

# Klickitat County Senior Newsletter

Goldendale 773-3757  
White Salmon 493-3068



# May 2020

## WE ARE HERE FOR YOU

Klickitat County Senior Services offices and meal sites remain closed to the public at this time due to COVID-19 and following Governor Inslee's Stay At Home order.

The stages of our opening, and what classes and in-person services will open and when – even after the Governor releases the Stay At Home order will be determined by a joint decision from the Klickitat County Public Health Officials, Klickitat County Board of County Commissioners, and the Senior Services staff.

We miss you, and want to be open as soon as possible. But we also want to do so in a way that ensures your safety. At this time we do not know when we will be able to resume our “normal” activities. There are a lot of unknowns and we will continue to work to keep you updated

Our In-Home Caregivers, Mt. Adams drivers, and nutrition staff and volunteers continue to work to provide essential services to clients in their homes. We also have staff in our offices that are able to provide telephone support Monday through Friday from 8am to 5pm. Klickitat County Senior Services Staff are available to answer questions, direct individuals to available community resources, and assist with online applications for benefits, issues with Social Security or Medicare, etc.

We have also expanded our home delivered meal service. Please call to sign up for home delivered meals: Goldendale:509-773-3757  
White Salmon:509-493-3068 OR Toll Free:1-800-447-7858

Seniors can also call if they need essential grocery delivery, prescription pick up, or if there is a need to have a food bank box delivered to their home.

Mt. Adams Transportation (MATS) Dial-A-Ride service is operating and provides transportation to essential medical services. Transportation to dialysis, chemo, radiation, or other medical services that require an in-person visit.

MATS Goldendale: 509-773-3060    MATS White Salmon: 509-493-4662

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## White Salmon Farmers Market re-tools to help at-risk people with food

The WS Farmers Market is now located inside the White Salmon Harvest Market store – not with vendors but a shopping service for at-risk citizens, according to market organizers.

The idea is to make local food products more available for senior citizens and people with compromised immune systems, in light of the ongoing coronavirus epidemic.

The way the system works is this: Monday thru Thursday from 9am to 1pm, interested customers call WAGAP ([Washington Gorge Action Programs](#)) 509-493-2662.

WAGAP confirms the caller's eligibility, and then has them call Trina, an organizer of the Farmers Market. The customer gives Trina their grocery order and their credit card number. Trina purchases the groceries using Farmers Market funds, and then charges the customer's credit card for reimbursement.

Trina then tells WAGAP the order is ready. WAGAP informs the Klickitat County EOC who uses EMTs to pick up and deliver the groceries.

The result: shopping by phone for groceries, without having to leave the home.

Vendors who are interested in participating – the Farmers Market also plans to hold its traditional outdoor market in the park later this spring – can inquire at [whitesalmonfarmersmarket@gmail.com](mailto:whitesalmonfarmersmarket@gmail.com).

## Are you an older adult who needs help with shopping?

### **VOLUNTEERS IN ACTION CAN HELP**

Contact Britta Willson, Volunteers In Action Program Coordinator, at 541-387-6404 or [brittany.willson@providence.org](mailto:brittany.willson@providence.org) to sign up!



Volunteers in Action serves Western Klickitat County.

Clients receive weekly phone calls from volunteers. Clients can request shopping orders during these calls. Clients do not have to pay at time of order or delivery but will be given an invoice from The Next Door Inc. to pay within 2 weeks of delivery. To support social distancing, all deliveries to be done as “no contact” or “limited contact” for clients who require it.



**Klickitat County in Unified Command  
Emergency Management & Public Health**  
199 Industrial Way, Goldendale, WA 98620  
Emergency Operations Center  
Public Information Officer 509-250-0528  
[klickitateocpio2@gmail.com](mailto:klickitateocpio2@gmail.com)



## Media Release

April 28th, 2020, at 5:30 PM

### Delivery Service Update

**KLICKITAT COUNTY** – The Emergency Operations Center (EOC), in partnership with Washington Gorge Action Programs (WAGAP) is delivering essential supplies such as groceries and prescription medications to community members. This service is intended for members in quarantine (may have been exposed to COVID-19), isolation (have tested positive for COVID-19), **High Risk, and Vulnerable Populations**.

Delivery personnel are First Responders from various local Fire Departments, Sheriff's Posse and Search and Rescue (SAR). Delivery teams will consist of one or more personnel, wearing agency identifying clothing, such as vests, and will maintain physical distancing rules of six feet or more from other persons. They will leave groceries at the doorstep to help prevent the possible spread of COVID-19.

**K-C Pharmacy** is offering curbside pick up and also will deliver within the Goldendale area. To access this service, please call K-C Pharmacy at (509)773-4344. If service is needed outside this area, please follow WAGAP instructions below.

**KVH Pharmacy** (KVH) is offering curbside pick up and also will deliver in the Goldendale area within 5 miles of Klickitat Valley Health. To access this service, please contact KVH directly at 509-773-7117. If service is needed outside this area, please follow WAGAP instructions below. More at: [Making a Healthy Change](#)

**Hi-School Pharmacy** is working with WAGAP and Klickitat County EOC to facilitate ordering via phone and delivery through EOC volunteers. To access this service, please follow WAGAP instructions below.

