

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages



Please click on our sponsors below and view their websites.

Public Health

Sandpoint



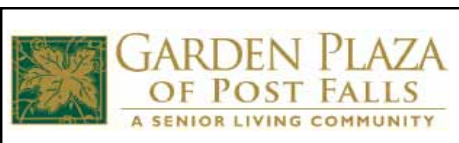
Southern Idaho



Hayden



Post Falls



Long Term Care Income Benefit for the Surviving Spouse of a Veteran

“Aid and attendance” is a commonly used term for a little-known veterans’ disability income. The official title of this benefit is “Veterans Pension.” The reason for using “aid and attendance” to refer to Pension is that many veterans or their single surviving spouses can become eligible if they have a regular need for the aid and attendance of a caregiver or if they are housebound. Evidence of this need for care must be certified by VA as a “rating.” With a rating, certain veterans or their surviving spouses can now qualify for Pension.

The purpose of this benefit is to provide supplemental income to disabled or older veterans who have a low income or high medical costs. Pension is for war veterans who have disabilities that are **not** connected to their active-duty service. Pension is primarily intended for very low income veterans, but a special provision in how Pension is calculated can allow veterans or single surviving spouses with high income to also receive the benefit which may be as much as \$1,949 a month. This special provision kicks in for veterans who have ongoing and expensive long term care costs.

Aid and Attendance Pension can pay a veteran household up to \$1,949 a month for qualifying long term care needs such as:

- ✓ Family members to provide home care
- ✓ Professional home care providers to come into your home
- ✓ Assisted Living or Adult Day services
- ✓ Nursing Home long term care

A lesser amount of pension income up to \$1,056 a month is available to a single surviving spouse of

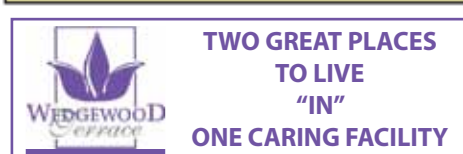
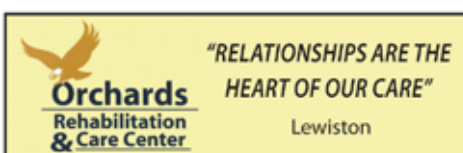


more on page 4...

Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

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. 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. Ideal 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. (208) 265-7480 extension 7480

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 Tuesday and Thursday from 10:00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free 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

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

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. 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. Ideal 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. Call (208) 265-7480 extension 7480

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. Learn more about cardiac or pulmonary disease. Meets third Thursday of each month. Sponsored by Kootenai Medical Center. 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 ???

SEMINARS/CLASSES EVENTS/MEETINGS (continued)

COEUR D'ALENE: "Free Monthly Wellness Clinic" Third Thursday each month 10:00-12:00 Loyalton 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 Loyalton of Coeur d'Alene. (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

COEUR D'ALENE: "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! A class opportunity. Meets once weekly for six weeks April 1-May 6, 2011 at Fire Station #3, 1500 N 15th St Designed for all non-paid family caregivers. Free! Registration is mandatory and limited. Sponsored by the Alzheimer's Association. (208) 666-2996

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. Call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

A BEAUTIFUL LESSON IN LIFE AND LONGEVITY

*Be nice to others because . . Time
WILL make a difference!
One day you will no longer be the
big dog...Just the old dog!*



CALENDAR

JUNE 1-DALTON GARDENS: "Community Appreciation BBQ & Heath Fair" 10:00 am-4:00 pm. Free educational classes plus representatives local business as well as product manufacturers. Sponsored by Soper's, 7392 N Government Way, Dalton Gardens (208) 772-6474

JUNE 2-LEWISTON: "Annual Senior Health and Fitness Fair 2011" 9:00 am-3:00 pm. Learn about exciting services, ideas, and information available in our region for an active, healthy lifestyle! 40+ exhibitors, fashion show, free health screenings, prizes and giveaways. Call the Volunteer Center at (208) 746-7787

