

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Public Health

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## Post Falls



Lynn Eckert, 69, and her new husband Richard Stelter, 71, stand with Lynn's two daughters and 91-year-old mother in the chapel where they were married at the Brookwood Retirement Center in Sharonville, Ohio on Saturday, June 25, 2011. / The Enquirer/Sam Greene

## More Seniors Go Online For Love

By Jessica Brown

### PROCEED WITH CAUTION

Online dating is a new frontier for Internet scams. Scam prevention sites note that love tends to make people more vulnerable. Online scammers may see older singles - especially those who are divorced or widowed - as easy targets.

"Online dating scams take hundreds of millions of dollars away from people every year," said Joe Tracy, publisher of Online Dating Magazine. "Someone will strike up a communication with you, they'll have a nice photo and they may even say they're local. They'll work hard to get you to fall in love with them on the Internet. Then they'll hit you up for money."

Romancescam.com, an online forum for scam victims, notes that most of its users are over age 40.

*How to tell if your online sweetie might be a scammer*

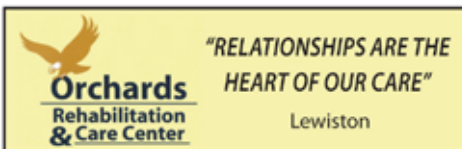
- They ask for money, your bank account info or want you to cash a check.
- You can rarely reach them on the phone.
- They claim to be in love within 24-48 hours.
- Their photo doesn't match their profile description.
- Their profile disappears shortly after the conversation begins.
- Their grammar is not consistent with their country of origin.
- They don't answer personal questions.
- They misspell the name of the town where they supposedly live.
- They want to send you packages and letters and have you forward them to another address. (The goods may be stolen.)
- They ask you to get on your webcam but don't have one of their own.
- They are "away on business" for long periods of time.

more on page 4...

### 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 (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. 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](mailto: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](mailto: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](mailto: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



### SEMINARS/CLASSES EVENTS/MEETINGS (continued)

### 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 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. 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. 5:30-8:30 pm. Dinner before Bingo \$5. 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](mailto: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](mailto: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. all Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

**AUGUST 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) 883-6088

**AUGUST 2-MOSCOW:** "Diabetes Wellness Class" 4:00-5:00 pm. Protecting your eyesight is a free diabetes education class. Dr. Randal Cummings, OD will speak about how diabetes affects eyes and vision. He will also discuss refractive change due to high blood sugar, diabetic retinopathy, and treatment whether through lifestyle changes or surgery. In the Gritman Conference Center. Pre-registration not required. Free. Call (208) 883-5341

**AUGUST 4-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

**AUGUST 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. Held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

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### CALENDAR(continued)

**AUGUST 10-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 Gritman Adult Day Health, 225 E Palouse River Drive. Free. (208) 883-6483 or email: [barbara.mahoney@gritman.org](mailto:barbara.mahoney@gritman.org)

**AUGUST 11-COEUR D'ALENE:** "Legal Considerations For The Elderly" 4:00-6:00 pm at the Lake City Senior Center, 1916 N Lakewood Drive. Speaker is Kate Monroe Coyle, Attorney at Law. Complementary dinner buffet provided by The Four Seasons Assisted Living. RSVP requested, limited seating. Please phone the Alzheimer's Association (208) 666-2996

**AUGUST 11-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

**AUGUST 12-SANDPOINT:** "Winning The Care Battle!" 2:00-4:00 pm Designed for family and professional demential caregivers. Speaker: Aline Rohde, BSW, MAW. Alzheimer's Assn., Inland NW Chapter Volunteer Speaker & Support Group Facilitator. To be held at Luther Park of Sandpoint, 510 Olive, (208) 265-3557. Free and open to the public, certificates available for professionals. Questions? Call the Alzheimer's Assn.: (208) 666-2996



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If you think you've been scammed

Contact your local authorities, the FBI's Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov) or the Ohio Attorney General's Office (800-282-0515)

#### BY THE NUMBERS

According to the U. S. Census, nearly 32 percent of Americans ages 65 and older are widowed; 10 percent are divorced.

