

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Public Health

Sandpoint



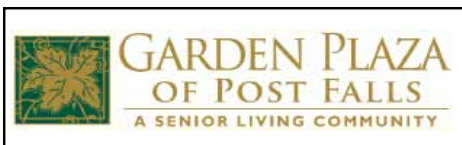
Southern Idaho



Hayden



Post Falls



Take Medications Properly

Medication can do great things for people—but only if they take it. And a lot of people aren't taking it.

Half of patients in the developed world don't properly take their drugs for chronic conditions, according to the World Health Organization. The additional costs for treating diseases that progress unchecked run into the hundreds of billions of dollars a year. One study estimates nearly 90,000 people die prematurely in the U.S. each year because of poor adherence to high-blood-pressure treatment alone.

So how do you get people to take their medicine? There isn't one answer, because there isn't one reason people aren't sticking to their regimens. Cost, forgetfulness, side effects and doubts about effectiveness can all be factors, among others. And for many people the health-care system isn't designed to monitor or encourage adherence to drug prescriptions.

But there are plenty of health-care professionals and researchers tackling this issue, and they have some ideas about what can be done and what should be done. Here are some of those ideas.

Follow Directions

A nationwide survey for a pharmacists' group found many people failed to take a medication—or couldn't remember whether they had. Key findings:



49% Forgot to take a prescribed medication

38% Forgot they had taken a medication

31% Did not fill a prescription

29% Stopped taking the medication before the directions said to or before the supply ran out

24% Took less than the recommended dosage

13% Took someone else's prescription

11% Received a prescription from a physician but substituted an over-the-counter drug

8% Did not understand the instructions on how to take a medication

6% Took more than the recommended dosage

Source: Nationwide survey conducted by The Polling Co. for the National Community Pharmacists Association, November 2006

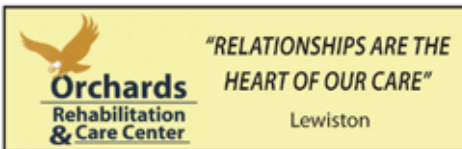
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SeniorPages.com

Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & WEDNESDAYS
KELLOGG: Senior Stretch and Pose. 3:30-4:30 pm First class Free. 1 month session (8 classes) \$35, Drop-in \$5/class. Sponsored by Shoshone Medical Center. 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. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Fit & Fall Proof Exercise Class" 11:15-12:15. At the Lake city Senior Center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: Second Tuesday of the month Blood Pressure Checks at Friendly Neighbors Senior Center of Moscow, 1912 E Third St. (208) 882-1562 email: friendly_neighbors@yahoo.com

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10:00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

WEDNESDAYS
LEWISTON: "Alzheimer's Support Group" Held the second Wednesday of each month. 7:00-9:00 pm at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500

LEWISTON: New Nicotine "Stay Quit" Support Group. 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St For information call: (208) 750-7360

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491

THURSDAYS
BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. 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

SEMINARS/CLASSES EVENTS/MEETINGS (continued)

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. 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 Loyalton of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loyalton of Coeur d'Alene. (208) 667-6490

COEUR D'ALENE: "CPR & First Aid Class" 12:00-2:00 pm every third Thursday at the Lake city Senior center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every Tuesday and Thursday from 10:00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Dr. Free, education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

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 the third Saturday each month (excluding holidays) 8:45 am - 3:00 pm. CPR-only classes begin at 12:30 pm. Call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

CALENDAR

MAY 3-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

MAY 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. Call Nancy Kure (208) 883-6341

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



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

MAY 6-CLARKSTON: "Tri-State Hospital Auxiliary Plant Sale" 8:00 am until sold. East Side Parking Lot of Tri-State Memorial Hospital & Medical Campus.

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

MAY 5-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-60898

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

MAY 10-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-60898

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CALENDAR (continued)

MAY 11-SANDPOINT: "Enhancing Residential Care, Staff & Family Member Relationships" 3:00-5:00 pm. Designed for both family and professional caregivers. Certificates of attendance available for professionals. Free and open to the public. To be held at The Bridge Assisted Living 1123 N. Division St. For additional information call the Alzheimer's Association 208-666-2996

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

MAY 14-SPOKANE: "Celebrate Life! Expo" 8:00 AM-4:30 pm. Promoting successful aging in the Inland Northwest. At the Spokane County Fair and Expo Center. Free parking. Over 150 health & lifestyle exhibitors, educational presentations, live entertainment & demonstrations, over 25 free health screenings and more. For additional information call (509) 326-1471 www.ped-spokane.org

MAY 17-MOSCOW: "AARP Driving Program" 8:30 am-12:30 pm. Driver safety program is an 8-hour refresher course focused for the experienced motorist age 50 and older but open to all licensed drivers. Event is two days long. \$12 AARP members, \$14 for non members (pay at the door) Preregistration required. Contact Elaine Broyles at Gritman Medical Center.

