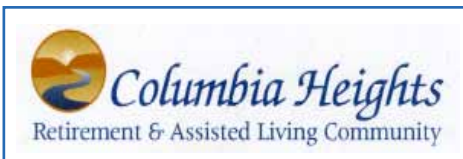


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Wenatchee



Family Caregiving Needs Likely to Soar

Whether you are an older American or have parents or family members who are getting on in years, you need to be aware that the burdens of long-term caregiving will increasingly fall more heavily on families and friends. The financial and demographic forces behind this trend are so powerful that the shift to increased self-reliance is unavoidable.

Like other problems that have been hiding in plain sight for years, the factors behind this trend are not new:

1. Senior populations are exploding. By 2030, 1 in 5 Americans will be at least 65 years old. The country's fastest growing age group is made up of people who are 85 and older.
2. This growing group of seniors is living longer, thanks to healthcare and lifestyle changes. But this also means adding years to the time periods during which many of these longer-lived people will need some form of ongoing care.
3. Republicans and Democrats are arguing over cuts to senior programs—Social Security, Medicare, and Medicaid—as they debate how to close the yawning federal deficit. But neither the nation nor its taxpayers will be able to afford the growing price tag for supporting rising numbers of aging baby boomers.
4. Still reeling from recessionary conditions, American families increasingly can't afford the price tag for nursing homes, assisted care facilities, and other long-term care services.

While these forces are raising the need for family caregiving, the nation's family structure has splintered in recent decades. Increasingly, older Americans don't live with or even near younger family members. There is some evidence that Americans have recently begun placing more emphasis on access to family members when they move. But such migration has ground to a halt because of falling home values and the difficulty of selling or buying new homes.

Of course, before Medicare and Medicaid, and before the rise of nursing homes and assisted living facilities, American families used to take care of aging family members. Multigenerational households were the norm, not the exception.

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Wenatchee



Moses Lake



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & WEDNESDAY

WENATCHEE: "Free Movement and Exercise Programs" Join trained instructors at Eastmont Gold's Gym for a safe and effective exercise class. 4:15-5:15. For active individuals who are recovering from cancer, surgery or those who have chronic illness such as diabetes; perfect for every fitness level. Chairs available for seated excises. No fee. Call Wellness Place .

WENATCHEE: "Fitness for Seniors" 10:15-11:15 at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

EAST WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start) 1:30-2:30 pm at Eastmont Presbyterian /church, 301 Kentucky. Lynne Barnhart (509) 884-4219

MONDAY & TUESDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 am at Blossom Valley Assisted Living, 1701 Orchard St. Instructor John Luce (509) 662-1231

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. Shelley Wold, RD (509) 682-6198

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." Get more mobile, have better balance, feel great. (Check with your physician before you start) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. (509) 784-7117cc

MOSES LAKE: "Diabetes Education"

The group classes are held monthly the first and fourth Tuesday of every month. During the winter classes are held 2:00-4:00 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. (509) 765-5606

WENATCHEE: "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. (509) 670-6046 or 662-0864

WENATCHEE: "Alzheimer's Support Group" Second & 4th Tuesdays. 10:30 am-Noon. For caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. Held at Blossom Creek, 1740 Madison St. Call Jan Ebert at (509) 782-0927



SEMINARS/CLASSES/EVENTS/MEETINGS

TUESDAYS & THURSDAYS

MOSES LAKE: "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. It's safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. For more information call (509) 765-7809 email: mlsenior@gemsi.com

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. 1 hour 3 times a week taught by a qualified exercise instructor. You can sit or stand. Adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." (Check with your physician before you start 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: Sarah Jicha (509) 716-1278

WEDNESDAY

WENATCHEE: "Footcare" In the health room of the Wenatchee Valley Senior Activity Center. Professional foot care by Sue Anez, RN. Includes soak, trimming and filing. Make appointment by contacting Sue at (509) 669-0r 881-2022

WENATCHEE: "Legal Counseling" Conference Room B of the Wenatchee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. Call (509) 663-2778

WENATCHEE: "Fitness for Seniors" 10:15-11:15 Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

THURSDAY

WENATCHEE: "Tops Take Off Pounds Sensibly" Nonprofit support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Contact Sherrie Schmitt (509) 548-5498

WENATCHEE: 11:30 am. Free blood pressure checks in the health room of the Wenatchee Valley Senior Activity Center. Home health nurses from Central Washington Hospital will check your blood pressure free of charge, just stop by.

THURSDAY & FRIDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 at Blossom Valley Assisted Living, 1701 Orchard St, Instructor: Patty Getzin (509) 664-3007

FRIDAYS

WENATCHEE: "Wine, Cheese & Chat Happy Hour" 5:00-7:00 pm third Friday of each month. Featuring a special local winery and great hors' doeuvres. at the Wenatchee Valley Senior Activity Center, 1312 Maple St. Call (509) 662-7036

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 10:00-11:00 am at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

WENATCHEE: "Hearing Aid Services" Free checks and cleaning. Confidential and free counseling about your hearing loss concerns. Just drop by, no appointment needed. Service provided by Aimee' Seely-Fadich of Sonus. 10:00 am-Noon.

WENATCHEE: "Fitness for Seniors" 10:00-11:00 am. Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

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Economic pressures have recently triggered a rise in multigenerational households. That's due in part to caregiving needs, but is being driven more by children being forced to move back in with their parents because they can't afford to live on their own. As the economy slowly recovers and young-adult employment prospects brighten, most will move back out.