Match.com reports that 20 percent of its users are over age 50 and that group is its fastest-growing demographic. Senior membership has tripled since 2000.

Over the past five years, the senior market has been the fastest-growing group of subscribers to online dating services, according to Online Dating Magazine. The magazine cites Nielsen statistics showing nearly 17 percent of online dating site traffic is by those ages 55 and older.

Sue Malta, a Ph.D. student at Swinburne University of Technology in Melbourne, Australia, researched the topic in 2008. Her surveys of 50 volunteers ages 60-92 found that two-thirds had met new partners online.

Several major websites, including match.com and e-harmony.com, have sections devoted to seniors. Several dating sites cater specifically to the 50-plus crowd. Datingsitesreviews.com has a section that describes and reviews these sites.

At [Match.com](http://Match.com), the 50-plus age group, making up 20 percent of its users, is the fastest-growing demographic. At [eHarmony.com](http://eHarmony.com), the oldest female user to find a spouse is 85.

Experts say the trend is fueled by a combination of older adults becoming more technically savvy and the difficulty finding singles their own age.

Research by Iowa State University sociologist Alicia Cast shows that older adults who go online to meet people generally find success. Cast says people who meet online tend to have had shorter courtships -18.5 months as opposed to 42 months for couples who met in a more traditional way.

It worked for Eckert and Stelter.

Their relationship started with an email in June 2010. She'd come across Stelter's profile and liked his bio - a description he later admitted he'd lifted from another user.

"I'm not a good writer," he explained.

She's long forgiven him.

Eckert e-mailed Stelter asking for a photo. He obliged. She liked what she saw. They arranged a phone call. Then a date.

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## CALENDAR (continued)

**AUGUST 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) 883-6088

**AUGUST 18-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

**AUGUST 18-PULLMAN:** "It's A Beach Party" 4:00-7:00 pm at Whitman Senior Living Community, 1285 SW Center. \$12/plate with all proceeds going to benefit the Alzheimer's Assn. Please RSVP by August 12 th (509) 332-2629

**AUGUST 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. Fee: \$6 per session. For more information (208) 883-6088

**AUGUST 24-PULLMAN:** *Dementia Series* "ABCs of Dementia" To be held at the Pullman Regional Hospital Conference Rooms C and D.

**AUGUST 25-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

**AUGUST 26-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](mailto:leavia@gritman.org) with questions or call (208) 883-2232

**AUGUST 27-MOSCOW:** "Heartsaver (Adult) First Aid w/CPR" 9:00am-4:00 pm. Course teaches how to manage illness and injuries in t he firt few minutes until professional help arrives. Course cntent includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR,m 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. In the Third-Floor Classroom of Gritman Hospital. Fee: \$60. Registration required. Contact: (208) 883-2232 or [education@gritman.org](mailto:education@gritman.org).

**AUGUST 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) 883-6088

**SEPTEMBER 3-MOSCOW:** "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 pm. Course teaches how to manage illness and injuries in t he firt few minutes until professional help arrives. Course cntent includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR,m 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. Third-Floor Classroom of Gritman Hospital. \$60. Registration required. (208) 883-2232 or [education@gritman.org](mailto:education@gritman.org).

**SEPTEMBER 6-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

**SEPTEMBER 6-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., in Moscow. Free. Call (208) 883-6341

**SEPTEMBER 8-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 group and improve bone strength. A physician referral is required. Held at Gritman Medical Center Cardiac Rehab Center. \$6 per session.



Link your website to the Senior Review: \$10.00 per month

[SeniorPages.com](http://SeniorPages.com)

## CALENDAR (continued)

**SEPTEMBER 10-MOSCOW:** "Fall Safe Driving Class" 8:30-5:30 pm. Gritman Education Center. For information and sign up contact Gritman Education: FEE \$12 AARP Members, \$14 non-members. (Pay at the door) (208) 883-2232 or email [education@gritman.org](mailto:education@gritman.org)

**SEPTEMBER 14-COLFAX:** *Dementia Series* "Understanding Dementia" 9:30-11:00 am at Whitman Hospital and Medical Center Annex.