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

MAY 17-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

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

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

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

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

More Refill Information

Doctors and other health-care providers need "some way of tracking to know if patients are refilling their medications, so we can step in and help people" if they aren't, says Robert Reid, a physician and researcher at Group Health Cooperative, a Seattle-based nonprofit health-care system that coordinates care and coverage.

Providers like Group Health and Kaiser Permanente, a large managed-care consortium based in Oakland, Calif., can track refills because they manage all aspects of their patients' care, so all information for each of their patients is collected in one easy-to-access electronic record. Alec Does, a family-medicine physician at Kaiser Permanente Anaheim Hills, says that when he shows patients records indicating they haven't been consistently filling their prescriptions, "90% of the time, they'll open up" and start talking about any issues they're having.

But most people don't get their care from such comprehensive providers, so their doctors rarely have access to their pharmacy records.

The technology to fix that problem exists, says Valerie Fleishman, executive director of NEHI, a national health-policy research institute based in Cambridge, Mass. "Physicians are sending prescriptions to the pharmacy, so we have the capability to close that feedback loop," she

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CALENDAR (continued)

MAY 25-PULLMAN: "Driving and Dementia" 9:30-11:30 am. To be held at Pullman Regional Hospital, Conference Rooms C&D. Free and open to the public. Certificates of Attendance available. Sponsored by Project ACCESS & The Inland Northwest Alzheimer's Association. For additional information (208) 883-6483

MAY 27-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. Their is no fee and the event is open to all. They encourage you to bring your lunch. Gritman Education supplies light snacks with coffee service and punch. Held in the Conference Center. Please email leavia@gritman.org with questions or call (208) 883-2232

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

MAY 31-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-60898

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

JUNE 2-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-60898

JUNE 7-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-60898

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

JUNE 8-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm pm. 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. \$60 Call (208) 883-2232

JUNE 9-SANDPOINT: "Environment: Changes That Can Make A Difference!" 3:00-5:00 pm. Designed for family and professional dementia caregivers. Speaker is Brian Casey M Ed., Alzheimer's Assn., Inland Northwest Chapter, Board of Directors & Support Group Facilitator. Free and open to the public. Luther Park of Sandpoint, 510 Olive Ave. (208) 265-3557 Alzheimer's Assoc (206) 666-2996

JUNE 14-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Physician referral required. Held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

JUNE 23-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-60898

JUNE 24-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. 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. Conference Center. leavia@gritman.org or call (208) 883-2232

JUNE 25-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 pm. Manage illness and injuries in the first few minutes until professional help arrives. General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR AED use, relief of choking in adults and children, infant CPR, as well as the use of barrier devices for all ages. Certification 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

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

CALENDAR (continued)

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

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

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

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

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

says. The problem, she says, is that most doctors are paid for specific services, like office visits and medical procedures—not for managing their patients' health outcomes. So there is no financial incentive for them to take on the cost of tracking prescription refills.

There is no quick fix for this problem, Ms. Fleishman says, but the recently passed health-care overhaul bill includes funding for new models for care and payment that might do a better job of rewarding providers for doing whatever it takes to keep patients healthy.

Get Pharmacists Involved

"Retail pharmacists appear to be able to play a really substantial role in encouraging patients to use their medications better," says William Shrank, an assistant professor of medicine in the division of pharmacoepidemiology at Brigham and Women's Hospital in Boston. "They are an underutilized resource."

At Stamford, Conn.-based customer-communications company Pitney Bowes Inc., on-site pharmacist Antonio Tierno says he talks with patients about their conditions and medications. If a patient is picking up a refill behind schedule, he'll ask what's up. "If a person is late, you need to find out why," he says.

Mr. Tierno says he always asks patients if they know why they're taking a drug. That conversation can help ensure that patients will take their medication, he says, by making the drug's benefits clearer to them and by making them feel more involved in their care.

