

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Public Health

Sandpoint



Southern Idaho



Hayden



Post Falls



WE ARE LIVING LONGER

According to recent data from the Centers for Disease Control, the average life expectancy is now over 78 years for the first time in American history. For people who are healthy and have good genes, it's even higher. A 65-year-old healthy man has a 50% chance of living to age 85 and a 25% chance of living to 92, according to the Society of Actuaries. For a healthy 65-year-old woman, there's a 50% chance she'll see 88 and a 25% chance to reach 94. If those two people are married, there's a one-in-two chance one of them will celebrate a 92nd birthday.

Longer life spans also mean longer retirements. A couple in its 60s needs its nest egg to stretch 30 years or more – but advisers are having trouble convincing clients they'll need at least three decades of savings. In spite of the statistics and actuarial numbers, only about a quarter of retirees and 20% of pre-retirees think they'll live to turn 86. "Life expectancy has increased dramatically, and people have old numbers in their minds," says Kate Warne, investment strategist at Edward Jones.

There's also a strong financial incentive to bury one's head in the sand. Living longer – and stretching retirement savings – may very well

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Many Falls Can Be Prevented

Falls are a leading cause of injury in the United States, but some simple precautions can help prevent them, experts say.

"It's important to look around your everyday environment and minimize the risk . . . not only for yourself, but for others as well. There is a reason that unintentional falls are common injuries with our patients. They can happen at any time, any place and happen to anyone," Dr. Sandra Schneider, president of the American College of Emergency Physicians said.

Accidental falls are the leading injury-related reason why Americans seek emergency medical care, with nearly 9 million visits a year, according to the U.S. Centers for Disease Control and Prevention.

Falls are the leading cause (33 percent) of accidental home injury deaths and account for more than 40 percent of nonfatal injuries, the Home Safety Council has reported. The two highest risk age groups are children under 5 years and adults older than 70.

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Coeur d' Alene



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. 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 10:00-11:00 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

WEDNESDAYS
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. 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: "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

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SENIOR REVIEW

SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

COEUR D'ALENE: "Mix N Mingle" for CareNet members. Non-formal, 2nd Thurs each month in addition to the monthly CareNet meetings. 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" 3rd 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. (208) 667-4628

MOSCOW: "Fit and Fall Proof" Reduce risk of falling by increasing your muscle strength and balance. Weekly on Tues & Thurs 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

SANDPOINT: "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! Once weekly for six weeks, Oct 7-Nov. 11, 5:00-7:00 pm (Dinner provided) Panhandle Health District, 1020 Michigan. Designed for all non-paid caregivers. Free! Registration mandatory (208) 666-2996

WHAT AN OPPORTUNITY!
You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! Send to: Dale@SeniorPages.com

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 of charge! Registration is mandatory and limited. Sponsored by the Alzheimer's Association. Please call (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. For additional information call Deven Fredericks of Bonner General Hospital at (208) 263-1441, ext. 1491

CALENDAR

APRIL 1-COEUR D'ALENE: "Fair Housing Trainings" 1:00-4:00 pm. Topics include Fair Housing Basics, Reasonable Accommodations, Disability Rights and Responsibilities, Legal Decisions. Speakers include: Richard Mabbutt, Executive Director, Intermountain Fair Housing Council and Ken Nagy, ESQ, Fair Housing Attorney. For all housing rental tenants, consumer advocates, individuals with disabilities and agencies working with people with disabilities, assisted living facilities, nursing homes and housing provider. Held at the Coeur d'Alene Library. Free. Refreshments and materials made available by co-sponsors: City of Coeur d'Alene, city of Lewiston, The Bridge at Sandpoint, the Four Seasons of Coeur d'Alene and the Disability Action Center. Please RSVP by March 15 (800) 717-0695

APRIL 2-CLARKSTON: "Annual Hospital Auxiliary Yard Sale" 8:00 am-1:00 pm. Tri-State Hospital Conference Room.

