

# SENIOR REVIEW

Weekly Information and "Hot Sheet" Calendar/Classifieds from Senior Pages

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**Yakima**



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## Funny Sayings and Quotes about Old Age

We are always growing at every stage of our life. However, there are many who detest celebrating birthdays as they add years to the existing age! Old age is something that should not be dreaded. This is because; the more you rely on cosmetics and products, the more obvious your age would be to others! Aging gracefully is a skill very few have; however, many people do see the humorous side of being called 'over the hill'!

"Old age is the most unexpected of all the things that happen to a man." - Leon Trotsky

"Few people know how to be old." - François de la Rochefoucauld

"Don't let aging get you down. It's too hard to get back up." - John Wagner

"I guess I don't mind so much being old, as I mind being fat and old." - Peter Gabriel



"Age mellows some people; others it makes rotten." - Anonymous

"The spiritual eyesight improves as the physical eyesight declines." - Plato

"Old age is like a plane flying through a storm. Once you're abroad, there's nothing you can do." - Golda Meir

"Old age takes away what we've inherited and gives us what we've earned." - Gerald Brenan

"Middle age ends and senescence begins, the day your descendant's outnumber your friends." - Ogden Nash

"At middle age the soul should be opening up like a rose, not closing up like a cabbage." - Anonymous

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### Union Gap



### Ellensburg



### Tri-Cities/Walla Walla



## SEMINARS/CLASSES/EVENTS/MEETINGS

### SUNDAY

**KENNEWICK:** "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

**KENNEWICK:** Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

**MOSES LAKE:** "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the spring and summer they run from 4:00-6:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. Call to register at (509) 765-5606

### MONDAY

**KENNEWICK:** Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

**PENDLETON, OREGON:** "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

**RICHLAND:** Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

**YAKIMA:** "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5243

### TUESDAY

**CHELAN:** "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions call Shelley Wold, RD (509) 682-6198

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to [dale@seniorpages.com](mailto:dale@seniorpages.com)

### SEMINARS/CLASSES/ EVENTS/MEETINGS

**YAKIMA:** "Sure-Start Diabetes Education" Three hour introduction course Tuesdays 9:00 am-Noon or 1:00-4:00 pm at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243

#### WEDNESDAY

**KENNEWICK:** Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

**KENNEWICK:** "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

**PENDLETON, OREGON:** "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

**RICHLAND:** On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary

insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

#### THURSDAY

**KENNEWICK:** "Free Tax Assistance" Each Thursday February 4 - April 15 from 12:30 pm-3:30 pm at the Kennewick Senior Center by appointment only. Call the center at (509) 585-4303 to schedule your appointment. Walk-ins accepted only if time and availability permits. Sponsored by AARP, IRS, Tax Aid and the Kennewick Senior Center.

**RICHLAND:** Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.

## CALENDAR

**MARCH 22-ELLENSBURG:** "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittias Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

**MARCH 22-YAKIMA:** "Introduction to Relaxation Techniques" Presented by Leslie Smyer, ADN, RN, CCRN, CMS. The ability to relax or de-stress is as simple as taking a breath, and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

**MARCH 23-YAKIMA:** "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

**MARCH 23-CLE ELUM:** "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittias Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

**MARCH 23-YAKIMA:** "Hypertension-The Silent Killer" 12:15 pm. Presented by Jacqui Bush, GSN, RN/Theresa Roberts, RD,CD. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. This class provides information on normal

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### CALENDAR (continued)

blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

**MARCH 23-MOSES LAKE:**

"Healthcare Provider CPR Renewal" For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals, such as: physicians, nurses, nursing or medical assistants, physical & occupational therapists, etc. Sponsored by Samaritan Healthcare. To register contact the Education Center at (509) 793-9690

**MARCH 23-YAKIMA:** "Coming of Age/ Straight Talk About Surviving Cancer" 6:00-8:00 pm at the Harman Center, 65th & Summitview. No Charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

**MARCH 24-WALLA WALLA:** "Living with Grief: Cancer and End of Life Care" 10:30 am-1:00 pm in Providence Room St. Mary Medical Center. The Hospice Foundation of America's 17th Annual National Bereavement Teleconference will address care options related to cancer diagnoses as well as loss and grief reactions for patients, families and professional caregivers. The teleconference will also examine psychosocial aspects of cancer, pain management, and ethical issues related to the disease. Continuing education credits are offered for this professional conference. This event is free and sponsored by Walla Walla Community Hospice and Providence St. Mary Medical Center. To register call (509) 525-5561

**MARCH 24-KENNEWICK:** "Food For Life Nutrition and Cooking Series" Number two in a four-part nutrition and cooking class sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

**MARCH 24-KENNEWICK:** "4th Annual Spring Brunch" Bring your friends and family to a charming afternoon brunch featuring an assortment of entrees, fruit, salads and desserts. Advanced registration and payment required.