A study by researchers at the Walter Reed Army Medical Center in Washington, D.C., published in the Journal of the American Medical Association, found that a pharmacy-care program for 200 people age 65 and older who were taking at least four medications for chronic conditions boosted adherence to 97% from 61% after six months. Patients were educated about their medications, including usage instructions; medications were dispensed in blister packs that made it easier to keep track of whether they had taken their pills for the day; and pharmacists followed up with patients every two months.

After 12 months, those who continued to get the pharmacy care kept their adherence at about 96%, while adherence among those for whom the program was discontinued dropped to 69%.

Nurses talking with patients as they were discharged from the hospital were right behind pharmacists in terms of how often they successfully encouraged patients to take their medications as directed.

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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 patiw.qa@gmail.com

VOLUNTEERS NEEDED

BONNERS FERRY

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

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

CLARKSTON

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



COEUR D'ALENE

Have you considered becoming a volunteer ombudsman? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. 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 N. ID, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

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

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

Elder Help of North Idaho is looking for leaders for several of their volunteer groups including Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. For additional information contact Tom Lucas, VP at (208) 661-8870 www.elderhelpofnorthidaho.org

Lake City Senior Center has volunteer opportunities for individuals wanting to help in the dining room, answer phones, make appointments, create an in-house newsletter, greet and seat guests, weekly chores and more. for additional information contact Jessica Logan, Events Coordinator, Lake City senior Center, 1916 N Lakewood Drive. (208) 667-4628

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

HAYDEN

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

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/ Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling and more. Contact Jennifer at (208) 773-7731. e-mail: Jennifer@auburncrest.com

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. 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. Call Selene 208-265-4514.

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

SUPPORT GROUPS

BONNERS FERRY

ADULT GRIEF GROUP: 6:00-7:30 pm
Repeats on the first and third Thurs of each month. Held in the Brown House conference room. Pre-register with Susan Benesh (208) 265-1185

DIABETES SUPPORT GROUP: 10:00-11:00 pm Sponsored by Bonner General Hospital. To be held in the Brown House. Contact Lynda Metz (208) 255-3671

FOR ALL CAREGIVERS: First Wednesday of every month, 2:00 pm at Panhandle Health District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 267-5050

CLARKSTON

BEREAVEMENT SUPPORT GROUP: Coordinated through Home Health & Hospice. Sponsored by Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. 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. Ivan Ulmer (208) 743-2854 or Louise Lavoi (509) 758-2832

COEUR D'ALENE

ALZHEIMER'S SUPPORT GROUP
for Caregivers of those with Dementia, Alzheimer's and any related disorder.
Third Saturday of every month. 1:30-3:30 pm Traditional support group at Kootenai Medical Center, Main Building, Main Floor Classrooms. Arlene Sleight (208) 772-2542

ALZHEIMER'S SUPPORT GROUP
for Caregivers of those with Dementia, Alzheimer's and any related disorder. 3rd Tues every month 3:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. Specifically for families with Early Onset Dementia. (208) 765-4343

Treat Patients as Individuals

Every patient's story is different—so every solution has to be tailored to the individual.

The first step is to engage the patient with a simple, open-ended question, says Elizabeth Oyekan, area pharmacy director at Kaiser Permanente South Bay Medical Center: What's getting in the way of picking up your medications?

"That will give you some concrete information, and then you target the solution to the individual patient," she says. Kaiser has created a set of online tutorials to help doctors and others engage more effectively with patients who are skipping their medications.

If a patient is worried about side effects, a health-care provider might offer a substitute for the medication, or a lower dose. For the forgetful, it could be as easy as using a simple pillbox, or maybe something more technologically advanced, such as text-message reminders or souped-up pillboxes with audio or visual alerts.

If money is the problem, the solution may be generic substitutes, a mail-order program (which not only provides drugs at a lower cost but also helps those who have trouble getting to a pharmacy), or a drug company's assistance program.

In many cases, though, problems can be addressed only by looking at medication adherence as a behavioral issue with often complex roots, says Alan Christensen, chairman of the psychology department at the University of Iowa. As with diet and exercise, getting people to change their behavior can be difficult.

"There's more and more interest in how to better motivate and engage patients beyond just simply reminding them or reducing financial barriers or simplifying therapy," says Dr. Shrank. Multifaceted programs that entail various combinations of those elements and education delivered by health-care professionals have shown promise in studies, but "we don't have a good sense of what precisely is the right mix," Dr. Shrank says. And, he says, if that ideal mix turns out to involve a lot of expensive face time, someone will have to figure out how to implement those efforts in a cost-effective way.