JUNE 2-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) 883-60898

JUNE 2-MOSCOW: "Fit and Fall Proof" 9:00-10:00 am and 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. Call (208) 883-9605

JUNE 7-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) 883-60898

JUNE 7-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 Department, classes take place in the Gritman Conference Center, 700 S Main St. for or information call (208) 883-6341

CALENDAR (continued)

JUNE 7-MOSCOW: "Fit and Fall Proof" 9:00 & 0:00 am. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 8-COLFAX: "Coping With Caregiver Stress" 9:30-11:30 am. To be held in Whitman Hospital and Medical Center Annex Conference Room. Certificates of Attendance available. Sponsored by Project ACCESS & The Inland Northwest Alzheimer's Association. For additional information call (208) 883-6483

JUNE 8-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm pm. Manage illness, injuries in the first few minutes until professional help arrives. Content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR AED use, relief of choking in adults and children, infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center, Third-Floor Classroom. \$60 (208) 883-2232

JUNE 2-MOSCOW: "Fit and Fall Proof" 0:00 am. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 9-SANDPOINT: "Environment: Changes That Can Make A Difference!" 3:00-5:00 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. Free and open to the public. To be held at Luther Park of Sandpoint, 510 Olive Ave. (208) 265-3557 Call (206) 666-2996

JUNE 9-LEWISTON: "Free BBQ for Seniors" 4:00-6:00 pm. Good Samaritan Society-Moscow is hosting a free barbecue for seniors in celebration of Older Americans Month. It will be held at Moscow Village, 640 Eisenhower St. For additional information contact Jan Ahles at (208) 882-6560, ext 270

JUNE 9-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) 883-60898

JUNE 13-LEWISTON: "North Idaho Senior Games" Open to anyone 50+ years of age or better! Compete, socialize, and just have fun with other athletes in your age division. The top three winners in each age division of each sport will receive medals! For more information, print a registration form, or www.northidahoseniorgames.org. (208) 746-7787

JUNE 13-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 14-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) 883-60898

a veteran and is known as "Death Pension."

A single surviving spouse of any age is eligible for Death Pension as long as the deceased veteran served at least 90 days during a period of war with based one of those days during the period of war. The couple had to be married at least a year prior to death or have a child as a result of the marriage. Unlike the Pension benefit for a living veteran, there is no requirement for total disability for the surviving spouse nor for the deceased veteran to have been totally disabled or age 65 or older prior to death.

A different form is used to submit an application for Death Pension, but all of the necessary documents and supporting evidence required for a claim for a living veteran are the same with the additional requirement of a death certificate proving the death of the veteran.

Sometimes claims for Death Pension are as simple as filling out the form and mailing it to the regional office. In cases where income is greater than \$1,056 a month, additional evidence must be submitted in order to get an award of benefit otherwise the claim will be denied. Also a certain level of assets that can be converted to cash may also disqualify the applicant. In these cases, a qualified consultant should be sought out in order to insure the award of a benefit.



CALENDAR (continued)

JUNE 14-MOSCOW: "Fit and Fall Proof" 9:00 & 10:00 am. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 16-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) 883-60898

JUNE 16-MOSCOW: "Fit and Fall Proof" 9:00 & 10:00. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 21-MOSCOW: "Fit and Fall Proof" 9:00 & 10:00. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 21-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) 883-60898

JUNE 21-MOSCOW: "AARP Driving Program" 8:30 am-12:30 pm. The Driver Safety Program is an 8-hour classroom refresher course focused for the experienced motorist age 50 and older but open to all licensed drivers. Developed by AARP in 1979, is the first and most recognized, comprehensive, nationwide course created especially for older drivers. The course explores normal, age-related changes that typically influence driving ability and attitudes, as well as the impact of medications when driving and their effects when mixed with alcohol prior to driving. Pre-registration is required. At the Gritman Medical Center. Two days long. Claudia Planck (208) 882-2098

