



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

2026

AARP Tax Aide appointments in White Salmon Starting in February.

AARP tax aide volunteers 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 10th through April 7th.

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

The Columbia Gorge AARP Foundation Tax Aide Program provides free tax return preparation services and counseling for taxpayers in the Columbia Gorge. It operates under the guidance & direction of its sponsor, the AARP Foundation Tax Aide Program, which provides assistance to anyone free of charge with a focus on taxpayers who are over 50 and living on a limited income.

IMPORTANT:

You must bring your past year's tax return to the appointment & your identification.

One appointment per tax return.

Direct Deposit of Refunds may be required. *Bring your banks check routing number and account number.*

Service is available by appointment only from February 03, 2026, through April 13, 2026. Site specific dates & times are:

Columbia Gorge Community College, Hood River Campus

1730 College Way, Hood River, OR

Mondays, Feb 2 through April 6, 2026, 1:30 to 5pm

Hood River Valley Adult Center (541)386-2060

2010 Sterling Pl, Hood River, OR

Thursdays, Feb 5 through April 9, 2026, 2 to 5pm

Mid-Columbia Senior Center 541-296-4788

1112 W. 9th St, The Dalles, OR


Fridays, February 6 through April 3, 2026, 1 to 5:30pm

Saturdays, February 7 through April 4, 2026, 9am to 1pm

Mondays *FSA appts only

gorgetaxaide.simplybook.me

Chart A – For Most People Who Must File

 If you may be claimed as a dependent by another taxpayer, you must file as a dependent whether you are being claimed or not. See Chart B.

If your filing status is...	AND at the end of 2024 you were... ¹	THEN file a return if your gross income was at least... ²
Single	under 65	\$14,600
	65 or older	\$16,550
Married filing jointly ³	under 65 (both spouses)	\$29,200
	65 or older (one spouse)	\$30,750
	65 or older (both spouses)	\$32,300
Married filing separately (see the Instructions for Form 1040)	any age	\$5
Head of household (see the Instructions for Form 1040)	under 65	\$21,900
	65 or older	\$23,850
Qualifying Surviving Spouse (see the Instructions for Form 1040)	under 65	\$29,200
	65 or older	\$30,750

¹If you were born on January 1, 1960 you are considered to be age 65 at the end of 2024. (If your spouse died in 2024 or if you are preparing a return for someone who died in 2024, see Publication 501).

²Gross income means all income you received in the form of money, goods, property, and services that isn't exempt from tax, including any income from sources outside the United States or from the sale of your main home (even if you can exclude part or all of it).

- Do not include any Social Security benefits unless
 - you are married filing a separate return and you lived with your spouse at any time in 2024 or
 - one-half of your Social Security benefits plus your other gross income and any tax-exempt interest is more than \$25,000 (\$32,000 if married filing jointly).
- If either situation applies, see the Form 1040 Instructions to figure the taxable part of Social Security benefits you must include in gross income.
- Gross income includes gains, but not losses, reported on Form 8949 or Schedule D.
- Gross income from a business means, for example, the amount on Schedule C, line 7, (business income before subtracting expenses).

³If you didn't live with your spouse at the end of 2024 (or on the date your spouse died) and your gross income was at least \$5, you must file a return regardless of your age.



Do you enjoy playing Bridge?

Tom, a volunteer with Senior Services has a Bridge group going at the Pioneer Center in White Salmon. You can be an experienced player or someone who wants to learn to play.

If you are interested please sign up.

Bridge Group has started on Friday afternoons from 2pm to 3pm in the senior dining room at the Pioneer Center.

Call Senior Services at 509-493-3068 and get on the list if you are interested or drop by on a Friday and check it out.

Avoiding a broken hip—Does taking Calcium Help?



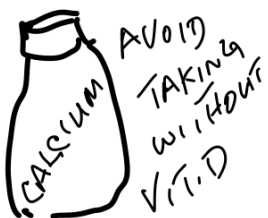
The risk of hip fracture is low till age 65. After age 65 the incidence of hip fracture rises with a peak at age 75 to 79. The lifetime risk for white females is 16-18%. At age 80, one in five women will have had a hip fracture and at age 90, every other woman will have had a hip fracture. Hip fractures are most often treated with surgery to “pin” the bones together. This will reduce pain and to allow return to walking. If left without surgery, there is months of recovery associated with pain and immobility. Even with surgery, hip fractures are associated with increased risk of death in the subsequent year.

Hip fractures are associated with sideways or backward movements. Most people who suffer a hip fracture are not using a walking pole or cane or walker. Studies have shown that symptoms that the patient themselves can report are a hint to an impending hip fracture. If the patient reports that their walking speed has slowed, that they are physically inactive, that they have weight loss or that they are feeling exhausted: reporting these symptoms are often preliminary to a hip fracture.