Fee: \$6.50 per person. To register call Kennewick Senior Center (509) 585-4303

**MARCH 25-YAKIMA:** "Heart Basics" 12:15 pm. Presented by Carol Milliron, MSN, MHA, RN-BC. This class is designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

**MARCH 26-MOSES LAKE:** "First Aid/ CPR" Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. 8:00-Noon. Fee: \$40 To register by phone or for more information please contact the Education Center at (509) 793-9690

**MARCH 30-YAKIMA:** "Coming of Age/ Living Longer: Tips to Become the Healthy Person you Want to Be" 6:00-



**Blue Mountains**

### CALENDAR (continued)

8:00 pm at the Harman Center, 65th & Summitview. No charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

**MARCH 30-YAKIMA:** "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

**MARCH 30-YAKIMA:** "Heart Healthy Eating Part II" 12:15 pm. Presented by Theresa Roberts, RD, CD. This class will be a continuation of part I (March 16) to include understanding label facts and foods/products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) Sponsored by Yakima Regional Hospital in the Medical Office Building. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

**MARCH 31-KENNEWICK:** "Easter Egg Stravaganza" 3:30-4:30 pm. Toddlers ages 3-6 will make an Easter craft, enjoy an egg-stravagant Easter Egg Hunt for lots of sweets and treats and then listen to animated children's songs while snacking on scrumptious cookies furnished by Chenoweth House. Parent or guardian required to attend with child. Siblings, cousins and friends ages 7-9 can participate in the Easter Egg Hunt. Registration required by March 26. Call the Kennewick Senior Center (509) 585-4303

**MARCH 31-KENNEWICK:** "Food For Life Nutrition and Cooking Series" Number three in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

**APRIL 1-YAKIMA:** "From The Heart". 1:00 pm. Cardiac disease, cardiac risk factors, lifestyle changes, and cardiac rehabilitation all covered. To be held at the Harman Center. Presented by Scott Sullivan and Rene' Moultray. Sponsored by Yakima Memorial Hospital's Third Age program. For information call (509) 249-5243

**APRIL 6-KENNEWICK:** "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR Instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self study core instructor course and classroom

instruction. Fee: \$275 (includes course materials) Renewal course Fee: \$60 (No materials) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**APRIL 7-ELLENSBURG:** "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittias Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

**APRIL 7-KENNEWICK:** "Food For Life Nutrition and Cooking Series" Number four in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities

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### CALENDAR (continued)

Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

**APRIL 8-KENNEWICK:** "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**APRIL 8-KENNEWICK:** "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**APRIL 8-9-KENNEWICK:** "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**APRIL 9-YAKIMA:** "Take Charge Diabetes Education" 9:00 am-5:00 pm. Comprehensive education course for those who have already taken the Sure Start introductory course. Held at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration is required. Call (509) 249-5243

**APRIL 10-CLE ELUM:** "Free Document Shred Day at the Police Department" 9:00 am- 3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County. (509) 962-4311

**APRIL 10-KENNEWICK:** "Open House" 10:00 am-Noon. Have you seen or heard about the new and improved look of the Kennewick Senior Center? We have new restrooms, new seating area, new hallway storage and new paint on the walls. Come see all our wonderful improvements. Light refreshments provided. (509) 585-4303

**APRIL 15-16-KENNEWICK:** "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older. Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP members or \$14 at the Kennewick Senior Center. To register call (509) 585-4303

**APRIL 22-KENNEWICK:** "Heartsaver CPR for the Layperson" This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on adult, child and infant CPR as well as training in the use of adult and child AED. 6:00-9:00 pm. Fee: \$35. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**APRIL 21-ELLENSBURG:** "Kidney Disease, Dialysis and Diet Recommendations" The Kittitas Valley Community Hospital Education and Support Group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. To register please call (509) 962-7433

**APRIL 24-ELLENSBURG:** "Free Document Shred Day at Super 1 Foods Parking Lot" 9:00 am-3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County.

**APRIL 24-KENNEWICK:** "Makin' Bank Kids Yard Sale" Grandparents, do your grandkids have too many toys? Is it time to downsize? Box up toys, stuffed animals, books, sporting equipment, etc. and bring them to the Kennewick Senior Center for the 1st Annual Makin' Bank Kid's Yard Sale. 10:00 am-1:00 pm. Only \$15 per table to sell and it is free to shop! Suggested ages are 5-18 years and must be accompanied by an adult! Register by calling the Recreation Office at (509) 585-4293 or the Kennewick Senior Center at (509) 585-4303. Advanced registration and payment required.

