

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

### Post Falls



### Coeur d' Alene



## Baby Boomers to Gain Most From Health Care Reform

America's Baby Boomers may be poised to benefit the most from health-care reform, a new report shows. Some of those gains will come right away, such as the elimination of restrictions on people with preexisting conditions, while others -- no more lifetime limits on health insurance and subsidized coverage through health insurance exchanges -- are slated for 2014, as more provisions of the Affordable Care Act are rolled out.

A federal district judge in Virginia ruled that a key provision of the law, which mandates coverage for most Americans, was unconstitutional. Most analysts expect the case to eventually reach the U.S. Supreme Court.

The new report, from the Commonwealth Fund, is the sixth in a series examining how the new reform package, signed into law in by President Barack Obama, will change health-care coverage in the United States. *more on page 4...*

## DRINKING PUTS OLDER ADULTS AT RISK

Although one to two alcoholic drinks a day is often considered safe or possibly even beneficial for health, this habit may put many older adults at risk, a new study has found.

Older adults are considered "at risk" if they have at least one of the following drinking behaviors: they consume more than two drinks a day; they consume one to two drinks on most days and have certain health problems, such as gout, hepatitis or nausea; they consume one or two drinks on most days and take certain medications, such as antidepressants or sedatives.



University of California, Los Angeles researchers analyzed data from more than 3,300 patients aged 60 and older who went to primary care clinics near Santa Barbara, Calif., and found that: *more on page 8...*

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

## SEMINARS/CLASSES/EVENTS/MEETINGS



### Public Health

#### Sandpoint



#### Southern Idaho



#### 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](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)

#### 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

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

**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 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. 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 10-11:00 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)

**SANDPOINT:** "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! Meets 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 of charge! Registration is mandatory and limited, call (208) 666-2996

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

### CALENDAR

**MARCH 1-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

**MARCH 1-COEUR D'ALENE:** "Smoking Cessation" 5:30-7:30 pm. The Kootenai Health Heart Center will offer their smoking cessation program, "Be Smoke Free in 7 weeks". This training follows curriculum from the American Lung Association. The course is designed to help you understand your individual smoking habit and make specific plans to help yo quit. Held at Kootenai Medical Center. Fee: \$50. to register call (208) 666-2893

**MARCH 2-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

**MARCH 3-MOSCOW:** "Fit and Fall Proof" 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

**MARCH 3-COEUR D'ALENE:** "The Role of Palliative Care In Advanced Illness" 6:30-8:30 pm. For family and professional dementia caregivers. Speaker: Dr. James Shaw, Medical Director, Providence Center for Faith & Healing Sacred Heart Hospital-Spokane. to be held at Heritage Place, 702 W Walnut Ave. (208) 664-2680. Free and open to the public, no reservations necessary. For questions call the Alzheimer's Assn. (208) 666-2996

**MARCH 7-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

**MARCH 3-MOSCOW:** "Fit and Fall Proof" 1:00-2:00 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

**MARCH 8-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

#### 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](mailto:Dale@SeniorPages.com)

## CALENDAR (continued)

**MARCH 9-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

**MARCH 9-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](mailto:barbara.mahoney@gritman.org)

**MARCH 9-MOSCOW:** "Fit and Fall Proof" 1:00-2:00 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

**MARCH 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. Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. (208) 883-60898



**MARCH 15-SANDPOINT:** "Communication: The Key To Dementia Care" 1:00-3:00 pm. Speaker: Brian Casey, M. Ed. Alzheimer's Association-Inland Northwest Chapter, Executive Director. To be held at The Bridge Assisted Living, 1123 N. Division. (208) 263-1524. Free and open to the public. Sponsored by the Alzheimer's Assn. For information please call (208) 666-2996

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

**MARCH 15-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

**MARCH 16-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

**MARCH 17-CLARKSTON:** "Blood Drive" Sponsored by Tri-State Memorial Hospital & Medical Campus at the Tri-State Foundation Office (corner of Highland & 12th) To register call (509) 751-4556

"This report paints a picture of the Baby Boomer generation whose health and financial security are in jeopardy because of rising health-care costs and declining coverage," Cathy Schoen, senior vice president at Commonwealth Fund, said. "The good news is that the Affordable Care Act is already making a difference and things will continue to improve. We will enter a new era in health care with an end to turning people down for health insurance because of age and health."