The WAGAP Call Center's hours of operation are Monday-Thursday, 9:00 am to 1:00 pm. To access this service, community members should contact **the WAGAP Call Center (509) 493-2662 or Toll-Free (800) 755-1192** for guidance on participating stores and possible exceptions for stores not listed. They will kindly talk you through the entire process.

**Stay Home - Stay Healthy & Save Lives!!**

###

# A BIG THANK YOU!!!

Thank you to all of our ESSENTIAL service staff and especially those staff that continue to provide assistance to clients in their home with personal care needs, transportation to essential medical appointments, and meals for seniors in their homes.

Thank you Lisa for making over 100 cloth masks and counting for staff, volunteers, and clients.

Thank you to our volunteers that continue to come and assist with meals and transportation! Alan, Larry, Pam, Josh, Karl.

Thank you to WAGAP, Paulette Lefever Holbrook, Lynn Wandless, and Klickitat County EOC for helping us to connect and get resources for great food for our meals for seniors.

Thank you for all the offers of help from community members and the kind words and encouragement during these challenging times!!!



“A Friendly Voice” Connects Neighbors AARP nationally created a Community Connections webpage as a way for neighbors to connect and help fellow neighbors. As part of this, there is a program called A Friendly Voice where folks can sign up for a phone call if they are feeling socially isolated. (Source: AARP) <https://aarpcommunityconnections.org/>



## SCAMS OF THE MONTH

### Beware of Coronavirus Scams

Not surprisingly, scammers are wasting no time in taking advantage of the COVID-19 pandemic.

- Medicare beneficiaries are receiving robocalls about “special virus kits.” The scammer asks the person for their Medicare number so they can send them a “free” test. If you receive this type of call, hang up immediately and do not provide them with any information! Never give out your Medicare number or Social Security number. Be cautious of unsolicited requests for your Medicare or Social Security numbers. Do not consent to any virus tests over the phone or at senior centers, health fairs, or in your home. If you think you need the test, call your doctor. (Source: SHIBA)
- If you receive a call from anyone soliciting donations be very cautious, especially if they ask for donations via gift cards. That’s a huge red flag. Check to see if the charity is registered with the Secretary of State at [www.sos.wa.gov/charities](http://www.sos.wa.gov/charities). If the organization is registered, you can review a summary of its tax status and financial records. If the organization is not registered, or you would like further information, contact the Secretary of State’s Charities Program at 1-800-332-4483. Check the charity’s rating by Better Business Bureau at [www.give.org](http://www.give.org). (Source: AG)
- Yes, Social Security offices are closed. Social Security benefits have not been cancelled. Social Security payments will continue as scheduled. Do not respond to letters, phone calls or e-mails requiring you to do anything to continue your benefits. That’s a scam.

Attorney General Bob Ferguson cautions about scams preying on COVID-19 fears. Scammers prey on fear. As the COVID-19 outbreak and response continue, it’s inevitable that products or services will claim to treat or cure the disease. There is no specific antiviral treatment recommended for COVID-19 at this time. Any claims that a product or service can cure, kill, or destroy COVID-19 are probably false, and should be reported.



## The Goldendale Grange Care Package Project

This service is for any Senior, Single person or Family!

Delivery available.

Tuesday's and Fridays. Pick up hours 11-4.

Pre-made care Packages or Requests.

Our mission, relief and peace during this trying time!

Your local Goldendale Grange serving our Community

Hosted by The Goldendale Grange E. Darland.

This is for anyone here in our local Goldendale Community

We ask that you do not get out of your vehicles at time of pick-up.

No charge

Aimee Waddell of Aimee's Attic in Goldendale is the contact person for this Care Package Project.

She can be contacted at 509-250-3999 or through Facebook Messenger regarding delivery or requests for care packages.

They would like calls for requests or lists of those who would like a care package on Mondays and Thursdays so they can get the packages ready for pick up or delivery on Tuesdays and Fridays.

People can ask for ongoing delivery or just call as needed.

They can also indicate specific items they may be in need of such as: toilet paper, pet food, etc.

DONATIONS are gladly accepted and needed to continue to support this worthy project.



### **GOLDENDALE FOOD BANK**

112 East Main, Goldendale

Open Monday 9:00 - 3:30 pm

(closed 12-1:00 for lunch) Wednesday 2:00 - 6:00 pm

### **KLICKITAT FOOD BANK**

92 Main Street, Klickitat

Open Wednesday

9:00- 12 noon

### **BINGEN FOOD BANK**

115 W Steuben Street, Bingen

Open Tuesday & Thursday

9:00 - 3:30 pm

(closed 12-1:00 for lunch)