APRIL 4-MOSCOW: "Fit and Fall Proof" 1:00 Pm Reduce risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 4-5-MOSCOW: "Fit and Fall Proof" 9:00-10:00 am and 10:00-11:00 am Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 4-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

APRIL 4-BONNERS FERRY: "Diabetes Support Group" 10:00-11:00 am. Sponsored by Bonner General Hospital in the Brown House. Contact Lynda Metz (208) 263-1441

APRIL 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

APRIL 7-SANDPOINT: "Activities: Making Them Meaningful" 3:00-5:00 pm. Designed for family and professional caregivers. Certificates of attendance available for all professionals. To be held at The Bridge Assisted Living, 1123 N Division. Free and open to the public. For information please call (208) 666-2996

APRIL 7-MOSCOW: "Fit and Fall Proof" 1:00 Pm Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

CALENDAR (continued)

APRIL 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

APRIL 8-LEWISTON: "Fair Housing Trainings" 1:00-4:00 pm. Topics include Fair Housing Basics, Reasonable Accommodations, Disability Rights and Responsibilities, Legal Decisions. Featured speakers include: Richard Mabbutt, Executive Director, Intermountain Fair Housing Council and Ken Nagy, ESQ, Fair Housing Attorney. Those who should attend include all housing rental tenants, consumer advocates, individuals with disabilities and agencies working with people with disabilities, assisted living facilities, nursing homes and housing provider. To be held at the Lewiston Community Room. Free. Refreshments and materials made available by co-sponsors: City of Coeur d'Alene, city of Lewiston, The Bridge at Sandpoint, the Four Seasons of Coeur d'Alene and the Disability Action Center. Please RSVP by March 15 to (800) 717-0695

APRIL 8-COEUR D'ALENE: "Blood Drive" 7:30 am-4:00 pm. Kootenai Health will host a blood drive for the Inland Northwest Blood Center in the Kootenai Medical Center classrooms (near the cafeteria). If you are able, please plan to donate. Be sure to eat a nutritious meal and drink plenty of fluids in the hours leading up to your donation. Also, please bring valid photo identification with you. You may contact INBC (800) 423-0151

APRIL 11-MOSCOW: "Fit and Fall Proof" 1:00 PM Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 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) 883-60898

APRIL 12-13-MOSCOW: "AARP Driving Program" 8:30 am-12:30 pm. 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. The event is two days long. \$12 AARP members, \$14 for non members (pay at the door) Preregistration required. Contact Elaine Broyles at Gritman Medical Center.

APRIL 12-MOSCOW: "Fit and Fall Proof" 10:00 am Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Free. Call (308) 883-9605

APRIL 13-MOSCOW: "Caregivers Support Group" 3:30-5:00 pm. Meet others and share information and resources in a relaxed, supportive setting Respite care available. Held at Adult Day Health, 225 E Palouse River Drive. Sponsored by Gritman Medical Center. Free. Registration not required. Call (208) 883-6483 or email barbara.mahoney@gritman.org

APRIL 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

APRIL 16-BONNERS FERRY: "Community CPR" 8:45 am-2:00 pm. Sign up and pay before class time. Register and pay at hospital information desk. Sponsored by Bonner General Hospital in the Brown House. Lynda Metz (208) 263-1441

mean spending less. "The most important thing is really to make sure you stick to the spending plan you lay out in the beginning," says Bill Bengen, a financial adviser and author of "Conserving Client Portfolios During Retirement" in Chula Vista, Calif. "The first couple of years of retirement are the most important."

For example, a retiree with a \$1 million portfolio and assuming an annual average 7% rate of return and a nominal rate of inflation, could spend \$52,000 per year for 20 years, says Bengen. But if that pot needs to last 30 years, on the other hand, the annual budget drops to \$45,000.

To emphasize the new retirement reality, many advisers are using 90, 95, even 100 years as the expected life expectancy when designing a client's portfolio. "Initially, there is a blank stare," says Drew Denning, vice president of the retiree services division at Principal Financial Group. "At first clients think 15 years of retirement is reasonable." This also means preparing clients – who may have had relatively low out-of-pocket medical costs while employed – for significant health care expenses, especially at the end of that long retirement.