**APRIL 27-ELLENSBURG:** "Volunteer Appreciation Drop In" 4:00-6:00 pm. Spaghetti Dinner to honor volunteers 50 and older who serve with RSVP, KVC Hospital, Adult Activity Center and Royal Vista. Registered volunteers should call (509) 962-7472 to reply to their invitations. For additional information call Carol Findley, RSVP Director Kittitas County. (509) 962-4311

**APRIL 29-KENNEWICK:** "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**MAY 13-KENNEWICK:** "17th Annual High Tea Social" 1:30-3:00 pm. Come dressed in your finest attire and partake in a variety of delicious delicacies, delectable desserts and

### CALENDAR (continued)

other mouth watering goodies sure to delight your taste buds. Plus sip tea until your heart's content while watching entertainment and enjoying the ambience of an old tradition. Register by calling the Kennewick Senior Center (509) 585-4303

**MAY 21-RICHLAND:** "10th Annual Multi-Cultural Fair for Seniors and Their Families!" 11:00 am-2:00 pm at Bethel Church, 600 Shockley Rd. Free admission, free refreshments, free entertainment, door prizes! Lots of information on senior services, singers, dancers, musicians and more. For information call Laurie Ruzicka (509) 946-2717

**MAY 20-21-KENNEWICK:** "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older. Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP members or \$14 at the Kennewick Senior Center. To register call (509) 585-4303

**MAY 26-ELLENSBURG:** "Diabetes and Wellness Fair" 10:00 am-4:00 pm at the fairgrounds. For information contact Pam Dick, Kittitas Valley Community Hospital. (509) 933-8647. email: pdick@kvch.com

**JUNE 18-KENNEWICK:** "Three Rivers Senior Life Show" 10:00 am-4:00 pm at Three Rivers Convention Center, 7016 W Grandridge Blvd. For information call (509) 737-3705.

### SUPPORT GROUPS

#### CASHMERE

**RN/LPN:** Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

#### COLLEGE PLACE

**ALZHEIMER'S SUPPORT GROUP:** Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

#### ELLENSBURG

**BEREAVEMENT SUPPORT:** Conducted by Hospice Friends (509) 962-7379

**BEREAVEMENT SUPPORT:** Kittitas Valley Community Hospital offers compassionate guidance and support for those grieving after the loss of a loved one. Please call the Hospice Department to make an appointment. (509) 962-7438

#### CANCER SURVIVOR SUPPORT

**GROUP:** Guest speakers discuss cancer prevention, detection and treatment, as well as cancer research and the results of clinical trials. Second Monday of the month at Kittitas Valley Community Hospital Conference Rooms A & B. Contact Karen Schock (509) 962-2844

#### DIABETIES SUPPORT GROUP:

Meets on the third Tuesday of each month at 6:30 pm at Kittitas Valley Community Hospital, 103 S Chestnut. Contact: Mary Jo Morrissey and Judy Heesacker (509) 962-7374

#### SHIBA HELPLINE FOR KITTITAS

**COUNTY:** Statewide Health Insurance Benefits Advisors. Volunteers trained by the Wash. State Office of the Insurance Commissioner to help people of all ages with health insurance related concerns and questions. Free, confidential and unbiased information. New volunteers are always welcome to be trained to serve in Kittitas County. Sponsored by RSVP of Kittitas County. (509) 962-4311

#### KENNEWICK

#### ALZHEIMER'S SUPPORT GROUP:

Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4<sup>th</sup> Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The Neurological Resource Center. To confirm times call (509) 783-5433

#### BETTER BREATHERS SUPPORT

**GROUP:** This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2<sup>nd</sup> Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. [www.tccancer.org](http://www.tccancer.org)

#### BREAST CANCER SUPPORT

**GROUP:** First and 3<sup>rd</sup> Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit [www.tccancer.org](http://www.tccancer.org)

## SUPPORT GROUPS (continued)

### DIABETES SUPPORT GROUP:

Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

### CAREGIVER SUPPORT GROUP:

Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35<sup>th</sup> at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

### GENERAL CANCER SUPPORT GROUP:

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit [www.tccancer.org](http://www.tccancer.org)

### MEN'S CANCER SUPPORT GROUP:

The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit [www.tccancer.org](http://www.tccancer.org)

### RICHLAND

#### "CAN SURVIVE" SUPPORT GROUP:

This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

#### DIABETES SUPPORT GROUP:

A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic

disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

#### MULTIPLE SCLEROSIS SUPPORT GROUP:

First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact z9509 943-8455 to confirm time.