But Devon Herrick, a senior fellow with the National Center for Policy Analysis, is worried that these forthcoming changes could skew the system for the worse. "The age cohort with the highest medical costs -- and, incidentally, more money -- are the ones that stand to get subsidies," he said. "The other half they're getting the subsidies from are those paying taxes or 22-year-olds."

My fear is that those who are young and healthy will [decide to] pay the penalty because they can always sign up when they're sick. If no one signs up except those that are sick, the cost could go up."

Some 57 million men and women in the United States are aged 50 to 64. "About 8.6 million are uninsured, [and] nearly 10 million older adults have such high out-of-

*more on page 6...*

## CALENDAR (continued)

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

**MARCH 17-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

**MARCH 19-BONNERS FERRY:** "Community CPR" 8:45 am-2:00 pm. Sign up and pay before class time. Register at hospital information desk. Sponsored by Bonner General Hospital in the Brown House. Lynda Metz (208) 263-1441

**MARCH 22-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

**MARCH 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. Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. (208) 883-60898

**MARCH 23-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited (208) 750-7360

**MARCH 24-MOSCOW:** "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. (208) 883-60898

**MARCH 26-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 Call (208) 883-2232

**MARCH 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. 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

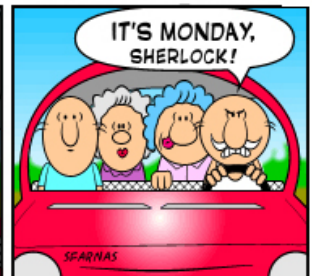
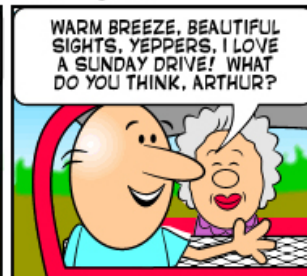
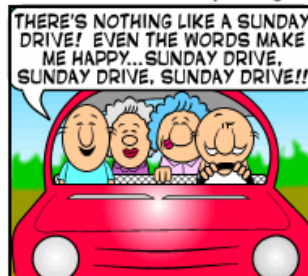
**MARCH 31-SANDPOINT:** "Fair Housing Trainings" 1:00-4:00 pm. Topics include Fair Housing Basics, Reasonable Accommodations, Disability Rights and Responsibilities, Legal Decisions. Featured speakers include: Richard Mabbutt, Executive Director, Intermountain Fair Housing Council and Ken Nagy, ESQ, 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. 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

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



**PRUNE JUICE** by George Sfarinas © 2005

www.PruneJuiceComics.co



## CALENDAR (continued)

**APRIL 1-COUEUR D'ALENE:** "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 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 to (800) 717-0695

**APRIL 4-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 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 o the course. Sponsored by Gritman Medical Center in their Third-Floor Classroom. Fee: \$60 Call (208) 883-2232

*Send us your event pictures!*

pocket costs relating to health they are underinsured," said Commonwealth Fund Vice President Sara Collins, a co-author of the report. This group of adults, two-thirds of whom have one or more chronic health problems and more difficulty accessing care, also has record unemployment, and many reported having difficulty finding affordable health insurance, she added.

Many Boomers are racking up medical debt and 75 percent are foregoing needed medical care, while nearly half are skimping on preventive care. More than half of the uninsured women in this age group, for example, had not had a mammogram in two years, according to the report.

The report predicts that 18.3 million men and women in this age group will gain some kind of benefit from the act, including 6.8 of 8.6 million uninsured gaining coverage and 1.4 million who already have health insurance picking up better benefits.

### Among The Bill's Other Potential Benefits

More than 102 million people will no longer have a lifetime limit or "cap" on insurance coverage.

The insured will have access to free mammograms, colorectal cancer tests and other screenings, along with preventive care, such as vaccines.

Sick people will no longer have to pay more than their healthier counterparts.

The temporary Early Retiree Health Benefits Reinsurance Program for Employers, which runs until 2014, helps employers provide benefits for employees who retire early.