And those costs can really kick in as we age, says Anthony Webb, a research economist at the Center for Retirement Research at Boston College. "Bad health catches up with all of us," he says. And despite recent changes in Medicare, retirees – especially women – have significant out-of-pocket medical costs, according to a December 2010 report by the non-profit Employee Benefit Research Institute. Men retiring at 65 in 2010 will need an estimated \$124,000 to \$211,000 saved up to cover health insurance premiums

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CALENDAR (continued)

APRIL 18-MOSCOW: "Fit and Fall Proof" 1:00 pm Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 19-MOSCOW: "Caregivers Support Group" 6:00 pm. Meet others and share information and resources in a relaxed, supportive setting Respite care available. Held at Adult Day Health, 225 E Palouse River Drive. Sponsored by Gritman Medical Center. Free. Registration not required. To learn more call (208) 883-6483 or email barbara.mahoney@gritman.org

APRIL 19-MOSCOW: "Fit and Fall Proof" 9:00 am Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 20-WORLEY: "12th Annual Conference on Aging" "Who's Claiming Your Medicare? Tribal issues, fraud protection, medicare rights, roundtable discussions on benefits. keynote Speaker: Pamela Meliso, MPH, JD, Senior Attorney with the Center for Medicare Advocacy. At the Coeur D'Alene Casino Resort. Sponsored by the Area Agency of Aging of North Idaho and State Health Insurance Benefits Advisors. For information call *00) 786-5536 www.aaani.org

APRIL 20-COEUR D'ALENE: "The Alzheimer's Project" 6:30 pm. Join us for a free special screening of Part 2 of "Momentum in Science" from the HBO documentary series. Facilitated by Dr. Susan Melchiorre, Geriatrician, Medical Director, North Idaho Memory Clinic, Medical Director, On-Site for Seniors. To be held at Kootenai Medical Center, Health Resource Building, Fox Auditorium (Northwest corner of US 95 & Ironwood Drive) Free and open to the public; no reservations required. For more information call the Alzheimer's Assn.-Inland Northwest Chapter at (208) 666-2996

APRIL 21-MOSCOW: "Fit and Fall Proof" 9:00 & 10.00 am Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

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

APRIL 27-COEUR D'ALENE: "Rake N Run" Sponsored by CareNet. There will be no regular CareNet meeting. Everyone will meet at the parking lot of Ramsey Park next to the Kroc Center at 9:30 am. The Rake N Run is schedule to go from 10:00 am-2:00 pm. Seniors appreciate the help. For additional information contact Stephanie Godiz (208) 765-4343

APRIL 27-MOSCOW: "Fit and Fall Proof" 9:00 am Reduce your risk of falling by increasing your muscle strength and balance. To be held at Gritman Community Wellness Center, 510 W Palouse River Drive. Registration not required. Free. For information call (308) 883-9605

APRIL 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

APRIL 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.. Their is no fee and the event is open to all. They encourage you to 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

APRIL 30-MOSCOW: "Heartsaver (Adult) First Aid w/CPR. 9:00 am-4:00 pm. Manage illness and injuries in the first few minutes until professional help arrives. Includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, AED use, and relief of choking, use of barrier devices for all ages. Certification card valid for two years. Fee: \$60 Sponsored by Gritman Medical Center Third-Floor Classroom. Contact August (208) 883-2232. education@gritman.org

MAY 3-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. Join ongoing group and improve bone strength. A physician referral is required. Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

MAY 3-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Designed for people who lie 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. Call Nancy Kure (208) 883-6341

MAY 4-BONNERS FERRY: "Diabetes Support Group" 10:00-11:00 am. Sponsored by Bonner General Hospital. Lynda Metz (208) 263-1441

MAY 4-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 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, 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. A certification card valid for two years will be provided upon successful completion. Sponsored by Gritman Medical Center in their Third-Floor Classroom. Fee: \$60 (208) 883-2232



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CALENDAR (continued)

MAY 5-COEUR D'ALENE: "Cancer Support" 1:00-2:30 pm. For those whose lives have been affected by cancer. Sponsored by Kootenai Medical Center. Check sign in hospital for room location. For information call (208) 666-2684

