

SENIOR REVIEW

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SENIOR MOMENT OR JUST MULLING A RESPONSE?

By Linda Carroll

Many seniors are actually just as mentally agile as younger people, they just focus on accuracy rather than speed when making a decision, new research says.

Seniors may be just as mentally agile as younger people. The reason their thinking appears sluggish is they mull things over longer, a new study shows.

Researchers have found that when people aged 60 and older are asked to make quick decisions, they respond as slowly as young children. And both groups react much more slowly than young adults, according to the study published in Child Development.

The slow response times in children are the sign of brains that are still maturing, said Roger Ratcliff, a study co-author and professor of behavioral and social sciences at Ohio State University. But the apparent sluggish thinking in the elderly may simply be the result of seniors emphasizing accuracy over speed when they deliberate.

The new research could have important repercussions for seniors worried that their thinking has become too slow to allow them to continue driving safely or performing other tasks that occasionally require quick reaction times.

Ratcliff and his colleagues have been studying the impact of aging on mental agility for the last decade. In their new study, they looked at how seniors and other adults compare to children.

They ran several experiments designed to rate mental ability and agility across all ages. In one, for example, more than 300 study volunteers watched as a group of asterisks flashed up on a computer screen. The number of asterisks ranged anywhere from 31 to 70. The volunteers were told to quickly decide whether they'd been shown a small number (31 to 50) or a large number (51 to 70) of the star shaped marks.

When the researchers looked over the responses they found that response times and accuracy both improved with age, up to a point. Accuracy remained good even among older volunteers, but response times in general suffered as people got older.

more on page 4...

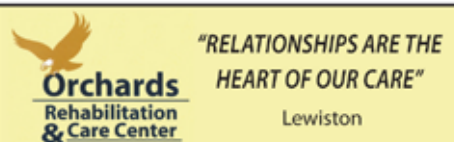
Post Falls



Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAYS

COEUR D'ALENE: Bingo-all cash prizes! By in at Lake City Center, 1916 N Lakewood Drive. 4:00-5:30 pm. Dinner before Bingo \$5. Charitable contributions made to Senior Center at Lake City Center

MONDAY & WEDNESDAYS

KELLOGG: Senior Stretch and Pose. 3:30-4:30 pm First class Free. 1 month session (8 classes) \$35, Drop-in \$5/class. Sponsored by Shoshone Medical Center. For additional information call (208) 784-7017

TUESDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Fit & Fall Proof Exercise Class" 11:15-12:15. At the Lake city Senior Center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: Second Tuesday of the month Blood Pressure Checks at Friendly Neighbors Senior Center of Moscow, 1912 E Third St. (208) 882-1562 email: friendly_neighbors@yahoo.com

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

TUESDAYS & THURSDAYS

MOSCOW: "Senior Meal Site" 11:30 am salad bar, 12 Noon main course, plus a dessert bar. Held at the 1912 Center, 412 E third St. For seniors 60 and older. Suggested donation is \$4, Non-seniors, \$6. Sponsored by Friendly Neighbors Senior Citizens, Inc.

WEDNESDAYS

LEWISTON: "Alzheimer's Support Group" Held the second Wednesday of each month. 7:00-9:00 pm at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500

LEWISTON: New Nicotine "Stay Quit" Support Group. 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St For information call: (208) 750-7360

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491



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SEMINARS/CLASSES EVENTS/MEETINGS

CALENDAR

THURSDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Bingo-all cash prizes! (Except August 4th) By in at Lake City Center, 1916 N Lakewood Drive. Starts at 4:00 pm. Dinner before Bingo \$5 until 5:30 pm. Games starting at \$10. Bingo begins at 4:30 pm. If you bring a new player, you receive a free game. Charitable contributions made to Senior Center at Lake City Center

COEUR D'ALENE: "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

COEUR D'ALENE: "Mended Hearts" 3:30-4:30 pm. For those interested in learning more about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. For additional information call (208) 666-2897

COEUR D'ALENE: "Mix N Mingle" for CareNet members. A non-formal meeting the second Thursday of the month in addition to the monthly CareNet meetings. A chance to visit and get to know each other. At Bardenay's, 1710 W Riverstone Dr, 4:30-6:30 pm or until ???