JUNE 23-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) 883-60898

JUNE 24-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. No fee, event is open to all. Bring your lunch. Gritman Education supplies light snacks with coffee service and punch. Held in the Conference Center. leavia@gritman.org or call (208) 883-2232

JUNE 23-MOSCOW: "Fit and Fall Proof" 9:00 & 10:00. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. Call (208) 883-9605

JUNE 25-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 pm. How to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR AED use, and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center in their Third-Floor Classroom. Fee: \$60 for information call (208) 883-2232

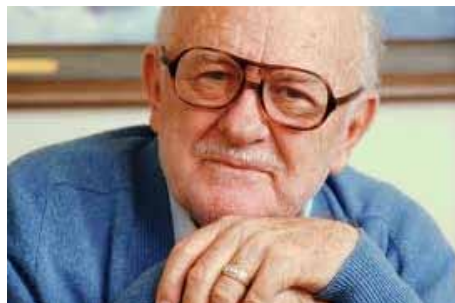
JUNE 25-CLARKSTON: "12th Annual ChipShot Classic" A benefit for Tri-State Hospital Foundation at the Clarkston Golf & Country Club. For information call (509) 758-4902 or email leer@tristatehospital.org

JUNE 27-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 28-MOSCOW: "Fit and Fall Proof" 9:00 & 10:00 am, and 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. At the Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Registration not required. For additional information call (208) 883-9605

JUNE 28-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 pm. How to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR AED use, and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center in their Third-Floor Classroom. Fee: \$60 for information call (208) 883-2232

*If you are interested
in our Logo Sponsor
program
Please Call Dale at
509 979-6882*



CALENDAR (continued)

JUNE 28-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) 883-60898

JUNE 29-PINEHURST: "Communication: The Key To Dementia Care" 2:00-4:00 pm. Speaker is Aline Rohde, BSW,MAW, Certified volunteer instructor Alzheimer's Association, Inland Northwest Chapter. Free and open to the public. Certificates available to all attendees. To be held at Beehive Homes-Pinehurst, 208 S Division. For additional information call the Alzheimer's Assn. (208) 666-2996 or Shoshone County support group leader Aline Rohde: (208) 659-6719

JUNE 30-LEWISTON: "Exercise As Medicine" 12:00 pm. St Joseph Regional Medical Center, Conference Room C. for additional information call (208) 799-5227

JUNE 30-COEUR D'ALENE: "Making Moments of Joy!" 6:00-8:00 pm. Speaker is Stephanie Godinez, RN, Hors D'Oeuvres served but no reservations required. Free and open to the public. To be held at Life Care of Coeur d'Alene, 500 West Aqua Ave (208) 762-1122. For additional information call the Alzheimer's Association (208) 666-2996

JUNE 30-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) 883-60898

SeniorPages.com

Blood Test Offers Clues to Longevity

Elizabeth H. Blackburn shared a Nobel Prize in 2009 for discoveries related to telomeres.

Blood tests that seek to tell people their biological age — possibly offering a clue to their longevity or how healthy they will remain — are now going on sale.

But contrary to various recent media reports, the tests cannot specify how many months or years someone can expect to live. Some experts say the tests will not provide any useful information.

The tests measure telomeres, which are structures on the tips of chromosomes that shorten as people age. Various studies have shown that people with shorter telomeres in their white blood cells are more likely to develop illnesses like [cancer](#), heart disease and [Alzheimer's disease](#), or even to die earlier. Studies in mice have suggested that extending telomeres lengthens lives.

Seizing on that, laboratories are beginning to offer tests of telomere length, setting off a new debate over what genetic tests should be offered to the public and what would be the ethical implications if the results were used by employers or others.

Some of the laboratories offering the tests emphasize that the results are merely intended to raise a warning flag.