People living in the south and southwest, including Florida, New Mexico and Texas, which have the highest rates of uninsured Baby Boomers (sometimes more than one-fifth) stand to benefit the most.

The report's authors were optimistic about the bill's impact, even in the face of current challenges. "It is moving forward," said Collins. "The Affordable Care Act is the law of the land. A lot of the pieces have gone into place already this year."



### CALENDAR (continued)

**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. \$6 per session. (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. (208) 666-2996

**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. \$6 per session. (208) 883-60898

**APRIL 8-LEWISTON:** "Fair Housing Trainings" 1:00-4:00 pm. Topics: 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. 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 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. Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. (208) 883-60898

**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. To learn more call (208) 883-6483 or [barbara.mahoney@gritman.org](mailto: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. Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. (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

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

### HELP WANTED

**LEWISTON:** Licensed Nursing Home Administrator. The Orchards Rehabilitation and Care Center is looking for an Administrator. 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. Interested applicants, please call (509) 780-7131 or email resume to [pattiw.qa@gmail.com](mailto:pattiw.qa@gmail.com)

### VOLUNTEERS NEEDED

#### BONNERS FERRY

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

**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

34.7 percent of the patients were at risk due to drinking alone or drinking in combination with existing health problems or medications, and 19.5 percent fell into multiple risk categories.

Of those at risk, over 56 percent were in at least two risk categories, and 31 percent were in all three risk categories.

At-risk drinking was 2.5 times more likely among patients who had not graduated from high school than among those who had completed graduate school.

Patients with annual household incomes between \$80,000 and \$100,000 were 1.5 times more likely to be at risk than those with incomes under \$30,000.

Those 80 or older were about half as likely to be at risk as patients between 60 to 64 years old.

At-risk drinking was less than half as common among Asians as among whites.

"In summary, even among our relatively advantaged study patients, as many as one in three who continued to consume alcohol into older adulthood were at risk of harm from drinking," lead study author Andrew Barnes, a researcher in the UCLA School of Public Health's department of health services, and colleagues wrote.

"Physicians may be less aware of other alcohol-related risk factors common among the elderly (e.g., interactions with select medications and comorbidities) than the risks associated with heavy drinking," they concluded.

*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)

**SeniorPages.com**

### VOLUNTEERS NEEDED (continued)

#### HAYDEN

*Aplegate 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. It's 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

**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. 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 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 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 each month 3:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. 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. 4th Monday each month, 5:30 pm (dinner) 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:** First Thursday 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 (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](mailto:friendly_neighbors@yahoo.com)

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



### SUPPORT GROUPS (continued)

**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 & any related disorder. 3rd Wed each month. 2:00 pm, Valley Vista Care Center, 220 S Division. Brian Casey (208) 265-4514 & 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. (208) 255-3671

**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

# POWERFUL TOOLS FOR CAREGIVERS

*Learning to take care of yourself  
makes you a healthier caregiver!*

**A class opportunity  
Meets once weekly for 6 weeks  
Fridays, April 1 – May 6, 2011  
2:30 to 5 p.m.**

**Fire Station #3, 1500 N. 15th St., Coeur d'Alene  
(Just north of the Interstate 90 interchange)**

**Designed for ALL non-paid family caregivers  
Free of charge!**

**Registration is mandatory and limited;  
please phone (208) 666-2996**

Presented by:

A special thank you to the Alzheimer's  
Association's Prestige Partners:

alzheimer's association®  
the compassion to care, the leadership to conquer

CLARE BRIDGE  
BONNER COUNTY SENIOR CENTER

CREEKSIDE INN  
MEMORY CARE COMMUNITY

GUARDIAN  
& ANGEL  
Alzheimers

PARK PLACE  
BONNER COUNTY SENIOR CENTER

Thank you to these underwriters:

CREEKSIDE INN  
MEMORY CARE COMMUNITY

Area Agency on Aging

SHIBA  
Senior Health Insurance  
Health Advisors

SMP  
Senior Health Insurance  
Health Advisors

ConsNet

ORBIT GROUP HEALTH

Prestige Care, Inc.