MAY 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

MAY 5-COEUR D'ALENE: "Grief Support" 7:00-8:30 pm. Education and support for those who have lost loved ones. Please check room schedule signs posted in Kootenai Medical Center for room location. For information call (208) 666-3285

MAY 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) 883-60898

MAY 14-COEUR D'ALENE: "Community Health Fair" 9:00 am-12:00 pm. Stop by the Fox Auditorium on the Kootenai Health campus for information on programs, services, health screenings and more. Heart to Heart Screenings are free. Learn the risk factors heart disease, Includes cholesterol, blood sugar level and BMI tests. Participants must fast for 12 hours prior to screening. Register for an appointment at (208) 666-20893. Skin Cancer Screenings are free as well. Skin cancer is one of the most curable diseases if detected early. This "spot check" is not a total examination but an opportunity to have a clinician check specific areas of concern. Register for an appointment at (208) 666-3148

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Please Call Dale at 509 979-6882*

and out-of-pocket medical costs – and there's still a 10% chance they'll run out of savings, the report said; Women, who typically live longer, need \$143,000 to \$242,000. And those figures don't include the costs of a nursing home or assisted-living facility.

About 70% of those over 65 will end up living in a long-term-care facility, according to the U.S. Department of Health And Human Services. In 2009, the average cost for a room in an assisted living facility was \$3,131 a month; a semi-private room in a nursing home was roughly double that rate.

But in spite of these increasing costs and longer retirements, advisers say their strategies haven't changed much. Lisa Kirchenbauer, a financial planner, uses 100 as a life expectancy when planning. "Most of my clients won't live to 100, but what if they do? My job is to run the worst case scenario." That might mean cutting expenses, moving to a smaller house or working longer but she won't decrease estimated rates of inflation or life expectancy.

MAY 17-MOSCOW: "AARP Driving Program" 8:30 am-12:30 pm. 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. The event is two days long. \$12 AARP members, \$14 for non members (pay at the door) Preregistration required. Contact Elaine Broyl.at Gritman Medical Center.

MAY 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) 883-60898

MAY 21-BONNERS FERRY: "Community CPR" 8:45 am-2:00 pm. Sign up and pay before class time. Register and pay at hospital information desk. Sponsored by Bonner General Hospital. (208) 263-1441

MAY 24-COEUR D'ALENE: "Dementia Caregivers Conference" Two sessions: 9:00-11:30 am (Strategies Pertinent to Families and Professionals: Pre-Game Planning to the Training Table) and 1:00-3:30 pm (Family Perspectives and Survival Tips for the Caregiver" Featuring Betsy Broyles Arnold, Molly Arnold; daughter and granddaughter of Frank Broyles, author of Coach Boyles' Playbook For Alzheimer's Caregivers. Cost: \$15/session or \$25 for both sessions Certificates provided for professionals. Box lunch available for \$5. To be held at Lake City Community Church, 6000 N Ramsey Road. Underwritten by Legends Park Assisted Living. For more information call (509) 473-3390

MAY 24-MOSCOW: "Open Your Heart Breakfast" 8:00-9:00 am. Join us for a heartwarming breakfast program highlighting the Helping Hands program, which provides hours of care for at-risk adults at Adult Day Health. To be held at Best Western University Inn. Preregistration not required. Free, donations accepted. Sponsored by Gritman Medical Center. Call (208) 883-6483



Kelly Creek

CALENDAR (continued)

MAY 27-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.. Their is no fee and the event is open to all. They encourage you to 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

MAY 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. 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

HELP WANTED

LEWISTON: Licensed Nursing Home Administrator. Orchards Rehabilitation and Care Center is looking for an Administrator. Candidate 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. Please call (509) 780-7131 or email resume to pattiw.qa@gmail.com



VOLUNTEERS NEEDED

BONNERS FERRY

Boundary Community Hospital: Volunteers donate their time and talents n 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 ombudsmen? 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. ontact 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 dinning 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

VOLUNTEERS NEEDED (continued)

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.