#### NEUROLOGICAL SUPPORT GROUPS:

The Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail [tnrc@kadlecmed.org](mailto:tnrc@kadlecmed.org)

#### STROKE SUPPORT GROUP:

third Wednesday of each month, 2:00-3:00 pm at The Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times

#### CAREGIVER SUPPORT GROUP:

Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

#### DIABETES SUPPORT GROUP:

The diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

### WALLA WALLA

#### ALZHEIMER'S SUPPORT GROUP:

Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. To register call (509) 522-2424

#### GRIEF SUPPORT GROUP:

March 26-Ma 28, 6:00-7:30 pm, Walla Walla Community Hospice, 1067 E Isaacs, (509) 525-5561. [info@wwhospice.org](mailto:info@wwhospice.org)

#### MS SUPPORT GROUP:

Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509) 527-3340 or Gail S. (509) 529-7699

### WENATCHEE

#### MS SUPPORT GROUP:

Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

### YAKIMA

#### ALZHEIMER'S SUPPORT GROUP:

Alzheimer's Association Dementia Support Group meets on the second Thursday of the month at 3:30 pm. Located at Living Care, 215 N 40th Ave in the activity center.

#### BEREAVEMENT SUPPORT GROUP:

Meets at Memorial Home Care office (1019 S 40<sup>th</sup> Ave) from 5:30-6:30 pm on the first and third Monday of each month. For information call (509) 574-3600

#### CARDIAC PATIENT SUPPORT:

Meets on the first Wednesday of each month from 12:00-1:00 pm at 16<sup>th</sup> Avenue Station (1470 N 16<sup>th</sup> Ave) For specific dates and times call (509) 574-3300, ext 3022

## SUPPORT GROUPS

### DIABETES DIALOG SUPPORT

**GROUPS:** Participants take opportunity to share common concerns. Screenings the second and fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. For information and to register call (509) 249-5243

### MEMORY CARE SUPPORT GROUP:

Held every third Thursday at 6:30-8:30 pm at Highgate Senior Living, 5605 W Chestnut Ave. (509) 972-4141 Fee: Free

## EMPLOYMENT

### CASHMERE

**RN/LPN:** Would you like to join a team that is making a difference? Family owned *Cashmere Convalescent Center* is looking for a motivated Registered Nurse or Licensed Practical Nurse for a day shift position. Experience the difference by applying at the Cashmere Convalescent Center. Night and evening work also available. New grads welcome. Competitive wages and benefits. For more information call Erika at (509) 782-1251

### ELLENSBURG

**NAC/NAR:** Caregiver Position Available. Experience not necessary, will train. NAC/NAR not required but preferred. Full Health Benefits available! Part and full time shifts available. *Dry Creek Assisted Living!* 818 E Mtn. View Ave. Contact: (509) 925-1220

**CAREGIVER:** *Hearthstone Cottage* is seeking responsible caregiver to assist residents in all areas of daily care. Will train. Must be upbeat and have positive attitude. Call (509) 925-3099 or apply in person at 802 Mountain View Ave

**MEDICAL RN/LPN-:** Full or part time. To apply contact *Total Care*, 307 S 12<sup>th</sup>, Suite 18, Yakima or call 509-248-7846

### KENNEWICK

**RN's/LPN's:** Full and part time available. Work with a professional & dedicated nursing staff. New grads welcome. *Canyon Lakes Restorative & Rehabilitation Center*, 2702 S Ely. Contact: 509-582-5900

**RN:** Full time admissions team. Mon-Fri. variable hours. Are you an independent thinker have great assessment skills and love one-on-one with patients and families? Come join Hospice at The Chaplaincy!

Contact: Kitty (509) 783-7416 for more info or e-mail resume: [kathleenb@tricitieeschaplaincy.org](mailto:kathleenb@tricitieeschaplaincy.org)

**NURSE:** Full time nurse for days and PT nurse, shifts vary. Free online educational opportunities, vacation and sick pay, 401-k and our fantastic work environment. Apply at *Eagle Health Care*, 1745 Pike Ave or complete our online application. 509-946-8095.

**HOME CARE PROVIDERS:** Contact *Home Care Services of Kennewick* at 8656 W Gage Blvd, #301 or call 509-735-7840

**RN'S:** Put the passion back in your work. Join us at Hospice providing one-on-one care. Contact: Kitty, *The Chaplaincy*, 2108 E Entiat, 509-783-7416. [andeap@tricitieeschaplaincy.org](mailto:andeap@tricitieeschaplaincy.org)

**CERTIFIED NURSING ASSISTANTS/ NURSES:** Accepting applications for CNA's to work evening shift. *Life Care Center of Kennewick*, 1508 W 7<sup>th</sup> Ave. 509-586-9185

**FT & PT CAREGIVERS:** All shifts available. Full and part time positions. Apply at *The Manor at Canyon Lakes*, 2702 W 35<sup>th</sup> Ave. 509-582-5900