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loylton of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loylton of Coeur d'Alene. For additional information call (208) 667-6490

COEUR D'ALENE: "CPR & First Aid Class" 12:00-2:00 pm every third Thursday at the Lake city Senior center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10:-00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

FRIDAYS

LEWISTON: Senior pancake breakfast the last Friday of the month through September 30th. \$3.00 per person at Guardian Angel Homes, 2421 Vineyard Ave. Serving from 8:00-10:00 am. Ask for a tour of our facility.

SATURDAYS

COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

SANDPOINT: First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

JANUARY 3-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Designed for people who live with diabetes, this class is part of a monthly series that occurs on the first Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Dept., classes take place in the Gritman Conference Center, 700 S Main St. For information call (208) 883-6341

JANUARY 4-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

JANUARY 4-LEWISTON: "Tobacco Free You" 12:30 pm. Nicotine intervention program. The tobacco free program at St. Joseph Regional Medical Center consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addiction, habit, benefits of quitting, quitting techniques and therapies, planning, withdrawals, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependence. A carbon monoxide breath test is done weekly. The class is facilitated by a Certified Tobacco Treatment Specialist trained at the Mayo Clinic. Reservations (208) 750-7360



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CALENDAR

JANUARY-5-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

JANUARY 6-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. Featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide info and answer questions on proper diet and nutrition. Martin Wellness Center. \$55/month. (208) 883-9605 shannon.smith@gritman.org

JANUARY 9-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required \$55/month. (208) 883-9605 shannon.smith@gritman.org

JANUARY-10-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088



JANUARY 11-LEWISTON: "Tobacco Free You" 12:30 pm. Nicotine intervention program. The tobacco free program at St. Joseph Regional Medical Center consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addiction, habit, benefits of quitting, quitting techniques and therapies, planning, withdrawals, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependence. A carbon monoxide breath test is done weekly. The class is facilitated by a Certified Tobacco Treatment Specialist trained at the Mayo Clinic. For reservations call (208) 750-7360

JANUARY-11-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

JANUARY-12-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

JANUARY 13-MOSCOW: "Free Diabetes Celebration" The Gritman Diabetes Care Team is hosting an end-of-the-year celebration for people living with diabetes. Test your knowledge with Diabetes Bingo and share your success stories with the group. "Celebrate 2011" is from 4:00-5:00 pm in the Gritman Conference Center, 700 S Main. Free and open to the publ. There will be snacks and prizes. Classes are held the first Tuesday of each month. For more information call (208) 883-6341. Individual and group sessions are offered at Gritman and at Whitman Hospital and Medical Center in Colfax.

...continued from page 1

Of course, in some cases, early dementia or the effects of medication may be the cause of slowing mental agility, but in healthy seniors, slow reaction times among the elderly can often be improved, Ratcliff said. In another set of experiments, he and his colleagues coached older volunteers to obsess less about accuracy and to focus more on speed. In the end, his seniors were able to react just as quickly as college students.

Ratcliff suspects that other age related deficits, such as declining memories, make seniors less sure of themselves and that makes them want to deliberate longer so they won't make mistakes.

"Older people don't want to make errors, so what they do is adopt a more conservative decision criteria and that slows them down," he explained.

JANUARY-13-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

JANUARY-16-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

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CALENDAR (continued)

JANUARY-17-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

JANUARY 17-COEUR D'ALENE: "Know The 10 Signs Of Dementia & Alzheimer's Disease" 3:30-5:30 pm. Speaker: P.J. Christo, RN, MS, Alzheimer's Assn., Inland Northwest Chapter Outreach Coordinator. Dinner provided by The Four Seasons Assisted Living at The Church of Christ of Latter-Day-Saints, 2293 Hanley (West of Ramsey Rd). RSVP please to the Alzheimer's Association (509) 666-2996

JANUARY 18-LEWISTON: "Tobacco Free You" 12:30 pm. Nicotine intervention program. Consists of four one hour sessions. Follow-up period of 18 months after quitting smoking. Topics discussed in the sessions are nicotine addiction, habit, benefits of quitting, quitting techniques and therapies, planning, withdrawals, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependence Carbon monoxide breath test done weekly. Facilitated by a Certified Tobacco Treatment Specialist trained at the Mayo Clinic. (208) 750-7360

JANUARY-18-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. Featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. \$55/month. (208) 883-9605 shannon.smith@gritman.org