Wellspring Foundation

GENTIVA  
Senior Health Insurance

On Site

AGING BETTER  
IN HOME CARE

North Idaho  
HOME HEALTH

Life Care Center  
of Post Falls

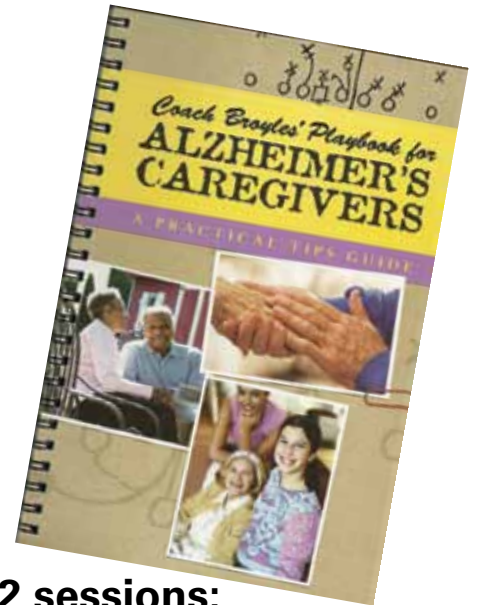
LACROSSE



alzheimer's  association®

# Dementia Caregivers Conference

Featuring  
**Betsy Broyles Arnold**  
**Molly Arnold**  
 daughter and granddaughter of  
 Frank Broyles, author of  
***Coach Broyles' Playbook  
 for Alzheimer's Caregivers***



**Tuesday, May 24, 2011**  
**Coeur d'Alene, ID**  
 Lake City Community Church  
 6000 N. Ramsey Road

**2 sessions:**

**9 to 11:30 a.m.**

*"Strategies Pertinent to Families and Professionals:  
Pre-Game Planning to the Training Table"*

**1 to 3:30 p.m.**

*"Family Perspectives and Survival Tips  
for the Caregiver"*

**Cost: \$15 per session**

**or \$25 for both sessions**

Certificates provided for professionals

*Box lunch will be available for \$5*

**For more information, call (509) 473-3390**

*Underwritten by*



Prestige Care, Inc.

**Legends Park Assisted Living**

**Clip and mail payment to:**

**Alzheimer's Association, 910 W. 5th Ave., Ste. 256, Spokane, WA 99204**

*or register by phone with credit card at (509) 473-3390*

**May 24 in Coeur d'Alene**

NAME: \_\_\_\_\_

FACILITY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_

DAYTIME PHONE: (\_\_\_\_\_) \_\_\_\_\_

TOTAL PAYMENT DUE: \$ \_\_\_\_\_

CHECK ENCLOSED

CREDIT CARD :  VISA  MASTERCARD

\_\_\_\_\_  
CREDIT CARD NUMBER

\_\_\_\_\_  
EXPIRATION DATE

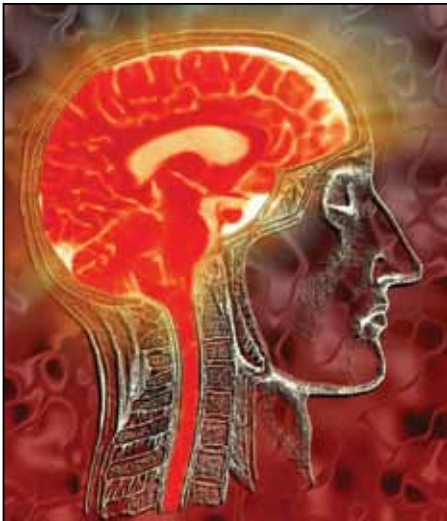
\_\_\_\_\_  
CARDHOLDER'S NAME

\_\_\_\_\_  
CARDHOLDER'S SIGNATURE

Join us for a free special screening of Part 2 of  
**"Momentum in Science"** from the HBO documentary series

# THE ALZHEIMER'S PROJECT

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  
 Medical Director, North Idaho Memory Clinic  
 Medical Director, On-Site for Seniors**



*Free and open to the public; no reservations required  
 Certificates of attendance available for all professionals*

For more information, call  
 the Alzheimer's Association-Inland Northwest Chapter at (208) 666-2996

**BROUGHT TO YOU BY**

alzheimer's  association®

the compassion to care, the leadership to conquer