**CNA-NAR:** Needed immediately, FT/ PT, all shifts. Apply at *Total Care*, 3160 Clearwater, Ste J. (509) 763-3600. [www.tc-homecare.com](http://www.tc-homecare.com)

**HOME CARE AIDES:** We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet the qualifications to be a *Visiting Angels Caregiver*. We are looking for home care aides with several years of experience in home care or another caring field. Call for an interview: 509-582-7800

*SeniorPages.com*

### WHAT AN OPPORTUNITY?

You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW/HOT SHEET Free! send to: [Dale@SeniorPages.com](mailto:Dale@SeniorPages.com)

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print edition sales  
campaign now open.  
Call Dale Swant  
**888.575.9711**

## EMPLOYMENT (continued)

### MOSES LAKE

**LICENSED NURSES:** *Summer Wood Alzheimer's Special Care Center* is currently accepting applications for a part-time or on-call LPN. Flexible siffts in a state-of-the-art memory care facility. Please stop by and visit us at 830 NW Sunburst Court. Ask for Elizabeth or call (509) 764-1900

### OTHELLO

**OT:** Wanted! *Mountain Land Rehabilitation* needs OT in Othello, Pasco and Pullman. Please contact Bobby for more info! (801) 859-9211 or e-mail [Bobby@mirehab.com](mailto:Bobby@mirehab.com)

### PASCO

**RN/LPN:** Ft & PT Swing Shifts now available. New grads welcome. Also PT on call weekend position. MDS Nurse position available. Exp required. FT Night & evening shifts available for NAC's. *Avalon Healthcare*, 2004 N 22<sup>nd</sup> Ave. Call (509) 547-8811

**CAREGIVERS:** We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet our qualifications. Contact: *Visiting Angels* 509-582-7800

### QUINCY

**LPN:** Applications for an LPN to work in our *SageView Family Care Clinic* are now being accepted. A rare opportunity for a smiling, caring healthcare professional. Competitive wages based on experience. Pick up an application at Quincy Valley Medical Center or visit our website at [www.quincyhospital.org](http://www.quincyhospital.org) to print an application.

**CNA:** Applications are being accepted for our hospital. Part-time or per diem positions to care for our acute or swing bed residents, varied shifts, could work into full-time. Our wage scale

...continued from page 1

"A diplomat is a man who always remembers a woman's birthday but never remembers her age." - Anonymous

"The secret of staying young is to live honestly, eat slowly and lie about your age." - Lucille Ball

"Old age is the most unexpected of all the things that happen to a man." - Leon Trotsky

"The great thing about getting older is that you don't lose all the other ages you've been." - Madeleine L'Engle

"Old age is not so bad when you consider the alternative." - Maurice Chevalier

"I'm 59 and people call me middle aged. How many 118 year old men do you know?" -Barry Cryer

"As you get older three things happen. The first is your memory goes, and I can't remember the other two..." - Sir Norman Wisdom

"Middle Age is when your age starts to show around your middle." - Bob Hope

"There is absolutely nothing to be said in favor of growing old. There ought to be legislation against it." - Patrick Moore

"When I was young I was called a rugged individualist. When I was in my fifties I was considered eccentric. Here I am doing and saying the same things I did then and I'm labeled senile." - George Burns

"You know you're getting old when you can pinch an inch on your forehead." - John Mendoza

"As you get older, the pickings get slimmer, but the people don't." - Carrie Fisher

"As we grow older, our bodies get shorter and our anecdotes longer." - Robert Quillen

"People say that age is just a state of mind. I say it's more about the state of your body." - Geoffrey Parfitt

## EMPLOYMENT (continued)

and differentials are competitive with other area healthcare facilities. Pick up an application at *Quincy Valley Medical Center* or visit our website at [www.quincyhospital.org](http://www.quincyhospital.org) to print an application.

### RICHLAND

**CAREGIVERS:** Looking for caring, experienced preferred caregivers to join our team. PT/FT Day/Eve/NOC. We offer benefits, 401K and PTO. Apply at *Brookdale Senior Living*, 1629 George Washington Way.

**CAREGIVERS:** Looking for reliable, flexible & compassionate caregivers. Immediate openings. Six mo. Exp required. Apply Mon-Fri by calling 509-946-4089 or apply online at [www.athome-care.com](http://www.athome-care.com)

**FULL TIME NURSE:** *Quail Hollow Alzheimer's/Dementia Facility* seeks full-time RN to oversee health services. Must be compassionate, willing to go the extra mile and committed to quality care. Confidential inquiries welcome to Leigh Anne Sayer at (509) 943-5353. Pick up an application at 221 Torbett St. Resumes to: [admin@qualihollowmcc.com](mailto:admin@qualihollowmcc.com)

**RN/LPNI:** *Life Care Centers of America*. Opportunity for quality oriented RN. Competitive pay and benefits. Contact: Sharon Ingham at 509-943-1117 or fax 509-943-5140. 44 Goethals Drive, Richland. [www.LCCA.com](http://www.LCCA.com)

### SELAH

**NAC/NAR:** Full-time, part-time day and graveyard shifts at *Riverview Manor*. Flexible schedules with some weekends required, some weekends

required, excellent wage and benefit package. Apply I person at 555 E Goodlander Rd.