JANUARY-19-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

JANUARY-20-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. Featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. \$55/month. (208) 883-9605 shannon.smith@gritman.org

JANUARY-23-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. Martin Wellness Center. \$55/month. (208) 883-9605 shannon.smith@gritman.org

JANUARY-24-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

JANUARY 25-COEUR D'ALENE: "CareNet Monthly Meeting: 12:30 pm. Guest speakers will be Mike Baker and Alan Brockway from the Dirne Clinic. Hosted by the Dirne Clinic, 1090 Park Place in the basement. Parking available in the lot. Please RSVP by Friday, Jan 20 to Lori Bowman, CareNet Secretary: (208) 765-5505. labowman@leisurecare.com

JANUARY 25-LEWISTON: "Tobacco Free You" 12:30 pm. Nicotine intervention program. Consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addiction, habit, benefits of quitting, quitting techniques and therapies, planning, withdrawals, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependence. A carbon monoxide breath test is done weekly. The class is facilitated by a Certified Tobacco Treatment Specialist trained at the Mayo Clinic. For reservations call (208) 750-7360

New Year's Resolutions In The Works? Small Steps Are Best

By Jeannine Stein

So, you've made a New Year's resolution to get healthy. No doubt you've banished all cookies and chips from the house and plan to hit the gym every single day.

Let's get real. In three months, you're going to be comatose on the sofa with a telltale ring of orange Cheetos crumbs around your mouth.

Most people start off the new year by making grand, sweeping changes — and the changes never stick. What does stick? Thinking small: setting modest, attainable goals and slowly chalking up petite successes as you steadily build confidence. It's a strategy that can lead to substantial and sustainable health improvements over time, as fitness and nutrition experts well know.

Not that there's anything wrong with wanting to run a marathon or lose 50 pounds — but it's not going to happen in a month, and when it doesn't, people often feel a huge letdown and then throw in the towel.

"We're guilty of that all-or-nothing mentality in so many areas of our lives," says Jessica Matthews, an exercise physiologist and spokeswoman for the San Diego-based American Council on Exercise. "We have to be doing something at 100 miles an hour or not at all."

If you want to ramp up physical activity but are currently about as energetic as a tree sloth on a slow day, you'd be better off adding easy routines — even something as minor as parking far

more on page 6...

CALENDAR (continued)

JANUARY-25-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

JANUARY-26-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

JANUARY-27-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

JANUARY-30-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. Fee: \$55/month (208) 883-9605 shannon.smith@gritman.org

JANUARY-31-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Exercise can help you maintain bone mass. Ongoing group improve bone strength. Physician referral is required. Gritman Medical Center Cardiac Rehab Center \$6 per session. (208) 883-6088

FEBRUARY 9-POST FALLS: "Legal Planning For Dementia & Alzheimer's Disease" 4:00-6:00 pm. Speaker is Kate Monroe Coyle, Attorney at Law, Wytychak Elder Law, PLLC. Hosted by Legacy House Assisted Living, 1136 E Mullan Ave. Complimentary dinner provided. RSVP requested, limited seating. Please call the Alzheimer's Assn. (208) 666-2996

FEBRUARY 27-APRIL 2-COEUR D'ALENE: "Powerful Tools For Caregivers", 1:30-4:00 pm. Practical approach to dealing with stress, prioritization, challenging family communication and planning. Learning to take care of yourself makes you a healthier caregiver! Designed for all non-paid caregivers. Free of charge. Meets once weekly for 6 weeks. To held at Area Agency on Aging, 2120 N Lakewood Dr. Registration mandatory (208) 666-2996

MARCH 7-SANDPOINT: "Personal Care" 2:00-4:00 pm. Designed for family and professional dementia caregivers. Speaker is Brian Casey, M Ed., Alzheimer's Assn., Inland Northwest Chapter, Board of Directors & Support Group Facilitator. At Life Care Center of Sandpoint, 1125 N Division. (208) 265-9299 Free ad open to the public. For questions call the Alzheimer's Assn. (208) 651-8897

MARCH 8-COEUR D'ALENE: "Basics of Memory Loss, Dementia & Alzheimer's Disease" 6:00-8:30 pm. Speaker is P.J. Christo, BS Ed., RN, MS, Outreach Coordinator, Alzheimer's Assn., Inland Northwest Chapter. Meet and greet hors d'oeuvres 6:00-6:30, seminar at 6:30 pm. To be held at Coeur D'Alene Homes, 624 W Harrison Ave. (208) 664-8119. Meet & Greet requires no reservations. Free and open to the public. Certificates of attendance available for professionals. For questions contact the Alzheimer's Assn. at (208) 666-2996