As senior advocates continue to battle budget and program cutbacks that affect caregiving, experts also advise families about caregiving planning and needs.

Consider multigenerational living. According to a recent caregiving survey by the National Family Caregivers Association and Allsup, a fee-based benefits advisory company, two-thirds of caregiving involves people living in the same home and 96 percent of all caregiving involves family members.

Understand what caregiving entails. There is a wide range of caregiving requirements based on the needs of the family member requiring care. If you're a caregiver, it's important to understand the care needs of the person you're helping. People who are thrown into caregiving in a crisis report high levels of stress and anxiety about their roles.

Explore local caregiving support services. There is an extensive network of nonprofit and government services for at-home caregiving. With budget pressures, some programs are shifting their attention from institutional care to at-home care. It's cheaper and people

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CALENDAR

DECEMBER 5-WENATCHEE: "Diabetes Education" 11:00-Noon. Classes held twice a month at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For tips, information, health snacks and more from registered RN and staff from Highgate Senior Living. Free. (509) 662-7036

DECEMBER 6-WENATCHEE: American Red Cross Blood Drive" 10:00 am-3:00 pm at the Wenatchee Community Center, 1610 Orchard Ave. Call 1-800-733-2767

DECEMBER 7-WENATCHEE: "Free Health Screenings" 11:30 am. Conducted by Beth Widby, RN. Includes blood pressure, pulse, blood oxygen and lots of good health information. This is in partnership with Aging and Adult Care. Come for the screening and stay for lunch?. To be held at the Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

DECEMBER 9-WENTACHEE: "4th Annual Christmas Silver Bell Tea" 2:30 pm. This is a chance to dress up in your Sunday finest and enjoy a wonderful afternoon of tea, scrumptious snacks and cookies, beautiful music and great entertainment. Tickets \$10,. To be held at the Wenatchee Valley Senior Activity Center, 1312 Maple St. The center will be decorated beautifully for this event, we'll have Santa and ballerina's and a drawing for special raffle gifts. For tickets and/or information please call (509) 662-7036

DECEMBER 10-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

DECEMBER 14-MOSES LAKE: "Healthcare Provider CPR Renewal"4:30-6:30 pm. 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. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

DECEMBER 19-WENATCHEE: "Diabetes Education" 11:00-Noon. Classes held twice a month at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For tips, information, health snacks and more from registered RN and staff from Highgate Senior Living. Free. (509) 662-7036

DECEMBER 20-WENATCHEE: American Red Cross Blood Drive" 2:00 am-7:00 pm at the Wenatchee Community Center, 504 S Chelan For an appointment please call 1-800-733-2767

DECEMBER 20-MOSES LAKE: "CPR Only Class" 10:00-11:00 am. This class provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added to this class at no additional charge. Fee: \$25 To register contact the Samaritan Healthcare Education Center at (509) 793-969



Have a Happy Holiday Season!



Send us your
event photos!

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

CHELAN

DIABETES EDUCATION AND SUPPORT GROUP: Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. Shelley Wold, Rd. (509) 682-6198

WENATCHEE

ALZHEIMER'S SUPPORT GROUPS: 2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. The Alzheimer's Assn. support group is for caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. For more information call Jan Ebert at (509) 782-0927

CANCER SUPPORT GROUP: First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. For information call (509) 888-9933

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

PARKINSON'S SUPPORT GROUP: Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. For additional information call (509) 663-8711

STROKE AND BRAIN INJURY SUPPORT GROUP: Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. For meeting location or more details please call Susan Howell at (509) 663-8711, ext. 5983

VOLUNTEERS NEEDED

EPHRATA

The Columbia Basin Hospital Auxiliary is a volunteer organization promoting the advancement of welfare for the hospital through service and fundraising. The CBH Auxiliary is an active group that meets on the second Monday of every month at 1:00 pm in the hospital conference room. To become a member or to receive more information regarding the auxiliary please call Sue Alberti at (509) 246-1944

MOSES LAKE

Samaritan Healthcare has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4 hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. Contact Bonnie Dirks at (509) 793-9724

WENATCHEE

Long term care Ombudsmen needed. Weill you help advocate for the rights of vulnerable adults? Free training. Call Erin Nelson 886-0700, ext. 232

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. Call our Volunteer Coordinator at (509) 662-7036

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prefer staying in their homes. There also are substantial differences among the states in how family caregiving is supported.

Make your home caregiving "friendly." It's important that your home remain your home and not be turned into a hospital. But your home also needs to accommodate a person needing care. Learn about ways to make your home navigable to someone who might be disabled or need a wheelchair. Focus especially on bathrooms, the kitchen, and bedrooms.

Don't go it alone. Caregiving is hard and often unrelenting work. The health of many caregivers declines over time, which is not only bad for them but can also reduce the quality of care they can provide. If you think there's a period of extended care responsibility in your future, take steps to give yourself some time off. Recruit other family members or friends to help out from time to time. If you can afford it, hire a trained caregiver from time to time. Caregivers' Monday, a healthcare non-profit, recently produced a list of best-practice tips for family caregiving.

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 Mon - Fri from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

Wenatchee Valley Senior Activity Center members are active volunteers either at the center or at various other non-profits in the community. Some volunteers have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available to choose from depending on interests, talents and skills. Call (509) 662-7036

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