*Selah Convalescent* is accepting apps. Are you looking for long-term employment with competitive wages and great benefits? Come and join our team. Apply in person at 203 W. Naches Ave. (509) 697-8503 or email resume to: [sci@fairpoint.net](mailto:sci@fairpoint.net)

### SUNNYSIDE

**MEDICAL RN/RN:** *Lower Valley Hospice and Palliative Care*. Send resume to LVHPC, Attn: Debra Roe-Johnson, 3920 Outlook Rd, Sunnyside, WA 98944, fax to: 509-837-1992 or e-mail to: [droe@lowervalleyhospice.com](mailto:droe@lowervalleyhospice.com)

### WAPATO

**RN/LPN:** Evening med position available. Full or Part time. Apply at *Emerald Care*, 209 N Ahtanum. As for Rochelle Lee, Asst. DNS

### WENATCHEE

**CERTIFIED NURSES AIDE:** Roses are red, violets are blue, do you think our patients would fall in love with you? If you are a Certified Nurses Aide with a loving heart and a generous nature, we would like to talk to you. Knowledge and experience with Medicare patients preferred. Ask about the \$1,000 incentive bonus. Benefits include health insurance, 401k and vacations. Apply at *Colonial Vista Care*, 625 Okanogan, or send resume to: [ColonialcareDNS@fronteirmgmt.com](mailto:ColonialcareDNS@fronteirmgmt.com)

**LONG TERM CARE NURSES:** We are expanding our Medicare skilled unit and need experience Long

Term Care Nurses with knowledge of Medicare, rehab, excellent documentation and critical thinking. Good team players/team builders. Must interact with nursing, therapy and other interdisciplinary team members. Benefits include paid employee health insurance, 401k, and vacations. Apply at *Colonial Vista Care*, 625 Okanogan or send resume to [ColonialcareDNS@frontiergmt.com](mailto:ColonialcareDNS@frontiergmt.com)

### YAKIMA

**RN/LPN:** *Garden Village*. A part of Yakima Valley Memorial Hospital's family of services, Garden Village is currently seeking dedicated individuals to fill openings on all shifts. We are a skilled nursing facility specializing in post hospitalization of critical and rehabilitative residents. Apply at Garden Village, Attn: Cynthia Sanchez, 206 S 10<sup>th</sup> Ave.

**BOOKKEEPER:** *Living Care Retirement Community* is looking for a bookkeeper. Primary responsibilities would include resident accounts collections, preparation of checks for deposit and accounts payable - knowledge of Medicare and Medicaid is desirable. Contact: Living Care Retirement Community (509) 965-5260

**NURSING NACS:** *Good Samaritan Health Care Center* has position open for reliable caring NACs. Apply in person at GSHCC 702 N 16<sup>th</sup> Ave.

If you are interested in our Logo Sponsor program for your **Hot Sheet** listings. Please Call Dale at 509 979-6882



exceptional community healthcare

### EMPLOYMENT (continued)

**NAR/NAC:** *Highgate Senior Living* now accepting applications. Great team, benefits and monthly bonus program. Apply in person at 5605 W Chestnut Ave.

**HOME CARE:** *Home Care Services* is accepting applications for Home Care Providers in Yakima, Sunnyside, Wapato, Toppenish and Ellensburg to assist seniors and disabled to live independently in their homes. Contact: 5110 Tieton Dr, Suite 350, Glenwood Square (509) 453-8946.

**NURSING:** *Landmark Care Center.* Currently have FT & PT. Apply at 710 N 39<sup>th</sup> Ave. (509) 248-4102. Contact: Cecelia Sunday or apply in person at 710 N 39<sup>th</sup> Ave.