APRIL 11-SANDPOINT: "Wandering, Sundowning & Safe Return" 2:00-4:00 pm. Family & professional dementia caregiver. Speaker: Brian Casey, M. Ed., Alzheimer's Ass., Inland Northwest Chapter, Board of Directors & Support Group Facilitator. Luther Park at Sandpoint, 510 Olive Ave. (208) 265-3557. Free.

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...continued from page 5

away from your destination. "Every step really adds up," Matthews says.

Or just take a walk while at work. If you can't afford the luxury of a 40-minute march, do it in manageable five-minute batches every hour, says Felicia Stoler, a New York-based registered dietitian and exercise physiologist and author of "Living Skinny in Fat Genes. The Healthy Way to Lose Weight and Feel Great." You'll still increase your physical activity by 40 minutes a day.

Dietary first steps can also be ridiculously small, says San Francisco-based registered dietitian Manuel Villacorta, a spokesman for the Academy of Nutrition and Dietetics (formerly the American Dietetic Assn.). The person who eats no fruits or vegetables might add one serving a week. Those who never cook can make a simple, healthful meal from a prepared roasted chicken, frozen rice and canned beans.

"Start with things you can measure — amounts, frequency," he says. "Once you know you've done it, then you can go to the next level."

Why small steps? When you drastically cut out all fattening foods, you may bust out with a great big binge. Exercise too much and your unaccustomed muscles can suffer overuse injuries such as strains and sprains.

Or even more likely, psychological burnout sets in.

Before even the first tiny step is taken, people need to forge a plan to make sure it happens, says Marion Jacobs, a psychologist in private practice in Laguna Beach and adjunct professor emeritus of psychology at UCLA and author of "Take-Charge Living: How to Recast Your Role in Life ... in Six Acts."

more on page 7...

VACANCIES

GUARDIAN ANGEL HOMES, 1070 E Mullan Ave, Post Falls has two upstairs retirement 55+ apartments available as well as a 3-bedroom, 2 bath and a one-bedroom, one bath apartment. For additional information call Jennifer Baus (208) 777-7797



VOLUNTEERS NEEDED

BONNERS FERRY

Boundary Community Hospital: Volunteers donate their time and talents in many meaningful ways: medical record filing, organizing fundraisers, spending time with nursing home residents and more. The Hospital Auxiliary meets monthly. For information regarding volunteer opportunities, please contact (208) 267-3141 or email info@bcchmail.org

For all Caregivers. First Wednesday of every month, 2:00 pm at Panhandle Heath District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2828 and Carol Lucero (208) 267-5050. Sponsored by Alzheimer's Association.

CLARKSTON

The Tri-State Memorial Hospital Auxiliary is a group of dedicated community members who provide hundreds of hours volunteering in the hospital. The Angels, as they are called, work in most departments in the hospital and staff the gift shop. Tri-State's Angels hold several fundraising activities a year. (509) 751-0222

COEUR D'ALENE

Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents, following up on concerns or complaints. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

Dirne Health Centers, a non-profit Medical Clinic in Coeur d'Alene, ID, are seeking volunteers to help in the office, at health fairs, at the clinic, in our retired medical facility. Contact: Amanda, 208-819-4520

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

Elder Help of North Idaho is looking for leaders for several of their volunteer groups including Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. For additional information contact Tom Lucas, VP at (208) 661-8870 www.elderhelpofnorthidaho.org

Lake City Senior Center has volunteer opportunities for individuals wanting to help in the dining room, answer phones, make appointments, create an in-house newsletter, greet and seat guests, setup dining room, serve lunch, weekly chores and more. for additional information contact Jessica Logan, Events Coordinator, Lake City senior Center, 1916 N Lakewood Drive. (208) 667-4628

On Site For Seniors. We are looking for volunteers to visit with some of our patients who are alone and lonely. could you spare an hours each week to bring a little happiness into their lives? On Site for Seniors is a faith-based, non-profit organization. It's fun, and you will receive training and will be part of a wonderful and caring group. If you are interested call Mary ann Arndt (208) 772-5026 or email marndt@onsite4seniors.org

...continued from page 6

"Change is a process," she says. "You don't go straight from 'A' to bikini. You have to make a plan for each step you have to take [and] you also have to look at the obstacles you're going to run into for each of these steps."

