



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

**2026**

**New Connector Route Transportation Service through Lyle with Mt. Adams Transportation (MATS)**

Watch your newspaper and our future newsletters for information about our new fixed route public transportation service that will be kicking off in April.

There will be an additional bus route that connects our White Salmon/Bingen/Hood River Route and will run between White Salmon/Bingen through Lyle and Murdock connecting to the Goldendale/The Dalles Route. Service will run Monday through Friday.

This will add a much desired connection between our two routes and provide connections to the other Gorge Transit providers in The Dalles (LINK), Hood River (CAT) and Skamania County Transit.

The Connector route will start on April 1st and we will provide more details and schedules in our upcoming newsletters.

This service is funded through state and federal grants we are receiving through the WSDOT Consolidated Grant Program, and match funding provided by MCEDD and Klickitat County.

For more information contact Mt. Adams Transportation in Goldendale at 509-773-3060 or in White Salmon at 509-493-4662



Go to <https://gorgetransit.com/>  
To get more information and updated schedules for transportation around The Gorge or stop by a transit office for more information and schedules. Gorge Transit passes are available for unlimited rides for \$40 for a year.

**AARP Tax Aide appointments in White Salmon Full-Waiting list in place.**

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. Currently all appts are booked but you can get on a waiting list in the event there is a cancellation.

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)

**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**



## Flu season was bad this year!


What happened that the Flu Season was a bad one this year even when you got the Flu Shot? The Flu shot this year was effective protection for children 75% of the time. For adults 64 and under it worked 40% of the time. For seniors 65+ it was only effective about 28% of the time. Keeping the kids protected helps seniors because it slows down the spread of the disease. The problem was for seniors who did get exposed to an active case. The shot didn't give as much protection as we would have liked. How could this have happened?

Every year the flu bug emerges first in the Southern Hemisphere—places like Asia and Australia. So the vaccine makers watch to see what is new in the winter in these places. Since the winter there is ahead of ours, the vaccine makers see what is happening and can make up a vaccine to protect us—or at least that is what happens most of the time.

Here is what happened this time. The vaccine makers watched the Southern Hemisphere and found three viruses spreading there and prepared the vaccine for us in the north. They put in Type A (H3N2) Singapore and Type A (H1N1) Missouri and also Type B Victoria. Notice that the Singapore and Victoria varieties both came from the Southern Hemisphere. This vaccine was made up in March (2025) of our spring and at the end of their winter in the Southern Hemisphere.

Now here is the fly in the ointment: After the vaccine was made up a new variety emerged late in the flu season in the south (June of 2025). It was a variant of the H3N2 and called “subclade K” and first appeared in Australia, then Japan and spread to Norway and the UK and now to us. Since the vaccine for the USA was already made up, the horse was already out of the barn—too late to get protection from “subclade K.” This variant is known for a fever that comes on early and fast and often high (104). This was somewhat helpful because other winter viruses like Covid and RSV start slower so it made it easier to tell what was making you sick. But we still got sick more often than we hoped.

Should I get a flu shot next year? The flu vaccine has already been changed and is being given in the Southern Hemisphere. You can bet that we in the North will get that better vaccine next fall. I will be in line to get one. Late variants are fortunately rare. MGarnett MD [infokcss@klickitatcounty.org](mailto:infokcss@klickitatcounty.org)

 NO MORE TYPE K PLEASE




# White Salmon Events

## March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 Strong People <b>12pm Senior Lunch</b>	3 8:30 Yoga 2pm Strong People	4 8:30 Strong People <b>12pm Senior Lunch</b>	5 8:30 Yoga 11 am Tai Chi 2pm Strong People	6 8:30 Strong People	7
8 <b>Daylight Savings Turn Clocks forward 1 hour</b>	9 8:30 Strong People <b>12pm Senior Lunch</b>	10 8:30 Yoga 2pm Strong People	11 8:30 Strong People <b>12pm Senior Lunch</b>	12 8:30 Yoga 11 am Tai Chi 2pm Strong People	13 8:30 Strong People 	14
15	16 8:30 Strong People <b>12pm Senior Lunch</b>	17 8:30 Yoga 2pm Strong People	18 8:30 Strong People <b>12pm Senior Lunch</b>	19 8:30 Yoga 11 am Tai Chi 2pm Strong People	20 8:30 Strong People <b>1pm Lyle Lions Community Center Community Game Day</b>	21
22 	23 8:30 Strong People <b>10am Let's Talk (Bingen Room)</b> <b>12pm Senior Lunch</b>	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	28
29	30 8:30 Strong People <b>12pm Senior Lunch</b>	31 8:30 Yoga 2pm Strong People	<i>Events take place at the Pioneer Center 501 NE Washington Street, White Salmon unless otherwise indicated</i>	Senior Lunches include live music from local musicians.		