### **Washington Gorge Action Programs (WAGAP)**

(509) 493-2662, Ext 208

*Toll Free:* (800) 755-1192



# May 2020 Meal Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Menus may change	4 <b>White Salmon:</b> Taco Salad	5 <b>Goldendale:</b> Taco Salad	6 <b>White Salmon:</b> Chicken Parmesan	7 <b>Goldendale:</b> Chicken Parmesan	8	9
10 <b>Mother's Day</b>	11 Spaghetti	12 Spaghetti	13 Meatloaf	14 Meatloaf	15	16
17	18 Ground Pork Stir Fry	19 Ground Pork Stir Fry	20 Oriental Chick- en Salad	21 Oriental Chicken Salad	22	23
24	25 <b>OFFICE CLOSED Memorial Day</b>	26 Country Steak	27 Quiche with Hashbrown crust	28 Quiche with Hashbrown crust	29	30
31						

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757  
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858



# JUNE 2020 Meal Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Menus may change</b>	<b>1</b> White Salmon: Chili Baked Potato	<b>2</b> Goldendale: Chili Baked Potato	<b>3</b> White Salmon: BBQ Chicken Legs & Potato Salad	<b>4</b> Goldendale: BBQ Chicken Legs & Potato Salad	5	6
7	8 Penne Pasta Bake	9 Penne Pasta Bake	10 Lemon Herb Tuna or Chicken & Potatoes	11 Lemon Herb Tuna or Chicken & Potatoes	12	13
14	15 Southwest Chicken Wrap	16 Southwest Chicken Wrap	17 Baked Chicken & Mashed	18 Baked Chicken & Mashed Potatoes	19	20
21	22 Pork Sloppy Joe's	23 Pork Sloppy Joe's	24 Chicken Caesar Salad	25 Chicken Caesar Salad	26	27
28	29 Spaghetti	30 Spaghetti				

Call Klickitat County Senior Services to sign up for home delivered meals:  
 Goldendale: 509-773-3757 White Salmon: 509-493-3068  
 Toll Free: 1-800-447-7858

All local Social Security offices are closed to the public for in-person service. Critical services are provided online at [www.socialsecurity.gov](http://www.socialsecurity.gov). Local offices continue to provide services over the phone. Check the online field office locator about how to directly contact local offices.

Scheduled in-office appointments will be held over the phone.

Contact Social Security at 1-800-772-1213.

## FRESH FRUITS & VEGETABLES

Senior Farmers Market Nutrition Program Vouchers will be available in June for distribution. Due to COVID-19 we will be arranging distribution by mail.

If you are interested in applying to receive vouchers you can call:  
Goldendale:509-773-3757 White Salmon:509-493-3068

The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands.

To be eligible for the SFMNP, you must meet all of the following:

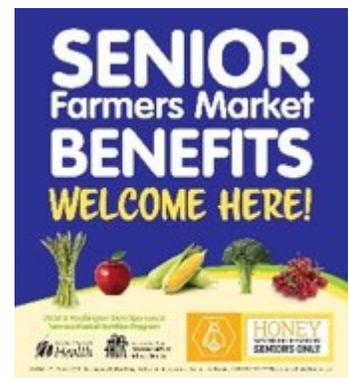
- You must be 60 years old or older (or 55+ if you are Native American/Alaska Native)
- Your income must be below 185% of Federal Poverty Level. That means:
  - o \$23,606 Annual or \$1967 Monthly Income for 1 person
  - o \$31,894 Annual or \$2658 Monthly Income for 2 people
  - o For larger households, add \$691 for each additional person
- You must be a resident of Washington State

An Affidavit for eligibility will be mailed for you to sign and return. Once the signed Affidavit is returned vouchers will be mailed to you. Vouchers are in \$4 increments with a total of \$40 in vouchers.

Klickitat County vendors that accept these vouchers are:

Dicky's Farm Store in Bingen

Vendors at the local farmers markets that have the sign that indicates they accept SFMP vouchers.



115 W. Court St. MS-CH-21  
Goldendale, WA 98620  
509 773-3757

PO BOX 1877  
501 NE Washington Avenue  
White Salmon, WA 98672  
509 493-3068

**Non-Profit Organization**

**U.S. Postage Paid**

**White Salmon, WA 98672**

**Permit #77**

**Issue #052020**

**Help us observe Memorial Day virtually**

The American Legion APR 08, 2020

The coronavirus pandemic already has led to the cancellation of Memorial Day events, including some coordinated by American Legion posts. As social distancing has become the best defense against the virus, more cancellations are expected, limiting how Americans can honor those who died while in service to our nation.

Because of that, The American Legion will provide a safe venue to observe Memorial Day: social media. We're asking our American Legion Family members – and those outside of the organization – to share with us the names of those you will honor and remember on Memorial Day. Our plan is to compile a list and then begin sharing them regularly via our social media channels over Memorial Day Weekend.

Here's what we need:

The servicemember's name, along with the submitter's relationship to the servicemember;  
Year entering and year leaving the military;

Branch of service;

American Legion membership, if not KIA; and

A photo of the servicemember, either in uniform or civilian clothes.

Information can be submitted via Legionton through the category Virtual Memorial Day. Submissions will be shared via Facebook and Twitter starting May 22. Follow along either social media platform using the hashtag #VirtualMemorialDay.

<https://www.legion.org/honor/248724/help-us-observe-memorial-day-virtually>