

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages



Public Health

Sandpoint



Southern Idaho



Hayden



Family Caregiving Needs Likely to Soar

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

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

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

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

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

Economic pressures have recently triggered a rise in multigenerational households. That's due in part to caregiving needs, but is being driven more by children being forced to move

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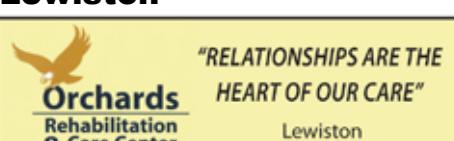
Post Falls



Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAYS

COEUR D'ALENE: Weekly for 6-weeks on Mondays October 10-November 11, 1:00-3:30 pm. "Powerful Tools for Caregivers" Learning to take care of yourself makes you a healthier caregiver!. Designed for all non-paid family caregivers. Free of charge. To be held at Fire Station #3, 1500 N 15th St. Registration is mandatory and limited, please phone (208) 666-2996

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

MONDAY & WEDNESDAYS

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

TUESDAYS

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

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

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 those 60 & older. Suggested donation \$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

SeniorPages.com

SEMINARS/CLASSES EVENTS/MEETINGS (continued)

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 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. Starts at 4:00 pm. Dinner before Bingo \$5 until 5:30 pm. Games starting at \$10. Bingo begins at 4:30 pm. If you bring a new player, you receive a free game. Charitable contributions made to Senior Center at Lake City Center

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

COEUR D'ALENE: "Mended Hearts" 3:30-4:30 pm. For those interested in learning about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. (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" 3rd Thursday each month 10:00-12:00 Loyalton of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this 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

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. Please feel free to ask for a tour of our facility.

SATURDAYS

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

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



CALENDAR

DECEMBER 2-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org

DECEMBER 5-MOSCOW: "Kickstart into Wellness" 10:45-11:45 am. A new class featuring exercise routines, stress management tips, recipe exchanges, guest speakers, and other health and wellness topics. In addition, a dietitian from Gritman Nutrition Services attends one class each month to provide information and answer questions on proper diet and nutrition. At the Martin Wellness Center. Registration not required. \$55/month. Contact Shannon Smith (208) 883-9605 shannon.smith@gritman.org



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

DECEMBER 6-MOSCOW: "Free Diabetes Celebration" The Gritman Diabetes Care Team is hosting an end-of-the-year celebration for people living with diabetes. Test your knowledge with Diabetes Bingo and share your success stories with the group. "Celebrate 2011" is from 4:00-5:00 pm in the Gritman Conference Center, 700 S Main. Free and open to the publ. There will be snacks and prizes. Classes are held the first Tuesday of each month. For more information call (208) 883-6341. Individual and group sessions are offered at Gritman and at Whitman Hospital and Medical Center in Colfax.

DECEMBER 7-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, 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: \$35. Registration required. Contact: (208) 883-2232 or education@gritman.org.

SeniorPages.com

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back in with their parents because they can't afford to live on their own. As the economy slowly recovers and young-adult employment prospects brighten, most will move back out.

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

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

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

Explore local caregiving support services. There is an extensive network of nonprofit and government services for at-home caregiving. With budget pressures, some programs are shifting their attention from institutional care to at-home care. It's cheaper and people prefer staying in their homes. There also are substantial differences among the states in how family caregiving is supported.

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CALENDAR (continued)

DECEMBER 7-COEUR D'ALENE:

"Winning the Care Battle" A "Hands On" approach for family and professional dementia caregivers. 5:30-7:30 pm at Legends Park Assisted Living, 1820 N Legends Parkway (208) 666-9900. Complimentary dinner buffet. RSVP requested, limited seating. Phone the Alzheimer's Assoc (208) 666-2996

DECEMBER 14-COEUR D'ALENE:

"Magical Christmas Dance" 6:00-8:00 pm. Lake City Center is hosting a dance featuring Coeur d'Alene Big Band with hors d'oeuvres for only \$5. Emeritus at Coeur d'Alene is the sponsor for this event. Santa Claus, door prizes and raffles. Come enjoy the evening filled with dancing, friends, food and Christmas spirit. Buy advance tickets at Lake City Center now! Non-seniors & seniors welcome! 1916 N Lakewood Dr. (208) 667-4628

DECEMBER 17-MOSCOW:

"Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 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, 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: \$35. Registration required. (208) 883-2232 or education@gritman.org.

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

VACANCIES

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

VOLUNTEERS NEEDED

BONNERS FERRY

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

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

CLARKSTON

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

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

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

Don't go it alone.

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



VOLUNTEERS NEEDED (continued)

COEUR D'ALENE

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

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

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/ without YOU, our volunteers, many of these senior's needs would go unattended. Pplease 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, setup dinning room, serve lunch, weekly chores and more. for additional information contact Jessica Logan, Events Coordinator, Lake City senior Center, 1916 N Lakewood Drive. (208) 667-4628

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

HAYDEN

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

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Prep, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling. (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. Auxiliary asks members to provide 25 hrs of service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. 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

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

DIABETES SUPPORT GROUP: 10:00-11:00 pm Sponsored by Bonner General Hospital. 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

SUPPORT GROUPS (continued)

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. (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. 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. Group for everyone: recently diagnosed, or going through treatment, cancer survivors, caregivers, family members or friends,. (208) 746-3974

DIABETIC SUPPORT GROUP: 7 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: Meets 10:30-11:30 with Clara Docker at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly.neighbors@yahoo.com

CAREGIVER SUPPORT GROUP: 3:30-5:00 pm second Wednesday of each month; 6:00-7:30 pm the third Tuesday of each month, Gritman Medical Center, 225 E Palouse Rive Drive. (208) 883-6483 Safe and confidential place to get together with other people who understand what you are going through. A place to express the joys, frustration, humor and anger that is associated with caring for a loved one. Caregiver groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers welcome! Support Group Co-Sarah Rial and Katherine LameBull (208) 883-6483



SUPPORT GROUPS (continued)

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. 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.

POTLACH

CAREGIVER SUPPORT GROUP:

4th Thursday of every month, 1:30-3:00 pm at City Hall Building. Safe and confidential place to get together with other people who understand what you are going through. Express the joys, frustration, humor and anger that is associated with caring for a loved one. Groups can be a valuable place for problem solving, developing strategies and learning about our resources. All types of Caregivers welcome! Support Group Co-Sarah Rial and Katherine LameBull (208) 883-6483

SANDPOINT

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday 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



**Have a Happy
Holiday Season!**

EMERITUS at Coeur d'Alene

Presents

Magical Christmas Dance

Featuring

Coeur d'Alene Big Band

Wednesday, December 14, 2011

6:00pm - 8:00pm



At Lake City Center

Hors d'oeuvres provided by Emeritus

Bring cookies to share with friends if you wish

Tickets \$5.00 available now at

1916 Lakewood Drive

208-667-4628

"Happy Holidays - from our families to yours!"



55+ Independent Apartment Style Living

Recently Remodeled • New Flooring
Now Accepting Applications

1 Bedroom Unit
Available
910 sq. ft.
\$800/month



3 Bedroom Unit
Available
1344 sq. ft.
\$1200/month

- Includes: All Utilities • Basic Cable • Equipped with Washer and Dryer
• Dishwasher • Refrigerator • Stove • Fireplace • Designated parking
• Phone Service (minimal fee)
• Volunteer Opportunities • Added Security in Community Setting

Call For A Tour!



1050 E. Mullan Ave.
Post Falls
208-777-7797



2053779-1207