# Menu March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WS Chicken Enchilada	3 GD Chicken Enchilada	4 WS Scalloped potato with ham	5 GD Scalloped potato with ham	6	7
8 Turn Clocks forward	9 WS Tuscan Chicken	10 GD Tuscan Chicken	11 WS Meatloaf	12 GD Meatloaf	13	14
15	16 WS Corned beef & cabbage	17 GD Corned beef & cabbage	18 WS Salisbury Steak	19 GD Salisbury Steak	20	21
22	23 WS Minestrone soup	24 GD Minestrone soup	25 WS Baked Fish	26 GD Baked Fish	27	28
29	30 WS Cheeseburger	31 GD Cheeseburger				

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, 501 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

## March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>1:30pm Strong People Intermediate Class</b>	3 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner</b>	4 1pm-4pm Cards and Games	5 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner</b>	6 Senior Shopping trip to Hood River call MATS to sign up <b>1:30pm Strong People Intermediate Class</b>	7
8 Daylight Savings Time Turn clocks forward 1 hour	9 <b>1:30pm Strong People Intermediate Class</b>	10 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner</b>	11 1pm-4pm Cards and Games 	12 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner Class</b>	13 <b>1:30pm Strong People Intermediate Class</b>	14
15 	16 <b>1:30pm Strong People Intermediate Class</b>	17 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner Class</b>	18 1pm-4pm Cards and Games	19 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner Class</b>	20 <b>1:30pm Strong People Intermediate Class</b> Senior Shopping trip to The Dalles call MATS to sign up	21
22	23 <b>1:30pm Strong People Intermediate Class</b>	24 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner Class</b>	25 1pm-4pm Cards and Games	26 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner</b>	27 <b>1:30pm Strong People Intermediate Class</b>	28
29	30 <b>1:30pm Strong People Intermediate Class</b>	31 <b>12pm Senior Lunch</b> <b>1pm Exercise 2pm Strong People Beginner</b>				



**March Lunch & Learn:** at the Goldendale Senior Center 115 E Main Street, Goldendale.

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

**Join us for our March Lunch & Learn as we focus on Fall Prevention and Mobility.** Staying steady on your feet is one of the most important ways to maintain independence and confidence as we age. We'll discuss simple home safety improvements that can reduce fall risks, along with the benefits of regular physical activity. Learn how balance exercises and strength training can improve stability, protect your bones and joints, and help you move with greater ease. Small changes can make a big difference — come enjoy lunch, connect with friends, and leave with practical tips to stay strong and safe!

Enjoy lunch, explore helpful information at your own pace.

**Juli Rising | Public Health Educator Klickitat County Health Department**

**115 West Court St. | Goldendale, WA**

## Need help paying for Medicare?

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

You can have either Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C).

Call and speak with Jill 509-493-3068 or Doreen 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.





## **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.

## **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 Services, 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 more information.



## 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>

Are You OK? CDM Caregiving and the Area Agency on Aging & Disabilities of Southwest Washington collaborate on a “friendly caller” program in Clark, Skamania and Klickitat counties

*By Patti Atkins, APR, Communications Coordinator, Area Agency on Aging & Disabilities of Southwest Washington*

Are you ok (RU OK)? That’s the name of a friendly caller program that will help ensure the independence of isolated older adults and adults with disabilities living in Clark, Skamania and Klickitat counties. It’s a relaunch of a free “friendly caller” program that began in the 1980s and experienced a resurgence during the height of the COVID-19 pandemic to help ensure the safety of isolated older adults living in Clark, Skamania and Klickitat counties. The program is funded for three years by the Area Agency on Aging & Disabilities of Southwest Washington (AAADSW) Area Plan Grant with CDM Caregiving Services – Clark County’s largest and longest running in-home care provider for older adults and adults living with disabilities.

In the RUOK program, a CDM staff member will make calls daily or weekly as needed to check in with older adults and adults with disabilities.

“We see how they’re doing. Do they need a reminder to take their medications?” said Ginger Barnwell, CDM’s home care manager. “Our goal is to set it up with the client we’re calling to find out what works for them. Do we call each day? At a certain time of day? It’s on a case-by-case basis.”

“We’re just starting to get the word out that this program is in existence again,” Barnwell said. “We want to help people stay safely in their homes as long as they can.”

The aim of the program is to reduce social isolation for vulnerable adults in the community, assist case managers with an additional set of “eyes and ears,” and give peace of mind to family, friends and neighbors.

“I’ve been using the program and it’s so nice to have a friendly call each day, and it’s reassuring to have someone check in on me regularly” said a RUOK user, aged 77, who lives in Vancouver, WA. “I highly recommend that others try it as well.”

“This is a low-cost, potentially lifesaving service for people who don’t have any other safeguards in place. Say you have a neighbor who lives alone and their family lives in a different state and are working and maybe can’t call every day. We can do check-ins with that neighbor and ask things like, ‘How are you doing? Have you taken your meds? Have you made your doctor’s appointment?’” And we can, hopefully, catch things before it escalates to being unsafe for them,” Barnwell continued. “If we’re unable to get a hold of them after a certain amount of time, which will be different for every client, we will call their emergency contacts.”

To refer yourself or someone else to the RUOK program, you can use the form on the CDM Caregiving’s website at <https://www.cdmcaregiving.org/project/ruok/>, or call CDM Caregiving Services at 360-896-9695.

# 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](mailto:cherryblossomADP@gmail.com)



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 # 032026**



**Don't Forget to move your clocks  
forward one hour for Daylight  
Savings time.  
Daylight saving time officially  
starts on Sunday, March 8th.**