does it work? Our nerve cells have a Cell body and then a long cable like structure (Axon) that runs down to the next nerve cell and connects with that cell at what is called a synapse (see below). The nerve body (when we are thinking or even resting) fires off a signal down the Axon to the next nerve cell. Tau217 is a chemical that builds up in the brain and disrupts the signals running down the Axon to the next cell. It has been described like this: The Axon is like a railroad track running to the next cell and carrying signals to that cell. The Tau217 disrupts the ties that hold the train track straight and the signals can't get through. High p-Tau217 means more interruption with the signals in our brain.

How can this blood test be used? If you are having memory troubles, then a p-Tau 217 blood test and a memory test might help define the problem to be Alzheimer's. The test also has some predictive ability in people who are normal. It is questionably helpful because it can be elevated years and years before symptoms develop. Some say, “Do you really want to know?” Better to focus on exercise, heart health and keeping your brain active—focusing on helpful preventative strategies. More Info: Nature Medicine V.31 Pg.2036-2043 Apr 2025 M. Garnett MD kcssinfo@klickitatcounty.org





## **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. He is also willing to provide support in those who would like to learn to play. 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](mailto:dr.noellesavatta@gmail.com); 503-893-4669) for



## 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>



**Powerful Tools for Caregivers (PTC)** is a free six-week class series, offered in-person or virtually, for friends and family members who provide care to a spouse, partner, parent, child with complex needs, friend, or neighbor – whether nearby or from far away. This interactive program equips caregivers with practical skills, confidence, and support to better care for themselves while caring for others. Each participant receives a complimentary copy of *The Caregiver Helpbook*, a hands-on companion filled with tools and strategies to manage real-life caregiving challenges.

**The program provides an excellent opportunity for caregivers to learn about effective innovative, evidence-based practices to better care for themselves as they care for others.** Funded by the Washington State Department of Social and Health Services, Home and Community Living Administration.

Caregivers who participate:

- Learn to manage stress and improve their own self-care.
- Build confidence in handling caregiver challenges.
- Strengthen communication with family, friends, and healthcare providers.
- Identify resources that increase life balance, resilience, and well-being.

### **Caregiver Class Series (Free, Virtual)**

**Tuesdays, January 20 – February 24, 2026 | 12:30 pm – 2:00 pm (PT) | Virtual via Zoom**

This six-week virtual course is for anyone caring for a spouse, partner, parent, friend, neighbor, or child with disabilities. You'll gain practical tools to reduce stress, improve self-care, and balance caregiving with your own well-being. **There is no cost to participate, and all participants receive a free copy of *The Caregiver Helpbook*.**

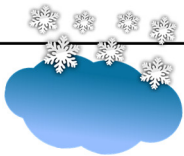
To learn more & register email [goldseninstitute@uw.edu](mailto:goldseninstitute@uw.edu) or call (206) 221-5514. [if leaving a voicemail, please mention "Powerful Tools for Caregivers"]

**\*Registration deadline: January 13, 2026**

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 # 122026**



**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.

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