Does taking Calcium and Vitamin D, strengthen bones and help avoid hip fractures? A recent review from 2025 on data from many studies revealed that overall, taking Calcium and Vitamin D, does increase the thickness of our bones (called bone density). It does not appear to reduce fractures. Wait, wait!—there are exceptions to this finding: People who have significant Vitamin D deficiency or who are “institutionalized” show decrease fractures with Calcium and Vitamin D supplementation. The conclusion: avoiding a hip fracture is something that needs to be individualized. How much bone have you lost (Osteoporosis)? Are you Vitamin D deficient? What other medications are available to strengthen your bones?

We can all work on being physically active and avoiding walking backwards. We can look for good sources of Calcium in our diet (think Kale, Broccoli, Yogurt, Salmon, Nuts). We can use a cane, stick or walker to avoid a fall. There is possible evidence that taking Calcium pills alone, without Vitamin D may increase heart disease. Vitamin D supplementation at low doses is also of little use so this study recommended

doses in the 800 to 2000 International Units (IU) per day. Reference: BMC Musculoskeletal Disorders (2025) 26:928 M.Garnett MD kcssinfo@klickitatcounty.org




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

White Salmon Events February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Senior Lunches include live music from local musicians.					
1	2 8:30 Strong People 12pm Senior Lunch	3 8:30 Yoga 2pm Strong People	4 8:30 Strong People 12pm Senior Lunch	5 8:30 Yoga 11 am Tai Chi 2pm Strong People	6 8:30 Strong People 2:00pm Bridge Group	7
8	9 8:30 Strong People 12pm Senior Lunch	10 8:30 Yoga 2pm Strong People	11 8:30 Strong People 12pm Senior Lunch	12 8:30 Yoga 11 am Tai Chi 2pm Strong People	13 8:30 Strong People 2:00pm Bridge Group 1pm Lyle Lions Community Center Community Game Day	14 
15	16 Office Closed President's Day	17 8:30 Yoga 2pm Strong People	18 8:30 Strong People 12pm Senior Lunch	19 8:30 Yoga 11 am Tai Chi 2pm Strong People	20 8:30 Strong People 2:00pm Bridge Group	21
22 	23 8:30 Strong People 10am Let's Talk (Bingen Room) 12pm Senior Lunch	24 8:30 Yoga 2pm Strong People	25 8:30 Strong People 12pm Senior Lunch	26 8:30 Yoga 11 am Tai Chi 2pm Strong People	27 8:30 Strong People 2:00pm Bridge Group	28



February 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Menu Subject To Change	2 WS Beef Stroganoff	3 GD Beef Stroganoff Lyle: <i>Spaghetti</i>	4 WS Sweet & Sour Pork	5 GD Sweet & Sour Pork	6	7
8	9 WS Chicken Parmesan	10 GD Chicken Parmesan Lyle: Chicken pot pie	11 WS Roast Pork	12 GD Roasted Pork	13	14 
15	16 Office Closed President's Day	17 GD Baked Fish Lyle: <i>Breakfast Casserole</i>	18 WS Spaghetti & Meatballs	19 GD Spaghetti & Meatballs	20	21
22	23 WS Country Steak	24 GD Country Steak Lyle: Mac 'n'Cheese w/ham	25 WS Meatloaf	26 GD Meatloaf	27	28

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

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 1:30pm Strong People Intermediate Class	3 11:45-12:30 Lunch & Learn: Heart Health Month 12pm Senior Lunch 1pm Exercise 2pm Strong People Beginner Class	4 1pm-4pm Cards and Games	5 12pm Senior Lunch 1pm Exercise 2pm Strong People Beginner Class	6 Senior Shopping trip to Hood River call MATS to sign up 1:30pm Strong People Intermediate Class	7
8	9 1:30pm Strong People Intermediate Class	10 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	11  1pm-4pm Cards and Games	12 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	13 1:30pm Strong People Intermediate Class	14  
15	16 CLOSED President's Day Holiday	17 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	18 1pm-4pm Cards and Games	19 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	20 Senior Shopping trip to The Dalles call MATS to sign up 1:30pm Strong People Intermediate Class	21
22	23 1:30pm Strong People Intermediate Class	24 12pm Senior Lunch 1pm Exercise 1pm Senior Center Board Meeting 2pm Strong People Class	25 1pm-4pm Cards and Games	26 12pm Senior Lunch 1pm Exercise 2pm Strong People Class	27 1:30pm Strong People Intermediate Class Final Friday of each month 1pm Poetry/Writer's Slam	28



February Lunch & Learn: Heart Health Month at the Goldendale Senior Center 115 E Main Street, Goldendale.