**SEPTEMBER 14-MOSCOW:** "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm. Course teaches 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. Third-Floor Classroom of Gritman Hospital. Fee: \$35. Registration required. (208) 883-2232 or [education@gritman.org](mailto:education@gritman.org).

**SEPTEMBER 15 -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

**SEPTEMBER 22-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

**OCTOBER 18-19-MOSCOW:** "Fall Safe Driving Class" 1:30-5:30 pm. (You must attend both sessions) Gritman Education Center. For information and sign up contact Gritman Education: (208) 883-2232 or email [education@gritman.org](mailto:education@gritman.org)

**OCTOBER 19-MOSCOW:** *Dementia Series* "Dementia and Challenging Family Situation" 9:30-11:00 am at Gritman Medical Center Conference Room.

**SEPTEMBER 27-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 our ongoing group, improve bone strength. Physician referral is required. Gritman Medical Center Cardiac Rehab Center. \$6/session. (208) 883-6088

**SEPTEMBER 29-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 our group and improve bone strength. Physician referral required. Gritman Medical Center Cardiac Rehab Center. \$6/ session. (208) 883-6088

**SEPTEMBER 30-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. 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](mailto:leavia@gritman.org) or call (208) 883-2232



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"We just talked and talked," said Eckert of their first date, which started at the Milford Applebee's and ended with a long talk on her deck.

"You know when you meet somebody special and you kind of know it?" she said. "I just felt so comfortable."

Four months after their first date, Stelter - appreciating Eckert's traditional family - called Eckert's 92-year-old mother in upstate New York to ask for Eckert's hand.

Then he popped the question, albeit casually.

"I said 'I know you're going to marry me, aren't you?'" Stelter said. "Afterward, (she) said that wasn't a proper proposal so I had to get down on my knees."

The couple planned on a simple wedding, but it soon ballooned to a formal affair with 70 guests. They tied the knot June 25 at the Brookwood Retirement Center in Sharonville, a venue recommended by a friend.

When the newlyweds took the floor for a dance, Stelter, a former accountant, suggested adding up the wedding costs. But they decided against it.

"We looked around and everyone was having a good time," Eckert said. "We said, 'Let's not add up all the prices. It's priceless. It was a splurge but it was something we'll always remember.'"

Stelter and Eckert were reluctant to return to the dating world. Stelter's wife of 32 years died in 2004. Eckert's husband of 28 years died in

...more on page 8

### 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](mailto:info@bcchmail.org)

For all Caregivers. First Wednesday of every month, 2:00 pm at Panhandle Health 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: 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](mailto: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

*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](mailto: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](http://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](mailto: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](mailto: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 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

#### 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. 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

**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

#### 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.

#### 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

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1992. But they decided they didn't want to miss out on another shot at love.

The biggest fear about cyber-dating, Eckert said, was safety. Her two daughters policed her picks to make sure that they were legit.

"I had reservations as far as her safety," said her daughter Liz Costa of Milford. "So we talked about how she should meet in a public place and let us know when she's leaving and to call us when she gets back to tell us about it. Once she did that, it was fine."

Costa said she couldn't be happier about her mother's choice.

"She dated a couple others and they definitely weren't a match," Costa said. "But he's a keeper."

Using the Internet let Eckert and Stelter be picky about finding someone they thought they'd be compatible with.

They have plenty of common interests. They travel, bike, hike and garden. He's also getting into her bird-watching hobby.

Their advice to older adults looking for love?

"Don't give up," Eckert said.

"Being in love every single day, you just thank God. It's just a blessing that we've got a second opportunity."

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### SUPPORT GROUPS

**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

**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 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](mailto: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, Adult Day Health, 225 E Palouse Rive Drive. (208) 883-6483

**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](mailto: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. (208) 777-7797

**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 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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