So think, and plan. Want to start running? Make sure your clothes are set out before you go to bed. Want to eat more home-cooked meals? Have a grocery list, a menu and a date to go shopping. Goals should be attainable — and pragmatic. "If you're not a morning person," Matthews says, "don't schedule exercise for 6 a.m."

You should anticipate difficulties before they happen. If you're going to visit a family member who constantly pushes food, avoid a major setback by explaining beforehand that you're watching what you eat. If you need to keep tempting and potentially derailing foods in the house for your kids, figure out how you're going to handle that.

When people don't have a plan, they may decide "I'm going to the gym every day," but when that doesn't happen, they don't see the results they want and they quit, Jacobs says. "And then they say, 'It's just not my personality. Other people can do this, but I can't.'"

Making small changes can be easier and more rewarding if progress is documented, be it keeping track of food and exercise in a notebook or using smartphone apps or computer programs that track calories, nutrition and activity.

"One of the best things people can do is monitor themselves," says Villacorta, who likes the apps for their immediate feedback and instant information. "You can see your progress."

more on page 8...

VOLUNTEERS NEEDED

HAYDEN

Applegate Hospice is looking for volunteers to help read to seniors, visit, go shopping, keep seniors company or simply become a friend. Contact: (208) 762-7825

POST FALLS

Auburn Crest Hospice has opportunities in Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/ Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling and more. (208) 773-7731. or Jennifer@auburncrest.com

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. If you would like to join the Bonner General Hospital Auxiliary, stop by the information desk in the hospital lobby area and pick up an application.

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/ outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.



SUPPORT GROUPS

BONNERS FERRY

ADULT GRIEF GROUP: 6:00-7:30 pm
Repeats on the first and third Thursdays of each month. Held in the Brown House conference room, next to the Healing Garden. Pre-register (208) 265-1185

FOR ALL CAREGIVERS: 1:00 pm. First Thursday of every month. Held at the Panhandle Health District, 7402 Caribou. Group facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 257-5050
Sponsored by the Alzheimer's Association.

DIABETES SUPPORT GROUP: 10:00-11:00 pm Sponsored by Bonner General Hospital. To be held in the Brown House. Contact Lynda Metz (208) 255-3671

FOR ALL CAREGIVERS: First Wednesday of every month, 2:00 pm at Panhandle Health District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 267-5050

COLFAX

CAREGIVER SUPPORT GROUP: 3:00-4:30 pm. Sponsored by the Council on Aging and Human Services the fourth Thursday of the month. Held at The Courtyard on Main Street.

CLARKSTON

BEREAVEMENT SUPPORT GROUP: Coordinated through Home Health & Hospice. Sponsor: Tri-State Hospital, 1221 Highland Drive. Call (509) 758-2568

BREAST CANCER SUPPORT GROUP: Meets the first Wednesday of every month 7:00-9:00 pm. Contact Linda Malcom from Owl Home Medical (208) 743-7766

MS SUPPORT GROUP: Meets the Third Tuesday of every month from 7:00-9:30 pm at the Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. (208) 743-2854 or (509) 758-2832

COEUR D'ALENE

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Saturday of every month. 1:30-3:30 pm Traditional support group at Kootenai Medical Center, Main Building, Main Floor Classrooms. Arlene Sleigh (208) 772-2542

...continued from page 7

Having people in your corner is also important — but choose whom you turn to for encouragement with care. "If your husband is overweight and doesn't want to lose weight, he may not be a source of support," Jacobs says. "He could be a source of sabotage."

When you backslide, don't beat yourself up and use it as an excuse to throw everything away. Think of change as a week-to-week development, Villacorta suggests. "One [indulgent] meal isn't going to destroy your entire week."

After a while, he adds, certain once-loved treats may not taste as wonderful. "The cleaner people are eating, the more they feel it when they eat something processed or with a lot of sugar in it," Villacorta says.

You may feel you need to wait till just the right moment to make changes. But the notion that readiness is all-important is a myth, Jacobs says.

"It's unlikely you're going to feel ready to do what you need to do," she says. "If you did, you'd have already done it." If you wait until you feel motivated, you may wait forever. Get started anyway.