Tuesday, February 3rd, 11:45-12:30

Join us this February for a Heart Health Lunch & Learn in recognition of American Heart Month. We'll be sharing easy-to-understand resources on supporting heart health, including heart-healthy eating, safe and effective physical activity, blood pressure management, and recognizing the warning signs of heart attack and stroke.

Enjoy lunch, explore helpful information at your own pace, and take simple steps toward a healthier heart.

Juli Rising | Public Health Educator Klickitat County Health Department

115 West Court St. | Goldendale, WA

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)

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>

Cherry Blossom Adult Day Program

Compassionate Care for Them, Essential Respite for You



Caring for a loved one with memory loss is a journey of deep devotion, but it is not one you have to walk alone. **Cherry Blossom Adult Day Program** provides a safe, engaging, and supportive environment for adults aged 50+ living with dementia and other memory loss diseases.

Located at the **Mid-Columbia Senior Center** in The Dalles, we serve families throughout the Columbia River Gorge with a focus on dignity, community, and high-quality respite care.

Why Choose Cherry Blossom? We believe that taking care of yourself is a vital part of caring for your loved one. Our program is designed to provide “the gift of time” to caregivers while ensuring their loved ones are thriving in a social and secure setting.

- **Dementia-Specific Care:** Our staff is trained to provide compassionate, specialized support tailored to the unique needs of those with memory loss.
- **A Chance to Recharge:** Respite care gives you the opportunity to rest, attend to your own needs, or simply take a breath, knowing your loved one is in good hands.
- **Community & Connection:** Participants enjoy social interaction and activities, while caregivers gain access to a network of families navigating similar paths.
- **Expert Resources:** Receive guidance and navigate the complexities of dementia care with the help of experienced professionals.

“I used to feel guilty about taking a break, but now I know it helps me be a better caregiver.”

Program Details Our program offers a structured environment where participants can explore resources, engage in social activities, and receive attentive care.

- **Who We Serve:** Adults aged 50+ with any form of memory loss disease.
- **Location:** 1112 W 9th St, The Dalles, OR 97058 (inside the Mid-Columbia Senior Center).
- **When:** Wednesdays 1:00 PM to 5:00 PM

Take the Next Step

If you or someone you know could benefit from a break from caregiving, we are here to help. Reach out to learn more about our enrollment process, volunteer opportunities, or to speak with a member of our team.

Call: 541-288-8315 **Email:** cherryblossomADP@gmail.com



Neighbor 2 Neighbor

Lyle Community Council



We are a community that **cares**. If you or someone you know is in need, **contact us**.

Basic Needs Assistance

Text or call for a confidential callback within 24 hours if you or someone you know in Lyle is in need of basics like:

- Food (Sign-up assistance, food box delivery, etc.)
- Warm clothing or blankets
- Problem solving transportation
- And more



If you have extra to share or want to support your neighbors, contact us.

509-906-1402

Klickitat County Senior Advisory Board is seeking a member to fill an open position

Are you 60 or better or interested in senior advocacy and services?

The Klickitat County Senior Advisory Board is a Board of Klickitat County residents who are appointed by the County Commissioners. Members are appointed from each commissioner's district. At least 51% of the Advisory Board members must be over 60 years old.

The purpose of the Senior Advisory Board is to represent the interests of the senior citizens of Klickitat County, and assure that proper program planning, budgeting, administration, and evaluation are carried out for the best interest of the Klickitat County Senior Citizens.

The Advisory Board provides advice and guidance in program and policy matters to the Director of Senior Services and/or the Board of County Commissioners at their request.

The Advisory Board acts as advocates for all senior citizens of Klickitat County and for the programs which serve them.

The Advisory Board currently holds a regular monthly meeting on the 1st Friday of each month at 10:30am. Meetings rotate locations between White Salmon, Dallesport, and Goldendale but members can also attend meetings via zoom.

We have an open position with preference from Commissioner District 2 which includes Lyle, Dallesport, Glenwood, . If you are interested in applying for the open position or would like more information please contact: Sharon Carter, Director of Klickitat County Senior Services at 509-493-6228 or email at sharonc@klickitatcounty.org.

Upcoming meeting dates:

February 6th White Salmon

March 6th Goldendale

April 3rd Dallesport

May 1st White Salmon

June 5th Goldendale

July 10th Dallesport

August 7th White Salmon

September 4th Goldendale

October 2nd Dallesport

November 6th White Salmon

December 4th Goldendale



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 # 022026



Ten Commandments for a Healthy Heart

1. Know your risk factors for heart disease.
2. Talk to your doctor about reducing your risk of heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These include total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most or all days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.