"We see it as a kind of wake-up call for the patient and the clinician to say, 'You know, you're on a rapidly aging path,'" said Otto Schaefer, vice president for sales and marketing at SpectraCell Laboratories in Houston, which offers a test for \$290.

A company in Spain, provocatively named Life Length, has begun selling a test for 500 euros (\$712), that says that it can tell people their biological age, which may not correspond to their chronologic age.

Another company, Telome Health of Menlo Park, Calif., plans to begin offering a test later this year for about \$200. It was co-founded by Elizabeth H. Blackburn of the University of California, San Francisco, who shared a [Nobel Prize](#) in 2009 for discoveries related to telomeres.

Calvin B. Harley, the chief scientific officer at Telome Health, said the test would be akin to a car's dashboard signal, a "check engine light." He compared it with a [cholesterol test](#), but more versatile since it can predict a risk of various illnesses, not just heart attacks.

But among the critics of such tests is Carol Greider, a molecular biologist at Johns Hopkins University, who was a co-winner of the Nobel Prize with Dr. Blackburn.

Dr. Greider acknowledged that solid evidence showed that the 1 percent of people with the shortest telomeres were at an increased risk of certain diseases, particularly bone marrow failure and [pulmonary fibrosis](#), a fatal scarring of the lungs. But outside of that 1 percent, she said, "The science really isn't there to tell us what the consequences are of your telomere length."

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CALENDAR (continued)

JULY 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. Fee: \$6 per session. For more information (208) 883-60898

JULY 5-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 Department, classes take place in the Gritman Conference Center, 700 S Main St. for or information call (208) 883-6341

JULY 7-LEWISTON: "Pre-Diabetes" 5:00 pm. At St Joseph Regional Medical Center Conference Room C. For additional information call (208) 799-5227

JUNE 7-MOSCOW: "2011 Senior Fair" 10:00 am-4:00 pm. At the Palouse Mall. Workshops, vendors, door prizes and bingo. Workshops include: "Stay Active, Independent & Safe", "SAIL: Stay Active & Independent for Life", "Fit and Fall Proof", "Cooking with Grains & Greens", "Vaccines" Not Just for Kids Anymore", plus others. For information call (208) 882-5561

JULY 7-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) 883-60898

JULY 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. \$6 per session. (208) 883-6089

JULY 13-POST FALLS: "Latest research & Development In Dementia and Alzheimer's Disease" 6:30 pm. Speaker is Dr. John Wolfe, Private Practice-Neuropsychology, North Idaho Memory Clinic, Assistant Professor of Psychology Gonzaga University, Psychology & Neuropsychology, St. Luke's Rehabilitation, Spokane. To be held at Garden Angel Homes, 1070 E Mullan, Post Falls. Free and open to the public. (208) 666-2996

JULY 13-MOSCOW: "Heartsaver AED & CPR" 5:30-8:30 pm. The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, and infant CPR and relief of choking, and use of barrier devices for all ages. A certification card valid for two years will be provided upon successful completion of the course. For those who have a desire or duty to respond to cardiac emergency. In the 3rd floor classroom at Gritman Medical Center. Fee: \$35. Contact (208) 883-2232

JULY 14-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) 883-60898

JULY 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. Fee: \$6 per session. For more information (208) 883-60898



JULY 21-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. 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. Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

JULY 26-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. 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. Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

JULY 28-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) 883-6089

JULY 29-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. No fee, open to all. Bring your lunch. Gritman Education supplies light snacks with coffee service and punch. Held in the Conference Center. Please email leavia@gritman.org with questions or call (208) 883-2232

HELP WANTED

LEWISTON: Licensed Nursing Home Administrator. The Orchards Rehabilitation and Care Center is looking for an Administrator. Must have strong leadership and interpersonal skills to direct the overall operation of a 79 bed skilled nursing facility. Experience in regulatory compliance, budget management, resident care needs and employee motivation and management. (509) 780-7131 or email resume to pattiw.qa@gmail.com

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. If you are interested in becoming an Angel Volunteer please contact the director of volunteers at (509) 751-0222

COEUR D'ALENE

Have you considered becoming a volunteer ombudsman? 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. 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

Dime 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

Dr. Greider said that there was great variability in telomere length. "A given telomere length can be from a 20-year-old or a 70-year-old," she said. "You could send me a DNA sample and I couldn't tell you how old that person is."