Feelings — the ones telling you you can't change — are tough to deny, but you can alter the way you think and behave, Jacobs says. "When you start to move forward, even in small steps, your brain starts to say, 'Well, what do you know, I can do that.'"

Soon, one walk around the block turns into two. And from there, even a marathon is possible.

"Little behavior changes count — if you count them," Jacobs says.

SUPPORT GROUPS (continued)

ALZHEIMER'S SUPPORT GROUP

for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Tuesday of every month 3:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. Designed Specifically for families with Early Onset Dementia. Stephanie Godinez (208) 765-4343

ALZHEIMER'S SUPPORT GROUP

for Caregivers of those with Dementia, Alzheimer's and any related disorder. 4th Monday every month, 5:30 pm, dinner incl Traditional Support Group, Free respite available by Creekside Inn. At Creekside Inn, 240 E Kathleen. (208) 665-2444

MAN TO MAN: PROSTATE CANCER SUPPORT GROUP

1st Thurs every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. (208) 765-5020 or (208) 666-3828

NORTH IDAHO CANCER SUPPORT GROUP

For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

GRANGEVILLE

DIABETIC SUPPORT GROUP: 1:30 PM

Third Monday of the month at Syringa General Hospital.

SMOKING CESSATION SUPPORT GROUP

6:00-7:00 at Syringa General Hospital conference room.

LEWISTON

ALZHEIMER'S SUPPORT GROUP: 7:00-

9:00 pm the second Wednesday of each month at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500

CANCER SUPPORT GROUP: 7:00-9:00

pm, 2nd & 4th Wednesdays, St. Joseph Regional Medical Center, Conference Room 1, Second Floor. For recently diagnosed, going through treatment, cancer survivors, caregivers, family members or friends. (208) 746-3974

DIABETIC SUPPORT GROUP: 7:00 pm.

Second Monday of the month at Trinity Lutheran Church, 928 Eighth Ave.

NEW NICOTINE "STAY QUIT" SUPPORT GROUP

1:30-2:30 last Wed each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St (208) 750-7360

MOSCOW

BLIND AND DIABETIC SUPPORT GROUP

Weekly meeting 10:30-11:30 with Clara Docker at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly_neighbors@yahoo.com

CAREGIVER SUPPORT GROUP: 3:30-

5:00 pm second Wednesday of each month; 6:00-7:30 pm the third Tuesday of each month, Gritman Medical Center, 225 E Palouse Rive Drive. (208) 883-6483 Safe and confidential place to get together with other people who understand what you are going through. Express the joys, frustration, humor and anger that is associated with caring for a loved one. Groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers welcome! (208) 883-6483

DEMENTIA SEMINAR SERIES: Various

discussion topics related to Dementia, January 19, 9:30-11:30 am. Free, all welcome, no registration. Gritman Medical Center, 1st Floor Class. Free. (208) 883-6483. education@gritman.org

POST FALLS

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wednesday of every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Facilitator: (208) 777-7797 Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT GROUP

For people with MS meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. Contact Bet at (208) 773-9372.

POTLACH

CAREGIVER SUPPORT GROUP: 4th

Thursday of every month, 1:30-3:00 pm at City Hall Building. Intended to be a safe and confidential place to get together with other people who understand what you are going through. Express joys, frustration, humor and anger that is associated with caring for a loved one. Caregiver groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers are welcome! Support Group (208) 883-6483

SANDPOINT

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514 and Kelly Hurt (208) 266-1528

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. First Wednesday of every month. 4:30 pm. Held at Luther Park, 510 Olive Ave. (208) 265-3557 Facilitators: Sandy Sparling and Wendy Traffie, (208) 265-3557

DIABETES SUPPORT GROUP: Monthly

support group features guest speakers who discuss various aspects of diabetes and self-management. Groups meet at Bonner General Hospital, usually the first Monday of each month at 10:00 am. Call (208) 255-3671 for more information.

GRIEF SUPPORT GROUP: Meets

twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

HOSPICE ADULT GRIEF GROUP:

December 2. Sponsored by Bonner General Hospital in the Brown House. For information call (208) 265-1185

PARKINSON'S SUPPORT GROUP: In

the conference room at Bonner General Hospital the second Monday of the month. For information call (208) 265-1185



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208-777-7797



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