ALZHEIMER'S SUPPORT GROUP
for Caregivers of those with Dementia, Alzheimer's and any related disorder. 4TH Mon every month, 5:30 pm dinner included. Traditional Support Group, Free respite available by Creekside Inn. Creekside Inn, 240 E Kathleen. (208) 665-2444 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

SeniorPages.com

SUPPORT GROUPS (continued)

NORTH IDAHO CANCER SUPPORT

GROUP: For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

KELLOGG

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

LEWISTON

ALZHEIMER'S SUPPORT GROUP: 7:00-9:00 pm the 2ND Wednesday each month at Guardian Angel Homes, 2421 Vineyard Ave. Maggie Morrison (208) 743-6500

CANCER SUPPORT GROUP: 7:00-9:00 pm, 2nd & 4th Wednesdays, St. Joseph Regional Medical Center, Conference Room 1, Second Floor. This is a group for everyone: recently diagnosed, or going through treatment, cancer survivors, caregivers, family members or friends, all are welcome. For additional information contact Al Banta (208) 746-3974

NEW NICOTINE "STAY QUIT" SUPPORT GROUP: 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St (208) 750-7360

MOSCOW

BLIND AND DIABETIC SUPPORT GROUP: Weekly meeting 10:30-11:30 with Clara Docker at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly_neighbors@yahoo.com

DEMENTIA SEMINAR SERIES: Various discussion topics related to Dementia, January 19, 9:30-11:30 am. Free of charge and all are welcome, no registration necessary. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Free. (208) 883-6483. education@gritman.org

POST FALLS

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and related disorderS. First Wed every month at 12:00 noon. Hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. (208) 777-7797 Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT

GROUP: For people with MS meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. Contact Bet at (208) 773-9372.

SANDPOINT

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514 and Kelly Hurt (208) 266-1528

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. First Wednesday of every month. 4:30 pm. Held at Luther Park , 510 Olive Ave. (208) 265-3557 Facilitators: Sandy Sparling and Wendy Traffic, (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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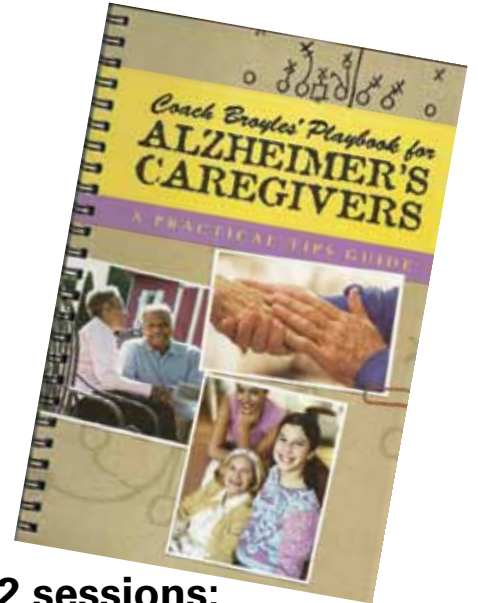
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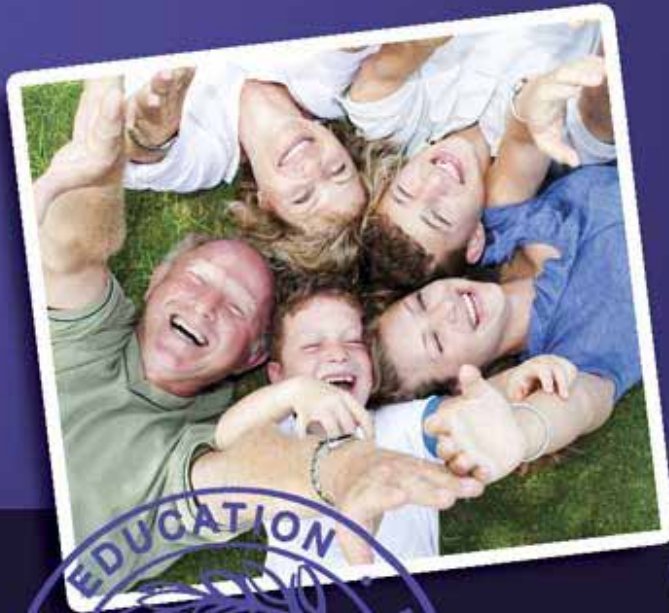
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