Dr. Peter Lansdorp, a telomere expert at the British Columbia Cancer Agency, also had doubts. "If telomeres are short for you or me, what does it mean?" he said. Dr. Lansdorp started a company, Repeat Diagnostics, which conducts telomere testing for medical researchers only.

Recent media reports speculated on the tests and their possible implications, including ethical problems.

"You could imagine insurance companies wanting this knowledge to set rates or deny coverage," said Jerry W. Shay, a professor of cell biology at the University of Texas Southwestern Medical Center in Dallas, who is an adviser to Life Length.

Test vendors say the speculation is running wild.

"It doesn't mean we will tell anyone how long they will live," said María Blasco, a co-founder of Life Length and a molecular biologist at the Spanish National Cancer Research Center in Madrid. Even if a 50-year-old has the telomere length more typical of a 70-year-old, she said, "This doesn't mean your whole body is like a 70-year-old person's body."

Still, she said, "We think it can be helpful to people who are especially keen on knowing how healthy they are."

Generally tests offered by a single laboratory do not have to be approved by the Food and Drug Administration. But the F.D.A. has been cracking down recently on some tests offered to the public, saying they may need approval. The FDA said in a statement Wednesday that it was aware of the tests, and had not come to any conclusions.

Executives at both Telome Health and Life Length say they will require a doctor to be involved in ordering the test, though SpectraCell said it allowed individuals to order the test.

A Blood Test Offers Clues to Longevity



VOLUNTEERS NEEDED (continued)

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, 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

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 volunteer opportunities in the following areas: 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. Contact Jennifer at (208) 773-7731. e-mail: 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. 208-265-4514

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 with Hospice Bereavement Coordinator, Susan Benesh (208) 265-1185

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

CLARKSTON

BEREAVEMENT SUPPORT GROUP: Coordinated through Home Health & Hospice. Sponsored by Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. For information 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. For information contact Ivan Ulmer (208) 743-2854 or Louise Lavoie (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. Facilitator: Arlene Sleight (208) 772-2542

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. Facilitator: Stephanie Godinez (208) 765-4343



SUPPORT GROUPS (continued)

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Fourth Monday of every month, 5:30 pm (dinner included. Traditional Support Group, Free respite available by Creekside Inn. To be held at Creekside Inn, 240 E Kathleen. (208) 665-2444 Facilitators: Stephanie Godinez and/or Julie Tastad

MAN TO MAN: PROSTATE CANCER SUPPORT GROUP: Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. Contact: (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

KELLOGG

FOR ALL CAREGIVERS: Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

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. This is a group for everyone: recently diagnosed, or going through treatment, cancer survivors, caregivers, family members or friends, all are welcome. For additional information contact Al Banta (208) 746-3974



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

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

DEMENTIA SEMINAR SERIES: Various discussion topics related to Dementia, January 19, 9:30-11:30 am. Free of charge and all are welcome, no registration necessary. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (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.

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 with guest speakers, discuss diabetes and self-management. Bonner General Hospital, usually 1st Mon each month 10am. (208) 255-3671

GRIEF SUPPORT GROUP: Twice monthly, share stories and feelings and support one another in an understanding and caring environment. Application is required, but attendance is flexible. Find solace and comfort in the recognition that there are others going through similar experiences. Bonner Community Hospice call Kathryn Cook at (208) 265-1185. Free to residents of Bonner or Boundary counties.

HOSPICE ADULT GRIEF GROUP: December 2. Bonner General Hospital in the Brown House. (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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