**NURSING RN/LPN:** Join our winning team and receive competitive wages, benefits & 401k retirement. Apply at *Living Care Retirement*, 3801 Summitview Ave or Email resume to [kjacoby@livingcarecenters.com](mailto:kjacoby@livingcarecenters.com) or contact: Katie Jacoby at 509-965-5239

**NAC/NAR/CAREGIVERS:** 2-24 hours per day. Experience preferred. Apply in person. *Rescare Home Care* (Formerly *T.L.C. In-Home Care*), 3405-B W Nob Hill

**RN/LPN:** Full or part time. To apply contact *Total Care*, 307 S 12<sup>th</sup>, Suite 18, Yakima or call (509) 248-7846

**NACs/NARs:** Experienced, Delegated. Full or part time needed for Yakima and Lower Valley. In home one-on-one care. *Total Care*, 307 S 12<sup>th</sup>, Suite 18, Yakima or call (509) 248-7846

**NURSES:** *Willow Springs Care* is seeking compassionate nurses to join or dedicated team. Competitive wages & benefits. Email resume: [ljeffery@willowsprings-care.com](mailto:ljeffery@willowsprings-care.com) or apply in person at 4007 Tieton Dr. (509) 966-4500

### VACANCIES

#### HERMISTON

**PRIVATE APARTMENTS WITH KITCHENETTES** close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. For a tour and/or information visit 980 West Highland Ave or call (541) 567-3141

**COMFORTABLE UNITS:** Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541-567-8337

**BEAUTIFUL TWO-BEDROOM** apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

#### KENNEWICK

**SUBSIDIZED HOUSING-KENNEWICK:** 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

**NEW SENIOR APARTMENTS:** *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. For a tour contact: Jacques (509) 736-0800

**INCOME QUALIFIED APARTMENTS-TRI-CITIES:** Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

#### PENDLETON

**BEAUTIFUL APARTMENTS FOR SENIORS OVER 62.** 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Penny Wicklander at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

**STUDIO AND ONE BEDROOM** apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom and kitchenette plus many other amenities. For a brochure or tour call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

#### RICHLAND

**PRIVATE STUDIO APARTMENTS-RICHLAND:** Two private studio apartments available at *Eagle Assisted Living* offering many amenities and 24 hour staffing. Call Laurie at 509-946-2717

**TWO STUDIO APARTMENTS AVAILABLE:** *Quail Hollow Alzheimer's/Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program that brings quality of life to those who live here. Contact: Phyllis Green (509) 943-5353 for more information.

**ONE & TWO BEDROOM UNITS:** Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Contact: Christina Renz (509) 946-4600 [crenz@brookdaleliving.com](mailto:crenz@brookdaleliving.com)

### VACANCIES (continued)

#### WALLA WALLA

**ONE & TWO BEDROOM UNITS** in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors and persons with mobility impairments. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Each apartment is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning. Contact: (509) 529-4706

**DELUXE 2-BEDROOM COTTAGE** available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: 509) 525-6513

**DELUXE 1-BEDROOM** Apartment available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

**ONE BEDROOM APARTMENT:** Now available at *Wheatland Village*. Stop by for a complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Contact: Mary Wollmuth

Marketing Director at 888-373-6046 or visit [www.wheatlandvillage.com](http://www.wheatlandvillage.com)

#### YAKIMA

**COMPLIMENTARY LUNCH:** *Crescent Place Retirement Apartments* 505 N 40<sup>th</sup> invite you to stop by for a tour and enjoy a complimentary lunch. Contact: Linda Weiler, Manager. 509-833-8414. One-bedroom now available.

**1 & 2 BEDROOM SUITES:** *Rexford Manor* (Park Meadows) has openings. Ground floor patio suites available; full kitchen, washer & dryer in every suite. Call for a tour and complimentary lunch. 1010 N 34th Ave. Contact: Colleen Collins, (509) 248-7768 or e-mail: [colleenjim1@msn.com](mailto:colleenjim1@msn.com)

### VOLUNTEERS NEEDED

#### BENTON CITY

*Lower Valley Hospice* is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store Number: 509 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

The *Ellensburg Meals on Wheels* program is looking for a regular volunteer to deliver meals on Tuesday and Thursdays from 11:00 am to Noon in the Ellensburg area. If interested call Audrey Lyman at (509) 933-3333 or (509) 929-0692

*Retired and Senior Volunteer Program of Kittitas County* – RSVP. Engaging volunteers 55 and older in community service. 707 N Pearl St., Suite 1. (509) 962-4311. [www.rsvp-wa.org](http://www.rsvp-wa.org)

*Kadlec's Music Program* is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

#### ELLENSBURG

*Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program.* A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

#### RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

#### KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring

### VOLUNTEERS NEEDED

heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

#### UNION GAP

*Union Gap Senior Center* needs kitchen aide and bingo caller volunteers. Kitchen Aide responsibilities include helping to make lunches, serve lunches and help; with kitchen cleanup. Volunteers needed Mondays and Fridays to help relieve regular volunteers. Contact Sirena at (509) 574-1933

#### WALLA WALLA

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies on the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

*Walla Walla Community Hospice* is looking for volunteers. If you are interested contact Cathy Mehn, [cathy@wwhospice.org](mailto:cathy@wwhospice.org) or call (509) 525-5561

#### WENATCHEE

*Central Washington Hospital* has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. To pick up your application the Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

#### YAKIMA

*Harman Center*, 101 N 65<sup>th</sup>, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

*RSVP of Yakima County* is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933

*Central Washington Disability Resources* is looking for reading and mathematics tutors to work with adults with significant learning disabilities.

Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email [patty@mycwdr.org](mailto:patty@mycwdr.org)

*Foster Grandparent Program:* Volunteers spend time helping struggling youth. They're a model, mentor and a friend. Serving at one of many local organizations, including faith-based groups, Head Start Centers, schools and other youth facilities. They help children learn to read, provide tutoring, love, comfort and guide kids. Must be at least 55 years old and willing to serve 20 hours per week. For more information please call Megan Turner at (509) 965-7100

The *Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or [mturner@cfcyakima.org](mailto:mturner@cfcyakima.org)

*Gleaning Volunteers Needed!* Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are generously offering gleaning opportunities. Please consider whether

## VOLUNTEERS NEEDED (continued)

you or your group might be interested in becoming a part of this project. Contact Jacklyn King or Lisa Hall at (509) 6956

*Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington* grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact [www.northwestwishes.org](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)

*Sun Terrace Assisted Living* in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

*Wellness House* is in need of both scheduled and on-call receptionist volunteers. Volunteers would answer phones, greet clients, telephone group members and be willing to assist with other tasks as needed. Computer skills would be a plus. Hours needed are Thursdays from 10:00 am-1:00 pm Training will be provided. Contact Lydia Warehime (509) 248-2668

*Yakima Seventh Day Adventist Food Bank* is in need of drivers to pick up food donations at already established food sites. Drivers are needed Tuesdays, Thursdays, Fridays and every other Sundays at approx 8:00 am. Must have a valid driver's license and insurance. Gas reimbursed Contact Sirena (509) 574-1933

*The Respite Adult Day Center* is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Volunteers would provide one-on-one assistance with elderly clients who have moderate cognitive or physical deficits. Volunteers will assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training will be provided. Volunteers are needed Tuesdays or Thursdays 10:00-2:00 pm. For more information on this opportunity contact Sirena (509) 574-1933, RSVP of Yakima County

*The Senior Companion Program* is in need of low-income elders age 60 and older to provide loving care and support to other seniors who are isolated in their living setting in all parts of the Yakima Valley. Volunteers will need to undergo a background check as well as numerous hours of pre-service training. Qualified volunteers receive a stipend, mileage and meal reimbursements and insurance. Interested individuals are asked to call Jael Torres, Area Coordinator at (509) 965-7100 for more information.

*Volunteer Chore Services* is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps, provide transportation to doctor's appointments, grocery shopping and other such errands and also to provide light housekeeping. Volunteers must complete a background check. Contact: Sirena at (509) 574-1933

*SHIBA (Statewide Health Insurance Benefit Advisors)* is looking for volunteers to educate consumers about their rights and options regarding prescription drug access, health insurance and access to health care, so they can make informed decisions. Hours are flexible and can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. For more information call Donna (509) 574-1934

*Volunteer Tutors Needed:* The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training is provided. The Tutoring Program is open from 3:00-5:00

*Yakima Neighborhood Health Services* is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Volunteers can work anytime Monday-Friday 8:00am-6:00pm For information contact Sirena (509) 574-1933

*Yakima Valley Partners Habitat for Humanity* is looking for volunteers to do general office duties such as filing and answering phones once a week. All potential volunteers need to have a background check. For more information please contact Sirena Phillips, RSVP of Yakima County, (509) 574-1933



# Diabetes Education 2010

*Memorial Hospital believes...*

**“Diabetes Education is the cornerstone of Diabetes Management.”**

♥ **Sure Start** – Three hour Introduction Course

Tuesdays 9am-noon or 1:00pm-4:00pm

♥ **Take Charge** – Comprehensive Education Course for those who have already taken the Sure Start introductory course. One day class held from 9 a.m. to 5 p.m.

January 8<sup>th</sup>

February 20<sup>th</sup>

March 12<sup>th</sup>

April 9<sup>th</sup>

May 7<sup>th</sup>

June 4<sup>th</sup>

July 9<sup>th</sup>

August 6<sup>th</sup>

September 18<sup>th</sup>

October 1<sup>st</sup>

November 5<sup>th</sup>

December 3<sup>rd</sup>

♥ **Medical Nutrition Therapy** - One-on-One appointments with a Registered Dietitian for personalized meal planning.

♥ **One-on-One Appointments**

♥ **Support Groups** - Free day and evening meetings

All classes held at Memorials Community Education Building  
2506 Nob Hill Blvd

Registration required. Call **249-5243** to schedule.