SENIOR REVIEW

"A fall can be a sentinel event in the life of an older person, potentially marking the beginning of a serious decline in function or the symptom of a new or worsening medical condition," Schneider said. "Identifying the cause of the fall and making appropriate interventions to improve function are as critical as treating injuries if future falls are to be prevented and quality of life and longevity are to be improved."

Here are some tips for preventing falls in the home:

- Get rid of clutter and make sure that stairs and walkways are kept clear of objects.
- Keep tops and bottoms of stairs well lit, and leave night lights on in the bedroom, hall and bathroom.
- Repair or replace any loose stairway carpeting or boards.
- Add handgrip bars in bathrooms and shower areas. Especially important for the elderly or those with disabilities. Tubs and showers should have a non-slip surface.
- Remove throw rugs and tack down larger rugs.



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. Contact Ivan Ulmer (208) 743-2854 or Louise Lavoi (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 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. Stephanie Godinez (208) 765-4343

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 Creekside Inn, 240 E Kathleen. (208) 665-2444

Happy Easter!

SUPPORT GROUPS (continued)

MAN TO MAN: PROSTATE CANCER

SUPPORT GROUP: Meets first Thurs each 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

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

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 Dockter 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 registraton necessary. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. 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. Kent Moline (208) 691-6996, MSW and Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT

GROUP: 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. with complimentary Lunch. (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 Brian Casey (208) 265-4514 and Kelly Hurt (208) 266-1528

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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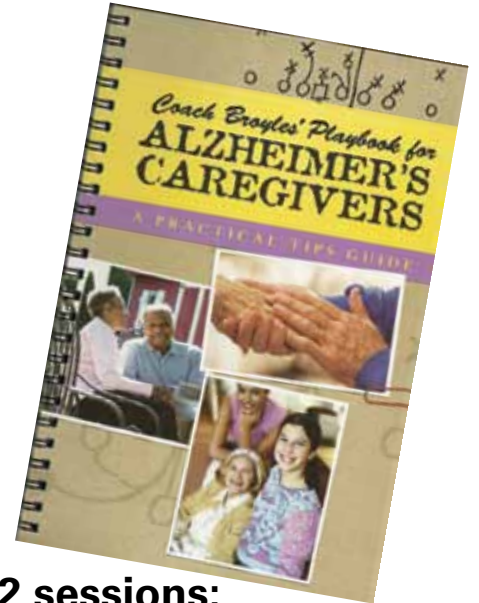
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Tuesday, May 24, 2011
Coeur d'Alene, ID
 Lake City Community Church
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2 sessions:

9 to 11:30 a.m.

*"Strategies Pertinent to Families and Professionals:
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1 to 3:30 p.m.

*"Family Perspectives and Survival Tips
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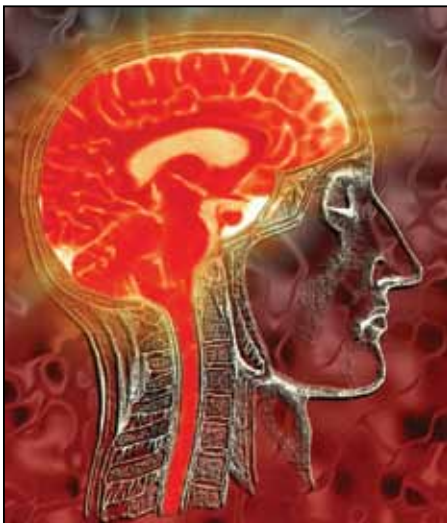
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CHANGING THE WAY AMERICA THINKS ABOUT ALZHEIMER'S DISEASE



**Wednesday, April 20, 2011
6:30 p.m.**

**Kootenai Medical Center
Health Resource Building, Fox Auditorium
Coeur d'Alene, Idaho**

(Northwest corner of U.S. 95 and Ironwood Drive)

**Viewing of Part 2 of "Momentum in Science"
with discussion and question-and-answer session**

**Facilitated by Dr. Susan Melchiorre, Geriatrician
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